



WHAT TO WEAR

GIRLS Leotard or t-shirt & shorts. Please NO skirt on leotard. Also, NO jewelry or midriff style shirts. Hair must be pulled back away from face.

BOYS T-shirt & shorts (we prefer NO jean shorts)

All children will be barefoot and please, no zippers, buttons or snaps on clothing

NOVAKS' GYMNASTIC CENTER, INC.
17535 OLD STAGE COACH RD.
DUMFRIES, VA 22026
703-221-5833



I-95 N or S ~ Take exit #152A. This is Rt. 234 South. At 2nd traffic light, you will continue to go straight, crossing over Rt. 1. You are now on Old Stage Coach Rd. Continue driving. You will see the gym on the LEFT.



PARENT SIGNATURE: _____

DATE: _____

EMAIL: _____

PARENT'S NAME: _____

PHONE: _____

GUEST NAME: _____

DOB: _____

PERMISSION TO PARTICIPATE
 (To be filled out by the guest's parent or guardian)

I recognize the potential for injuries which can occur in gymnastics and activities involving movement, trampolining and exercise. I hereby consent for my child to participate in activities on equipment owned or used by Novaks' Gymnastic Center, Inc. and hereby agree that for myself and my child(ren) adopted or otherwise, my heirs and executors waive and release any and all rights and claims for damages that I may have at any time against Novaks' Gymnastic Center, Inc. or it's agents and representatives for any injury or damages in connection with my association with or entry in gymnastics or other activities sponsored by Novaks' Gymnastic Center, Inc.

YOU ARE INVITED

to a

Gymnastics



BIRTHDAY PARTY

