



YMCA South Hampton Roads  
Serving Coastal Virginia and Northeastern North Carolina

ChildWatch Schedule	PlayZone Schedule
<p><b>Weekdays: 7:30am - 9:00pm</b></p> <p><b>Saturdays: 8:00am - 5:00pm</b></p> <p><b>Sundays: 11:00am - 6:00pm</b></p>	<p><b>Weekdays: 8:00am - 9:00pm*</b></p> <p><b>Saturdays: 8:00am - 5:00pm</b></p> <p><b>Sundays: 11:00am - 6:00pm</b></p>
ChildWatch Guidelines	PlayZone Guidelines
<ul style="list-style-type: none"> <li>• Children ages 6 weeks to 3 years old are welcome.* (see below)</li> <li>• The person who signs the child in will be the only one who will be able to sign the child out. A photo ID will be required.</li> <li>• Please do not bring food into ChildWatch. Bottles or spill-proof cups are acceptable as long as they are labeled with the child's name.</li> <li>• Please label all belongings - diaper bags, bottles, cups, etc. - <b>with child's name.</b></li> <li>• We are unable to help your child with toileting needs such as wiping. If your child is unable to take care of these needs, please let us know so that we may find you if necessary.</li> <li>• Staff will make every effort to comfort children experiencing "separation anxiety." However, if we are unable to sooth a child after a reasonable amount of time, we will come and get the parent.</li> <li>• Please do not bring in milk of any kind unless the child is an infant.</li> </ul>	<ul style="list-style-type: none"> <li>• Children 3 to 9 years of age may be in the PlayZone when under the care of ChildWatch.</li> <li>• Children under 3 years of age may play in the PlayZone when directly supervised by a parent.</li> <li>• Teens 13 and older may supervise younger siblings in the PlayZone when a parent is in the building. However, no one 10 years or older is allowed to play on the equipment.</li> <li>• Due to health concerns, all children must wear socks while in the PlayZone.</li> <li>• All children must be potty-trained.</li> <li>• We kindly ask that you refrain from:               <ul style="list-style-type: none"> <li>- foul or rough play</li> <li>- wearing shoes</li> <li>- consuming food or drinks</li> <li>- chewing gum</li> </ul> </li> </ul>
<div data-bbox="94 1402 824 1854" style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Complete guidelines are available at the Member Services Desk or in ChildWatch. Pick up your Parent manual today!</b></p> </div>	<div data-bbox="812 1302 1477 1827" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><b>General Guidelines for ChildWatch &amp; PlayZone</b></p> <p>A <b>2-hour time limit</b> per child per day is enforced. When an attendant is on duty, parents must be accessible either in the building or, if running or swimming outside, by beeper or cellular phone.</p> <p><b>Children who are ill</b> (fever within 24 hours, colored nasal discharge, vomiting, pink eye, etc.) are not permitted in either ChildWatch or the PlayZone.</p> <p><b>NO open-toe shoes</b> will be allowed in the ChildWatch areas (excluding infants &amp; children playing on the PlayZone apparatus.)</p> </div>
<p><b>*Anytime that PlayZone is NOT open, but ChildWatch is, all children up to 9 years old can be watched in ChildWatch.</b></p>	