

# KIDS' CLASSES & ACTIVITIES

Depending upon the season and interest throughout the year, several additional activities are offered. Swimming lessons, Kids R-ball lessons and Kids Sport Camp are offered various times throughout the year.

## ADDITIONAL INFORMATION AND RESTRICTIONS

Children under the age of 13 may participate in swimming, racquetball and basketball; however, adult supervision is required at all times. Members, who are 13-17 years of age must attend a free "Teen" class if they want to use cardio and strength equipment. Once the individual finishes the free "Teen" class, they will receive their own membership card and they can access all activities in the facility independently, except for swimming and group exercise classes. In order to participate in swimming or group exercise classes, adult supervision is required at all times, while under the age of 18.

Children under the age of 18 years of age can use the Club between the hours of 8am to 10pm. No one under the age of 18 years of age can be in Olympic Athletic Club from the hours of 10pm to 8am, regardless of adult supervision. No one under the age of 18 may bring guests under the age of 18 years, unless they are accompanied by their parent at all times. There are no exceptions to this rule. Child guests require a permission waiver filled out by their parent for entry, every visit. A child guest fee applies each visit and child guests must be accompanied by an adult in the facility at all times. Child guests are only allowed to participate in swimming, racquetball and basketball with adult supervision at all times.



# P O O L

Swimming lessons are available for all ages and levels. Register at the front desk and please pay in advance for all swim lessons. If you are just coming for a swim with children, until they turn 18 years of age, you need to accompany them at all times in the pool. *There is no lifeguard on duty.* The hot tub may be used by children 6 years of age and older. For those children not potty-trained, swim diapers are mandatory. During Lap Swim times, no child under the age of 18 can be in the pool or pool area.

## SWIMMING SCHEDULE

### ABOUT THE POOL

Welcome to the wide world of aquatics! Here at Olympic Athletic Club you'll find an array of swimming services to fit your needs! The pool at OAC is designed for multiple uses and needs. The water is saline-based, which is not as harsh on your skin and hair. We keep the pool temperature at a happy medium for lap swimmers, aerobic folk, and the tots too! Hope to see you in the pool!

### SWIM LESSONS:

*For Adults and Children of ANY level.  
All lessons are 30 minutes.*

### PRICE LIST:

*Prices listed do not include tax.*

### PRIVATE LESSONS:

*One student per instructor.*

Members	\$30.00
Non-Members	\$35.00

### SEMI-PRIVATE LESSONS:

*Two students per instructor.*

Members	\$20.00 per child
Non-Members	\$25.00 per child

### GROUP LESSONS:

- Up to five students per instructor.
- Packages are four class sessions  
*(Once a week for four weeks).*

Members	\$40.00	Non-Members	\$60.00
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### PARENT / TODDLER & INFANT LESSONS:

*Packages are four class sessions.*

Members	\$35.00
Non-Members	\$45.00

### SCHEDULING:

*Please contact the front desk to sign up for any class or session.*

### POLICIES:

- Please call 24 hours ahead for cancellations or a fee will be incurred.
- No refund for any missed lesson within a group session.
- Payment is required in advance for all classes.
- A consent form must be signed by anyone attending a lesson.
- Children under the age of 18 must have a parent signature.
- State law forbids any child under the age of 6 year to be in the hot tub.
- No child under the age of 18 shall be allowed in the pool at anytime without adult supervision. *No lifeguard on duty.*
- Infants and children in diapers must wear proper swim diapers in pool.

