

AIRDRIE EDGE BIRTHDAY PARTIES!

Information

Airdrie Edge Gymnastics Club offers awesome Saturday parties year round.

Q. What happens in the gym?

First, (8-10 minutes) coaches welcome the birthday child and give an overview of the party plan, including gym rules.

An active game is followed by a short gymnastics warm-up. During the welcome and warm-up, party guests get to know the coaches and the coaches get to know the group in preparation for the activities that follow.

Next, (45 minutes) the party group travels with their coaches around the gym check out the amazing gymnastics challenges.

They may visit the pit (a favourite!), fast track, long-tumble challenge, vaulting and double mini-tramp, bars, beams, ropes, or trampolines.

The exact type of activity depends on the age or observed capabilities of your party guests.

Finally, (2-5 minutes) coaches gather guests together and the birthday child receives an award. Everyone sings Happy Birthday!

Q. What happens upstairs?

Once the gymnastics hour is finished, if you've booked the upper deck the next 45 minutes are up to you. The area is great for table games, present opening, and (of course) cake!

Be prepared to quickly set up then clean up at the end. :-)

Have more questions? Look at our checklist on the next page.



WINTER 2018

Birthdays can be booked on Saturday's from January 6 - April 14

| HOW TO BOOK | PARTY SIZES AND PRICING | |
|---|--|--|
| <p>1) Book <i>in person</i> during front-office hours at the gym, starting November 17, 2017.</p> <p>2) Full payment by cash, cheque or debit is needed at the time of booking to secure your booking. You may also pay with credit card (please see below).</p> <p>3) Payments by credit card will incur a 3% convenience fee.</p> <p>4) Bookings online or by phone <i>are not available</i>.</p> | <p style="text-align: center;">Gold Option</p> <p style="text-align: center;">Gymnastics + upper deck area.</p> <p style="text-align: center;">1-10 guests (2 coaches): \$200.00 (includes \$25 insurance*) + \$25.00 deposit = \$225.00</p> <p style="text-align: center;">11-20 guests (3 coaches): \$275.00 (includes \$50 insurance*) + \$25.00 deposit = \$300.00</p> <p style="text-align: center;">Available for 3:15 or 4:15</p> | <p style="text-align: center;">Silver Option</p> <p style="text-align: center;">Gymnastics-only.</p> <p style="text-align: center;">1-10 guests (2 coaches): \$175.00 (includes \$25 insurance*)</p> <p style="text-align: center;">11-20 guests (3 coaches): \$250.00 (includes \$50 insurance*)</p> <p style="text-align: center;">Available for 3:15, 4:15 & 5:15</p> |

*insurance provided by the Alberta Gymnastics Federation

| PARTY TIMES | | |
|---------------------------------------|---|--|
| Party hour 1 (Gold or Silver): | 3:15-5:15 (3:15-4:15 gymnastics, 4:15-5:00 upstairs area) | <p>For Gold Option:</p> <ul style="list-style-type: none"> • you'll be able to set up your area in the upper deck 15 minutes before the gymnastics ends • there's an extra 15 minutes at the end to clean up and exit |
| Party hour 2 (Gold or Silver): | 4:15-6:15 (4:15-5:15 gymnastics, 5:15-6:00 upstairs area) | |
| Party hour 3 (Silver ONLY): | 5:15-6:15 (gymnastic only) | |

Host Checklist: Airdrie Edge birthday party terms and expectations.

1. In the gym.

- The minimum guest age is 18 months.
- Each guest under the age of 4 requires their own adult to actively supervise their participation in all of the gymnastics activities.
- Coaches are in charge of what happens in the gym. Party hosts and guests are reminded to leave group and activity supervision to the coaches.
- We have lots of thrilling activities. However, flips, saltos, somis, somersaults or any type of inverted aerial skills are not permitted at parties except with special permission.
- We reserve the right to require individuals to sit out or to cut a party short due to unsafe behavior.
- One photographer is welcome to accompany each party. Photographers are reminded to watch their step (uneven floor surfaces) and not to stand on the gymnastics apparatus.

2. Before your party.

- Changes?** Adding guests can be done on an "as available" basis at any time, with an additional charge of \$50.00 for up to 10 more guests after the first 10. Downsizing or cancelling your booking can be done up to 24 hours in advance. Cancellations are subject to a \$15.00 administration fee.
- Make sure all guests have signed waivers.** Parents or legal guardians must sign a waiver for their own child. Adults who accompany participants under 4 years must also sign a waiver. *Guests will not be able to participate in the gymnastics activities without a properly signed waiver.*
- Make sure your guests are ready for gymnastics safety and party success!** Clothing should be easy to

move in and not get in the way upside down. Long hair tied back. Bare feet or gymnastics slippers (no socks). No watches or jewellery, especially no dangling earrings.

- Know that there will likely be other groups using the gym at the same time as your party.
- Arrive 5-10 minutes early to check in at the front desk.** We can answer your last minute questions and you'll be assigned to your after-gym upper deck area.
- Remind guests not to leave valuables in the change rooms. We suggest that you, the host, keeps them safe.
- Once they're dressed, have your guests wait in the area near the trophy cabinet. When it's time a coach will call them to the gym.
- We have a large upper deck for spectators to watch the fun; spectators are not allowed on the gym floor.

3. Enjoying the upper deck.

- Bring decorations! But make sure they're easy to clean up and confined to your party area. **No piñatas, confetti, silly string or other messy activities.**
- No inflated balloons of any type.**
- Birthday candles? Yes! Remember to bring your own lighter. (But, **no sparklers.**)
- Make sure that no one stands on the chairs and tables or hangs over the railing. Running games in the upper deck are not okay. Seated games? Definitely!
- We supply: tables and chairs, adhesive bandages and facial tissue, basic cleaning essentials.
- Be sure to leave time at the end to clean up and exit in a timely manner.

4. After: how to get your deposit back (\$25).

After your party, we will do a final check of your upper deck area:

- Is the floor swept?
- Is the area tidy?
- Is there any damage?
- Is the amount of garbage reasonable and not over-flowing?
- Are the tables and chairs back to their normal positions and free from crumbs and icing?
- Have the decorations been removed?
- Did your party leave in a timely manner?

We'll send an email on the same day to tell you how the check went. If we decide to retain your deposit we will tell you why.

- Once you've received an email confirmation, deposits can be picked up (or refunded to your debit card) during Airdrie Edge's regular office hours.
- Please pick up your deposit within 6 weeks from your party. After this time it will be non-refundable.

