

YOUTH SPORTS **GYMNASTICS** Jump Rope FX ~ Cheer XS

Welcome to Youth Sports and thank you for considering our program for your child. Our goal is to provide a safe, fun and progressive environment for your child. We believe children learn best through positive motivation, which facilitates learning and develops a strong foundation from which to build confidence and a positive self-esteem. Our programs have proven to be an excellent way to develop life skills, such as plotting for success, self-discipline, goal setting, perseverance, teamwork and fitness.

Each level of class follows the Youth Sports Center Program. Our program is designed to teach children skills, flexibility and strength training in an appropriate progression. This progression emphasizes safety first, fun 2nd! Each child will be able to achieve success!

Recreational and competitive team programs offered at Youth Sports Center include, Boy's and Girls Artistic Gymnastics, Cheer XS Competitive Cheerleading and Jump Rope FX competitive jump rope.



YOUTH SPORTS GYMNASTICS
14023 NOBLEWOOD PLAZA DRIVE
WOODBIDGE, VA 22193

Located on Prince William Parkway near
Bally's & BJ's

Phone: 703-590-8400 / Fax: 703-590-5055
E-mail: youthsportsmindy@yahoo.com

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Serving Prince William County over 20 years

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Birthday Party Pricing

12 Children or less	\$145.00	\$145.00
13-20 Children	\$220.00	\$220.00
Additional Children after 20	\$8.00 (ea)	
Additional 15 minutes for cake and presents		\$20.00
Additional 60 minutes for cake and presents		\$80.00
Non-refundable deposit required upon booking		\$50.00

Birthday Party Times

Saturday; 3:00-4:30

Other times available upon request



Birthday Party Includes:

- 1 hour of gymnastics, trampoline, obstacle courses and games
- 1/2 hour for cake and presents
- Additional time for your party may be purchased in 15 minute intervals
- Tables and chairs are provided

Children are not permitted in the gymnastics areas or on the equipment before or after the gym portion of the party.

Obstacle Course:

Includes; wedges for pencil rolls and forward rolls, low balance beams or balance boards, tunnels, springboard on to a portable pit (jump up and timber fall or seat drop into a pit), spiderman handstand, hoola hoops for hop scotch, ladder up to spotting blocks for climbing, cartwheel mats, rope swings and more.

Tumble Trak / Trampoline:

Tumble Trak Includes: Trampoline safety rules/ safety stops and various jumps while bouncing down a 40 foot long trampoline into a resi-pit. This event also includes an obstacle course to challenge the children while waiting for their turn. Trampoline includes: Trampoline safety rules and safety stops, various jumps and seat drops.

Flash Photography:

Party guests are encouraged to take photographs and videos of the birthday party. However, flash photography and video lights are not permitted in the gym for safety and insurance policies.

Party Area:

Table and chairs are provided in the area designated for your party. You may set up and decorate 15 minutes prior to the party

Scheduling your party:

All parties must be scheduled by our Program Director Mindy. You may contact her by phone during daytime business hours. Parties cannot be scheduled by any other staff member in the gym. During the scheduling process a \$50.00 non-refundable deposit along with a completed birthday party request form must be turned in.

Participant Requirements:

All party guests must present a completed Birthday Party Release and Indemnity Form to participate in the gymnastics activities. Parents who wish to participate must also complete this form.. *You may obtain copies of this form at the gym or download it from our web site at www.youthsportsva.com.* Please ensure that each guest that you invite receives a copy of this form.. The host parent must ensure that a completed/signed form accompanies each guest attending. These forms must be collected by the host parent and turned in prior to the party. *Guests who do not have a completed signed copy of this form on file may not participate in gymnastics activities.*

What to wear:

Bare feet and comfortable clothing without snaps, buttons or zippers is recommended for all participants. Long hair should be pulled back from the face.

Prior to the party:

Please contact the gym on the Wednesday prior to the party to confirm the number of guests that will be attending so that we can schedule appropriate staffing.



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