

Child Center Days and Times

Monday–Thursday 8am–8pm

Friday 8am–5pm

Saturday 8am–12pm *with reservation only

Reservations can be made on the preceding Thursday and until noon on the preceding Friday. Space is limited.

Call 940-626-1309 to make reservation.

Note: Last check-in occurs 15 minutes prior to closing.

Member Usage

- The Child Center use is for members of the Fit-N-Wise fitness center.
- "Family Memberships" may receive Child Center services for FREE when the family member is actively participating in the Fit-N-Wise fitness center. Children who use the Child Center must be listed on the family membership and live with the parent or legal guardian.
- Other members must purchase a Child Center card for their child/children to use the Child Center. All other usage will be subject to a fee, but a waiver must be signed by a parent or legal guardian and necessary documents completed before any child is left at the Child Center.
- A parent or legal guardian must sign all necessary documents for a child to use the Child Center.
- Some required documents will list an emergency contact who can pick the child up from the Child Center if the parent or legal guardian cannot.
- Parents must abide by our "Exclusion of Sick Children" policy to ensure that the Child Center is as healthy and sanitary as possible.

Procedures and Rules: Check-in and Check-out

- The child (the "Participant") may only be released out of the Child Center to the participant's parent or legal guardian (Fit-N-Wise member) or to a person who has been identified on the user agreement as the emergency contact or on list to pick up. A parent/legal guardian who is listed on membership must come in the Child Center and sign the child in and out. If the sign in sheet is not filled out completely, your account may be charged. Only the parent or legal guardians can sign the child in or out, unless for special situations, the parent/legal guardian has completed a daily special release form.
 - A Fit-N-Wise Fitness membership card or government issued photo identification may be required upon checking in and checking out the child.
 - A parent/legal guardian must remain in the fitness center at all times and easily reached if a need arises. If staff discovers the parent has left the building, Child Center privileges will be taken away.
 - The convenience of the Child Center is for our members and their children; please do not bring other children.
 - Two hours of childcare are available each day, per family membership.
 - For any member (not family membership) purchasing a punchcard or Child Center Card the same 2 hour window applies.
 - Should the Child Center determine in its sole discretion that the person attempting to pick up the participant is an immediate risk to the participant, the Child Center will not release the child and the staff member will contact our security and the local authorities. In the event of an emergency, the parent(s) or legal guardian(s) listed on membership (members) will be notified first.
 - Family memberships will not bring or leave other children who are not listed as child membership as part of their "free care." Any other child brought must have all paperwork and a waiver completed and signed by the child's parent/legal guardian and a fee will be charged.
- *Saturday Child Center usage requires a reservation on the preceding Thursday and until noon on the preceding Friday. Call the Child Center at 940-626-1309 to make your reservation. If you do not show up for the reservation, you will be charged a regular Child Center fee.

Policies and Procedures: General

- Infant care is available for children 2 months - 11 months or walks confidently; child care for children 2 months - 13 years.
- Bottles, blankets, cups, pacifiers and comfort items are permitted, but **MUST BE LABELED**.
- Bottles are permitted, but must be used under the supervision of the Child Center staff. Water and powdered formula must be premeasured and ready for a quick preparation. Bottles will not be heated by Child Center staff.
- If an infant is inconsolable and cannot be calmed and quieted within 10 minutes, you will be contacted to pick the infant up.
- All items required, such as wipes, diapers and change of clothes, will be supplied by the parent.
- If you bring items of care such as diapers, labeled sippy cups for infants/toddlers, comforting items, coats, backpacks, etc., you will need to get two labels and write your child's name on both and put the items in a basket in a cubby and label the basket and cubby.
- For the safety of your children, if the Child Center reaches its maximum occupancy please wait to check your child in until a child checks out. You will be alerted if this is the case.
- Please do not let your child bring any toys or other small items into the Child Center.

