**Fit & Sit**, our Fitness Center childcare, is FREE for all JCC family members. Parents can take a dip in the pool, crank out some cardio, or participate in one of our free Group Exercise classes while their kids are cared for by our professional staff. Morning Fit & Sit is open to kids ages 6 weeks through 8 years and is held in the Fit & Sit Room only. Evening Fit & Sit hours are open to kids 6 weeks through 12 years, and is held in both the Fit & Sit Room and the JCC Youth Lounge.

The Fit & Sit Room is located upstairs in the Youth Department. A maximum of 20 children are permitted in the Fit & Sit room at any one time, with no more than 3 children under the age of 18 months allowed.

For more information contact: Allison Burger, Director of Youth Programs, at (402) 334-6409.

**FIT & SIT POLICIES AND PROCEDURES**

The JCC Fit & Sit policies and procedures outlined in this handout have been established for the safety and well-being for the children in our care. We ask that you familiarize yourself and follow these policies and procedures. The JCC reserves the right to suspend or revoke privileges to use Fit & Sit if the policies and procedures are violated.

**USE OF FIT & SIT**

Fit & Sit may be used only by members of the JCC who are 6 weeks to 12 years of age. A child may use the Fit & Sit room up to two (2) hours per day. Children may only use Fit & Sit if they have been added to the membership of a parent or legal guardian, or upon execution of the proper agreement, a grandparent or nanny. The same parent must check in and check out the child, unless a written note is provided along with a photo ID of the person picking up the child.

A maximum of 20 children are permitted in the Fit & Sit room at any one time, with no more than 3 children under the age of 18 months allowed. If Fit & Sit has reached maximum occupancy, you must wait for space to check in your child. The last check in occurs 30 minutes prior to closing.

**RESERVATIONS ARE REQUIRED.**

Reservations must be made 24 hours in advance. Please call Member Services at (402) 334-6426 to reserve your spot.

**MORNING HOURS** | Age: 6 weeks - 8 years
Sunday -Saturday  8 a.m. - Noon

**EVENING HOURS** | Age: 6 weeks - 12 years
During evening hours, older kids may have access to JCC Youth Lounge amenities.
Monday-Thursday  5:30 – 7:30 p.m.
RESERVATIONS
Advance reservations must be made for children. Reservations can be made up to 24 hours in advance by calling JCC Member Services at (402) 334-6426.

ACTIVITIES
Our staff will do their best to involve every child in age-appropriate activities which may include: music and dance activities; toys, games and puzzles; child appropriate videos; drawing and coloring; and much more.

ILLNESS EXCLUSION POLICY
If your child has any of the following symptoms, we ask that you keep them at home until they have seen a doctor and are no longer contagious for 24 hours:
- Fever over 100 degrees
- Any green fluids coming from the nose
- Watery eye discharge
- A visible rash
- Vomiting
- Diarrhea
- Persistent Cough
- Hand, foot & mouth disease

We reserve the right to send your child home if we feel they are not in the right state to be around other children.

PERSONAL ITEMS
Any and all personal items that you bring into Fit & Sit should be labeled with your child’s first and last name. We ask that you do not bring your child’s toys from home to Fit & Sit. They may get lost or broken and it is often difficult for a child to share them with other children. Any personal items not labeled will be taken to the JCC’s lost and found. The JCC is not responsible for lost or damaged items.

INCONSOBLABLE CHILD
If Fit & Sit staff are unable to console a child after 10-15 minutes of continuous distress, the parent will be contacted and asked to come console the child and if necessary, pick up the child from Fit & Sit. We will make every effort to comfort your child, but do not want the child to have an unhappy experience.

LATE PICK UP OR UNUSED RESERVATIONS
If you pick up your child from the Fit & Sit center later than the time reserved for use, or you fail to timely cancel a reservation you do not use, we will, after the third time, suspend your Fit & Sit privileges for two weeks.

DISCIPLINE
We will use redirection and time-outs for children over 2 years for inappropriate behavior in Fit & Sit. A time-out is a brief, supervised separation from the group. If the problem persists, Fit & Sit staff will discuss the situation with the parent.

MEDICATIONS & REMEDIES
Fit & Sit staff are not responsible for administering medications and/or remedies such as teething tablets, lip balms, lotions, creams and ointments. For infants, however, we can apply diaper ointment/cream/powder supplied by the parent.

SNACKS
To maintain a clean and allergy-free safe zone, outside food and drinks are not allowed. We will provide a small snack of graham crackers or regular Cheerios during your child’s stay in Fit & Sit. Please feed your child prior to coming to the JCC. You may bring a labeled “sippy” cup with water only.

FEEDINGS FOR CHILDREN UNDER 12 MONTHS
You may bring in a bottle/sippy cup for your infant/toddler while they are in Fit & Sit. We do ask that you notify the staff of how you would like the bottle prepared and that all bottles and cups are clearly labeled with your child’s name. You may also bring in snacks that can be served without the need for utensils or serving dishes.

DIAPERS
Please start your infant/toddler’s visit to Fit & Sit in a clean/dry diaper. Parents are welcome to change their child upon arrival/prior to leaving if necessary. Fit & Sit staff will change your child if they discover your child has had a bowel movement during their visit. Families must provide their own diapers for their child.

TOILET TRAINING
If your child is toilet training, please notify staff. Staff will do their best to remind your child to use the restroom on a regular basis. Staff will help your child if necessary, but will not help your child wipe his/her bottom.

SOILED CLOTHING
In the event that a child soils their clothing and another pair of clothing is available the staff may change your child into new clothing. Staff reserves the right to call parents to change/clean the child.