

2026

Life Time Kids Parent Handbook

KIDS ACADEMY, CAMPS AND EVENTS

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Kids Academy

What is the Academy?

- A fun, engaging child care destination for children aged 3 months to 11 years.
- Hours vary by location — check the Life Time App for your club's current Academy and Infant Room hours.

Academy Usage

- All children must be active junior members or registered guests to check in.
- An authorized adult must remain onsite and be reachable by phone while the child is in the Academy.
- Daily time limits: Up to 2 hours for infants; up to 2.5 hours for children 11 months and older and walking confidently.
- State short-term child care exemptions (where applicable) supersede the above:
 - New Jersey & Tennessee: Two (2) hours per day
 - Georgia: Ten (10) hours per week
 - Texas: Twelve (12) hours per week
- Academy classes are available hourly for ages 3–11; classes typically run 30–50 minutes plus a 10-minute transition.
- Check-in & out: Present a Life Time membership card or government-issued photo ID. The pickup adult must be listed on the child's account; secondary members and anyone under 18 may not pick up.

Reservations

- Use the Life Time App or my.lifetime.life to reserve, cancel, and manage all Kids Academy infant and class reservations.
- Standard Members can register up to 6 days and 22 hours before the start time.
- Signature Members can register up to 7 days and 22 hours before the start time.
- Infant reservations are required, and class reservations are strongly recommended to guarantee your child's spot.
- Academy class reservations can be booked up to 10 minutes before the start time and must be canceled at least 1 hour before the start time.
- Infant reservations can be made up to 2 hours before the start time and must be canceled at least 2 hours in advance.
 - Three missed infant reservations within 30 days will result in a temporary 7-day suspension of infant reservation privileges.
 - Infant reservations for guests must be prearranged with the Kids Leadership Team.
- If a class or infant space is full, you may join the waitlist. You'll be notified if a spot becomes available and you're moved off the waitlist.

Academy Policies

- Unless required by applicable law, the Kids Academy operates as an exempt Child Care Center.
- If the Academy reaches maximum occupancy, please wait to check in until the next checkout.
- Parents or authorized adults must remain in the lobby for Academy check-in and check-out.
- Parents or authorized adults may enter the secure area to check in an infant, change a diaper, or assist a child in the restroom as needed.
- Parents of infants are required to transfer their child to and from the infant space.
- Parents/authorized adults are responsible for changing diapers and clothing when necessary.
- Children must be fully covered on top and bottom; diapers, underwear, or swimsuit bottoms must have an outer layer (shorts, pants, leggings, or tights).
- For allergy safety, no food is permitted. Sippy cups may contain water only and must be labeled.
- If a crying child cannot be comforted after 10 minutes, we will contact a parent/authorized adult.
- Life Time may suspend or revoke Academy privileges for policy violations.

Infant Room Policies

- Infant care is available for children ages 3–11 months who are not yet walking confidently.
- Bottles must be pre-mixed and labeled; team members will not mix formula.
- Unlabeled bottles will not be fed; the parent/guardian will be contacted.
- If an infant cannot sit upright and hold their bottle, a team member will hold the infant during feeding.
- Infants must wear socks or shoes.
- Infants are encouraged to be removed from car seats; empty car seats and strollers should be placed in the lobby or hallway.

Academy Late Pick-Up

- If a parent or authorized adult is more than 5 minutes late picking up, the following applies within a 3-month time frame (quarterly/calendar year):
 - 1st time late: Warning
 - 2nd time late: Final Warning
 - 3rd time late: Suspended for 1 week
 - 4th time late: Suspended for 2 weeks

