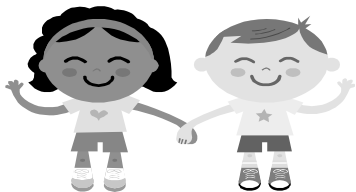


DISCOVERING THE BALANCE...

Sometimes we feel hindered in life with all the everyday things we have to manage, including our children.

Sometimes it feels like there is no time to take care of ourselves! Well we can help you with that, with our Fitness Centre childcare option.

By working the mind, body, heart, and spirit! We are about more than just fitness, we are about your personal wellness in life, including your children's!



**WE WATCH YOUR
CHILDREN, SO YOU CAN
WORKOUT!**

TYENDINAGA FITNESS RESOURCE CENTRE

**14 York Road Unit #1 Tyendinaga
Mohawk Territory
Ontario, Canada
K0K 3A0**

Mailing Address :

Mohawks Of The Bay Of Quinte
24 Meadow Drive
Tyendinaga Mohawk Territory
K0K 1X0

Phone: 613-962-2822

E-mail: tyfitnessres@mbq-tmt.com

Revised August 20, 2014

Like Us on FACEBOOK

TYENDINAGA FITNESS RESOURCE CENTRE

CHILDCARE INFORMATION-POLICY AND PROCEDURES



613-962-2822

tyfitnessres@mbq-tmt.org

ABOUT OUR CHILDCARE...

Thank you for choosing the Tyendinaga



Fitness Resource Centre childcare space for your childcare needs while you workout. We would like you to be aware of the following to ensure your children are safe and protected while you workout at TFRC.

CHILD DIRECTED FACILITY,

Staff have experience and/or education for working with children.

The Centre has an evacuation plan in case of emergency or fire.

The person who brings the child in to the Centre, is the ONLY person the child will be released with. **You MUST** sign your child in and out of the childcare room, when you utilize it.

If you would like to utilize our childcare services, be sure and fill out a registration form for each child.

If you have any questions or concerns regarding childcare, please contact any of the staff of Tyendinaga Fitness Resource Centre.

Children are allowed to be in the Fitness Studio with parents only.

CHILDCARE PRICES, SERVICES, AND PACKAGES

It is our goal to encourage physical activity as a part of the Family Lifestyle.

HOURLY RATE-
FOR FIRST CHILD \$5.00
2 OR MORE CHILDREN \$3.00

MONTHLY RATE-
FOR FIRST CHILD \$30.00
EACH ADDITIONAL CHILD \$20.00

FOOD AND SNACKS

Healthy snacks are permitted but limited to the snack table. **Please do not bring items that contain nuts**

ILLNESS POLICY

Under no exception will we allow children in the Centre with the following symptoms;

- FEVER
- DIARRHEA
- VOMITTING
- CHRONIC COUGH
- DISCOLOURED PHLEGM
- STARTING A NEW ANTIBIOTIC

Childcare Hours

Monday to Thurs.

9:30am-12:00pm / 4pm –6pm

Note:

Times are subject to change if no one is using the childcare hours.

Or if required the space for meetings.

The Childcare Space is also available for use beyond designated hours if you have your own babysitter

Age - 0 to 11 years

Note: If child is okay without a Childcare Worker, you will not be charged. This will be reviewed as a team decision with the parent & the staff.

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