

**Treat your child
to an experience
they'll never
forget...
A fun-filled
Birthday Party at
GMS Gymnastics!**



*** What We Offer**

Have a wonderful party at **GMS Gymnastics**, and make it a special event for your child and guests. We offer our facility to you for an hour and a half of memorable fun on Saturday afternoons.

Children will enjoy playing games and participating in fun gymnastics activities led by our certified instructors for the first hour of the party.

We will decorate the party room with colorful balloons ready for your arrival, and entertain the children for one hour of exciting gymnastics events..

The fun is limitless: Starting with stretching and warm-ups, the children will go through challenging obstacles, and get to experience the fun blasts of a 40 foot long trampoline, 20 foot climbing wall and climbing net, an 8 foot deep foam safety pit with Tarzan ropes, a zip line, and a moon bounce.

After all these exciting activities, the children will enjoy any cake and refreshments for 30-45 minutes as well as opening presents if you elect to do so. We will conclude the party by giving the children balloons and a free trial class for each of your guests.

GMS



Birthday Parties!



7228 New Market Court
Manassas, VA 20109
(703) 369-7800



Participation Safety Rules & Guidelines



The number of coaches assigned to each party is based on the booked or confirmed number of kids.



Any cancellations due to illness can be re-scheduled based on availability. All deposits are non-refundable.



All party guests must have the required signed release form prior to participation. All forms must be turned in to the head instructor before the commencement of the party.



All parties must start and end on time. GMS will provide 1 our of fun-filled instruction followed by 30 minutes of cake and party time. Additional party room time used will be charged \$30.00 for each additional 15 minutes. An official head count will be taken by the head instructor at the conclusion of the party and any additional fees will be due at that time.



Only party guests are allowed in the gym area. All younger siblings or guest must be accompanied by an adult at all times. GMS does not allow unsupervised activities in the gym at any time.

Party Information

Here at GMS, we offer you three options to best meet your

All packages include colorful helium balloons and a free introductory pass for each guest!

Handstand Package

With our handstand package, you receive the entire gym for 1 hour and 45 minutes. We will provide balloons and table cloth (blue, green, pink or purple) for the party room. A minimum of 10 kids is required with a \$100.00 deposit. A deposit of \$150.00 is required for parties 15 or more.

Cost per Child:

Members:\$16.00 Non-Members:\$18.00

Saturdays 2:00-3:30 PM

Saturdays: 3:00-4:30 PM

Cartwheel Package

With our cartwheel package, you will receive the handstand package as well as party plates, cups, napkins, and utensils (blue, green, pink, or purple), 1 slice of cheese pizza, & a lemonade juice box. A minimum of 10 kids is required with a \$100.00 deposit. A deposit of \$150.00 is required for parties 15 or more.

Flips Package

With our flips package, you will receive the cartwheel package as well as your choice of chocolate or vanilla cake from Cold Stone Creamery!! Candles will also be provided. A minimum of 10 kids is required with a \$100.00 deposit. A deposit of \$150.00 is required for parties 15 or more.

Cost Per Child:

Members: \$28.00 Non-Members: \$30.00

Saturdays 2:00-3:30 PM

Saturdays: 3:00-4:30 PM

