



Welcome to the
Mile Zero Regional Multiplex

Location:

4609 – 50th Street
Grimshaw, Alberta TOH 1W0

Phone: (780) 332-4005 Fax: (780) 332-2213

Website: www.grimshaw.ca

Front Desk Hours:

Monday to Friday 9:00 a.m. to 9:00 p.m.
Saturday & Sunday 10:00 a.m. to 8:00 p.m.

Welcome

Table of Contents

Staff Directory	Page 3
Facility Rental Information	Page 4
Facility Schedule	Page 7
Field House Guidelines & Opportunities.....	Page 8
Running / Walking Track Guidelines	Page 10
Fitness Centre Guidelines	Page 12
Arena Guidelines	Page 14
Membership & Admission Fees	Page 15

We welcome your questions and feedback!

Mile Zero Regional Multiplex

Staff Directory:



Director of Community Services
Tracy Halerewich (780) 332-4788

Front Desk / Community Services Admin Assistant
Kim Girard (780) 332-4005

Community Services (FCSS) Programmer
Deb Langford (780) 332-1585

Recreation Facilities Maintenance Manager
Brian Nidish (780) 332-4005

Fitness Centre Supervisor
Gaylene Carpenter (780) 332-2122

Custodian
Gary Lee (780) 332-4005

Mile Zero Regional Multiplex

Facility Rental Information:



Hosting an event, community or business meeting or gathering in Grimshaw just got easier... Whether it is for a sports tournament, birthday party, business meeting, wedding or trade show, the Mile Zero Regional Multiplex has facility rentals available for parties from 10 to 500+ people. Facilities available for rent include:

- Meeting Room
- Field House
- Arena

For further information call the Mile Zero Regional Multiplex at (780) 332-4005



.....Hosting a Youth Birthday Party has just gotten easier.....

The Town of Grimshaw is offering the following Youth Birthday Party Combo Packages with the (Field House & Meeting Room) at the Mile Zero Regional Multiplex:

Enjoy 1 hour in the Meeting Room & 1 hour in the Field house for:

**Field House 1/3 surface (1) court & Meeting Room
\$45.00 + GST**

**Field House 2/3 surface (2) courts & Meeting Room
\$60.00 + GST**

**Field House full surface (3) courts & Meeting Room
\$75.00 + GST**

For further information call:

**Mile Zero Regional Multiplex @
(780) 332-4005 or Community Services @ (780) 332-4788**



*Looking For A Great Gift Idea For Family, Friends,
Corporate Partners & Employees, Why Not Give The Gift
Of Fitness?*

*Gift Certificates are available for
purchase at the Admin. front counter or
at the Fitness Centre.*

For more information call:

Mile Zero Regional Multiplex @ (780) 332-4005



Facility Schedule:

Arena Schedule – Please contact the Mile Zero Regional Multiplex Front Desk for ice availability at (780) 332-4005

Field House – Open Monday to Friday 9:00 a.m. to 9:00 p.m. and Saturday & Sunday`s from 10:00 a.m. to 8:00 p.m. (pending private bookings and user groups)

Walking Track – Open Monday to Friday 6:00 a.m. to 9:00 p.m. and Saturday & Sunday`s from 10:00 a.m. to 8:00 p.m.

Fitness Centre – Open Monday to Friday 6:00 a.m. to 9:00 p.m. and Saturday & Sunday`s from 10:00 a.m. to 8:00 p.m.

Note:

We recommend that drop in users contact the Multiplex prior to arriving, as all schedules are subject to change without prior notice.

