



# KidsGym

CHILDCARE WHILE YOU WORKOUT

## OUR MISSION

At Kids Gym, we provide a safe, stimulating and playful environment where children are encouraged to be active, imaginative, social and creative.

# ABOUT KIDS GYM CHILD CARE

Kids Gym is designed for children from infants to preteens (ages 3 months to 12 years). For toddlers and above, Kids Gym is not like your typical babysitting service offered at other facilities. Kids Gym provides the opportunity for kids to have a healthy yet playful option while their parents visit Westwood. In addition to a mega-playground, Kids Gym features interactive fitness equipment that combines technology, fun and fitness to motivate kids to stay active. In addition, there is a 'passive' area where the children can 'take a break' in between or after their 'active' period.

## OUR STAFF

Our Kids Gym staff has a true love of working with children. They have been through a background check, CPR and first aid training. Our staff members are enthusiastic about working with children and are dedicated to providing the highest quality of care.

## HOURS OF OPERATION

Kids Gym is open six days per week.\*

- Mon-Thurs.....8:00 - 11:00 a.m. & 4:00 - 7:30 p.m.
- Friday.....8:00 - 11:00 a.m.
- Saturday.....8:00 a.m. - 12:00 p.m.
- Holiday Hours.....TBA

*\*Hours/days may change based upon demand*

## KIDS GYM CHILD CARE PRIVILEGES

Children, whose parents/legal guardians have a valid Total Fitness Pass, may utilize Kids Gym with no additional fee. The children of drop-in and punch card users may utilize Kids Gym for an additional fee of \$4 per session. Children may be in Kids Gym for a maximum of two hours per day (1.5 hours maximum per session).

As an unlicensed childcare facility in a fitness and sports club, Kids Gym exists to provide interim child care for children of patrons who are visiting the Westwood Fitness and Sports Center. For this reason, only a parent or legal guardian may drop off his/her child in Kids Gym (i.e. you may not check in anyone's child but your own) and the parent/guardian must stay on our premises throughout the child's stay in Kids Gym. Failure to comply will result in a loss of Kids Gym privileges.

## KIDS GYM FEES

Total Fitness Pass.....Free  
Daily Drop-Ins/Punch Card Holders.....\$4/session

## YOUR FIRST VISIT

Prior to your child's first visit, you will be asked to complete and sign our child information sheet, sign the Kids Gym child care policies form and set-up your EZ CARE child care account. Your registration information will include important details about your child and the names/contact information for each parent/legal guardian who is authorized to drop-off and pick-up your child from Kids Gym.

## CHILDREN NEW TO KIDS GYM CHILD CARE

Entering a new environment can be a frightening experience for a young child. Each child is different, but for those that are tentative or insecure about being left in a new place, it may be beneficial for parents to utilize Kids Gym early on in the following manner:

- For the first few visits, we recommend short visits between 20-40 minutes, with a gradual build-up of time on future visits.
- When dropping children off, make your departure as quick as possible. And while a quick goodbye will ease the separation from the child; don't sneak out.

## SPECIAL NEEDS CHILDREN

If your child has special needs, please arrange a meeting with the Westwood Manager prior to your first visit. Reviewing your child's special needs will allow us to be prepared to take care of your child and ensure a positive visit.

Please note that we are not able to provide constant one-on-one care for individual children, and that there may be cases we are not equipped, staffed or properly trained to accommodate.

## BEFORE YOU VISIT

- If your child is between 3-16 months you are required to make a reservation at least 24-hours in advance. No more than two non-mobile and two mobile infants will be allowed in Kids Gym during the same time period.
- It is recommended that you call Westwood (815-622-6201) no more than 24-hours in advance, to reserve a spot in Kids Gym. For safety reasons, staff may need to postpone your entry into Kids Gym due to the ratio of children and staff. The maximum number of children allowed in Kids Gym at any one time will be 18 with two staff members.
- Be sure your child's diaper has been changed or that you child has used the restroom before entering Kids Gym. To ensure proper supervision and safety of the other children, Kids Gym staff will not change diapers and will not take a child to the restroom. If either is needed, the on-site parent/guardian will be paged.
- Be sure you child has taken any required medications as Kids Gym staff will not give medications (either prescribed or non-prescribed) to a child.

## CHECKING IN/PICKING UP

- Prior to the first visit, in addition to completing registration information, you will be required to set up an EZ CARE account; all of which can be completed at Westwood.

