Keeping your family connected to Kid City and KidFit since 2008

The Kid Connection

FORT SANDERS Health & Fitness CENTER
A FIVE STAR CLUB
Covenant HEALTH

Welcome to Kid City and KidFit

We have so much to offer for children in two different areas. **Kid City** is located downstairs. This is the area for children from the ages of 12 weeks to 6 years. **KidFit** is located upstairs. This area is for children from the ages of 6 years to 13 years. When children are 6 they can be entered into Kid City or KidFit.

July 2017

Regular Hours

Kid City
Mon. and Wed.
7:50am—8:30pm
Tues. and Thurs.
7:50am—7:45pm
Friday
7:50am—7:30pm
Saturday
8:30am—4:00pm
Sunday
12:50pm—6:00pm

KidFit
Mon. and Wed.
4:00pm—8:30pm
Tues. and Thurs.
4:00pm—7:45pm
Friday
4:00pm—7:30pm
Saturday
8:30am—4:00pm
Sunday
12:50pm—6:00pm

KidFit opens at 4:00pm Monday-Friday due to the fact that children that are KidFit age are in school. KidFit follows Knox County's School Schedule. Typically, when Knox County is out of school KidFit will open at 7:50am.

The Kid Fit Extreme Fitness Challlenge was so much fun! Thank you to all who participated, and congratulations to all who won prizes! We hope this helps with an active summer. We love being active and participating in the extreme fitness challenge next to the kids.

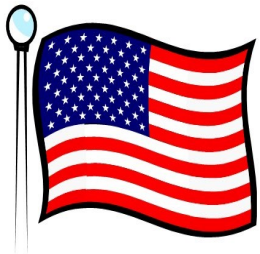
Kid's Karate

Kid's Karate teaches self discipline, self-confidence, respect, commitment, and motivation. This class offers children the colored belt ranking system to show improvements throughout the class. You can attend one class for free to try out!

- **When: Friday's at 5:00pm until 5:45pm**
- **Where: Studio #3**
- **Ages: 4-13 year old.**
- **Cost: $55 for the first child and $20 for each additional child in the same family**
- **Sign up at Front Desk**

Special Hours

Kid City and Kid Fit will be open from 8:00 am–3:00 pm on July 4th.



Summer Hours

Kid Fit is open for the summer!
Mon. and Wed.
7:50am-8:30pm
Tues. and Thurs.
7:50am-7:45pm
Friday
7:50am-7:30pm
Saturday
8:30am-4:00pm
Sunday
12:50pm-6:00pm

Sidewalk Chalk Contest

Strap your thinking caps on, we will be having a sidewalk chalk contest on August 4th for Kid City and Kid Fit! The Front Desk will be our judges, and there will be a 1st, 2nd, and 3rd place awarded for both groups. We can't wait to see what you create!

Going Outside

Please be aware that if the weather is nice we may be taking the children outside to play or to do sidewalk chalk. In Kid City, to participate in either of these activities, children must be 3 years old and potty trained.

Kid City: Kid City will use the playground outside in the back of the building and sidewalk chalk will be done outside by the café.

KidFit: KidFit will use the grassy area in the Kid City playground that is located behind the building. Sidewalk chalk will also be done outside by the café.

For both Kid City and KidFit, we must have the appropriate amount of staff to keep everyone safe and the weather must be suitable for outside activities. Please pre-sunscreen your child before entering Kid City or KidFit if needed. Please also be aware that there is a sandbox in the Kid City playground.

Reminders

Parents must provide a diaper for their child that is not potty trained. The diaper itself needs to have the child's name on it, or be in a diaper bag that is clearly labeled. Kid City has labels available if you need one.

Use of Kid City and KidFit

Kid City and KidFit is only for members using the Fitness Center and the outside track. Parents must have their cell phone on them and ringtone on when using the outside track.

Contact Us

If you have any questions you can always call the Youth Development Manager at 865-531-5106. You may also email to fswyouth@covhlth.com.

Find us on Social Media!

Visit our website! www.fshfc.com