

## 2023 NASHWAAKSIS FIELDHOUSE GENERAL INFORMATION

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### Hours of Operation:

1. September to the end of June

Monday to Friday	6:30pm-9:00pm weight room & gyms
Saturday	1:00pm-6:30pm weight room & gyms
Sunday	1:00pm-7:00pm weight room & gyms

Please check the **Fredericton Recreation Facebook page** for **Special Event Schedules** as the weekend schedule is often changed to accommodate special events.

<https://www.facebook.com/FrederictonRecreation>

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### Regular Fee Structure

- Annual Memberships:     \$50.00 for Adults (16 and older) with weight room privileges  
                                      \$25.00 for Adults (16 and older) without weight room privileges  
                                      \$10.00 for Youth (16 and under)

**PLEASE NOTE:** Memberships are valid for one year from date of purchase.

- Drop-in fee for non-members Adults is \$3 for per visit
- Drop-in fee for non-members Youths is \$2 for per visit
- Court rental fee is \$25.00 per hour

### Special Event Fee Structure

Category #	<u>Description</u>	<u>Fee</u>
1.	Mezzanine	\$20.00 per hour
2.	1 court	\$25.00 per hour
3.	Total floor (5 courts & track)	\$80.00 per hour

**FREE COURTS:** A minimum of four FREE courts will always be available during regular hours for drop-in use by patrons. These courts are distributed on a first come first served basis. Patrons wishing a guaranteed/ regular time slot **must** reserve a court for that purpose. Courts will be divided into activity areas (1 to 3 areas per court) as the Fieldhouse staff sees fit. Fieldhouse staff will limit free court times to 30 minutes if demand warrants.

**RESERVED COURTS:** Reserved court time is limited, and is intended for use by groups and/or leagues all participants must have Fieldhouse memberships.

**Courts and the mezzanine can only be booked through the City of Fredericton Recreation Division.**

<https://www.fredericton.ca/en/recreation/field-house-gyms>

Courts must be reserved a minimum of 48 hours in advance of use on weekdays.

- Please note until these courts are reserved, they are used as Free Courts.

### GENERAL HOUSE RULES AND FACILITY REGULATIONS

1. Members must show their membership card at every visit.
2. Smoking, swearing, fighting, abuses of equipment or other inappropriate behavior will not be tolerated.
3. Vehicles parked in no parking spaces/zones will be towed.
4. Parents / guardians must supervise their children (under age 13) at all times.
5. Fieldhouse staff will allocate court space if needed.

6. Indoor footwear is needed; outdoor shoes are damaging to the floor surface as well as making the floor slippery and dirty.
7. Food or drink are not permitted in the activity areas
8. The mezzanine is for booked group use only.
9. Equipment sign-out privileges are extended to members only.
10. We are not responsible for items lost or stolen.
11. Users/members participate at their own risk.
12. Areas/equipment not required by your group will remain locked. If you need access to these areas, the Fieldhouse supervisor will accommodate you and distribute equipment as needed.
13. Ensure that a group leader is present and responsible for the supervision of program participants and spectators.
14. You are responsible for your own set-up and takedown of equipment.
15. You should bring a game ball of your own if you wish to have a quality ball. Our equipment is used daily and may not meet your standards.

**LANE RULES (6 laps = 1km / 9 laps = 1 mile)**

1. The lanes are for walking.
2. Track users should pay close attention to activities on the court as players and equipment occasionally enter the walking track areas.

**WEIGHT ROOM RULES & ETIQUETTE**

The weight room is unsupervised. Members work out at their own risk. Please ensure due caution while working out. For the safety and convenience of all please adhere to the following rules/etiquette:

1. All weight room users must be current Fieldhouse adult membership cardholders.
2. All weight room users must wear a shirt.
3. Ensure that free weights are secured by collars before being used.

**We ASK THAT YOU PLEASE:**

- Clean and wipe off upholstery after use.
- Do not rest on weight equipment between sets.
- Remove all weight plates from equipment and bars when you are finished and return them to the appropriate racks.
- Do not drop weight plates, barbells or dumbbells on the floor.
- Return all dumbbells and barbells to the appropriate racks when finished.
- Ensure that the buckles on weight belts do not damage upholstered equipment.
- Use a spotter when appropriate.
- Report any problems or concerns immediately to Field House staff.

**A NOTE ABOUT RISK:**

Every activity carries with it a degree of risk, and sometimes participants are injured. The operator of the Nashwaaksis Fieldhouse does what it reasonably can to minimize risks, and Fieldhouse users must understand, accept and share that responsibility. Fieldhouse users must agree to abide by the posted rules and advise staff immediately if they observe a dangerous situation and to exercise reasonable caution in their activities. It is understood that the operators of the Nashwaaksis Fieldhouse will deny any liability if Fieldhouse users are injured due to an accident or their own behavior. Parents/Guardians must agree to instruct their child about these responsibilities and to provide whatever supervision and discipline is required.

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If you have any questions, comments, concerns or are interested in reserving court time please Call 506-460-2230.

Fieldhouse staff are available to assist you in person or on the phone at 506-453-5406 during operating hours.