Mile Zero Regional Multiplex FIELD HOUSE GUIDELINES



- Patrons are allowed to bring their own equipment as long as they adhere to the facility guidelines.
- Children under 10 years of age must be actively supervised by a responsible person 14 years of age or older.
- Only non-marking indoor running shoes are permitted in the field house. Under no circumstances shall outdoor footwear (boots etc.) be worn on to the playing surface for sporting activities. Always change out of outer footwear before entering the Field House. Bare feet are not allowed.
- Food is absolutely forbidden in the Field House. Water is ONLY permitted.
- Please respect the Mile Zero Regional Multiplex equipment and structural components.
- Please return all borrowed sporting equipment to the Administration Office.
- Adhere to the rules associated with the various color lines on the courts for the activity that is scheduled.
- Only individuals participating in a scheduled activity in the field house are permitted on the playing surface. There is designated viewing areas for spectators.
- Move quickly when walking around or behind the courts. Distractions can cause an unfair advantage and can pose a safety risk.
- Keep your area clean while using the field house.
- Remain off the playing surface until your scheduled time of use.
- Sports groups and teams using the field house must be under the supervision of a coach or supervisor.
- Participants with open wounds are not permitted on the playing surface. Should an injury happen involving blood, please notify a Multiplex staff member immediately. All blood stains must be disinfected before play can resume.
- Strollers, walking aids, wheelchairs and other personal assistance devices must be free of dirt and debris before accessing the courts.
- The Town of Grimshaw is not responsible for lost or misplaced articles, theft or damage to personal belongings. Please deposit all personal belongings in a locker before using the field house. Found articles should be turned into the Fitness Centre for return to the rightful owner.
- Dogs are not permitted. Exception for service animals.

Special Equipment: Floor Hockey Equipment: Only sticks with a plastic blade will be permitted on the field house playing surface. No wooden or taped blades are allowed.

Mile Zero Regional Multiplex Field House



Field House Leisure Opportunities:

Included with your membership or paid daily admission is access to the many leisure opportunities available in the Field house. Times will be available for you to select what activity you would like to try and there will be scheduled sport times to gather people with the same interests together for a fun game.

Weekly Schedule:

The Field house will be shared with many community groups, sports teams and clubs. A schedule will be developed for public access to the Field House. The drop in schedule allows for both free play time and scheduled sports. Please talk with staff at the Administration Office for a detailed weekly schedule of your favorite activities and sports.

Equipment:

The Mile Zero Regional Multiplex will have a variety of sports equipment that can be checked out from the Administration Office.

Ask the Administration Office about the COMBO membership packages available for purchase.

Hours Of Operation:

September to June 30th

Weekdays: 9:00 a.m. to 9:00 p.m. – Trial Basis

Weekends: 10:00 a.m. to 8:00 p.m.

Stat Holidays: 11:00 a.m. to 4:00 p.m. (Closed on Christmas Eve, Christmas Day & Boxing Day, New Year's Day and Easter Sunday)

Rentals: as per booking requests are received, staff will be arranged.

Playing Surface:

The sports playing surface on all three court areas is made of Pulastic flooring which is a stable floor system featuring special recycled rubber shock pad for resiliency and ball rebound with superior strength.

Indoor Soccer - Floor Dimensions:

52.4M x 27.4M

No Cleats are allowed on this sports flooring.

Mile Zero Regional Multiplex

Running / Walking Track

Hours of Operation:



Walk, jog or run your way to a healthier you one step at a time. This (175.3 metre) three lane elevated indoor running/walking track is an ideal location for both young and old to enjoy and is wheel chair and stroller accessible. The Running/Walking Track is accessible by the public via the front staircase or elevator. (9 laps is one mile)

Before using the track all patrons must sign in at the Fitness Centre front counter. Periodic surveys will take place to help assist the Town of Grimshaw in a number of areas. This includes programming, maintenance of the track, hours of operation etc.

Regular Hours:

September to June 30th

Weekdays: 6:00 a.m. to 9:00 p.m. - Trial Basis

Weekends: 10:00 a.m. to 8:00 p.m.

Stat Holidays: 11:00 a.m. to 4:00 p.m. (Closed on Christmas Eve, Christmas Day, Boxing Day, New Year's Day and Easter Sunday)

All children 13 years and younger must be accompanied and supervised by an adult while using the running track.

Ask the Fitness Centre staff about the COMBO facility membership packages available for purchase.

