



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LINCOLN YMCA

## CHILD WATCH AND KIDS QUEST

2025

### CHILD WATCH

The Lincoln Y offers non-licensed, drop-in child care for up to two hours per day, while an adult on the family account is utilizing the facility. Playful, engaging options are plentiful for young children while you exercise or connect with others over shared interests. At the Y, children are able to develop trust and security, learn about their world and make friends.

### CHILD WATCH HOURS & BRANCH CONTACT INFORMATION

Parents/Guardians must reserve a spot for their child online prior to coming to Child Watch.  
The following reservation blocks will be available:

COOPER Y	COPPLE FAMILY Y	FALLBROOK Y	NORTHEAST Y
<u>Monday to Friday</u> 9:00 AM-11:00 AM 11:00 AM-1:00 PM 4:30 PM-7:30 PM  <u>Saturdays</u> 9:00 AM-11:00 AM 11:00 AM-1:00 PM  Closed Sundays	<u>Monday to Friday</u> 9:00 AM-11:00 AM 11:00 AM-1:00 PM 4:30 PM-7:30 PM  <u>Saturdays</u> 9:00 AM-11:00 AM 11:00 AM-1:00 PM  Closed Sundays	<u>Monday to Friday</u> 8:30 AM-10:30 AM 10:30 AM-12:30 PM 4:30 PM- 6:30 PM 5:30 PM-7:30PM  <u>Saturdays</u> 8:30 AM-10:30 AM 10:30 AM-12:30 PM  Closed Sundays	<u>Monday to Friday</u> 9:00 AM-11:00 AM 11:00 AM-1:00 PM 4:30 PM- 6:30 PM  <u>Saturdays</u> 9:00 AM-11:00 AM 11:00 AM-1:00 PM  Closed Sundays
CONTACT INFORMATION:			
6767 S 14th St Lincoln, NE 68512  For assistance with reservations or other questions please call:  P. 402-323-6400	8700 Yankee Woods Dr Lincoln, NE 68526  For assistance with reservations or other questions please call:  P. 402-327-0037	700 Penrose Dr Lincoln, NE 68521  For assistance with reservations or other questions please call:  P. 402-323-6433	2601 N 70th St Lincoln , NE 68507  For assistance with reservations or other questions please call:  P. 402-434-9262

### FEES:

- Lincoln YMCA 1 Adult, 2 Adult and 3 Adult Household Memberships — FREE
- Y Adult Members — \$5.00/per visit/per child

### AGE LIMIT:

Ages 6 weeks to 10 years of age.

### ACTIVITIES:

In Child Watch, we strive to provide a rich environment that encourages children's natural curiosity and ignites their creativity. Child Watch provides an active, child-centered environment which offers children opportunities for play.

## RESERVATIONS

We are continuing to limit the amount of children being cared for in Child Watch at one time. All families who would like to utilize Child Watch will need to make a reservation in Child Watch for ALL ages of children in their family. All families and children must make an online reservation **prior** to visiting Child Watch. If you make a reservation and no longer need it please notify the staff by calling Front Desk. When you arrive you must check-in at the Front Desk of the Y before entering Child Watch and then check-in into Child Watch upon your arrival. For the safety of your child we require parents/legal guardians to come in and check their child in and out of Child Watch at each visit and we limit drop off and pick up to the 2 adults on the account.

You will be required to tell the staff where you will be working out at so we can find you if needed. Adults must carry a cell phone with them at all times while their child is in Child Watch and must answer immediately if called and be prepared to return to Child Watch for their child if necessary. The adult utilizing Child Watch must remain in the building while exercising. Adults may run or exercise outside in close proximity to the Y, but must sign a Permission to Exercise Out of Facility Form to do so.

Visit [ymcalincoln.org](https://ymcalincoln.org) to make your reservations for Child Watch.

Please take a look at the **BACK** page of this packet for step-by-step instructions on how to make a child watch reservation!

