



Welcome to your birthday party!

Thank you for choosing U.S. Gold Gymnastics for your party! We are so excited to celebrate with you! Because it's an exciting day, we want to help you make this as simple as possible.

You may arrive 15 minutes prior to your start time to decorate. Some things commonly forgotten: tablecloths, tape for decorations, scissors if needed, lighter/matches for candles, cake knife. Please do not bring any type of confetti, glitter, or pinatas. Because time flies when you're having fun, your best bet is "finger foods", pre-cut pizza, cupcakes, anything already portioned. The day will go by quickly and some find they lose time by having to cut and serve food.

As you set up your decorations and food, we will help your guests sign in and fill out waivers. We will direct all of your guests to place any gifts they may have in the present room and then join you upstairs until the start of the party. We have seen some bring a wagon to place by the door for easy transport after the party if you don't plan on opening gifts.

All participants will need a waiver signed by their parent. All adults will need to sign a waiver for themselves separately as well. This is easily accomplished online through a link on our website www.usgoldgymnastics.com under birthday parties. Many include this information in the invitation to save on time at the party. Parents should remain with their children at the party for safety purposes.

When the party is about to begin, we will instruct everyone to remove their shoes and socks and will review our rules so everyone knows what is expected. During the party, adults are welcome to assist their children and take pictures, but cannot be on the equipment.

Following gym playtime, all guests will be escorted upstairs to the party room upstairs and play time will be finished. All food and drinks must be kept there at all times.

When it's time to move downstairs to the ninja room for presents, please take anything with you that you wish to keep (decorations, coolers, extra food you wish to save, etc.) Anything you leave up there will be thrown out as coaches clean. Moving downstairs is not optional because we have to prepare the upstairs room for our next guests. We appreciate your help with this transition, as your guests will follow your lead. If you do not wish to open presents, you may simply use that time to play on the ninja equipment and hand out your cups that U.S. Gold provides as your favors. Some fill them with candy for an easy handout!

The only detail left is the balance of the bill. You may pay this with your coach at any time that is convenient. Please remember that coaches' tips cannot be added to a check or a credit card transaction. Coaches are paid tips in cash only. Thank you for your generosity.

Here is your timeline:

Silver Party (1 ½ hours)

Arrive 15 mins early to set up

1 hour in the gym to play

20 minutes upstairs for cake

10 minutes in the ninja room for presents/play
while the coaches clean upstairs

Gold Party (2 hours)

Arrive 15 mins early to set up

1 hour, 15 minutes in the gym to play

25 minutes upstairs for cake

20 minutes in the ninja room for presents/play
while the coaches clean upstairs

Again, thank you for choosing U.S. Gold Gymnastics! We hope you have a wonderful time!

Birthday Party Rules

- Parties will be prompt and will start and finish on time. If a party arrives late, time will still be adhered to. We cannot run other parties for times later than they are contracted.
- All children must be signed in and waivers must be signed by a parent.
- No shoes or socks permitted due to safety reasons.
- Children must be supervised by a parent or guardian at all times. Any guests not assisting or supervising may observe from the party room.
- No drinks or snacks are allowed anywhere downstairs. It must remain upstairs.
- Please refrain from eating during play.
- Children must use hands when hanging from bars, rings, or trapeze. They cannot hang with legs only.
- No spinning on rings or trapeze.
- No swinging upside down or backwards on rings or trapeze.
- Please do not go on the high bar.
- Props such as balls, squares, stars, stamps, etc. (in cabinets, on walls, on ledges, etc.) are not to be played with.
- Foam pit and trampoline rules must be obeyed. They are displayed in their areas.
- All children must slide down on their bottoms, feet first on any slide or inflatable.
- Please do not touch the mirrors.
- No running.
- Please follow the arrows on the Tumble Trak.
- Attempting flips that are not properly trained or spotted is prohibited.
- Students must be polite to each other and to coaches. No bullying, hitting, or pushing will be tolerated.
- While parents are permitted on the floor to observe, take pictures and assist children, they may not be on any equipment at all.
- Inability or unwillingness to follow the rules will result in removal.
- No confetti, no pinatas, and no loose glitter. Please bring a tablecloth.
- Opening gifts is not required but the party must move to the present room at the end of the party to allow adequate time for clean-up so we stay on schedule.