

HISTORY OF THE BLUE SPRINGS and the BLUE SPRINGS FIELDHOUSE

Blue Springs' is tied to the migration of settlers on their westward journey. Pioneers found the area to be an ideal stopover due to the abundance of cool, clean water from a spring of the Little Blue River - hence the name Blue Springs.

The presence of water and a need for pioneer supplies led to the construction of a grist mill and permanent settlement at the site of the city's Burrus Old Mill Park, on Woods Chapel Road.

The Jackson County Court granted the incorporation of Blue Springs on September 7, 1880, making the city the 4th settlement in the county, predating Kansas City, Missouri. An early settler, Franklin Smith, arrived in Blue Springs from Virginia in 1838, and became a leading figure in the community's development. He established the 1st post office in 1845, naming it after the well-known springs.



The settlement continued to grow near the springs until 1878, when the Chicago and Alton Railroad announced plans to build a station about one mile east of the original settlement. To take advantage of the commerce the railroad would bring, the town moved its center to the site of the new station and continued its development as a rural trading center.

In 1970, Blue Springs had a population of 6,779. Today, Blue Springs continues to be a growing city with a population of more than 53,000 residents. In order to meet the ever changing needs of the community, citizens had a vision of providing an indoor recreation facility the entire community could use. This community engagement was never more present than when Linda Edison, a long time Park Commission member and resident, made a significant contribution to assist in purchasing and renovating an established indoor recreation facility. The Parks and Recreation Department then used a community input process that determined the communities desired amenities. Along with SFS Architecture, the development and construction of what is now the Blue Springs Fieldhouse, became a reality in 2015.

Member Services | Contact Us

Address: 425 NE Mock, Blue Springs, MO 64014
Main Phone #: 816-228-0137 Fax #: (816) 622-4345
Website: www.bluespringsgov.com/fieldhouse

Staff

Director of Parks and Recreation: Dennis Dovel – ddovel@bluespringsgov.com
Assistant Director of Parks and Recreation: Justin Stuart – jstuart@bluespringsgov.com
Recreation Superintendent: Mary Herrington – mherrington@bluespringsgov.com
Recreation Manager - Fieldhouse: Matthew Asikainen – masikainen@bluepringsgov.com
Recreation Supervisor – Sports: James Farris – jfarris@bluespringsgov.com
Recreation Supervisor – Youth Programs: Brooklynn Simbeck – bsimbeck@bluespringsgov.com
Customer Relations Representative: Jayla Coleman – jcoleman@bluespringsgov.com
Customer Relations Representative: Anita Heard – ahead@bluespringsgov.com

Hours of Operation

Monday – Thursday: 5 a.m. to 9:30 p.m.
Friday: 5 a.m. to 8 p.m.
Saturday: 7 a.m. to 6 p.m.
Sunday: 10 a.m. to 6 p.m.

Parts of the Fieldhouse facility may close earlier for special events and/or leagues and tournaments. Please consult the current program and Facility Schedule for exact times.

Holidays

The Blue Springs Fieldhouse is closed for the following holidays:

New Year's Day | Thanksgiving Day | Christmas Day

The following holidays have a reduced schedule:

We will have modified hours on the following dates:

4th of July (July 4th)

Christmas Eve (December 24th)

New Year's Eve (December 31st)

Please check with Staff for exact hours.

Changes in Fees, Schedules, Policies, & Hours of Operation

The Blue Springs Fieldhouse will review and revise policies as it deems necessary and under its sole discretion.

Programs, schedules, policies, and hours of operation are subject to change without prior notification. Notification will be given thirty (30) days in advance of any membership fee increase.

Membership Tours

Tours of the Fieldhouse facility are available as follows:

Monday – Friday 8:00am – 8:00pm

Saturday/Sunday 10:00am – 5:00pm

Member Services at the Front Desk

The Front Desk is the place to find out everything happening at the Blue Springs Fieldhouse. Staff can provide you with information regarding programs, classes, camps, registration, facility schedules, Child Care, Fieldhouse Rentals, and other Parks and Recreation activities.

Comment Cards are also available at the Front Desk at any time. Your feedback will help us better serve you. We encourage you to include your name, phone number and email address so that we may respond to you personally.

