

Youth Programs

Youth Strength Training

Wednesdays, February 8th to March 14th
4-5 P.M.

A great class for kids ages 10-15 who are interested in learning the fundamentals of strength training. Participants will learn proper lifting techniques, safety, muscle function, and various training methods. Taught by Personal Trainer Eikeem Barron. All skill levels welcome. Cost: \$60.

For more info contact Youth Director, Lou Kaczenski at ext. 223.

Valentine Date Night

Saturday, February 11th 5:30-8:30 pm \$15

Enjoy a Valentine date night while kids ages 5 to 12 are being entertained with gym games, the bounce house, scooters, arts and crafts, and swimming. We will serve the kids pizza while you enjoy your dinner. To make reservations, call the back desk at ext. 216. Younger kids can be dropped off in Kidstop for fun and safe play. Kidstop rates are per hour and require reservations.

For more info contact Youth Director, Lou Kaczenski at ext. 223.

Parent's Night Out

Friday, February 17th 6-8 pm \$10

Parents can take some time for their selves and know their kids will be having fun with gym games, the bounce house, scooters, arts and crafts, and swimming. Our experienced youth staff will engage kids ages 5 to 12 in these activities while younger kids can be dropped off in Kidstop for fun and safe play. Kidstop rates are per hour and require reservations.

For more info contact Youth Director, Lou Kaczenski at ext. 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.

Youth Aquatics

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 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 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.

Family Night

First Friday of each month 5:30-6:30 p.m.

Bring the whole family to the DAC the first Friday each month for fun and games. Begin the night in the Newberry Gym with group games and activities for kids and parents alike. When the kids wind down, join us upstairs for dinner at the Ax Billy Grill, where kids can eat free from the kid's buffet. No sign up necessary, complimentary.



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. Sat. & Sun. 5-7 p.m.
Children under 14 must be accompanied by an adult.
No Lifeguard Present.

Lifeguard Swim (fitness pool)

Fri. • 5:30 - 8:00 p.m. - Sat. & Sun. 12:00 - 5:00 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 • 12:00 - 7:00 p.m.
Children ages 5 - 14 must be accompanied by an adult.
No lifeguard present.

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

M-Th • 6:30 - 8:00 p.m. F • 5:30 - 8:00 p.m.
Sat & Sun • 12:00 - 7:00 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.

Parent/Tot Swim Class

Thursdays and Saturdays from 10-10:30 am
Parents and children 6 months to 3 years will work with an instructor to increase their child's comfort in the water. Classes will help prepare children for swim lessons with an introduction to making bubbles, holding their breath, kicking and floating.
Your first class is free. Cost: \$5 per visit or you can purchase a ten visit punch card for \$40.

