

## TIME LIMIT

For the well-being of children, the recommended length of stay in Child Watch is one to two hours per day, depending on the age and personality of the child. With a max of 2 hours per day. You know your child best! We ask that you schedule your child in Child Watch for the appropriate amount of time necessary for your program/Workout and locker room time, but that you please drop off or pick up your child promptly at the time scheduled. This is an important factor in reducing schedule overlap, overcrowding, and excessive stress on children.

**Please also note the latest check-in time will be 30 minutes prior to closing.**

### Child Watch Hours

(Max of 2 hours per day per child)

Monday	8:00am - 12:00pm 4:00pm - 8:30pm
Tuesday	8:00am - 12:00pm 4:00pm - 8:00pm
Wednesday	8:00am - 12:00pm 4:00pm - 8:30pm
Thursday	8:00am - 12:00pm 4:00pm - 8:00pm
Friday	8:00am - 12:00pm 4:30pm - 7:30pm
Saturday	7:55am - 12:00pm

## FOOD/DRINK/SNACK TIME

Children should be fed prior to being dropped off at Child Watch. Drinks (juice, milk, & water) will be allowed if in spill-proof containers that are clearly labeled with the child's name. Please DO NOT bring outside food into Child Watch. If bringing a sippy cup please have it labeled with your child's name on it. Age appropriate finger foods are provided daily, at 10:00 am & 5:00 pm. Due to allergies, and for the safety of all, foods containing peanuts and/or tree nuts are never served as snack. Snack will only be given at the above times.

**PLEASE NO OUTSIDE FOOD TO BE BROUGHT IN.**



**We look forward to caring for our members' children and appreciate parents' cooperation.**

**If you have any questions or concerns, please feel free to contact  
Melissa Davidson -  
Family Coordinator at  
(858) 484-8788 ext. 228**



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# ENSURE A BRIGHTER FUTURE



**Child Watch  
RANCHO FAMILY YMCA**



**FOR YOUTH DEVELOPMENT™**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## WELCOME...

To the Rancho Family YMCA Child Watch Program. The purpose of the program is to provide you with a safe, nurturing environment for your children to learn, grow and develop social skills.

## PRIVILEGES

Members receive two hours of free Child Watch services per day, per child on a drop-in basis while you are at the Rancho Family YMCA facility. Time may not be saved and used at another time. The drop-in service applies **ONLY** to the member's child. Child Watch is only available for use while parents are **INSIDE** the Rancho Family YMCA. Please do not leave the premises. The adult must be a member of the YMCA.

## RATIOS

Infants (8 weeks to 12 months)	1:3
Toddlers (13 months to 5 years)	1:6
Ages 6-8	1:8
Ages 9-12	1:10

If Child Watch has reached capacity at any given time, you may be asked to wait to drop off your child. We appreciate your patience in advance.

## ACTIVITIES

All children will engage in age appropriate activities at all times. We have a play room, infant area, arts & craft area, and an outdoor play area.

## OUTSIDE PLAY TIME

Weather permitting, children will be taken outside to the play area. If a Child Watch staff member is outside upon arrival, please take children inside Child Watch to sign them in, unless all staff are outside. Weather permitting, we try to go outside every day. Fresh air is great for the spirit, mind and body!

## DONATIONS & TOYS

We will gladly accept donations of snacks (peanut & tree nut free), small paper cups, cleaning wipes, Lysol, hand sanitizer, tissue, or toys for group use. To eliminate quarreling and disappointed children, please do not bring toys or electronic devices such as Game Boys etc. from home that cannot be left behind or shared with the other children. We are not responsible for lost or stolen items.

## DIAPERS

Please be sure your child has been changed or taken to the restroom prior to visiting Child Watch. Should a soiled diaper occur, you will be called and asked to change your child. Due to Health Department standards, staff are not permitted to change diapers.