Membership Card (Key Fob)

Whenever you visit the Blue Springs Fieldhouse, please be sure to bring your membership card (key Fob) to access the facility and all the benefits it has to offer. Check-in is simple, just swipe your card at the Front Desk counter and wait for our friendly staff to verify your membership.

You will also be required to swipe your membership card to access the Linda "Landahl" Edison Community Fitness Center.

Membership cards must be carried at all times

If you are participating in an activity on a drop-in basis, you will be required to show your membership card or payment receipt to staff upon request. There may be a \$5 replacement fee for lost or stolen cards. Members must report lost or stolen cards immediately to the Front Desk.

Membership Billing/Dues

Monthly dues will be collected each month by EFT/ACH (electronic fund transfer) or recurring charge to a credit/debit card. The funds transfer will occur on the 1st of every month. If the 1st occurs on a weekend, the transfer will occur on the Monday following. Your monthly dues are not based upon attendance or failure to use the facility. Dues will be deducted on a month-to-month basis and may be terminated with a thirty (30) day written notice of the billing date. The \$25 enrollment fee is a non-refundable processing fee. A \$20/month fee may be charged for payments not collected via the EFT/ACH billing process or recurring debit/charge card.

The Blue Springs Fieldhouse will provide members 30 days written notice of a membership fee increase. Membership increases are typically on an annual basis and are a result of the increased cost of doing business. All fee increases will be brought before the Blue Springs Park Commission for their review and approval.

Membership Renewal

If a member has paid in full for the year, a renewal request will be mailed out 1 month prior to the anniversary date.

If a member pays monthly, the membership is only stopped when a request in writing is provided by the member with a minimum of 30 day notice prior to membership being stopped.

Membership Status Change

In accordance with the Membership Agreement, any change to a membership must be communicated in writing. Contact the Front Desk in person to complete a Membership Status Change Form to authorize changes including:

- Address, telephone, or email address updates
- Freeze request (see Freeze/Hold section for policy)
- Initial payment authorization or EFT update
- Change in Membership Type involving an upgrade, downgrade, member additions or deletions.
- Cancellation \ Change authorization signature \ Membership Changes based on Age
- Change in payment type (e.g., use a different credit card or account)

It can take up to 3 business days for the change to be processed and take effect. Individuals must be 60 years of age or older to be eligible for a senior membership. If you turn 60 while holding an active membership, please request an adjusted rate in writing. Please stop by the Front Desk to complete a Membership Status Change Form.

Membership Delinquency

After 5 days of being delinquent, if your account has not been paid, you must bring it current to use the facility. In addition, after 3 consecutive months, the membership will be suspended and terminated. If a member wishes to rejoin the facility, they will be required to pay all past due charges including monthly membership fees, late charges and penalties.

Charges for dishonored checks, bank drafts and declined credit cards are as follows:

- a. assess a service charge of \$20
- b. collect all current and past due balances
- c. terminate the membership

Membership Payment Methods

Membership to the Blue Springs Fieldhouse can be paid by:

- EFT (Electronic Funds Transfer) is an electronic, automatic monthly method of payment.
- A checking account, Visa, MasterCard, Discover or Statement Savings Account is accepted for EFT payment.
- EFT drafts will be conducted on the 1st of each month for the upcoming month's membership dues.

This payment option provides the convenience of making lower payments rather than having to pay the full amount of membership at one time. EFTs can be canceled at any time by completing a Membership Status Change Form at the Front Desk.

Annual Full Payment – one full payment of the annual membership fee.

If any EFT/ACH and debit/credit card is not honored, the Blue Springs Fieldhouse has the right to:

- a. assess a service charge of \$20
- b. collect all current and past due balances
- c. terminate the membership

A late fee (service charge) of \$20 will be assessed for returned checks and declined electronic payments. Memberships are non-refundable and non-transferable. Refunds may only be made where there is a documented medical condition or relocation of primary residence more than 30 miles away from the Blue Springs Fieldhouse for annual full payment passes.

Membership Cancellation

If a member re-joins 30 days or more after canceling a membership, they are subject to the set-up fee.

