



After School Program Parent Handbook

2024–2025

Where Education, Fitness & Good Nutrition Meet



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2024-2025 School Year



August 22 – First Day of School
August 30 – Student Holiday (All Day Program available)
September 2 – Labor Day Holiday (Fitwize 4 Kids closed)
October 3 & 4 – Student Holiday (All Day Program available)
October 14 – Indigenous Peoples' Day (All Day Program available)
October 30-31 – Student Holiday (All Day Program available)
November 1 – Diwali Holiday (All Day Program available)
November 4 & 5 – Election Day Holiday (All Day Program available)
November 27 – Thanksgiving Holiday (All Day Program available)
November 28-December 1 – Thanksgiving Holiday (Fitwize 4 Kids closed)
December 23 – Winter Break Holiday (All Day Program available)
December 24-January 1 – Winter Break Holiday (Fitwize 4 Kids closed)
January 2-3 – Winter Break Holiday (All Day Program available)
January 20 – Martin Luther King Jr. Holiday (All Day Program available)
January 27 & 28 – Student Holiday (All Day Program available)
January 29 – Lunar New Year Holiday (All Day Program available)
February 17 – Presidents' Day (Fitwize 4 Kids closed)
March 31 – Eid al Fitr Holiday (All Day Program available)
April 4 & 7 – Student Holiday (All Day Program available)
April 14-18 – SPRING BREAK (All Day Program available)
May 26 – Memorial Day (Fitwize 4 Kids closed)
June 13 – Last Day of School



NOTE: Please send your child to school wearing or packing sneakers. In order to participate on any of our fitness equipment, sneakers must be worn to ensure safety.
Thanks for your understanding.

WELCOME LETTER FROM THE OWNER

Dear Parents,

Welcome to the Fitwize 4 Kids After School Program (ASP). Our philosophy is centered around our 5 pillars of leading a healthy lifestyle: Fitness, Nutrition, Academic Support & Technology Center, Character Education and Community Service (INSPIRE Program). We include indoor and outdoor activities, free time and Fun Fridays. Our program is designed to be safe, fun and to meet the needs and interests of our school-age children.

Our fitness program will focus on one-hour of fitness each day, to include a variety of activities incorporating circuit and strength training and cardiovascular games. Our hands-on nutrition program concentrates on the balance of good nutrition and fitness; this makes learning about nutrition simple and fun while children explore the importance of healthy eating habits.

We make homework a priority as we allocate 45-minutes towards it, Monday-Thursday. If homework is completed early, we offer our technology center, which includes internet access to county-approved educational websites and a STEAM activity center. Open gym time is provided daily for indoor and outdoor activities. This helps to balance academic & non-academic opportunities as we believe children need time to just be kids.

To add variety to our program, we offer Fun Fridays, which includes fun activities related to our INSPIRE Community Service Program, as well as our Character Education program. Please refer to #4 in our Handbook for details about these programs. Open Gym and other fun activities will also be offered on Fun Fridays.

Please don't hesitate to contact us if you have any questions about the program. The most important thing to ensure a successful program is the open communication between you, the parents, and our staff. You will always be welcome to visit the center and we welcome all feedback and suggestions. We look forward to our relationship with you and your children during the school year, and hope you consider other programs Fitwize 4 Kids has to offer your family.

Best regards,



Karen Mitchell
Owner/Operator

BENEFITS OF OUR PROGRAM

- Instructed by an Exercise Science, Health & Physical Education degreed personal trainer
- Fitness classes organized & taught by certified instructors
- Low-intensity, highly-achievable exercise experience
- Nutrition education teaches benefits of eating healthy
- INSPIRE community service & character education program
- Increased self-esteem
- Enhanced academic performance
- Homework is a priority
- 10% sibling discount (when siblings enrolled in the same online cart; cannot be combined with other offers)
- One-week vacation (see #16 below)

DETAILS OF OUR PROGRAM

1. Program Hours & Weeks of Provided Service
ASP begins at the school dismissal bell and runs until 6:30pm, and is offered from the first day of school to the last. Refer to the calendar for important dates (pg. 2).
2. Updating Information
Parents are responsible to inform Fitwize with any changes to their child's record (phone numbers, email, medical, authorized pick-ups and changes to other pertinent information). All changes must be submitted in writing or via the online database.
3. Sample Schedule, Events & Activities

