

## FAQ for NIFS Field Trips

### 1. What is NIFS and what can I expect on the field trip?

NIFS is a community based Fitness Center located just south of the IUPUI campus at 250 University Blvd. NIFS offers an indoor NBA regulation-sized basketball court, Pilates studio, group fitness studio, 200-meter indoor track, fully-equipped weight room and more than 100 pieces of cardio equipment. Memberships are available.

During your visit to NIFS, groups will participate in a fun and educational health presentation that integrates the health and physical education standards. Following this session, groups are led into the Fitness Center to participate in a variety of age-appropriate activities which may include: agility, scooters, parachute, treadwall, circuit, track, cardio, and obstacle.

### 2. How much does it cost to attend a field trip?

Each student is charged \$5.25 for groups which have more than 15 students. For groups having fewer than 15 students, there is a minimum fee of \$80. If your school is on the reduced lunch program, you may qualify for a discount. Teachers, assistants, and bus drivers are free but need to sign a waiver before entering the Fitness Center area.

### 3. How do I pay for a field trip?

There are several ways to pay for your field trip. For your convenience, you can pay by cash, check, charge (Visa, MC, Discover, or Amex), or ask to be billed. Payment can be made over the phone or during your visit (see Kathy at the front desk if paying in person). Please make all checks out to NIFS.

### 4. Do I need to make a group reservation?

Since NIFS field trips are specifically designed to fit the group attending, reservations are required. Every effort is made to combine smaller groups to avoid the minimum fee.

### 5. Can I arrange to have assistance for my students with special needs?

In order to help make the field trip a success for all students, please mention the assistance you may need when making your field trip reservation. Every effort is made to accommodate special needs students.

### 6. Can parents and chaperones attend the field trip?

Parents and chaperones are welcome to attend the field trip. However, because of the qualified NIFS Youth Group Activity Leaders provided and the space limitations, additional adult support is not necessary. Please bring a maximum of one (1) parent per class. An observation deck is available for parents and chaperones not actively involved in the field trip. All adults entering the Fitness Center are required to sign the NIFS Liability Waiver and wear appropriate gym shoes. Picture taking is permitted but limited to one's own student/child. However, in order to protect everyone's privacy, **video recording is not allowed in the NIFS building.**

### 7. Where do I park and how much does it cost?

Free bus parking is permitted at the Indianapolis Zoo parking lot during much of the school year. A special Zoo parking pass will be sent to your school one month prior to your field trip. Buses need to drop off students in front of the NIFS building before parking at the Zoo. Individual cars can park in the Riverwalk Garage directly across the street from the NIFS building. Please park in the visitors' area on the 5<sup>th</sup> or 6<sup>th</sup> floor and use the elevator down to the first floor. There is a parking fee for parents parking cars in the garage.

### 8. What are the appropriate dress requirements for those attending the field trip?

NIFS is a Fitness Center having a specialized gym floor. Soft soled gym shoes are required for all participants to prevent damage to the floor. All students need to wear clothing designed for moving, climbing, jumping, and running.

### 9. Is there a place for my school group to eat lunch or snack at NIFS?

NIFS has an outdoor area which includes four concrete tables and limited seating for those bringing lunches or snacks. The IUPUI Student Center Food Court is within walking distance from NIFS and offers a variety of food in indoor and outdoor settings. Weather permitting, there are several grassy areas surrounding NIFS and along the canal which can be used for picnicking.

### 10. Is there anything else available to do after the NIFS field trip in the same vicinity?

NIFS is located in the heart of several notable attractions – the NCAA Hall of Champions, the Indianapolis Zoo, the Indiana State Museum, the Eiteljorg Museum of Indians and Western Art, the IMAX Theater and Victory Field. Ask about our special combined field trip with NCAA.