Membership Inactive Status (Freeze/Hold)

Memberships run continuously unless a temporary suspension is approved in writing by the Blue Springs Fieldhouse Staff. Upon verification, any member in good standing may convert to inactive membership status (freeze) at no charge provided that he/she is temporarily relocated for a period of at least three (3) consecutive months or is ill/injured for at least thirty (30) days. No shorter time periods will be allowed. A physician's note or proof of relocation is required. Members may freeze their account in writing with a thirty (30) day notice. For other personal reasons, freezing will not be allowed. Upon reactivation of the membership, normal monthly billing will proceed at the applicable rate.

Membership Status Change Form is required to request a freeze on your account.

Corporate Memberships

The Blue Springs Fieldhouse offers memberships at a discount to corporate or affiliated groups who join as groups. See the Director of Parks and Recreation if you would like more information about our Corporate Membership program.

Program Guidelines

- Programs are limited to an appropriate size providing max benefits to each participant.
 - To receive member rates your membership must be valid throughout the time period the program is offered.
 - Program fees must be paid in full at the time of registration unless specifically stated otherwise.
- The Blue Springs Fieldhouse reserves the right to cancel any program due to insufficient registration. If a program is canceled before the start date due to insufficient registration, a credit or refund will be given.*

Program Registration

You can find the current Blue Springs Fieldhouse Program and Facility Schedule and Play Naturally activity brochure at the Front Desk or online at www.bluespringsgov.com/parks. In the Play Naturally activity guide, you will find all the current Blue Springs Fieldhouse programs and information.

How to Register for Programs

- In Person at the Front Desk. Please bring your VISA, Mastercard, Discover, cash or personal check.
- Online at www.bluespringsgov.com/parks
- By Mail via a completed registration form accompanied by a payment of VISA, Mastercard, Discover or personal check.
- If you expect to register for a program on the day of the first class, please arrive a minimum of one half hour early to complete your registration and payment prior to class starting. Program registration is on a first come, first served basis. Some classes fill quickly.

Program Fees

Program fees represent the cost of providing program activities or services not included in membership dues. Program fees must be paid in full at the time of registration in order to guarantee your spot in the program. If you wish to transfer to another class after registration, you must contact the Front Desk. Unless you have written authorization from the instructor stating a change is necessary, there will be a \$5.00 transfer fee assessed. No refunds will be issued after the class has begun.

Make-up Class Policy

Due to the limited student-instructor ratio and full program schedule, there are no make-up lessons/classes for missed classes or classes canceled for any reason. Please refer to the credits/refunds policy below for more information.

Cancellation of Classes

Classes must have a minimum number of participants in order to run. If a class does not meet its minimum enrollment, the class may be canceled. To ensure a quality experience for all participants, the Blue Springs Fieldhouse may also choose to combine classes due to low enrollment. If the Blue Springs Fieldhouse cancels a class, a credit or refund will be issued. The following is the policy that the Blue Springs Fieldhouse will follow if a class is canceled:

- At least 3 business days before the class starts, the Blue Springs Fieldhouse staff will contact everyone enrolled in the class to let them know that the class has been canceled.
- If your class is canceled by the Blue Springs Fieldhouse, you will receive a full credit or refund.

Waiting List

Register early to avoid disappointment in case the class is full. If the course you are interested in is full, request to be put on the waiting list. Additional programs may be offered dependent upon sufficient interest and facility and staff availability. Waiting lists will be taken for the formation of new classes but are not a guarantee of confirmed registration for the program. You will be contacted if space becomes available.

Credits/Refunds

Requests for refunds must be made 5 business days prior to the start of a program. A full refund will then be given minus a \$10.00 processing fee. There are no refunds or credits due to inclement weather or other incidents outside of the Blue Springs Fieldhouse control. A refund will be issued to those with a documented medical necessity. If a registered participant requests a credit to their Parks and Recreation account, a full credit will be issued for a period of one year and balances will be forfeited if not used within that period of time. It is the desire of our organization to offer programs at the lowest possible prices. In order to accomplish this, we have established specific policies concerning refunds. Please read these policies before registering for any Blue Springs Fieldhouse program:

Memberships

Pre-paid membership dues – membership dues are not refundable except in the following circumstances:

Documented medical condition – which permanently prevents member from attending (medical conditions preventing members from attending for short term [1 month –11 months] are handled by “freezing” membership until member can return).

