**Tournament Hosting Guide**

**City of Spruce Grove and Area**

**Tri Area Warriors Volleyball Club**

**“Dare To Soar” 2019**

**U15 Female Tournament**

**March 2, 2019**

St. Thomas Aquinas Catholic School

395 Grove Drive, Spruce Grove

Welcome to Spruce Grove!

Have a great time exploring the various attractions and amenities.

[**www.sprucegrove.org**](http://www.sprucegrove.org)



The purpose of this tournament hosting guide is to provide guest’s visiting the City of Spruce Grove for tournament or events a quick snapshot of local businesses, services and things to do. We hope you enjoy your visit to the City of Spruce Grove and plan to come back soon!

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**TOURNAMENT INFORMATION**

**Tri Area Warriors Volleyball Club Hosts**

**“Dare To Soar” 2019 U15 Female Tournament**

Date: March 2, 2019

Time: 8:30 am – 6 pm

Location: St. Thomas Aquinas Catholic School – 395 Grove Drive, Spruce Grove

Tickets: Free

Important Information:

On-Site Activities: Concession with Subway 6” sub’s and more

Possible Silent Auction!

**IMPORTANT CONTACT INFORMATION**

**“You Go Girl” U14 Female Tournament**

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Role in Tournament | Email | Phone Number |
| Brenda Heisz | Lead | [triareawarriors@gmail.com](mailto:triareawarriors@gmail.com) | 780-554-9039 |
|  |  |  |  |

**City of Spruce Grove Departments**

|  |  |  |  |
| --- | --- | --- | --- |
| **Department** | **Address** | **Email** | **Phone Number** |
| **Agrena -** Curling Rink, Grant Fuhr Arena, Stu Barnes Arena | 9 Agrena Road | [recreation@sprucegrove.org](mailto:recreation@sprucegrove.org) | 780-962-2031 |
| **Border Paving Athletic Centre**  Recreation Services | 9 Tri Leisure Way | [recreation@sprucegrove.org](mailto:recreation@sprucegrove.org) | 780-962-7632 |
| **City Hall**  City of Spruce Grove | 315 Jespersen Avenue | [info@sprucegrove.org](mailto:info@sprucegrove.org) | 780-962-2611 |
| **Enforcement Services**  Community Peace Officers | 410 King Street | [enforcement@sprucegrove.org](mailto:enforcement@sprucegrove.org) | 780-962-7586 |
| **Family and Community Support Services** | Queen Street Place  105 - 505 Queen Street | [fcss@sprucegrove.org](mailto:fcss@sprucegrove.org) | 780-962-7618 |
| **Fire Hall**  Fire Services + EMS | #120, 410 King Street | [info@sprucegrove.org](mailto:info@sprucegrove.org) | 780-962-4496 |
| **Fuhr Sports Park**  Artificial Turf | 9 Tri Leisure Way | [recreation@sprucegrove.org](mailto:recreation@sprucegrove.org) | 780-918-2326 |
| **City Hall Ticket Centre**  Box Office | 315 Jespersen Avenue | [hstage@sprucegrove.org](mailto:hstage@sprucegrove.org) | 780-962-8995 |
| **RCMP**  Spruce Grove Detachment | 410 King Street |  | Complaint Line 780-962-2222  Emergency Only  Dial 911 |
| **Specialized Transit Service** | Pioneer Centre  301 Jespersen Avenue | [Sts.bonnie@shaw.ca](mailto:Sts.bonnie@shaw.ca) | 780-962-2456 |

**ACCOMMODATIONS**

**Hotels**

**Spruce Grove**



[Holiday Inn Express](https://www.ihg.com/holidayinnexpress/hotels/us/en/spruce-grove/yegsg/hoteldetail?qRef=sr&qDest=Spruce+Grove,+AB,+Canada&qRpn=1&qChld=0&qSrt=sBR&qSHp=1&qSmP=3&qGRM=0&qLng=-113.903367&qRdU=0&qRms=1&srb_u=1&qAdlt=1&qPSt=0&qFRA=1&qLat=53.542785&qRRSrt=rt&qRad=50&qRpp=12&qBrs=6c.hi.ex.rs.ic.cp.in.sb.cw.cv.ul.vn&qWch=0&icdv=99504425)

[Travelodge Inn & Suites](https://www.wyndhamhotels.com/travelodge/spruce-grove-alberta/travelodge-spruce-grove/overview?hotel_id=46881&cid=whg_tlcan_ggl_br&wid=ps:br_whg&iata=00065402&002=2210345&004=6649314801&005=50805380841&006=47467103601&007=Search&008=&025=c&026=)

