

Clarksville Athletic Club Zone 7y-13y Activity Schedule Effective (8/11/25)

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 the service desk to reserve your child's spot in class. You may call three days in advance for reservations. Parent's must have the PROCARE childcare app on their phone for scanning in and out. The Procure app is also used for messaging parent/instructor.

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

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

Day/Time	Monday	Tuesday	Wednesday	Thursday
6:00p	<u>*Zone Fitness</u>  (Mezz 1 Zone Fitness)	<u>Self Defense</u>  (Zone w Mr. Richard)	<u>*Zone Fitness</u>  (Mezz 1 Zone Fitness)	<u>Self Defense</u>  (Zone w Mr. Richard)
7:00p	<u>Step the Course</u> (Zone)	<u>Wally ball</u> (Court 2)	<u>Circuit Fun</u> (Zone)	<u>Gaga Ball</u> (Zone)

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

**\*Harris Holt Martial Arts will visit the Zone every first Monday of the month from 6:30p-7p**

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

**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.**

**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:

**1<sup>st</sup> time: Warning given.** Parents 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 NO TOLERANCE POLICY FOR FIGHTING/BULLYING. The child will go home immediately and may not return until the next day.**