

Youth Programs

Kid's Night Out

Saturday, March 13

6-9 p.m.

Children will have all kinds of fun at KNO playing games, eating pizza, doing crafts, watching a movie and swimming (ages 6-12), while parents enjoy an evening out! This month's theme is Green Spring. \$22/1st child \$18 2nd. 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.

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: \$7/child per visit or you can purchase a ten-visit punch card for \$60.

Spring Break Camp - Ages 6 - 13

Camp at the DAC is wildly fun with gym games, crafts, field trips and swimming! Field trips include Brush Fire Pottery, The Science Factory Planetarium, Chuck E. Cheese, the park (weather permitting) and the Eugene Library. Kids should wear play clothes, non-marking shoes and bring a jacket, swim suit, lunch and two snacks. *Member Cost: \$175/full week or \$40/day. Extended care until 6 p.m. is available at \$7 per hour. For more information, contact Lou Kaczenski at ext. 223. Sign up at the back desk.*

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.

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. 9 a.m. - 2 p.m. & Sun. 9 a.m. - 12 p.m.