Approx. Time	Activity
2:15 – 3:15pm	Transportation/Attendance/Snack
3:15 – 4:00pm	Homework/Technology Center/Games
4:00 – 5:00pm	Fitness Activities
5:00 – 6:30pm	Free Time and Prepare for Pick-up

Fitwize INSPIRE Program Activity
INSPIRE provides opportunities for children to participate in a variety of community service projects during the school year. Monthly topics may include: Hunger & Homelessness, Gratitude, Love Thy Neighbor, Kids Helping Animals and others. We have discussions about each topic and either make or collect items to give back to others.

Character Education Program Activity
This program provides opportunities for children to learn about the importance of character traits, such as kindness, integrity, compassion, respect, responsibility, caring, courage and citizenship.
4. Friday Fun Day
Fridays we change it up by offering students their choice of participating in their favorite activities and/or games.

5. Inclement Weather Policy

If inclement weather changes the LCPS regular operating hours, the following will be in effect ("like" us on Facebook to receive updates):

- If LCPSs remain open until the scheduled dismissal time, we will provide care as scheduled.
- If LCPSs have an early closure, we'll pick-up students at the time of early dismissal and provide care. Your child MUST travel home according to the early dismissal instructions in their school file.
- If LCPSs are closed and road conditions are not severe, we will provide care for an additional daily rate. Parents will be notified via email of our daily camp program, and registration must be completed online no later than 8am to ensure proper staffing. A minimum of 6 families must be enrolled for the program to be offered for an additional daily rate (see section #7).
- Fitwize follows the federal government closures.

6. Description of Activities

Snack: A healthy snack will be provided. Parents must inform staff of all food allergies in writing. If your child has special dietary requirements, you should provide an acceptable snack for your child.

Homework: Staff will be available to assist with homework; however, we do not provide one-on-one tutoring during the 45-minute designated time. Please check with your child to ensure they have completed their homework.

Circuit Training: is designed to provide a low-intensity, highly achievable experience and to allow for motor skill development. Training includes:

- a. Warm-up: exercises will include cardiovascular, calisthenics & stretching.
- b. Circuit Training: benefits consist of strength, core/functional and cardio training.

Resistance/Strength Training

We help children develop strong, functional musculoskeletal systems in order to perform physical activities with increased level of success and lower risk of injury. The best way to build strength is through strength training. This is a planned and progressive system for exercising with appropriate resistance, which gradually increases as the musculoskeletal system grows stronger. Benefits of strength training include:

- Improved body composition
- Increased self-esteem
- Improved academic performance
- Increased physical activity
- Psychological stability
- Overall health stabilization

Core/Functional Training

Core and dynamic movements result in agility—improved reactionary forces where your body can move quickly and efficiently. Exercises help to improve posture and alignment as well as challenging balance and equilibrium. Training combines strength, balance, agility and flexibility

of muscles that control the entire trunk/spine. Regular conditioning prevents injuries, correcting posture and becoming more efficient. Core training is about QUALITY, not quantity.

Cardiovascular Training

This training uses large muscle groups in a continuous, rhythmic fashion for sustained periods of time that will help to provide more energy and higher endurance. We provide running, walking, aerobics and cycling in our cardio training. Cardio training can help children lower the risk of becoming overweight and developing heart disease, Type II diabetes and hypertension.

- c. Obstacle course: This includes running, weaving, jumping, tumbling and balancing elements with the aim of testing speed, agility and endurance.
- d. Cool-down: Once circuit training is complete, the child is guided to allow their heart rate and breathing to lower to a comfortable level. Light aerobic exercises are offered to cool-down.

Nutrition Education: A healthy lifestyle includes a balance of good nutrition and fitness. Our certified nutritionist will teach life-long benefits of eating right and living a healthy lifestyle using hands-on activities.

Organized Indoor/Outdoor Activities: Includes non-competitive team sports, games, arts and crafts, and other projects that encourage children to use team skills, be creative and challenge themselves.

Free Time: A variety of board and card games, arts and crafts, books, group games and other activities will be available.

Fitness Classes and Clubs: are run by certified instructors. Ex. Book club, garden club, running club, etc.

