



Birthday Party Information 2025

Unit 3, 62 – 64 Cranbrook Road
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Thank you for choosing Core Gymnastics and Fitness Pty Ltd to host your birthday party! Your guests will enjoy supervised free play, fun games, and optional gymnastics skill instruction. There are a few bits and pieces we need you to be aware of prior to your session, and we encourage you to ask any questions you may have!

WHAT WE PROVIDE

When booking a Core Gymnastics and Fitness party, you are essentially hiring out our entire gymnastics facility for your guests to enjoy with qualified coaches supervising/instructing throughout. We also have a designated party area set up with tables and chairs on our mezzanine level. We have a fridge/freezer located in the office if you need to keep anything cool, as well as a microwave for heating items. We also have some cups and tap water if necessary (however, please BYO water bottle preferably – see below).

WHAT TO BRING

You are welcome to arrive 15-20mins prior to your party start time. Please arrange for any decorations you wish to bring to personalise your party experience. You are most welcome to set up a 'theme', e.g. some decorations, balloons, or nothing at all, whatever suits!

BYO party food/drinks/cake. From experience, the kids enjoy the gymnastics session so much that they aren't too fussy with the party food, so keeping it simple is usually best. We recommend you also bring a couple of tablecloths to cover the tables (disposable is fine), napkins, and some disposable plates and cups.

The kids will get a fair workout during the 60 min gym time, so if you can either suggest they bring along a drink bottle or supply some bottled water to have at the entry to the gym (maybe with names on them).

Music provides a great energy to the party. We play fun Spotify music playlists otherwise welcome to connect your own phone to our Bluetooth speaker for more personalised selections.

SCHEDULE OF EVENTS

The party runs by having a 60 min session in the gym. Most kids are happy to enjoy free play fun with their friends; however, our coaches can run them through some fun games/circuits/bungee bouncing. You are of course also welcome to organise any games you might like to include and can direct the coaches if there is something that you might like your guests to do! After the 60-min session, guests will have 30 min upstairs to mingle, eat, have cake and open presents etc. Strictly no one is allowed on equipment during this time (bouncing/rolling/swinging after eating can cause nausea or vomiting).

You will have up to 10 mins after the party to organise guests to leave. Our coaches will assist with the clean-up.

DRESS REQUIREMENTS Party guests should wear clothing that they are comfortable and able to move in. Avoid loose clothing that will get in the way when going upside down, or baggy trackpants below the ankle (trip hazard). Please tie long hair back and remove all jewellery (watches, rings, etc can easily catch or get lost in the foam pit).

PARTY DAYS/TIMES

- Saturday 12:30 – 2:00pm or 2.45 – 4.15pm (2.45pm timeslot is only available if the 12.30pm time is booked)
- Sunday 12:30 – 2:00pm or 2.45 – 4.15pm (2.45pm timeslot is only available if the 12.30pm time is booked)

COST \$250 for 10 children, plus \$10 per additional child. We have a limit of 25 party guests.

DEPOSIT

You are required to pay the \$250 base party rate to secure your booking. The \$10 per additional child will be due upon arrival on the day of your party. Fees will be refunded (less \$50 holding fee) if cancellation occurs with more than 48hrs notice, otherwise the base rate (\$250) will be payable if cancellation occurs within 48hrs.

BOOKINGS: Please email us to confirm your preferred date/time is available with your child's full name, DOB and contact details. You will then be required to set up a Mindbody account and pay the \$250 deposit to secure your booking (instructions attached). If you'd prefer not to use Mindbody, please email us, and we will give you alternative payment options.

BANK DETAILS

Core Gymnastics and Fitness, BSB 062692, Account number 81479311, Reference: Party [child's full name]

AGE LIMIT

We host parties for children between the ages of 2 and 13yrs. Please discuss if you have any younger or older participants joining in.

Junior parties are for 2-5yrs. All children under 5 require a parent/carer accompanying them AT ALL TIMES. If you need to leave the floor, please take the child with you. Regularly check diapers when playing in the foam pit for hygiene purposes.

VIEWING POLICY and CAN PARENTS JOIN IN?

It is not necessary for parents to stay to watch, however, if they would like to stay to join in the fun, we ask that parents/carers/older siblings and other guests view the session from our upstairs party area, or move around the gym with caution. We enforce this policy to improve safety and reduce the risk of collisions between smaller bodies and larger bodies. In saying that, we know how much fun our playground is! Discuss on the day with the head coach if you would like to join in/have a go on a piece of equipment (this will be on a case-by-case basis depending on party age groups and numbers). Strictly no adults on the bungees or Russian 360-degree swing (weight dependent).

BEHAVIOUR MANAGEMENT POLICY

Disciplinary action will be taken against anyone who is found to be in breach of the code of behavior or Gym Safety rules. This will help to ensure classes run as safe and smooth as possible. Disciplinary action will be administered in a four-phase education process, designed to allow guidance in correcting inappropriate behavior.

