



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STEPS TO SUCCESS

A guide to Child Watch Services at the YMCA of the Pikes Peak Region



CHILD WATCH

www.ppymca.org/child-care

Our mission: To put Christian principles into practice that build healthy spirit, mind and body for all.

Table of Contents

- 2-4 About Child Watch
 - 2 Hours of Operation
 - 3 General Information
 - 3 Staff
 - 3 Ratio
 - 4 Sign-in/Sign-out
- 5 Bathroom Procedures
- 6 Crying Children
- 7 Diapers
- 7 Discipline
- 8 Footwear
- 8 Illness
- 8 Medication
- 9 Snacks
- 9 Special Needs
- 9 Toys
- 10 Support Your YMCA
- 10 Volunteer
- 10 Programs
- 11 Locations
- 11 Hours



Locations/Hours

BRIARGATE FAMILY CENTER

4025 Family Place
 Colorado Springs, CO 80920
 719 282 9622

Hours of Operation

Mon-Fri	8am-1pm 4pm-8pm
Sat	8am-12pm
Sun	1pm-3:30pm

FOUNTAIN VALLEY YMCA

301 East Iowa Avenue
 Fountain, CO 80817
 719 382 1561

Hours of Operation

Mon-Thur	5:30pm-7:30pm
Fri	5:30pm-7pm
Sat/Sun	Closed

SOUTHEAST FAMILY CENTER/ ARMED SERVICES YMCA

2190 Jet Wing Drive
 Colorado Springs, CO 80916
 719 622 9622

Hours of Operation

Mon-Thur	7:45am-1pm 3pm-8pm
Fri	7:45am-1pm 3pm-7pm
Sat	8am-1pm
Sun	Closed

DOWNTOWN FAMILY CENTER

207 North Nevada Avenue
 Colorado Springs, CO 80903
 719 473 9622

Hours of Operation

Mon-Thur	8:30am-1:30pm 3:30pm-8pm
Sat	8:30am-12:15pm
Sun	Closed

GARDEN RANCH FAMILY CENTER

2380 Montebello Dr. West
 Colorado Springs, CO 80918
 719 593 9622

Hours of Operation

Mon-Fri	8am-1pm 4pm-8pm
Sat	8am-12:30pm
Sun	Closed

TRI-LAKES FAMILY CENTER

17250 Jackson Creek Parkway
 Monument, CO 80132
 719 481 8728

Hours of Operation

Mon-Fri	8am-1pm
Mond/Wed	4pm-8:30pm
Tues/Thur	4pm-8pm
Friday	4pm-7pm
Sat	8am-1pm
Sun	1pm-4pm

CHILD WATCH HOURS OF OPERATION

Child Watch is FREE to all YMCA members!

- Membership cards are required for child participants and member parents
- **Age Limits:** 6 weeks-6 years
- **Time Limit:** Two hours per day
- ONLY parents, grandparents, or legal guardians may sign-in/out their child
- The **Responsible Party** must remain on the YMCA's premises at all times
- Child Watch is a drop-in child care program

Staff

The Child Watch staff attendants are fully trained and competent individuals. Each attendant is certified in CPR for the Professional Caregiver; AED Procedures for the the Professional Caregiver; and First Aid Procedures. All skills are recertified annually.

Sign-In/Sign-Out Procedures

- Guardians are required to sign their child in and out on the log provided in the Child Watch area. Please sign-in with both first and last names for parents and children.
- Parents must show both their picture identification and their child's picture identification upon drop-off/pick-up.
- Staff will verify identification and membership of all participants.
- Membership cards for child participants will remain in the Child Watch area for security purposes.
- Participants will be issued a name tag and admitted into the Child Watch area.
- If you attempt to pick-up your child without your picture identification, your child will not be released until you verify your identity.
- Temporary cards are not a source of identification because they do not contain a picture.



Bathroom Procedures

- Children who are being toilet-trained will be directed to use the restroom.
- Attendants will not accompany children into bathroom stalls.
- Staff will not assist with bathroom functions or with changing/adjusting clothes.
- Patents will be called to assist their own child with difficulties.
- In order to provide a clean environment, children who have soiled clothing may not re-enter the Child Watch area until their clothing has been changed.
- Please inform staff if your child is in the toilet-training stage
- Staff will encourage your child to use the restroom periodically.
- Be aware that the Child Watch area is a child care setting and if children who are not at least partially toilet-trained soil their clothes and floor while there, the immediate area must be cleaned and may be unusable for a short period of time.

Crying Children

- It is our policy to page or come and get parents when a child cries for 10 consecutive minutes. Although this may interfere with your workout, this procedure will be followed for the comfort and best interest of your child.
- We encourage you to continue to bring your child to Child Watch so that they may become accustomed to the environment.
- We will be happy to try and accommodate unhappy and/or uncomfortable children during our less active child care times. Please check with specific YMCA facilities for these time periods.
- Parents may stay with their child inside the Child Watch area if it is necessary to acclimate them to the environment.
- Parents will be limited to a 10 minute period during which they may accompany their child and are encouraged not to interact with other's children.



Diaper Change

- Disposable diapers will be changed for children under the age of three as needed during each child's stay in Child Watch.
- Please bring your child in a clean diaper and provide diapers and wipes for changing.
- Parents will be retrieved to change diapers for children over the age of three years.
- Cloth diapers will not be changed by attendants due to health and safety concerns from potential contact with fecal and urine matter.

