

Facility: Westmount Fitness Centre

Last Updated: Jul 17, 2024
Who: LC

Address: 12840 109 Ave

Contact/Caretaker: Andrew Fulks



Equipment under stairs

Nets match with same color post

Pickleball Equipment

Pickleball Net Setup

General Information

Parking: Players can park in the lot off 109 Ave on the East of the building, or can park on the street.

Entrance: Players should enter from the main entrance on the South side of the building. **DO NOT** use the East entrance. Players should leave outdoor footwear at the entrance on the boot rack beside the front desk.

Gym Location: When you enter the building, walk straight past the front desk. At the end of the hall go left down the stairs, and continue down the ramp. The gym is to your left. Players should wait until the prior game is finished to enter the gym.

Change room/Washroom: Players can change in the washrooms that are located inside the hallway opposite of the gym entrance. These are underneath the stairs / ramp used to get to the gym

Floor: There is a micro-fibre broom in the equipment room that can be used to clear dust and debris from an already sticky type of floor.

Equipment

Sport Specific Equipment Location and details: The Volleyball equipment is located under the stairs that you use to get to the gym entrance. To your right as you get to the bottom of the stairs. Ask a facility attendant if you cannot find them. The center post is not anchored to the ground well and will move if pressure is applied to hard. **Ensure all players are doing their best to stay off the net during game play.**

There are portable pickleball nets in the storage room located in the southeast corner of the gym with the red door. The nets are on the floor to the right as you enter. Please ensure everything is put away neatly in the bags and in the correct floor space.

Gym Set-up

Volleyball

Step 1: Role posts and carry nets to the gym. Be careful not to drag or drop the posts onto the floor.

Step 2: Put posts into slots on the floor. **The center post is shared** so there will only be three posts. The center/shared post is painted half blue/half red. The red net goes with the red post and the blue matches with the blue.



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Step 3: The outside posts need to be anchored to the walls with a chain. You will need a stool/bench to do this.

Step 4: Once all three posts are inserted into their appropriate holes, attach the top of the nets to the tops of the posts. Then attach the bottoms and crank to tighten. When tightening, it is best to tighten both at once with someone helping to check the tension on both nets while you tighten as the tension needs to be balanced as best as possible.

Pickleball

Step 1: Assemble the pickleball nets

Step 2: Tighten the velcro straps on top to ensure the nets are stretched. The top of the velcro should be approximately 1.5 inches below the top of the post to obtain the correct height and curve of the net.

The caretaker can turn on the ceiling fans if desired and there are two standing fans, however the standing fans tend to impact play. If you need additional lights turned on, the caretaker may have to flip a breaker. Please do not attempt to do this without his direction

Set-up Diagram

