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FOR ALL

Parents Night Out (PNO) Parent Guide

Arlington-Mansfield Area YMCA

A Night of Fun. A Little Time for You.

Parents Night Out (PNO) gives our members a safe, fun, and engaging environment for their children while you enjoy an evening out. Our caring and trained staff provide age-appropriate activities, games, sports, crafts, movies and more! PNO is available exclusively for current Arlington-Mansfield Area YMCA members with a Family Membership.



AGES

6 weeks through 12 years of age.



WHEN

Every Friday and Saturday evening, year-round.



PROGRAM DURATION

Friday: 6:30 – 9:30 p.m.
Saturday: 5:30 – 9:00 p.m.



LOCATIONS

PNO is held every Friday and Saturday at the Trinity Community Foundation YMCA.

Additional Saturday locations:

- South YMCA – 1st and 5th Saturday of each month
- Mansfield YMCA – 3rd Saturday of each month



DROP-OFF POLICY

To ensure a quality experience, children must be signed in before 7 p.m. on Fridays and 6 p.m. on Saturdays. No late drop-offs will be accepted.



REGISTRATION

Registration is required. Space is limited, so we encourage you to register early through our website or app.



COST

Friday: \$15/child (Member)
Friday: \$35/child (Non-Member)
Saturday: FREE Members Only Event!



FOOD

Pizza and a drink is available for \$5 per child and must be paid at registration.

Activities May Include



Arts/Crafts



Sports



Games



Physical Activity



Movies

Activities are age-appropriate and may vary by location.

Screen Use, Movies & Programming



- Screen time is one of many tools we may use during PNO to engage children.
- We use YMCA360, our national YMCA streaming platform, with age-appropriate, G- and PG-rated content.
- We offer only approved, G- and PG-rated movies during PNO.
- Screen time is used in a balanced way along with toys, games, crafts, sports, movement and other activities.
- Our staff use their professional judgment to determine appropriate programming based on the ages, interests, and needs of the children in the room.
- We do not create individualized screen-time schedules or programming based on individual family preferences.

What to Bring



- A water bottle (labeled with your child's name)
- Any necessary items for younger children (e.g., diapers, pull-ups, extra clothes)
- A positive attitude and readiness for fun!

Program Guidelines



- All children must be signed in and signed out by a parent/guardian.
- Parents/guardians must remain in the building while their child is in PNO.
- Children must be healthy and free of symptoms of illness (e.g., fever, vomiting, diarrhea, rash, etc.).
- Cell phones are not permitted in PNO areas.
- Our staff use positive reinforcement and redirection. If a child poses a danger to themselves or others, or displays ongoing inappropriate behavior, we will contact you and the child may be removed from the program.



Questions?

Please contact the Welcome Center at your local branch or visit amaymca.org for more information.

Belong Here.

This program is exclusively for current Arlington-Mansfield Area YMCA members with a Family Membership. No guests or Nationwide Members are permitted.