Exclusion of Sick Children Policy

A child exhibiting any conditions or behaviors determined by the Child Center to be an illness will not be allowed to stay in the Child Center. If the child becomes sick while in the Child Center, the child must be isolated from other children and the parent/guardian will be alerted and must remove the child from the center immediately. Upon every visit, please make sure the Child Center staff knows about any medical concerns, allergies or special requirements and fill out a need to know card. Please understand we strive to provide a healthy, safe and secure environment for all children so please do not be offended if we ask you to remove your child due to health conditions. The list below includes, but is not limited to, a list of conditions or behaviors that precludes a child from the Child Center.

If your child has any of the following symptoms, you will need to wait at least 24 hours after the symptoms have subsided—without the aid of medication, before bringing him or her to the center.

- A child with a diagnosed or reportable illness or condition that a physician determines has not had sufficient treatment to reduce risk to others
- A child who has vomited within the last 24 hours
- A child with loose stools within the last 24 hours
- Pink eye—contagious conjunctivitis or pus draining from the eye
- Bacterial infection such as strep throat or impetigo and has not completed 24 hours of antimicrobial therapy
- Unexplained lethargy
- Lice, ringworm, or scabies that is untreated and contagious to others
- Fever of 99 degree Fahrenheit axially or higher
- Undiagnosed rash or a rash attributable to a contagious illness or condition
- Significant respiratory distress (bad cough) cw
- Profusely runny nose with either green or clear mucus needing to be frequently wiped
- A child who requires more than the program staff can provide without compromising the healthy and safety of the other children in care
- A child with chicken pox until the child is no longer infectious and until the lesions are crusted over
- It may be necessary to provide a physician's verification of wellness

If your child exhibits any of these symptoms or conditions, please keep the child home. (If your child is too ill to attend school, the child will not be allowed in the Child Center.)

Mandatory Guidelines

- No food. If you bring a drink for your child, please make sure it is labeled with their name, is age appropriate and either in a sippy cup or sports type bottle (no water bottles with small caps).

Child Behavior

- Time-out will be used to address behavior problems for children two years and older. For children younger than two, redirection will be used.
- Fit-N-Wise reserves the right to remove or suspend children who may be perceived as an endangerment to themselves or others.
- Our Child Center provides a secure environment by processing a background check on our employees. Since we offer a secure environment, parents will not be permitted to stay in the Child Center for more than 10 minutes past the 1/2 door.
- Violent behavior will not be accepted at any age. The child must be removed from the center.
- If your child has repeated instances of misbehavior, not following rules, being disrespectful, you will be alerted and they will no longer be able to use the center.
 - 1st instance child will receive a warning and parents will be alerted
 - 2nd instance child will be suspended for a week
 - 3rd instance child will be suspended for 2 weeks
 - For severe behavior incidents, such as intentionally hurting another child, bullying, etc., and if unacceptable behavior continues past the 3rd instance, Fit-N-Wise Fit Y.O.U.T.H. Child Center, in its sole discretion, reserves the right to exercise refusal of use of the Child Center.
- If child brings a tablet or digital device, please make sure the content is proper for everyone.
- Please take your child to the restroom or change diaper before you leave the child. A changing station is available in the family restroom.
- If your child is crying excessively, you will be required to remove the child from the room.

Late Pick Up Policy

Fit-N-Wise maintains a strict 2 hour limit for children in the Child Center. Fit-N-Wise Fit Y.O.U.T.H. Child Center should not be used as, nor was designed, to serve as a day-care or after care program. The Parent or Guardian must remain on site at all times and must respond to an incident in person immediately after notification. The following applies to late pick up:

If a parent or guardian is more than 5 minutes late picking up the Participant, the following applies within a 3 month time frame (quarterly/calendar year):

- 1st time - Warning
- 2nd time - Charge of regular Child Center Fee every 15 minutes over. Final Warning
- 3rd time - Charge of regular Child Center Fee every 15 minutes over. Suspended for 1 week.
- 4th time - Charge of regular Child Center Fee every 15 minutes over. Suspended for 2 weeks.
- 5th time - Charge of regular Child Center Fee every 15 minutes over. Sole discretion of Fit-N-Wise to cease use of center.

