



Birthday Party Information



On Arrival

- You are able to arrive 30mins before the start of your party, you will have access to the party room to set up. I.e. party starting at 12.30pm can arrive at 12pm.
- Please report to reception on arrival to make payment, you will then be shown to your party room.

Gymnastics

- Your 1 hour gymnastics session will start at the booking time. If you have booked at 12.30pm party, the gymnastics will start at 12.30pm and finish on time at 1.30pm. It is good to advise guests to be 5 mins early or on time.
- The hour consists of a warm up game and stretch, 2-3 gymnastics circuits followed by some free time in the gym.
- We require ALL preschoolers (under 5) or 5 years who would be more confident with an adult to have their adult with them during the gymnastics to help them get the most out of their session.
- All of the activities are made age appropriate and cater to a mixed age range of children.
- At the end of the session there will be no further access to the gym.

Party Room

- It's time to party! you will have exclusive use of the party room for one hour. There are no food restrictions.
- Please bring everything you may need for that time, e.g plates, cutlery, cups and a knife to cut the cake. We DO NOT supply any of these items
- The room will be set up with tables and chairs for the children, with extra table at the side for food etc.
- You are welcome to decorate, wall decorations can be put up with bluetak or tape. Please remove all decorations at the end of the party.
- All rubbish must be removed from the room by the end of the party time. We are able to supply rubbish bags and brooms.