Kids Programming Policies & Procedures

General

- Parents or authorized adults must be reachable by phone while a child is in Kids Programs.
- Life Time does not provide one-on-one care. If a child requires individualized support, the family must arrange personal care (for example, a certified Personal Care Assistant (PCA) or another individual age 18+).
- If your child has specific medical or behavioral needs, please notify the Kids Leader so we can set up time to meet, learn more, and plan appropriately.
- Redirection or time away from an activity may be used to address behavior if needed.
- If your child has a life-threatening allergy and an EpiPen is required, please provide one. A designated team member will store it or carry it while supervising your child, based on need.
- Children with respiratory conditions may carry personal inhalers; sharing is not permitted.
- No medicine, vitamins, or drugs are permitted in the Academy.
- Life Time cannot administer medication.
- EMS will be called for life-threatening conditions.
- Personal electronic devices (cell phones, tablets, smart watches, gaming systems) are not permitted in the Academy or Kids Programs. Devices with video/photography are not permitted.
- Socks or shoes must be worn at all times; wheels on shoes must be retracted or removed.
- No candy, gum, or toys from home in the Academy or Kids Programs. Water bottles may contain water only and must be labeled.
- Life Time is not responsible for lost or stolen items.
- Life Time may limit usage of designated play spaces as needed.
- Life Time may remove or suspend children who endanger themselves or others.
- **Kids Events and Camps ONLY**
 - Kids Events and Camps require children to be fully potty trained.
 - Any medication must be prescribed by a medical professional, clearly labeled and noted on the Participation Agreement.
 - Life Time cannot administer medication by shot, suppository or anything requiring dosage measurement. PCA support may be necessary.

Behavior Policy

We use a progressive discipline approach based on the severity and frequency of the behavior.

Minor Behavior Issues

Applies to repeated minor infractions during the same visit (e.g., not following directions, disruptive behavior, mild teasing, etc.). Handled with progressive redirection, communication, and warnings:

1st Offense: Verbal Warning

2nd Offense: Parents Informed

3rd Offense: Sent home for the day and behavior documented

Biting: Biting is a safety issue. If a bite is severe (including breaking the skin), the child will be sent home for the day.

Major Behavior Issues

Applies to more serious misconduct (e.g., intentional physical aggression without injury, inappropriate language, property damage, etc.). Handled with escalating suspensions:

- **1st Offense:** Sent Home (1 day)
- **2nd Offense:** Suspension (3 days)
- **3rd Offense:** Suspension (1 week)
- **4th Offense:** Suspension (2 weeks)

**Suspension periods may be extended if further investigation is required.*

Severe Behavior

For extreme or unsafe conduct (e.g., aggression causing injury, threats, bullying, or bringing weapons), Life Time reserves the right to take immediate disciplinary action—regardless of the number of previous offenses—up to and including removal from the program.

**Investigation may extend the suspension period as needed.*

Electronics Policy

- To encourage social interaction and focus, personal electronic devices are not permitted.
- If a device is found, it will be collected, silenced, and stored securely until pick-up. If a child needs to contact a parent or authorized adult, they should speak to a Kids Team Member.

Exclusion of Sick Children Policy

- Children showing signs of illness or behaviors that may indicate illness are excluded from Kids Programs and the Academy. Children asked to quarantine or who stay home from school due to illness may not attend.
- If a child becomes ill at Life Time, they will be separated, and a parent/authorized adult must pick up immediately.

- Symptoms/conditions include (not exhaustive): reportable illnesses; chicken pox or hand, foot, and mouth disease (while infectious/until lesions are crusted); vomiting or abnormally loose stools within 24 hours; contagious conjunctivitis; bacterial infections without 24 hours of antimicrobial therapy; unexplained lethargy; untreated contagious lice, ringworm, or scabies; temperature $\geq 100.4^{\circ}\text{F}$; undiagnosed rash or rash linked to contagious illness; significant respiratory distress; inability to participate comfortably; need for care beyond team member capacity; profusely runny nose requiring frequent wiping.
- Physician verification of wellness may be required before attending.
- Please keep children home if they show any illness symptoms.

Dress Code Policy

- Children must be fully covered on top and bottom.
- Diapers, underwear, or swimsuit bottoms must have an outer layer (shorts, pants, leggings, or tights).
- Appropriate clothing: covers undergarments/private parts; suits the activity; accommodates medical, cultural, or religious observances; headgear/hats that do not pose hazards; does not create health/safety risks.
- Inappropriate clothing: does not cover undergarments/private parts; promotes illegal activities; includes racist/sexy/derogatory or harassing messages; could damage property or pose risks.
- Participants may dress in accordance with their gender identity within policy constraints.