Fitwize Bucks: Students earn 1 buck for attendance. Additional bucks will be awarded for exemplary behavior and deducted for inappropriate behavior and rule violations. Earned bucks are traded for prizes.

7. Full Day Program/Camp

Fitwize offers care on Teacher Workdays, many student holidays and when LCPSs are closed due to inclement weather (see section 5). Weekly tuition rate still applies regardless of enrollment in full day camps. Currently enrolled ASP families will receive discounted pricing on camp days noted on page 2. Please see below for hours/rates.

- Full Day Camps (9am - 4pm)
Rates: Early Bird \$40 / Regular \$50 / Late \$55
- Before Care (8am - 9am)
Rates: Early Bird: \$15 / Regular: \$25 / Late \$35
- After Care (4pm - 6:30pm)
Rates: Early Bird: \$30 / Regular: \$40 / Late \$50
- Inclement Weather Full Day Camp (10am - 5pm), No Before-/After-Care offered.
Rate: Regular \$40

Any registrations received after the posted deadline will be subject to availability. No registrations will be accepted the day of due to staffing requirements. We must have a minimum of 6 families to run any full-day camp as well as before/after care. If we do not reach the minimum, you will be notified ASAP. Parents should send in a nut-free lunch and drink with your child, afternoon snack will be provided.

8. Spring Break, Winter Break and Summer Camps

We offer full-day Spring Break and Winter Break Camps. Weekly tuition rate applies regardless of enrollment in camps. We will offer both weekly and daily rates (rates TBD). ASP families will receive discounted pricing on these camp days.

- Winter Break*: Dec. 23, Jan. 2 & 3 (9am - 4pm)
- Spring Break: Apr. 14-18 (9am - 4pm)
- Before Care (8am - 9am)
- After Care (4pm - 6:30pm)

Registrations received after the posted deadline will be subject to availability. No registrations will be accepted the day of due to staffing requirements. We must have a minimum of 6 families to run any full day camp, as well as before/after care. If we do not reach the minimum, you will be notified ASAP. Parents should send in a nut-free lunch and drink with your child, afternoon snack will be provided.

We offer a variety of summer camps, which is a separate program from ASP. Additional fees apply.

9. Absence Policy

If your child will be absent from our program, it is the responsibility of the parent to contact Fitwize no later than 10am on the day of the absence. Negligence in contacting us about an absence may result in a \$10 balance on your account.

10. Late Pick-Up Fees

Late Pick-Up Fees will be charged for children not picked up by 6:30pm as follows:

- Up to 10 minutes late: \$10.00 per child
- 10-30 minutes late or more: \$25.00 + \$2.00 per minute over 30 minutes per child until picked up.

11. School Dismissal Procedures

Please indicate that Fitwize will pick your child up on their school transportation form. Before departing your child's school, attendance will be taken by our staff and verified with school staff.

12. Medication

Medication to be administered to your child must:

- Be in the original container, with physician's name and phone number on the container.
- Medication Release Form (MAT) must be signed by a parent and accompany the medication. It must contain clear written instructions regarding dosage and time medication is to be given.
- If your child requires an Epi-pen or inhaler, one should be left at Fitwize at all times.

13. Immunizations

Your child's immunization record, including TB test, must be current and on file at Fitwize.

14. Illness/Injury/COVID Symptoms

Small cuts and scrapes will be treated by certified CPR/First Aid staff. In the event of serious illness or injury, we will contact the parent; if the parent cannot be reached, we will contact the emergency contact. Fitwize will contact emergency services if we believe it is necessary for the safety of a child, which could involve EMS or transportation to an emergency medical facility.

Please keep sick children home. A child with a fever over 100 degrees or experiencing vomiting, diarrhea or other infirmities is not allowed to attend until symptom-free for 24-hours without medication.

15. Open Visitation Policy:

Parents are welcome to visit Fitwize at any time.

16. Vacation Policy

We offer a one-week vacation within a school year, with a two-week written notice given via our [online vacation form](#), after a child has been enrolled for six months in our ASP. A form must be submitted as we cannot accept a verbal request; form can be accessed on our website.

