

ALAMOSHAPE CHILD CARE POLICY

At AlamoShape we support women who want to improve their health, yet sometimes child care issues hinder those efforts. Please remember that your instructor is trying hard to cue effectively and lead a great exercise experience. People who are not working out but are in the room observing/moving can be very distracting. This policy will serve as a means to help women with special child care circumstances get a workout and maintain the integrity of the class for others.

INFANTS/BABIES

In order to make the workout experience a safe and enjoyable one for the new mom and baby, as well as our other members, Infants/babies are allowed in our classes under these conditions:

- Baby must remain in car seat/carrier while mom is working out.
- Seats/carriers are kept off the main floor at the back of the room.
- In the summer time you should probably not place baby in front of our main cooler as it could cause some earaches for your baby.
- Please have some kind of beanie or earmuffs for your child due to noise levels.
- Crying babies should be comforted as soon as possible.
- Babies who continue to cry should be taken out of the studio into the ladies' locker room for further comfort until mom can resume her workout.

We want your baby to be safe, so no crawlers/toddlers, please ☺

PRESCHOOL/ELEMENTARY

This is a very difficult issue. Your children are your most precious gems, but obviously the workout experience of the other members in the room must be our first and foremost concern. While you may feel your child coming over to talk to you while you are working out is not a problem, the person next to you has to worry about someone moving into her line of peripheral vision and it can be very distracting. If you must bring a child to class we urge you to please be respectful of these rules:

- You may bring only 1 child to class at a time.
- There can never be more than 3 children in a class at one time.
- The auxiliary weight room can provide very dangerous temptations for preschool and elementary age children and we do not allow children to remain there. The child must sit at the back of the room off the main floor, next to mom's workout space.
- Please take care of bathroom trips in advance *at home*. It is very distracting/dangerous to have people walking across the floor while others are working out.
- Loud toys or talking computer games are discouraged.
- We are sorry, but at no time can we allow you to bring someone else's child to our studio.
- Many of us are mothers and we understand kids can get out of hand when we least expect it...Please, if your child acts up and you must leave class, do it without incident. Maybe this is a good time for you both to get some fresh air and you can just walk with him/her up at Desert Foothills Park, or along Scenic Drive; you can always try again another time ☺

TEENAGERS

- We encourage your teenage daughters to work out with you; for only \$32/month it is a great way to spend time with your child.
- Responsible teenagers may study quietly in the auxiliary weight room but may not, under any circumstances, use the weights or cardio equipment.

We do not have plans for any childcare room or services but will allow for the above, subject to change. Please follow the guidelines and help us to keep these special exceptions available to everyone who needs them in emergency situations. If you know of someone willing to provide childcare in her home during our class times please let us know and we will pass on her name.

Thank you!

AlamoShape