

Frequently Asked Questions

What is the Kids Academy?

The Kids Academy is a destination for kids (3 months–11 years) to play, make new friends and discover their areas of passion.

Does a parent/guardian have to be a Full-Access Member to utilize the Academy?

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

Who can drop off and pick up my child?

Any authorized adult may drop off and/or pick up a child.

How do I drop off and pick up my child?

Proceed to the Life Time Kids Academy desk and present your Life Time membership card (preferred) or government-issued photo ID. Indicate where you will be while your child is checked in. If you'd like your child to participate in an Academy class (ages 3+), choose a class by selecting the appropriate-colored wristband. For pick up, return to the Life Time Kids Academy desk. You may either have a Team Member page your child or you may enter the Academy to retrieve him or her. Your Life Time membership card or government-issued photo ID is required to check out.

You must be present to pick up your child within five minutes of the two-hour time limit.

Will there be any food or drinks provided in the Academy?

You are welcome to send a water bottle labeled with your child's name. Food is not allowed in the Academy space, so please make sure your child comes comfortably satiated. If your infant requires a bottle, the bottle must be premixed and LABELED before it will be fed to an infant.

What does my child's time in the Life Time Kids Academy look like?

- **Academy Classes** – Classes consist of 45 minutes of guided instruction based on an annual curriculum specific to each format. Academy Classes are offered inside our Academy specialized studios and outside of the Academy (Gymnasium, Activity Studio, Turf, etc.). 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** – Children are guided through 15 minutes of an educational activity (*which may include reading, sign language, preschool 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.

What are Academy classes?

Academy classes are non-registered classes for children ages 3+ included in your child's membership. The classes combine many unique programs taught by our highly qualified instructors. Classes fall within four distinct categories: Mind & Body, Fitness & Agility, Arts & Culture and Life Skills, and all focus on Peace, Play and Performance. You do not need to register for these classes and kids can attend at any time. Classes may include Yoga, Gymnastics, Martial Arts, Arts & Crafts, Sports Skills, Language and MORE. These classes prepare children for our Progressive Lessons.

Are Academy classes progressive?

No, but Progressive Lessons are available and are included in your child's membership.



What are Progressive Lessons?

Progressive Lessons offer a variety of programs for children to participate in, from Gymnastics/Tumbling, Dance and Sports to Martial Arts. Children can attend one or multiple sessions. Lessons are taught by our highly qualified instructors. Each lesson identifies skills that a child will master throughout the 10-week session. At the end of each session, each child will receive a progression chart that identifies the skills they have mastered. Parents will be invited to attend a showcase event that displays what their child learned.

How do I sign up for Academy Progressive Lessons?

Registration will open two weeks prior to the beginning of a new session. Registration will be taken on a first-come, first-served basis. Once your child is registered, you will receive an email confirmation of their session. You may also register up to two weeks after the session begins. After that, all registration for that session will be closed.

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

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

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

You can find the Kids Academy schedule on the Life Time website, mylt.life, by selecting Programs, Kids Academy and Class Schedules. You can view online or click Print Week. The schedule can also be accessed through the Life Time Application on your phone by selecting Classes, Filter, Interest, Kids Academy and Apply.

Can I watch my child while they're at Life Time Kids Academy?

Life Time provides a secure environment for our members' children by processing a criminal background check on each Team Member. 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.

What should my child wear to class?

- **Gymnastics:** Kids should dress in a leotard or comfortable clothing (no snaps, zippers, jeans or dresses). Please pull hair back and remove all jewelry.
- **Sports:** Kids should dress in comfortable athletic clothing. Gym shoes and socks are required in the gymnasium. Please pull hair back.
- **Dance:** Solid-colored leotard, tights and pink ballet shoes or tap shoes. Please pull hair back and remove all jewelry.
- **Martial Arts:** Uniforms should be worn to all classes. Uniforms are available to purchase through the club.

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, Martial Arts or Gymnastics). 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.