17. Personal Items Left at Fitwize/What Not to Bring

Items left at Fitwize will be put in the lost and found. Children are asked not to bring personal possessions as Fitwize is not responsible for lost or stolen items. Please do not bring electronic devices such as, phones, iPads, bikes or other personal items; toy guns or weapons of any kind; money, trading cards, etc. Items left longer than 30 days will be donated.

18. Payment and Account Information

A deposit payment, equal to one-week tuition, per child, is due at registration. Please refer to Section #20 (Withdrawal of Child from Program) for additional details regarding your deposit.

Tuition payments are \$185/week for ASP and are due the Wednesday prior to the upcoming week attended. Tuition may be paid via cash, check, or credit card. It is highly recommended to use our automatic credit card system. If for any reason your payment is not received on Wednesday, a check is returned, and/or your credit card is declined, a \$25 late fee will be added to your account. If paying by cash or check, we must have a credit card on file. If payment has not been received by the Friday following the Wednesday payment due date, the credit card on file will be charged on that Friday. All money paid to Fitwize is non-refundable, non-transferable and un-assignable, regardless of reason.

If a child(ren) is removed or dismissed from our program, all money paid to Fitwize will be forfeited. There will be no refunds or prorates in the event that your child(ren) is removed. Removal from our program will result from your account not remaining in a current status and/or due to excessively poor behavior of a child(ren). All accounts must be kept current in order to keep an active status at Fitwize. If your account becomes past due, Fitwize has the right to withhold any and all services pertaining to our program until your account is paid in full.

19. Receipts

Parents may [log into our secure database](#), free of charge, to download payment receipts and year-to-date statements to include a summary of childcare expenses related to the ASP and summer camps. [Step-by-step instructions](#) to access receipts and financial statements can be found online under our After School Program menu. If requesting a statement directly from Fitwize, there will be \$10 charge per statement, per child.

Fitwize Tax Identification Number: 27-2623796.

20. Withdrawal of Child from Program

If you decide to withdraw your child from our program, you must provide Fitwize with a **30-DAY WRITTEN notice**. Your monthly automatic payment will not be terminated without this notice. Fitwize will continue to collect weekly tuition during the 30-days, which shall not include any week(s) Fitwize is closed and tuition is not collected. Accrued vacation may not be used as payment as part of the 30-day notice period. Deposit will be applied toward your child's last week attended. If a withdrawal is made between the time of registration through July 23, you will forfeit your deposit. If a withdrawal is made on or after July 24, you will be obligated to give a 30-day notice and be required to pay the full amount of a one-month tuition. For example, if you submit a withdrawal notice on July 1, you will forfeit your security deposit. If you submit a withdrawal notice on August 1, you will be obligated to pay tuition in the amount equal to a 30-day notice (\$740).

21. Behavior Expectations

We expect children to display respect and cooperation with staff, instructors and each other, as well as to respect each other's property and personal space. When a child fails to work within the stated rules and policies, he/she will receive a warning. If the behavior continues after three warnings, we will contact the parents. If behavior continues after parent meeting, it may result in suspension or withdrawal from the program (see section #20).

22. Children's Code of Conduct

The following outlines the Children's Code of Conduct to be signed when enrolling in our program.

Fitwize takes seriously the importance of the protection and safety of each child enrolled in our program. As a participant in the Fitwize After School

Program, I agree to:

- Check into the Fitwize After School Program immediately after school each day.
- Keep my personal belongings in my storage area.
- Remain seated and quiet during roll call, homework, announcements and snack.
- Follow all rules and instructions given by the After School Program staff.
- Tell the staff counselors if I am sick or hurt.
- Respect all other children and the After School Program staff members at all times. There will be no bullying at any time, this will not be tolerated.
- Respect all supplies, equipment and property.
- Respect all personal belongings of other children.
- Help clean up after myself following all activities.
- When on the van, remain seated, seat-belted, quiet and keep body parts inside the van and to myself. Obey all instructions of the van driver.

23. Parent's Statement of Understanding

The following outlines the Parent's Statement of Understanding to be signed when enrolling in our ASP.