Relocation due to Employment - The member relocates at least 30 miles away from the Blue Springs Fieldhouse and establishes a new residency address.

Membership dues paid monthly (EFTs) – the paying of membership dues monthly can be terminated by giving a written notice at least 30 days prior to the next withdrawal date. Set-up fees are non-refundable under any circumstances as well as any prepaid membership fees.

Leagues

Leagues (Basketball, Volleyball, Indoor Soccer, etc.) differ from open recreational periods for the same sports because they restrict enrollment to a specific number and incur additional expenses (scorers, timers, referees, etc.). A league participation fee is charged based on a fair sharing of the costs of operating the league. Because a player draft usually occurs, it is not possible to replace players who wish to withdraw from the leagues with people on a waiting list. Leagues are non-refundable.

Summer Sport Camps and Activity Weeks

- 8 days prior to class starting or greater a 100% refund minus \$10 processing fee and deposit if required.
- A documented medical condition prevents the child from participating in the sport or activity camp week.

Specialty Classes

(i.e., kickboxing, dancing, yoga, sports performance training, etc.)

- 100% refund minus processing fee of \$10.
 - A documented medical condition which prevents the child or adult from participating in the program and the Center is notified prior to the start of the program.
 - The Fieldhouse is notified of cancellation 5 business days prior to the start of the program.

Youth Visiting the Blue Springs Fieldhouse

The Blue Springs Fieldhouse is committed to creating the safest possible environment in which children can learn and grow. We therefore respectfully request that while inside the Blue Springs Fieldhouse building, parents and caregivers watch their children closely and control unruly behavior. The Blue Springs Fieldhouse does not accept responsibility for children in the building unless they are enrolled in Blue Springs Fieldhouse programs for which adult accompaniment is not a requirement and staff supervision is. Staff supervision is available only at program locations during class hours. Youth 11 years and older, who do not require adult supervision, are welcome to visit the Blue Springs Fieldhouse. Youth under the age of 11 are required to be supervised by an adult 16 years or older. Visits to the Blue Springs Fieldhouse are not intended to service youth for a full day. For a fee, the Blue Springs Fieldhouse offers supervised full-day programming as an option for working parents in the summer. Recommended length of time for a visit to the Blue Springs Fieldhouse for an unsupervised youth is 3 hours, or less. The Blue Springs Fieldhouse reserves the right to revoke membership or deny access to any individuals that abuse this privilege without a refund.

Young adults ages 11-17 must attend a mandatory orientation before use of the Fitness Center. To use the fitness center at any time, they must be accompanied by a parent or guardian. For more information, visit the Fitness Desk.

Code of Conduct

Grounds for Suspension or Termination

The Blue Springs Fieldhouse does not tolerate inappropriate, threatening, or harassing behavior including but not limited to:

- Failure to follow proper safety precautions and practices
- Destruction of property \ Theft \ Use of profanity
- Sharing membership card with others
- Providing means of unauthorized access to non-members
- Being in possession or under the influence of alcohol or drugs
- Unauthorized possession of a weapon of any kind on any Blue Springs Fieldhouse property regardless of whether the person has a concealed weapons permit or is allowed by law to possess a weapon
- Sexual misconduct \ Disorderly conduct \ Physical fights
- Verbal or other forms of harassment
- Selling or promoting products and services without authorization by the Director of Blue Springs Parks and Recreation.
- Failure to pay membership fees
- Any behavior that is determined to be unacceptable by the Blue Springs Fieldhouse, and detrimental to those we serve
- Such conduct will be grounds for immediate suspension or termination of membership.

No refund will be issued.

Non-Discrimination Policy

The Blue Springs Parks and Recreation Department and Fieldhouse is an equal opportunity agency, and does not discriminate based on race, color, creed, religion, national origin, gender, marital status, status with regard to public assistance, membership, or activity in a local commission, disability, age, veteran status, genetic information or other legally protected status. The Blue Springs Parks and Recreation Department and Fieldhouse does not tolerate any type of harassment – physical, verbal, or sexual – of our members, guests, or employees. The Blue Springs Parks and Recreation Department and Fieldhouse reserves the right to deny access to the facility and its programs to those who refuse to abide by these policies.

