



Kidz Zone Guidelines

The Gold's Gym Kidz Zone facility provides these guidelines for the benefit of your child and to enhance the overall operations of the club. We want your family's experience with us to be as fulfilling as possible.

1. Child care is available for children six weeks of age and older.
2. The cost of a Kidz Zone visit is \$5.00 per visit/per child.
3. You must let our staff know where you will be while your child is in the Kidz Zone, i.e. "The Nest Yoga +Fitness Studio."
4. Parents must sign children "in" and "out" of the Kidz Zone area. Children must be signed "out" by the same parent unless other arrangements are made in advance. No children shall be allowed in the Kidz Zone without approved adult supervision.
5. **The time limit on a child's stay in the Kidz Zone is 90 minutes.** This limit ensures the child's stay is pleasant, safe, and productive.
6. Please be sure to make childcare staff aware of any special needs your child may have.
7. Wrestling or horseplay is not allowed in the Kidz Zone.
8. Children with visible signs of illness may not be brought to the Kidz Zone. If your child appears ill during their stay, you will be asked to remove them. If a child is home from school sick they will not be allowed to use the KidZone.
9. Please do not bring toys from home to the Kidz Zone.
10. Bottles, sippy cups, and simple self-fed snacks are permitted as long as they are clearly labeled. Please be sure to have bottles prepared for the Kidz Zone staff before leaving the Kidz Zone. Please note: Gold's Gym and its officers, employees, and volunteers are not responsible for any reactions due to allergic reactions to peanuts, fruits, or other food related allergies.
11. We will gladly change your child so as not to interrupt your class or workout. Please make sure your diaper bag is clearly labeled and stocked with supplies. If you do not want our staff to change your child you must make us aware of that on every visit.
12. Parents will be contacted after fifteen minutes if their child is continuously crying or unable to be calmed.

13. The hours of operation are Sunday 3:30-5:30pm, Monday-Thursday 8:45-1:30pm and 4:00-8:30pm, Friday 8:45-1:30pm and 4:30-6:30pm, and Saturday from 9:00-12:30pm.
14. During inclement weather Please visit WHSV.com for closings or delays.

Thank you for your support and cooperation in regards to the Kidz Zone!

