Iowa Department of Health And Human Services

CHILD CARE CENTER ANNUAL EVALUATION

Name of Center: Burlington Area YMCA Child Care Center

Provider No.: 19899

Address: 2410 Mt Pleasant ST, Burlington, IA, 52601

County: Des Moines

Director's Name: Lindsey Koopmans

On-Site Supervisor: Linda Robinson/ Nikki Davis

Phone Number: 3197536734

E-Mail: lindsey@burlingtony.org

HHS Visit Date: 02/26/2026

Licensing Period: 05/01/2025 to 05/01/2027

Fire Inspection:

Date Inspected: 06/30/2024

Comments: Does Comply. Due every 2 years. Conducted by Burlington Fire Department

Report Visit Type:

- [ ] PTO
- [X] Licensing Visit
- [ ] Drop In
- [ ] Administrative Change

License Type:

- [X] Full
- [ ] Provisional

Quality initiative:

Quality Rating: 1

- [ ] Accrediation

Program Duration:

- [X] Year-Round
- [ ] School Year
- [ ] Summer Only

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HOURS:	*Year-round*	*School-Year*	*Summer Only*
Sunday			
Monday	6:30 AM to 6:00 PM		
Tuesday	6:30 AM to 6:00 PM		
Wednesday	6:30 AM to 6:00 PM		
Thursday	6:30 AM to 6:00 PM		
Friday	6:30 AM to 6:00 PM		
Saturday			

Program Population Served:

- [X] Infant(0-<24 Months)
- [X] Toddler
- [X] PreSchool
- [X] School Age
- [ ] All Ages

LICENSE CAPACITY	Infants	2 Years	Preschool	School-Aged	Capacity
General	8	15	15	70	108
Summer					0

1. Basic Overview

Burlington Area Community YMCA Child Care has been in operation since 1977. The center is located inside the Burlington YMCA in residential Burlington. The program currently utilizes several YMCA rooms. They have access to the YMCA as needed.

The Director is Lindsey Koopmans. She has a Bachelor's in Nursing. Ms. Koopmans was formerly on site supervisor prior to this promotion. She has worked at the YMCA since 2016 and was promoted to Director in 2019. She directs other childcare programs in Burlington for the YMCA. Linda Robinson is the am on site supervisor. She has been employed at the center for several years (since 1979), and was formerly the director. Nikki Davis also serves as OSS when Ms. Robinson is not present in the pm hours. She has held this position since 2019. Gina Crabtree (Y Director), also located in the YMCA is available for support when needed.

On 2/26/26 I made an unannounced licensing visit to the program and all areas were observed at that time. I met with Director Koopmans. OSS Nikki Davis and OSS Linda were in ratio at the time of the visit. The visit consisted of classroom observations and activities, ratios, nutritional practices, health and safety practices, playground observation, field trip and transportation practices, and administrative review. Staff were actively engaged in providing care to the children at the time of the visit. Frequent communication has been had the past year regarding this topic via email and phone.

Center Nutrition Practices:

The center chooses to participate in the CACFP Program. Food preparation and storage procedures were consistent with NHSPS. The centers had thermometers in all refrigerators and freezers. Meal and snack records are kept and meet CACFP

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requirements. https://www.fns.usda.gov/cacfp During summer months the school age program eats lunch provided by the Summer Lunch Program.

Health and Safety:

Medications are stored in original containers with physician/pharmacist directions and label intact. Medications are inaccessible to public and the center is able to provide documentation of medication given. Staff and children area aware of hand washing procedures defined by IDPH for appropriate hand washing. All first aid supplies recommended by the IDPH were available in the centers first aid kits.

Tornado and Fire Drills were practiced and documented once a month as required. Radon testing is due every five years. Testing was conducted January 2023 with a level below 4 pci/L and expires January 2028. Fuel burning appliances inspections are due annually and expires 11/2026. The center contains carbon monoxide detectors as required. Sanitary procedures were in place for assisting with toilet training. All cabinetry in the building is now secured.

Ratio was met and maintained during the visit in the toddler/preschool room and infant room. Staff were aware which children they were supervising or how many children were assigned to their care. The toddler/preschool room has been broken up into two sides. A divider was placed in the room separating older children from younger children. Staff indicated this had aided greatly in providing supervision.

An on site supervisor must be present if the Director is absent. The program has two people who fill this position, one for am and pm.. The Director is on site frequently as well as Gina Crabtree (Y Director).

The Y Gymnasium is utilized when needed as will the Spinning Class room. Two rooms can be used for the Summer Program. The program should has a routine and schedule for bathroom use for each room. The program has been working on routines and procedures for access in and out of the rooms for children and parents, food/lunch plan, use of outdoor spaces, and planned activities this year.

