

- Operating Hours Monday-Friday 8am-8pm
  - Closed Holidays
    - New Year's Day
    - Spring Holiday (Easter)
    - Memorial Day
    - Independence Day
  - Labor Day
  - Thanksgiving Day
  - Christmas Day
- Early Closure 8am-12p
    - Black Friday
    - Christmas Eve
    - New Year's Eve

### **Kids Corner Policies and Procedures:**

- Ages 2 to 10 yrs old.
- **Maximum of 5 children.**
- Slots are limited to 1 hour due to capacity. Reservations are recommended but not required.
- Registration must be taken over the phone. Main Number 484-391-2390.
- Hours are subject to change. Please check our website (getupt.org) or call for schedule.
- Availability: Kids Corner is available as a free service for active UPTCC members. Non-members may utilize Kids Corner for \$5 per child, per day. Maximum length of a child's visit is one hour per day. **There is a maximum of 5 children at all times.**
- Sign in/out Procedures: Parents must scan their membership card to check in a child. Each child must be signed in by a parent upon arrival. Parents must also provide a location in the facility and an emergency phone number when checking in. The same parent who checks in the child must also check him/her out, unless otherwise indicated. For the safety of all children, parents are not allowed in Kids Corner.
- Staff Qualifications/Training: Our goal is to provide every child with a safe, nurturing environment. All children will be welcomed in a warm and friendly manner and treated with kindness and respect. All staff are responsible adults who have been trained to care for the children in a positive manner. All staff are trained in CPR and First Aid and have gone through extensive background checks.
- Diapers/Toileting: Children must be changed or toileted prior to entering Kids Corner. Staff cannot change diapers. Parents will be called to change soiled diapers and are expected to respond promptly. Children who are potty trained will be walked to the bathroom located in our lobby. Staff will not assist with bathroom functions or changing clothes. Staff will remain in the doorway, within ear shot of the child.
- Problems: Parents will be summoned for illness, accidents, crying children who cannot be consoled, and inappropriate behavior. If there are any biting, hitting, or other behavioral issues, you will be asked to address the concern with your child. Consistent repeats of improper behavior could result in suspension from Kids Corner.
- Food/Drink: Drinks may be brought in by parents for their children. Each drink must be labeled with the child's name. For the safety of the children, unlabeled drinks will not be served. Due to the variety of ages in Kids Corner and the possibility of food allergies, we do not allow snacks or the sharing of drinks.
- Healthy Environment: For the comfort and security of our patrons and children, cell phones are not permitted in Kids Corner. Please do not allow children to bring toys or electronics from home. Kid's Corner is also food and medicine free. Medicine will only be administered in life threatening emergencies. If your child has emergency medication,

please notify our staff and provide instructions for appropriate administration of medication. Staff reserve the right to refuse a child that appears to be ill. Symptoms may include fever, rash, colored mucus from the eyes or nose, excessive cough, vomiting or diarrhea. If a child should exhibit any of these symptoms while in our care, a staff member will notify you and ask you to remove your child. Please make sure your child is symptom free for 24 hours (without medication) before returning to Kids Corner. In return, please notify us if your child contracts a communicable disease after spending time in the Kid's Corner program.

- Technology Policy: The center uses the philosophy that children learn best through interactive, hands on activities. However, at times tv/videos are watched.
- Attire: Bare feet are not permitted. Shoes are required for all children who are able to walk on their own.
- Registration Policies: Parents are encouraged to register in advance. Children may only come for one session per day. Please arrive on time to your session (if you are more than 10 minutes late to your session, your reservation will be cancelled). Please plan to arrive a few minutes early if you need to make any changes to your account such as taking your membership off hold, adding a new child, etc. Parents will not be able to leave the following in Kids Corner: diaper bags, strollers, blankets, etc. from home. All belongings are to be kept in the cubbies at your own risk. Policies are subject to change at any time.
- Kid's Corner offers developmentally appropriate activities and promotes a child's social, emotional, physical, and cognitive development through interest areas such as dramatic play, art, music, blocks/building, science, and more. Themes of the day (to be planned out the month prior). Monthly calendar will go out and be posted on the bulletin board.
- All cleaning chemicals and supplies will be kept out of the reach of children. Bathrooms and fixtures will be always in sanitary conditions. Soaps, toilet paper, disposable towels and wastepaper containers will be provided by the center. Furnishings, toys, and cots will be cleaned and sanitized with bleach and water when they become soiled.

## **Fitness Center**

### *Age Policy*

- Ages under 10 are not permitted in the fitness center.
- Ages 10-13 are permitted to use cardio equipment and bodyweight exercises after they partake in their complimentary fitness orientation. Persons 10-13 years of age must be accompanied by an adult at all times and are not permitted to use any weights (i.e., strength machines, cables, dumbbells, barbells, kettlebells, etc.).
- Ages 14-17 must partake in their complimentary fitness orientation. After their orientation, they are permitted to utilize the equipment in the fitness center without an adult present.
- Ages 18 and older are permitted to use all equipment in the fitness center. The complimentary fitness orientation is optional.

