



SPRING 2013

## KIDS INCLUDED

### Zumbatomic

It's time to make fitness a family affair with Zumbatomic! Designed exclusively for kids, Zumbatomic classes are rockin' high-energy fitness parties packed with specially choreographed, kid-friendly routines, and all the music kids love to groove to in a group, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on the kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out the family fitness goals by giving the kids a super fun reason to head to the gym with their parents.

Code	Age	Day	Date	Time	M/NM Fee
2400	4 - 6 years	Wed	Apr 3 - June 19	1 - 1:45 pm	\$72/\$96
2401	7 - 12 years	Tue	Apr 2 - June 18	3:45 - 4:30 pm	\$72/\$96

**Instructor:** Suzanne

### NEW Family Fun Days

Get fit while having fun with your family! Join us for family fun days at the fitness center. This new and exciting program will have you and your family participating in a variety of gym class type activities to get everyone moving, working together and having fun!

This program is open to families with children ranging from 6 years and older. Parents and children participate together. Pricing is based on family size. Families with more than 5 participating members please call (847) 353-7519 for custom pricing.

**Age:** 6 years and up

Day	Date	Time	Family Size	M/NM Fee
Sat	Apr 6 - June 22	12 - 1 pm	2	\$84/\$110
			3	\$130/\$170
			4	\$175/\$225
			5	\$220/\$290

**Instructor:** Melissa

### Kids Club

Parents can rest assured that their children are monitored safely as qualified staff members engage their children in project based activities focusing on preschool and elementary school learning concepts. Additional activities include arts and crafts as well as organized sports and games. Children are able to experience a positive environment where each child can choose from various activities while parents are within the club. All parents are required to fill out and complete a registration form on every child using Kids Club.

In order to maintain proper staffing, reservations are required. Reservations can be scheduled up to 3 days in advance of your visit by calling (847) 353-7535. Any member or guest who comes in without a reservation can assume the risk of being turned away. Cancellations must be completed at least one hour prior to the reserved time slot.

### Rules & Regulations

To ensure the safety of the children and efficiency of the Kids Club, the following rules are strictly enforced.

- No food, gum or drinks are allowed in the Kids Club play area. Children can have a snack in the reception area if needed. No child will be allowed outside the Kids Club facility. Parents need to provide a water bottle if needed.
- Shoes are to remain on the entire time in the play area. If the supervised activity requires shoes to be removed, socks are required.
- Security gates within the facility must be kept closed at all times.
- No random chasing, running or bullying will be tolerated. Staff members will enforce discipline if necessary. Method of discipline will be removal of the child from the activity. As a last resort, the parent will be asked to remove the child from the facility. The facility takes great pride in providing a positive social and emotional learning environment for all children and will strive to maintain that balance.
- Children will not be allowed to enter the facility if they are sick. This includes fever, running discharge from the nose, or vomiting. If a child becomes ill or cries continuously, the parent will be asked to remove the child from the facility.
- We do not offer diaper service for infants and toddlers. An associate will be dispatched to locate you if necessary. A diaper-changing table is located in the Kids Club bathroom.

Daily Rate	\$3 (per child)
Monthly Rate (unlimited)	\$40 (first child) \$20 (per additional child)