*Future sessions and time changes to be announced.*

# CHILDREN'S CLUB USAGE POLICY

- Adult Children: once an individual who was on a membership as a child reaches the age of 21, the individual will be terminated from the membership and no longer eligible to use the Club. However, the individual, subject to the Club's approval, may join the Club as an individual.
- Each member must check in at the front desk with his or her membership card each time they enter the Club. Club use may be denied, if member does not present card.
- Members are responsible for the attire and conduct of their guests. Child members may bring a guest over the age of 18 years of age, however a permission slip must be signed and given to the front desk verifying that the child member is permitted to be with the guest. If the guest is under 18 years of age, a parent must accompany both children at all times throughout the facility.
- Each guest must show a valid picture ID each visit, fill out a liability form and pay the current guest fee every visit.
- There is a guest fee for every guest, each visit. Olympic Athletic Club allows only 3 guests, per each member, each visit.
- Children under the age of 13 may participate in swimming, racquetball and basketball; however, adult supervision is required at all times. Members, who are 13-17 years of age must attend a free "Teen" class if they want to use cardio and strength equipment. Once the individual finishes the free "Teen" class, they will receive their own membership card and they can access all activities in the facility independently, except for swimming and group exercise classes. In order to participate in swimming or group exercise classes, adult supervision is required at all times, while under the age of 18.
- Children under the age of 18 years of age can use the club between the hours of 6am to 10pm. No one under the age of 18 years of age can be in Olympic Athletic Club from the hours of 10pm to 6am, regardless of adult supervision.
- Children under the age of 13 are not allowed in the upstairs locker rooms. Please use pool locker rooms.
- Children may use the Kids Korner for the cost of \$3 per child, per hour. Reservations must be made in advance.
- A baby must be at least 4 months old to be in the Kids Korner.



OLYMPIC  
ATHLETIC CLUB

# KIDS KORNER

## INFORMATION

Olympic Athletic Club is happy to offer the Kids Korner to all members and non-members while using OAC. Single-Family and Family members receive ten hours free per month. Each complimentary hour reserved for babies will count as two. Additional childcare is available for \$3 per hour.

*Monday - Thursday 8am - 7:30pm*

*Friday 8am - 6:00pm*

*Saturday 8am - 4:00pm*

*\*Hours are subject to change.*

## RESERVATION POLICIES

1. Reservations are required to secure a spot for your child.
2. Call one day in advance for a reservation, beginning at 8am the day before.
3. Reservations for Mondays may be made on Fridays, beginning at 8am.
4. Reservations for busy times fill up quickly. We recommend going on the waiting list when you are unable to reserve your desired time.
5. Infants under one year old, may stay a maximum of 1 ½ hours, in addition to requiring two spots for an infant reservation. Parents with children who need a diaper change need to check in with the Kids Korner after one hour to see if their child needs a diaper change.
6. You are required to call at least two hours in advance to cancel a Kids Korner appointment, without incurring a fee. Complimentary hours cannot be used to pay no-shows or late cancellations.
7. No shows and late cancellations will be charged for the full reservation time that was originally scheduled.
8. Complimentary hours cannot be used to pay no-shows or late cancellations.
9. Free, monthly allotted, Kids Korner hours may not be carried over or saved for future months.
10. Children over one year old can stay in Kids Korner for a maximum of 3 hours.

11. If you are here for a personal training appointment, you may reserve Kids Korner hours more than 24 hours in advance, however, there is still a fee.

## REGULATIONS

1. Parents must sign in with their membership number when dropping off a child. Every parents picture must be in the computer for identification.
2. Kids Korner serves children age 4 months old and up.
3. **Parents must remain in the athletic facility while their children are in Kids Korner**
4. The child to caretaker ratio is 7 to 1.
5. Children in diapers must be in a freshly changed disposable diaper when dropped off. If a child needs to be changed or needs assistance in the restroom, their parent will be paged.
6. Children who are potty training must wear pull-ups!
7. Kids Korner is a NUT-FREE ZONE.
8. At Kids Korner, snack time is social as well as a nutritional event. Recommended snacks include; graham crackers, goldfish crackers, cut-up fruit, dry cereal and juice. Kids Korner has some snacks available for purchase.
9. If a child cries for more than 15 minutes, the parent will be called and asked to calm their child.
10. Reservations will be held for 15 minutes. If you are running late for your reservations, please call within that time; otherwise your reservation could be given to another member. Pick up children promptly at the end of your appointment time.
11. Label bags, bottles, coats, shoes and all other belongings brought into Kids Korner.
12. Please help your child remove their shoes and wash their hands before entering the Kids Korner play area.
13. If your child has been ill for less than 24 hours - **PLEASE keep them home for the safety and health of other children.**

*These guidelines were established in order to maintain a safe and healthy environment for your child and our caregivers.*



# KIDS PROGRAMS



**OLYMPIC  
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