

BIRTHDAY PARTIES

AT CROSSFIT SECAUCUS



DYNAMIC WARM-UP: obstacle course

SKILL: simon says “snatches”, squat, push-up, sit-up

WOD: high intensity workout using the learned skills

GAMES: crabwalk med-ball relay, scatter dodge ball



PRICING

Up to 10 kids:

- Members: \$350
- Non-members: \$400

(\$20 for each additional kid)

PARTY DETAILS

PARTY DURATION: 1.5 hours (total)

Please arrive promptly at the beginning of the reserved time slot to set-up, and plan for sufficient time at the end for cleaning and packing up.

TRAINER LED ACTIVITIES: 45 minutes

Includes fun warm-up, a specifically designed WOD (workout of day) and games.

PARTY AREA: 30 minutes

After the gym activities, it is off to the party area for the remainder of party. All food, drinks, presents, wrappers, etc. must be kept in this area. We ask that children NOT return to the gym floor or play on the equipment once the trainer lead activities are over.

EXTRAS:

All kids get a free pass to one CrossFit Kids class.
Birthday kids get a free T-Shirt!



333 Meadowlands Pkwy, Secaucus, NJ 07094
trainers@crossfit-secaucus.com

RESERVATIONS

Please email us at:

trainers@crossfit-secaucus.com

POLICIES

PAYMENT

50% deposit of total cost is required to reserve date. Remainder of cost is due 2 weeks prior to event date. Full amount for additional children billed after event. No refunds for cancellations with less than 14 days notice. Refunds will be given if the party is canceled 14 days prior to the party and a \$50 processing fee will be charged.

WAIVER

All participants must fill out the waiver ahead of time, and it must be submitted to a CrossFit Secaucus staff member at start of party.

AGE REQUIREMENTS

Every participating kid must be at least 6 years old. Children under 6 years old are not allowed on the gym floor during birthday parties for safety reasons.

OUR DIY PARTY AREA

CrossFit Secaucus will supply the folding tables and chairs. Anything additional is up to you. Decorations, cake, refreshments, eating utensils, napkins, goodie bags, etc.

PICKUP TIME

We appreciate you understanding and respecting our schedule. Please ask all parents to be prompt when picking up their children.

CLEAN UP

You are responsible for gathering any items that you do not want thrown away.