

RRC Gymnastics Birthday Party Handbook

Welcome to Rhodes Recreation 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
- Catered party food for the kids included
- 2 qualified gymnastics coaches leading all activities
- Use of the gymnastics equipment including bars, beam, sprung floor and vault
- Structured warm up, stretching, games and challenges

What days and times do our birthday parties run on?

Our birthday parties run on Saturday afternoons at 12:30-2:30pm, or 3-5pm.

PREPARING FOR RRC GYMNASTICS BIRTHDAY PARTY

Participant numbers

Each party requires a minimum of 15 and max of 25 participants. Final participant numbers must be confirmed at the time of booking and cannot be amended. In the case of a non-attendee, a sibling, cousin or friend between the ages of 5-12 can participate!

Party amendments

You can add additional party guests up to 14 days prior to your party. A minimum of 15 guests is required. If you have no show's on the day, a sibling, cousin or a friend can jump in providing they are between the ages of 5-17. Please note that there is a maximum of 25 gymnasts per party. Any extra party guests that turn up on the day can be paid at main reception at the conclusion of the party.

External food

No external food is allowed except for your BYO cake, non-alcoholic beverages and lolly bags. Utensils, cups and plates are provided for the kids. We have catered food included for the kid's and optional adult catering if you wish to purchase! (Please see next page)

Catered food options

Every paid participant will receive a party meal during the 40 minutes of food and cake time. You will choose **one** of the following options at the time you book which include:

- Chicken nuggets with chips
- Pizza with chips
- Calamari rings with chips
- Pasta with cheese

Food options are prepared by *The Dining and Co Rhodes*. Please advise dietary requirements and allergies at the time of booking.

The party food will be in the party room ready for when the kids arrive back from our gymnastics program.

Optional add on's

- We have an option to include a cake delivered and ready for you in the party room. Choice of flavours including:
 - Tall Chocolate Cake
 - Red velvet
 - Strawberry cheesecake
- We have the option for adult catering as an extra including:
 - Lunch Sandwich Platter (Bacon & Egg and Mushroom & Avo)
 - Lunch Wraps Chicken & Avocado and Halloumi
 - Slider Platter (Chicken Schnitzel and Filet-O-Fish)
- We have the option for adult or kid extras including:
 - Basil Pesto Spiral Salad
 - Mini Muffin Platter (Carrot & Walnut and Banana & Pecan)
 - Basque Cheesecake Platter

Decorations

Decorations are welcome. We kindly ask that there are no items to be attached to the walls for safety purposes. No balloons permitted as we support sustainability at our centres.

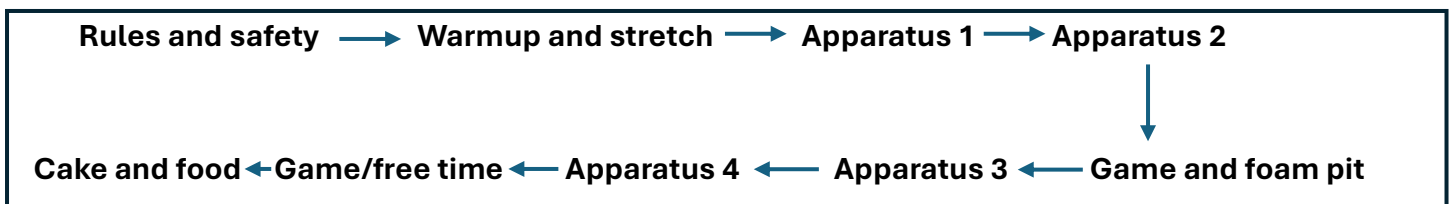
ON THE DAY OF YOUR PARTY

Arrival

Please arrive 10 minutes before your booked session and make your way to the Gymnastics Reception at the western end level 1. Our customer experience team member will show you the party food space and viewing area. At the time of your booking, you will be greeted with our 2 gymnastics coaches who will bring the kid's through the security doors! Parents can go upstairs, relax, and watch their kid's join in the fun!

What the party looks like

On arrival, coaches bring kids into centre to run 1 hour and 20 minutes of gymnastics and will be brought up to the part space for 40 minutes of cake and food. The itinerary is as follows below:



During the Party

At the start of your booking time, our 2 gymnastics coaches will greet all participants at the gymnastics reception, where they will be led into our gymnastics facility

Parents will be instructed to view the gymnastics party from our level 2 viewing area. If you have ordered additional adult catering or extras, they will be delivered to the party space at the beginning of your booking time.

Our two coaches will commence the program which will include 1 hour and 20 minutes of warmup, games, stretch, circuits on our gymnastics equipment and activities

At the end of the program, our 2 gymnastics coaches will safely lead the participants to the party room, where the 40 minutes of food and cake will commence. Kid's catering food will be delivered at this time*

* Please note, the 3-5pm party booking kid's catering will be delivered 20 minutes before party food time due to The Dining and Co closing at 4pm).

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 (if they choose)
- Comfortable clothing suitable for movement. Nothing loose that will get caught on the equipment (avoid dresses/skirts)
- 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 on the mezzanine level.
- Non-compliance of rules with the coaches in which it becomes unsafe, could mean removal of those unabiding 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

- Coaches are responsible for the supervision of participants during gymnastics time
- Parents are responsible for the supervision of participants in our party room during food and cake time

Cancellation/Rescheduling Policy

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

- **Where can I park?** On-site parking is available for 2 hours. Street parking is available but can be limited.
- **What does a party look like if the 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.
- **Can I bring my own cake?** Yes! Cakes can be brought into the party space. No ice-cream cake is permitted as we do not have a freezer. No knife option provided. We also have a hassle-free birthday cake extra delivered right on the party table ready for your celebrations!
- **Do parents need to stay for the party?** Parents are welcome to stay and watch from the viewing area. If parents choose to leave, they must return promptly to pick up their child. Party hosts must remain for the entirety of the party.
- **Can we arrive early to set up decorations?** Yes. You can arrive 10 minutes earlier to your booked session to set up decorations. Please check in with reception and they will show you the party room.
- **Can I bring my own decorations?** Decorations are welcome. We kindly ask that there are no items to be attached to the walls for safety purposes. No balloons permitted as we are a sustainable centre.