[Spruce Grove Area Bed and Breakfasts](http://www.discoveredmonton.com/SpruceGrove/Lodging/BedBreakfasts/)

**Stony Plain**

[Ramada Stony Plain Hotel & Suites](https://www.wyndhamhotels.com/ramada/stony-plain-alberta/ramada-inn-and-suites-stony-plain/overview?hotel_id=10864&cid=whg_ram_ca_gglsem_br&wid=ps:br_whg&tel=8002726934&002=2210724&004=6011739274&005=1884744489&006=36571475434&007=Search&008=&025=c&026=&gclid=CjwKEAiA-s6zBRDWudDL2Iic4QQSJAA4Od3XHq1PpPrGE0_YM5FwBCesdr-38Wac-71VLys3s8qbmxoCt1nw_wcB)

[Travelodge Stony Plain](https://www.wyndhamhotels.com/travelodge/stony-plain-alberta/travelodge-stony-plain/overview)

[Best Western Sunrise Inn & Suites](http://bestwesternalberta.com/hotels/best-western-sunrise-inn-and-suites)

[Motel 6 Stony Plain](https://www.motel6.com/en/motels.ab.stony-plain.5707.html?gclid=CjwKEAiA-s6zBRDWudDL2Iic4QQSJAA4Od3XJLEZdLHs1mTyg5jZLRiEQz6gxwk7kBIy5W3s4wLpaRoC48Hw_wcB)

**Campgrounds**

**Spruce Grove**

[Diamond Grove RV Campground](http://www.diamondgrove.ca/)

**Stony Plain**

[Camp ‘n Class](http://www.campinclass.com/)

[Stony Plain Lions RV Park and Campground](http://e-clubhouse.org/sites/stonyplainca/page-9.php)

For a full list of other accommodations in the region, please visit: [Tri Region Tourism](http://triregiontourism.com/places/accommodations/)

**RESTAURANTS**

**Spruce Grove**

[Boston Pizza](https://bostonpizza.com/en/locations.html) - Lunch + Supper - Family Restaurant - 205 Jennifer Heil Way - OR 201 Calahoo Road

[Grill at the Links Golf Course](http://www.linksgolfcourse.com/dining/) - Breakfast, Lunch + Supper - 100 Links Road

[Rainbow Palace Restaurant](http://rainbowpalace.ca/) - Breakfast, Lunch + Supper - 93 McLeod Avenue

[Ricky’s All Day Grill](http://gotorickys.com/restaurant-locations/) - Breakfast, Lunch + Supper - 70 McLeod Avenue

[Sandy View Farms](http://www.sandyviewfarms.com/sandyview-loft-restaurant-home.php) - Breakfast + Lunch - 155 South Avenue

[Smitty’s](https://smittys.ca/Post/Smitty-s-Spruce-Grove-has-been-completely-renovated-and-is-Now-OpenI) - Breakfast, Lunch + Supper - 16 Nelson Drive

[State and Main](http://www.stateandmain.ca/#location) - Breakfast, Lunch + Supper - 300, 151 Century Crossing

[Sunset Grill](https://sunsetgrill.ca/locations/current-locations/) - Breakfast + Lunch - 214, 141 Century Crossing

[Tutti Frutti](http://tuttifruttibreakfastlunch.business.site/) - Breakfast + Lunch - 210, 205 Jennifer Heil Way

For a list of restaurants in Spruce Grove, please visit: [Spruce Grove Restaurants](https://www.google.ca/search?rlz=1C1GGRV_enCA750CA750&biw=1920&bih=989&q=spruce+grove+restaurants&npsic=0&rflfq=1&rlha=0&rllag=53543335,-113918081,933&tbm=lcl&ved=0ahUKEwjh-ZOGtcnWAhVE02MKHa1ZD7oQjGoIWg&tbs=lrf:!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:9&rldoc=1#rlfi=hd:;si:;mv:!1m3!1d2938.8025979577656!2d-113.90372604999999!3d53.54350655!2m3!1f0!2f0!3f0!3m2!1i735!2i119!4f13.1;tbs:lrf:!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:9)

**ATTRACTIONS + THINGS TO DO**

**Spruce Grove + Area**

[Aerials Gymnastics](https://www.aerialsgymclub.com/index.php/drop-in-birthday/drop-in) - Drop in and group rates available.

[Grain Elevator Museum](https://www.sprucegroveagsociety.com/grain-elevator) - Open May – September.

