A close up of a logo

Description automatically generatedMesa Fitness Kids Club Information

# Our Facility

* Parents are allowed to bring their child(ren) once a day, for a maximum of two hours.
* Parents are required to remain on the premises the entire time.
* Child(ren) must use hand sanitizer or wash hands before entering facility.
* Child(ren) must wear socks while in the facility.
* ALL dirty diapers and matters concerning your child must be addressed promptly.

**Hours of Operation:** \*\*Last child accepted 15 minutes prior to closing\*\*

**Grand Junction Location- Clifton Location-**

Monday- Friday- 8:00am-1:30pm, 4:00pm-8:00pm Monday- Friday- 9:00am-1:00pm, 3:00-7:30pm

Saturday- 8:00am-1:30pm Saturday- 8:00am-1:30pm

Sunday- CLOSED Sunday- CLOSED

**Payment Information:**

* Drop In Rate: $5.00 per child paid at drop off
* Paid in Full membership: Can be purchased in Kids Club. You can purchase as many months as you would like. The membership automatically expires when the time frame is over. There are no cancellations or refunds on Paid in Full memberships.
  + - 1st child- $30/month
    - Each additional child- $15/month
* Punch Cards: Can be purchased in Kids Club. There are no refunds on unused Punch Cards
  + - 10 visit punch card- $40 (savings of $10)
    - 20 visit punch card- $70 (savings of $30)
* EFT (automatic account withdrawal with your gym membership): Please see our Fitness Consultants for more information
  + - 1st Child EFT- $25/month
    - Each additional child- $10/month

**Snacks and Snack Passes are available for purchase as well in Kid’s Club**

Kids Club Information

# Additional Information

**Check In Process**

* When you check in your child in kids club, you will be asked what area of the gym you will be working out in. Please let us know if you change your mind and move to a different area not mentioned to staff at drop off. This helps us be able to find you if we need to.
* You will also be asked if your child has a snack, drink, infant bottle, etc. See below for snack information.
* If a person dropping off or picking up a child is not the person linked to the child, we need a permission form filled out from the person the child is linked to. (Example- if a child is linked to mom, we need a permission form from mom for dad to bring in or pick up that child). This helps us know for sure that each person bringing in or picking up a child at kid’s club is allowed to do so.

**Snacks, Diaper Bags, and Bottles**

* Parents are allowed to bring in a snack for their child(ren) but peanut products are not allowed in kid’s club so refrain from bringing in any snacks containing peanut products. We have children in kid’s club that have an extreme allergy to peanuts/products containing peanuts, so help us keep them safe.
* We do encourage you to bring a snack for your child(ren). Often times it provides comfort for younger children, and older children become thirsty/hungry after playing.
* We do offer snacks and snack passes for purchase in kids club
* Please make sure to label all of your child(ren)s belongings. This will help us make sure that they get the correct snack and to help us easily identify which bag is theirs, should we need to get something out of it.
* We will feed infants and toddlers, and we will make bottles for them if requested. Please leave specific directions for preparing a bottle, if it is not already prepared.

**Attire and Personal Clothing Items**

* Please remove shoes and place them in a cubby. Socks MUST be left on. If a child comes in with sandals, they are REQUIRED to have socks.
* If your child(ren) is wearing a coat or sweater when they come in, and they wish to take it off, please have them hang it on the coat hooks provided or place it in a cubby with their shoes.

**Additional Children**

* A waiver of liability, a parent permission form is required for a member to bring in a child(ren) that are not their own.
* The member is responsible for the $5.00 fee, unless the child has an existing Kid’s Club account though Punch Card, Paid in Full or EFT.
* The member that brings the child(ren) into the facility, accepts full responsibility for the child(ren).

**Outside Toys/Books/Personal Electronic Devices**

* We DO NOT encourage children to bring toys or books from home as they may carry contagious germs, and we do not want them to get lost or broken
* If your child(ren) chooses to bring an item in, we cannot be held responsible if it is lost, damaged, or stolen. Storing the item in their cubby with their shoes is a safe option.
* We DO NOT allow personal electronic devices in our facility. Examples include Game Boy, Nintendo DS, phones, tablets, and computers of any type. There are no exceptions made for this policy, and it is enforced to keep your child(ren) safe from potential unmonitored exposure.

