



**V A L L E Y**  
**HEALTH<sup>and</sup>FITNESS**

## Child Minding Services At Valley Health and Fitness

Valley Health and Fitness is happy to provide our customers with a child minding space for children ages 1 month to 10 years while they use the gym. This is a user run service and is not a part of the insured services of the gym. It is not a licensed childcare service but a co-op service run by volunteers. With this in mind, the gym requires all users to understand the rules and limitations of the service.

- The hours of operation are 9:00am-12:00pm Monday – Friday (except holidays). Fees are based on one hour and are as follows: \$3.25 one child, \$5.25 two children, \$6.25 three children, \$7.25 four children & .75 per additional 15 minutes if late. Visit passes are available for purchase at the front desk and come in 10 Visit Single, 10 Visit Family, 20 Visit Single & 20 Visit Family. All visit passes are based on one hour of usage. A family pass card is good for up to 3 children with additional children charged at regular drop in rates.
- Child minding service is based on a first come first served basis. Space in the daycare room is limited and space is not guaranteed. A maximum of 10 children are allowed in child minding room at one time.
- Fees charged are to cover the cost of cleaning, rent, and supplies.

- The volunteers set up and monitor their own service.
- The daycare room must be staffed to be open.
- Parents must check in at the gym and make sure child minding volunteer logs in/out time, parent's name, and child's name.
- All children registered in child minding must be related to the parent or obtain permission from child minding supervisor or VHF management to bring unrelated children.
- Parents may not leave the gym for any reason without their child.
- The gym appoints a child minding co-op supervisor whose duties are to maintain the schedule and make sure user rules are followed.
- It is the parent's responsibility to make child minding volunteer aware of any special circumstances concerning their child.
- Child minding volunteer will call you if your child is crying and cannot be comforted in a reasonable amount of time or if your child is aggressive toward other children.
- Child minding volunteers will not feed children. There is no food allowed in child minding room.
- Child minding volunteers will not change diapers. Take your dirty diapers with you. It is the parent's responsibility to assist older children if they need to use the toilet.
- The maximum time the child may be in the child minding room is 2 hours.