



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Kids Night Out Parent/Guardian Information Sheet YMCA OF PIERCE AND KITSAP COUNTIES

### Kids Night Out Dates 2018-19

Lakewood Family YMCA	Mel Korum Family YMCA	Morgan Family YMCA
*September 15-16, 2018	September 29-30, 2018	September 22-23, 2018
*October 6-7, 2018	October 20-21, 2018	October 13-14, 2018
*November 10-11, 2018	*November 17-18, 2018	*November 10-11, 2018
*December 1-2, 2018	*December 1-2, 2018	December 8-9, 2018
January 5-6, 2019	January 19-20, 2019	January 12-13, 2019
February 2-3, 2019	February 16-17, 2019	February 23-24, 2019
March 2-3, 2019	March 16-17, 2019	March 9-10, 2019
*April 6-7, 2019	*April 6-7, 2019	April 13-14, 2019
*May 4-5, 2019		*May 4-5, 2019
June 1-2, 2019		June 8-9, 2019

\*=KNO on the same night, but different branch

#### Prices

YMCA member – 1st child (\$31), 2nd child (\$20), 3rd child (\$10)

Non-Y member – 1st child (\$36), 2nd child (\$20), 3rd child (\$10)

December KNO YMCA member – 1st child (\$40), 2nd child (\$30), 3rd child (\$10)

December KNO Non-member – 1st child (\$45), 2nd child (\$30), 3rd child (\$10)

#### Times

Drop off time: 5:30 – 6 pm, Saturday (December drop off time 4:30-5pm)

Pick up time: 8:30 – 9 am, Sunday

**Because Kids Night Out is a fundraiser for our teens who are involved with our Teen Leadership Development programs, financial assistance or staff discounts are not available.**

#### REGISTRATION

- You may register online at [www.ymcapkc.org](http://www.ymcapkc.org) or in person at the membership office at the Morgan, Lakewood or Korum Family YMCAs. The online and in person registration remains open until 7 pm the Friday before KNO.
- Registration the day of KNO is not an option due to staffing requirements.
- When registering online, please make sure that you fill out all of the information, especially if your child has medical concerns or would like to be with a friend or sibling who is within two years of age. For details on how to register online, please contact the Membership Desk at the branch you want your child to attend KNO.

# WHAT TO EXPECT

## Activities

Activities occur in the evening from 6pm until bedtime, and includes swimming, group games, and snacks. After the YMCA closes for the evening, all units may participate in a special event or have a choice in activities that they would like to participate in. In December, we will have an extra special event planned. Look for details on the December flyer.

## What Your Child Needs to Bring

Please only allow your child to bring what is necessary to KNO. These items include: a sleeping bag, pillow, stuffed animal (for bedtime if they choose), gym shoes, swimsuit, towel, pajamas, toothbrush and toothpaste. Please label all items. Do not send electronic equipment, toys, snacks (unless your child has severe food allergies), money, or any valuables. We are not responsible for any of these items if they become lost, broken or stolen.

## Bedtime and Sleeping Arrangements

All units prepare to go to bed around 10:30pm with each unit sleeping in a different area of the YMCA. Males and females sleep on opposite ends of the sleeping areas. During the initial settling period, books may be read to the children and/or stories (not scary ones!) may be told to help facilitate sleep. All teen staff are with their groups until 11:30pm. After this a minimum of two teen staff are present in sleeping areas to watch for bad dreams, illness and disruptive behavior until 2am. All sleeping areas are partially lit to aid supervision.

## Dropping Off and Signing In

- When dropping off your child for Kids Night Out, please check with the Welcome Center to inquire where check in will be located. Please stay with your child until he/she is completely checked in. You will need to sign your child in, verify phone numbers, authorized pick-up changes and medical information.
- When picking up your child from Kids Night Out, please come through the same door where you dropped your child off. While you are signing your child out we will go get them and their stuff and bring them to you. Your child will be released only to persons authorized on the registration form and we will ask to see photo ID.
- If anyone arrives to pick up your child, and is not authorized to do so, we will call the parents to get verbal confirmation that that person is ok to sign your child out.

## Insurance

It is the responsibility of every parent or legal guardian to provide for their child's accident and health coverage while participating in Kid's Night Out. The YMCA of Pierce and Kitsap Counties does not provide any accident or health coverage for its participants.

## Lost and found

We do our best to collect all stray articles before you arrive to pick up your child. These items will be available during check out. Please check to see that your child has not inadvertently picked up extra clothing or left some behind. Labeling your child's belongings saves time and money. Unclaimed items will be held at the YMCA for one week. We are not responsible for any lost or stolen items.

## Refunds

If your child is unable to attend a KNO, then we will offer you a different month that is more convenient and transfer your child to that month. If this option is not convenient, then a refund will be issued as requested.

## Staff

The staff is made up of teens in grades 8-12 involved in our YMCA Teen Leadership Development Programs. All staff attend a one day training, which includes our Child Abuse Prevention Training and have a Washington State background check. An adult YMCA staff member is in charge and in the building during the entire program. We try and maintain a minimum 1:5 staff-to-child ratio. The children are divided into groups of 8-10 dependent upon age; each group has two teen leaders. Two to four groups comprise a unit; each unit has a unit leader.



## Frequently Asked Questions from Parents/Guardians

### **Q. How do I register my child(ren) for Kids Night Out?**

A. You can register in one of two ways. Either on our website at [www.ymcapkc.org](http://www.ymcapkc.org) or in person at the branch you would like your child to attend KNO. Our online and in person registration closes at 7 pm the Friday before each KNO.

