

# Fit Kids

**for ages 6 - 13**

*Effective February 2009*

**Monday - Friday 4:30 - 8:00 PM**

**Saturday 8:30 AM - 2:30 PM\***

**Sunday 8:30 AM – 2:30 PM\***

**Location: Interactive Wellness Center**

**Free for Full-Service Members**

\*On the weekends, Fit Kids begins in Childwatch

Fit Kids is for 6 - 13 year old children of Full-Service Members. Youth participate in Interactive Wellness Center games and equipment. Specific classes in the Family Fitness center are available for children 8 years and older. For your child's safety, no exceptions will be made for children under 8 years old.

The Fit Kids schedule is available at the Welcome Desk with details of times and locations. Fit Kids participants ages 6-10 years of age must be signed in & out each time they attend. Middle School members may sign themselves in and out with a signed contract on file. Parents/guardians must:

- Leave their membership card with Fit Kids staff
- Stay in the facility while their children are in Fit Kids
- Complete an agreement form with their child before using Fit Kids
- Only sign their child/guardian into Fit Kids. Guest children are not allowed without a parent/guardian's presence
- Sign their child out within two-hours. There is a two-hour maximum time limit per day that children may attend Fit Kids and/or Childwatch

For more information contact Heather Cunningham, Director of Child Supervision Programs, at 665-3241.



We build strong kids,  
strong families, strong communities.

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[www.baymca.org](http://www.baymca.org)

# Fit Kids Policies

## Location:

The Fit Kids program is located in the Interactive Wellness Center on the top floor of the YMCA behind the Youth Movement Studio. Older Fit Kids may also use the Family Fitness Center. See current schedule (available at the Welcome Desk) for Fit Kids program locations.

## Ages:

The Fit Kids program is for children of Full-Service members, ages 6 years through 13 years old

## Fees:

Fit Kids is FREE for Full Service members.

## Late Charges:

There is a two-hour maximum time per day that children may stay. Late charges may be applied if a parent exceeds the two hour limit or stays beyond the scheduled closing time. Repeatedly late parents may lose the ability to use the Fit Kids service.

## Our Purpose:

The Fit Kids center exists for the convenience of our Full Service members while they enjoy the YMCA facilities. At Fit Kids, youth participate in interactive games and equipment. Fitness programs and use of the Family Fitness center are available for children 8 years and older. We strive to provide a safe, healthy, and fun environment where children can engage in a variety of age appropriate activities.

Parents may not leave the YMCA while their children are signed into the Fit Kids program. Exceptions only permitted for middle school aged children that have signed themselves into the program area and have current waivers and emergency information on file.

## Our Staff:

Fit Kids staff are all trained in First Aid and CPR. The staff's performance is reviewed regularly to ensure the highest standard of care. Staff meetings and trainings are conducted regularly. We welcome any feedback. If you want to reach the program director, please call 665-3241.

## Busiest Hours:

Fit Kids can feel very different depending on the time and day of your visit. If your child is more comfortable in a less stimulating environment and/or may need more individual attention, we advise that you try and come during slower times. During the week, our opening and closing times around 4:30-5:30 pm and 7:00-8:00 pm can be a quieter time in Fit Kids. On the weekends, our busiest times are between 10am-12pm. During unusually busy times, Fit Kids staff will use their discretion to start a wait list.

## Bathrooms/Hand Washing:

Fit Kids does not have a bathroom. All children should use the restroom before signing into Fit Kids. Children who need to use the restroom are asked to use the restrooms on the top floor. Children will be encouraged to go in pairs with a "buddy", but older children may be allowed to go on their own. Please make sure your child is familiar with the restroom facilities and communicate with staff any concerns or questions you may have.

## Video Game System:

Fit Kids has two PlayStation 2 video game consoles, interactive game bikes, dance pads, and air hockey. Only games that use these accessories are played in Fit Kids. The video games are turned on and off at staff's discretion. Time limits may be imposed. For more information on our video games, please ask a Fit Kids staff or contact the program director at 665-3241.

## Family Fitness Zone:

Use of the Family Fitness Zone and fitness programs are available for children ages 8 years and older. All fitness participants will be supervised. All fitness participants are responsible for knowing and following the Family Fitness Zone policies (available at the Welcome Desk).

For your child's safety, use of the Family Fitness Zone is available for children ages 8 years and older - no exceptions!

## Swimming:

Swimming is available for children ages 8 years and older. All swimmers will be supervised by a Kids Zone staff while in the pool area. Children are expected to change in the locker rooms and meet staff by the pool areas. Before being allowed in the deep end of Grace's pool, children must pass a swim test administered by the lifeguard on duty. All swimmers are responsible for knowing and following General Pool Rules (available at the Welcome Desk).

Swimming is available for children ages 8 years and older no exceptions! While some younger children may be competent swimmers, they are not old enough to be unsupervised in the locker rooms.

## Meal/Snack Time:

Snacks and meals are welcome to be eaten at Fit Kids. We ask parents to supply all snacks and meals. All food must be stored and eaten in the snack area directly outside the Interactive Wellness Center. Unlike Child Watch, Fit Kids is not a peanut-free zone, so please inform staff if your child has any food allergies.