### *Etiquette*

- Wipe all equipment after each use with provided microfiber cloths and disinfectant spray.
- Please DO NOT wipe the touchscreen monitors.

- No cell phone conversations or speakers in the fitness center. When playing your own music or enjoying the use of monitors, please use headphones.
- Proper workout attire is required: closed-toe athletic shoes; no jeans, boots, or crop tops.
- Personal belongings must be stored in lockers, not on the fitness floor or equipment.
- Personal Training or Group Fitness Training is restricted to only individuals who have been specifically employed by Upper Providence Township.

### Open Gym

- Ages 10-13 may participate in Open Gym with parental supervision. Ages 14 and up may participate without parental supervision.
- UPTCC and staff are not responsible for any lost or stolen articles. Outside food or coolers will not be allowed in the facility. We recommend you leave your valuables at home or lock them up.
- No spitting, chewing tobacco or alcohol beverages in the facility.
- No food or open beverages containers allowed. Water containers must have a secure lid and cannot be taken onto the gym floor.
- No cell phone conversations or speakers in the gymnasium. When playing your own music or enjoying the use of monitors, please use headphones.
- Only scuff-resistant shoes are allowed in the activity areas of the building. Dark soled running shoes, turf shoes, spiked shoes and any other types of shoes which mark the floors, especially the gymnasium and aerobic floors are absolutely prohibited. Muddy or dirty shoes are not permitted. Participants are asked to please change into a separate, clean pair of shoes for their indoor recreational use. Shoes are required to be worn at all times while in the facility, unless designated by the activity or program instructors.
- Proper behavior is required at all times in the facility. The following activities are not permitted and will result in suspension, expulsion, or termination of membership and/or use of the facility.
  - Fighting
  - Stealing
  - Property damage or vandalism
  - Loitering (inside or outside of the facility)
  - Disorderly conduct
  - Horseplay
  - Littering
- When a session has ended, please leave the floor promptly so the next scheduled activity can begin.
- All equipment is to be used in the proper way. We encourage members to bring their own ball, we have a limited supply available.
  - NO kicking or sitting on basketballs or volleyballs.
  - NO coaching or organized practices or pick-up games are permitted except for rentals.
  - NO contact play.
  - If using UPTCC equipment, it is to be returned to the Front Desk.
  - Dunking or hanging on the basketball rims is prohibited.
  - NO hanging on volleyball nets.
  - An inappropriate use or abuse of the facility or equipment may result in termination of privileges.

- Good sportsmanship is expected for all activities. UPTCC reserves the right to eject anyone not following the rules of the facility.
- Only the following sports may be played and/or practiced in the gymnasium – basketball, football (without spikes) and volleyball unless approved by facility management.
- All patrons must check in at the front desk. Upper-level doors are for emergency exit only.
- Keep belongings together and up against the wall.

### **Recording Studio**

- The Recording Studio is open to the community at large. Patrons must check out a security badge to access the room and equipment. There is a maximum of 2 patrons permitted at a time.
- Ages 10-13 are permitted to utilize the studio and equipment with parental supervision.
- Ages 14 and older must partake in the complementary orientation. After their orientation, they are permitted to utilize the studio and equipment without parental supervision.
- Utilization is limited to one-hour increments. No registration required.
- Outside equipment is permitted.
- Use of inappropriate websites/apps/games/technology is not permitted and will result in suspension of use.

### **GEX Studio**

- The Studio is limited to members only. Members must check out a security badge to access the room. There is a maximum of 3 members permitted at a time.
- Ages 10-13 are permitted to utilize the studio and equipment with parental supervision.
- Ages 14 and older are permitted to utilize the studio without parental supervision.
- Utilization is limited to one-hour increments. No registration required.
- The GEX Studio can become unavailable. Please call our main number, 484-391-2390 for availability.

### **Silo**

- The Silo is open to the community at large.
- Ages 10-13 are permitted to utilize the Silo and equipment with parental supervision.
- Ages 14 and older are permitted to utilize the Silo and equipment without parental supervision.
- Patrons must complete equipment orientations prior to utilization. Once completed, they can check out the tool kits for the equipment from the front desk.

### **Rock Wall**

- Open to the community at large. Patrons must pass the belay orientation prior to utilization.
- Ages 4-13 are permitted to utilize the rock wall with parental supervision. They must always wear a helmet.
- Ages 14 and older must partake in the complementary orientation. After their orientation, they may utilize the rock wall without parental supervision.
- Patrons can bring their own harness and helmet. There is a limited supply available at the front desk.
- Climbing shoes are encouraged.
- Patrons must take turns and share the rock wall with others.