

Birthday Party Packages



Most Parties Include:

One hour in the gym with instructors, studio or Stage.

One hour in party room

Thirty minutes for cleanup

Each party has package are designed for different ages and depending on package different number of participants. Please read the individual descriptions. Booking depends on staff and space availability.

All parties are \$250 excluding Obstacle \$300

Painting Party \$175(1.5 Hour)

All packages include GST

We are only able to offer birthday Party packages on some select Friday nights and Saturdays from 12-2pm. Saturdays starting September 27

Friday nights 6-8pm. Select Friday nights.

Saturdays 12-2pm. Fall Dates available Sept 27, Oct 4, Oct 18, Oct 25, Nov 1, 8, 15, 22, 29.

No parties in December start back January 10, 2026

12-1 in gym for one hour play with package of choice, while kids are playing in gym parents can set up cafeteria from 12-1pm. Each party will have 1-2 instructors depending on party and our Toddler Parties the parents participate with instructors.

Snack and eating 1-2pm Please no peanut products.

Please Note:

During July & August we are not able to host rentals or birthday parties due to summer camps.

Please arrive no earlier than 10 minutes before your scheduled party time as you will have prep time in the hour the kids are in the gym.

Must provide your own food, refreshments, and decorations.





Obstacle Course Party

Ages 7+

Instructors will lead kids through an obstacle course including springboard, vault and mini trampoline designed. Max guest 15 plus birthday child.

Neon Dance Party

Ages 5+

Instructors will lead dance games and play the game "Just Dance"
Black lights will fill the room with neon colours for a fun dance party. Max guest 15 plus birthday child.

Nerf Party

Ages 5+

Instructors will lead games such as capture the flag, zombie's vs humans, and target shooting
All equipment is supplied including mandatory safety glasses.
No outside equipment permitted.
Max guests 15 plus birthday child.

Laser Tag Party

Age 8+

Instructors will teach kids how to play laser tag on teams or solo rounds by hiding behind obstacles.
All equipment is supplied. Max guests 12 plus birthday child.

Sports Party

Ages 5+

Instructors will lead games depending on the sports activity your child enjoys.
(Basketball, hockey, soccer, etc.)
Max guest 15 plus birthday child.

Games Galore Party

Ages 4+

Instructors will lead games and activities such as parachute games, ball games, running games, freeze dance and more.
Max guests 15 plus birthday child.

Painting Party

Ages 8+

One hour paint on the stage with ½ hour for cake and present. This party is for a small group and only for 1.5-hour total.
8 kids and supplies are included.

Toddler Party

Ages 2-4

Like games galore & Sports party. Our staff we play games, sports with kids and parents. Due to the age of kid's parents are required to be in gym and participate with kids.