

Kids Zone

Don't forget to check in and get a stamp from the Front Desk

Hours of Operation

Monday-Saturday Morning: 8am-12:00pm
Monday-Thursday Evening: 3:30pm-8:00pm
Friday Evening: 3:30pm-6:30pm

We have a limit of 2 HOURS for Kid Zone use. Please schedule your workouts accordingly.

Infants and younger children usually can handle an hour.

PARENTS MUST BE IN THE BUILDING WHILE CHILDREN ARE IN THE KIDS ZONE.

AGE: We care for children 6 months– 12 years. Children 10 years + are welcome, but are also allowed to use the facility with their parent supervision.

Reminder: Children under 10 are not allowed past the front desk unless they are here for approved activity.

Food and Drink: We are strictly a service. **We DO NOT allow food.** Many children are allergic to various items and we do not want to cause harm to a child if the wrong food gets into the wrong hands. Drinks are permissible **IF** they are in a non-spill container. Please do not place carbonated drinks in sippy cups as the drink will spurt out of the top.

We do not allow hand held electronic devices or mobile phones in the Kid Zone for your child's safety.

Shoes must be worn at all time.

Illnesses: If a child has one or more of the following conditions, we ask (and reserve the right to refuse) that you do not bring your children into the Kid Zone. We would like to keep your child and our staff healthy! If your child is home sick from school, they will not be allowed in our care.

- Fever of 101+
- First 24 hours of antibiotic
- Rash
- Vomiting/Diarrhea
- Cold
- Contagious conditions.

Please Mark Items: In order to make sure the proper child has the proper cup/bottle, diapers, pacifiers, etc.... These items should have the name of the child on them.

Please put the child's name on anything they bring in that they might need.

Please do not bring toys from home.

Don't forget to bring diapers and bottles if your child will need these items while you workout.

We do not keep a supply of either.

Upset Children

From time to time, we have children that for one reason or another become very upset. We will do our best to comfort and calm your child; however, if a child continues for 7-10 minutes, we will contact you.

Thank you for sharing your children with us!