



Birthday Party Frequently Asked Questions

Looking to celebrate a birthday with high-flying fun? You've come to the right place! Here's everything you need to know about throwing an unforgettable party at STREB.

What is STREB?

We're not your average birthday party venue! STREB is a movement-based arts center founded by Elizabeth STREB, specializing in physical theater, flying trapeze, trampoline, and our unique movement technique—PopAction. Our parties take place inside our fully equipped Williamsburg studio featuring state of the art equipment and expert instructors.

What is PopAction?

PopAction is the unique movement style we specialize in at STREB! It's a codified technique rooted in human flight (close to the ground), created by our founder, Elizabeth STREB. Think of it as "popping" from one move to the next while making dynamic shapes with your body. It's easy to pick up and requires no previous training—just a willingness to move, bounce, fly, jump, and land. Kids go absolutely nuts for it. And honestly, who wouldn't love all that?

What is Flying Trapeze?

Just like in the circus, STREB features a real flying trapeze rig right inside our studio! While our rig isn't as tall as a full-sized outdoor rig, it's designed specifically for indoor use and safety. We use a professional airbag instead of a net, and every student is securely harnessed from start to finish. Each child begins with a low-to-the-ground lesson before progressing to the platform—always guided by expert instructors. Kids learn timing, body position, and the joy of flying through the air in a safe, supported environment. While we don't include traditional "catching" (mid-air hand-to-hand transfer) at parties due to time, we do try to catch the birthday child at the end of the session if time and timing allow.

What is Trampoline?

Our trampoline is Olympic-sized and professional-grade—not a trampoline park setup. Children jump one at a time, receiving specialized, individualized instruction focused on safe jumping technique, balance, and body control. Instructors guide each child through the basics, from simple bounces to beginner tricks depending on age and ability. It's structured, fun, and a huge hit with kids!

What's the party schedule like?

Each party runs 2 hours and includes:

- 90 minutes of high-energy action in the studio (trampoline, trapeze, obstacle courses, and more)
- 30 minutes in the party area for food, cake, and celebration

Need more time? Let us know—additional time may be available for an extra fee. We do parties back to back on weekends so space is limited. Parties start and end on time! Please ensure your guests are punctual.

What ages are STREB parties best for?

We host parties for kids ages 17 months and up.

- Children 17 months to 3 years old (pop action parties only) require an adult on the mats with them. That adult must sign both their own waiver and the child's waiver.
- Trapeze and trampoline activities are for ages 5 and up only.

Our instructors tailor each party to match the age, size, and energy of the group. We also host adult group parties—see our rental page for more info.

Can we have mixed ages at the party?

Yes—if you're doing a Pop Action party only, mixed ages are totally fine!

However, for combo parties that include trampoline or trapeze, all participating kids must be at least 5 years old. That's not a judgment call—it's an insurance requirement we have to follow for safety.

Mixed-age groups on those apparatuses can also make it trickier for everyone to enjoy, and no one wants birthday tears!

How many kids can I invite?

Our base party includes up to 12 active participants.

Packages are available for:

- 12 kids
- 13–18 kids
- 19–24 kids
- 25–36 kids

Larger parties may be accommodated with additional staff and planning—please inquire.

Can I invite adults?

We understand parties are a family affair, but our focus is on creating a safe and fun experience for the kids.

- Too many adults in the space can pull staff attention away from the children.
- We recommend one adult per child.
- For parties with 19 or more kids, we request that it be a drop-off only event (except for party parents and immediate family).

We'll never ask anyone to leave—but we appreciate your help in creating a safe and focused environment.

Can extra kids join the day of the party?

Unfortunately, no. We cannot accommodate guests beyond the number confirmed at final payment. We staff based on the number of expected participants.

What if fewer participants show up than I confirmed?

Once your balance is paid, we're locked into that number of guests and staffing—there is no refund for fewer attendees.

Can we do a combo party with fewer than 24 kids?

Yes! Combo parties (including trampoline + trapeze) are allowed under 24 kids. However, they still require a specific number of instructors for safety. There is no fee reduction for fewer than 24 kids.

What should kids wear?

- Comfortable, athletic clothes (t-shirts, leggings, shorts)
- No jeans or skirts
- Bare feet only on the mats (children with sensory issues may wear socks, but note: socks are slippery)
- Long hair should be tied back
- Remove all jewelry before arrival

What do we provide and what do you need to bring?

We provide:

- Expert instruction!
- Safe location and equipment
- Administrative assistants who help you set up, serve and clean up.
- Fresh popcorn for the kids
- Coolers of ice for drinks
- Colorful paper goods: cups, plates, napkins, forks, table liners (no specific themes)
- Tables and stools for the confirmed number of children

You provide:

- Cake or additional food
- Drinks for kids and adults (beer, wine, and cider only—no hard liquor or mixed drinks)
- Themed party supplies if desired
- Decorations (no helium balloons please). Setup and takedown should take no more than 30 minutes. Specialty decorations may incur an additional fee.

Need help with food?

- We partner with Union Pizzeria (just down the block). STREB families receive 20% off the full menu—ask us for a copy when you book.
- Martha's Bakery, a few blocks away, makes delicious custom cakes. We don't partner with them officially, but many of our families use them.

Who handles cleanup?

We do! Our team will help with setup, serving, and full cleanup of the studio, lobby, and equipment. You just show up and enjoy the celebration.

Do I need to sign a waiver?

Yes. Every child must have a completed waiver signed in advance by a parent or legal guardian before entering the studio. You'll receive the waiver link when your booking is confirmed.

Can adults participate?

Our parties are designed for kids—but we welcome adult chaperones to cheer and take photos from the sidelines.

- Children 3 and under must have an adult on the mats at all times.
- Other adults may participate only with prior approval and a signed waiver.

Is there air conditioning?

Yes! STREB is fully climate-controlled. We're cool in the summer, warm in the winter, and never rained out—perfect for year-round fun!

Can we take photos?

Absolutely! Snap away—just no flash photography in the studio.

If you post on social media, please tag us @StrebSLAM and use #STREBSLAM. We love seeing your moments!

Is there parking?

Street parking in Williamsburg can be limited. We recommend public transit or ride-share.

Nearby transit:

- L Train (Lorimer)
- G Train (Metropolitan)

A public garage is available at 125 Metropolitan Avenue with reasonable weekend rates.

How much does it cost?

Visit www.streb.org/parties for current pricing, packages, and add-ons. We've got options for every budget.

What's not allowed?

To help keep our space safe, clean, and running smoothly, we kindly ask that you leave the following at home:

- Piñatas
- Helium balloons
- Glitter
- Face paint

As for outside vendors (like clowns, face painters, photo booths, petting zoos or other performers)—they're sometimes possible, but we do need to chat first! For safety and insurance reasons, all vendors must be approved in advance and provide a Certificate of Insurance (COI) listing STREB as additionally insured.

Have someone in mind? Just let us know—we're happy to explore what's possible!

Still have questions? We've got answers!

Email: Bobby@streb.org

Call: 718-384-6491

Let's make your child's party unforgettable—the STREB way!