

Children will enjoy fantastic, well organized, safe fun with **certified** and **enthusiastic coaches**. Whether it is swinging on the big rope, bouncing on the trampoline, rolling around in the sponge pit, or learning new things on the equipment, the fun never stops.

Children should wear comfortable clothes (Shorts & T-Shirt, Leotards) and have long hair tied back. Bare feet are preferred.

Children 3 years or younger **MUST** be accompanied by an adult. Only those adults accompanying young children and the birthday child's parents will be allowed in the gym area. Adults are in the gym for maximum supervision of the young children. Use of the equipment by the adults is strictly prohibited.

Our gym is a PEANUT FREE facility.

Hamilton Mountain Gymnastics Centre
30 Harlowe Road, Hamilton
905-385-5981
www.hamiltonstargymnastics.com

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You're Invited

to a



Birthday Party

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Participant Information:

Name: _____

Address: _____

Postal Code: _____

Phone Number: _____

Medical Conditions/Allergies:

I acknowledge that there is a potential risk of injury involved in participating in any sport. I understand that Gymnastics Ontario has tried to create a safe and controlled environment for participation and that Hamilton Gymstars Gymnastics Inc. has established rules for participation on and about the gymnastics area that must be followed by the participant.

Parent Signature: _____

✂ Please detach and return this card

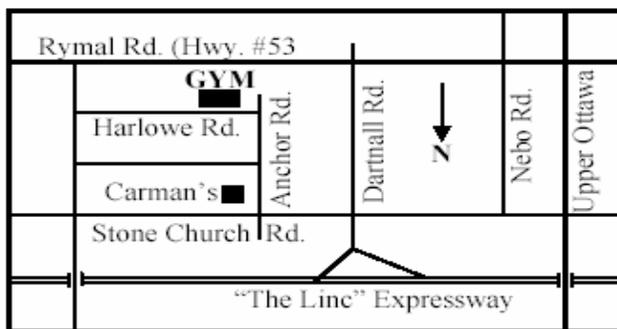
_____ is invited to

_____ Birthday Party on

_____ at _____.

Please R.S.V.P. to _____

or use the card to the left.



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