

POLICIES FOR CHILDREN AT THE WELL

Policies

- Any child 14 years or younger must be accompanied in Crosstown Concourse by a parent, guardian, or responsible party. The adult must stay inside during the child's entire visit to Crosstown Concourse.
- All children must be included in a household membership.
- There is a two-hour time limit in our program. The two hours may be used one time per day, either in the morning or evening. Please sign your child out by that time.
- Pay attention to The Well's Hours of Operation in order to plan your child's visit so that our professional staff can provide care, activities, recreation, and educational opportunities for them. Children are welcome in our facility during the hours that The Well is open for service.
- Classes are offered for specific age groups. Children may attend classes designed for their current age.
- **For liability reasons, you must be at least 6 years old to access the track and group exercise room. The only exceptions to this are for our Family Circuit Class and for access to the children's equipment for 4 & 5 year olds. A staff member or parent must be guiding the 4 & 5 year olds at all times.**
- Research shows that families who exercise together have better health outcomes. We encourage you to exercise with your child by attending our Family Class Series.
- We have a full range of physical activity options for children of all ages. Youth ages 10 - 14 may become certified to use the Wellness Center under the supervision of a parent/guardian. For more information, see the welcome center on the second floor. **There are no exceptions to this rule.**
- All rules are in place in order to keep children safe. Please note that a membership may be terminated if you do not comply with these policies.

Policies for Sick Children

If your child has experienced any of the following in the past 24 hours they may not participate in The Well activities: fever, vomiting, rash, was sent home from school, or stayed home from school.

This is to ensure the health of our staff and the other children in our care. If your child shows any signs of illness, they may be sent home from The Well.

Rules in The Well

- Walking Feet
- Inside Voices
- Use your words, not your hands.
- Use only healthy, safe, and respectful behaviors and words.

Church Health YMCA strives to be a Sanctuary for Health for your family.

Your child will receive a *Plan to Get Healthy* within your first five visits to The Well. We encourage and desire your involvement in your child's journey to wellness. We offer a variety of Family Classes to provide opportunities for your family to get healthy together. We are continually looking for new ways to serve families and welcome your suggestions. Please talk to us!

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The Well



Church Health

WELCOME AND POLICIES

What You Can Expect From Us...

- High-quality care and a safe environment for your children
- Fun activities to encourage your child's health, learning, and well-being
- Opportunities for your child to grow in body, mind, and spirit
- Opportunities for fun family events
- Open communication

What We Need From You...

- Respect for our policies: Our policies are in place to keep your children safe and to be fair to all of our members.
- Honest information about your child: To provide the best care possible for your child, please let us know if there is anything special going on with your child or particular issues you would like to be addressed during your child's time here. We love working together with families to support you in raising healthy children!
- Enthusiasm for your child's progress: The Well encourages your child to work toward wellness goals for their body, mind, and spirit. It is very important that you support your child and show interest in their progress.
- Use your words, not your hands. We are a Sanctuary for Health. We are a no-hitting zone. This means corporal punishment, such as spanking, must not be used. We are happy to offer you information about alternative ways to discipline your child.

Getting Ready

Children's Area (4 - 12 years):

Children need to wear tennis shoes and comfortable clothes in order to participate in activities. A water bottle is appropriate; please do not send other drinks with your child. We ask that you do not allow your child to bring toys or electronics from home.

Infant-Toddler Room (6 weeks - 3 years):

Please send a bag with a change of clothes, appropriate diapers or pull-ups, wipes, and a healthy snack. Please label your child's items. Our Infant Toddler room is well equipped with age appropriate toys and activities. Please do not allow your child to bring toys from home.

Healthy Snacks

If you would like to send a snack with your child, please send a healthy snack. Examples of healthy snacks: fruit, veggies with low-fat dip, whole grain crackers, graham crackers, non-sugary cereal, granola bars, sandwiches, yogurt, applesauce, and cheese.

In efforts to keep all children safe, we encourage you not to bring peanut butter due to possible allergies.

Fast food, candy, gum, chips, cookies, sugary drinks, or sodas are never allowed in the Children's area or Infant-Toddler rooms. Please do not bring these or similar items.

Daily Themes

In The Well, your child will find physical activity options every day and fun activities that follow daily themes.

(Please check the Monthly Calendar for a complete listing of Children's area and Infant Toddler activities.)

Monday: Nutrition Night

Nutrition Lesson, Group games for ages 6-12, Snack Attack for children ages 6-12, Alphabet Appetite for ages 2-5

Tuesday: Physical Activity

Physical Education, Track Time for ages 6-12, Mini Circuit for ages 2-5

Wednesday: Spirituality and Self Esteem

Spirituality Lesson, Yoga, Kids Talk for ages 6-12, Mini Circuit for ages 2-5, and Carpet Picnic once a month

Thursday: Wellness and Prevention Night

Wellness and Prevention lesson, Movin' and Groovin' for ages 6-12, Group Games for ages 6-12, Healthy Heart for ages 4 & 5

Saturday: Medley

Spirituality Lesson, ACTIVE Theater, Family Circuit, and Super Science Saturday

Kids Talk

KidsTalk happens on most nights and is a fun activity for your children to share their stories and develop their communication skills. KidsTalk is made possible through a research collaboration with Rhodes College.