## KIDS QUEST

Kids Quest is a spin off program of Child Watch, that gives our school-aged kids (ages 5 to 10) an opportunity to do more activities outside of the Child Watch Center. Reservations are still required and families will still follow the same procedures of reserving time slots for their kids. The only difference is now our school-aged kids that are registered, have the opportunity to do MORE! We are so excited to be able to serve more kids through this program AND continue to focus on truly giving all of our families quality programming.

Below you will find the times Kids Quest runs at each branch, as well as the schedule of what they will be doing each night.

*\*Please note that Kids Quest may not be available every day due to space limitations, staffing, or other unexpected circumstances. We appreciate your understanding.*

## KIDS QUEST SCHEDULES & BRANCH CONTACT INFORMATION

Parents/Guardians must reserve a spot for their child online prior to coming to Child Watch.  
The following Kids Quest schedules are available:

COOPER Y	COPPLE FAMILY Y	FALLBROOK Y	NORTHEAST Y
<b><u>Monday – Friday Nights</u></b> <b>5:00 – 7:00 PM</b> In the game room and youth gym  MONDAYS Board Games/E-Sports TUESDAYS Arts & Crafts WEDNESDAYS Board Games/E-Sports THURSDAYS Arts & Crafts/Gym Time FRIDAYS Gym Time	<b><u>Monday – Friday Nights</u></b> <b>5:00 – 7:00 PM</b> In the family center and gym  MONDAYS Gym Time TUESDAYS Board Games/E-Sports WEDNESDAYS Arts & Crafts THURSDAYS Board Games/E-Sports FRIDAYS Gym Time	<b><u>Monday – Friday Nights</u></b> <b>5:00 – 7:00 PM</b> In the family center and gym  MONDAYS Gym Time TUESDAYS Board Games/E-Sports WEDNESDAYS Arts & Crafts THURSDAYS Board Games/E-Sports FRIDAYS Gym Time	<b><u>Monday – Friday Nights</u></b> <b>5:00 – 6:00 PM</b> In the conference room  MONDAYS Arts & Crafts TUESDAYS Board Games WEDNESDAYS Wii Games THURSDAYS STEM Activities FRIDAYS Board Games
CONTACT INFORMATION:			
6767 S 14th St Lincoln, NE 68512  For assistance with reservations or other questions please call:  P. 402-323-6400	8700 Yankee Woods Dr Lincoln, NE 68526  For assistance with reservations or other questions please call:  P. 402-327-0037	700 Penrose Dr Lincoln, NE 68521  For assistance with reservations or other questions please call:  P. 402-323-6433	2601 N 70th St Lincoln , NE 68507  For assistance with reservations or other questions please call:  P. 402-434-9262

## RESERVATIONS

Reservations are still required and families will still follow the same procedures of reserving time slots for their kids. All families who would like to utilize Child Watch/Kids Quest will need to make a reservation in Child Watch for ALL ages of children in their family. All families and children must make an online reservation *prior* to visiting Child Watch.

If you make a reservation and no longer need it please notify the staff by calling Front Desk. When you arrive you must check-in at the Front Desk of the Y before entering Child Watch and then check-in into Child Watch upon your arrival. For the safety of your child we require parents/legal guardians to come in and check their child in and out of Child Watch at each visit and we limit drop off and pick up to the 2 adults on the account.

You will be required to tell the staff where you will be working out at so we can find you if needed. Adults must carry a cell phone with them at all times while their child is in Child Watch and must answer immediately if called and be prepared to return to Child Watch for their child if necessary. The adult utilizing Child Watch must remain in the building while exercising. Adults may run or exercise outside in close proximity to the Y, but must sign a Permission to Exercise Out of Facility Form to do so.

Visit [ymcalincoln.org](http://ymcalincoln.org) to make your reservations for Child Watch.

**Please take a look at the BACK page of this packet for step-by-step instructions on how to make a child watch reservation!**

# CHILD WATCH POLICIES



## IF YOUR CHILD IS SICK, PLEASE KEEP THEM HOME!

Participants who are sick or who are experiencing illness symptoms are not allowed to be in our programs. If the participant is already on site and they begin to show illness symptoms, the supervisor will place the participant in the isolation area and contact their parent/guardian for immediate pick up. Participants will then need to be excluded for certain period of time, depending on the symptoms/illness.

