



American Gymnastics Club Birthday Release & Guidelines



I give my child, _____, permission to participate in a Birthday Party for (Birthday Party Child) _____ on (date) _____.

Gym Rules & Guidelines

- 1. No shoes are allowed on the gym floor. Please remove your shoes if you need to use the restroom.*
- 2. Trampoline or balance beam use is permitted only with assistance of the instructor. No high bar use is permitted.*
- 3. No parents are allowed on the gymnastics floor. Teachers are happy to assist your child or show any skills.*
- 4 Only children registered for the birthday party are allowed out on the floor or on the equipment.*
- 5. No food or drink out on the gym floor.*

I fully understand the above rules for participating in a Birthday Party at American Gymnastics Club. I consent to have my child participate in the party under these rules. I hereby waive and release American Gymnastics Club from any loss or injury that may be suffered while participating in the Birthday Party. I am aware that gymnastics is a dangerous sport that may result in injury.

Signature of parent or guardian _____

Please print name signed _____