- I understand that I am not to leave my child at Fitwize unless a staff member is present.
- Should I or another authorized person appear to be under the influence of drugs or alcohol and seek to pick-up my child, staff is empowered to contact law enforcement authorities and place child in their custody. Please do not put staff in a position to make this judgment.
- I understand that I will be charged "late fees" if I fail to pick-up my child by 6:30pm.
- I understand there are additional fees for teacher workdays, holidays, breaks and inclement weather.
- I understand staff is not permitted to babysit, transport or care for children outside of program hours.
- I understand my child and I will both sign a Children's Code of Conduct & Parent's Statement of Understanding. Repeated rule violations on the part of a child may generate a note or call to the parents and/or early dismissal for the day. Failure to correct inappropriate behavior may result in suspension or dismissal from the ASP.
- I will be notified of any future policy changes made by Fitwize via email and/or handout.
- I may request a meeting with the Program Director to ask questions about the center's policies and procedures. Contact us at any time if you have a concern or comment.
- Parents are encouraged to participate in the activities and special events at the center.

I understand that I must submit a 30-day written notice in advance to Fitwize when withdrawing my child(ren) from the ASP. I am responsible for payment for the program during those 30 days; not to include any non-tuition paid weeks (ex. winter break), nor any accrued vacation may be used as payment as part of the 30-day period.

COPY OF AFTER SCHOOL PROGRAM WAIVERS

Below is a copy of the waivers that were found in the After School Program's registration form. The registration form is the online form completed at the time of enrollment.

As parent/legal guardian representing the child named above, I hereby give consent to enroll my child in the specified program(s) operated by Fitwize 4 Kids. I acknowledge that my child must follow safety instructions, remain in areas designated by staff and refrain from behavior that is harmful to him/her or others. Failure to do so will result in dismissal from program without refund, and all money paid will be forfeited. There will be no refunds or prorates in the event your child is removed. Removal from our program will result from your account not remaining in a current status and/or due to excessively poor behavior of a child. The Fitwize staff will do its best to ensure a safe experience, however, I understand that accidents do occur. I agree that the participant named above and I shall comply with all stated and customary terms, posted safety signs, rules and verbal instructions as conditions for participation in any activity at Fitwize. In addition, if I observe any hazard during participation, I will bring it to the attention of a Fitwize staff member immediately. I'm aware that there are inherent risks associated with participation in Fitwize activities and/or use of the gym area and fitness equipment and I, on behalf of myself and the participant named above, knowingly and freely assume all such risk, both known and unknown, including those that may arise out of the negligence of other participants; and, I, for myself and the participant named above, hereby release and hold harmless Fitwize, employees, other participants and sponsoring agencies from and against any and all claims, injuries, illness, death, liabilities, loss or damages arising out of or related to our participation in any and all Fitwize classes, activities, parties, events, the use of the sports arena and/or sports equipment.

A non-refundable \$185 deposit shall be submitted with this registration form; deposit will be applied toward your child's last week attended. Each after school program week is paid the prior Wednesday of the following attended week. If payment is received late, a \$25 fee will be applied to each day your payment is late. If paying by cash or check, we must have a credit card on file. If payment has not been received by the Friday following the Wednesday payment due date, the credit card on file will be charged. For those who have selected to pay their weekly tuition via the credit card on file method, your credit card will automatically be charged on a recurring basis each Wednesday through the end of the school year, or until after a 30-day cancellation notice is fulfilled.

All accounts must be kept current to keep an active status at Fitwize. If your account becomes past due, Fitwize has the right to withhold any and all services pertaining to our program until your account is paid in full. A signed and dated waiver, medical form, copy of child's immunization record, Child's Code of Conduct and Parent's Statement of Understanding is required for all participants. Children will not be permitted to participate without the above, and all are due on or before the first day of the program.

If you decide to withdraw your child from our program, you must provide Fitwize with a 30-day written notice. Fitwize 4 Kids will continue to collect weekly tuition during the 30-days, which shall not include any week(s) Fitwize 4 Kids is closed when tuition is not collected, nor any accrued vacation time may be used as a form of payment during the 30-day notice. A 30-day written notice is also required for any summer withdrawals; please be sure to withdrawal prior to July 23 to avoid fees due in August. If we receive your withdrawal after this date, you will be responsible to pay weekly fees within the next 30 days (please refer to the handbook for details).