To help keep everyone healthy, we ask that participants who are home sick from school do not attend Child Watch.

## EXCLUSION FOR ILLNESS SYMPTOMS OUTSIDE OF COVID-19.

Individuals with one or more of the following symptoms/illnesses should be excluded for a *minimum* of 24 hours.

- Temperature 100 or greater
- Unexplained vomiting
- Unexplained Diarrhea
- Unexplained Rashes
- A condition or illness that prevents meaningful participation, presents a health risk to the individual or others, or that requires medical consultation, including but not limited to; persistent congestion and/or runny nose; sore throat; headache; muscle pain; lethargy; persistent crying; persistent cough.

Following normal illness procedures, individuals may return when fever free, without the use of fever reducing medications, for 24 hours and other symptoms have improved. Exception: if an individual presents with recent loss of taste or smell they should be excluded and tested for COVID-19. If test is negative, they may return when fever free for 24 hours and the other symptoms have improved. If they choose not to test, they will be managed as a positive case.



## EXCLUSION FOR COVID-19.

If your participant is identified as close contact exposure to COVID-19 or if the participant tests positive for COVID-19, contact the YMCA Program Director to determine next steps and when they can return to programming. The YMCA will follow local health department guidelines.

## EXCLUSION FOR REPORTABLE COMMUNICABLE DISEASE/ILLNESS OUT OF COVID-19.

Participants who are diagnosed with any of the other following illnesses are NOT allowed to be in our programs for varying amounts of time depending on the illness:

- Bronchitis— Persistent cough is resolved without the aid of the cough suppressant medication
- Influenza—Individuals may return when fever free, without the use of fever reducing medications, for 24 hours and all other symptoms have improved
- Chicken Pox—The rash/sores must be gone or there is a note from a medical provider which says the rash is not contagious to others
- Measles—May return 4 days after rash onset
- Mumps—May return 5 days after onset of swelling
- Contagious skin infection/disease, such as Impetigo or Scabies or Hand, Foot, & Mouth Disease—The rash/sores must be gone or there is a note from a medical provider which says the rash is not contagious to others
- Bacterial Conjunctivitis or other Eye Infection—They eyes are clear, with no drainage or a medical provider's note stating the individual is not contagious
- Strep Throat—24 Hours from the time antibiotic treatment was begun and until they are fever free for 24 hours without the use of fever suppressing medications
- Head lice—No nits or live bugs for 24 hours

These illnesses/conditions must be reported to the YMCA Program Director by the parents/guardians of the ill participant. Parents/guardians of all participants enrolled in our program will be notified (via posted signs in a visible place, written note, emails and/or phone call to parents/guardians of participants both in attendance and not in attendance that day) on the same day the program employees were informed of or observed the illness, unless otherwise directed by the local health department.



## WHAT SHOULD I PACK FOR MY CHILD'S VISIT TO CHILD WATCH?

In an effort to cut down on the number of items shared between children in Child Watch, we are asking that children bring some personal items to be used during their visit. Any and all personal items that you bring into Child Watch must be labeled with your child's first and last name. Any items left will be taken to the Y's lost and found and kept for 30 days. The Y is not responsible for loss or damage to your child's items. We are asking that children bring everything they need for the day in a bag or backpack. Please make sure your child has the following items, labeled with their first and last name:

- Sunscreen
- Water bottle or sippy cup for drinking
- Diapers & wipes (if needed)
- Change of clothes (if needed)

All children must be wearing proper clothing and shoes for the entire duration of their child watch reservation.

**PLEASE DO NOT BRING:** Tablets, phones, iPads or other electronic devices, money or valuables

# CHILD WATCH POLICIES



## SNACKS, DRINKS & INFANT/TODDLER FEEDINGS

We will not provide any snacks or meals during Child Watch hours. Please feed your child prior to coming to the Y. You may bring a small dry snack, from the list of approved snacks listed below:

### Approved Snacks:

Crackers, Pretzels, Dry Cereal, Apples, Bananas, Oranges, Carrots, String Cheese, Fruit Snacks, Dried Fruit or yogurt bites, toddler puffs and baby/toddler food pouches.

