



Morinville

LEISURE CENTRE



OPEN DAILY 6 a.m. to 11 p.m.

Doors close at 10 p.m. • Holiday hours may vary



www.morinville.ca

SINGLE ADMISSION PRICES		MEMBERSHIP RATES		
Ages	Day	10 Pass	Monthly	Annual
Tots (under 5 years)	Free	Free	Free	Free
Child (6 – 12 years)	\$4	\$40	\$20	\$200
Youth (13 – 17 years)	\$5	\$45	\$25	\$250
Student (18+ with student ID)	\$6	\$55	\$33	\$330
Adults (18 – 59 years)	\$8	\$75	\$40	\$400
Senior (60+ years)	\$6	\$55	\$33	\$330
Family (2 adults & unlimited children in the same home)	\$20		\$100	\$1,000
Track only	\$2		\$20	



ANNUAL MEMBERSHIP ADVANTAGES

- Discount on registered programs
- Early program registration
- 12 months for the price of 10
- 4 free daily guest passes per year

For more information, contact
Community Services at 780-939-3450.

Summer Drop-In Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Low Impact Beginner Yoga 9 – 10 a.m. 16+ yrs Court 3					
Pickleball 10 – 11:30 a.m. 16+ yrs Court 2		Pickleball 10 – 11:30 a.m. 16+ yrs Court 2	Walk/Running Group 10 – 11 a.m. 16+ yrs Track			
					Family Soccer 1 – 3 p.m. Court 2	
					Parent Tot Gym Time 3 – 5 p.m. Court 2	
	Youth Dodgeball 4 – 5:30 p.m. 13-17 yrs Court 2	Youth Volleyball 4 – 5:30 p.m. 13-17 yrs Court 2	Youth Handball 4 – 5:30 p.m. 13-17 yrs Court 2		Pickleball 5 – 6:30 p.m. 16+ yrs Court 2	
Beginner Step, Strength & Stretch 6:15 – 7:15 p.m. 16+ yrs Court 3	Basketball 6 – 7:30 p.m. 16+ yrs Court 2	Volleyball 6 – 7:30 p.m. 16+ yrs Court 2	Pickleball 6 – 7:30 p.m. 16+ yrs Court 2	Badminton 6 – 7:30 p.m. 16+ yrs Court 2		Basketball 7 – 8:30 p.m. 16+ yrs Court 2
Badminton 6 – 7:30 p.m. 16+ yrs Court 2			Bootcamp 6:15 – 7:15 p.m. 16+ yrs Court 3		Volleyball 7 – 8:30 p.m. 16+ yrs Court 2	

fitness programs

sport/recreation programs

Arena Drop-In Programs

Youth Shinny Hockey
Mondays & Fridays 3 – 4 p.m.
Age: 13 to 17 yrs

Parent and Tot Shinny
Sundays 10 – 11 a.m.
Age: Tots, under 5 yrs

Adult Shinny
Fridays 12 – 1 p.m.
Age: 18 to 59 yrs

Family Skating
Fridays 1 – 3 p.m.
Sunday 12:30 – 2 p.m.

****June Only****

Registered Programs

Monday	Tuesday	Wednesday	Thursday
	Flow Yoga 10 – 11 a.m. 16+ yrs Court 3	Core de Force Live 9 – 10 a.m. 16+ yrs Court 3	
Youth Sport Ball 1 – 3 p.m. 11-17 yrs Court 3		Youth Sport Ball 1 – 3 p.m. 11-17 yrs Court 3	
Core Balance for Daily Life 7:30 – 8:30 p.m. 16+ yrs Court 3	Zumba 6:15 – 7:15 p.m. 16+ yrs Court 3		Pilates 7:30 – 8:30 p.m. 16+ yrs Court 3

Flow Yoga

Program Dates: Tuesdays (June 11 to August 13)
Time(s): 10 – 11 a.m.

Cost: \$100 + GST

Age Group: 16+

Flex your strength with our rejuvenating mind body work out. With flowing movement and structured poses, be prepared to utilize full control of your muscles. This low impact work out not only works your body but assists in bettering your mental focus and provides time for reflection.

Core Balance for Daily Life

Program Dates: Mondays (June 3 to August 19)

Time(s): 7:30 – 8:30 p.m.

Cost: \$100 + GST

Age Group: 16+

Activate your core and hone your balance skills with this beginners work out program. This older adult's class provides beginners with the fundamentals for fitness and ensure that you are utilizing your muscles and working them out properly to prevent strain and injury. Please note that this program will not run on July 1st and August 3.

Pilates

Program Dates: Thursdays (June 13 to August 15)

Time(s): 7:30 – 8:30 p.m.

Cost: \$100 + GST

Age Group: 16+

Sculpt your body with this low impact work out that focuses on precision and control, This structured class will help you work on your breathing techniques while focusing on strengthening your core and increase your balance and flexibility.