### **Q. If I am receiving Financial Assistance from the YMCA does it apply to Kids Night Out?**

A. No it doesn't. Kids Night Out is a fundraiser for the teens of the YMCA who are a part of the Teen Leadership Development programs.

### **Q. Do you take DSHS?**

A. Unfortunately we are not able to take DSHS since this is not a licensed child care program.

### **Q. Why does the December Kids Night Out cost more?**

A. The cost increase for the December KNO is for a couple reasons. We do start KNO an hour earlier that night, we do serve dinner and also have an extra special event planned.

### **Q. What is the supervision like for KNO?**

A. There is a YMCA staff person in the building supervising Kids Night Out for the entire night and the remaining staff is made up of teens who are participants in our Teen Leadership Development program. All the teens have gone through a training that includes: Child Abuse Prevention Training, Behavior Management, Building Rapport, and a Washington State Patrol background check.

### **Q. What is the ratio of staff to kids for Kids Night Out?**

A. We do our best to maintain a one to five ratio for Kids Night Out. We have 10 kids for every two teen staff per group and anywhere from two-three groups per unit. Within each unit there is a teen unit leader who provides additional support to the teen group leaders.

### **Q. What is a unit?**

A. The kids are divided up by age. 5-7 year olds are in the youngest unit and 7-10 year olds are in the oldest unit.

### **Q. If my child has a friend attending Kids Night Out can they be in the same group?**

A. If your child and their friend are within two years of age then we can place them in the same group. When registering your child online or in person, please list the friend name in the column listed "Friend Request."

### **Q. What should my child bring with them to Kids Night Out?**

A. Please only allow your child to bring what is necessary to KNO. These items include: a sleeping bag, pillow, stuffed animal (for bedtime if they choose), gym shoes, swimsuit, towel, pajamas, toothbrush and toothpaste. Please label all items. Do not send electronic equipment, toys, snacks (unless your child has severe food allergies), money, or any valuables. We are not responsible for any of these items if they become lost, broken or stolen.

### **Q. What time should I drop off and pick up my child?**

A. Drop off time is between 5:30-6pm. Only the December KNO drop off time is at 4:30-5:00pm. Pick up time is between 8:30-9am.

### **Q. Do I have to be present to sign my child in?**

A. Yes. If someone else is dropping off your child, please let them know they have to come into the Y and sign in.

### **Q. What if my child takes medication?**

A. All medication must be checked in when you drop your child off and should be in its original container. This includes OTC medications. There is a place on the Kids Night Out registration form where you can list the medications and when your child needs to take them.

### **Q. What if I am not a member?**

A. You do not need to be a member for your child to participate in Kids Night Out.

**Q. What if my child is signed up for Kids Night Out and is unable to attend? Do I get a refund?**

A. If your child is unable to attend a Kids Night Out we will offer you a different month and just transfer your child to that month. If this option is not convenient, then a refund will be issued as requested.

**Q. What type of activities will the children do during Kids Night Out?**

A. Activities may include swimming, organized games in the gym or Youth Center/Drop In Zone, and have 2 light evening snacks. They will travel around the YMCA participating in these activities with their unit. After the last rotation, all the units will come together for a special event.

**Q. Are there special themes for each Kids Night Out?**

A. Every once in a while we will have a special dress up theme for the night to help make the night that much more exciting for everyone.

**Q. What type of food do you serve?**

A. We do a light evening and morning snack and try to steer away from foods that are high in sugar. Traditionally we will do anything from veggies, fruit, juice, milk, crackers, cheese, yogurt, muffins, cereal, pretzels, etc. Please make sure that your child has dinner before coming to Kids Night Out since we only serve light snacks.

**Q. What if my child has allergies/food restrictions?**

A. Just note them on the registration form and we will do our best to accommodate them. If your child needs special snacks, you may send them with your child.

**Q. Can my child call me if they want to?**

A. If your child needs to call home we can make arrangements for that, we just need to know beforehand. Often calling home can make kids feel more homesick rather than less.

**Q. What time do the kids go to bed and where do they sleep?**

A. The kids start to get ready for bed after the special event, sometime around 10pm and lights are off between 10:30–10:45 pm. The staff stay with their group reading appropriate stories to the children to help facilitate sleep. Children will sleep either in the gym or one of the exercise/dance rooms. Girls are on one side and boys on the other. The staff sleep in the same area with the children but not next to them (they sleep off to the side). This is so if a child wakes up in the middle of the night, they know where their group leader is located. We also have two staff on night watch from 12:30–2am to watch for misbehavior, home sickness, scared children, and those who wake up and have to use the restroom.

**Q. What do I do if I have to pick my child up early from Kids Night Out?**

A. During the check in process, please let the KNO Coordinators know and we will make sure that your child is ready to go at the time indicated.

**Q. What if I am unable to pick up my child and someone else is?**

A. You will need to indicate that when registering for Kids Night Out or when you drop your child off. All people you authorize to pick up your child, including yourself and spouse, should be listed on the registration form. We do check 100% of all ID's of those individuals picking up from KNO, so please let those who will be picking up your child that we will be asking and checking that against the authorized list. If someone does come to pick up your child and they are not listed, we will call you to get verbal authorization to ensure the safety of your child.

**Q. Will I receive an update on how my child did when I pick them up?**

A. Feel free to ask us how your child did during KNO. We are more than willing to share. If your child did struggle we will do our best to connect with you prior to you leaving the building.

If you have any questions, please contact Don Brevik at 253-460-8822 or [dbrevik@ymcapkc.org](mailto:dbrevik@ymcapkc.org).