Discipline

- Discipline within Child Watch is based on an understanding of each individual child's needs and stage of development.
- Our goal is to develop self-discipline, responsibility for self, and respect for others. It is based on the use of positive reinforcement, reasonable expectations, logical consequences, distraction and diversion, and if necessary, supervised removal from the group for short periods of time.
- Physical punishment is never administered.
- For the safety and well-being of your child and all those in Child Watch, inappropriate behavior (i.e., spitting, biting, inappropriate language, harm to self, harm to others or property) may lead to the loss of the use of Child Watch services for your child or family. Each incident will be evaluated on a case-by-case basis.
- If a child displays inappropriate behavior; a conference between the parent(s) and director may become necessary to determine individual expectations or loss of privileges based upon the severity of the behavior.
- Although this policy may interfere with your personal workout needs, our goal is to provide a positive and safe experience for all children in Child Watch.

Footwear

- All infants are required to have feet covered in socks and/or shoes.
- All mobile children must wear shoes. It is recommended that children wear closed-toe shoes for their safety.
- Children may be asked to remove their shoes during play on an inflatable apparatus such as the obstacle course, pirate ship, or castle.

Illness

Child Watch staff cannot accept a child into the Child Watch if they have the following symptoms:

- Fever
- Runny nose or runny eyes with anything other than clear discharge
- Green discharge from any orifice of the body
- Diarrhea
- Cough
- Rash on any part of the body
- Vomiting in the last 24 hours

If your child has any of these symptoms, or any other communicable disease, we welcome you back to the Child Watch when he/she is healthy.

Please note that children who have been prescribed medication should complete at least 24 hours of the prescribed dosage before it is recommended that he/she return to Child Watch.

Illness

No medication will be administered in Child Watch.

Snacks

- You may provide a bottle, cup, or juice box for your child. Please label all items with your child's name.
- No food snacks will be given due to the high utilization of Child Watch by children with various food allergies.
- Please help us to provide a healthy environment for all children.

Special Needs

Please contact your YMCA of the Pikes Peak Region center to address any special needs or requirements for your child.

All matters will be taken into consideration.

Toys

- Please leave all toys at home. We will not be responsible for lost or broken personal belongings.
- Items such as a security blanket are permitted for comfort.
- All Child Watch toys are cleaned on a daily basis with a bleach/water solution according to El Paso County Health Department Standards.

Support Your YMCA!

Partners Campaign

The Partners Campaign helps to provide life changing and defining opportunities to everyone regardless of their ability to pay. Donations can be made as a single offering or a monthly basis. See the Welcome Center staff or visit www.ppymca.org to learn more.

Volunteer

Volunteers are the strength of our organization. They make it possible to offer the wide range of quality services and programs that we do. Their contributions impact all aspects of the YMCA of the Pikes Peak Region.

Volunteer Opportunities:

Some of the areas in which volunteers assist include:

- Aquatics
- Fundraising
- Membership Ambassador
- Program Committees
- Service Learning Projects
- Special Events
- Wellness Ambassador
- Youth Sports Coach

Programs

The YMCA of the Pikes Peak Region offers a variety of programs for all ages that are designed to build a healthy spirit, mind and body.

Our Programs include:

- Active Older Adults
- SilverSneakers®
- Before and After School Child Care
- Summer Day Camp
- Camp Shady Brook
- Swim Lessons
- Family Programs
- Teen Programs
- Group Fitness Classes
- Water Fitness Classes
- Youth Sports



Locations/Hours

BRIARGATE FAMILY CENTER

4025 Family Place
Colorado Springs, CO 80920
719 282 9622

Hours of Operation

Mon-Fri	8am-1pm 4pm-8pm
Sat	8am-12pm
Sun	1pm-3:30pm

FOUNTAIN VALLEY YMCA

301 East Iowa Avenue
Fountain, CO 80817
719 382 1561

Hours of Operation

Mon-Thur	5:30pm-7:30pm
Fri	5:30pm-7pm
Sat/Sun	Closed

SOUTHEAST FAMILY CENTER/ ARMED SERVICES YMCA

2190 Jet Wing Drive
Colorado Springs, CO 80916
719 622 9622

Hours of Operation

Mon-Thur	7:45am-1pm 3pm-8pm
Fri	7:45am-1pm 3pm-7pm
Sat	8am-1pm
Sun	Closed

DOWNTOWN FAMILY CENTER

207 North Nevada Avenue
Colorado Springs, CO 80903
719 473 9622

Hours of Operation

Mon-Thur	8:30am-1:30pm 3:30pm-8pm
Sat	8:30am-12:15pm
Sun	Closed

GARDEN RANCH FAMILY CENTER

2380 Montebello Dr. West
Colorado Springs, CO 80918
719 593 9622

Hours of Operation

Mon-Fri	8am-1pm 4pm-8pm
Sat	8am-12:30pm
Sun	Closed

TRI-LAKES FAMILY CENTER

17250 Jackson Creek Parkway
Monument, CO 80132
719 481 8728

Hours of Operation

Mon-Fri	8am-1pm
Mond/Wed	4pm-8:30pm
Tues/Thur	4pm-8pm
Friday	4pm-7pm
Sat	8am-1pm
Sun	1pm-4pm



www.ppymca.org/child-care