Academy and Club Guest Policy (Children under 12 years)

- Children under 12 must be accompanied at all times unless they are checked into the Kids Academy by a parent/legal guardian (who must remain onsite).
- The accompanying member, adult guest, or parent/legal guardian must remain with the child in all club areas (pool, gym, courts, etc.) if the child is not checked into the Kids Academy.
- If a child is not accompanied by a parent/legal guardian or an authorized adult, the online Parental Agreement must be completed prior to club entry. The child may be accompanied in club areas but cannot be checked into the Kids Academy.
- Adult members bringing another member's child under 12 must ensure the child is on an active membership (no guest pass or fee required). Only an authorized adult may check the child into the Kids Academy.
- For Kids Academy guest check-in, a parent/legal guardian must complete check-in unless an authorized adult/guardian is properly designated and approved to do so.

Team Member Certifications & Requirements

- Every Kids team member goes through a thorough screening and interview process, including a background check, plus CPR and First Aid training.
- Team members also complete training in behavior management and positive guidance.

- After they're certified, we complete ongoing evaluations to help ensure your child(ren) are consistently supervised and supported by trained, educated counselors for a safe, high-quality experience.

Kids Events

Offerings & Registration

- Hosted Friday–Sunday, multiple times per month; dates/times are listed in the Life Time App.
- Reserve, cancel, and manage reservations via the Life Time App or my.lifetime.life.
- Each participant may reserve one event per weekend.
- Pre-registration is required; members may register up to 30 days prior; registration closes 5 hours before start.
- Participant must be an active Junior member with a completed Participation Agreement on file.
- If an event is full, join the waitlist; you will be notified if moved off the waitlist.

Cancellation & No-Show

- Cancel at least 5 hours in advance to allow families on the waitlist to attend.
- No-show fee: \$25 per child charged to your club tab for reservations not canceled at least 5 hours prior to start of event.

Drop-Off & Pick-Up

- Parents may leave Life Time during Events. Please arrive within the first 15 minutes.
- Curbside is available for convenient drop-off/pick-up during designated times; outside those times, please come inside.
- Pick-up must be completed by a parent, guardian, or authorized adult (18+) listed on the Participation Agreement.
- A government-issued photo ID is required at every pick-up. No exceptions.
- The photo ID must match an authorized adult listed on the Participation Agreement.
- For early pick-up, notify a team member at drop-off with an approximate time.
- If you are running late, call the Front Desk or Club Kids Leader to reassure your child.
- Late fee: \$20 for the first 15 minutes; \$1 per minute thereafter; payable upon arrival or due the following day with an additional \$5 late charge.

Typical Event Activities (Parents Day/Night Out)

- Unique themes each event.
- Creative activities; sports/fitness/gym games; themed arts & crafts; pizza party.
- Pizza and juice are provided. For allergies, parents/guardians must provide food; no refrigeration is available.

Kids Camps

Offerings & Registration

- Offered Monday–Friday during summer, school breaks, and inclement weather.
- Full Day: 9:00 a.m.–4:00 p.m.; Half Day (School Break Camp only): 8:00 a.m.–12:00 p.m. or 1:00 p.m.–5:00 p.m.
- Before care (up to 2 hours before start) and after care (4:00 p.m.–6:00 p.m.) are included and require pre-registration.
- Manage reservations via the Life Time App or my.lifetime.life.
- Participants must be active Junior members, registered, paid in full (or set up on payment plan), and have a completed Participation Agreement.

Payment Options

- Camp pricing varies by location and offering; listed online or in the Life Time App.
- All camp days are priced the same (including field trip days).
- Electives, swim lessons/summer camp swim team, and before/after care are included in standard camp day registration.
- Payment plans are required for all camp registrations and camps starting 3 days or more into the future; payment is automatically charged to your dues account 1 day prior to the camp week start.
- You may pay in full at the club at least 3 days prior to the camp week start date.
- No second-child discount.

