



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE PLAY PEACE OF MIND

Stay & Play

Stay & Play is a free service to YMCA family members, offering an environment your child will enjoy for up to two hours each day. Developmentally appropriate toys and activities are available to keep children ages six weeks to seven years entertained while you enjoy a stress-free workout. You may also register your child for **GEKO**, **SPARK** or **Zumbatomic®** in Stay & Play.

Hours of Operation

Monday–Friday	8am–8:30pm
Saturday	8am–5:30pm
Sunday	11:30am–5:30pm

Fun Fitness Activities for Kids

GEKO Group Exercise for Kids Only, ages 3–5

Monday	5:45–6:15pm
Tuesday/Thursday	9:30–10am
Wednesday	6:45–7:15pm

SPARK Sports, Play and Active Recreation for Kids, ages 6–12

Tuesday	10:30–11am, ages 6–12
Tuesday	6:15–6:45pm, ages 6–9

Zumbatomic® Zumba for kids

Monday (ages 4–7)	5–5:30pm
Wednesday (ages 4–7)	5:30–6pm
Thursday (ages 4–7)	5:30–6pm
Thursday (ages 6–12)	6:20–6:50pm



TAYLOR BEND FAMILY YMCA

4626 Taylor Road, Chesapeake, VA 23321
P 757 638 9622 W www.ymcashr.org

DESCRIPTIONS & GUIDELINES

GEKO

Group Exercise for Kids Only provides children ages 3–5 years with a fun time in our gymnasium dancing, playing, meeting friends and getting their chance to experience fun while exercising and building healthy habits, just like Mom or Dad! Classes are free and open to members only. Place your child's name on the GEKO sign-in sheet in Stay & Play. Children will be escorted by staff and returned to Stay & Play at the end of class. For everyone's safety, sneakers are required for GEKO activities.

SPARK

Sports, Play and Active Recreation for Kids is a program that gives older children and preteens an opportunity to exercise their muscles, develop healthy habits and meet new friends during teambuilding activities! Children signed in to Stay & Play should be registered for SPARK in Stay & Play. Children signed in to the Interactive Zone will be given the option to participate in SPARK.

ZUMBATOMIC®

Zumbatomic® is a new way to get kids off the couch, away from video games and into fitness. This Latin-inspired workout program is based on the same elements as adult Zumba, but with easy-to-follow moves to create a unique fitness program for kids ages 4–12. It's an exciting new way for kids to exercise and have fun while learning to dance. Children signed in to Stay & Play should be registered for this class in Stay & Play. Children signed in to the Interactive Zone will be given the option to participate in Zumba for Kids. Appropriate exercise or dance shoes are required for all participants.

STAY & PLAY GUIDELINES

(formerly ChildWatch)

Family members have the opportunity to utilize the YMCA's Stay & Play service for **no longer than two hours per day**. **A parent must be in the facility or on the premises at this time**. This YMCA service is intended for children six weeks to seven years old. Our program is considered a child-minding service, which means that a parent must be able to resume responsibility for his or her child's supervision within 30 minutes. See the following pages for options for youth ages eight and older.

These additional guidelines apply:

- Due to severe food allergies, please refrain from bringing food into Stay & Play.
- Ensure your child has been fed prior to his or her stay; regular scheduled feedings are not conducted. (To comfort young ones, we will administer bottles.)
- Please fill formula bottles, change your child's diaper and/or take your child to the restroom before entering Stay & Play. YMCA Stay & Play staff will locate you in the facility when your child needs a change. Diaper changing is not permitted at most centers. Contact your family center to find out if diaper changing is available.
- Check with Stay & Play staff on sign-in/out procedures. When checking-in at the front desk you will be given a ticket that is given to the Stay & Play staff to ensure you have successfully checked in with Member Services.

- Children must wear closed-toe shoes; no sandals or flip flops are allowed.
- Sick children are not permitted in Stay & Play. A sick child is defined as a child who has: a fever within the last 24 hours; diarrhea; vomiting; rash or open sores; cough; cold symptoms; lice; etc.
- Stay & Play staff will not administer medication to your child.
- Positive discipline such as redirection and logical consequences will be used when behavior problems arise. Chronic problems may result in suspended privileges for a period of time.
- Stay & Play staff will locate a parent if a child cries for a prolonged period of time (every effort will be made to soothe the child).
- Please do not allow your child to bring any toys from home. This will avoid toys being lost or broken.

For complete information, pick up your Stay & Play Parent Guide at your local Y's Stay & Play Center or at Member Services.

There is at least one staff person on site trained in First Aid, CPR and rescue breathing.

IN CASE OF FIRE OR FACILITY EVACUATION

Stay & Play staff will escort the children in their care through the rear emergency exit in the Stay & Play Center away from the building to the parking area to wait for their parent. In case of an evacuation, a Stay & Play attendant will take the sign-in sheet with them and parents will be required to sign out their child prior to leaving the designated area.

YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • www.ymcashr.org