- After setting up your EZ CARE account you will receive your own personal pin number. That pin number will be used to verify who is checking in/out your child.
- When arriving with your child you will:
  1. At the main desk in the lobby of Building #1, either scan in (fitness member/punch card holder) or pay your drop-in fee. Punch card holders and drop-in patrons will also pay the \$4 Kids Gym session fee at this time.
  2. At Kids Gym you will enter your pin number on the Kids Gym computer to check in your child.
  3. You will re-enter your pin code to check out your child. No child will be checked out unless the parent/guardian is both authorized and they know the personal pin number.

## WHAT TO BRING/WEAR

- When you bring your infant into Kids Gym situate your child in our swing, bouncy chair or in your own infant seat or other related device.
- Toddlers and above should dress appropriately for active play. Socks will be required to play on the Jungle Gym. Closed toed shoes are required on the Kids Gym exercise equipment.
- Comfort items such as a pacifier/blanket (please label if possible) may be brought into Kids Gym. Children should not bring toys, personal listening devices, portable gaming devices, cell phones, stuffed animals, pets or money. The Sterling Park District is not responsible for any lost, stolen or broken personal items.

## WHEN TO STAY HOME

For the health, well-being and safety of all children, we ask parents to not bring children who are ill to Kids Gym. If, in the determination of our staff, a child shows visible signs of illness at check-in, we will not permit admittance. Should your child show signs of illness after entering, we will contact you immediately to remove your child from the facility.

The guideline to follow is that a child must be symptom free for a 24-hour period from fever, colds, an excessive runny nose that is not clear, coughing that is congested or “croupy” sounding, breathing that sounds congested, a rash of any kind, eyes that are red or swollen, eye discharge, vomiting or difficult teething issues. Children on antibiotic medicine for less than 24-hours should not be brought in. If we wipe your child’s clear runny nose three times, you will be paged to come get your child.

Germs are commonly transmitted through children’s hands. We recommend that you wash your child’s hands both before and after each visit to Kids Gym.

## BEHAVIOR EXPECTATIONS

Our staff will do everything possible to make sure your child’s experience is a positive one. Children must follow the direction and instruction of our staff at all times. Also, Kids Gym will not accept the following behavior:

- Any action that could threaten the physical/emotional safety of others. This could include, but not limited to abusive jokes, insults, slurs, threats, name calling, intimidations, etc.
- Destructive behavior.
- Behavior sexual in nature.
- If your child is inconsolable after 15-minutes, you will be paged to return to Kids Gym.
- Any behavior that negatively affects Kids Gym and/or the safety and enjoyment of others.

## DISCIPLINE

To ensure a pleasant and safe environment in Kids Gym, we have adopted a ‘three-strike’ system of discipline.

- First Strike: Attendant will let parent(s) know of disruptive behavior at pick-up.
- Second Strike: Attendant will let parent(s) know of disruptive behavior at pick-up. Parents will be reminded that a third strike will result is a suspension from Kids Gym.

- Third Strike: Attendant will remove child from other children and get parent. The child will be suspended for one week from Kids Gym. After the suspension the child may return to Kids Gym. The child will start again with the three-strike system. However, if a third strike is reached again, the child will be suspended for two weeks. After the suspension, the child may return to Kids Gym. The child will start again with the three-strike system. However, if a third strike is reached again, the child will not be allowed back to Kids Gym for six months.

## PAGING SYSTEM

A pager will be issued to the parent at the time of check-in. This pager should be worn at all times until the child is checked out of Kids Gym. You will be paged if there is a disciplinary problem, a health/potty issue or any other staff concern.

## KIDS GYM CAMERA SYSTEM

A live stream camera feed from Kids Gym will be available in the fitness area. Access to the live feed will be limited to Kids Gym parents/guardians.

## EMERGENCY EVACUATION PLAN

In the event of an emergency that requires us to evacuate the area, our staff is prepared and has a plan to keep your child safe. We will follow these procedures to return your child to you in a safe, calm and timely manner:

- Staff will conduct a face and head count of all children.
- After verifying the number of children, the staff will exit Kids Gym to the evacuation point located between the west side of Building #1 and Westwood Drive.
- Staff will gather the check-in sheets, first aid kit, emergency binder and emergency contact binder.
- The primary exit for evacuation will be the southwest door from Kids Gym and the adjacent west main hallway door.

KIDS GYM IS  
**FREE**  
FOR MEMBERS



WESTWOOD FITNESS & SPORTS CENTER  
1900 WESTWOOD DRIVE | 815.622.6201