

For Kids Only Family Day

Family Day at *For Kids Only* is an opportunity for the entire family to play, get fit and healthy, and have fun. Each Sunday, Reebok Sports Club/NY offers four hours of fitness and sports activities for families to enjoy together.



Club Level 1 & 2

Sing & Dance / Level 1

11:30am – 12:10pm
Ages 6mo-2yrs.

Sing & Dance / Level 1

12:30 – 1:10pm
Ages 3-5yrs.

Open Swim / Level 2

11:00am – 2:45pm
All ages.



Club Level 4

Rock Climbing

11:00am – 2:45pm
Ages 5 and up.

Open Play on Basketball Courts

11:00am – 2:45pm
All ages.

Sports

12:00 – 1:00pm
Ages 7 and up.



Club Level 6

Family Yoga

1:00 – 1:45pm
Ages 5 and up.

Registration

Registration is required for participation in Family Day.

Where: Reception Desk

When: All participants must register in advance. The registration line opens Monday morning before the desired Sunday • Family Day is from 11:00am – 3:00pm

Ages: 6 months – 15 years

Contact: 212.501.1486 – please note, only Family Day reservations may be left at this number.

On-site Family Day monitors are on duty and ready to answer all your questions. Please remember that participation in Family Day is a Member privilege and may be revoked at any time for violation of Family Day rules and regulations.

Family Day Rules

- All children 15 years of age and under must be accompanied by a parent at all times while on club premises. Unattended children will be brought to *For Kids Only* childcare, applicable fees apply.
- For everyone's enjoyment of the club, please be courteous. Parents are responsible for their children's supervision and safety.
- Under New York State law, children 3 and over are not permitted in the locker rooms of the opposite sex.
- No horseplay, running, dangerous pranks, rowdiness, etc. Please keep all noise at a reasonable level.
- The designated areas for Family Day are: Basketball Court, Pool, and scheduled Family Day activity areas.
- For the safety and protection of all children please remember that children are not permitted on the Rooftop Terrace.
- All Children must be accompanied in the daily locker rooms by a parent or guardian. Please remember that the locker rooms will be closed to children after 3:00pm.
- Children are not permitted in the executive locker rooms.
- Children 14 years of age and under are not permitted in the workout areas including the weight training area, cardiovascular loft, spa, sauna, and steam rooms.
- Children 15 years of age using the fitness equipment must be accompanied by a parent.
- Children not toilet trained must wear rubber pants or swim diapers at all times while in the pool.
- No Strollers in the café.
- Children who are left unattended will be taken to *FKO* where fees apply
- Nannies are not allowed during family day.



SPORTS CLUB / NY