- 1) Warnings – Staff to counsel the child and explain the breach, warnings will be indicated with a cross on the whiteboard.
- 2) 3-minute timeout when three crosses are obtained – Staff to counsel child and explain the breach.
- 3) 3-minute timeout with fourth and final warning – Staff to counsel child and explain the breach.
- 4) If a gymnast is given a 5th and final cross on the board, they will be removed from the gymnasium and sat out until the end of class. **Parents** will be **contacted** to take the gymnast home to ensure no more disruption within the class.

* NOTE: Physical violence (pushing, grabbing, hitting, kicking, throwing) is not tolerated and will not be given a warning – immediate timeout will occur and the situation assessed to determine if parents need to be contacted.

CODE OF BEHAVIOUR

All children enrolled in the club must adhere to the following guidelines for behavior when attending. Parents are asked to explain, and educate their children on acceptable behavior as outlined below:

1. Be polite – Be respectful to your peers, your coach and the equipment and encourage your classmates.
2. Be productive – Take advice from your coach and follow their instructions to improve and stay safe.
3. Be positive – Try your best every time, learn from your mistakes and never give up. Mistakes help you to grow!
4. Do not tolerate acts of aggression or bullying. Advise a coach immediately if you have any concerns.



CLUB RULES

1. **NO ONE** is allowed on **GYMNASTICS EQUIPMENT** *(unless given permission by a coach)*
2. **NO RUNNING** in the Gym *(unless given permission by a coach)*
3. **OUT OF BOUNDS AREAS** include **UNDER TRAMPOLINES, BEHIND ROCKWALL, OUTSIDE AREA** and **UPSTAIRS** *(unless given permission by a coach)*
4. Where possible, Gymnasts should be **PUNCTUAL** to class
5. **ALL LONG HAIR** must be **TIED BACK** neatly
6. No **JEWELLERY** to be worn by Gymnasts during class
7. No **EATING** in the Gym
8. **ALL INJURIES/ACCIDENTS** must be **REPORTED** to a coach
9. **POOR, DISRESPECTFUL BEHAVIOUR** will **NOT BE TOLERATED**
10. **GYMNASTS** must **RESPECT** coaches, fellow gymnasts and equipment at all times
11. Strictly **NO VIEWING** during class other than **PARENTS WEEK**
12. Once enrolled for Term, **FEES** are **PAYABLE** whether Gymnasts **ATTEND** or **NOT**
13. If Gymnast pulls out mid Term, **FEES** will be **PAYABLE** until Club is **NOTIFIED**
14. **TERM FEES** are due by **START OF WK 2, PAYMENT PLANS** by 2nd last week of Term

FOAM PIT RULES

Our gymnastics facility now has the exciting new foam pit extension to learn new tricks safely. However, we ask that your gymnast is made aware of the following rules to help reduce the risk of injury to self or others:

1. **NO ONE** is allowed in **FOAM PIT** or on **TRAMPOLINES** *(unless given permission by a coach)*
2. **NO BELLY FLOPS** *(as this may cause injury to back)*
3. **NO DIVING HEAD FIRST** *(as this may cause injury to neck)*
4. **ALWAYS** land on **FEET, BOTTOM** or **BACK** *(as otherwise may cause injury to neck or back)*
5. **WAIT YOUR TURN** and help assist others out of the pit if they are stuck *(do not jump on others)*
6. **ONE PERSON AT A TIME** on trampolines, wait behind on the deck area for your turn
7. **REMOVE ALL ITEMS FROM POCKETS** and strictly **NO JEWELLERY** to be worn
8. **NO SOCKS** to be worn *(as they will get lost)*
9. **RESPECT ALL EQUIPMENT** by not ripping/biting foam cubes

**WE THANK YOU FOR YOUR COOPERATION WITH OUR RULES TO
ENSURE THINGS RUN AS SAFE AND SMOOTH AS POSSIBLE!**



CONTACT US

Our friendly team is always ready to help with any questions you may have.

Larissa Sethi – Proud Owner/Director of Core Gymnastics and Fitness Pty Ltd and Head Coach (Accredited GfA Intermediate-Advanced and Kindergym, Bachelor of Exercise and Sports Science)
Jordyn Collins – Coach (Accredited WAG Intermediate-Advanced coach and WAG Intermediate judging)
Gemma Ferguson – Coach (Accredited GfA Intermediate)
Summer Inwards - Assistant Coach (Accredited Beginner GfA)
Chloe Wallis – Junior Coach
Marley Wilson – Junior Coach
Kalani Scognamiglio – Junior Coach
Charlie Jonas - Junior Coach

All coaches over 18yrs have their current Working With Children Check's and First Aid Certificates.



Email (Larissa): larissa@coregnf.com



Phone (Office): 0466 892 890



Website: <https://coregnf.com/>

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[@core_gymnastics_and_fitness](https://www.instagram.com/core_gymnastics_and_fitness)

ADDRESS: You can find us in the Industrial Area of Batemans Bay. Please turn into the industrial area at the traffic lights and follow Cranbrook Road all the way down to the end. We are on the left hand side before the Australia Post depot.

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Please navigate to our website for online bookings and upcoming events.

We are excited to have you as part of our Club for 2025. Please don't hesitate to contact the gym on 0466 892 890 or larissa@coregnf.com if you have any questions/queries/problems!