

Clarksville Athletic Club Zone 7y-13y Summer Schedule (Effective 06/02/25)

PARENTS MUST USE THE **PROCARE APP** TO CHECK THEIR CHILDREN IN AND OUT OF CHILDRENS PROGRAMMING. IF NOT SIGNED UP PLEASE LET US KNOW
SO THAT WE CAN GET YOU SET UP

Reservations required. Call or see service desk to reserve your child's spot in class. You may call three days in advance for reservations.

A.M. Zone Classes need 5 children reserved to open

Limited up to 2 hours per day or 7 hours per week

Children must be dressed and prepared to participate in activities. Athletic shoes only.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00	<u>Outdoor Activities</u> (Grassy area)	<u>*Zone Fitness</u> (Mezz 1 Zone Fitness)	<u>Basketball/Sports</u> (half court)	<u>* Zone Fitness</u> (Mezz 1 Zone Fitness)	<u>* Zone Fitness</u> (Mezz 1 Zone Fitness)
10:00	<u>Swim Fun</u> (Indoor/Outdoor Pool)	<u>Self Defense</u> (Zone)	<u>Indoor Fun</u> (Zone)	<u>Self Defense</u> (Zone)	Basketball/Sports (half court)
6:00	<u>*Zone Fitness</u> (Mezz 1 Zone Fitness)	<u>Self Defense</u> (Zone)	<u>*Zone Fitness</u> (Mezz 1 Zone Fitness)	<u>Self Defense</u> (Zone)	CLOSED
7:00	<u>Circuit Fun</u> (Zone)	<u>Outdoor Activities</u> (Grassy Area)	<u>Indoor Zone Fun</u> (Zone)	<u>Swim Fun</u> (Indoor/Outdoor Pool)	CLOSED

***Zone Fitness is a separate program for ages 7y-13y. Separate rules and ratios apply. See the class instructor for details.**

It is important your child wears weather appropriate clothing during our outdoor classes. In the event of rain, all activities will be held in the Zone. In the event of excessive heat or high heat index, instructors have discretion to change schedule. Outdoor activities are weather permitted. Swim waivers must be filled out by parents with Zone Instructor for child to swim. Please note: Child cannot attend class if they are not dressed to swim. Parents will need to pick up by the end of the previous class if the child does not bring swimming attire.

On the 1st Monday of the month, we will welcome Special Guest Harris Holt Martial Arts from 6:30pm-7:00pm.

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

Reservations are recommended. If the 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 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.**

A.M. Zone Classes & Saturday Zone Fitness needs at least 5 reserved for the class to be open.

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 the child through the Procure app so please make sure notifications are on to receive those messages.

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 cast 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:

1st time: Warning given. Parents and Instructor/Director review the situation and discuss how the action will need to be corrected to return and remain in the class.

2nd time: Same as above, but child must leave for the day.

3rd 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.

4th 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 NO TOLERANCE POLICY FOR FIGHTING/BULLYING. The child will go home immediately and may not return until the next day.