### NOT approved due to allergies and choking hazards:

Nuts, peanut butter, popcorn, grapes, granola bars containing peanuts, candy, gum and soda.

If your child has food allergy or intolerance please communicate that with the staff every time you check into Child Watch and use the RED Allergy/Need wristbands, provided in Child Watch, during each visit.

You may bring a bottle/toddler cup for your infant/toddler while they are in Child Watch. We do ask that you notify the staff of how you would like the bottle prepared and that all bottles and cups are clearly labeled with your child's first and last name. Nursing mothers are welcome and encouraged to nurse their child in Child Watch should the need arise.



## DIAPERS & TOILET TRAINING

Please start your infant/toddler's visit to Child Watch in a clean/dry diaper. Parents are welcome to change their child upon arrival/prior to leaving if necessary. Child Watch staff will change your child if they discover your child has had a bowel movement during their visit. Families must provide their own diapers and wipes for their children. If your child is toilet training, please notify the staff. The staff will do our best to remind your child to use the restroom on a regular basis. If your child will need assistance while using the restroom in Child Watch, the staff will leave the door to the restroom all the way open and one staff will never be alone in the restroom stall with a child. We do not assist children ages 5 and older with diapering/toileting needs. In the event that a child soils their clothing the YMCA staff will ask you to return to Child Watch immediately to change/ clean up your child. We do not keep spare clothing, diapers and wipes on hand and encourage you to bring a change of clothing to use as needed.



## OTHER CHILD WATCH POLICIES

### • Discipline-

We will use redirection and time-outs for inappropriate behavior in Child Watch. A time-out is a brief, supervised separation from the group. If problems persist, Child Watch staff will discuss the situation with the parent. If a solution cannot be reached, we may ask that the child not be brought to Child Watch if the behavior jeopardizes the well-being and safety of other children. The staff will make every effort to ensure that no child is punched, pinched, left alone, shaken, struck with any object, bitten or spanked. We are obligated by law to report any signs of child abuse to the proper authorities.

### • Inconsolable Child-

If the Child Watch staff is unable to console a child after 10-15 minutes of continuous distress, the parent will be contacted and asked to come pick up the child from Child Watch. We will make every effort to comfort your child, but do not want the child to have an unhappy experience.

### • Medications & Remedies-

The Child Watch staff will not be responsible for administering medications and/or remedies such as teething tablets, lip balms, lotions, creams and ointments. For infants, however, we can apply diaper ointment/cream powder at the request of the parents.

### • Transition to Child Watch-

For families joining Child Watch, we want both you and your child to feel comfortable as you adjust to this new setting. To support a smooth transition while maintaining a safe environment for all, we kindly ask that parents limit their time in the Child Watch room to 10-15 minutes. This allows you to help your child settle in while ensuring a secure and welcoming space for everyone.



## SPECIAL NEEDS

The YMCA of Lincoln, NE does not discriminate against children with special needs, who have allergies or intolerances, or who may need additional support, but requests that you provide additional information to the staff each time you check your child into Child Watch in order to provide a safe and enjoyable experience for each child. Use the RED Allergy/Need wristbands, provided in Child Watch, during each visit. If you have more information to include, please complete an Additional Support Plan with the Director to keep on file for the staff to reference. An Additional Support Plan Form is used in order for the YMCA to be made aware of a child's specific special health, dietary, mobility or disability needs and to put in place safety and/or medical accommodations as applicable. Please note that the terrain of our facilities and our activity levels may make it difficult to accommodate children with certain special needs. The Y will make every reasonable effort to accommodate a child's special needs but we cannot guarantee that this is possible in all circumstances.



