

Kids Parties

Description of classes

- *Whack the Wall: Wacky work outs, fun for boys and girls of all ages. Illumination Stations, give that wall a good whack, knock out the lights using woggle's, balls, beanbags, hands or your feet.
- Junior Spin: Ages 12-16, loose the stabilisers. Try out the big kids bikes in the main spin studio. 45 mins spin madness.
- *Funky Feet: Get your feet co-ordinating on our brand new Dance Mats. Can you move to the beat and get those funky feet tapping. Make it harder try using hands too!
- Outdoor games: Rounders, Circuit Training, Ball Games, etc
Feel the fresh air, get outside get fit in the sun.
(Weather Permitting)
- *Bodyblast: Try out the Bodyblast class, using the weights & steps, working all those mini muscles, are you ready?!! Calling all your Rambos and Ramboettes!!
- Short Circuits: Time to blow a fuse. Come and try the **zone's** circuit or build your own circuit. Bet it's not as good as ours. !!!!
- Mega Mix: Parties only, Choose from two of the *above and mix 'um up!!!

Parents Check list

things to do

done

Date and time booked	[]
Deposit paid £7.50 p/head	[]
Send out invitations	[]
Fill out booking form	[]
Book in names & numbers	[]
Classes chosen and booked in	[]
Menu choice Jelly or Ice cream	[]
Cake booked if theclub supplying	[]
Number of party bags booked	[]
Confirm to theclub final number and requirements	[]
Balance remaining to pay	[]

thelounge is available for parents to use whilst waiting for children

Any queries please do not hesitate to contact theclub

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Guidelines

Please book your party at least 4 weeks in advance to ensure staff and facilities are available. Full payment is due on Party date. We need at least two weeks notice for a cancellation to refund your deposit in full.

A member of staff will contact you within the next 3 days to confirm your booking and give you your booking ref number.

Any changes are to be made no later than one week prior to party date. Changes after this date will result in loss of deposit.

Choose from any of our classes for your fun party. 60 mins of your choice you can also choose from the * classes to mix 'n' match your party. Please ensure the children are dressed for class conditions, trainers and gym gear.
NO FANCY DRESS.

Decide which menu you require Jelly or Ice cream. If you have any dietary requirements, just let us know and we can accommodate. Jelly menu and ice cream menu attached.

Party food will be served in the lounge, after the children have enjoyed the party fun. the lounge request that there should be at least 1 parent to 5 children whilst dining. They will stay in the club until they are collected by parent or guardian.

Party bags are included.

Birthday cake is optional, with an additional cost. (confirm when booking party)

Age 6 + for parties, younger children have to be accompanied on a one to one basis by an adult.

Prices:

Deposit £7.50 p/head

£17.50 p/head - price includes', entertainment, food, drinks and party bags.

Times:

Saturdays 13.30 - 15.30
16.00 - 18.00

Sunday 15.00 – 17.00

thezone party booking form

Name parent/guardian:

Address:

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Post code

Contact Details Mobile

Home

e-mail

Date of party

Time of Party:

Childs name:

Age

Number of children:

Age Range

Menu Choice: Jelly/Ice Cream (delete as applicable)

Party Choice:

Food allergies, dietary requirements or medical conditions:

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theclub at Cadbury House can accept no liability for personal injury related to participation during use of the facilities if a) your doctor has, on health grounds, advised you against such exercise. b) you fail to observe instructions on safety or technique. c) such injury is used by the negligence of another participant in theclub.

Signature:.....

Date:

Office use only

Booked by:..... Date..... Menu

Deposit paid £..... Balance to pay £..... No of children.....

Booking Ref

Date confirmed

Time:.....

Copy to thelounge

Copy to Kitchen

Copy to G/Fitness.....