Accessibility

The Blue Springs Fieldhouse is open to persons of all ages with a disability or special need. We will work to accommodate any individual need that reaches beyond our ADA compliance. If you need special assistance in order to attend a program, please contact the program director or our front desk staff. You are welcome to bring an aide with you while you are accessing our programs and services if so required.

Insurance

It is the responsibility of every individual, or his/her parents or legal guardian to provide accident and health coverage while participating in all Blue Springs Parks and Recreation and Fieldhouse activities. The City of Blue Springs, Blue Springs Parks and Recreation and/or the Blue Springs Fieldhouse does not provide any accident or health coverage for its members or guests.

Bicycles, Skateboards, and In-line Skates

Bicycles, skateboards, roller skates and/or in-line skates are not allowed in the Blue Springs Fieldhouse facilities. Skateboards, roller skates and/or in-line skates are not allowed on Fieldhouse property.

Solicitations

Selling of external goods and services is not permitted at the Blue Springs Fieldhouse. Individuals may not circulate any petition or subscription list, solicit business, place any advertisement or leaflets, or exhibit any article for sale at any time on the Blue Springs Fieldhouse grounds including cars in the parking lot and on the corner by our signage. Announcements or posters may not be circulated or placed anywhere in the Blue Springs Fieldhouse or on the Blue Springs Fieldhouse grounds without consent of the Director of Parks and Recreation.

Towel Service

As a convenience to our members, the Blue Springs Fieldhouse provides small towels available in the Fitness Center. We ask that you return the used towels to the designated hamper by the Fitness Center Reception Desk prior to leaving the Fitness Center.

Space Rental

Individuals or non-profit organizations, regardless of membership status, may rent the Blue Springs Fieldhouse facilities for large or small events. Individual room rentals for birthday parties, bridal showers, wedding receptions, etc. can be accommodated as well as full facility rentals. Inquire at the Front Desk for pricing and availability.

Our meeting and event spaces include:

Members Lounges | Party/Conference Rooms | Spin Studio | Aerobic/Dance Studio

For meeting space rentals, please contact the Front Desk for more information.

Both our turf field and gymnasium are available for private rentals for parties or other get-togethers.

Gymnasium and Turf Field

Our gymnasium and turf field are available for private party rentals, practices, lock-ins, tournaments and corporate events. Please contact the Front Desk to schedule your event.

A minimum of one (1) basketball/volleyball court will be available for member open gym Monday through Thursday. The other courts may be reserved for practices, leagues or events. Additionally, Friday, Saturday and Sunday may have events that close the courts to members such as basketball/volleyball tournaments, league games or special events. If the courts and field are not reserved, our members are more than welcome to use these areas.

The turf field may be reserved anytime for practices, classes, tournaments or league games. If the field is not being used members may use the field, however **NO** throwing of baseball/softballs will be allowed for the safety of all guests.

Kidz Corner Guidelines

A limited number of children per hour will be accommodated.

- Children ages 3-month to 10 years old are welcome.
- Please contact the Front Desk for babysitting hours of operation and fees. They are both subject to change.
- A parent/guardian must remain in the Fieldhouse facility when their child is in the Kidz Corner Room.
- Children exhibiting a fever, vomiting, diarrhea, discharge from the eyes or ears, discolored nasal discharge, or a rash cannot be accepted in the Kidz Corner Room.
- Kidz Corner staff are not responsible for potty-training. Toddlers who are potty-training must be appropriately dressed with pull-ups or underwear. Our staff does not change diapers. If a child needs to have a diaper changed, staff will come and find the parent/guardian to change the child's diaper.
- Occasionally children in the Kidz Corner Room will become upset. Staff will try holding, soothing, and entertaining upset children. If they are unable to sooth an upset child after 10 minutes, they will contact the parent to pick up their child.
- Kidz Corner punch card may be purchased at the Front Desk.

