



Get ready for a Great  
**GYMNASTICS**  
**BIRTHDAY PARTY!**

### Helpful Hints for a Successful Birthday Party

1. Cypress Academy requires a signed Parental Consent form for every child that participates. (If you are not dropping your child off at the gym, submit a Parental Consent form to the host before the party)
2. Girls should wear a leotard, one-piece swimsuit, or a T-shirt and shorts. Long hair should be up in a pony tail, and no jewelry should be worn.
3. Boys should wear a T-shirt and comfortable shorts.
4. All children will be barefoot while doing gymnastics.

***We're looking forward to seeing you at the gym soon  
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