



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE YOUR TIME

## CHILD WATCH

You can't be the best parent you can be unless you take care of your own health, in spirit, mind and body. With your child (6 months - 7 years) under the care of our trained staff in Child Watch, we can give you up to two hours of peace of mind to work out, take a class or just relax. Through services like Child Watch, We engage and nurture young children with positive experiences that encourage them to learn, grow and thrive.

Parents/guardians can not leave the building when their child is in Child Watch. There is a limit of 2 children under the age of 18 months at any one time and no more than 12 children in the Child Watch area. Children who are sick will not be permitted in Child Watch. Staff are not allowed to change any child's diapers; parents will be notified if a diaper change is required.



Members: **FREE**  
Program Members: **\$2/HR**  
**\$1/ADDITIONAL CHILD/HR**

SUN	MON	TUES	WED	THURS	FRI	SAT
11A - 2P	9A - 12P 6P - 9P	9A - 12P 6P - 9P	9A - 12P 6P - 9P	9A - 12P 6P - 9P	9A - 12P 6P - 9P	9A - 2P

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**CROSS ISLAND YMCA**  
238-10 HILLSIDE AVE., BELLEROSE, QUEENS  
718-551-9300 [ymcanyc.org/crossisland](http://ymcanyc.org/crossisland)

## KIDS 6MOS-7YRS

Schedule subject to change.