I consent that in an emergency, Fitwize 4 Kids may obtain medical treatment if necessary. I understand that if medical treatment is deemed necessary, I will be informed as soon as possible. I give my permission for my child to travel to and from field trips, outside the Fitwize 4 Kids facility. Fitwize 4 Kids is exempt from Virginia state licensure and has posted, in a visible location on the premises, a notice that Fitwize is operating as a program exempt from licensure with basic health and safety requirements but has no direct oversight by the Department. My child will be free to enter and leave the premises without permission or supervision. My signature gives permission to use all photos and videos taken during programs for promotional purposes. To opt-out of this, I will submit a request in writing. I have informed staff of my child's medical conditions. All information given is accurate and true to the best of my knowledge. Sneakers are required for children to participate on fitness equipment. Fitwize 4 Kids is not responsible for any personal items that are lost, stolen or damaged while attending Fitwize 4 Kids' program. I reviewed the application and information provided is accurate and true. I agree to the terms and conditions.

PLEASE RETURN THIS PAGE SIGNED AND DATED BY YOU AND YOUR CHILD

CHILDREN’S CODE OF CONDUCT—AFTER SCHOOL PROGRAM 2024-25

Name of Child (please print): _____ Date: _____

I have read the Children’s Code of Conduct as outlined in the After School Program Parent Handbook and understand the importance of the protection and safety of the children enrolled in this program. As a participant in the Fitwize 4 Kids After School Program, I agree to:

- Check into the Fitwize 4 Kids After School Program immediately after school each day.
- Keep my personal belongings in my storage area during the After School Program.
- Remain seated and quiet during roll call, homework, announcements and snack.
- Follow all After School Program rules and instructions given by the After School Program staff.
- Tell the After School Program staff counselors if I am sick or hurt.
- Respect all other children and the After School Program staff members at all times. There will be no bossing around or bullying at any time, this will not be tolerated.
- Respect all After School Program supplies, equipment and property.
- Respect all personal belongings of other children.
- Help clean up after myself following all activities.
- When on the van, remain seated, seat-belted, quiet and keep body parts inside the van and to yourself. Obey all instructions of the van driver.

Signature of child acknowledging the Children’s Code of Conduct: _____

PARENT’S STATEMENT OF UNDERSTANDING—AFTER SCHOOL PROGRAM

Name of Child (please print): _____ Date: _____

I have read the Parent’s Statement of Understanding as outlined in the After School Program Parent Handbook, and understand the importance of the protection and safety of the children enrolled in this program. As a parent with a participant in this program, I agree to:

- I understand that I am not to leave my child at Fitwize 4 Kids unless a staff member is present.
- Should I or another authorized person appear to be under the influence of drugs or alcohol and seek to pick-up my child, staff are empowered to contact law enforcement authorities and place child in their custody. Please do not put staff in a position to make this judgment.
- I understand that I will be charged “late fees” if I fail to pick-up my child by 6:30pm.
- I understand there are additional fees for teacher workdays, holidays, inclement weather and school breaks.
- I understand that the staff is not allowed to babysit, transport or care for children outside of program hours.
- I understand that my child and I will both sign a Children’s Code of Conduct agreement and Parent’s Statement of Understanding. Repeated rule violations on the part of a child may generate a note or call to the parents and/or early dismissal for the day. Failure to correct specified inappropriate behavior may result in suspension or dismissal from the After School program.
- I agree to keep my account in good-standing. Weekly tuition is due the prior Wednesday of an attended week.
- I will be notified of any future policy changes made by Fitwize 4 Kids via email and/or handout.
- I may request a meeting with the Program Director to ask questions about the center’s policies and procedures. I am encouraged to contact Fitwize at (703) 723-4176 at any time if I have a concern or comment.
- Parents are encouraged to participate in the activities and special events at the center.
- I understand that I must submit a 30-day written notice in advance to Fitwize when withdrawing my child(ren) from the After School Program. I am responsible for payment for the program during those 30 days; not to include any non-tuition paid weeks (ex. winter break). Accrued vacation may not be used as payment as part of the 30-day notice period. Deposit will be applied toward your child’s last week attended. If a program withdrawal is made over the summer after July 23, you will still be obligated to pay the first month’s payment.

Signature of parent acknowledging Parent’s Statement of Understanding: _____