

## **Welcome**

10 Fitness invites you and your children to come and enjoy our Kids Club. While you pursue your health and fitness goals, our devoted staff will give your children the highest level of attention in a fun and safe environment.

## **Kids Club Policies**

The following rules and regulations were developed with the safety and concern of your children in mind. Please keep in mind that we have many children using our facilities throughout the day. It is important to follow these guidelines so that each child's experience is an enjoyable one.

## **Ages**

We accept children as young as 6 weeks old to 13 years old. Children younger than 6 months will be kept in the infant only area.

## **Bottles and Cups**

Please put your child's name on any bottle or cup that you bring. No juice boxes or open cups are allowed. Tags and markers will be available when you enter the Kids Club.

## **Check-In Procedure**

Please check in at the front desk before coming into the Kids Club. If you have a Premium membership, you will not need to pay anything for the Kids Club. If you are a Basic member or a Guest, you can pay a day rate or \$5 per child. No child will be released to any person other than the

person who brought the child into the room. All children should wash their hands or use hand sanitizer when they enter the Kids Club.

## **Diapering and Toileting**

If your child is in diapers, you will need to provide these and change any diapers. A Kids Club employee will notify you of the need to change your child's diaper (please take a pager with you at checkin, for easy notification). We expect you to respond within 5 minutes of being notified. A changing table is available in the Kids Club bathroom. Please remember to pack an extra change of clothes in case of an accident or spill. Also, if your child is in the process of potty training, please have your child come in a pull up.

## **Discipline**

We will always try to resolve any conflicts or behavior problems with the parents so that consistent and appropriate discipline is used to help the situation. We will never touch your child for disciplinary reasons, only to comfort them or protect them. In the event that the child consistently has a problem or willfully causes harm to another child, the parents will be asked to get involved, along with 10 Fitness Management.

## **Donations**

If you have items that you would like to donate to the Kids Club, please contact your club manager.

## **Dress**

Children should dress comfortably so that they can play and participate in all the activities. Shoes and shirts are required.

## **Illness**

If your child is running a fever of 101 degrees or more, is vomiting, has a runny nose, has diarrhea, or has evidence of a communicable disease, or is otherwise unable to participate in normal activities, please keep them at home or find other childcare arrangements. If your child develops any of these symptoms while in our care, you will be required to pick him/her up immediately. Before returning to Kids Club, the child must be free of all symptoms for 24 hours. We strive to keep the Kids Club a healthy and happy place. Please respect other children who are healthy by keeping sick children at home. If the Kids Club staff feel like the child appears to be ill, it is their discretion to ask the parent to remove the child that day.

## **Lost and Found**

All items that are left behind will be placed in our lost and found box in the Kids Club room. All items left for more than 10 days will be thrown away or donated.

## **Meals and Snacks**

Due to food allergies, our Kids Club is a snack free zone. Please feed your children before they come to Kids Club. Formula for infants must be premixed and labeled with the child's name.

### **Pacifiers**

All pacifiers must be attached to the child.

### **Staffing**

Adequate staffing will be provided at all times, by experienced child care workers who love to work with children.

### **Television**

All television will be limited to age appropriate content. The morning hours will cater to preschool aged children with G rated movies. The evening hours will cater to school aged children and may show PG rated movies.

### **Time Limit**

Children may be in the Kids Club for no more than 2 hours. Parents must remain on 10 Fitness premises for the entire time that the child is in the Kids Club.

### **Child Limit**

Your Premium membership will cover up to 4 children in the same visit. Each child after that will cost a day rate of \$5.

### **Toys from Home**

We do not allow toys, blankets or electronic devices from home. Our toys meet safety standards from infant to youth-aged children. Many toys from home do not meet those standards due to small moving parts. All toys in our room are fair game and it is hard for our little ones to understand when a toy is not accessible to them.



### **Kids Club Hours:**

Monday	9am-1pm and 4pm-8pm
Tuesday	9am-1pm and 4pm-8pm
Wednesday	9am-1pm and 4pm-8pm
Thursday	9am-1pm and 4pm-8pm
Friday	9am-1pm
Saturday	8am-12pm
Sunday	Closed

These are regular hours of operation which may change during holidays or inclement weather. Children will only be allowed in the Kids Club during these hours.

### **Kids Club Features:**

- Art and crafts projects
- Storytelling
- Games — age appropriate
- Puzzles — age appropriate
- Free play — develops social skills!
- Large Play area
- Infant only area with rocking chairs
- Children's bathroom with changing table
- Kids Cinema with age appropriate movies
- Video Game area with age appropriate games



### **Our Mission**

*“To provide a clean, safe, secure room where our children will want to come, giving mom and dad time to focus on their own health and fitness.”*

[www.10Fitness.com](http://www.10Fitness.com)

