

## CHILDREN'S POLICY

We're so glad you've chosen Bradley Wellness as your family's gym! It is our goal to provide a safe and fun atmosphere for your children to play while you exercise. Here are some important things to remember about our children at BWC:

- ◆ Children 12 years or older must have a membership.
- ◆ Members under 18 can NOT bring children and guests without adult supervision.
- ◆ Dependent children younger than 12 years who are visiting the Bradley Wellness Center with a parent/guardian member **MUST** be checked in at the service desk and **must go to childcare while it is open**. The only exceptions are babies/toddlers who can be restrained in a stroller/carrier and the free family play times listed on page 3.
- ◆ **When childcare is closed, children must stay within arms-reach of their parent at all times.** For the safety of the child and all members, those under 12 are not permitted on any weights, resistance machines, or to "play" with the workout equipment. Children who are able to appropriately operate the cardio equipment may do so with a parent present at all times.
  - If at any time a child under 12 is displaying behavior that might cause harm to themselves or others, BWC employees reserve the right to ask the parent to remove the child from the exercise floor.
- ◆ Kids Korner is free for members and available for children 6 months – 5 years of age.

Hours:

Monday – Friday	8am – 12 noon	4pm – 8pm
Saturday	8am – 1:30pm	
Sunday	1:30pm – 6:00pm	

\*\*\*Maximum stay per visit is 2 hours 15 minutes. It is recommended babies under age 1 stay no longer than one hour\*\*\*

- ◆ Kids Zone is free for members and available for children 6 – 11 years of age. Children may not go to Kids Zone until their 6<sup>th</sup> birthday.

Hours:

Monday – Friday	4pm – 8pm
Saturday	8am- 1:30pm
Sunday	1:30pm – 6:00pm

\*\*\*Maximum stay per visit is 2 hours 15 minutes\*\*\*

(Kids Zone is available Mon – Fri 8:00am – 12 noon during scheduled school summer and holiday breaks. Kids Zone is not open for inclement weather days.)

- ◆ **BOTH Kids Korner and Kids Zone are peanut-free areas.**



## KIDS KORNER POLICIES

- ◆ Please make sure your child is fed and changed before dropping them off in Kids Korner. Cheerios are provided if your child is old enough and gets hungry. Please let the attendant know if you do not want your child to be offered a snack, or if they have allergies.
- ◆ Please pack all diapers, pull-ups, wipes, and supplies that are needed for your child and an **extra change of clothes**. Babies and toddlers who are not potty trained will have a diaper-check every 20 minutes. Please give specific instructions to the attendant if you are potty-training.
- ◆ Sippy cups are welcomed and encouraged to stay hydrated. Please make sure they are leak-proof and are clearly labeled with the child's full name.
- ◆ We recommend you do not bring toys of any kind from home, as they may cause issues with other children and are often lost/left behind. BWC has Lost and Found, but is not responsible for lost or broken items.
- ◆ If your child is upset or crying at drop-off, we encourage you to try leaving them and enjoy your workout. If the baby/child is inconsolable after 10 minutes, we will come and get you. Please try again as some babies/children take a few visits to get used to new surroundings, or go through normal developmental phases where some crying is common.
- ◆ **Children may not attend any BWC childcare or functions if they have a fever, vomiting, diarrhea, or a runny nose with yellow/green mucus within the past 24 hours. Due to CDC infection control guidelines, we cannot watch sick children. They must be symptom-free for 24 hours before returning.**
- ◆ Cleaning and sanitization is a huge priority at BWC and we do our best to keep things disinfected, but each parent must understand and accept that some spread of germs is inevitable in any childcare setting.

## KIDS ZONE POLICIES

- ◆ All children under the age of 12 must be in Kids Zone while it is open. The only exceptions to this are listed on the following page.
- ◆ Due to food allergies and cleaning concerns, no food is allowed in Kids Zone. Children may bring a drink in a container with a lid. Please label the container with your child's full name.
- ◆ BWC is not responsible for toys or outside items brought to Kids Zone. It is best to leave them at home because they might get lost or damaged.
- ◆ A parent or guardian must check-in and accompany children to Kids Zone. They may not walk-in or leave without an adult.

### **Children in the pool:**

- ◆ Children must always be accompanied by an adult 18 years or older while in the pool area. No running on the pool deck or diving from the sides. No food is allowed in pool area.
- ◆ Children may not be in the pool while classes are in session.

Free family swim hours:

Monday/Wednesday/Friday	1:00p-5:30p	6:30p-10:00p
Tuesday/Thursday	11:00a-10:00p	
Saturday/Sunday	7:00a-7:00p	

\* Lap swimmers always have priority in lap lanes. These hours are subject to change for special events and classes.

### **Children in the basketball court:**

- ◆ Children must always be accompanied by an adult 18 years or older while in the basketball area. Parents must stay inside the curtains with children at all times. Parents may not utilize the arena equipment while children play basketball.
- ◆ Children may not be in the workout area of the arena while childcare is open.
- ◆ Please be respectful and share the court during open family play times:

Monday-Friday	12:00p-4:00p	
Saturday/Sunday	7:00a-2:00p	4:00p-7:00p

All other times are reserved for member 12+ and pick-up games. A schedule is posted in the basketball gym.

\*These hours are subject to change for special events and classes.

- ◆ Please do not kick basketballs. Soccer and volleyball may be played as long as balls do not go higher than goals.

### **Children in Group Fitness:**

- ◆ Children are welcomed and encouraged to join their parents in Yoga, Zumba, and Cardio Dance as long as they can safely and appropriately participate.
- ◆ Children may not sit outside a classroom while their parent takes a class.
- ◆ Babies under 6 months may attend classes as long as they are in a stroller/carrier and the parent has obtained prior approval from the instructor. Instructors may ask the parent to leave if a baby becomes disruptive.

### **Children in Racquetball Courts:**

- ◆ Children may play racquetball with parents at any time. Children must always be accompanied by an adult 18 years or older while in the racquetball area.
- ◆ Children may not sit in the outside hallway unattended while parents play.

### **Children on the Exercise Floor**

- ◆ When childcare is closed, children must be within arm's reach of their parent at all times, they cannot sit unattended for any reason. Children may not be on the exercise floor while childcare is open.
- ◆ Children may not utilize any weight equipment. Children who are able to appropriately operate the cardio equipment may do so with a parent present at all times.