

Parent/Child Activities

Parent/Child Swim

(ages 6 months–3 years)

This is a free class for Cincinnati Sports Club members. See Pool Schedules for most updated times offered.

Family Fitness

Please refer to the most updated posted hours in the Xpress Workout Room.

Dance Concepts and Charlie Cooke Soccer are proud to be partnering with The Cincinnati Sports Club.

Please see Dance Concepts and Charlie Cooke Soccer brochures for class times and additional fees

Please see the Children Center Staff for more information about monthly programs for kids and families. From Toddler Socials to Kids Camps and Sno Daze, we offer opportunities for active families



Two convenient entrances:

5535 Murray Avenue or 3950 Red Bank Road
Cincinnati, Ohio 45227

513.527.4000

CincinnatiSportsClub.com

Rules at a Glance

Children under 12 years of age must be accompanied by a parent or guardian at all times, unless the child is participating in a CSC program or in the Children's Center.

Certain areas of the Club have additional restrictions for children:

- Children's Center: available for ages 8 weeks–12 years.
- Indoor/Outdoor Pool Facilities: Children must be pottytrained or wear plastic pants over their diapers.
- Whirlpool: no one under 11 years old is permitted. Children ages 11–14 years of age must be accompanied by a parent/guardian 18 years of age.
- First Floor Locker Room: children of the opposite sex are not permitted. Children of the opposite sex are permitted in the Private Changing Rooms when accompanied by a parent/guardian 12 years of age or older.
- Massage: Anyone under the age of 18 must be accompanied by an adult.
- Racquet Courts: Lensed eyeguards are required for squash, racquetball and handball play for those under 18 years of age
- Express Workout Room: Must 14 years of age or older. Children 9–13 must be accompanied by an adult and may use the Express Room on the Mezzanine during posted Family Fitness hours.
- Indoor Golf Center: Must be 14 years.
- Fitness Floor: Must be 14 years or older. Between the ages of 12 and 13 can take the youth certification program with an exercise specialist.
- Track: Must be 14 years or older or passed the fitness certification program. The child must be within arms length of parent/guardian.
- Second Floor Mezzanine: Must be 14 years or older and considered part of the fitness floor
- Group Fitness Rooms: must be 12 or be accompanied by a parent or guardian who is 18 or over. May use the following equipment only; balls, and foam mats

Users must be must be 18 years of age and older in the following areas:

- Sauna/Steam Room
- Tanning
- Second Floor Locker Room
- Lobby computers

CHILDREN IN THE CLUB



An Active Place For Active Families



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**The Children's Center is unlicensed babysitting.
No child may stay longer than 2 hours.*

- At the parent's discretion, matching wristbands will be used for security identification.
- Childcare is available for children 8 weeks through 12 years. Our mission is to provide a safe and clean environment for the children while the parents enjoy their workouts. All children must be completely dressed and all walking babies must have shoes on.
- Children may stay in the childcare facility for up to 2 hours. Late pick-up will result in a late fee.
- All children must be signed-in by a parent and signed-out by the same parent unless pre-authorized to do otherwise with the staff.
- All bags and personal belongings must be marked and placed in a cubby before parents leave. Please leave all personal toys at home.
- Children not potty trained must come with all diaper changing essentials. We request that parent's change children's diapers before using the childcare facility.
- We insist you refrain from bringing sick children into the childcare facility. Children displaying any of the following symptoms will be asked to leave*: cold with fever or severe runny nose, fever of 101 degrees or more in the past 24 hours, constant cough, first 24 hours of antibiotics, diarrhea, fussy and abnormal disposition, rashes, chicken pox.
- The complete illness policy is available in the Children's Center.
- No snack or meal is allowed in childcare. A plastic bottle is the only exception for children under 18 months of age. If your child needs a bottle while in childcare, we ask you to have it prepared and heated.

Children's Center Hours

Mon-Fri 8:00am-8:00pm

Sat & Sun 8:00am-5:00pm

* Please see Calendar for Holiday Hours.

Non-member fee for the Children's Center is \$3.00 per hour per child.

The Cincinnati Sports Club Children's Center is a "Kids Only" Club for children 8 weeks to 12 years of age. We have an Infant Area, Gymnastics Studio, Soft Play Area and an Outdoor Play Yard with a safe play surface.

In the Children's Center we are always moving and shaking. From tumbling in our Tumble Room, to playing in the ball pit, to enjoying our Wii system, we keep kids active and engaged while parents work out. We also utilize other areas of the club such as the Rec and Main Gyms and the Indoor Athletic Field where we can play various games and sports. Stop by and play today!

Kids Group Fitness

Kids Group Fitness Classes are available for children ages 5-13. Classes range from Ninja Obstacle Course, Kids Yoga and more! See Group Fitness for kids schedule for dates and times as class times change seasonally.

Staffed Open Play

Our staff will supervise your children in various parts of the facility including indoor field, rec gym, etc. See Staffed Open Play schedule for specific activities each week.

(ages 5-13)

Monday - Friday

5:30PM-7:00PM

Saturday

10:00am-12:00pm

Please see the childcare staff for assistance.

Kids Camp and Sno Daze:

When school is out, The Club is here to help your family spend their time productively. The Cincinnati Sports Club offers Camp for regularly scheduled school holidays 9:00-4:00 and SnoDaze for those unexpected ones. We also offer before and after care for families with needs. Kids Camp prices vary by season, please see a brochure. SnoDaze are 10:00-2:00 and is \$10 per child.

Parents Day Out

Every Thursday in the Children's Center from 12:00-3:00, parents can drop their children off for a pizza party and tumble time. We have a themed craft every week and the kids go on adventures to other parts of The Club. \$10 for members

Kids Night In

Need a night out? Drop your kids off in the Children's Center for fun games, exercise, tumbling, movie, pizza and more! Every Friday from 6pm-11pm and every Saturday from 5pm-10pm. Just \$12 per child for members and \$25 per child for non-member guests.

Babysitting

The Cincinnati Sports Club is pleased to offer our members an on-site babysitting service. For more information, call 527-4001 ext. 245

**Children must be a member to receive member rate*

**Non-members must be with a member or on a pass to the Cincinnati Sports Club.*