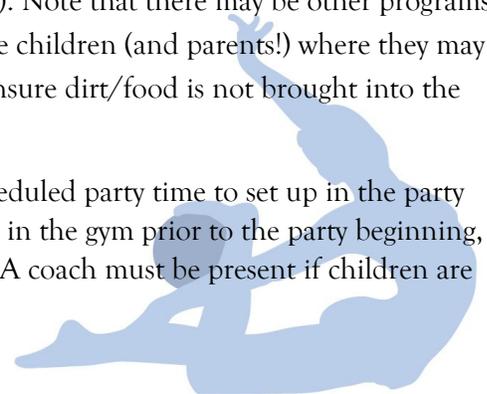


FVRG

Birthday Parties

Birthdays are best celebrated with a fantastic combo of active play, and friends and family. We hope to make this day special for your child, and easy on you. to help you plan the day.

- ☞ FVRG parties are two hours in length. The first hour is spent in the gym, lead by a coach, with activities determined by the chosen theme. The second hour is lead by the family and is spent in the party room, for food, cake, presents, and any other activities the families would like. Party families are fully responsible for the party guests.
- ☞ **Financial:** Party fee is \$150 (plus GST) to be paid at the time of booking. Refundable (minus a \$10.00 administration fee) up to seven days before the party, and not refundable less than seven days before the party. Party fee is for up to 10 children, including the birthday child. Extra children (up to 18) are \$8.00 plus GST, to be paid after the party. Children under 18 months will no charge (but the minimum party fee must be paid).
- ☞ **Party Invites:** FVRG will provide families with a digital party invite that could be sent electronically, or printed for distribution.
- ☞ **Food and Activities:** Families are responsible to bring in all food, and to lead party activities outside of gymnastics activities. FVRG can not provide a kitchen area or fridge/freezer storage for food items (families may bring in a cooler if they wish). Please note that all food and supplies must remain in the party room, and may not come into contact with gymnastics carpets or equipment.
- ☞ **Decorations and Supplies:** FVRG will provide basic party decorations and disposable plates, cups and napkins. Families may bring in additional decorations and supplies if they wish. Decorations may only be affixed to specified areas, with the tape provided.
- ☞ **Gymnastics Activities:** The coach will lead 30-60 minutes of gymnastics activities, based on the theme selected and the age of the children. Parents are encouraged to make suggestions when booking the party about the kinds of activities their child would enjoy (apparatus, games, etc). Note that there may be other programs running in the facility during the party, and the coach will direct the children (and parents!) where they may play. Anyone entering the gymnastics area must be shoe free, and ensure dirt/food is not brought into the gymnastics area.
- ☞ **Room Set Up:** Families may arrive up to 30 minutes before the scheduled party time to set up in the party room. We respectfully ask that families ensure children are not play in the gym prior to the party beginning, as to not distract other programs running, and ensure safety for all. A coach must be present if children are playing in the gym.



FVRG Birthday Parties

Birthday Parties at FVRG are two hours of fun, which includes 30-60 minutes in the gym with a structured class, lead by an FVRG coach, and time in the party room.

Theme Options

Tumble Tots

Young party guests can enjoy a short structured class, with the assistance of a parent, and then some free play time, with a variety of fun apparatus and equipment.

Ideally for ages 2-4 years

Super Hero Training Camp

Party guests will undergo a series of training activities and tests, designed to bring out their inner super hero strengths.

Ideally for ages 4-10 years

Star of the Show

Time to shine! Party guests will get to play with apparatus make up their own routines (with the help of a coach), and perform their routines for everyone at the party.

Ideally for ages 4-10

Circus Adventures

Explore contortion and acrobatic movements with this party theme! No elephants allowed!

Ideally for ages 6-12

Team Challenges

Party guests will work together to achieve goals with games and activities.

Ideally for ages 6-12

*Contact FVRG for pricing and availability at
www.fvrhythmics.com or by phone at
604-392-2555 or email at fvrgh@fvrhythmics.com*



Fraser Valley
Rhythmic Gymnastics