



# YMCA KID FIT ZONE

## Rules and Regulations

**No food or drinks are allowed.**

**No gum or candy.**

**30 minute time limit is strictly enforced.**

**No aggressive behavior - anyone not taking care of the equipment, fighting with others, or not following staff instructions will be asked to leave immediately.**

**Tennis shoes are preferred. NO bare feet or flip-flops.**

**Sign up is first come, first served. No reservations.**

**You MUST return all equipment to the staff before leaving and clean up after yourself.**

**Age Requirements:** All children under the age of 6 who wish to use the Kid Fit Zone must have a parent or guardian with them as stated by the Quincy Family YMCA Youth Guidelines. Any children ages 7 or 8 must be signed in by a parent and parent must communicate with attendant on duty where they can be located in case of emergency within the facility. Any individual ages 9 and up may use the Kids Fit Zone without a parent or guardian in the facility.

**Time Limit:** Each child will be allowed to spend one 30 minute time slot in the KFZ room before having to exit. After their 30 minute time slot the child has the option to sign up for another slot, however a child cannot sign up for two consecutive slots at once. There will be no advanced reservations with the exception of birthday or event parties. Child must be present to sign up for a time slot in the room.

