

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.

February 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.

Winter Reminders

A couple of reminders for the winter season.

- Please remember to fold up strollers in the Kid City lobby. With lots of friends and the cold weather, the lobby gets very crowded.
- Please remember to label diapers or diaper bags. If a diaper is needed and unable to be found, we will page you.
- If your child is working on potty training, please bring extra clothes and shoes with you in case of an accident.
- Please make sure to check the website, call the main line (531-5000), check Facebook or Instagram to see if there have been any changes to Kid City/Kid Fit hours during inclement weather.

Special Hours

Kid Fit will be open from 7:50am to 8:30pm on Monday, February 18th.



We will also be having PJ Day in Kid City and Kid Fit all day long on Monday, the 18th!!!

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 free 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 may not reserve a spot before checking into Kid City. 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.

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.

Use of Kid City and KidFit

Kid City and KidFit is 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 outside track.

Reminders

Parents must provide a diaper for their child that is not potty trained. The diaper itself needs 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.

Contact Us

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

Find us on
Social Media!



Visit our website!
www.fshfc.com