



Gymnastics Programmes

The Little Gym®, the leading gymnastic based skill development programme, has over 40 years of experience developing children's skills and confidence around the world. Our programme of weekly classes promotes coordination, balance, rhythm and flexibility and enhances your child's listening, emotional, social and intellectual skills. Children thrive in our non-competitive environment where professional and friendly instructors reward children for their individual effort. Running. Jumping. Tumbling. Exploring. The Little Gym® uses age appropriate, innovative and fun activities to bring out the best in each individual child. Children meet new friends, share new experiences and most importantly just have fun.



Holiday Camps

Holidays are no time to be bored! At The Little Gym®, holidays are made fun. Children are on the go all the time because our camps offer a fabulous variety of fun, activity, learning and creativity. Our non-competitive skill building camps provide children with an opportunity for fitness, fun and total development. The programmes stimulate physical and motor skill development with games, gymnastics and creative workshops. Children love them!

Classes & programmes

PARENT/CHILD CLASSES	Age 4m-3y
PRE-K GYMNASTICS	Age 3-6y
GRADE SCHOOL GYMNASTICS	Age 6-12y
CAMPS	Age 3-8y and 6-12y



SERIOUS FUN!



The Little Gym Ostrava
Švabinského 597/17 • 702 00 • Ostrava
737 137 722

www.ostrava.thelittlegym.eu



THE LITTLE GYM

BIRTHDAY PARTIES

Want to be an owner with The Little Gym®?
www.thelittlegymfranchise.eu





Welcome to The Little Gym

Thank you for your interest in celebrating your child's birthday with us. Children love our Birthday Parties and so do Mums and Dads. The Little Gym® Birthday Parties is a time to relax and enjoy the fully supervised party where you have exclusive use of the whole gym.

Our lively and friendly staff complement our custom-designed facilities. Every party includes plenty of music, movement, games and FUN. We mean it when we say our birthdays are no fuss because we do everything from providing the invitations to the clean-up of the party. Children have a blast and parents can sit back and enjoy the special occasion.



Why The Birthday Party is so special

Children will have one hour to explore the gym where instructors will facilitate age-appropriate games and physical activities. We use our special gymnastics equipment (bars, beams and tumble area) as well as our parachute, balls and hoops. After an hour of fun and games in the gym, we have time for birthday cake in our specially decorated party area. The party is private so your child and birthday guests will have 100% of our attention. We handle all the details... you just show up with the children.

What we provide

- Exclusive use of The Little Gym facilities.
- The Little Gym invitations.
- 2 qualified instructors to lead your party and assist with the setting up and cleaning up.
- A brightly decorated party room.
- A t-shirt for the birthday child.

You provide

- The kids!!!
- The birthday cake.
- Food for the kids (with all the excitement, a light snack is plenty)

Pricing

Members 2.500,- CZK
Non-Members 2.900,- CZK

for 1.5 hours long. Price includes 15 children including the birthday child.

Additional Child 200 CZK
Additional 1/2 hour 1.000,- CZK
Non refundable deposit 1.500,- CZK

We only charge for the number of children that attend the party, not the number that you invite. Up to 20 children.

Book your Birthday Party

The Little Gym® runs parties for children from 1 to 12 years of age. Party slots are available on Saturday and Sunday.

Call us for availability

Call us on
737 137 722

