



Frequently Asked Questions

What does a typical hour in Life Time Kids Academy look like?

Academy classes consist of 45 minutes of guided instruction based on an annual curriculum specific to each format. The remaining 15 minutes, children will engage in self-directed play, followed by a safety break before they transition to their next class or activity.

Toddler programming begins 15 minutes after our Academy classes begin. Children are guided through 15 minutes of an educational activity (*which may include reading, sign-language, pre-school activities, dramatic play, sensory exploration, etc.*) and 15 minutes of a Toddler Fitness class (*which are simplified versions of our Academy classes*). The 15 minutes before and after our structured activities consist of creative play with a wide-variety of mind-engaging toys to choose from.

Children ages 2 or older (*3 years of age in select locations, with parent permission*) may participate in self-directed play in the maze or media room at any time they are open, in addition to the Academy or Toddler classes.

What should my child wear to class?

They should wear anything they feel comfortable in for the education and fitness based classes. Karate uniforms are available to purchase through the club for \$20. For the fitness-based classes, please pull longer hair up so it doesn't get in their way and avoid restrictive clothing such as denim. Life Time team members will not under any circumstances change a child's clothing. Please be present if you would like your child to wear something other than what they arrived in.

Is swim a part of my membership?

Yes, family swim is a part of the Life Time Kids Academy membership, as well as access to group, private and semi-private swim lessons. Cost and availability of lessons vary by club. Please see your Account Manager or Aquatics Manager for specifics at your location.

How do I drop off or pick up my children?

Classes are offered inside (Specialized studios) and outside of the Academy (Gymnasium, Activity Studio, Turf, etc.).

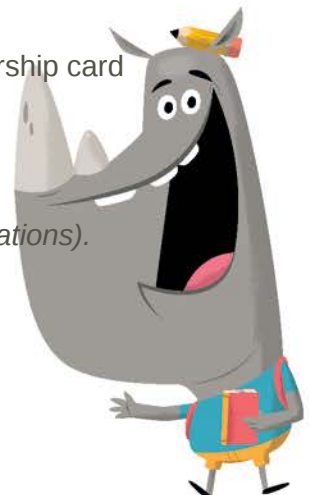
Dropping off:

Proceed to the Life Time Kids Academy check-in area and present your Life Time membership card (preferred) or government issued photo ID. Please indicate where you will be while your child is checked-in. Lastly, if you'd like your child to participate in an Academy class (ages 3+), please choose a class by selecting the appropriate colored wristband.

Picking up:

Proceed to the Life Time Kids Academy check-in area and present your Life Time membership card (preferred) or government issued photo ID. You may either have an employee page your child or you may enter the Academy to retrieve him or her.

You must be present to pick up your child within five minutes of the two-hour time limit (*3 hours for children 3 and older and potty trained at **some** Life Time Athletic locations*).





Can a different person pick up than drop off?

Person(s) picking up child must either be on the account of the child as the primary or partner member. Either the primary or partner on the account may check in and out the child. If one checks in, the other may check out. No secondary members or person(s) under the age of 18 may pick up the child.

What happens if a child is dropped off in-between classes?

It is recommended that your child arrives at least 5-10 minutes before the class begins. Latecomers may join a Signature class **at any time** as long as it is not a disruption to the class, children and teacher. Latecomers arriving any time after 10 minutes will not be allowed in an Arts and Crafts class.

Will there be any food provided in the academy?

No, please make sure your child comes comfortably satiated.

Does a parent/guardian have to be a Full-Access member?

Yes, at least one parent/guardian must be a full-access member for the junior to have a Life Time Kids Academy membership.

Can I watch my child inside of the Life Time Kids Academy?

Yes, up to 10 minutes, outside of studio doors if an option is highly encouraged. Life Time provides a secure environment for our members' children by processing a criminal background check on each employee. Because we offer such a secure environment, we limit the time parents are allowed in Life Time Kids Academy to a period of 10 minutes.

We will offer periodic showcase/recital days where parents, friends and family may come and watch children perform.

Where can I find the Life Time Kids Academy class schedule?

On the Life Time website, MyLT.com or lifetimefitness.com, click on Programs and Events, then Kids Activities. Scroll to the bottom of the page and click on Kids Academy. Select your location and click on See Schedule.

The schedule can also be accessed through the Life Time Health app on your smart phone. Under Schedules select "Kids" or under Classes select "Interest" and "Kids Academy". Lastly, click the eye icon labeled View Results at the bottom of the screen.

Does Life Time offer any additional children's programming?

Yes, Life Time offers a wide variety of programming for children. For an additional fee, children may host their birthday party (specialty parties available), attend Parents Night Out or experience one of our many camps (specialty camps may include swimming, rock climbing and martial arts). Life Time Camps are offered during school break days/weeks and throughout the summer. For more information please reach out to your Kids Leadership Team.

