

COME, SPEND THE NIGHT WITH US!

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

2009 Dec 19 WINTER SLUMBER PARTY

All Slumber Parties are
6 pm Saturday - 8 am Sunday

\$30 (proceeds go toward gym equipment maintenance)
Bring Your Sleeping Bag or a Sheet & Pillow

Dinner, Breakfast, & Snacks Provided

SIGN UP EARLY
Limited Enrollment



2010 Jun 12



School's Out Slumber Party



For more information contact the Office:

Hawaii Academy

1314 Moonui Street, Honolulu, Hi 96817

Tel: 842.5642

www.hawaiiacademy.com



Hawai'i Academy

1314 Moonui Street, Honolulu, HI 96817; phone 808.842.5642; fax 808.841.2564; www.hawaiiacademy.com

Slumber Party

- 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:** **\$30** (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

----- SLUMBER PARTY REGISTRATION FORM -----

School's Out Slumber Party Back-to-School Slumber Party Winter Slumber Party

Attendee's Name: _____ School: _____
Address: _____ Age: _____ Sex: M or F
City: _____ State: _____ Zip: _____
Phones: _____ (Include \$30 with this form; mail or put
HA Member: Yes No in payment box)
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: _____