Diaper Changing Areas

For the convenience of our visitors, the Blue Springs Fieldhouse is equipped with diaper changing tables in the ladies' locker room, men's locker room, restrooms and family changing rooms. We respectfully require that diapers be changed in the designated areas only, not in public space, such as the lobby.

Food and Beverages

Food and beverages are for sale to members from our vending machines and we invite you to enjoy them in the member's lounge or take them with you. With the exception of water bottles, no food or drink is permitted in the gymnasium, turf field, spin studio, aerobic/dance studio or fitness center. Please help us by placing your aluminum cans and plastic bottles in the recycling receptacle.

Parking

Free parking is available on the Blue Springs Fieldhouse grounds. Members are permitted to use the Blue Springs Fieldhouse parking lot only when they are utilizing the Blue Springs Fieldhouse facilities. Owners of illegally parked vehicles will be reminded and then towed at the owner's expense if necessary. Please use our parking lot responsibly: park in designated areas, respect "pick up/drop off" and "handicap" only spaces, do not park in the fire lane, drive slowly, and please watch out for children.

The City of Blue Springs and the Blue Springs Fieldhouse is not responsible for lost or stolen belongings left in vehicles.

Pets

There are no pets allowed in the Blue Springs Fieldhouse facilities except Service Animals.

Photographs/Recordings

The City of Blue Springs, Blue Springs Parks and Recreation and the Blue Springs Fieldhouse may record and/or photograph performances and classes. Your attendance and/or participation shall be deemed your consent to appear in such programs and/or photographs without compensation. The City of Blue Springs, Blue Springs Parks and Recreation and the Blue Springs Fieldhouse reserves the right to use all photographs and video recordings for publicity purposes.

Privacy Policy

The City of Blue Springs, Blue Springs Parks and Recreation and the Blue Springs Fieldhouse is committed to respecting your privacy and recognizes your need for appropriate protection and management of any personal information you share with us. We will not share your information with any outside organizations, businesses, associations, or individuals unless required by law.

Safety.

Our goal is to provide our members and guests with a safe and secure environment.

Blue Springs Fieldhouse staff is trained to follow emergency procedures. To report an emergency, please contact a Blue Springs Fieldhouse staff member or the Front Desk who will notify the proper authorities immediately. In the event of a fire alarm or other emergency deemed necessary by police or fire personnel, the building must be evacuated. Your cooperation is necessary and appreciated. Please do not hesitate to ask for safety information if you have any questions concerning your health, use of equipment or facilities issues. Your questions and concerns will be addressed by the appropriate Blue Springs Fieldhouse staff members. Any change in your health status should be reported to the Front Desk to ensure that we provide you with an appropriate medical response. If you are involved in a critical incident or witness an injury, contact a Blue Springs Fieldhouse staff member for immediate medical assistance. The Blue Springs Fieldhouse is not responsible for the cost of ambulance services when called on your behalf. If you are involved in a non-critical incident that results in an injury to you or someone else, or witness an injury, please report it immediately to a Blue Springs Fieldhouse staff member. The Blue Springs Fieldhouse reserves the right to check personal belongings at the door and exclude or remove any person from the premises, or its programs, for any violation of our rules or regulations or for jeopardizing the safety and well-being of others.

Smoking

With a commitment to good health, the Blue Springs Parks and Recreation and the Blue Springs Fieldhouse enforces a "no smoking policy" on any property owned, leased or controlled by the Blue Springs Fieldhouse. Anyone wishing to smoke or use other tobacco products must not be on the premises.

Lost and Found

Please contact the Front Desk to return a found item or if you need assistance in locating a lost item. If you have lost an item, please complete a Lost and Found Form which will assist staff in the event that your item is found. All items are stored in a secure area away from the Front Desk. If an item has been found, staff will call you and hold the item at the Front Desk. Lost and found items will be held for 30 days. If items are not claimed within 30 days, they will be disposed of or donated to charity. The City of Blue Springs, Blue Springs Parks and Recreation and the Blue Springs Fieldhouse is not responsible for lost or stolen property.

