



Hapa Yoga

## HAPA YOGA CHILDCARE/CHILDREN'S YOGA RULES & REGULATIONS

Hapa Yoga's child care room is an unlicensed child care providing a bright, clean, and safe environment for your child while you use our fitness facility. Our staff is carefully interviewed and hired so that your kids are supervised by an AED/CPR certified loving, attentive and responsible person at all times. We invite you get to know our child care staff and provide feedback or questions at any time.

1. The Childcare room is provided as a convenience, but is not considered as part of a members agreement privileges. Said service may be provided or discontinued at the option of Hapa Yoga LLC and Hapa Yoga South Corp.
2. A Childcare Release Form must be signed prior to first visit and every year after. An acknowledgement of having read and received the latest version of the Rules and Regulations must also be signed upon your first visit.
3. Child(ren) must be at least **6 weeks** of age to be admitted. For infants that can't sit up please bring them in their car seat. Please notify us 24 hours in advance if you will be bringing in an infant under 6 months of age.
4. A maximum of ten children will be allowed in the child care room due to space limitations. Children will be admitted on a first-come first-serve basis. Hapa Yoga will do our best to keep a ratio of six children per attendee, but this is not guaranteed.
5. Parents are required to sign their child(ren) **in** and **out** at each visit.
6. Childcare is limited to a **90 Minute Maximum** per child care session. **A \$5 fee will be charged for every 30 minutes over the 90 minute period, per child.** If you plan to take multiple classes in a day, there must be at least one hour in between sessions where the child is removed from premises and needs attended to.
7. Please arrive at least 15 minutes prior to class. Please be sure to introduce yourself and your child(ren) to the child care provider. Provide any special instructions needed.
8. Children with any visible signs of sickness will not be permitted. These symptoms include but are not limited to: runny nose with yellow or green mucus, fever, wet cough, pink eye, rashes, etc. Childcare staff will NOT administer any type of medication.
9. If any child is inconsolable for over 10 minutes, parents will be pulled out of class to console your child or may be asked to leave **with refund**. This is to ensure an enjoyable experience for other children, staff, and members in class.
10. Parents must remain in the Hapa Yoga facility while children are in the child care room or kids yoga. No exceptions.
11. Children are NOT allowed unsupervised in the lobby, hallway or restrooms.
12. Only children of Hapa Yoga members, parents, and Hapa Yoga staff are permitted in the childcare room. If your child is accompanied by a non-member's child, a written consent form from the visiting child's parent is required. Visiting child must be accompanied by a family member or paid child care provider.

### PERSONAL ITEMS

13. **Food is NOT permitted in the childcare room, no exceptions.** Please refrain from bringing food in backpacks or diaper bags. Please feed your children outside of Hapa Yoga premises.
14. Spill proof cups containing water are permitted for toddlers and prepared baby bottles are acceptable for infants. Items must be labeled with the child's name.
15. Toys from home are permitted at the staff's discretion. Staff is not responsible for lost, stolen or left behind items. We recommend bringing activities or toys from home for children over the age of 8 as long as they are not a choking hazard.

### POTTY TRAINING & DIAPERING

16. If diapering is permitted, parents must provide diapers and wipes for their child, along with a change of clothes. **Diaper bags must also be labeled with child's name.**
17. If a child has a dirty diaper at the time of entering the childcare room, it is the responsibility of the parent to change the diaper before he /she leaves to work out. Only diapers that become wet or soiled while the child is in the care of the staff will be changed.
18. Staff does not change diapers of children ages **3 years and older.**
19. If your child is potty training please notify the staff during sign in and bring a change of clothes in case of accident.

### DISCIPLINE

20. Childcare staff will use only verbal reprimand for inappropriate behavior or language. Several warnings may result in the parent being called in. If child is unable to regain proper behavior, the child and parent will need to leave for remainder of the day **without refund**. This is to ensure the safety and environment for the other children, members and staff. Examples of inappropriate behavior include but are not limited to: hanging from, climbing on, or jumping off furniture; banging on walls or glass; hitting or biting other children or staff; coloring on walls, furniture, or carpet.