Mile Zero Regional Multiplex Facility Running / Walking Track

Rules:



- Please consult a physician before using any of our recreational facilities.
- Spectators are not permitted on the track at any time.
- **Travel in a counter clockwise direction only in a single file on this 175.3 metre three lane track. (9 laps is one mile)**
- Do not stop on the track while walking, jogging or running. If you need to rest please move to the corner areas along the track.
- **Slower traffic keep to the inside lane to allow runners and faster walkers to keep their pace.**
- Larger crowds should space themselves.
- Children under 13 years of age must be accompanied by an adult.
- **Caution must be used when entering and exiting the track.**
- Always look before crossing lanes so you do not interfere with anyone in another lane.
- Do not race when the track is busy.
- Strollers, wheel chairs and walkers are welcome, please walk in a single file on the inside lane only.
- **Only non-marking indoor running shoes are permitted on the track. Under no circumstances shall outdoor footwear (boots etc) be worn on to the track surface. Always change out of outer footwear before entering the track. Bare feet are not allowed.**
- The Town of Grimshaw is not responsible for lost or misplaced articles, theft or damage to personal belongings. Found articles should be turned into the Fitness Centre for return to the rightful owner.
- Food is absolutely forbidden on the track surface. **Water ONLY permitted on the track.**
- Dogs are not permitted. Exception for service animals.

Mile Zero Regional Multiplex



Fitness Centre Use Policies & Procedures as follows:

- Facility is not available for reservation.
- You must have a current membership or day pass to gain admittance.
- Only non-marking indoor running shoes are permitted in the Fitness Centre. Under no circumstances shall outdoor footwear (boots etc.) be worn into the facility. Always change out of outer footwear before entering the Fitness Centre. Bare feet or open toed shoes are not allowed.
- Food is absolutely forbidden in the Fitness Centre. Water is ONLY permitted.
- Please respect the Mile Zero Regional Multiplex equipment and structural components.
- Replace your weights. Equipment is not to be left on the machines or on the floor. Please do not drop weights.
- Use a spotter when lifting free weights. Collars are mandatory on barbells.
- Report all injuries and equipment/facility irregularities to a staff person immediately.
- The staff reserves the right to refuse service to anyone who fails to comply with our facility rules and regulations. Any behavior deemed inappropriate may result in a loss of access privileges.
- Youth aged (12 to 14) years may use the facility cardio equipment under the supervision of a parent/guardian. Patrons 15 years and older have full access to the facility.
- The Town of Grimshaw is not responsible for any lost/stolen items. Day use lockers are available for check out. Please talk with the staff for more information.
- Patrons and staff are expected to follow all posted regulations.

Fitness Centre Etiquette:

- Please put away all weights and other equipment when finished.
- Do not drop weights.
- Share the equipment. Allow others to "work in" when you are resting.
- Limit time on the cardio equipment to 20 minutes when others are waiting.
- Avoid using heavy cologne or perfume prior to working out in the fitness Centre.
- Respect others. This includes other patrons and Fitness Centre staff.

Mile Zero Regional Multiplex



LOCKER & SHOWER ROOMS

Fitness Centre & Running/Walking Track Users:

While using the Fitness Centre and/or Running /Walking Track, all members and guests may use a locker located in the Fitness Centre, based on availability.

- Lockers are day use only and belongings may not be left overnight.
- All property must be removed from lockers immediately following workouts.
- Lockers are not for private use and the Town of Grimshaw reserves the rights to inspect all lockers, as well as to remove any lock left on the locker.
- Locks and contents not removed at the close of each day will be confiscated. Belongings can be picked up at the Fitness Centre front counter.
- Glass containers are prohibited in the locker and shower rooms.

Mile Zero Regional Multiplex



Arena Use Policies & Procedures as follows:

In order to operate the Mile Zero Regional Multiplex (Arena) in a safe and efficient manner, expectations are that all users shall abide by the following rules and regulations:

- Smoking is only permitted in designated areas outside of the facility.
- Consumption of alcohol is not permitted, unless a Special Events Rental Agreement has been approved .
- Children under the age of 12 years of age are to be supervised at all times by a parent or a designated adult.
- A minimum of 2 coaches or designated adults should be in the dressing rooms with individuals under the age of 18.
- The Town of Grimshaw has the discretionary right to refuse to rent ice.
- Locks for dressing rooms can be signed out from the Arena staff at your own risk. People signing out locks assume responsibility for the return of the lock and the security of the dressing room.
- Users must abide by their scheduled practice/game times.
- No players are allowed on the ice surface without their coaches being present and without the proper equipment.
- Sticks and pucks are to be used on the ice surface only. Persons hitting sticks or pucks against walls etc. will have their equipment confiscated and will be required to clean the area or pay for damages.
- Dressing rooms are to be left in a neat and orderly manner and vacated within 30 minutes after rental time has ended. Any infraction of the rules will result in a minimum surcharge.
- All teams will be held responsible for their dressing rooms.
- No one is to be on the ice while the Zamboni is being operated, unless instructed by Arena personnel to assist. Wait until the Zamboni gates are closed before going onto the ice surface.
- Spectators found throwing debris onto the ice surface or using vulgar language will be immediately ejected from the facility.
- Please keep all fire exits, doors or any other marked areas clear.
- The Town of Grimshaw is not responsible for lost or stolen articles.
- Bicycles, skateboards, scooters, hee-lies and pets are not permitted within the facility.

