

# FREQUENTLY ASKED QUESTIONS

## BRIGHT CHRISTIAN CHURCH SPORTS & FITNESS CENTER

### **What is the purpose of the Sports & Fitness Center?**

*Our purpose is connecting people to Jesus and one another. Building relationships to encourage spiritual growth. Providing a safe and comfortable way for Bright Christian Church members to introduce friends and families to church. Offering activities for family members of all ages.*

### **What are the requirements for using the Sports & Fitness Center (SFC)? Do I have to be a member of BCC to participate in programs in the SFC.**

All sports leagues, camps, open gyms and fitness classes **are open** to the general public.

**Church membership or regular attendance at Bright Christian Church is required for access to the Weight Room & Gym membership** (regular attendance is defined as attending worship or a Life Group at least 2 times per month). **Guests, accompanied by BCC members or regular attenders while in the facility, are welcome to work out with a member.** We encourage our members to invite their friends & neighbors to come with them. Youth under the age of 16 must be accompanied by a parent or guardian outside of organized youth events. Members/regular attenders and their guests in order to use the weight room must be 16 years or older.

### **How do I gain access to enter the Sports & Fitness Center?**

You must attend an Orientation and then may acquire a Sports & Fitness ID/Key card for gym membership. BCC members & attenders are eligible for access to the Sports & Fitness Center upon completion of Orientation. Your Orientation may be arranged at the church office, or by calling (812) 637-3388. **(The orientation will be available early this fall.)**

### **Is a locker room available for changing clothes & post-workout showers, if desired?**

Yes, for weight room/gym participants. No food or drink allowed (except water) in the workout area. You **will need to bring your own towel and toiletries**, if you wish to shower in our locker room.

### **Are refreshments permitted in the gathering areas not designed for exercise?**

Drink & Snack machines will be available. All food or drink must remain on the white, grey and black tile flooring.

### **Is child care available for any of the fitness classes and open gyms?**

At this time, selected classes will offer child care on a first-come, first-served basis at the rate of \$2 per fitness class/open gym. **This is only offered for those classes that advertise that childcare is provided.** (Eligible for children 8 weeks to 10 years old. Please check the website for fitness classes or open gyms that have child care provided for those events.)

### **What are the requirements for work-out attire?**

Athletic clothing only (i.e., no jeans, slacks, or button-down shirts). No exposed mid-sections, sports bras, or spaghetti-strap tank tops, please. Apparel with inappropriate messages or advertisements are not acceptable. Athletic shoes must be worn at all times (no open-toed shoes or boots). Please be modest with all clothing choices and help maintain a safe, comfortable environment.

### **What safety & security measures will be in place?**

Our orientation class will cover all the uses of the equipment, access to the building, regulations and procedures. We do have security cameras in operation that record 24/7 that protect the Sports & Fitness Center, as well as other parts of the building. You are responsible for following the procedures.

### **How do I get entered in the free drawing for the new POLARIS 570?**

Anyone who participates in any sports or fitness class from now through October can fill out a registration form. You must be 18 or older to enter. Parents may enter when their child comes to a sporting event, anyone who visits the facility and takes a tour of our Sports & Fitness Center may enter a registration form. The new Polaris will be given away this fall at a special community outreach program. (Date will be determined by our speaker in October.)

### **What type of programming is available now in our Sports & Fitness Center?**

Check out the church website ([brightchristian.org](http://brightchristian.org)) and the weekly worship bulletin for a listing of the July & August Sports & Fitness Calendar with the current opportunities offered: fitness classes, open gyms, sports camps, and scheduled tours.

### **What costs will be associated with using the Sports & Fitness Center?**

The annual membership fee for the Sports & Fitness Center (including access to the Gym, Weight Room, & Locker Room) is \$65.00 a year per person/\$120.00 a year for a family membership. General fitness classes will all cost \$5.00 per class, unless a specialty class (such as a "Mother and Me" (i.e. baby yoga), Boot Camp fitness classes, etc. will be priced accordingly). Membership sign-ups begin early this fall.

### **What will be the hours of operation when the Weight Room will be opened?**

It will be opening early this fall (date to be determined) when the final equipping of the weight room, medical & safety equipment, weight machines are in place and properly secured, security and orientation materials are finalized. The Weight Room will be secured and only those that are qualified will receive an access key and be able to enter.

- Hours will be Mon.-Fri. 5:30 a.m.-10:30 p.m./Sat. 5:30 a.m.-4:00 p.m. /Closed Sundays

### **How can I serve and help with BCC's ministry through sports?**

We need a lot of people to help in many different ways. If you are passionate about Jesus we can use you. If you are passionate about a sport, even non-traditional sports, such as car racing, fishing, archery, target shooting, etc. please contact Sports Minister **Gary Angel** at [gary.angel@brightchristian.org](mailto:gary.angel@brightchristian.org) or call (812) 637-3388 because we can use your help. (One of our biggest needs at the moment is for people to volunteer in the Weight Room helping people with the machines and building relationships.) We need volunteers in order to staff expanding programming and offer more ministry opportunities.

### **Who will be my Instructors and Coaches in the SFC?**

They are all Bible-believing Christ-followers who love the Lord and support our mission of ***Connecting people to Jesus and one another through sports and fitness & building relationships to encourage spiritual growth.*** They have received training and have experience in their area of expertise. All our coaches and fitness instructors will work with direct oversight from **Gary Angel**, our Sports Minister, and a Sports Ministry mentor to ensure the absolute best teaching/coaching in the sport and spiritual guidance.

**Is it possible to reserve the Gym or Fitness Rooms after hours?** Only Bright Christian Church sponsored ministries can rent the facility outside of normal working hours. The vision of this space from inception has been for the Ministry Purpose of...

***Connecting people to Jesus and one another. Building relationships to encourage spiritual growth. Providing a safe and comfortable way for Bright Christian Church members to introduce friends and families to church. Offering activities for family members of all ages.***

We will always be evaluating to make sure we are staying on task to fulfill our mission for this ministry.