



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, The Sports Club/LA offers four hours of fitness and sports activities for families to enjoy together.

		
Club Level 5	Club Level 1	Club Level 7
<p>Toddler Play 9:00am – 12:00pm</p> <p>Art Station 11:30am – 12:00pm All ages.</p>	<p>Pool: Free Swim 9:00am – 12:30pm Ages 6 months and up.</p>	<p>Rock Climbing Wall 9:30am – 12:30pm Ages 4 and up, and 35 lbs.</p> <p>Toddler Play Area and Sports Play 9:30am – 12:30pm Ages 2 and up. Bleacher-free side.</p>

Registration

Where: Reception Desk

When: Registration is from Sunday 9:00am – 12:00pm • Family Day is from 9:00am – 12:30pm

Ages: 6 months – 15 years

Contact: *For Kids Only* at 212.355.5100 ext 4425.

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.
- Children 3 and over are not permitted in the locker rooms of the opposite sex.
- Children are welcome in the Café until 1:00pm. We ask that you contain all foods and beverages to the Café.
- 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.
- No strollers on the 7th floor.
- 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 1:00pm.
- 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
- **Spouses who are not members will be subjected to a \$35.00 guest fee. Guest may only visit the Club once per thirty day period.**
- Nannies are not allowed during family day.