Cancellation Policy

- School Break Camp (Paid in Full or Payment Plan): Cancel at least 21 days from the camp day to avoid payment; cancellations within 21 days are charged in full.
- Summer Camp (Paid in Full or Payment Plan): Cancel at least 7 days from the start of the camp week to avoid payment; cancellations within 7 days are charged in full.
- Manage reservations and cancellations in the Life Time App or online.
- For payment plans, failure to pay will cancel your registration and advance a camper from the waitlist.
- If a camp or program cannot operate due to government directives, families receive a full refund to the original payment method.

Drop-Off & Pick-Up

- Arrive by 9:30 a.m. for counselor group assignments and a daily schedule review.
- Curbside is available for convenient drop-off/pick-up during designated times; outside those times, please come inside.
- Pick-up must be completed by a parent, guardian, or authorized adult (18+) listed on the Participation Agreement.
- A government-issued photo ID is required at every pick-up. No exceptions.

- The photo ID must match an authorized adult listed on the Participation Agreement.
- For early pick-up, notify a team member at drop-off with an approximate time.
- If you are running late, call the Front Desk or Club Leader to reassure your child.
- Late fee: \$20 for the first 15 minutes; \$1 per minute thereafter; payable upon arrival or due the following day with an additional \$5 late charge.

Typical Day of Camp

- Weekly themes across activities.
- Sports, fitness, and gym games to get campers moving.
- Activity challenges to develop teamwork and problem-solving.
- Creative activities (science, math, art) with fun experiments.
- Community-building and character development with counselors and campmates.
- Specialized electives (e.g., sports training, yoga, crafts).
- Swimming, swim lessons or summer camp swim team options (availability varies by club).
- School Break/Inclement Weather/Pop Up camps exclude swim lessons, field trips, and electives.

Field Trips

- Summer camps typically include Friday field trips. Trips may be on or off site.
- Off-site trips use licensed transportation and are subject to change.
- For off-site field trips, campers must wear designated camper shirts.
- Visit the Life Time app or our website to view field trip locations.

Lunch & Snacks

- Campers may bring lunch from home or purchase through LifeCafe (order by 9:00 a.m. the day of camp).
- Snacks are provided during camp day.
- For allergies, parents/guardians must provide food; no refrigeration is available.

myCampApp

- Primary communication channel for camp news, photos, announcements, and reminders.
- Download myCampApp (App Store or Google Play).
- Club-specific registration code provided in the registration confirmation email.
- Sign up with the email used for camp registration and create a password.

Pick-Up (All Kids Programs)

- Government-issued photo ID is required at every check-out; only authorized adults may pick up.
- Update authorized adults using the Camp Change Form:
<https://my.lifetime.life/lp/kids/camp-change.html>.

Reference Tables (Reservations, Cancellations, No-Show/Late Policies)

Reservation Windows

Program	Window	Notes
Kids Academy — Classes	Standard: 6 days + 22 hours Signature: 7 days + 22 hours	Reservations recommended to guarantee class spot.
Kids Academy — Infants	Reserve up to 2 hours prior	Reservations required. Cancel ≥ 2 hours in advance; 3 missed reservations in 30 days → 7-day suspension.
Kids Events (PNO)	Register up to 30 days prior	Registration required. Registration closes 5 hours before start; 1 event per weekend.
Kids Camps	Register up to 9 months prior <i>(Summer camp varies)</i>	Registration required; Before/After care included

Cancellation & No-Show

Program	Cancel By	Notes / Fees
Kids Academy — Infants	≥ 2 hours before start Cancel 2-hours prior	Missed x3 in 30 days → 7-day suspension.
Kids Academy — Classes	≥ 10 minutes before start Cancel 1-hour prior	Allows waitlisted families to join.
Kids Events (PNO)	≥ 5 hours before start Cancel 5-hours prior	\$25 per child for no-shows / late cancellations.
School Break Camp	≥ 21 days before camp day	Within 21 days: charged in full.
Summer Camp (weekly)	≥ 7 days before week start	Within 7 days: charged in full.

Late Pick-Up Policies

Program	Policy
Kids Academy	1st late: Warning; 2nd: Final Warning; 3rd: Suspend 1 week; 4th: Suspend 2 weeks.
Kids Events & Camps	Late fee: \$20 for first 15 minutes; \$1/min thereafter; +\$5 if paid next day.