Membership & Admission

The Mile Zero Regional Multiplex offers a wide range of opportunities to the public to participate in a wide range of recreational and leisure activities.

Choose what best suites your needs, a daily drop in pass, or a monthly, three month, six month or yearly membership.....

Memberships and drop ins can be paid at the Front Desk or at the Fitness Centre counter by cash or cheque.

Please note there is an ATM cash machine located on the premises.

Mile Zero Regional Multiplex – Facility Rates

The GST will need to be added to all the rates, as outlined below.

Arena Rates:

RATES:

- Adult - \$ 110.00 an hour
- Youth - \$ 70.00 an hour
- School Rate (Weekday Use Only) \$ 20.00 an hour

NON PRIME RATE:

- Weekday Afternoons \$55.00 an hour (as schedule permits)

PUBLIC SKATING / SHINNY HOCKEY DROP IN RATE (includes GST):

- Tots (0 – 3 years) Free
- Youth (4 – 17 yrs.) \$3.00
- Adult (18 – 54 yrs.) \$5.00
- Senior (55 years and up) \$3.00
- Family \$15.00

OFF SEASON (DRY FLOOR) RATES:

- Weddings / Dances - \$ 600.00 per day / \$600.00 damage deposit
- Trade Shows, Circuses, Sales - \$ 1000.00 per day / \$1000.00 damage deposit
- In Line Hockey – (Adult) \$35.00 per hour / (Youth) \$ 25.00 per hour

Meeting Room Rental Rate:

- Hourly Rate - \$ 40.00 an hour public / \$25.00 an hour non profit groups
- Day Rate - \$ 200.00

Field House Rates:

HOURLY RATES:

(Full Surface)

- Youth (under 17 years of age) \$50.00 an hour
- Adult (18 years and older) \$ 70.00 an hour

(2/3 Surface)

- Youth \$35.00 an hour
- Adult \$50.00 an hour

(1/3 Surface)

- Youth \$20.00 an hour
- Adult \$ 25.00 an hour

DROP IN RATES (includes GST): (When the schedule permits)

- Tots (0 – 3 years) Free
- Youth (4 – 17 yrs.) \$3.00
- Adult (18 – 54 yrs.) \$5.00
- Senior (55 years and up) \$3.00
- Family \$15.00

With this membership you will be entitled to full use of the Field House for scheduled drop in and open court time use. Please be advised that drop in times may vary due to facility bookings.

Family memberships are limited to six immediate family members (2) parents and (4) children 17 years and younger.

ONE MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 30.00
- Adult \$ 35.00
- Family \$ 55.00

THREE MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 70.00
- Adult \$ 80.00
- Family \$ 130.00

SIX MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 125.00
- Adult \$ 150.00
- Family \$ 225.00

YEARLY MEMBERSHIP RATES:

- Youth /Senior \$ 200.00
- Adult \$ 260.00
- Family \$ 375.00

A 25% discount on "individual" **one year** memberships will remain available to all Peace Regional RCMP, Grimshaw Fire Department, Peace River Correctional Centre and Alberta Health Services employees.

School Rate (Weekday Use Only) \$ 20.00 an hour

Field House – Sports Related Day Rental \$ 600.00 / \$600.00 Damage Deposit

Special Events - \$1000.00 per day / Damage Deposit \$1000.00

Running Track Rates:

RUNNING TRACK RATES:

All children 13 years and younger must be accompanied and supervised by an adult while using the running track.

Family memberships are limited to six immediate family members (2) parents and (4) children 17 years and younger.

