

KID'S CLUB

We limit the number of children so that we may provide a safe, fun environment for your infants and children. Please call up to one week ahead to schedule your reservations. Reservations are required. Kid's Club will close early if there are no reservations scheduled.

Sunday

8:00am~12:30pm

Monday

8:00am~ 1:00pm 3:30~7:30pm

Tuesday

8:00am~ 1:00pm 3:30~7:30pm

Wednesday

8:00am~ 1:00pm 3:30~7:30pm

Thursday

8:00am~ 1:00pm 3:30~7:30pm

Friday

8:00am~ 1:00pm 3:30~7:30pm

Saturday & Sunday

8:00am~ 1:00pm

New Years Day ~ 10am-1pm

RATES

Members: \$4.50 per hour per child

Monthly fee: Up to 30 hours of babysitting per month*

\$30/month for first child

\$25/month for each additional sibling

Guests: CASH \$6.50 per hour per child
\$3.50 No Show Fee

These rates apply to those members whose children are included on their memberships Individual or couple members pay non-member rates.

***Billing period:** Our "month" runs from the 1st to the 31st. This coincides with the general MRHC billing cycle.

LIFEGUARD HOURS

January 1~31

Saturday & Sunday

1:00-4:00pm

January 1-5

1:00-4:00pm

January 12 & 15

1:00-4:00pm

February 1~28

Saturday & Sunday

1:00-4:00pm

February 16

1:00-4:00pm

February 19-23

1:00-4:00pm

Children must be at least 14 years old to swim without a lifeguard on duty. Whether a lifeguard is on duty or not, no one under 8 years of age may swim without direct adult supervision on the pool deck.

Non-swimmers wearing a floatation device must stay in the shallow end of the pool. The deep end, including the diving board, is off limits even with an adult in attendance. An adult must be in the water with the child with-in arm distance at all times.



ALL ABOUT KIDS

January & February, 2007

Entertainment Center, Kid's Club, & Programs



351 San Andreas Drive

Novato, California

415.897.2185

www.meridiansportsclubs.com

January KID'S EVENTS

Parent's Night Out

18 mo~12 years * \$12/child
Friday, Jan. 12 * 6:30-9:45pm

Children 5 and under will enjoy videos, snacks and drinks in Kid's Club. Ages 6 and up will enjoy taco bell and a movie in the E.C. No shows will be charged.

Teens in Training

ages: 12-16

\$120 1xwk / \$240 2xwk member

Jan 9-Feb 16, Tues & Thurs, 3:30-4:30pm

Mixture of cardio, strength training, free weights, circuit training, and core strengthening. Work out, have fun & stay fit! Check Horizon or Front Desk for guest rates.

Seika Ryu Martial Arts

Youths & Teens \$54mo./\$80 guests

Tuesdays & Thursdays 6:30pm

See February >>> for more information

Fitball for Kids

ages: 8-11

\$120 1xwk / \$240 2xwk member

Tues & Fri, Jan 12- Feb 16, 3:30-4:30pm

Teaches kids how to have a great time in the gym. They will learn balance and how to use their "core" in a fun environment. Check Horizon or Front Desk for guest rates.

Bootcamp for Teens

ages 12-17

\$120 1xwk / \$240 2xwk member

Jan 8-Feb 14, Mon & Wed, 3:30-4:30pm

continued in next column >>>

January continued....

Bootcamp takes the workout from the Fitness Center and expands it to the outside. Mixture of cardio & strength training. We'll challenge you in endurance, strength, agility & quickness in a fun atmosphere. Check Horizon/Front Desk for guest rates.

Beginning Junior Tennis

Clinic ages: 8-12 & 13-17

\$5pp Tennis Member, \$10pp/non

Saturday, January 20th

ages 8-12, 1-2:30pm; ages 13-17, 2:30-4pm

A fun way to learn the game of tennis. We have racquets if you don't. Wear tennis shoes. Those attending will receive a \$5 off coupon for enrollment in one of our junior weekday clinics.

February KID'S EVENTS

Parent's Night Out

18 mo~12 years * \$12/child

Friday, February 9 * 6:30-9:45pm

<See November Kid's Events for more info. No shows will be charged. (Valentines theme)

Seika Ryu Martial Arts

Youths & Teens

\$65mo./\$80 guests

Tuesdays & Thursdays 6:30pm

Stop by the E.C. to observe or sign up for this great class or call Sensei Joa at (707) 523-3200 for more information.

ENTERTAINMENT CENTER

January & February

Monday thru Friday

3:30-6:00pm

Saturday & Sunday

9:00am - 4:00pm

January 1, 10am-1pm

January 12 & 15

9am-1pm & 3pm-6pm

February 15 & 19-23

9am-1pm & 3pm-6pm

In the Entertainment Center, you and your children enjoy ping-pong, basketball, hockey, arts & crafts, table games, video games and foosball at no charge!

SHOES AND SHIRTS MUST BE WORN AT ALL TIMES. NO EATING OR DRINKING.

Children under 6 need to be accompanied by a parent at all times. 6 & 7 year olds should be signed in by a parent with the E.C. Staff. Over 8 may be in the E.C. without a parent.

Time limit is 2 hours. Parent should remain on the Club premises.



Sign up for all classes, programs & events at the Front Desk.