



## Welcome to your Birthday Party at Kanata GymnoSphere!

Dear Party Participant,  
Thank you for choosing Kanata GymnoSphere for your birthday party!

### Arrival at the gym

We kindly ask all party participants to arrive not more than 10-15 minutes prior to the party.

### Access in the party room!

Unless you are the first party of the day, and you will have access in the party room at 15 minutes after the party start time (to allow us to tidy after the previous party). That being said we also have a table near the entrance where we can collect the gifts, and you may place your items for the party to have them organized prior to the party.

### Guest List

We require a guest list to be filled in on the day of arrival.

### The Party

The party will take place in the gym, with an instructor **leading the children for 60 minutes**.

The **party is not structured as an “open gym”** as we have other activities scheduled in the gym. The children will start with a warm up game and will continue with 15 minutes rotations on various gymnastics equipment (bars, beams, parkour wall, trampoline).

We will wait **up to 5 minutes**, if needed, for extra guests to arrive. Please note that any delay from the schedule start time of the party will not be extended at the end of the party.

### The room

Following the 1-hour instructional party in the gym, you will have access to the party room for **45 minutes in the party room**.

The party room portion is not supervised by our coaches; therefore, you will be responsible for your party guests.

We kindly ask if you can please inform the parents in advance the exact time when they have to pick up the children.

We require everyone to leave on time, as the next party requires access to the room on time.

While in the room, our coaches will come from time to time to check if you need anything. We recommend **bringing a knife (for cutting the cake) and a lighter (for lighting up the candles)**.

We kindly request that you clean the room after you are finished and that children remain in the room during this entire time. They are not allowed to go back to the gym once that portion is over due to safety reasons.

The party will be set up by our coaches with table cloth, paper plates, cutlery and napkins. Only **ONE SET** will be provided. Should you need additional sets, they are available for an additional \$20. We kindly ask that you do not bring cups to avoid spillage.



For liability purpose, our coaches are not permitted to touch any of your gifts, food or any items brought in. Please kindly ensure you have enough help to assist you in bringing everything in the party room.

It is very important to inform us in advance and buy the adequate Party Package:

- **Package 1** (up to 8 children), and two available additional guests at an extra cost
- **Package 2** (up to 16 children), and two available additional guests at an extra cost
- **Package 3** (up to 25 children), and two available additional guests at an extra cost

**at least 3 days in advance** as we need to staff accordingly.

We also recommend that you visit our facility in advance to ensure our party rooms and our facility are to your liking (room size, location, etc).

For the last party of the day, please be reminded that should your guests wish to join the Drop In, you will be required to pay for each guest.

### Attire

We strongly recommend that all the participating guests **come dressed in clothing conducive to athletic movements**. As much as the party guests prefer tutus and dresses, they may be unsafe attire in a gymnastics party where the children climb surfaces, walk on beams, jump from parkour wall etc.

### The parents

We ask that all parents (less than the parents of the 3 years olds) to wait in the parents viewing area during the party. Sometimes if the children younger than 5 yrs old feel anxious to not have the parent around, we accommodate on a case by case basis for the new comers in the gym to help.

### The waivers

All participants are required to **fill in a waiver on line**.

<https://www.kanatagymnastics.ca/waiver>

In addition, all participants are offered the option to fill in a 10\$ coupon paper on the day of the party.

### Drop off/Pick up

We highly recommend that parents drop off and pick up party guests to avoid congestion.

### Party Add-ons

Here are a few available add-ons to enhance your party:

- Extra Party Time (\$50):

Our parties are **60 minutes** in the gym with an instructor and **45 minutes** in the party room.

Choosing this upgrade will only **add 30 minutes to the gym portion** of the party, and there will be **30 minutes remaining in the Party Room**.

This is valid only for Friday party, and the last parties on Saturday and Sunday.

Friday Party at 5:00pm-7:00 pm with 30-minute add-on will run from 5:00pm-6:30pm and 6:30pm-7:00pm in the Party Room. Saturday/Sunday Party at 3:00pm-5:00 pm with 30-minute add-on will run from 3:00pm-4:30pm and 4:30pm-5:00pm in the Party Room.

<https://www.amilia.com/store/en/kanata-gymnosphere/shop/activities/4378946>

- Pizza (\$35):



Want to add a pizza order to your party? Let us do the ordering for you! Pizza orders must be submitted **at least three (3) days prior** to your party. Click here (choice of XL cheese or XL pepperoni pizza(s)):

<https://www.amilia.com/store/en/kanata-gymnosphere/shop/products/14115102>

- [Juice boxes \(\\$10\)](#)

Add juice boxes 10 for \$10.

<https://www.amilia.com/store/en/kanata-gymnosphere/shop/activities/4378894>

- [Loot bags](#)

#### Party Packages

Please pick up your party package prior to your party. The party package includes invitations with \$10 coupons and a duffle bag.

#### Party Feedback

We sincerely hope you and your child will have a great time at your Kanata GymnoSphere party this weekend!

We would also like to remind you to let your guests know that a \$10 credit has been placed in their accounts!

We would truly appreciate, if you enjoyed the party, if you could fill out the Feedback Form on our website and leave us a review on Facebook and Google.

<https://www.kanatagymnastics.ca/birthdaypartyfeedback>

Thank you!

**Kanata GymnoSphere**