Three years ago the program had an increase in capacity. The program is now utilizing an additional room in the building as the infant room only and the room infants were formerly in is now utilized for 18 months and preschool age children. Jodi Norton and Tabitha Copeland, CCR&R, Iowa Department of Public Health Child Care Nurse Consultant Nancy Granaman and HHS observed the new space. The center consists of the following capacity taking the center total to 108 children:

Youth zone: 30 children (After school program only)
Martial Arts Room: 75 (Summer Only)
Gym 2: 4 groups of 10 (40 Children)
Infant room: 8
Child Care Room: 30

Ventilation and lighting were adequate. All tall cabinetry or any other potential toppling hazards have been mounted to the wall.

Center Playground:

The center playground is a fenced in grassy area. Outdoor play has recently been divided into different sections. Both sections are enclosed by a chain link fence and are divided in half by another chain link fence. The first section is for school age children and has a play set/jungle gym on it. This section was dug out and a layer of pea gravel and new rubber mulch were put down to provide adequate fall surface. The other section is the new area serving children ages 0-5. The Y reseeded the grass, bought new yard toys, a playhouse, and several little tykes cars. Both areas will be covered by a new shade structure that will be put up in the spring and taken down in the fall/winter. An adequate level of mulch is beneath climbing equipment.

A new fence was installed three years ago. Fences will settle with time so this should be monitored. Playground inspections were conducted monthly. CCNC Granaman conducted an Injury Prevention Checklist on the area last year.

A first aid kit is taken outside during outdoor play. The Child Care Weather watch is consulted when outdoor play is

questionable due to varying weather conditions.

Center Field Trips and Transportation:

Field trip authorizations are signed for each child. First aid kits and emergency contacts are taken on all field trips or when children are transported. The center is aware of ratio for field trips and transportation.

Center Administrative Records:

The following postings are present: Mandatory Reporter, Handbook Availability, Consultant Contact, License, Emergency Procedures for fire and tornado, and no smoking signs. Child and staff files are reviewed annually. Policies and procedures were reviewed. An Emergency Preparedness Plan is present as required. All staff have signed acknowledgement they have been trained on the plan this past year. Communicable diseases were posted the date of the visit.

The program has a well defined handbook with all required policies.

Age appropriate curriculum was not being utilized the day of the visit. Lesson plans that are age appropriate have been developed since that time including: active and quiet times, large-group activities, small group activities and time to play alone or with others, indoor and outdoor play times, and time for children to select their own activities and teacher directed activities. A wide variety of toys, educational games, puzzles, and books were available to the children to utilize. They were all in good condition. The environment was organized. Classrooms were decorated with educational materials that were age appropriate.

2. Identify Observed Strengths of the program

The center installed new flooring and painted in 2019.

The program remodeled and added a school age youth room in 2020. A school age room was added 3 years ago.

Since Director Koopmans has taken this position violations have decreased. This is duly noted.

3. Identify the aspects that fall below the standard

1. 109.7(1): All staff (within first three months of employment):Iowa's training for the mandatory reporting of child abuse. At least one hour of training regarding universal precautions. Certification in First Aid infant, child, and adult cardiopulmonary resuscitation (CPR) or equivalent certification approved by the Department. A valid certificate indicating the date of training and expiration date shall be maintained. Certification in infant, child, and adult first aid that uses a nationally recognized curriculum or is received from a nationally recognized training organization including the American Red Cross, American Heart Association, American Safety and Health Institute, or MEDIC First Aid or an equivalent certification approved by the Department. A valid certificate indicating the date of training and expiration date shall be maintained. Minimum health and safety trainings, (Essentials) approved by the Department. If significant changes occur to content, the Department may require the training be renewed. The Director was aware prior to the visit that some staff are behind on PD hours. She has a plan to ensure all staff are fully trained within 30 days.

4. Any corrective action plans, provisional license, and safety plans-steps to get into compliance

N/A

5. Special Notes/Recommendations

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Based upon this review, it is recommended that this center remain in Full licensing status. The center has since corrected violations per the Director. The center is directed to continue to monitor day to day practice and adjust accordingly to continue to ensure licensing rule is met consistently. It is important to note, all HHS licensing standards and procedures must be maintained during the renewal period.

HHS encourages you to contact your local nurse consultant. Child Care Nurse Consultants work with child care and early education businesses. Businesses may call or send questions to a child care nurse consultant about health and safety policies, health programs, health of personnel, and specific child health or safety issues. Nancy Granaman is the CCNC for the area. The center has a working relationship with local nurse consultant Nancy Granaman. Child Care Nurse Consultants work with child care and early education businesses.

CCNC Granaman stated on 7/31/24, "I have made several drop in visits to both the YMCA Childcare and Kiddie Campus in the past year. Discussed Health and Safety issues and given cases of gloves.

In May I did a Health and Safety checklist at the YMCA with a subsequent follow up visit for signing goals/final sign off page to submit for IQ4K level 3.

Burlington YMCA: 5/29/24 Health and Safety Checklist. Drop in visits- 8/28/24, 1/22/25. I make regular "drop in" visits to and I am sure I am missing some dates. Sometimes I am needing to update Business Partnership Agreements or I have things to give them (gloves, Infectious disease manuals).

