

You Have Been Invited to a  
**BIRTHDAY PARTY**  
 Celebration at



# GYMNASTICS

## NYC's Gymnastics & Adventure Park

You don't have to be a gymnast to have the adventure of a lifetime!

*Party Date*

For: \_\_\_\_\_  
 Date: \_\_\_\_\_ Time: \_\_\_\_\_

*Please, let us know if you can attend*

Please, RSVP At: \_\_\_\_\_  
 Please, RSVP By: \_\_\_\_\_

**PARTY ARRIVAL TIME:** Please don't arrive more than **15 minutes** before the party starts. This allows for previous party participants to leave before you arrive.

### DIRECTIONS

Park City Gymnastics, Ltd.  
 170-16 39th Avenue  
 North Flushing, N.Y. 11358

### PARKING PCC

### SURVIVAL GUIDE

For the love of fun and safety, we ask parents to please make your child aware of the following gym rules:

1. For your children's safety, **ALL PARTICIPANTS MUST SUBMIT A SIGNED PARK CITY GYMNASTICS BIRTHDAY PARTY PARTICIPATION FORM** in order to participate in all activities. This form can be filled out on the day of the party at the front desk. This is necessary to assure us that all parents are aware of the activities and give consent.

The Park City Gymnastics Birthday Party Participation form can also be downloaded from the internet by clicking the below button:

[Birthday Party Waiver Form](#)

The **PARTICIPATION FORM** can also be **SIGNED** at the Gym!

**Required  
 Participation  
 Clothing & Attire**

## NO SHOES OR BARE FEET IN THE GYM!!!

**SOCKS ARE REQUIRED FOR EVERYBODY**  
**THINK OF HEALTH AND SAFETY**

2. If your child is under 3 years old, a parent/companion is required at all times.
3. Please let our staff know if your child has any illness that may affect his/her performance in the gym.
4. No gum chewing or eating during any physical activity.
5. No food or drinks are allowed in the gym at any time. This includes parents.
6. No Parents allowed on any Equipment. Our equipment is designed for children only.
7. Kids are only allowed to eat pizza and cake.
8. **ATTIRE:** Dress for lots of activity and loads of fun:

T-shirts, Sweat Outfits, Leotards, Shorts, Cotton Socks:  
 Girls' hair pulled back; **PLEASE NO JEWELRY!!!**



Park City Gymnastics  
 Information  
**718-463-1511**

**Gymnastics  
 Classes**

**Birthday  
 Parties**