



KidsPlex 2009-2010 After School At the Triangle SportsPlex



Welcome to our After School Program and to the KidsPlex Family!

Our daily goal is to provide your child with a socially stimulating and physically challenging program, maintaining high standards for your child's safety and well-being in the process. To meet our goal, we need your help as well. We ask that you please support your child's participation in the KidsPlex After School Program by consistently complying with the following program guidelines.

'Street' Clothing: Every day your child should be dressed for active play.

- Closed toe shoes are **required, no sandals or open-toed shoes**. While we do allow Crocs or Croc-like shoes, we do not recommend them. They have no arch support and frequently fall off, even break, during active play (running, jump roping, playing ball.) Some children bring a pair of 'after school' shoes and socks in their book bags daily to change into when they get to the SportsPlex.
- We ask that your child also be appropriately dressed; no clothing which is too revealing of his/her body; such as low cut tops, very short hems, belly-revealing tops and bottoms, etc, or too restrictive during play, such as too-tight dresses or pants.
- In cold weather, please remember to send your child with a jacket/coat, and a hat, if his/her head tends to get cold. We try to play outside, at least for a while, on cold, but otherwise good weather days.

Homework: On Monday, Tuesday, Wednesday, and Thursday, as your child gets off the bus, a counselor will ask if s/he has homework.

- If the answer is yes, your child will be provided with the opportunity to work on his/her homework. The amount of time your child has to do homework depends on when your child's bus arrives. The later the bus arrives, the less time available. In the available time, ending at 3:10pm, your child may not be able to finish all of her/his homework.
- If the answer is no, or that 'the parent has said' s/he doesn't have to do homework here, then s/he will join the silent-reading group.
- If you want your child to always do homework here, or show a counselor that s/he has no homework or has already completed it, let us know. His/her name will be added to our 'must-do' list and the choice will not be given.
- Fridays are 'Fun-Fridays' and after school children do not have to do homework here nor do they ice skate or swim. We have special activities planned for each Friday.

Weekly Activity Schedule:

- On Mondays and Wednesdays kindergartners through 3rd graders **swim**; 4th graders and up **ice skate**.
- On Tuesdays and Thursdays kindergartners through 3rd graders **ice skate**; 4th graders and up **swim**.
- Ice skating: Children begin getting ice skates (we provide) on at 3:15p, and skate from 3:30p to 4:00p.
- Swimming: Children begin changing into their swim suits at 3:15p, swim from 3:30p to 4:30p, shower and change back into 'street' clothes, from 4:30p to 5p.
- Using the schedule above, please be sure your child comes prepared daily for his/her activity; towel and swim suit for swim days, **long socks** and warm clothes, including a jacket/coat for ice skating days. If your child needs long pants, please make sure the pants can be pulled up over whatever she/he is wearing (sweat pants are the best). We do not go to separate changing rooms to dress for ice skating.

Participation: Because the 'heart' of the KidsPlex After School is swimming and ice-skating, every child is required to dress out daily.

- While we do allow a child to choose to not participate, s/he must stay close to his/her group. For ice skating, this means sitting next to the ice in the 'sharkie' box; for swimming, sitting on the edge of the pool with feet in the water.
- On any day that your child is sick or injured, and it is unsafe for him/her to ice skate or swim, or you are picking him/her up before or during the activity, please either email the KidsPlex by 2p or send a written, signed and dated note with your child, authorizing us to not require him/her to dress out. S/he will still stay with his/her group during the activity and/or until picked up.
- **Absences:** If on a day your child is scheduled to attend, but is not coming to the After School, **please** let us know before 2pm (email or phone call, leave a voice-mail if necessary). If we do not hear from you, our concern will be that s/he has missed the bus and a staff member may be sent to the school to pick him/her up.

Snacks: We provide a snack, including fresh fruit, daily. Please let us know if your child has any food restrictions.

Games, Toys, Cell Phones, Money, etc.: Daily, during the time your child is in the After School program,

- All toys, games (including electronic), comics, teen magazines, graphic novels, etc. your child may have in his/her book bag must stay there.
- If you have provided your child with a cell phone, it must be turned off and in his/her book bag.. If s/he needs to call you, we will provide a phone. If you need to talk to him/her, please call the front desk and ask them to radio us.
- Any money your child may have in his/ her book bag must stay there.
- If your child has any of the above items out of the book bag, s/he will be required to give it to a counselor and it will be returned to you at pick-up time.

Pick-up Procedures: On the first day you pick up your child, we will guide you through the pick up process. Please come prepared to show picture ID to a counselor. No one under the age of 18 may pick up your child.

Please let us know if you have any questions or need more information.