

# COME, SPEND THE NIGHT WITH US!

You are invited to our four annual Slumber Parties  
**GIRLS, BOYS, MEMBERS and FRIENDS 6 yrs & Older**  
**FUN \*\* FOOD \*\* GAMES \*\* MOVIES \*\* FUN**

16 DEC 06  
24 MAR 07  
09 JUN 07  
11 AUG 07

## CHRISTMAS SLUMBER PARTY

All Slumber Parties are  
**6 pm Saturday - 8 am Sunday**



## Spring Break Slumber Party

**\$25** (proceeds go toward gym equipment maintenance)

**Bring Sleeping Bag or Sheet & Pillow**



## School's out Slumber party

**Dinner, Breakfast, & Snacks Provided**



## Back-To-School Slumber Party

**SIGN UP EARLY**

**Limited Spaces**



For more information contact the Office:  
**Hawaii Academy**  
1314 Moonui Street, Honolulu, Hi 96817  
Tel: 842.5642



# Hawai'i Academy

1314 Moonui Street, Honolulu, HI 96817; phone 808.842.5642; fax 808.841.2564; [www.hawaiiacademy.com](http://www.hawaiiacademy.com)

## CHRISTMAS Slumber Party

Saturday Night, 16 December 2006

- Who's Invited:** Boys & Girls, Members & Non-Members, Friends, Everyone age 6 yrs and older  
Anyone interested in Gymnastics, Bouncing, Flipping & Twisting FUN!  
--- INVITE YOUR FRIENDS TO JOIN YOU ---
- Items To Bring:** Sleeping Bag or Sheet & Light Blanket, Pillow, Toiletries, (sleep wear if desired)
- Drop-Off:** 6:00 pm
- Pick-Up:** 8:00 am
- Cost:** **\$25** (proceeds go to gym equipment maintenance—everyone benefits)
- Meals Provided:** Friday Night Dinner, Snacks, Saturday Breakfast
- Supervision:** Academy Director, Academy Physician (eve & morn), Coaches & Team Parents
- Emergency Contact:** Hawaii Academy Phone 842-5642; Director's Cell **741.2223**
- Instruction:** From Trampoline & Gymnastics Coaches, Advanced Athletes, Parents & Activity Specialists (Beginners bond with and get 'coached' by advanced team athletes)
- Benefits:** Participants – A fun experience of gymnastics, trampoline, games, and active play  
Parents – Opportunity to enjoy a parent's night out  
All HA Members – Slumber parties raise money for equip maintenance
- Concurrent Activities:** Trampoline Bungee Instruction; Double Mini-Tramp & Rod-Floor Tumbling Instruction; All Gymnastics Apparatus; Tumble Tramps; Games and Contests; Snacks Available All the Time; Lots of Time to Talk Story With Friends; etc.
- Schedule:**
- |             |  |
|-------------|--|
| 6-7 pm      | Warm-up, Supervised Play, Gathering of Friends, Making New Friends   |
| 7:15 pm     | Dinner and Activities Break  |
| 7:30 pm     | Some Instruction on Trampolines, Tumbling, & Other Equipment; Supervised Play; Games & Contests; Videos; Social Exchanges and More |
| 8:15 pm     | Continued Rotations Around Gym   |
| 9:30 pm     | Snack Break and Shift to Less Strenuous Activities   |
| 11-midnight | Castle Building (w/ Panel Mats & Blocks); Preparing Sleep Areas (Quieting)   |
| 12-1 am     | Lights Out (Time to share stories with friends; or fall asleep)  |
| 1:00 am     | Gym Quiet! (assurance for parents that children will not be exhausted the next day)  |
| 6:30 am     | Light On, Wake-up, Wash-up, Breakfast  |
| 7:00 am     | Final Supervised Play, Restore the Gym (Full Cycle Everything in Gym)  |
| 8:00 am     | Pick-up and Gym Cleaning (Saturday Classes begin at 8:30 am)   |

*Parents are welcome to stay and observe, join in as supervisors, or assist in any way*

Saturday, 16 December 2006

### CHRISTMAS SLUMBER PARTY REGISTRATION FORM

Attendee's Name: \_\_\_\_\_ School: \_\_\_\_\_  
Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M or F  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phones: \_\_\_\_\_ (Include \$25 with this form; mail or put  
in payment box)  
HA Member:  Yes  No  
Email: \_\_\_\_\_ Physician: \_\_\_\_\_  
Limitations: \_\_\_\_\_ Other: \_\_\_\_\_

*I hereby give permission for my child to participate in this event and have read and signed the HA permission-release-information form (members have already signed this form; non-members MUST complete this form). IMPORTANT: This form gives instructions for actions to be taken in the event of an emergency and permission to treat if medical attention is needed and the parents cannot be notified.*

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_