

The Kids Fit Program!



Teaching the value of exercise at a young age!

We believe that by encouraging children to participate in fitness activities at a young age, they cultivate healthy lifestyle behaviors that last a lifetime. Our Kids Fit program allows children to use our swimming pool and basketball court, as well as take part in our Kids Zumba and Kids Cardio exercise classes (classes vary per location). McCordsville participants also have access to the second-floor track.

Guidelines*

- Kids Fit is for ages 3-months to 11-years.
- All participants must wear Kid Fit bracelet, available at the front desk.
- The parent, grandparent, or legal guardian must be a member or paid guest.
- The parent, grandparent, or legal guardian must stay directly with their child at all times.
- Children may participate in supervised swimming and basketball during designated times.
- Swimming diapers must be worn in the pool by all children who are not potty trained.
- Children who have paid for enrollment in Kids Fit **and** are ages 6-11 years old may use the basketball court on any day at any time, if the following conditions are met:
 - » The child is directly supervised by their parent/legal guardian at all times.
 - » The basketball court is being used by 6 or fewer other members.
 - » It is not a designated time for pick-up basketball or other scheduled activity.

Program rates

Single visit pass: \$3 per child, per visit | Unlimited pass: \$20 per month

Kids Fit times

2-5:30 p.m. & 7:30-8:30 p.m., Mon.-Fri. | 1-5 p.m. Sat. & Sun.

*Guidelines are subject to facility events and other related exceptions.

www.HancockWellness.org

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Wellness Center



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