

Kidz Club, Youth & Adult Programs and Activities

'Kidz Club'

We are proud to provide a fun, clean environment for your children to play while you enjoy your workout. The friendly and attentive staff of Kidz Club looks forward to hosting your children ages six weeks to ten years old.

As a member, you are entitled to purchase a discount Kidz Club Card, or you may pay the hourly rate (see your club for more information).

Following these simple guidelines will ensure your child's time in Kidz Club is happy and healthy!

- Reservations are recommended in order to ensure the proper adult-to-child ratio.
- You may leave your child in Kidz Club up to two hours
- Always sign in your child. It is important to let us know if anyone other than you will be picking up your child.
- You must be on the club premises while your child is in Kidz Club (special events excluded)
- Please provide all necessary diapers, pull-ups, wipes, etc. Make sure that all bags, bottles and pacifiers are clearly labeled.
- You are welcome to bring snacks or meals for your child, however, do not bring small toys or snacks that can be a choking or allergy hazard (such as grapes, popcorn, peanuts, nuts, candy, gum, hotdogs, etc).
- Do not bring your child to Kidz Club if he/she is ill or has been ill. Children who do appear ill will not be accepted into Kidz Club.
- Childcare cards are not transferable between clubs.

Go to your home club's main page and scroll down to Kidz Club so see more information specific to your location.

Youth and Adult Programs and Activities

Kennedy Club Fitness offers many year-round programs and activities for every age. Included below are some of our most popular activities. Activities will vary from club to club. For more information on any of these activities, please contact your home club. Activities include:

Racquetball, Squash, Basketball, Wallyball and Sand Volleyball Tournaments
5 K Runs, Biathlons and Triathlons, Swim Team, Water Polo, Master's Swimming
Private and Group Swim Lessons, Scuba Certification classes,
Family Swim, Junior Lifeguard Camps, Swim Meets,
Youth Sport Camps, Dance Lessons, Bunco, Happy Hours, Club-Sponsored Trips,
After School and School-Break Programs...And much, much more!