

ADDITIONAL INFORMATION

We are a PEANUT FREE ZONE! No peanuts or products containing peanuts may be brought in.

Snacks/Drinks

You may send a drink and snack for your child while they are in the Kidz Corner. Please label them with your child's name.

Participating in Kidz Gym:

Children must be at least 3 years old to participate in morning Kidz Gym. Children must wear sneakers. Water may be left for your child in a labeled covered container. No food may be brought into the gym.

Participating in Kidz Club

Children must be 5 years old to participate in Kidz Club. Sneakers are required to participate on Monday and Wednesday evenings when we are in the gym.

Donations

We gladly accept donations! Please help support the Nursery through donations of goldfish crackers, cheerios, and other snacks. No peanut containing snacks. We also welcome the donation of tissues and baby wipes. Batteries and toy donations are also welcome.

Snow Days

When it snows and you are uncertain which programs will continue to be held, please call 540-735-9622 and listen to the message in its entirety to find out about cancelled classes, closed programs, and late openings. We also post closings, cancellations, and delays on our Facebook page.



The Ron Rosner Family Y
5700 Smith Station Road
Fredericksburg, Virginia 22407
P 540.735.9622

www.family-ymca.org

Updated 3-16 LN



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDZ CORNER

Nursery Services

**RON ROSNER FAMILY YMCA
OF SPOTSYLVANIA COUNTY**

**WWW.FAMILY-YMCA.ORG
RAPPAHANNOCK AREA YMCA**



NURSERY SERVICE INFORMATION

Nursery Services are free to our members for their children!

Kidz Corner Hours

- Monday–Friday 9:00am–3:00pm & 5:00pm–8:00pm
- Saturday 9:00am–1:00pm

Kidz Gym Hours

- Monday–Friday 9:00am–12:00pm

Evening Kidz Club

- Monday—Thursday 5:30pm–7:30pm

PROCEDURES FOR USING OUR NURSERY SERVICES

Nursery services are provided for our members free of charge.

You may only sign in your own children! Please follow the sign in/out procedures when dropping children off at the Kidz Corner or Kidz Gym. Children not included on a family membership may use our services for their own children for \$6 per child per visit or \$15 per month per child.

There is a **3 hour time limit**.

If your child has special needs, such as allergies, please be sure to fill them in under special instructions on the sign-in sheet and inform the staff.

We would appreciate that all children be brought to the restroom and diapers changed before entering the Kidz Corner or Kidz Gym so that we can avoid having to interrupt your workout and limit trips to the restroom for staff.

Once your child is in the care of our staff, you may not leave the building. The staff must be able to reach you if your child needs you.

Running Outside

Members may run on the trails, which are on YMCA property, but they must carry their cell phone and leave their number so they can be reached if necessary.

WE ARE FOR YOUTH DEVELOPMENT

Nurturing the development of every child and teen.
We believe every child deserves the opportunity to discover who they are and what they can achieve.

Discipline

This is the positive direction of behavior toward established standards of conduct. It is necessary to promote a positive and orderly environment. If self-control fails, disciplinary action must be taken to protect and preserve the right of everyone in the Kids Corner and Kidz Gym. The general discipline policy of the YMCA nursery follows the standards set forth by the Virginia Code (Standard 7.22–7.32). The following steps or situations have been incorporated to develop a positive approach to helping children learn and exhibit appropriate behavior.

- Children are expected to adhere to the nursery guidelines including sharing, listening, following directions, and helping clean up (age appropriate).
- Proper manners are encouraged.
- For most disruptions, children are given warnings and the staff will try to redirect the child to another activity. If inappropriate behavior continues, the child will be given a “time out” to think about the situation.
- If improper behavior persists, an incident report will be written and the parents will be notified. The child may need to be removed for the day. If a child receives 3 incident reports, nursery privileges may be suspended for a period of 2 weeks.

Illness

Children who show signs of illness should stay at home. If your child shows signs of illness while under our care, you will be asked to remove the child from the YMCA immediately. Some guidelines for keeping your child at home include:

Fever: greater than 100°. Children must be fever free for 24 hours without the aid of medication.

Diarrhea: not within 24 hours

Vomiting: not within 24 hours

Conjunctivitis: Eye drainage of yellow or green. The child must be on antibiotic for 24 hours and showing no signs of illness before they can be signed in to Kidz Corner or Kidz Gym.

Lethargy: If your child is lethargic or “just doesn’t seem him/herself”, they may be coming down with something and may need to rest at home.

Rashes: Children with a visible rash will require a doctor’s note stating that the child is not contagious in order to be signed in. Doctor’s notes may be brought in with your child or sent via email to Heather Cox at hcox@family-ymca.org.

CONTACT INFORMATION

For more information on our nursery services and programs, please contact:

Heather Cox
(540)735-9622 x2045
hcox@family-ymca.org

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