

Wellness Center Childcare

We have an onsite childcare facility for children ages 6 weeks to 13 years. The members of the Shoreline Wellness Center's Childcare Team love kids, and many have or are pursuing careers focusing on children.

Childcare offers the perfect opportunity for parents to workout while allowing the kids to have a bit of fun themselves. Our childcare area offers a variety of things to do, including board games, puzzles, arts and crafts, Legos, video games, study tables, computers with internet access and a big screen TV for movies and other fun shows.

We are excited for the opportunity to work with your children and provide a safe, *FUN*, and positive environment that your kids will enjoy.

To help ensure your children enjoy their time at the Wellness Center's Childcare, please refer to the Childcare brochure for more information.



SHORELINE WELLNESS CENTER



Family Time Schedule

Wednesday.....7PM–9PM
Friday.....6PM–9PM
Saturday.....11AM–4PM
Sunday.....2PM–5PM

SHORELINE WELLNESS &
REHABILITATION CENTER

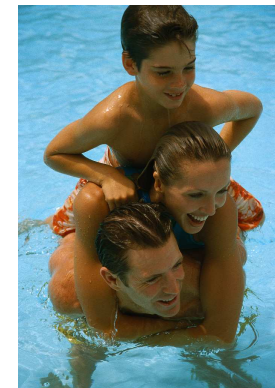
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Shoreline Wellness Center

Family Fun



A useful guide to
understanding
children's policies

South Haven
SHCH
Community Hospital

Fun for the Family



Spending Time Together

Swimming, basketball, running, playing and much more—you name it and the Shoreline Wellness Center probably has it for kids.

The Shoreline Wellness Center is a place for the whole family to play games, work out and have fun together. The key word, of course, is *together*. Teenage members (14 years and older), just as adults, have unlimited use of the Wellness Center. Younger children, in consideration of the overall membership, are expected always to be in the company of a supervising adult member or program supervisor, or in the Wellness Center's Childcare.

Our philosophy is to create a rewarding experience for all our members and guests. To accomplish that end we must meet, and hopefully exceed, the needs and expectations of ALL our members. That includes the needs of the family. The Wellness Center meets that charge by providing a variety of times for the family to enjoy physical activities such as swimming and basketball as a family. Plus we offer a variety of specialty programs for kids including themed parties, birthday parties and day camps, which include games, crafts, sports and movies for kids. The only limitations on our youth programs are the imaginations of our members and staff, concern regarding dangerous activities, and a consideration for adult members that the Wellness Center never becomes a convenient playground to turn loose unsupervised children.

Family Time Guidelines

Guest Fees

- ⊙ Under 14 years of age.....\$3*
- ⊙ 14-17 years of age.....\$5
- ⊙ Over 18 years of age.....\$10

*Fees for children (under 14 years of age) of active members will be waived during family times.

- ⊙ Spouses, grandchildren and guests of active members will be charged the normal rate associated with their age.

Checking In

- ⊙ All members are expected to check in at the main service desk of the Wellness Center with their guests.
- ⊙ All guests must be registered and all fees paid before entering the Wellness Center.

General Policies

- ⊙ Family time is intended for the family to participate *together* in physical activities while having fun. It is important that the “arms reach” rule be observed at all times.



“Arms Reach”

- ⊙ When on the basketball court, the supervising adult must be on the same half of the court as his/her children. Please note, the supervising adult must physically be on the court or sitting next to the court watching.
- ⊙ In the pool area, the supervising adult must be in the same pool as his/her children or sitting on the edge of the pool his/her children are utilizing.
- ⊙ Parents or supervising adults may not sit in the hot tub while his/her children play in a different pool. Remember, the key to family time is the family is *together*.

- ⊙ Children under the age of 8 years are not permitted in any of the spa areas. Please do not allow children under the age of 8 years to sit on the edge of the hot tub. If you wish to use the hot tub, sauna or steam room, you will need to check your children into the daycare during this time.
- ⊙ When in the locker rooms, hallways and lobby areas, children under the age of 14 must be within a “true arms reach” of the supervising adults. It is important not to allow children to run ahead of their supervising adults.



For reasons of safety, the following restrictions apply based on the ages of the children

- 🚧 Children under the age of 14 are not allowed in the strength training area or cardiovascular area.
- 🚧 Children under the age of 6 are not allowed on the running track. Children 3 to 6 years may use the gym as an area for running.
- 🚧 Children 2 years and younger may swim under the supervision of an adult during designated family times. Otherwise, children 2 and under are expected to be in the Childcare Center, where they will find toys, books, videos, friends, experienced supervision and fun.
- 🚧 Children under the age of 14 are not permitted in group exercise classes except those designated as “Family classes”.
- 🚧 Parents or supervising adults may not walk the track while holding infants or small children.