



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CHILD WATCH ACTIVITY CALENDAR

NORTHWEST YMCA

Monday - Friday	Saturday	Sunday
7:30am- 8:00am Healthy Kids		
8:00am- 8:30am Discovery Zone		
8:30am- 9:00am Oodles of Art		
9:00am- 10:00am Y Land	9:00am- 10:00am Y Land	
10:00am- 10:30am Character's Choice	10:00am- 10:30am Discovery Zone	
10:30am- 11:00am Mind Builders	10:30am- 11:00am Mind Builders	
11:00am- 11:30am Busy Bodies	11:00am- 11:30am Oodles of Art	
11:30am- 12:00pm Music & Movement	11:30am- 12:00pm Music & Movement	
12:30pm- 1:00pm Story Time	12:00pm- 1:00pm Healthy Kids	1:00pm- 1:30pm Discovery Zone
	1:00pm- 1:30pm Story Time	1:30pm-2:00pm Busy Bodies
	1:30pm- 2:00pm Healthy Kids	2:00pm- 2:30pm Mind Builders
3:00pm-3:30pm Healthy Kids	2:00pm- 2:30pm Discovery Zone	2:30pm- 3:00pm Oodles of Art
3:30pm-4:00pm Discovery Zone	2:30pm- 3:30pm Busy Bodies	3:00pm- 3:30pm Music & Movement
4:00pm- 4:30pm Y Land	3:30pm- 4:30pm Y Land	3:30pm- 4:00pm Story Time
4:30pm- 5:00pm Mind Builders	4:30pm- 5:00pm Mind Builders	
5:00pm- 5:30pm Oodles of Art	5:00pm- 5:30pm Oodles of Art	
5:30pm- 6:00pm Music & Movement	5:30pm- 6:00pm Music & Movement	
6:00pm- 7:00pm Y Land		
7:00pm- 7:30pm Children's Choice		
7:30pm- 8:00pm Story Time		

Hours of Operation

Monday- Friday: 7:30am-1:00pm /
3:00pm- 8:00pm
Saturday: 9am- 6pm
Sunday: 1pm- 4pm

Healthy Kids

It is important that kids learn how to Be healthy and active and fit from The time they are little.

Discovery Zone

A hands on activity time where Children will use all of their senses.

Busy Bodies

Let's all get moving! Kids will keep Their bodies busy doing exercises.

Y Land

Play and make friends outside on the Y Land play area!

Mind Builders

Use that brain! Children work on Puzzles, connect the dots, mazes, And many other activities.

Oodles of Art

Creative expression through an art Activity which corresponds with the Weekly theme.

Music & Movement

Children will participate in various Musical activities.

Story Time

Time to listen, read, act-out or create Stories.

Children's Choice

Children choose activities from a Variety of development centers.

NORTHWEST YMCA PIMA COUNTY COMMUNITY CENTER
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CHILD WATCH GUIDELINES

More than ever busy parents need support. When you come to the Y for a class, group activity or workout, your kids need a safe, enriching environment where they can build healthy, trusting relationships with other kids and adults. At Child Watch, children play under the supervision of caring, trained Y staff. At the same time, you are able to relax, connect with other Y members and enjoy healthy activities at the Y.

Child Watch is available free of charge to members of the Y. Parents may leave their children at Child Watch for a maximum of two hours per day and must remain in the YMCA branch facility while their children are in Child Watch.

SAFE BEGINNINGS

We put safety first with a sign in/ sign out procedure that we practice at all times. Children are signed in by a parent/guardian each time they visit Child Watch. Whoever signed the child in must be the person picking up the child/ children. If someone else will be picking up your child we REQUIRE A PICTURE ID from whoever is picking up your child. In addition these alternate plans need to be arranged with Child Watch staff prior to pick up of your child.

CHILD WATCH STAFF

Our goal is to provide a nurturing and developmentally appropriate environment for your child while you are at the Y. Child Watch staff members are certified in CPR and First Aid. Our staff exhibit personal qualities that exemplify the YMCA character values of honesty, caring, respect, and responsibility.

TOYS FROM HOME

We have a great variety of toys, books and other activities for your children during their visit with us. For this reason we do not encourage children to bring personal belongings to Child Watch. Pacifiers and car seats are encouraged for infants; however, pacifiers must be attached to children with clips.

BEHAVIOR MOTIVATION

We enable each child to follow his or her individual interests when playing. We also provide the opportunity for kids to participate in group activities. If your child displays inappropriate behavior, Child Watch staff will redirect his/her behavior and, where appropriate, discuss better behavior choices with your child.

CRYING

Should your child become upset and remain upset for more than 10 minutes, Child Watch staff will either page or come and get you.

KEEPING KIDS HEALTHY

In order to keep a clean and healthy environment for our children and staff, we ask that you do not bring your child to Child Watch if they are sick or displaying any sign of illness. Please do not bring a child if they have the following symptoms:

- Fever within 24 hours
- Vomiting or diarrhea within 24 hours
- Unusual spots or rashes and other infectious illnesses

If your child has experienced any of these symptoms, they are not permitted in Child Watch until 24 hours after these symptoms have stopped or without written consent from your doctor that your child is not contagious. Also, to prevent illness, all children are encouraged to sanitize their hands and to wear socks and/or shoes during their time in Child Watch.

FOOD

Children should be sufficiently fed prior to their arrival at Child Watch. Leak-proof water bottles are permitted. Please label your child's water bottle. Please see your local branch for details regarding bottle feeding and eating at Child Watch.

DIAPERS

Please be sure your child has a clean diaper on when you sign him/her in to Child Watch. Please see your local branch for details regarding diaper changes at Child Watch.

ATTIRE

Children must be dressed appropriately and wear shoes (if walking).

NORTHWEST YMCA PIMA COUNTY COMMUNITY CENTER

Ages: 6 weeks through 8 years.

September 1 – May 31

Mon – Fri: 7:30am-1pm & 3 – 8pm,
(closed 1pm – 3pm)

Sat: 9am – 6pm Sun: 1 – 4pm

June 1 – August 31

Mon – Fri: 7:30am-8pm

Sat: 9am – 6pm Sun: 1 – 4pm