



Birthday Parties FAQ

THE PARTY ACTIVITY...

1. Do you have to be a member of WhiteRose Gymnastics Club, or have done gymnastics before?

Anyone can book a birthday party with us! We would love to see our members coming along as well as being open to the general public for bookings.

2. Who are these parties aimed for?

- ✓ **Pre-School Party Package** – suitable for 1 to 5 year olds with parents & carers participating fully with their child / children.
- ✓ **Games Party Package** – suitable for all children from Reception to Sixth Form! The games and activities will be tailored to suit the age group of the party with the more challenging games aimed towards the 11+ and easy to follow activities for ages 5+
- ✓ **Gymnastics Party Package** – suitable for ages 6+ which includes some fun activities & games as well as gymnastics skills and circuits.

If your party is likely to have a wide range of age groups attending – please email me at kjones.wrg@gmail.com and I will be more than happy to discuss the best party package and options to suit the age groups of the children attending.

3. Can boys and girls participate?

Yes, we run mixed sessions – it's completely up to you and the birthday child to decide on the guest list.

4. What are you minimum and maximum numbers?

Minimum - We don't have a minimum however we would recommend no less than 6 including the birthday child. There is no reduction of price for having less than 15 participants.

Maximum – 15 participants including the birthday child. Our party function room seats 15 participants.

If you need to book for more than 15 children please email me at kjones.wrg@gmail.com to discuss options (*this will include additional charges per child & would result in the party food room being set up without seating*)

5. What do you wear?

- ✓ Comfy sporty clothing, leggings, shorts, t-shirts,
(*In summer it can be warm & winter can be cooler – dress for the weather in layers which can be removed or added!*)
- ✓ Bare feet for the gymnastics activity
- ✗ No buttons / large zips or anything that could get caught on or damage our equipment
- ✗ All jewellery and body piercings **must be removed** including earrings (*recently pierced ears may be taped up*)

6. Can you do a mixed adults & children's party?

Maybe! Email us to discuss your specific requirements and we are always happy to look at our available options – it may be that you choose another option instead of a birthday package...our private hire option may be an alternative and book one of our coaches and equipment as an add on package.

Please note...the Pre-School Party Package expects all the adults to participate fully with their children and not just supervise from the sidelines!

PARTY FOOD / DRINKS / DECORATIONS...

7. Do you provide party food & cakes?

No, all our birthday parties are SELF-CATERING. You will need to bring everything that you and your party guests will want to eat. You will also need to provide your own birthday cake / buns. Check our handy Party Food guide for suggestions & ideas.

- ✓ We do have jugs & water which we are happy to refill throughout the party duration as required you will need to bring your own cordial – or you can bring your own drinks / cartons etc.
- ✓ We do have a slow cooker on site if you wish to heat up hot dogs for your party food – please email us at least two weeks before your party date if you would like to use the slow cooker.
 - * *Do not bring any of your own electrical cooking items into the club to use.*

Our kitchenette area is small & for the staff only – we are unable to store party food in the fridge.

Likewise we are unable to heat anything in the microwave on site *(with the exception of baby food / milk as long as it is under the full responsibility of the parent)*

8. What do I need to bring?

Party food *(see our handy guide for ideas)*

Party drinks / cordial *(unless you're happy to use our jugs / plain water)*

Birthday cake / buns

Napkins

Serving plates for the middle of the table *(optional)*

A knife to cut the cake, candles & matches – something to wrap the cake slices into *(extra napkins!)*

Party bags / party hats / balloons

You can choose to use our party plates, cups and table cloths (see photos) or bring your own to create your own personalised party theme. Ideas include creating party boxes premade at home, party platters or buying pre-made party food. As a general guide 3x standard party table cloths will cover the 3 tables for 15 children.

9. Can I bring my own decorations?

Yes! Please feel free to bring your own personal touch to your child's birthday party.

We allow you to bring your own party plates, cups, table cloths for the party table.

Balloons – please ensure these are secured tightly as we don't want any flying loose in the gym – it won't be retrievable!

- * Please **do not bring** GLITTER or CONFETTI filled balloons as these are a nightmare to clean up – our gym still needs to be usable for all classes and functions.

Banners & wall decorations – we ask that anything being put up on the wall in the function room or on the windows is removable and put up with Blu Tack only – no Sellotape and no damage to any surfaces. You can put party banners in the main gym, entry door and welcome area – again using Blu Tack and nothing that would damage any surfaces.

Damaged surfaces may result in a charge being invoiced to you for the cost of the repairs to take place.

10. Can we bring our own music?

Yes! We have a Bluetooth speaker you can connect to – just create your own playlist for the duration of the party – you can play the music during the activities, and in the party food room. This isn't essential - we can play our own music.

Depending on your party package we will play our own music for the games then return to your playlist.

11. Do you do parties for 16+ and adults?

Yes, we can cater for all age groups, please email us with your specific requirements before making the online booking so I can discuss the best options for you and your party.

12. Do you offer parties for children / young adults with additional needs?

Yes, we have experience delivering sessions to children and young adults with additional needs in both our regular classes and to schools that book us for specialist group sessions. The nature of the parties do require the children to be active, and to listen to the coaches or have an allocated adult with them to do the listening!

Send me an email with your requirements and we will be happy to discuss your options and create a party for your needs.

13. Do you do parties for schools / clubs or groups at other times?

Yes, we run sessions for schools during the school day and would be happy to offer an ad-hoc party / end of term / leavers party to suit your requirements – please email for further details, pricing and we will be happy to help providing we have the space and coaches available on your chosen date.

If we haven't answered your question in the above points, please contact me at

kjones.wrg@gmail.com



We look forward to hosting your birthday party at WhiteRose Gymnastics Academy