

Youth Programs

Kids' Night Out - Ages 2 - 12

Saturday, July 11

6-9 p.m.

Theme: Fiesta

There's fun in store for kids at KNO! They'll play games, eat pizza, make crafts, watch a movie and swim (ages 6-12) while parents enjoy an evening out. Mark your calendars for the next KNO: Friday, Aug. 21. *Reservations are required and can be made at the back desk. Members: \$22/1st child and \$18/2nd child. If less than 4 children are signed up 48 hours before this event we reserve the right to cancel it.*

Summer in the City Kids' Camp

June 22 - September 4

8 a.m. to 4 p.m. (extended care available until 6 p.m.)

Ages: 6-12

Eleven weeks of fun and adventure. Every day includes swimming, arts and crafts, and free play. Weekly field trips highlight camp themes with entertainment and educational experiences. We offer weekly and daily registration. For more information, contact Youth Programs Director, Lou Kaczenski at ext. 223.

This summer's themes: A to Z Fun, Star Spangled Fun, That's Entertainment, Play in the Parks, Art Adventure, Sports Spectacular, Spin Your Wheels, Outdoor Adventure, Crazy Critter Week, Water Water Everywhere, and Carnival.

Youth Strength Training

Wednesdays - 4-5 p.m.

July 8 - August 26

Family Workout Center

Ages 10-15

Youth Strength Training is a great class for kids ages 10-15 who are interested in learning the fundamentals of strength training. Cost: \$40/child. Sign up at the back desk.

Birthday Parties - Ages 4 - 13

Let the Club throw a great party for your child. We have popular themed partywear, games and activities, balloons, party-favors, pizza and cupcakes available for each party. For more information on prices and party details please pick up a birthday party brochure or contact our Youth Director, Lou Kaczenski, at extension 223.

Kidstop - Ages 6 weeks - 12 years

Kidstop provides caring and fun supervision for children while parents use the Club's facilities. Kidstop staff provides games, crafts, and fun entertainment for kids.

Kidstop is a peanut-free facility. Reservations are required and may be made up to two days in advance. For more information about Kidstop, pick up a Kidstop brochure from the handouts kiosk or contact Kidstop Director, Nickie Green at extension 235.

Swim Lessons and Swim Team

Check out great programs for kids offered by the Aquatics Department like swim lessons and swim team. Pick up an Aquatics handout for a full list of programs or contact Aquatics Director, Trevor Hoke with questions at extension 237.

DAC PAC - Ages 5 - 13

DAC Youth staff are here every Saturday (Newberry Gym) from 9 a.m. until noon to play with kids while parents workout. No reservations are required for this drop-in program. Cost: \$6/child per visit or you can purchase a ten-visit punch card for \$50.

Youth Policies

The Downtown Athletic Club encourages members to use the Club as a family. The DAC offers a variety of youth programming, both fee-based and non fee-based. We provide supervision for children during scheduled program time. It is the parents' responsibility to provide supervision to and from each activity and are directly responsible for their children's behavior in all areas of the Club. For safety reasons and for the rights of all members, the DAC has established the following youth guidelines. Members under 14 and those between the ages of 14-15 who have not completed the Youth Orientation must be accompanied in the Club at all times by an adult and may only use the Club during designated Family Hours.

Youth Orientation

Members who are 14-15 are eligible for Youth Orientation. Schedule an orientation with a personal trainer at the Club's back reception desk. Once Youth Orientation is completed, 14-15 year olds will receive their membership card. Parents do not need to attend the orientation with their children. Orientations must take place during Downtown Athletic Club family hours.

Family Workout Center

Parents can workout with their 10 to 13 year olds during family hours in an area specially designed for youth. The center is located on the elevated end of the Newberry Gym. When you use the center, please remember that 10 to 13 year olds must have direct supervision at all times.

Locker Rooms

All members under the age of 16 must use the Junior Locker Rooms, with the exception of Sundays when members younger than 16 are permitted to use Adult Locker Rooms with direct adult supervision.

Spa Usage

Children must be potty trained to use the spa. Children under 14 are permitted in the spa with a parent during Family Swim, Lifeguard Swim, or for 5 minutes following lessons. Please limit spa time to 5 minutes. Children must sit quietly and no toys are allowed.

Guests

Members under the age of 16 may only invite a guest to the Club if youth orientation is completed.

Group Exercise Classes

Members 14 and older who have completed Youth Orientation are allowed to participate in Group Exercise classes.

Second Floor

Only members 14 yrs and older who have completed the Youth Orientation are permitted on the 2nd floor.

Youth Hours

Family Hours (Under 14)

M-F • 3 - 9 p.m. - Sat & Sun • ALL DAY

Family Swim (fitness pool)

M-Th • 6:30 p.m. - 8:00 p.m.

Children under 14 must be accompanied by an adult. No Lifeguard Present.

Lifeguard Swim (fitness pool)

Fri. • 5 - 8:00 p.m. - Sat. & Sun. 12:30 - 7:30 p.m.

Children under 7 must be accompanied by an adult. Lifeguard Present.

Family Lap Swim (lap pool)

M-F • 6:30 - 8:00 p.m. - Sat & Sun • 12:30 - 7:30 p.m.

Children ages 5 - 14 must be accompanied by an adult. No lifeguard present.

Parent/Tot Swim (age 3 & under in fitness pool)

Sat • 10 - 11 a.m.

Keep pool quiet for lessons. No more than 2 kids per adult.

Children's Spa Hours (ages 6-14 with parent)

M-Th • 6:30 - 8:00 p.m. F • 5 - 8:00 p.m.

Sat & Sun • 12:30 - 7:30 p.m.

Kidstop Hours

M-F • 8:30 a.m. - 8 p.m.

Sat. 8 a.m. - 3 p.m. & Sun. 8:30 a.m. - 2 p.m.