



Parties

at Abilities Centre





Pick Your Party!

Universal Playground Party (ages 2-5)	3
Sports Party (ages 6-15)	4
Zumba Party (ages 6-15)	5
Gym Games Party (ages 6-15)	6
Artsy Party (ages 6-15)	7



Universal Playground Party

For children aged 2-5

This is a favourite for the little ones! Enjoy classics like tag, relay and parachute. Free play with a variety of bean bags, mats, climbable shapes, balls, hoola-hoops and more!

Tag activities:

Dragon Tails

This is a fan favourite here at Abilities Centre and a twist to the traditional game of tag. Each child receives “dragon tails” (scarves). With their “dragon tails” tucked into their pockets they must try to capture as many tails as they can without having their own taken from them.

Band-Aid Tag

Children must apply Band-Aids (to their hand) to the place where they get tagged. Once you run out of “Band-Aids” you must wait for 2 doctors to “operate” (tap on shoulder) before you can continue on with the game.

Blob Tag

We wouldn't want just one child to be “it”, so the more children that get tagged the bigger the “blob” grows. As children get tagged they join hands to form the “blob” and continue to tag the remaining children.



Obstacle courses:

Over, Under and Around

Children will make their way over, under, around and through obstacles that will test their movement skills and balance in a fun cooperative environment.

Some of the materials used include:

- Tunnel
- Large foam shapes
- Cones
- Mats
- Beanbags

Scooting Around

This obstacle course is for the children that like a little speed. Children will be scooting around a laid out course of shapes, cones, and hoops while travelling on colourful scooters.





Parachute Activities:

Popcorn

With small objects placed on the parachute (balls, beanbags, scarves, etc.), children try to keep objects (popcorn) popping up in their air by shaking their parachute all together.

Parachute tag

While the parachute is lifted high in their air 2 or more children trade switch by running under the parachute before it comes down on them.

Mushroom

“One”, “two”, “three”, “Mushroom”! Children will lift the parachute up into the air, as it comes down everyone quickly pulls the parachute behind them and sits down on the edge forming a giant Parachute Mushroom.

Snake Bite

Children shake the parachute and try not to get bit (touched) by the snakes (skipping ropes)

Movement Exploration:

Children are taken through various fun and interactive activities that will allow them to explore new movements that will challenge and develop their locomotive skills and balance.

Lucky Hoop

Children will travel around the gym exploring various movements as instructed. When the instructor signals them to stop they must hustle to find a hoop. The lottery of Lucky Hoops has the children completing various movement tasks if they find themselves in the unlucky hoop.

Free Play:

During Free Play children will be able to move and explore various pieces of equipment available at the centre in a non-structured play environment.





Sports Party

For children aged 6-15

For all the Sports fans out there! Includes skills and games for a range of sports including, floor hockey, basketball, soccer, baseball, badminton and volleyball.

These parties include a warm up game followed by a sport related, non-traditional activity and the final activity session culminates with the formal sport of choice. Wheelchair sports are an option for parties of 12 children and under.

Zumba Party

For children aged 6-15

Get dancing with this Latin inspired dance party! Kids will have fun grooving to the music in this all abilities activity. Zumba Parties are instructed by certified Zumba instructors. Children will follow along to choreographed dances with the opportunity to add in their own flava'.





Gym Games Party

For children aged 6-15

Have fun with a selection of organized, cooperative games and activities. Includes parachute, relay and more! Personalized to be as relaxed or structured as you like.

Cooperative Games:

Builders and Bulldozers

This cooperative game puts the team of “builders” against the team of “bulldozers”. Teams fight the clock to either build or knockdown structures (cones) in hopes of out numbering the other team.

Crossing the Falls

Teams are challenged with the task of building a bridge using various pieces of sports equipment to get themselves across the infamous Niagara Falls. But there is a catch! You must bring everyone over to the other side with you. Don't fall off the bridge or you might have to start again!



Chuck the Chicken

Teams race to get as many points as they can before the opposing team passes the Chicken through the team and yells “CHUCK THE CHICKEN”. Teams switch and the madness continues. This fast-paced cooperative game can keep children entertained for hours.

Team vs. Team Games:

Dodgeball

This classic elimination game will have the children dipping, ducking and dodging. Teams are pinned against each other in this “last man standing” competition. Each team tries to hit the opposing team with our soft dodgeball balls and avoid getting hit themselves.

Indiana Jones

A twist on the classic. This game combines dodgeball and an obstacle course. Team 1 makes their way through the course trying to make it to the pile of treasure at the end and return that piece of treasure to the home base. This is not as easy as it seems and this is where the game of dodgeball comes in. Team 2 lines the sides of the course trying to hit the players of Team 1 with dodgeballs before they get back to home base with their treasure.





Obstacle Course Soccer-Baseball

Does this party boy/girl can't decide between soccer, baseball or the obstacle course options for their birthday? Well, this is the party option for them. This game starts out like the traditional game of soccer-baseball or Kick-ball but it is not as easy as running from base to base. Children will have to make their way through various obstacles before reaching the next base.





How the Parties Work?

Step 1: Please fill out our birthday party request form that is available at the front desk.

Once we have received your request we can determine the availability of your desired date.

We require at least 2 weeks' notice for birthday party requests.

Birthday party dates and times to choose from are:

Friday evening: 5:30 - 8:30pm (party starts at 6:00pm)

Saturday: 11:30am - 2:30pm (party starts at 12:00pm)

Sunday: 11:30am – 2:30pm (party starts at 12:00pm) Lounge only

Step 2: Confirm birthday party details.

We have a number of different birthday party packages to choose from. Please choose one per party.

In this binder lists descriptions of activities to choose from. If your child desires please choose 3 activities from your birthday party package. If you do not have a preference we will plan the activities for you.

Step 3: Payment to confirm booking

In order to lock in your booking we require your birthday party payment. This includes the initial \$250.00 for the party and 15 children, in addition to any room upgrades (from the art room to the lounge) or additional children (\$10.00 per child).

Step 4: Party Time!

Arrive on the day of your party. Your booking includes a 30 minute set-up time prior to the birthday party start time. Your party guests will meet your party host in the front lobby, sign in, and will be escorted up to the party room to drop off their belongings before the party starts!





What Your Party Includes:

The Art Room (the lounge is available for a \$40 upgrade)

30 minute set up time

1 hour of activity time

1 ½ hours of party time in your party room

1 Party Host per 15 children (if there are additional children we will bring in additional staffing)

And we clean up the mess!