Core de Force Live

Program Dates: Wednesdays (June 5 to August 7)
Time(s): 9 – 10 a.m.

Cost: \$100 + GST

Age Group: 16+

CORE DE FORCE LIVE is an MMA-inspired, non-contact class that combines cardio drills and explosive power moves for a full body conditioning workout! This class is for you if:

- You like to move at your own pace rather than to the beat of the music
- You prefer to move like an authentic fighter with tight movements and minimal bounce (no impact)
- You want to feel empowered, strong and fierce while working out

Get Ready to unleash your inner FIGHTER #brawlernation. Please note that this program will not run on June 29 and August 3.

Zumba

Program Dates: Tuesdays (June 11 to August 13)

Time(s): 7 – 8 p.m.

Cost: \$100 + GST

Age Group: 16+

Zumba® fitness classes take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Youth Sport Ball

Program Dates: Mondays & Wednesdays (July 3 to August 14)

Time(s): 1– 3 p.m.

Cost: \$80 for both days \$50 for one day GST included

Age Group: 11-17

Our goal in this multi-sport class is to have fun catching, throwing, striking, kicking, running and jumping in as many different ways as we can. Participants are sure to have a ball exploring a new sport each class. Please note that this program will not run August 5.

Facility and Amenities

The Morinville Leisure Centre is a multi-purpose recreation facility that has the following amenities: an NHL sized arena, a field house, indoor track, fitness centre, children's play space, meeting room, lobby and spectator areas, and concession.

Arena

The arena is located on the main floor. The NHL sized ice surface has spectator seating for 437, and, with expandable seating options, can accommodate 1200. There are four dressing rooms, a referee room and two premier dressing rooms adjacent to the ice. The arena can be booked all year for either ice in or dry surface.

Field House

The multi-purpose field house is located on the main floor. It has a boarded surface with sport flooring that can be divided into three courts. Each court is the size of a basketball court. The courts can be used individually by using the separator curtains or combined to provide a large playing surface. The courts are for spontaneous use, drop-in programs, registered program and can also be booked. The field house can accommodate a variety of sports including volleyball, basketball, badminton, pickleball and floor hockey. There are also four dressing rooms and a referee room.

Track

The track is located on the main floor and surrounds the Field House. The 200m, 3-lane track can be used for walking and running and will accommodate strollers and wheelchairs.

Fitness Centre

The fitness centre is located on the upper floor. It has a variety of equipment from cable machines to cardio equipment. There are lockers and a changing bench located outside the fitness centre entrance.

Children's Play Space

The children's play space is located on the main floor. It has a variety of small, portable play features. This area is recommended for children under 8 years and will hold up to 25 people.

Meeting Room

The multi-purpose meeting room is located on the main floor. It is equipped with folding tables, and chairs. It holds up to 15 people. The meeting room is available for bookings for meetings, birthday parties and other small group activities.

Events & Venue Rentals

As our newest facility, the Morinville Leisure Centre (MLC) is a natural choice for meetings and events in Morinville.

The venue provides a selection of rental opportunities for sports, celebrations, and business events in the following areas:

Arena Field House Children's Play Space Meeting Room

Ask about our Party Pack featuring:

(2 hours total with 2 hours for the meeting room and 1 hour on the selected playing surface)

• Meeting Room and Children's Play Space

• Meeting Room and Court

• Meeting Room and Arena

Facility Guidelines

The Town of Morinville is committed to a fun, safe and healthy facility. Help us maintain a positive experience by following the facility guidelines and respecting other visitors and staff.

- Wristbands need to be visible at all times in all proof of payment areas.
- If a replacement card is needed, there will be a \$5.00 replacement fee and can be done at Guest Services.
- Children under 8 years must be accompanied at all times while in the facility, by a responsible individual 13+ years.
- Youth aged 12-15 years must complete the Orientation program prior to using the Fitness Centre and Track.
- For the safety of others and to protect your belongings, please use a locker. The Town of Morinville is not responsible for any lost, damaged or stolen items.
- Lockers are for day use only and contents must be removed by the end of the day. Any locks left on lockers overnight will be cut off and the contents of the locker brought to Guest Services.
- As a smoke free building, smoking of any kind is not permitted within 5 metres of the front doors, or any intake system.
- Service animals are welcome in this facility; pets are not permitted.
- Skateboarding, cycling, in-line or roller skating is not permitted inside the facility.
- For your safety, surveillance cameras may be operating in this facility to deter and/or detect criminal activity. The collection of recorded camera images is authorized under Section 33C of the *Freedom of Information and Protection of Privacy Act* (FOIP). **If you have any questions about this surveillance, please contact the Information Management/FOIP Coordinator for the Town of Morinville at 780-939-4361.**
- With staff permission, cellular phones are permitted for taking photos and videos in public areas – excluding change areas and washrooms. Taking photos and videos in locker rooms and washrooms is against the law.
- **For a complete list of all our guidelines, please visit www.morinville.ca.**