## COMMUNICATION WITH STAFF

If you have a compliment, grievance, question or concern about Child Watch, we encourage you to communicate with the staff in Child Watch. Our staff are there to assist our families immediately by answering questions and addressing concerns. You can also contact the Director at each location; their contact information is available on our website.





## STEPS TO ACTIVATE AND UPDATE YOUR ACCOUNT



In Child Watch, our goal is to provide a safe and enjoyable experience for all of the children in our care and for the families we serve. We understand that over time, as your child grows, their needs may change. That is why we have made it easier for you to communicate with our Child Watch staff about your child's needs. We are asking all families, including long-time members to log-on to their Lincoln Y account and make a Child Watch reservation before coming in to use Child Watch at any of our Lincoln Y locations. Child Watch Reservations can be made online or on any mobile device or at the front desk of any Lincoln Y. Non-members may visit the front desk and register as a visitor to complete these steps.

Go to <https://apm.activecommunities.com/ymcalincoln/Home>

Follow the steps below:

**STEP 1:** Click on **Sign In** - DO NOT CREATE A NEW ACCOUNT – if you do not know your password just click on **Forgot your Password?** If you have any questions, need to know what email address is on your account, or need any other assistance, please visit or call any YMCA Front Desk.

**STEP 2:** Enter the email address on your Lincoln YMCA account and click **Submit**. – If you do not remember what email address is on your account please call or visit any Lincoln YMCA Front Desk.

**STEP 3:** You should receive an email with a temporary password within a few minutes. – If you do not receive this, the email address you entered may be misspelled or different than the one we have on file for you. Call your Y or stop at the Front Desk if needed.

**STEP 4:** **Sign In** using your email address and new temporary password. Once you have logged into your Y account, the next step will be to register your child/children for **Child Watch Reservations** in Active Net.

the YMCA FOR YOUTH DEVELOPMENT™ FOR LEADERSHIP OPPORTUNITY FOR SOCIAL RESPONSIBILITY

### 1) ACTIVATE AND UPDATE YOUR ONLINE ACCOUNT

[CLICK HERE](#)

Follow the steps below:

**STEP 1:** Click on Sign In - DO NOT CREATE A NEW ACCOUNT– if you do not know your password just click on Forgot your Password? If you have any questions, need to know what email address is on your account, or need any other assistance, please visit or call any YMCA Front Desk.

**STEP 2:** Enter the email address on your Lincoln YMCA account and click Submit. – If you do not remember what email address is on your account please call or visit any Lincoln YMCA Front Desk.



## STEPS TO REGISTER AND COMPLETE CHILD WATCH QUESTIONS ONLINE



Go to <https://apm.activecommunities.com/ymcalincoln/Home> to sign in to your account.


Follow the steps below:

### STEP 1:

Type “**Child Watch**” – in the search bar on the main page and then click **Search**

### STEP 2:

Find your branch and weekly session and click **Enroll Now**. Click **Enroll Now** on the next screen.

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2) MAKE YOUR CHILD WATCH RESERVATION

CLICK HERE

Follow the steps below:

**STEP 1:** Find your branch and click Add to Cart.

**STEP 2:** Click Enroll Now.

**STEP 3:** Select the correct child from the drop down menu. Then click the date for your reservation. Making sure to remove the session times that you DO NOT want to reserve by using the white X in the blue circle. FAMILIES ARE ONLY ALLOWED TO BOOK 1 SESSION PER DAY. Then, under Enrollment Details, use the drop down menu to select who is eligible to pick your child up from Child Watch. Once complete, click Add to cart.

Child Watch

When Where Who Activities

In progress / Future

**YOUTH Child Watch Fallbrook November 13-18, 2023**

#47023 / Age At least 1y 6m but less than 11y

Fallbrook Branch

Starts from Mon, Nov 13

Enroll Now

**YOUTH Child Watch Northeast - November 13 - 18, 2023**

#47202 / Age At least 1y 6m but less than 11y

Northeast Branch

Starts from Mon, Nov 13

Enroll Now

the YMCA

YOUTH Child Watch

Fallbrook November 13-18, 2023

Child Watch 2023 | #47023

Enroll Now

Online enrollment is available now!

