



Hello Parents and Guardians!

Welcome to Child Watch, we're so glad you're here!

We strive to provide a safe, secure, and fun environment for children between the ages of 18 months and 8 years old.

To enjoy our Child Watch Program at Copper Sky, here's a few things you should know while you're here today...

Child Watch models a 'semi-structured free-play' environment.

Simply, that means, we want your kiddos to enjoy their time in our program - they can play solo, in groups, or with Child Watch staff.

There is a variety of age-appropriate toys to choose from; we have movies and board games, and offer arts and crafts projects, if they choose to participate.

Children are welcome to participate in our Child Watch Program for up to two hours, so you have plenty of time for your favorite Group Exercise class, a personal training session, your own work-out, or to simply enjoy all our facility has to offer!

Fun is our goal, but safety is our top priority! We have a secure check-in and check-out process that we follow in Child Watch - for your peace of mind knowing your child is safe and secure in our care.

Thanks for being here...  
We look forward to getting to know your family!

 - Child Watch Staff

#### NORMAL HOURS

MON-FRI 8am-1pm / 4pm-8pm

SATURDAY 8am-2pm



## Frequently Asked Questions

### What happens when I check my child into Child Watch?

We use a numbered wristband system for check-in and check-out. All children and their parent/guardian are given matching wristbands that **must remain on the entire time the child is in Child Watch.**

### If my husband finishes his workout first, can he pick up our child?

**Only** the parent/guardian wearing the wristband, and whose name is on the sign-in sheet is allowed to pick up the child.

### Can I leave the facility to run an errand real quick?

No. If you have checked a child into Child Watch, you **must** remain in the facility or pool area.

### Does my child need to be potty trained?

Children do not need to be potty trained to utilize Child Watch, however, *Child Watch staff do not change diapers.* If a diaper change is needed, you will be notified.

### If my child needs something, how will I know?

If we need you to return to the Child Watch room for any reason, you will be paged over the facility intercom or a staff member will come speak with you.

### Should I bring a snack for my child?

We do not permit eating within the Child Watch room.  
(We do, however, recommend a drink or water bottle.)

### This is our first time here./My child is nervous./We've never left our child before...

We understand that kiddos might be nervous, especially their first time here. Our staff will do their very best to calm, soothe, and distract kids as needed. If your child cannot be calmed after 10 minutes, we will page you to return to the room. (However, if you have specific wishes in these types of situations, simply let us know what will work best for you and your child... we want you to be as comfortable as possible!)

### What is your sick policy?

If a child seems ill, or presents with a fever, vomiting, diarrhea, or contagious rash they will be sent home. (We ask that children be fever-free for 24 hours, no vomiting or diarrhea, or contagious rashes before returning to Child Watch.)

### Can my child wear flip flops in Child Watch?

Yes. We just ask that children be fully clothed (no swim suits without a cover-up) and that they have on shoes (of any sort) while in Child Watch.

### Can I stay in the room with my child?

We do not allow parents, or other adults, to remain inside Child Watch while children are present. This is for the safety of all of our young members. However, if your child needs you to walk them in the room, and get them comfortable and settled, we ask that you make your entry brief and limit it to no more than 5 minutes.

 Thank you!