

Five Dock Leisure Centre Gymnastics Birthday Party Handbook

Welcome to a Five Dock Leisure Centre Gymnastics Birthday Party! We are excited to celebrate with you and make this birthday one to remember. Get ready for a jam-packed birthday party full of swinging, balancing, twisting and flipping - plus, plenty of fun!

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PARTY OVERVIEW

What does the party package include?

A 2-hour party including:

- 1 hour 20 minutes of instructed gymnastics
- 40 minutes of food and cake after gymnastics
- 2 qualified gymnastics coaches leading all activities
- Use of the gymnastics equipment including bars, beam, sprung floor, long trampoline and vault
- Games and challenges

What days and times do our birthday parties run on?

Our birthday parties only run on Sunday afternoons from 2.15pm – 4.15pm.

What is the structure of the gymnastics activities?

Gymnastics parties include a warmup game and stretch, two gymnastics circuits, a game in the foam pit, a game on the beams and a whole group game/activity.

What the party looks like (ages 3-5 *parent assisted party*)

On arrival, coaches bring parents and kids into centre to run 1 hour and 20 minutes of gymnastics.

A birthday party for this age group will follow a Free Play structure, where each participant will need to be accompanied by an adult.

What the party looks like (ages 5+)

On arrival, coaches bring kids into centre to run 1 hour and 20 minutes of gymnastics, fun and games. Parents will be instructed to go up to the mezzanine viewing area to watch the fun!

Pricing

When booking your party, you will choose a package for the minimum number of kids attending the party:

- Minimum 15 kids- \$547.50
 - This is the minimum package and the minimum charge. You may have less than 15 kids, but you will still be charged this amount

- Minimum 20 kids- \$730
 - This is a minimum package for a party of 15-20 kids
- Maximum 25 kids- \$912.50
 - This the maximum package and maximum charge. We cannot cater to more than 25 kids due to safety provision

PREPARING FOR FDLC GYMNASTICS BIRTHDAY PARTY

Participant numbers

- Our minimum number of participants is 15 and our maximum is 25 including the birthday child.
- Any child under the age of 5 years must be accompanied by an adult for the duration of the class/party.
- We do not recommend the party for children under 3 years old.
- Siblings that attend are counted as guests.

Booking and amendments

At the time of booking, you will select one out of three packages to secure your spot. Once you have booked your party, the selected guest package cannot be changed.

If any additional children attend on the day outside of your selected package, an admin fee of \$41.70 will **apply per child**. Our coach will guide you to main reception to finalise the payment via eftpos.

Decorations

Decorations are welcome. We kindly ask that there are no items to be attached to the walls for safety purposes.

Cleaning

A cleaning fee of \$50 will be charged if the upstairs seating area is seen to be left unclean or untidy. Please clean away any food and wipe down the chairs/tables at the conclusion of the venue hire. A broom and dustpan will be available upon request.

ON THE DAY OF YOUR PARTY

Arrival

Please note that the centre shuts between 1:30 and 2pm. You may begin to set up the mezzanine from 2.00pm.

At the time of your booking, you will be greeted by 2 of our gymnastics coaches at the gymnasium doors located on the ground floor.

Injuries

In the event of an injury, coaches will administer first aid and notify the parent/guardian immediately.

What should kids bring/wear?

- A water bottle
- We encourage guests to wear comfortable clothes that they can move in easily!

No:

- Shoes, Socks or Stockings with covered feet
- Jeans
- Skirts or Dresses
- Jewellery including necklaces, bracelets, watches, earrings, rings and anklets
- Party guests will be asked to remove inappropriate clothing prior to entry into the gymnastics hall. Hair that is long enough to gather into a small ponytail or top knot must be tied back to ensure safety.
- Please leave any special jewellery at home that could get broken or lost.

Safety rules

- Participants must always listen to coach instructions to ensure safety
- Younger siblings not participating must remain supervised by a parent in the level 2 viewing area.
- Non-compliance of rules with the coaches in which it becomes unsafe, could mean removal of those unbidding guests from participation. They will be required to sit with a parent or a guardian for the remainder of the party session.

Parents and supervision

- For parties celebrating a child turning 3-5 years old, every child attending the party, regardless of age, must be accompanied by a parent or guardian during gymnastics time
- For parties aged 3-5, parents are responsible for the supervision of participants during gymnastics time
- For parties aged 5+, coaches are responsible for the supervision of participants during gymnastics time

Changes & Cancellations

Birthday party bookings are generally non-refundable. You are only eligible to receive a full refund under the following circumstances:

- The venue is forced to close in the case of a fire or lockdown
- We cannot deliver your party due to insufficient staffing

Rescheduled parties are subject to availability and cannot be guaranteed.

FAQ's

- **Is there a fridge where I can leave chilled goods?**

Yes! There is a fridge on site. Please ask a staff member for access to the fridge.

- **Can I come and set up the mezzanine before the party starts?**

Yes! Please note that the centre shuts between 1:30 and 2pm. You may begin to set up from 2.00pm.

- **Is this party accessible for disabled children?**

FDLC gymnastics prides itself on being an accessible program. Everybody is welcome to attend a FDLC Birthday party. Please contact the Gymnastics Program Leader ahead of the party to discuss any necessary accommodations or requests prior to your party to allow enough time to prepare.

- **Can I amend my booking before the party?**

After your booking is confirmed, the selected package cannot be changed.

- **Do parents need to be in the gymnastics centre, or can we watch from the mezzanine and or ground floor?**

Those celebrating a child who is turning 3-5 years old, every child attending the party (regardless of age), must be accompanied by a parent in the gymnastics centre for the whole duration of gymnastics.

Kids celebrating who are turning 5+ years old can have their parents watch from the mezzanine or the ground floor.

- **What does a party look like if kids are different ages?**

Our gymnastics coaches will make alterations to ensure kids of all ages are able to participate at an appropriate level.

- **If I have less than 15 participants, do I still need to pay for 15?**

Yes, even if there are less than 15 participants, the minimum payment of 15 still needs to be made.

- **Do parents need to stay for the party?**

Parents are welcome to stay and watch from the viewing area. If parents choose to leave for parties ages 5+, they must return promptly to pick up their child. Any 3-5 aged parties must always have parents in the centre. Party hosts must remain for the entirety of the party.

- **My child has never done gymnastics before. Will they be able to do the activities?**

We ensure that our party activities are suited to people of all abilities. Our coaches will work to ensure the activities and games planned are age and ability appropriate. Many kids do gymnastics for the first time at our birthday parties!