

You're Invited to a Party at



For: _____

Date: _____

Time: _____

RSVP to: _____

Our party is a gymnastics class. Gym rules require appropriate clothes. Girls should wear leotard or shorts and T-shirt. Boys wear athletic shorts and T-shirt. Please: no jeans, belts, hats or jewelry. And please no plastic or metal hair accessories-- they might hurt or injure the student when performing rolls or balancing in a headstand. Let's dress for gymnastic success and have fun!

Bring your completed and signed release form for access to the gym!

FreeState Gymnastics Party Release Form

Participant Name _____ Age _____

Street _____

City _____ State _____ Zip _____

emergency contact phone during Party _____

Medical Release Agreement and Parental Consent

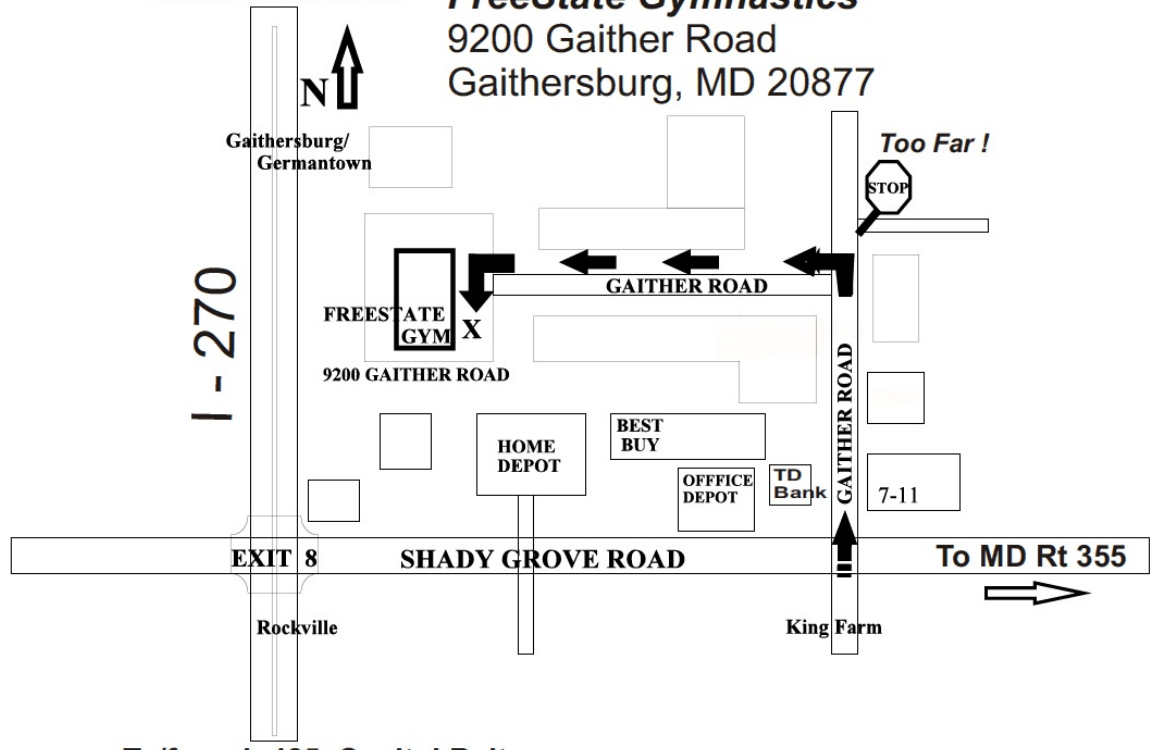
Release agreement: Students are expected to carry their own accident and/or medical insurance. Coaches and Instructors of FreeState Gymnastics Inc programs are safety conscious and follow appropriate safety procedures. In the event of injury or illness reasonable effort will be made to contact the parents or guardian. If necessary, I authorize FreeState Gymnastics to administer first aid and/or authorize medical treatment should it become necessary. The above named student has had a medical examination within the last twelve months and is capable of participating in gymnastic activities.

Parent / Guardian Signature

Date

To/from Frederick

FreeState Gymnastics
9200 Gaither Road
Gaithersburg, MD 20877



To/from I- 495, Capitol Beltway,