



W E L C O M E

K I D S C L U B

At The M.A.C. Kids Club, we focus on providing a **FUN and SAFE** environment for your children while you work out! Our Kids Club staff takes an active interest in your child's experience, getting to know them, and building a lasting relationship. We hold ourselves to the highest standard for providing exceptional service for **EVERY.little.BODY!**

HOURS

Mon-Thurs.....8:30am-8:00pm
Fri.....8:30am-6:00pm
Sat-Sun.....8:30am-1:00pm

XTREME KIDS CLUB

xtremekidsclub@the-mac.com

319.377.7758

SOUTH KIDS CLUB

southkidsclub@the-mac.com

319.390.7777

PARENTS NIGHT OUT

Every 3rd Friday, 5-9pm

Enjoy a fun night out worry free while the kids enjoy themed crafts, music, and games all night long.

PARENTS DAY OUT

Monday- Friday, up to 4 hours

Enjoy a day to yourself while we entertain the kids with playtime, crafts, music, and more!

SWIM LESSONS

Swimlessons@the-mac.com

Customized to fit each swimmer's needs, goals, and confidence while in the water. Private, Semi-private, and Single lesson packages offered.

BIRTHDAY PARTIES

Birthdayparties@the-mac.com

Birthday parties at The M.A.C. are birthday's remembered. Basic, Deluxe, and Xtreme packages offered with options of the pool and/or gym. You choose how you want to celebrate!

FAMILY FUN SUNDAY

Every Sunday, 12-4pm

Enjoy open swim and open court at M.A.C. Xtreme. Children must be accompanied by an adult at all times.

GUIDELINES

Upon your first visit to Kids Club, all families will fill out a Family Member Agreement for Kids Club covering safety and policy information including:

- o Ages: Up to 12 years
- o For safety and cleanliness, shoes are not allowed in Kids Club.
- o Kids Club staff will interrupt your workout if your child is inconsolable for more than 10 minutes or exhibiting extreme behavior such as biting, hitting, spitting or 3 timeouts.
- o **Parents must remain on club premises at all times.**
- o If a parent exceeds the daily 2-hour limit and is more than 10 minutes late, we enforce a late fee of \$5 every 5 minutes.
- o Please provide diapers, wipes, and a change of clothes for potty trainers.
- o Food and gum are not permitted due to severe and varied food allergies.

SAFETY POLICIES

- o Children will only be allowed to leave with the parent who dropped them off unless arrangements are made prior to pick-up. A photo ID may be required.
- o All Kids Club staff are CPR and First Aid Certified and trained in emergency situations.
- o The M.A.C. reserves the right to remove or suspend any child perceived as a danger to themselves or to others through extreme behavior.

HEALTH AND WELLNESS

Children entering the Kids Club must be clean, healthy, fed and diaper changed and/or taken to the bathroom. Please do not bring your child in to Kids Club if they are showing the following symptoms:

- o Fever, vomiting or diarrhea in the last 24-hours
- o Excessive nasal discharge or coughing
- o Pink Eye
- o Rash, Chicken Pox, Poison Ivy
- o Sore Throat
- o Head Lice

We reserve the right to refuse admittance at our own discretion and to interrupt your workout if your child is exhibiting any of the above symptoms.

WINTER WEATHER POLICY

A winter weather policy has been put in place for the safety of our members and staff. The Kids Club will be closed in accordance with the Cedar Rapids School District (CRSD) during the months of November-March.

- o When CRSD has a 2-hour delay due to winter weather, the Kids Club will not open until noon.
- o When CRSD has an early out due to winter weather, the Kids Club will close at 4pm.
- o When CRSD cancels for the day, the Kids Club will be closed all day.



OUR MISSION IS TO MAKE
HEALTH AND FITNESS A WAY
OF LIFE FOR EVERY.BODY.

www.the-mac.com