



GYMNASTICS

PARTIES

Gymnastics Birthday Parties at BCSG

Party package includes;

- Exclusive use of the gymnasiums with activities led and supervised by our coaching team.
- BCSG birthday gift for the birthday gymnast.

Party Structure;

- ☆ Party Guests arrive and are welcomed into the gyms.
- ☆ Safety briefing and expectations are outlined.

- ☆ Coach led warm up and mobilisation activities.
- ☆ Introduction of activities on all equipment.
- ☆ Supervised 'party time' in the gymnasiums.
- ☆ Coach led games and cool down.

Trampolines will NOT be available for use at parties.

If any party guest or accompanying adult fails to respect the rules, the equipment, the facility or the BCSG staff they will be side-lined from all gymnastics activities for the remaining time and/or asked to leave the facility.

A maximum of two responsible adults must remain on site for the full duration of the party.

For pre-school parties ~ one adult per child must remain on site for the duration of the party and involve themselves in the activities with their child.

Please note that adults are not permitted to practice gymnastics at any time.

You are most welcome to take photographs, video throughout the whole party session.

Party guests are to wear appropriate clothing; shorts, t-shirts, leggings, tracksuits, leotards etc. Jeans, skirts and party dresses are not appropriate. Long hair should be tied back, and all jewellery removed.

Accompanying adults are required to remove outdoor footwear before entering the gyms and not to sit on any gymnastics equipment at any time.

Party bookings will only be taken for Saturdays and Sundays around our gymnastics programme.

Deposit must be paid at time of booking.

Balance must be paid one week prior to the party date.

Prices

Pre-school party for birthday child aged 1-4 years
Maximum of 10 children

Club member £90
Non-member £120

Party for birthday children aged 5+
Maximum of 20 children

Club member £130
Non-member £160



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Party 'Rules'

To maximise the enjoyment of your BCSG Birthday Party, please help us by making sure all guests are aware of. And adhere to these requests.

In the Gymnasiums

- ☆ Please dress for physical activity, especially the party guests.
- ☆ Footwear, food & drink, skirts, jeans, hoodies and chewing gum are not welcome
- ☆ No one is allowed to sit or lie on any of the equipment – ever!
- ☆ Listen to and follow the instructions; they are there for your safety and to make sure you have a great time.
- ☆ Feel free to ask loads of 'How do I?', 'Please can I?', 'Can you help me?' questions. We love them.

General Notes

- ☆ Please Park at the front of the buildings and walk around to our entrance. Head towards Cambrian Antiques and through the passage, you will find our entrance 'shed' in the courtyard.
- ☆ Make sure any cars that are in the car park for more than 30 minutes enter their registration into the parking eye portal otherwise they will get a parking ticket. Entering registration details will give you 3 hours of free parking.
- ☆ Your BCSG coach will be responsible for the gymnastics activities within the gymnasiums, we ask that you are prepared to assist the party guests with any other needs.
- ☆ If you have any questions or need anything ~ please ask. We are happy to try and help.



Book a Party



Parties are available on Saturdays after 2pm and on Sundays.
Times and dates will be arranged around our gymnastics programme

Get in touch with the Team at BCSG;
bordercountiessg@aol.com / bordercountiessog@gmail.com / 01691 658048

We will check your requested date and time and coach availability and get back to you with as soon as we can. We will offer options if we are unable to accommodate your first request.