

POLICIES FOR FAMILIES & CHILDREN AT THE WELL

Church Health, The Well and the Church Health YMCA strive to be a sanctuary of 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 we welcome your suggestions. Please talk to us!

General Policies

- 1. Any child 14 years or younger must be accompanied to The Well by a parent, guardian or responsible party.** The adult must stay inside Crosstown Concourse during the child's entire visit to The Well.
- 2. To access The Well, children must meet one of the following criteria:** be included in a household YMCA membership; visit during their parent/guardian's Church Health clinic appointment; paid the add-on fee for The Well access through a Crosstown Arts Shared Lab membership.
- 3. There is a two-hour time limit to 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.
- 4. Be aware of The Well's hours of operation when planning your child's visit** so that our 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.
- 5. Our classes are designed for specific age groups.** Children may attend classes designed for their current age.
- 6. For liability reasons, you must be at least 6 years old to access the track and group exercise room at the Church Health YMCA.** 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 guide 4 & 5 year olds using the equipment at all times.
- 7. We encourage you to exercise with your child by attending our Family Classes.** Research shows that families who exercise together have better health outcomes.
- 8. We have a full range of physical activity options for**

- children of all ages.** Youth ages 10 - 14 may become certified to use the Church Health YMCA under the supervision of a parent/guardian. For more information, please visit the Church Health YMCA welcome desk on the second floor. **There are no exceptions to this rule.**
- 9. All rules and policies are in place to keep children safe.** Please note that your access to The Well may be terminated if you do not comply with these policies.

Rules in The Well

- **Use walking feet.**
- **Use inside voices.**
- Use your words, not your hands.
- Use only healthy, safe and respectful behaviors and words.

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 or stayed home from school

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

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.
- **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.** The Well is 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.
- **Consistent guardian at pickup and dropoff.** The parent/guardian that checks in your child is required to be the parent/guardian that checks the child out.

Getting Ready for Your Child's Visit

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.

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.

Healthy Snacks

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

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

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

Daily Themes

Please check the Monthly Calendar for a complete listing of Children's Area and Infant-Toddler Room activities.

Monday: Nutrition Night

Nutrition lesson, Group Games (ages 6-12), Snack Attack (ages 6-12), Alphabet Appetite (ages 2-5)

Tuesday: Physical Activity

Physical Education, Mini Circuit (ages 2-5), Movin' and Groovin' (ages 6-12)

Wednesday: Spirituality & Self Esteem

Spirituality lesson, Yoga, Mini Circuit (ages 2-5), Carpet Picnic once a month

Thursday: Wellness and Prevention Night

Wellness and Prevention lesson, Group Games (ages 6-12), Healthy Heart (ages 2-5), Track Time (ages 6-12)

Saturday: Medley

Spirituality, ACTive Theater, Family Circuit, Super Science Saturday

Special thanks to Rhodes College!

Our KidsTalk program 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.