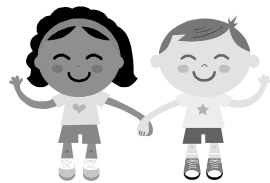


DISCOVERING THE BALANCE...

Sometimes we feel hindered in life with all the everyday things we have to manage, including our children. Sometimes it feels like there is no time to take care of ourselves! Well we can help you with that, with our Fitness Centre childcare option.

By working the mind, body, heart, and spirit! We are about more than just fitness, we are about your personal wellness in life, Including your children's!



**WE WATCH YOUR
CHILDREN, SO YOU
CAN WORKOUT!**

TYENDINAGA FITNESS RESOURCE CENTRE

**14 York Road Unit #1
Tyendinaga Mohawk Territory
Ontario, Canada
K0K 3A0**

Mailing Address :
Mohawks Of The Bay Of Quinte
13 Old York Rd
Tyendinaga Mohawk Territory
K0K 1X0

Phone: 613-962-2822
E-mail: tyfitnessres@mbqmt.com

Revised June 17/11

TYENDINAGA FITNESS RESOURCE CENTRE

CHILDCARE INFORMATION-POLICY AND PROCEDURES



613-962-2822
tyfitnessres@mbqmt.org
tmt.org

ABOUT OUR CHILDCARE...



Thank you for choosing the Tyendinaga Fitness Resource Centre childcare room for your childcare needs while you workout. We would like you to be aware of the following

CHILD DIRECTED FACILITY, CHILD DECIDES ACTIVITY!

to ensure your children are safe and protected while you workout with us.

Staff have experience and/or education for working with children.

The Centre has an evacuation plan in case of emergency or fire. The person who brings the child in to the Centre, is the ONLY person the child will be released with. You MUST sign your child in and out of the childcare room, when you utilize it.

If you would like to utilize our childcare services, be sure and fill out a registration form for each child that will be attending. Ask one of the staff for a form!

If you have any questions or concerns regarding childcare, please contact any of the staff or the Manager of Tyendinaga Fitness Resource Centre.

CHILDCARE PRICES, SERVICES, AND PACKAGES

HOURLY RATE-

FOR FIRST CHILD	\$5.00
2 OR MORE CHILDREN	\$3.00

MONTHLY RATE-

FOR FIRST CHILD	\$30.00
EACH ADDITIONAL CHILD	\$20.00

FOOD AND SNACKS

Healthy snacks are permitted but limited to the snack table. **Please do not bring items that contain nuts**

ILLNESS POLICY

Under no exception will we allow children in the Centre with the following symptoms;

- *FEVER, DIARRHEA,
- *VOMITING, CHRONIC
- *COUGH, DISCOLOURED PHLEGM,
OR STARTING A NEW ANTIBIOTIC*

Non for Profit Centre

Childcare Hours

Monday 9:30am-10:30am

Tuesday 9:30am-10:30am

Wednesday 9:30am-10:30am

Thursday 9:30am-10:30am

The childcare centre is also available for use beyond designated hours if you care to provide your own child sitter.

**We are doing our best to
keep you & your child
healthy & happy**

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