

Parent's Night Out

2nd Saturday from 5-9 p.m.

Jan. 11, Feb. 8, Mar. 14, Apr. 11, May 9

A date night for you. A great night for them.

Take a night for yourself while your kids are safe at HealthPoint. We'll keep them busy and having fun!

Activities for ages six months to sixth grade:

Kids enjoy free-choice recreational time, dance party, pizza and a movie. Children age three and older will swim in the warm water pool. They must be able to comfortably swim 25 yards, wear an instructional swim belt provided or bring their own puddle jumper.

What to bring:

Babies and toddlers: diapers, wipes and a change of clothes. Send bottle, cup, snacks and blanket. Feel free to bring a comfort item.

Children age three and older: wear a bathing suit under clothes. Bring a puddle jumper or swim diaper if needed, bag with towel, goggles, water bottle and a change of clothes (pajamas are perfect).

Label all items with your child's first and last name.

We have a no electronics policy which includes iPads, iPods and cell phones. Thank you for helping maintain a safe and secure environment for all our children.

Drop off and pick up:

Pull up to the covered drop off area at the front of HealthPoint. Sign-in and out with a Fit for Kids staff person. Drop off between 5-5:30 p.m. Pick up between 8-9 p.m. If you wish to walk your child into the building, please park in the parking lot.

Parent's Night Out fees:

FREE to Unlimited Parent's Morning Out participants. New participants complete a 2020 *Fit for Kids* form.

\$25.....members \$35.....non-members

\$5 sibling discount

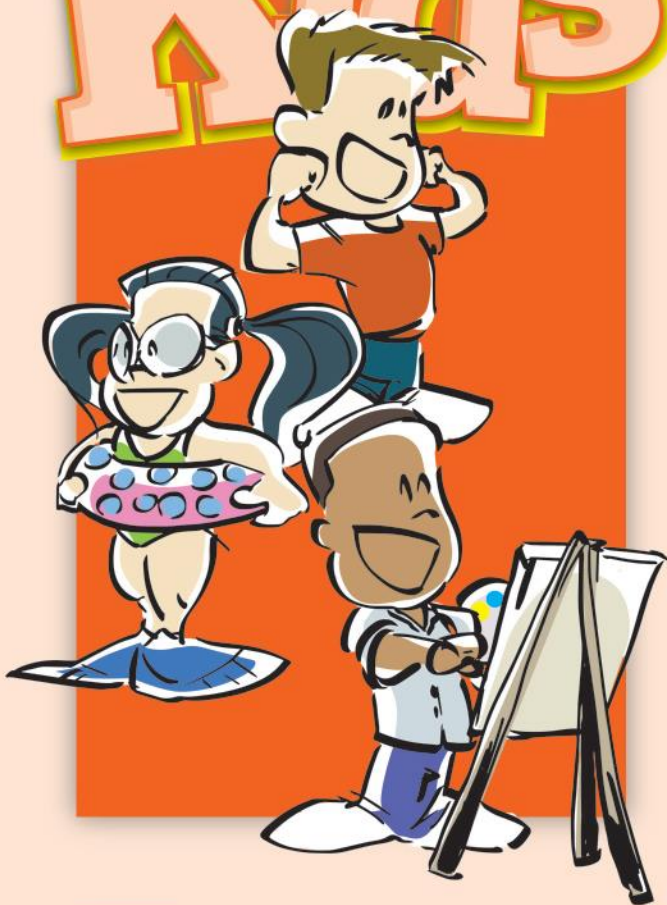
All payments must be made by Friday at 3:00 p.m. to secure a spot. An additional fee of \$15 will be applied to payments made on the day of the event. Spots are limited!

Contact Jenni Giltmier at

jgiltmier@tidelandshealth.org

or call (843)237-2205 for more information.

Fit for Kids



TIDELANDS HEALTH
HEALTHPOINT CENTER
FOR HEALTH AND FITNESS

Better health begins here.

tidelandshealth.org

