

## Youth Programs

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### DAC Ducks

Saturday September 4

Time:TBA

Saturday September 18

Time:TBA

Wondering what to do with your kids while you're at the game cheering on the Ducks? For every home Duck football game, the Club offers the perfect solution ...

DAC Ducks! Fun activities are provided for children such as gym games, art projects, swimming, pizza and a movie while parents enjoy the game. DAC Ducks is offered for children ages 2 - 12. Children may be dropped off at the Club up to two hours before game start time and picked up within an hour after the game has ended. *For additional dates, times, pricing or to sign up, visit the back desk. (DAC Ducks may be cancelled up to three days in advance of the game due to low sign-ups.)*

### 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.

### 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.

### 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 Kaczinski, at extension 223.

## 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 must be accompanied in the Club at all times by an adult and may only use the Club during designated 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.

### Guests

Only members 16 years of age and older may invite a guest to the Club.

### Group Exercise Classes

Members 14 and older are allowed to participate in Group Exercise classes.

### Second Floor

Only members 14 and older are permitted on the 2nd floor.

### 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.

## 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.