

# Parents Night Out

## What is it?

Parents Night Out will be held in 2010 on May 28 and on the second and fourth Friday nights of June and July (June 11, June 25, July 9, and July 23). This is a program that allows Lochmere member children to come and spend the evening with friends and other Lochmere member children and provides parents a safe, fun and interactive environment where they can leave their children for a few hours to enjoy a little quiet time of their own.

## Where is it?

Parents Night Out is held here, at the Main Pool at Lochmere Swim & Tennis Club. We will have the top deck, grassy Volleyball area, and downstairs play room blocked off strictly for Parents Night Out participants.

## Who will be there?

Only the Parents Night Out participants and the supervisors will be allowed in the Parents Night Out reserved area. Our Lead supervisors is Stephanie Radman. She will be assisted by two assistants (all of who are LSTC staff and are trained in First Aid and CPR), and helpers which will include members of the Teen Korp.

## What time is Parents Night Out?

Parents Night Out will last from 6:00 PM to 10:00 PM in the evening, and everyone must be picked up by 10:30 PM at the latest.

### What will my child be doing?

At Parents Night Out, from 6:00 until 7:00 children will participate in outdoor activities (such as freeze-tag, bean bag throw, ball toss, and mini-relay races, etc.). Pool usage is limited and varies with age. From 7:00 until 7:30 pizza, dessert and juice will be served for dinner. From 7:30 until 8:30 arts and crafts will be done (such as face painting, visor creation, foam friend creations and play dough creations, etc.) Following arts and crafts, we will watch a movie until pick up time.

### What about Swimming?

Groups with children ages 6 and older will be allowed to use the pool during scheduled activities; however, groups with younger children will have scheduled activities that do not involve pool usage.

### What age must my child be to participate in Parents Night Out?

Parents Night Out is only available for children ages 4 to 10. However, Parents Night Out only has room for 30 children a night, and those spaces fill up fast, so sign up today!

### How much is Parents Night Out?

One child: \$20

Two children: \$28

Three children: \$ 35

All additional children will only be \$5

### When can I sign up?

Please sign up for Parents Night Out by noon of Thursday of that week. A parent or guardian must sign waivers and pay in advance, and children must be signed in and out of Parents Night

Out. Cancellations are needed by noon on Friday or the member will be charged.

What should my child bring?

Dinner and craft materials are provided, but please have your child bring a bathing suit, towel, and change of clothes in case water activities are scheduled. Also, please feel free to pack a snack with your child should they need it.