Kids Club Information

# Our Expectations Guidelines for Parents and Children

In order for our facility to operate in a safe and fun manner, we expect our members and their children to follow our guidelines. Our Guidelines are as follows:

**Parents:**

1. Parents are to properly check their child in before entering the gym.

Properly checking a child in consists of 4 things:

* 1. Making sure your child is clocked in and has made a note in the computer of your phone number for the day and where you will be working out.
  2. Labeling your child’s belongings, including snacks, drink cups, and diaper bags.
  3. Making sure your child has either socks or shoes on.
  4. Having your child(ren) either sanitize their hands or wash their hands in the bathroom.

1. If your child has a dirty diaper, a Kid’s Club employee will notify you, and you are to promptly return to the Kid’s Club to change the diaper.
2. If your child has been crying consistently for more than 5-10 minutes, a Kid’s Club employee will notify you. You may choose to return to the Kid’s Club and soothe your child, or you may take them home.
   1. We do try everything possible to soothe children; however, we do not want to over stress the child and push them beyond their limits!

**Children:**

1. Children are expected to keep their hands and feet to themselves. No wrestling, hitting, pushing, or other harmful contact will be tolerated.
2. There is to be no jumping on/over couches, walls, tables, gates, etc.
3. We encourage sharing, even at an early age. We understand that young children may not understand the concept of sharing, but we work to show them how to.
4. Toys are not to be thrown.
5. Teachers are to be respected.
   1. This means listening to the teachers, and not talking back.
6. Food is to be eaten in the designated areas.
7. Children must use inside voices. (No screaming)
8. No running is allowed, unless it is part of a supervised game that a teacher is monitoring.

Encouraging your child to follow these expectations will help them to not only have fun, but also to help create an environment where everyone is safe. We understand there are multiple ages of children in our facility at any given time, and we do our best to make sure all children follow the expectations to the best of their understanding.

Kids Club Information

# Our Kid’s Club Wellness Policy

Please read this policy carefully, and ask questions if you need more information. This policy is enforced to provide a healthy and fun environment for all children and staff. If your child does not meet wellness guidelines at check-in or begins to exhibit symptoms that do not meet our guidelines while they are in the Kids Club, you will be asked to take that child home immediately.

Any child that exhibits the following symptoms will not be allowed to enter the Kids Club. If the child begins to exhibit these symptoms while in the Kids Club, they will be asked to leave.

1. The child has a fever or has had a fever within the last 24 hours. (A fever is 99.9 degrees and above)
2. The child has a persistent cough. (coughing more than 4 times per hour)
3. The child has a consistent runny nose.
4. If the child is of teething age, the consistent runny nose is colored.
5. The child shows signs of infectious disease and has been on an antibiotic for less than 24 hours. Examples may include but not limited to, pink eye, RSV, strep throat, or hand, foot, and mouth disease.

If the child has a health condition that causes them to show these symptoms, but they are not contagious, a doctor’s note is required before the child can re-enter the Kid’s Club.

If the child is on antibiotics for an illness, a doctor’s note is needed, explaining what they are on antibiotics for and the date the child started taking them.

If symptoms are shown the child will be asked to leave and will not be able to return to the facility for 48 hours. Once those 48 hours are past, if any symptoms are still shown a doctor’s note will be needed for reentry.

Please show respect for all members and their children by checking your child for symptoms before you bring them in.

Kids Club Information

# Our Discipline Policy

Incidents where someone is seriously injured, bleeding, or bruised:

These incidents are handled at the staff’s discretion.

Some incidents require the child to be sent home immediately.

All serious incident are noted in the child’s profile in the computer system and incident reports are filed.

**1st Offense** - Time Out

Depending on the case, the child could be sent home after one offense.

**2nd Offense** – Time Out and Notify Parent of Incident

If it reaches this point, the safety of the children and/or the staff has been compromised and the parent must remove them from our facility.

**3rd Offense** – Child is Sent Home

\*\*Parents are notified of any children involved in any serious incident.\*\*

**Suspension and Banning from the Kid’s Club**

A child may become banned from the Kid’s Club if they have a high pattern of major offenses or display violent behavior. It is our job to keep all children and staff safe, therefore, a display of these behaviors will not be tolerated.

Banning a child from the Kid’s Club is never an easy decision.

Depending on the severity of the behavior, the first step is a 30-day suspension from Kids Club. If the behavior continues upon the return from a 30-day suspension, then the child will be banned for a full year form Kids Club.

**If you would a more detailed copy of our kid’s club discipline policy, please see a kid’s club associate for a copy or talk to the kid’s club manager with any additional questions.**