## Health and Safety:

In the interest of your child's health and safety, and the well-being of other children, we stress the following:

- If your child is contagious or feels ill, tired, or unusually warm, you may not use the service for that day. If your child has had a fever due to illness, please wait 48 hours after the fever has stopped to use the service
- If a child is ill and has been left at Fit Kids, parents will be notified, and will have to pick their child up at that time. Parents of middle schoolers who have signed themselves in will be contacted to determine the best solution for getting their child home.
- If your child contracts a contagious disease and has been in Fit Kids while infectious, inform the Fit Kids staff immediately so that other parents may be notified.
- There is always a staff member trained in First Aid and CPR on duty.

## Children's Responsibilities:

Children using the Fit Kids program are responsible for:

- Being aware of the YMCA character values: Caring, Honesty, Respect, and Responsibility
- Always treating staff and other children and adults in a respectful manner
- Always using appropriate language that is not offensive to others
- Always treating YMCA materials and equipment in a gentle and respectful manner
- Using "I" messages to avoid conflicts with others.
- Letting staff know when I am not having a good time or when I need help
- Staying within eyesight of a Fit Kids staff unless given permission to go to a bathroom or locker room with a buddy

## Parent's Responsibilities:

Before your child's first visit, you will be asked to read the Fit Kids policies and review them with your child. You will both be asked to sign the Fit Kids Parent and Child Agreement, a waiver of liability and provide basic medical and emergency information about your child. In addition, parents are responsible for:

- Only bringing and signing in children that you are the parent or legal guardian of
- Always signing your child(ren) in and out at the Fit Kids location
- Always leaving your YMCA ID card with the Fit Kids staff. Middle school members must leave their own card when signing themselves into Fit Kids
- Always returning within the two hour time limit
- Always returning before the scheduled closing time

- Always remain in the YMCA facility and inform staff if you change your location in the building
- Work with the YMCA staff to solve any discipline or behavioral issues that may arise
- Communicate any concerns or questions that you may have with the program

## Sign In Procedure:

- Introduce your child to the staff on duty.
- Inform staff of your child's age, any activities they would like to do while at Fit Kids and any other relevant information that would be helpful for staffing working with your child.
- Record your child's name, age, your name and location in the YMCA, your drop off time, and estimated return time on the sign in sheet.
- Place your ID card in the provided folder

Once your child is settled, you may leave Fit Kids.

## Frequently Asked Questions:

### May I Bring a Guest to Fit Kids?

The Fit Kids service is for the convenience of Full Service Members who are utilizing the YMCA facilities. Guests are not permitted.

### How Do Staff Discipline Children?

If a staff experiences problems with a child related to a specific rule or behavior the following procedures may be followed:

1. The child will be redirected to another activity or space.
2. The staff will remind the child of the rules.
3. If the behavior continues to escalate, the child may be asked to sit with staff in a quiet area away from other children. Possible solutions or alternative behaviors may be discussed.
4. If the behavior continues or there are safety concerns (including hitting, biting, or leaving without permission) you may be asked to pick up your child from Fit Kids.
5. Staff will work with parents on a plan to ensure future cooperation with YMCA policies.

### May I Have my Middle School Aged Child Sign themselves in/out of Fit Kids?

Parents/guardians of middle school aged children can mark the box on our registration form allowing their child to sign him/herself in and out of Fit Kids. Please be aware that the YMCA is only responsible for the child once he/she signs in. The child is responsible for him/herself once signed out. No one will be allowed to sign themselves in/out without parental permission.

# Fit Kids Schedule

for ages 6 - 13

*Effective February 2009*

Monday - Friday 4:30 - 8:00 PM

Saturday 8:30 AM - 2:30 PM\*

Sunday 8:30 AM - 2:30 PM\*

Free for Full-Service Members

*\*On the weekends, Fit Kids begins inside of Childwatch.*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 – 8:00 PM Interactive Wellness Center	4:30 – 8:00 PM Interactive Wellness Center	4:30 – 8:00 PM Interactive Wellness Center	4:30 – 8:00 PM Interactive Wellness Center	4:30 – 8:00 PM Interactive Wellness Center	Fit Kids begins in Childwatch	Fit Kids begins in Childwatch
	6:15-7:00 PM Swim Grace's Pool		6:15-7:00 PM Swim Grace's Pool		8:30 AM - 2:30 PM Interactive Wellness Center	8:30 AM - 2:30 PM Interactive Wellness Center
Youth Fitness Classes Ages 10-13 See Youth Program Guide for class information and times Family Fitness Center	Youth Fitness Classes Ages 8-13 See Youth Program Guide for class information and times Family Fitness Center	Youth Fitness Classes Ages 10-13 See Youth Program Guide for class information and times Family Fitness Center	Youth Fitness Classes Ages 8-13 See Youth Program Guide for class information and times Family Fitness Center	Family Fitness Center and Pool Information  Grace's Pool - Grace's Pool is 20 yards long with a shallow end of 3½ feet and a deep end of 7½ feet. The pool temperature averages 84 degrees. Equipped with a hydraulic swim lift. Youth must pass a test to swim in the deep end of the pool.  *Fit Kids participants must be 8 years old to participate in Family Fitness Center programs and swimming. No exceptions.		

Two hour maximum

Schedule is subject to change without notice.

Please check posting in Interactive Wellness Center for correct location of Fit Kids.