

LET'S MOVE!

SATURDAYS!



Thanks to the collaboration of StandUp Blue Springs and the City of Blue Springs, "Let's Move! Saturdays" has been initiated to encourage all Blue Springs residents to "get up and move" to promote healthy lifestyles.

Multiple Saturdays each month will be designated as "Let's Move! Saturdays." Each event offers a structured opportunity for movement, with event sites rotating through the city.

If you are a business interested in participating, or would like more information, please contact LetsMove@StandUpBlueSprings.org.

See other side for the 2012 Schedule of Events!

www.LetsMoveBlueSprings.org



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2012 WINTER/SPRING SCHEDULE

ALL EVENTS ARE FREE AND OPEN TO ALL UNLESS NOTED

January 7

10:30 a.m. - noon

Gage Center, 1101 NW Jefferson

Martial Arts

January 14

9-10 a.m.

KidZone, 1255 SW Highway 7

Open Play

January 21

11 a.m. to noon

noon to 5 p.m.

Blue Springs Family YMCA

1300 SE Adams Dairy Pkwy

Family Class, open swim from noon to 5 p.m.

January 28

9-10:30 a.m.

LitFitness, 1218 NW Woods Chapel Road

Fitness activities

January 28

11 a.m. - noon

Dynamic Dance, 1901 SW Highway 40 #B

Retro Dancing

February 4

1:30-4 p.m.

7-9 p.m.

Watson Rolladium

513 SW Keystone Drive

\$2 for ages 5 and up - includes skate rental, free drink and open skate. Ages 4 and under free.

February 11

8-10 a.m.

Club 7 Fitness, 1241 SW Highway 7

Fitness activities

February 18

11 a.m. to noon

noon to 5 p.m.

Blue Springs Family YMCA

1300 SE Adams Dairy Pkwy

Family Class, open swim from noon to 5 p.m.

February 25

10:30 a.m. - noon

Gage Center, 1101 NW Jefferson

Tumbling activities

March 3

9-10 a.m.

KidZone, 1255 SW Highway 7

Open Play

March 10

11 a.m. to noon

noon to 5 p.m.

Blue Springs Family YMCA

1300 SE Adams Dairy Pkwy

Family Class, open swim from noon to 5 p.m.

March 17

8-10 a.m.

Club 7 Fitness, 1241 SW Highway 7

Fitness activities

March 24

10:30 a.m. - noon

Gage Center, 1101 NW Jefferson

Swimming

March 31

noon - 2 p.m.

Metro East Tennis Center, 3019 Vesper

Tennis activities

April 14

8-10 a.m.

Club 7 Fitness, 1241 SW Highway 7

Fitness activities

April 21

11 a.m. to noon

noon to 5 p.m.

Blue Springs Family YMCA

1300 SE Adams Dairy Pkwy

Family Class, open swim from noon to 5 p.m.

April 28

2-4 p.m.

Adams Pointe Golf Club

1400 NE Coronado Drive

Free range balls and beginner instruction