Annual Maintenance Program

The Blue Springs Fieldhouse will close portions of the facility periodically for annual preventative maintenance, cleaning, and revitalization. The Blue Springs Fieldhouse will post notifications throughout the facility concerning upcoming facility closings.

Clothing and Attire

Clothing should be appropriate to the activity. Comfort is recommended. Shirts and shoes must be worn at all times. Appropriate shirt, athletic shoes, and shorts or pants are required for all fitness areas in the facility. Street clothes, non-athletic shoes, work boots, open-toed shoes and sandals are not permitted in fitness areas. The Blue Springs Fieldhouse is a family place. Inappropriate or offensive dress will not be tolerated.

Cell Phone Policy

Cell phone use is strictly prohibited in the Kidz Corner Room, locker rooms and restroom areas.

Telephones

Use of the telephone at the front desk is limited to emergencies only.

Messages

We are unable to take messages for members or page members. In the event of an emergency, we will attempt to locate you so please be sure you always check-in at the Front Desk.

Locker Rooms

The Blue Springs Fieldhouse has locker rooms for changing, showering, and storing your items while you work out. Below is our policy for use of available locker/changing room options.

Women's Locker Room— Females of all ages. Female children under the age of 10 must be supervised by an adult female (18 years or older). We do not allow males of any age in the Women's Locker Room as family rooms are available.

Men's Locker Room – Males of all ages. Male children under the age of 10 must be supervised by an adult male (18 years or older). We do not allow females of any age in the Men's Locker Room as family rooms are available.

Family Changing Restroom – There are family changing restrooms just east of the women's locker room on the lower level. Both are available for all children with parents. The Family Changing Restrooms provide restroom facilities only. No showers are available in these rooms.

All of the Blue Springs Fieldhouse locker rooms and lockers are for day use only.

Please do not leave your belongings in the day lockers overnight as they will be removed by our custodial staff at the end of each day. We encourage members to bring and use padlocks to secure their belongings during the day. We do not recommend leaving valuables of any kind in the lockers (e.g., money, wallet, jewelry, electronic devices, etc.)

- Cell phone use is prohibited in the locker rooms.
- The Blue Springs Fieldhouse is not responsible for lost or stolen items. Some tips to keep your belongings secure:
 - Lock your locker! Unlocked lockers are easy for anyone to access. Check locker once after locking to be sure it is securely locked!
 - Do not bring valuables to the Blue Springs Fieldhouse. Only bring what you need to work out.
 - Instruct your children to use the lockers to store belongings.
 - Check your area and locker thoroughly before you leave.
 - Do not store valuables in your car!

Staff work hard to keep the locker rooms safe and clean.

You can help by:

- Drying off in the shower area before returning to the locker area.
- Drying wet counter tops after use.
- Depositing personal hygiene items in the appropriate waste bins.
- Cleaning up after yourself before leaving the locker room.
- Keeping all personal items in your locker. Please do not leave items in changing stalls, on sink, or on benches.
- Not bringing in food. Food is not permitted in the locker rooms.

- Not taking pictures. The use of camera and cell phone cameras is strictly prohibited.
- Controlling children. Please control children in the locker rooms. Children are asked not to run, eat, roughhouse or make excessive noise in the locker room.
- Notifying the Front Desk if there are cleanliness problems that need attention.

Athletics

PROGRAMS INCLUDED IN MEMBERSHIP:

- Open Gym Recreation Time
- Open Turf Field Time

SPECIALTY PROGRAMS: (Additional Fee)

- Leagues
- Tournaments
- Camps
- Lessons

Gymnasium / Turf Field

- No food or drinks allowed in Gym except liquid in sealable leak proof containers.
- No profanity of any kind
- Keep gym clean, please pick up after yourself.
- No throwing/kicking balls up at the ceiling or windows.
- Anyone participating in destructive play or activities, will be asked to leave
- No throwing of a baseball or softball is permitted on the turf field or gymnasium.
- Any reckless play or inappropriate language will not be permitted.

A minimum of one (1) basketball/volleyball court will be available for member open gym Monday through Thursday. The other courts may be reserved for practices, leagues or events. Additionally, Friday, Saturday and Sunday may have events that close the courts to members such as basketball/volleyball tournaments, league games or special events.