In the past year she provided the following, "I did drop in visits and Updated Partnership Agreements with Lindsey at the Y in Jan 2025 and in June. Infectious disease in child are manuals were also given."

Nancy Granaman, RN
Des Moines County Child Care Nurse Consultant"

HHS encourages you to contact Child Care Resource and Referral. They offer centers assistance with meeting the DHS regulations, QRS, infant/toddler concerns, room arrangement and environment, developmental concerns, Best Practice information, CDA assistance, or any questions or concerns you may have. CCR&R can be consulted on curriculum development and implementation and other general child care questions. Tabitha Copeland is the CCRC for the area. Jodi Norton CCR&R Consultant visited the Y's sister program on 2/22/22 and again in March and provided consultation to Director Koopmans. CCRC Copeland met with Director Koopmans in 2023 providing consultation.

The center has had a working relationship with Child Care Resource and Referral Consultant Jodi Norton since Director Koopmans began her role as Director. The Director will continue working with CCRC Copeland.

The following notes are from Ms. Copeland after her 2023 visit:

Hello Lindsey,
Thank you for letting me come to see and support your program today. I wanted to briefly recap what the main points of what we discussed today and give you the resources that would support you and staff around those areas. Please feel free to ask questions should clarification be needed. I will set up another time to visit to see how things are going and if I can offer more support.

Child Development when considering mixed age groups
Addressing what was a large mixed age group room you and the staff have divided the room into separate spaces with ages divided out to a more age-appropriate grouping. It was discussed that these rooms are now considered separate and must be staffed to meet ratios for the divided rooms not the room as a whole. Both sections appeared to be in ratio today.
I provided printouts to you for staff to look over for ages 18 months to 5 years. The CDC Milestones Website is where the ages and stages information can be found and it provides excellent information for staff when thinking about if it is developmentally appropriate to move a child up to a higher age group and for planning curriculum for classes. This is also a great resource to share with parents when discussing many things.

Supervision and Classroom management
Lindsey stated the staff uses direct care to provide supervision and assist in understanding of ratios required by HHS. Up to date ratio information was shared from Comm 204 and is attached .

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The video Supervision: What's Required? provides great examples of different way staff can keep track of the total number of children and staff in a classroom using direct care practices. The name to face roll call discussed is a great way to help staff during transitions and to assist them in overcoming nerves when being asked the number and names of children in care by HHS or others. Some centers support staff in this by making it a habit of the director asking staff how many and who is in their care when they go in and out of each room through out the day. That way answering the question becomes natural and they don't get nervous and draw a blank at awkward times.
The video Classroom Transitions is a nice video that shares ways to help children use positive behaviors during classroom transitions as well as ways to plan ahead for smooth transitions as your program changes with summer starting soon.

Curriculum
We discussed curriculum requirements and ideas for different rooms. I am attaching some spring curriculum your staff can look over and adapt as they see fit along with a curriculum planning example sheet. The ages and stages information provided also assist in deciding curriculum that is age appropriate and tailored to the needs of the children served. I encourage all programs to be mindful that younger children are not developmentally ready to sit and do any task or combination of tasks for long periods of time.

Contact me anytime you feel I can be helpful. I look forward to seeing you soon and am always happy to help.

She met with the Director in 2024 by phone. She stated, "Most of the contact I have had with the program is about IQ4K things but on 2-2-24 I did speak with her about training options for staff, in March we had discussion about policies though that to tied into the IQ4K goals of the program, In April we discussed accepted thermometers for child care and I suggested she reach out to Nancy, We discussed the sick policy on May 30 for the program and nap cot requirements on June 18th."

Since that time consultation has been limited around IQ4K goals and have not been in the YMCA building since 2023.

Tabitha Copeland
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It will be in the center's best interest to continue working with IDPH and CCR&R. The program should invited Consultant Copeland in to perform observations and provide suggestions.

Targeted Assessment and Reporting We have far too many incidents of injury as a result of improper redirection or frustration. Beginning 3/1/2026, In every licensing report (until the end of the calendar year) were going to address behavior management. After Section "5. Special Notes/Recommendations" please type:

Targeted Assessment: Behavior Management
I discussed with Lindsey Koopmans their oversight of behavior management related to helping childcare staff: 1) Understand expectations, 2) managing frustrations, 3) monitor performance. The director shared that behavior management expectations are reviewed during staff orientation and reinforced through ongoing training, staff meetings, and daily supervision. The director emphasized the importance of positive redirection, age-appropriate guidance, and supporting staff in recognizing and managing frustration. Behavior management strategies and expectations are regularly reviewed with staff, and classroom practices are monitored to ensure children are being supported in a safe, respectful, and developmentally appropriate manner.

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Date: 03/18/2026

HHS Licensing Consultant: Jill Seibert

Non-compliance with any of the mandated regulatory requirements listed above may lead to the cancellation or revocation of your Child Care License. Please take steps necessary to completely address each of the violations noted above.

Child Care Resource and Referral is an excellent resource for providers to access training options and support in your area. You can reach Child Care Resource and Referral at **https://iowaccrr.org**.