



BIRTHDAY PARTY GUIDE

Make Your Child's Birthday Unforgettable!



WHAT'S INCLUDED IN MY PARTY?

Party Set-Up

- Tables and chairs for all guests
- Gift table & food table
- Colorful tablecloth options to choose from
- Cake cutting knife and lighter for candles
- Fridge/freezer for food and drink storage needs
- Management of guest waiver

Professional Party Staff

- Friendly greeting and welcome for your family and guests
- Assistance with bringing items from your vehicle
- Full leadership of gym/field house time so you can relax and enjoy your child's special day
- Continuous support during food, cake and close out of your party

1 Hour 45 Minutes of Fun

- **1 Hour 15 Minutes** of active play time in our gym or field house
- Age-appropriate games and activities led by our staff
- Free play on our recreational equipment
- **30 Minutes** of dedicated eating and celebration time in our lobby area

Complete Cleanup

- A low-stress post-party cleanup lead by our staff



When can I book a party?

Birthday parties are released for booking on the 15th of each month, three months ahead of time. All parties must be booked on our website: <https://www.thrivegym.org/parties>

We are not able to accept party bookings over the phone or via email.

When does Thrive offer parties?

Birthday parties are available to book on Saturdays at either our Annapolis gym or field house facility. Party times are as follows:

Field House: 12:00 PM, 2:15 PM, 4:30 PM

Gym: 1:30 PM, 3:00 PM, 4:30 PM

What is the cost of a party?

Birthday parties are priced at \$450 for up to 28 participating guest. Additional guests are \$10 each. The full birthday party total is due upon booking.

What if we need to cancel or reschedule?

Birthday parties cancelled 45 days before the event will receive a full refund. Birthday parties that need to be rescheduled due to emergency or illness will be done based on space available.

Will we have exclusive use of the facility?

No. While it is possible that your attendees will be the only individuals present at certain points during your party, the party being held before/after yours may be transitioning out of the gym/field house upon your arrival/departure. Thrive also reserves the right to use the team area of our facility for other events during your party time.



FREQUENTLY ASKED QUESTIONS

When should we arrive?

Our staff will be ready and waiting to assist you as early as 15 minutes prior to your party's start time! We ask that families do not arrive any earlier, to allow the previous party time to conclude their event.

How many children can attend?

We can accommodate up to 28 guests. All guests that will be on the gym/field house floor must be included in your total headcount. Please let us know your expected guest count at least two weeks prior to your party, so we can prepare accordingly.

Can we bring our own decorations?

Party families are permitted to bring and set up their own decorations. These will be set up in the party room once all of your guests have transitioned into the gym or field house. Please limit decorations to items that are easy to move and do not attach to walls.

What about food, cake and tableware?

Party families provide all food, beverages, and tableware. Our staff is happy to assist with food service and cake cutting.

Can we request specific games or activities?

Yes! Let us know if you have a specific theme or preferred activities. We can accommodate special requests like:

- Themed music playlist.
- Specific games for your child's age group.
- Hide and Seek
- Nerf Battles (Field House Only)
- The Floor is Lava
- Specific Sports Activities and Contests.



FREQUENTLY ASKED QUESTIONS

Are there any areas that are off-limits?

For safety reasons, access to our team training equipment (bars, beam, vault, etc.) is restricted unless specifically requested and supervised. Our recreational side offers plenty of safe, fun equipment for all ages. Use of our batting cage in our Field House location is only permitted with advanced notice.

Do parents need to stay?

Parents can drop off if their child is above 5 years of age. For both parents that are staying and dropping off, we require they sign our electronic waiver and provide a phone number and email.

What should the birthday child and guests wear?

We ask that guests wear comfortable athletic clothing, bare feet and no loose jewelry for gym birthday parties. For parties in the field house, guests should wear socks and clean athletic shoes; no open toed-shoes, sandals, or cleats.

Do you provide goodie bags?

We do not provide goodie bags for party guests. Should you choose to provide goodie bags for your guests, we will be happy to assist with distributing those at the end of your party.



Annapolis Gym

Our Annapolis Gym is 23,000 feet, offering two trampolines, two tumble tracks, two competition size spring floors, a Ninja Course, two climbing ropes, bars, beams, a foam pit, and more for party guests to enjoy.

FACILITY LAYOUT



Annapolis Field House

Our Field House is 13,000 square feet, offering 10,000 feet of turf, two fields for game play, a pitching lane, and a basketball court for party guests to enjoy.

FACILITY LAYOUT



SAMPLE PARTY SCHEDULE

1:30 PM GYM PARTY

**1:15 PM -
1:30 PM**

Party family arrival in small lobby

- Unload party supplies, food, etc on cart for transfer into big lobby (party room)

Guest arrival in small lobby

- Sign-in on waiver
- Place shoes in the bin for transfer to big lobby (party room)

1:30 PM

- Opening Circle, Names, Review of Rules & Game #1

1:40 PM

- Free Play

2:00 PM

- Game #2

2:10 PM

- Obstacle Course

2:20 PM

- Game #3

2:30 PM

- Supervised Play at Big Foam Pit & Big Trampoline

**2:45 PM -
3:15 PM**

- Food & Cake in the Party Room
- Guest Dismissal

SAMPLE PARTY SCHEDULE

12:00 PM FIELD HOUSE PARTY

**11:45 AM -
12:00 PM**

Party family arrival in field house

- Unload party supplies, food, etc on cart for transfer into party room

Guest arrival in field house

- Sign-in on waiver
- Place shoes in the bin for transfer to party room

12:00 PM

- Opening Circle, Names, Review of Rules & Game #1 on Medium Field

12:10 PM

- Sport # 1 on Small Field

12:20 PM

- Basketball Court

12:40 PM

- Game #2 on Medium Field

12:50 PM

- Sport #2 on Small Field

1:00 PM

- Game #3 on Medium Field

**1:15 PM -
1:45 PM**

- Food & Cake in the Party Room
- Guest Dismissal



READY TO BOOK?

Reserve Your Child's Party Today!



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