Child Center Usage Agreement

The Fit-N-Wise Fit Y.O.U.T.H. Child Center is NOT a child-care facility or day-care facility and therefore not licensed by the state of Texas.

The Fit-N-Wise Fit Y.O.U.T.H. Child Center (the "Child Center") requests that before a child (the Participant) is left at the Child Center, a parent or legal guardian must complete all necessary Child Center paperwork. Accordingly, this form must be completed and submitted by a parent or legal guardian for each child who will be using the Child Center. A separate form is required for each participant. Additionally, should any of the information provided change at any time, the parent or legal guardian completing this form agrees to provide Fit-N-Wise Fit Y.O.U.T.H. Child Center with updated information as soon as possible.

Parent or Legal Guardian #1: _____ Daytime Number: _____ Evening Number: _____
Address, City, State, Zip Code: _____

Parent or Legal Guardian #2: _____ Daytime Number: _____ Evening Number: _____
Address, City, State, Zip Code: _____

Emergency Contacts and Release of Participant

Participant may only be released out of the care of the Child Center to the Participant's parent or legal guardian or to a person who has been identified as an emergency contact. Should The Child Center determine in its sole discretion that the person attempting to pick up the Participant is an immediate risk to the Participant, Fit-N-Wise will not release the child and the staff member will contact the local authorities. In the event of an emergency, the parent(s) or legal guardian(s) listed above will be notified first.

Emergency Contact: _____ Daytime Number: _____ Evening Number: _____

Child #1: Name: _____ Nickname: _____ DOB: _____ Gender: _____

Special Needs (Does the participant require additional accommodations?) _____

Are the concerns serious enough to restrict the Participant's activities? Explain: _____

List any allergies staff should be aware of: _____

Is the participant currently taking prescribed medication? Yes No If yes, for what reason? _____

Name of Medication: _____

Release to: _____

Child #2: Name: _____ Nickname: _____ DOB: _____ Gender: _____

Special Needs (Does the participant require additional accommodations?) _____

Are the concerns serious enough to restrict the Participant's activities? Explain: _____

List any allergies staff should be aware of: _____

Is the participant currently taking prescribed medication? Yes No If yes, for what reason? _____

Name of Medication: _____

Release to: _____

Child #3: Name: _____ Nickname: _____ DOB: _____ Gender: _____

Special Needs (Does the participant require additional accommodations?) _____

Are the concerns serious enough to restrict the Participant's activities? Explain: _____

List any allergies staff should be aware of: _____

Is the participant currently taking prescribed medication? Yes No If yes, for what reason? _____

Name of Medication: _____

Release to: _____

Child #4: Name: _____ Nickname: _____ DOB: _____ Gender: _____

Special Needs (Does the participant require additional accommodations?) _____

Are the concerns serious enough to restrict the Participant's activities? Explain: _____

List any allergies staff should be aware of: _____

Is the participant currently taking prescribed medication? Yes ____ No ____ If yes, for what reason? _____

Name of Medication: _____

Release to: _____

Child #5: Name: _____ Nickname: _____ DOB: _____ Gender: _____

Special Needs (Does the participant require additional accommodations?) _____

Are the concerns serious enough to restrict the Participant's activities? Explain: _____

List any allergies staff should be aware of: _____

Is the participant currently taking prescribed medication? Yes ____ No ____ If yes, for what reason? _____

Name of Medication: _____

Release to: _____

Policies, Rules and Regulations

I agree that I have obtained a copy of The Fit-N-Wise Fit Y.O.U.T.H. Child Center Policy and that I, as well as the Participant, will comply with all policies, rules, and regulations established for the Child Center, as may be amended from time to time without notice. I understand and agree that the Participant's use of the Child Center is also governed by all terms and conditions contained in the Fit-N-Wise General Terms Agreement and Fit-N-Wise Member Usage Agreement that I have previously completed, including but not limited to, my waiver and assumption of risk contained therein.