Ends on Nov 18, 2023 12:30 PM.

Nov 14, 2023 - Nov 18, 2023

Fallbrook - Child Watch Center,

Age At least 1y 6m but less than 11y, Mixed

Early Childhood

Description: 18 months to 10 years old Child Watch reservations at the Fallbrook YMCA for the week of November 13-18, 2023. Please select the date and time slot that you are reserving. Please make sure you only reserve one (1) time slot per day. You will need to delete additional time slots selected that you are not... [Read More](#)



## STEPS TO REGISTER AND COMPLETE CHILD WATCH QUESTIONS ONLINE (CONTINUED)

### STEP 3:

- Select the correct child from the drop down menu.
- Then select the dates and time slot the date for your reservation.
- Under **Enrollment Details**, you will need to complete all of the questions listed. Once complete, click **Add to cart**.

PLEASE NOTE - All weekly reservation time slots open on Sundays. The system will allow you to select one time slot per child, per day, for the entire week if you choose. The system will NOT let you register a child for multiple time slots on the same day.

**A**

Enroll in YOUTH Child Watch Fallbrook November 13-18, 2023

Required fields are marked \*

Who are you enrolling? ^

Participant \*

Select participant

Days and sessions you are enrolling v

Enrollment Details v

Total \$0.00

Add to cart

**B**

Enroll in YOUTH Child Watch Fallbrook November 13-18, 2023

Required fields are marked \*

Who are you enrolling? ^

Participant \*

Raina Wilcox

Days and sessions you are enrolling ^

Select all sessions

YOUTH November 14, 2023 - 4:30-6:30pm - FB

Nov 14, 2023

Total \$0.00

Add to cart

Register another participant

**B**

YOUTH November 15, 2023 - 8:30-10:30am - FB

Nov 15, 2023 All days selected

Select dates v

YOUTH November 15, 2023 - 10:30am-12:30pm - FB

Nov 15, 2023

Select dates v

YOUTH November 15, 2023 - 4:30-6:30pm - FB

Nov 15, 2023

Total \$0.00

Add to cart

Register another participant

**C**

questions/statements above, I am acknowledging that I have answered them honestly to the best of my ability and will follow all procedures when using Child Watch. Parents Initials: \*

Ew

Today's date: \*

11/14/2023

Total \$0.00

Add to cart



## STEPS TO REGISTER AND COMPLETE CHILD WATCH QUESTIONS ONLINE (CONTINUED)

### STEP 4:

Click on boxes to agree to the Waivers & acknowledge that you reviewed and consent to the waiver, click **Finish** - You will see confirmation, indicating that your reservation is complete.

Shopping Cart

RW  
Raina Wilcox  
1 item, \$0.00 in total.

YOUTH Child Watch  
Fallbrook November 13-18, 2023 - 47023  
\$0.00

FLEXREG  
2 class(es) added from Nov 15, 2023 through Nov 16, 2023

Waiver

Order Summary ▼ Due Now \$0.00

Finish

Waiver

Required fields are marked \*

Please read the following waivers and agreements carefully. They include releases of liability and waiver of legal rights, and deprive you of the ability to sue certain parties. By agreeing electronically, you acknowledge that you have both read and understood all text presented to you as part of the checkout process.

☒ \* I have read and agree to Waiver.

☒ \* I have read and agree to Waiver & Release [Program Enrollment: YOUTH Child Watch Fallbrook November 13-18, 2023 - 47023].

Please sign your name below

Tap to sign

Order Summary ▼ Due Now \$0.00

Finish

Confirmation

Your receipt #3079236.001  
has been completed!

You will receive a confirmation email shortly. [View printable receipt](#)

Receipt Summary

RW  
Raina Wilcox

YOUTH Child Watch  
Fallbrook November 13-18, 2023 - 47023  
\$0.00

FLEXREG  
2 class(es) added from Nov 15, 2023 through Nov 16, 2023

Finish

Visit **YMCALINCOLN.ORG** for more information or to register.