

The Kid Connection



Welcome to Kid City and KidFit

We have so much to offer for children in two different areas. **Kid City** is located downstairs. This is the area for children from the ages of 12 weeks to 6 years. **KidFit** is located upstairs. This area is for children from the ages of 6 years to 13 years. When children are 6 they can be entered into Kid City or KidFit.

January 2019

Regular Hours

Kid City

Mon. and Wed.

7:50am—8:30pm

Tues. and Thurs.

7:50am—7:45pm

Friday

7:50am—7:30pm

Saturday

8:30am—4:00pm

Sunday

12:50pm—6:00pm

KidFit

Mon. and Wed.

4:00pm—8:30pm

Tues. and Thurs.

4:00pm—7:45pm

Friday

4:00pm—7:30pm

Saturday

8:30am—4:00pm

Sunday

12:50pm—6:00pm

KidFit opens at 4:00pm Monday-Friday due to the fact that children that are KidFit age are in school. KidFit follows Knox County's School Schedule. Typically, when Knox County is out of school KidFit will open at 7:50am.



Happy New Year from your family at Fort Sanders Health and Fitness Center. We hope your holidays were full of family, love, and laughter! We can't wait to adventure through 2019 with you and your children. We are thankful for the great privilege of watching your family grow and the opportunity to take care of them. It's important that we all operate under the same guidelines to provide a fun, safe environment for all the children in our care. Please see a staff member if you have any questions about our policy or need to sign one. Thank you for allowing us the chance to be part of your fitness journey!

Special Holiday Hours:

Monday the 31st

8:00am– 2:00pm

Tuesday the 1st

11:00-3:00

Monday the 21st

7:50-8:30

In case of inclement weather, please check our website, Facebook page, Instagram, or call the front desk to check our hours.

Illness Policy

The Kid City and KidFit staff are committed to maintaining a clean and healthy environment for children. For the health of all members, please refrain from bringing your child into group care if he or she:

- **Is obviously not feeling well**
- **Is in the first 24 hours of antibiotic**
- **Is experiencing vomiting or diarrhea**
- **Has pink eye**
- **Has had a fever of 99 degrees or greater within the last 24 hours**
- **Has the chicken pox rash or sores that has not completely scabbed over (minimum of 7 days from initial breakout)**

Kid City Classes

We want everyone to take advantage of the classes offered for children signed into Kid City. We ask that you arrive 5 to 10 minutes prior to class time in order to have sufficient time to set up. Please keep in mind that the classes are first come-first serve. You cannot reserve a spot ahead of time. To not disrupt others, we will not allow children to be picked up early or dropped off late to classes. Descriptions, ages, and times for each class are listed on the Kid City Activity Calendar. These are located outside of Kid City, along with the monthly Kid Connection Newsletter.

Reminders

Parents must provide a diaper for their child that is not potty trained. Please also provide a change of clothes if the child is potty training. The diaper and clothes need to have the child's name on it, or be in a diaper bag that is clearly labeled. Kid City has labels available if you need one.

Use of Kid City and KidFit

Kid City and KidFit is only for members and guests using the Fitness Center and the outside track. Parents must have their cell phone on them and ringtone on when using the

Information Packets

Please ask a staff member if you need a current packet. This will answer any questions that you may have. It is required that all parents read and sign our Policy and Procedures Packet. New members will receive the packet at the Membership Office.

Contact Us

If you have any questions you can always call the Youth Development Manager at **865-531-5106**. You may also email to fswyouth@covhlth.com.

Find us on
Social Media!



Visit our website!
www.fshfc.com