

# Gymnastics, Trampoline Cheerleading or Wall Climbing Birthday Sessions

We can provide a number of different types of sessions. Normally 4 pm onwards on a Saturday, daytime Sundays or freetime during holidays.

## **Birthday Gymnastics Sessions: -**

these last for 1½ hours, 1 hour, starting with a warm-up game, a quick stretch followed by a circuit for everyone, all under the supervision of a qualified coach. They then leave the gym for ½ hour of food and drink sat on benches at tables in reception and then home. Leaving 15 min for you to clear up.

## **Cheerleading, Climbing & Trampoline: -**

are similar with an hour, then food and drink. These parties are for a 6th Birthday onwards.

All Parties are £ 75:-

Gymnastics & Cheerleading are for up to 20

Traverse Wall Climbing is for up to 16

Trampoline Sessions are for up to 15



***You provide Food and Drink***, any decorations and tidy up afterwards!

***We provide the FUN*** and ease for you.

We have handouts with directions and what to wear.

You **MUST** bring a full list of Names and Contact details of your guests for Insurance Purposes. Naturally the Club can only take Responsibility for the Coached part of the party. To book, please contact the office on 01803-317817

Date: ..... Time: .....

( Please arrive 10/15 min before the start time, you can set the table during the hour in the gym and be cleared away within 15 mins)