Medical Attention

I agree that the Participant is in overall good health. In the event that Fit-N-Wise Fit YOUTH Child Center should have questions regarding the health of the Participant, I give consent for the Child Center to contact the participant's physician. In the event the Participant is involved in an accident that requires medical attention, I will be responsible for making all decisions related to all medical and survival procedures for the Participant including but not limited to the decisions about medical care, the administration of drugs and the performance of any and all life sustaining procedures. I further agree to make any and all arrangements for the Participant's transportation and admittance to any hospital, health center or medical clinic in the event of any emergency situation involving the Participant. In the event that the parent(s), legal guardian(s) or emergency contacts cannot be reached during a medical emergency, I give Fit-N-Wise permission to make decisions regarding any and all medical and survival procedures for the Participant. I agree that Fit-N-Wise and its staff members will not be held liable for any accident or losses, however caused.

Name of Physician and Address: _____ Number: _____

Administration of Medication and Food Policy

I acknowledge that the Child Center will not administer any medication, either prescription or over-the-counter, to the Participant.

Permission to Release Information

I understand that the Fit-N-Wise Fit Y.O.U.T.H. Child Center may be required to release all or part of the given Participant information.

I hereby certify that I have read and understand this entire Agreement and the Fit-N-Wise Fit Y.O.U.T.H. Child Center Policy and agree to and accept the terms and conditions of these entire applications.

Print Parent or Legal Guardian Name: _____

Signature of Parent/Legal Guardian: _____ Date Signed: _____

Waiver, Release and Consent Including Waiver of Liability, Release, Assumption of Risk and Indemnity Agreement Release

The Participant and/or Participant's Parent(s)/Guardian(s) acknowledge, understand, and assume all risks inherent with attending the Fit-N-Wise Fit Y.O.U.T.H. Child Center and participating in any, but not limited to of the activities referenced below.

I, _____, parent/guardian of _____ ("Participant"), understand and acknowledge that I have enrolled my child to use the Fit-N-Wise Fit Y.O.U.T.H. Child Center. I understand that this is a service provided by Fit-N-Wise as a "limited duration program" and is NOT a child-care facility or day-care facility and therefore, not licensed by the state of Texas. I understand that my child may engage in various activities, including physical activity that includes, but is not limited to, running, jumping, catching, utilizing fitness equipment, staying active, and exercising.

I, (the undersigned) hereby, for myself and my child, release, indemnify, and agree to hold harmless Fit-N-Wise, Fit Y.O.U.T.H. Child Center, and Wise Health System (The "Released Parties") and their owners, directors, officers, employees, agents, affiliates and subsidiaries and any volunteer in connection with the Program against any legal claim by or on behalf of the Participant as a result of the participation in the Program. I further release and waive any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including claims relating to personal injury to my child or his/her wrongful death) against the Released Parties, that may arise from Participant's participation in the Program activities or while traveling to and from locations where the Program activities occur, even if caused in whole or in part by the negligence or other fault of the Released Parties. I fully understand that Participant may injure him/herself as a result of participation in this Program and hereby release the Released Parties from any liability, now or in the future, including but not limited to heart attacks, muscle strains, sprains, pulls, tears, broken bones, shin splints, heat exhaustion, knee, back or foot injuries and any other illness, soreness or injury, however caused, occurring during or after my child's participation in the Program.

It is further agreed and acknowledged that all exercises including the use of equipment, as well as travel to and from Program locations, shall be **AT MY OWN RISK. I FULLY UNDERSTAND THAT I AM FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE CLAIMS AGAINST THE RELEASED, IF MY CHILD SUFFERS ANY INJURIES OR DAMAGES FROM THE PROGRAM ACTIVITIES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MAY BE, AND I AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES OR DAMAGES. I UNDERSTAND THIS CONSENT FORM AND I AM NOT UNDER ANY PHYSICAL OR EMOTIONAL DURESS TO SIGN.**

By signing this I accept the terms of the aforementioned Waiver, Release and Consent.

Print Participant Name: _____ Date of Birth: _____

Print Parent/Legal Guardian Name: _____

Signature of Parent/Legal Guardian: _____ Date Signed: _____