

SOUTHWEST YMCA KIDS CORNER RULES AND GUIDELINES

- When signing in your child, leave your Membership Card in the pocket above the Sign-in Binder.
- Children may stay in Kids Corner for **no longer than 90 minutes**.
- If a child becomes ill or begins to exhibit symptoms of being ill, the parent or parents will be notified and asked to take the child home.
- Whoever signs the child into Kids Corner must also pick up the child unless you make alternative arrangements with lead staff on duty.
- You must pick up your child/ren from Kids Corner. Staff is not permitted to walk children to adult classes.
- Label all of your child's belongings. Give staff any information about your child that may be valuable while he or she is in our care.
- You must remain on the premises while your child is in Kids Corner. Inform the staff where you will be so that you are easily accessible if they need to contact you.
- Do not bring a child who has a fever, rash, drainage from the eyes, vomiting, or diarrhea to Kids Corner. If your child exhibits any of these symptoms while in our care, we will call you immediately and ask you to remove the child from Kids Corner.
- Notify us if your child contracts a contagious illness soon after visiting Kids Corner, so that we can post an exposure notice to alert other parents.

Sanitation

- Staff and children wash hands after using the toilet, before and after bottle-feeding, and after wiping runny noses.

Medication

- Staff will not administer medications in the Kids Corner.

Eating

- We do not provide snacks. Children must bring their own snack. Children may consume food, drinks and bottles in Kids Corner during snack time, as long as they are in plastic containers with lids and are labeled. Please do not send in food with nuts. Snack times are posted on the Daily Schedule.



SOUTHWEST YMCA
13500 Quito Road
Saratoga, CA 95070
408-370-1877
www.swymca.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DEVELOPING HEALTHY KIDS

**Kids Corner Kids Karate Youth Fitness
SOUTHWEST YMCA**



Kids Corner

While exercising at the Y, parents can leave their children ages 6 weeks to 11 years old at our on-site Kids Corner. Under the supervision and guidance of Southwest YMCA staff, your child can socialize with other children and take part in fun, age-appropriate activities. Our Kids Corner staff is certified in First Aid and CPR.

Current Southwest YMCA Kids Corner Pass is required for your children to attend Kids Corner.

Kids Corner Pass

Kids Corner is open to Facility Members with a current Kids Corner Pass. The cost of this pass is \$25 per year. To purchase a current pass, please stop by the Membership Desk. You may drop off your child for **no longer than 90 minutes per visit, a maximum of twice a day, with a three hour window between visits.** Parents cannot leave the facility. If you have any questions, please contact the Membership Desk at 408-370-1877.

Kids Corner Hours

Monday – Friday	Saturday	Sunday
8:00 am – 1:00 pm 4:00 pm – 7:30 pm	8:00 am – 1:00 pm	8:00 am – 1:00 pm

**Kids Corner is available for YMCA Facility Members only.
Parents cannot leave the facility.**



Youth Fitness – Cardio & Weight Room Usage

Ages: 8 – 11 years old

Youth members, ages 8 to 11, are eligible to use the equipment in our Cardio and Weight Rooms. Youth members must schedule an orientation with a Fitness Coach prior to using either the Cardio or Weight Rooms. To schedule an orientation, please stop by or call the Membership Desk.

- Minimum Height: 4'6"
- Youth ages **8 & 9** must be accompanied by a parent or guardian while using the Cardio & Weight Rooms.
- Youth ages **10 & 11** may use the Cardio & Weight Rooms by themselves, but must have a parent or guardian on-site.

Kids Karate

Ages: 6 – 10 years old

Class Time: Mondays or Wednesdays, 6:20 pm – 7:00 pm

Location: Rec Room

Shotokan Karate is one of five traditional Karate styles and is divided into three parts: basics, forms and sparring. Shotokan focuses on strong basic techniques and stances to develop respect, compassion, patience and calmness. After mastering the basics, students learn the forms (kicks, punches, sweeps, strikes, and blocks). Karate builds both physical and mental strength as well as self-confidence and self-awareness. Please sign-up for Kids Karate at the Membership Desk.

Ages 8 – 10 years old: On Mondays and Wednesdays, 7:00 pm – 7:30 pm, a Youth Karate Workshop is available for students with advanced skill set. The workshop is by instructor permission **only**. See Karate instructor for further information.



Questions?

Please contact the Membership Desk at 408-370-1877 for more details.