

Childcare FAQs

Q: When can kids come to FGF?

A: Your children are welcome during ANY of our classes, as long as they are well-behaved and can self-entertain.

Q: When is the *supervised* childcare?

A: For those kiddos who need a little extra attention and/or supervision, we provide *supervised* childcare during the 7:30, 8:30, 9:30, and now 11:30 classes Monday thru Friday.

Q: Is there a fee for supervised childcare?

A: Nope, it's complimentary with your membership.

Q: Is there an age restriction?

A: Nope, especially not for the *supervised* childcare classes. During all other class times, they either have to be young enough to stay in their carriers, or old enough to self-entertain in our kiddo corral.

Q: Are there any other restrictions/limitations?

A: Yes, we do have a few rules:

1. You must remain onsite while your children are here.
2. We are not a licensed daycare, so will request that you feed and/or change your children, as needed.
3. All dirty diapers should be disposed of in the outside garbage.
4. Snacks are welcome, but please ensure they are nut-free, for allergy purposes.
5. If your child(ren) are inconsolable or uncontrollable for any reason, we will request that you attend to them.
6. Please keep children home if they are experiencing a fever, cold, cough, flu, or any other "sick" symptoms!
7. After class, please help to clean up the childcare area.

Q: Is there a limit to the number of kids who can attend during each class?

A: Yes, (effective Monday June 5th) we will limit the number of kids to 12 per class. However, only the classes with *supervised* childcare ever come close to that limit, and even then it's not consistent.

Q: What if I show up with kids and there are already 12 kids present?

A: Unfortunately, we can't have any more than 12, so you would not be able to work out during that class. However, we are initiating an ONLINE SIGN-UP system (for the 4 supervised childcare classes) to help avoid this very situation.

Q: Am I *required* to use the Online Sign-Up?

A: No, the Online Sign-Up is NOT necessarily required, BUT if you don't sign-up, you do run the risk of showing up, and not being allowed to stay because we are already at capacity with the kids.

Q: Why is the limit 12? Couldn't you add another childcare provider instead?

A: The limit of 12 kids is based on our insurance and fire code restrictions for the square footage of the space, so adding an additional adult would still be an issue. The 8:30 and 9:30 classes will always be staffed by two childcare attendants, and the 7:30 and 11:30 only one, for now. If they start nearing capacity, we will add a second attendant.

Q: Who should I contact if my question isn't answered here?

A: Please email us at spokane@farmgirlfit.com, or call (509) 747-2330 to speak with one of the Spokane location managers.