

GLIDERS TEAM SLEEPOVER

- Friday, October 20th 7:00 pm - 7:30 am Saturday
 - Sleepover is free to all Glider Gymnasts (and their guardians!).
 - Permission slip required & Due October 19th.
 - Parent chaperone required for 6 years and under to spend the night. (Ages 6 and under may join us without a chaperone until 10:00pm at which time they will need to be picked up by an adult.)
 - Chaperones welcome to stay for any age gymnast.
 - When dropping off: an adult must sign the gymnast in with Coach Brigitte or Coach Allyson (16 & up may sign themselves in with permission slip signed by parent).
 - Picking up: Gymnast must be picked up no later than 7:30am in the gymnastics center and signed out with either coach (16& up may sign themselves out).
 - TENTATIVE SCHEDULE:
 - 7-7:45 Open Gym
 - 8:00 swimming
 - 8:45 Pizza
 - 9:00 games
 - 10:00 PJ's and movie
 - Pick up 7:30 am Saturday (No Breakfast)
 - Supplies Required: Water bottle, healthy bedtime snack, Swim Suit, Towel, Shower supplies and comb if needed, Sleeping bag, pillow, Pajamas, Toothbrush and toothpaste, Flashlight, Clothes for Saturday
- Before the sleepover, please join us for Girls Open Gymnastics from 6:00-7:00! You must have a punch card for open gymnastics, available at the front desk for \$15, which includes 5 open gym classes.
- *If attending open gym, gymnast may be signed in at arrival.

Thank you! We are so excited for a fun night with all the girls!

Gliders Team Sleepover Permission Slip

Friday, October 20th 7:00 pm - 7:30 am Saturday

Sleepover is only available to members of the Gliders gymnastics team & their Guardians.

Parent chaperone required for 6 years and under to spend the night, but chaperones welcome to stay for any age gymnast.

Ages 6 and under may join us without a chaperone until 10:00pm at which time they will need to be picked up by an adult or guardian may join them for the night.

When dropping off: an adult must sign the gymnast in with Coach Brigitte or Coach Allyson

Picking up: Gymnast can be picked up no later than 7:30am in the gymnastics center and signed out with either coach.

Supplies: Water bottle, healthy bedtime snack, Swim Suit, Towel, Shower items if needed, Sleeping bag, pillow, Pajamas, Toothbrush and toothpaste, Flashlight, Clothes for Saturday

Before the sleepover, please join us for Girls Open Gymnastics from 6:00-7:00! You must have a punch card for open gymnastics, available at the front desk for \$15, which includes 5 open gym classes.

Children will be under the supervision of a minimum of two coaches and appropriate behavior is expected. Parents will be called for gymnasts behaving inappropriately.

Gymnast's Name _____

Level _____ Age _____

Food, Other Allergies or Medial conditions to be aware of _____

Any other information you would like us to know _____

Parent or Guardians to be contacted during the sleep over:

Guardian 1: Name _____ Relationship to child: _____

Phone # _____ Alternate Pone # _____

Address _____

Guardian 2: Name _____ Relationship to child: _____

Phone # _____ Alternate Pone # _____

Address _____

Signature of parent or guardian who has read and understands all above information:

Print: _____

Sign and Date: _____