Drop In Rate (includes GST):

- Tots (0 – 3 years) Free
- Youth (4 – 17 yrs.) \$3.00
- Adult (18 – 54 yrs.) \$5.00
- Senior (55 years and up) \$3.00
- Family \$15.00

ONE MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 30.00
- Adult \$ 35.00
- Family \$ 55.00

THREE MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 70.00
- Adult \$ 80.00
- Family \$ 130.00

SIX MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 125.00
- Adult \$ 150.00
- Family \$ 225.00

YEARLY MEMBERSHIP RATES:

- Youth /Senior \$ 200.00
- Adult \$ 260.00
- Family \$ 375.00

A 25% discount on "individual" **one year** memberships will remain available to all Peace Regional RCMP, Grimshaw Fire Department, Peace River Correctional Centre and Alberta Health Services employees.

School Rate (Weekday Use Only) \$ 20.00 an hour

Fitness Centre Rates:

Use of Cardio Equipment only accompanied by an adult ages 12 to 14 years and use of all equipment must be 15 years and older.

Family memberships are limited to six immediate family members (2) parents and (4) children 17 years and younger.

Drop In Rates (includes GST):

- Youth (12 – 17 yrs.) \$3.00
- Adult (18 – 54 yrs.) \$5.00
- Senior (55 years and up) \$3.00
- Family (up to 6 members) \$15.00

School Rate (Weekday Use Only) \$ 20.00 an hour

ONE MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 37.00
- Adult \$ 42.00
- Family \$ 67.00

THREE MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 78.00
- Adult \$ 97.00
- Family \$ 147.00

SIX MONTH MEMBERSHIP RATES:

- Youth / Senior \$ 137.00
- Adult \$ 172.00
- Family \$ 242.00

YEARLY MEMBERSHIP RATES:

- Youth /Senior \$ 212.00
- Adult \$ 282.00
- Family \$ 397.00

A 25% discount on "individual" **one year** memberships will remain available to all Peace Regional RCMP, Grimshaw Fire Department, Peace River Correctional Centre and Alberta Health Services employees.

Fitness Centre / Running Track (Combination) Rates:

With this membership you are entitled to use of the Fitness Centre and Running Track, as per our guidelines.

Family memberships are limited to six immediate family members (2) parents and (4) children 17 years and younger.

ONE MONTH COMBO MEMBERSHIP:

- Youth / Senior \$ 52.00
- Adult \$ 57.00
- Family \$ 82.00

THREE MONTH COMBO MEMBERSHIP:

- Youth / Senior \$ 103.00
- Adult \$ 122.00
- Family \$ 172.00

SIX MONTH COMBO MEMBERSHIP:

- Youth / Senior \$ 173.00
- Adult \$ 207.00
- Family \$ 277.00

YEARLY COMBO MEMBERSHIP:

- Youth / Senior \$ 267.00
- Adult \$ 337.00
- Family \$ 452.00

A 25% discount on "individual" **one year** memberships will remain available to all Peace Regional RCMP, Grimshaw Fire Department, Peace River Correctional Centre and Alberta Health Services employees.

Combo Membership (Use of Full Facility) Rates:

With this membership you will be entitled to full use of the Running Track, Fitness Centre, drop in and open court time use for the Field House and Public Skating, Shinny Hockey and open ice time day use in the Arena.

Family memberships are limited to six immediate family members (2) parents and (4) children 17 years and younger.

ONE MONTH COMBO MEMBERSHIP:

- Youth / Senior \$ 89.00
- Adult \$ 94.00
- Family \$ 119.00

THREE MONTH COMBO MEMBERSHIP:

- Youth / Senior \$ 177.00
- Adult \$ 196.00
- Family \$ 246.00

SIX MONTH COMBO MEMBERSHIP:

- Youth / Senior \$ 284.00
- Adult \$ 318.00
- Family \$ 388.00

YEARLY COMBO MEMBERSHIP:

- Youth / Senior \$ 415.00
- Adult \$ 485.00
- Family \$ 600.00

A 25% discount on "individual" **one year** memberships will remain available to all Peace Regional RCMP, Grimshaw Fire Department, Peace River Correctional Centre and Alberta Health Services employees.

CORPORATE MEMBERSHIP RATE:

Companies will have the opportunity to purchase the following **one year** corporate memberships on the **complete Combo** (full facility):

- 5 memberships for \$1875.00
- 10 memberships for \$3500.00
- 20 memberships for \$6500.00
- 50 memberships for \$13,750.00

