



**EAST ANGLIA
GYMNASTICS**

**Your *Ultimate* Birthday Party
Experience at TEAM EAG**
(everything you need to know is in this pack)

WHAT DO OTHER PARENTS THINK?



It really is one of the best we've ever had!

The perfect mixture of taught gymnastics and free play

The coach's were amazing, so much patience and engagement with the children



I didn't have to worry about anything, was a joy to organise them

I would **100% recommend** booking a party here!



The coaches were so kind, and patient with the children. There were children who were shy and they did everything to make them feel better and join in! Everything was thought of.

Thank You So Much!

OUR PARTY PACKAGE AVAILABILITY

Available at the following **locations and time slots**:



EAG, Great Yarmouth, Brinell Way, NR31 0LU



Saturdays & Sundays

15.00-17.00



EAG, Lowestoft, Leyland Court, NR32 2EP



Saturdays

14.00-16.00



EAG Thetford, Breckland Leisure Centre & Waterworld Croxton Road, IP24 1JD



Saturdays

14.45-16.45



EAG Ipswich, 204 Ranelagh Rd, Ipswich, IP2 0AQ



Saturdays

14.30-16.30

WHAT'S INCLUDED?



Maximum 24 Children
(Age range 3-14yrs)



Party Bags



EAG Invitations



Structured Gymnastics



Fun, Games & Free Play



Party Room

(1hr 15min- Gym, 45mins-party room)
food not included



Party Decorations

Welcome to come early and set room up!

FAQs

“Do you provide food?”

We do not provide food, we welcome you to bring party food along with you, taking care of any food requirements of the children that will attend the party. Some parents have ordered food in using well known apps.

“Is there a minimum number of children that can attend?”

Our parties can run with a minimum of 11 children.

“How long do they spend in the gym?”

The children will spend 1 hour 15 minutes in the gym and 45 minutes for food in the party room provided.

“What do they wear?”

The party attendees can wear anything gymnastics related. We recommend shorts and t-shirt. We do not allow jewellery or dresses.

“Is it structured or unstructured?”

We offer a semi structured party! Split up into three parts:
Taught gymnastics, Games & Free Play

“Will the children be allowed back in the gym after their food?”

Unfortunately, they will not be able to do more gymnastics after they've eaten.

Continued FAQs

“Do they need to be a member to attend?”

No! We offer our parties to members and non members alike.

“Are there age limits?”

The youngest you can invite is 3yrs old and the eldest 14yrs old.

“Can i decorate the room where the children eat?”

Of course! Please let us know when you would like to do this. We are happy to have you come along prior to the party starting.

“What’s provided in the party bags?”

In the party bags there will be lots of different games, activities, puzzles and sweets with enough room for you to put in the party cake.

“When will you send me the invitations?”

Invitations are collectable from your club upon booking a party.


“Are parents allowed to stay?”

We allow up to 6 parents to stay during the party.

“How do I book?”

We will be in touch when we receive your response to our booking form

How to Book Today!

Follow the link below to our website 

<https://eagymnastics.co.uk/birthday-parties>

The EAG Party Package is

£200 (Non Members)

£150 (Members) - Please ask your club for a discount code to enter when booking your party

Your party slot will be booked in once the payment has been made; we are not able to hold a date for you.

Please understand we are unable to provide party food. We welcome you to come along **30 minutes** early to set up any decorations and food.

We can accommodate up to 6 parents during the party. Be prepared to jump in on the **fun!**

Please do not hesitate to contact us with any questions:

yarmouth@eagymnastics.co.uk

lowestoft@eagymnastics.co.uk

thetford@eagymnastics.co.uk

ipswich@eagymnastics.co.uk