The turf field may be reserved anytime for practices, classes, tournaments or league games. If the field is not being used members may use the field, however **NO** throwing of baseball/softballs will be allowed for the safety of all guest.

Aerobics

PROGRAMS INCLUDED IN MEMBERSHIP:

All Aerobic and Spin classes are included in a membership.

Fitness On Demand video led classes are included in a membership.

Bring water for your workout. Wear comfortable clothes. Wear comfortable, supportive shoes. All class members are encouraged to work at their own pace and to modify any movements that are too difficult or cause pain.

Group Exercise

- Arrive on time. It is the instructor's discretion to not allow members to enter a class if they arrive 10-15 minutes late.
- Wear appropriate athletic clothing and shoes while exercising. For Yoga and Pilates classes shoes are not recommended.
- Gym bags and personal belongings are not allowed in the exercise area. Please use the lockers in the locker room or cubbies provided in the studios to secure your belongings.
- Youth members **ages 11 – 15 may** attend group exercise classes when accompanied by an adult.
- If you arrive late for class, take the time to warm-up and stretch before you begin your workout.
- If you leave class early, be sure to cool down and stretch.
- Use weights only when the instructor specifies their use during "resistance or strength" sections of the class. To avoid injury, ankle and wrist weights are NOT allowed during a class.
- No food, gum or drink is allowed with the exception of water/sports drinks in sealable leak proof containers.

Spin®

- You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal.
- All you'll need is workout clothes, a hand towel, and a sealable leak proof liquid container.
- Spin bikes have toe clips so you can wear regular sneakers, but also have the clip –in pedals as well.
- Youth members **ages 11 – 15** may attend spin classes when accompanied by an adult.

Fitness

New member orientation is offered by appointment as part of your membership. Contact the Fitness Center to schedule your orientation. Workout guidelines are available from the Fitness Staff.

Our Fitness Center features a variety of cardiovascular and strength equipment.

CARDIOVASCULAR MACHINES STRENGTH EQUIPMENT

- 12 Life Fitness 95T Discover SE Treadmills
- 2 Woodway Treadmills
- 8 Life Fitness 95X Discover SE Elliptical
- 2 Life Fitness 95F Discover SE FlexStriders
- 2 Life Fitness 95P Discover SE Powermills
- 2 Life Fitness 95C Discover SE Upright Lifecycle Bikes
- 4 Life Fitness 95R Discover SE Recumbent Lifecycle Bikes
- 2 Assault Air Bikes
- 4 Cybex by LifeFitness Arc Trainers
- Preacher Curl Station
- Reclined Leg Press
- 2 Life Fitness GX Fluid Rowers
- 16 Life Fitness Insignia Selectorized Weight Machines
- 6 Life Fitness Signature Series Cable Motion Multi-Jungle Weight Machines
- 1 Life Fitness Smith Machine
- Dumbbells
- Cable Crossover
- Fixed Barbells
- Free weights/Plates
- Life Fitness HD Elite Half Rack for Squats
- Life Fitness Signature Series Leg Raise Station
- Life Fitness Signature Series Back Extension Station

- Life Fitness Synrgy360XS – TRX / Cross Fit training station
 - Heavy Bag
 - Battle Ropes
 - Medicine Balls
 - Kettlebells
 - Pivot Bar
 - Chin up station
 - Dip station
- InBody570 Body Composition Analyzer

Youth 11-12 can use cardio with parent supervision, 13-15 can use any equipment with a parent in the room, 16+ can use anything. All youth must complete the orientation.

Bring your membership card to gain access.

Shirt and athletic shoes must be worn. Street clothes are not permitted (i.e. boots, open-toed shoes, and sandals).

- Wipe down equipment using disinfectant wipes after use.
- Limit use of cardiovascular equipment to 30 minutes if others are waiting.
- Allow other members to “work-in” on strength machines.
- Return equipment to its designated place when done.
- No food. Liquid in sealable-proof containers is permitted.
- No bags. Lock up all personal belongings in the locker room.
- Offensive language, horseplay, or inappropriate/disrespectful behavior is not consistent with the mission of the Blue Springs Fieldhouse and will not be tolerated.