

## Available programs:\*



Tae Kwon Do

Fencing



Fit Kids Gym



Parent &  
Child Aquatics

## Youth Swim Instruction



*\*Additional fees may apply. Please inquire with membership services for pricing.*

## Summertime Fit Kids Gym\*

Fun-filled fitness activities for youth with lots of energy. Each 30 minute class includes stretching, coordination and endurance skills incorporated into active play. Fit Kids is complimentary to youth who are club members. Kids meet in east gym by racquetball courts. Class is on going except on holidays. No registration required.

Mornings (June & July only)

Monday - Thursday

Ages 4-5 from 9:00-9:15am

Ages 6-8 from 9:15-9:45am

Ages 9-12 from 9:45-10:30am

Evenings

Monday - Thursday

Ages 4-5 from 5:30-5:45pm

Ages 6-8 from 5:45-6:05pm

Ages 9-12 from 6:05-6:30pm

\*Included with child's membership or can be purchased at the front desk. \$3 for a single session or \$25 for a punch card of 12 sessions.

Don't forget your running shoes!



**Central**  
1600 7th Street  
Sioux City, IA 51101  
712.255.7659

**North**  
120 Gateway Dr Suite 5  
N Sioux City, SD 57049  
605.232.6906

**Pierce St**  
2600 Pierce Street  
Sioux City, IA 51104  
712.224.3434

**Morningside**  
4240 Hickory Lane  
Sioux City, IA 51106  
712.224.3451

Visit us on the web at  
[www.fourseasonshealthclub.com](http://www.fourseasonshealthclub.com)



## Child Care

### Child Care Hours:

Monday - Friday 8:30 a.m. - 1:30 p.m.

Monday - Thursday 4:00 p.m. - 9:00 p.m.

Friday 4:00 p.m. - 7:00 p.m.

Saturday 8:30 a.m. - 5:00 p.m.

Sunday 10:00 a.m. - 5:00 p.m.

### Club Hours:

Monday - Thursday 5:00 a.m. - 10 p.m.

Friday 5:00 a.m. - 8 p.m.

Saturday 8:00 a.m. - 6 p.m.

Sunday 8:00 a.m. - 8 p.m.

*Proudly Serving Siouxland Since 1986*

# Child Care

## Policies:

Child care is included in your membership package. If however a member would like their child to swim, play basketball, participate in supervised programs (i.e. Fit Kids, Tae Kwon Do) **the child must have a minimum fitness level membership as well.** For a list of current programs available see the back page.

The Club will provide child care for a maximum of **2 hours per day** for children 3 months to 12 years of age. Current hours of operation and a schedule of events and opportunities will be posted in the child care area.

Parents must sign their children into child care. Siblings cannot admit each other. **When signing children out of child care, parents must be prepared to show a photo I.D.**

A parent, legal guardian, or family member 17 years of age or older, **must remain on the club premises while their child is in the child care area.** Failure to follow this guideline will result in the forfeiting of child care privileges in the future.

**Parents are not allowed to bring children other than their own into the child care area.**

Please do not bring children who have/had a fever, pink eye, colds, flu and other contagious diseases into the child care until the appropriate time designated by a physician. Parents may be asked to take their children out of child care and/or not admitted.

If your child wears diapers, bring an adequate supply of diapers and wipes with you. Children in potty training must have a diaper or pull-up on.

**Please remember that food is not permitted within child care, juice cups and/or bottles are allowed however.**

Please label your child's belongings with first and last name. No toys from home are allowed. Socks will be worn at all times. Socks are required in the ball pit.

Children who attend the child care are expected to follow the current and future directions of the child care staff. If a child's behavior cannot be accommodated, the parents

will be notified and be required to take custody of the child.

Unacceptable behavior, such as biting, scratching, or hitting will be cause for the Club to revoke the child's attendance from the club for a period of: 2 weeks for the first incident, 1 month for the second, and 1 year for the third incident.

All Four Seasons policies are written and enforced to ensure safety of your children. If you have problems, need clarification on an issue, please contact Carrie Fischer with Four Seasons Child Care at 712-255-7659,

## Club Usage by Children 12 years and Younger

Parent(s) are responsible for the behavior and direct supervision of their children in all areas of the Club, except when the children are participating in a class or program supervised by Club staff. These activities, classes and programs are listed in the Club brochures.

- A. Direct supervision of a child means that the child is close enough to the parent for quick physical contact and/or voice contact at normal speaking levels.
- B. Children who are 12 years and under may enter the Club and use the facilities only when accompanied by their parent or a guardian/family member who is 17 years of age or older.
- C. Children who are 12 years and under will not be allowed in the weight or cardiovascular areas in the main building, even when accompanied by a parent.
- D. Children who are 12 years and under are not allowed to use the fitness equipment due to safety considerations unless specified under the direct permission of a doctor and supervised by their parent or family/guardian member.
- E. The Child Care and Youth Activities Center are available for member's children only. Parents may leave their children in these areas only while the parent(s) or a family member, 17 years of age or older, remains in the Club.
- F. Children who are 12 and under who will be participating in club supervised activities must be escorted into the Club as well as to and from each activity by their parent or guardian.

- G. Until their fourth birthday, children are allowed in either locker room with a parent. For children four or older, if other arrangements cannot be made, subject to availability, a staff member will accompany and help the child through the appropriate gender locker room at your request.

## Spa, Steam Room & Sauna

Children 12 years and under must be immediately accompanied by an adult when using the spa, steam room or sauna.