

# Welcome



www.Fitness1Clubs.com  
970-568-4444

## Don't forget, we offer supervised childcare to our members!

Let us make your life easier by taking care of the kids while you enjoy your workout! Childcare is available six days a week at the club including morning and evening sessions during the week and on Saturday morning.

### A quick overview of our club's childcare program:

- Our childcare area is a separate and supervised room in the club.
- For safety and security, we use a paging system. A pager will be provided to you upon child(ren) check-in. Parents are **REQUIRED** to keep pager within close proximity at all times, and we will ask for it upon child(ren) pick-up.
- 6 weeks is the minimum age, 7 years is the maximum
- Children 6 weeks through 7 years are **required** to be signed-in and supervised.
- The club offers childcare service from:  
**Mornings:** Monday - Saturday: 8:15 a.m. – 11 a.m.  
**Evenings:** Monday - Thursday: 5:30 p.m. – 7:30 p.m.
- Parents must remain at the Club while children are in childcare.
- We have guidelines for cleaning/sanitizing our toys and equipment.
- Separate area for children under 2 years.
- Infant changing table in the upstairs restroom.
- Maximum of 12 children per staff person, so we recommend you call us 970-568-4444 beforehand to be sure the area isn't full

### Rates:

Per Visit: \$5 per child

**NEW!!** 1 month unlimited program – cancel at any time with minimum 5 day notice

- 1<sup>st</sup> Child: \$25 billed monthly
- 2<sup>nd</sup> through 4<sup>th</sup> Child: \$10 billed monthly

### Time Limits:

To provide the best possible care for all members' children, we have time limits for infants and children.

- Infants (6 weeks up to 1 year) - **1 hour maximum per day**
- Children (1 year through 7 years) - **2 hours maximum per day**

### Infant Reservations:

6 Weeks is the youngest age we can care for. To assure quality care for your infant, we recommend that you make a reservation. To reserve a space for your infant, please call one day in advance. Call during office hours (Mon-Sat 10am to 1pm, and Mon-Thu 5:00pm to 7:30pm) and give your infant's full name and age, and the time you would like to reserve a space. (970-568-4444)

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## Getting Acquainted with our Childcare:

No need to check with the front desk...simply go upstairs to the Childcare room.

To help your child become comfortable with the Childcare area, we advise limiting your first workout to assure that he or she doesn't become overwhelmed. Some children have difficulty adjusting to a new environment and the shorter time period may help them feel more secure. It may be a good idea to spend 5-10 minutes in the room with your child on your first visit to help him or her feel more comfortable. This is also a good opportunity to get to know our staff.

## Signing Up Your Child:

Upon entering the Childcare, please sign your child/children in on the sign-in sheet on our desk. You will need to fill in your child's name, your full name, (first and last - legibly), the time you arrive and the time you expect to pick up your child. We will provide you with a pager, which must be kept at close proximity to you at all times.

Note any special instructions in writing. When you have special instructions for us (i.e. no food) write them on a note at the desk. Please tell someone, too. This double method will ensure that we are taking care of your children as you wish.

Alert a Childcare worker of allergies or health issues during each visit.

## Signing Out Your Child:

It is our policy to sign your child out and return our pager when you pick him/her up. The number on the pager must match the child(ren) signed-in in order for us to release him/her.

This sheet is also where you will find information from us regarding your punch-card, if applicable.

**Snow Day Policy** - If PR-1 is closed due to snow, we might also be closed. Please call ahead to find out if we are open.

## What to Bring

- Labeled diaper bags with labeled supplies. We are not responsible for lost, misplaced, or stolen items.
  - **Note: Due to liability, we do not change diapers and you will be notified if we determine your child needs a diaper change.**
- If needed, a "Security toy" from home such as a blanket or teddy is OK. Otherwise, we discourage bringing toys.

## What Not to Bring

- Children other than your own.
  - We have a maximum number of children allowed in the Childcare at one time and we must have that space available for our members' children.
- Sick children.
  - If your child had a running green nose, fever, hacking cough, inflamed eyes, diarrhea, vomiting in the last 24 hours, or is unusually lethargic or cranky, we will ask you to take your child out of the Childcare.
- Chewing gum.
  - Not only is this a choking hazard, but it is a potential mess that is completely avoidable.
- Toys from home.
  - We have an abundance of toys and activities to keep you child constructively occupied. Toys from home only present potential emotional trauma when they are lost. Please be aware of what your child has in his/her pockets, such as marbles, pennies, Legos, mini-cars, and other small items. These items can be life threatening to babies and toddlers. We cannot be responsible for items brought from home.
- Peanuts or peanut products.
  - Our childcare is a peanut-free zone.

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## **Snacks:**

Feel free to bring lunch or a snack for your child if you will be here during mealtimes.

## **Childcare Registration:**

In order to care for your child we must have a current registration form on file. This form provides us with the necessary information in case of an emergency or if your child has any special needs. This must be done on your first visit. Please remind us if it is your first visit. If any changes occur (address, doctor, etc.) please update your registration!

## **Staff:**

Each member of our Childcare staff must supply personal references regarding their history with children which is thoroughly checked. They are also interviewed at length about their abilities. We ensure our staff provides your child with the best possible short-term care.

## **Restrictions:**

The Childcare is a service provided for parents as a convenience while using the facilities. As such, we are not a licensed daycare and you must remain on the premise while your child is in the Childcare. It is not our responsibility to feed your child. We reserve the right to deny Childcare privileges to anyone abusing this purpose, disregarding time limits, or to any child posing a threat to other children.

First time biters are dismissed immediately from Childcare and will not be admitted for the next two weeks. The second time the child bites, he/she will be dismissed from Childcare for six weeks. The third time the child bites he/she will be dismissed from Childcare for three months.

This policy was established to keep this Childcare facility safe and comfortable for all children and parents. It is for the welfare of all the children.

## **We Will Page You If...**

Occasionally we must have a parent paged to come up to the childcare room. These are some of the circumstances in which this may happen:

- If your child has been upset or crying for more than 10 minutes.
- If we determine your child needs a diaper change or feeding.
- If we determine your child is sick.
- If your child wants to use the bathroom.
- If your child would like a book/puzzle/etc. from our bookshelf supply.
- If you are over the allotted time limit.
- If your child is injured.
- If your child is behaving inappropriately and is unwilling to cooperate with staff.

We want your children to enjoy coming to the Club as much as you do. If you have comments or suggestions on how to make the Childcare a more pleasurable experience for your child, feel free to let us know. We will do our best to accommodate your suggestions.