

Clarksville Athletic Club Zone Activity Schedule Fall/Winter Effective (8/19/24)

**Ages 7-13 yrs**

Monday – Thursday 6:00pm – 8:00pm

**(The Zone will be open mornings from 9am-11am only when CMCSS has scheduled days off and with 5 reservations)**

**Reservations are highly recommended.** Call or see service desk to reserve your child’s spot in class. You may call three days in advance for reservations.

**Limited to 2 hours per day/7 hours per week**

**Children must be dressed and prepared to participate in activities. ATHLETIC SHOES ONLY.**

| <b>Day/Time</b> | <b>Monday</b>                               | <b>Tuesday</b>                           | <b>Wednesday</b>                            | <b>Thursday</b>                          |
|-----------------|---|--|---|--|
| <b>6:00</b>     | Zone Fitness<br><br>(New Zone Fitness area) | Self Defense<br><br>(Zone w Mr. Richard) | Zone Fitness<br><br>(New Zone Fitness Area) | Self Defense<br><br>(Zone w Mr. Richard) |
| <b>7:00</b>     | Circuit Fun<br><br>(Zone)                   | Wally ball<br><br>(Court 2)              | Circuit Fun<br><br>(Zone)                   | Indoor Fun<br><br>(Zone)                 |

**Monday – Thursday 6:00pm – 8:00pm (7yrs-13yrs)**

**The Zone will be open mornings (9am-11am) only when CMCSS HAS SCHEDULED DAYS OFF (dependent on reservations)**

**Reservations are recommended.** If class is full, you will be placed on a waiting list. You may reserve your spot up to 3 days in advance by calling or stopping by the front desk. **If you are more than 10 minutes late, you will lose your reservation for that hour.** \* **If you do not show for your reservation and or you don't cancel after 3 no call/no show you will lose your reservation privileges for a week. If there is a special event and you make a reservation and are a no show this falls under the same policy for reserving.** \*\* Your child can be in **The Zone** for a **maximum of 2 hours a day or 7 hours a week.** If you are late or go over the 2-hour limit 3 times, your child will lose class privileges for **5 class days.**

**Dress Code: ATHLETIC SHOES ONLY.** Children will need to be dressed to participate in scheduled activities (PLEASE CHECK SCHEDULE). Participation of ALL children is REQUIRED without exception. If your child will not participate, the parent will be requested to pick up child.

**Parents/Guardians signing in and out:** Children can only be picked up by the parent listed with the child on the membership and **MUST BE 18 OR OLDER.** If the child comes with another member, that member **must** present a note to the front desk from the child's parents giving that member permission to drop off and pick up from **The Zone** and then give note to Zone instructor upon sign in. Leaving without your child or running off CAC premises is restricted. Please make sure you have a picture with your child/children in our system.

**Sick children** are NEVER permitted into the Zone. If a child has had a fever within the past 24 hours, or did not go to school, then he or she is NOT allowed in The Zone. This is to protect other children and staff from getting sick. Parents must provide a doctor's release for any open **skin rashes, recent surgeries/stitches, or a casted broken limb**, so that we know that a child is safe to come into the Zone. **CAC enforces a NIT-FREE policy with Head Lice. If found, please treat and notify CAC as soon as possible. Your child will be welcomed back after one week of being Lice free. A private head check from our Zone Director will be needed before return.**

**Unacceptable/Unsafe Behavior:** Using foul/inappropriate language, viewing/playing inappropriate items on CAC or personally owned electronics, **disrespecting staff and others**, hitting, pushing, spitting, kicking and **wrestling another child to the ground** or off equipment, all in a malicious or uncontrolled manner, **WILL NOT BE TOLERATED** and will be dealt with as follows:

**1<sup>st</sup> time: Warning given.** Parent and instructor review the situation and discuss how the action will need to be corrected to return and remain in the class.

**2<sup>nd</sup> time:** Same as above, but child must leave for the day.

**3<sup>rd</sup> time:** Same as above, with the addition of a **5-day class suspension** (for the child only) and will need to be reviewed by the director for the child's return.

**4<sup>th</sup> Time:** If the child returns after suspension and exhibits the same behavior, the child will be sent home for an additional **5-day suspension** and will continue until the behavior has improved. After **30 days** if behavior has improved, the policy restarts to the beginning.

**THERE is a NO TOLERANCE POLICY FOR FIGHTING/BULLYING. The child will go home immediately and may not return until the next day.**