[Heritage Grove Park Trails](https://www.sprucegrove.org/community/parks/heritage-grove-park/) - Offers over 40 km of all-weather trails through Spruce Grove.

[Horizon Stage](http://www.horizonstage.com/) - Various performances and shows.

[Landmark Cinemas](https://www.landmarkcinemas.com/showtimes/spruce-grove) - Catch the latest films.

[Melcor Cultural Centre](https://www.sprucegrove.org/community/arts-culture/melcor-cultural-centre/) - Literary and visual art displays.

[Spruce Grove Parks & Recreation](https://www.sprucegrove.org/community/sports-recreation/) - Trail systems, splash pad and Spray Park (seasonal), and much more.

[Spruce Grove Public Library](http://www.sgpl.ca/) - Offers diverse programs, book rentals and drop-in.

[Stony Plain Attractions](http://www.stonyplain.com/Visitors/Attractions-and-Activities.htm) - Cultural heritage, festivals and events, parks and trails, and much more.

For more ideas, please visit: [City of Spruce Grove Events and Attractions](https://www.sprucegrove.org/community/events/)

**Edmonton**

[Breakout Entertainment](http://breakoutedmonton.com/about/) - Interactive escape room games.

[Edmonton Corn Maze](http://www.edmontoncornmaze.ca/hours/) - Offers many activities, including the corn maze, bouncy games and petting zoo.

[Edmonton Oilers](https://www.nhl.com/oilers/schedule/2017-09-01/MT) - NHL hockey games (seasonal).

[Fort Edmonton Park](https://www.fortedmontonpark.ca/) - Take a trip back in time!

[Jubilations Dinner Theatre](http://edmonton.jubilations.ca/) - Shows & entertainment.

[Jump 360 Trampoline Park](http://jump360.ca/admissions/) - Trampoline park & dodge ball.

[Paint Nite](https://www.paintnite.com/events?lat=53.5427846&lon=-113.90336730000001&term=Spruce%20Grove%2C%20AB%2C%20Canada) - Instructed painting. Various locations in Edmonton & Spruce Grove.

[Rock Jungle](http://climbing.rockjunglefitness.com/) - Indoor climbing gym.

[Speeders](https://speeders.ca/edmonton/) - Indoor pro karts.

[TELUS World of Science](http://telusworldofscienceedmonton.ca/) - Exhibits, IMAX, and observatory.

[West Edmonton Mall](http://www.wem.ca/play/attractions-at-wem/world-waterpark/wem-surf-lessons-and-wem-surf-club) - Shopping, mini golf, indoor waterslides, zip line, bowling, and amusement rides.

For more ideas, please visit: [Explore Edmonton](https://exploreedmonton.com/attractions/all)

**OUTDOOR ACTIVITIES**

**Spruce Grove + Area**

[Central Park](https://www.sprucegrove.org/community/parks/central-park/) - 450 King Street, Spruce Grove

[Dog Off-Leash Parks](https://www.sprucegrove.org/community/parks/) - 50 Marlboro Drive, Spruce Grove & 51 Century Close, Spruce Grove

[Heritage Grove Park](https://www.sprucegrove.org/community/parks/heritage-grove-park/) - Trail System



[Jubilee Park](https://www.sprucegrove.org/community/parks/jubilee-park/) - 510 Grove Drive, Spruce Grove

[Spruce Grove Skate Park](https://www.sprucegrove.org/community/parks/skate-park/) - 450 King Street (Central Park), Spruce Grove

For more recreation information: please visit [City of Spruce Grove Recreation](https://www.sprucegrove.org/community/sports-recreation/)

For more parks information: please visit [City of Spruce Grove Parks](https://www.sprucegrove.org/community/parks/)

For Parkland County lakes and trails: please visit [Parkland County Natural Areas](https://www.parklandcounty.com/en/live-and-play/Parks-Trails-and-Natural-Areas.aspx?_mid_=7748)

**PHARMACIES**

**Spruce Grove**

Walmart Pharmacy - 90 Campsite Road, Spruce Grove - 780-962-9053

Shoppers Drug Mart - 131 Century Crossing #100, Spruce Grove - 780-962-3555

Rexall - 505 Queen Street, Spruce Grove - 780-962-2757

Loblaw Pharmacy - 10, 110 Jennifer Heil Way, Spruce Grove - 780-960-7435

**MEDICAL DROP IN CLINICS AND HOSPITALS**

**Spruce Grove**

Queen Street Medical Clinic - 505 Queen Street #102a, Spruce Grove - 780-960-4102

Primacy Symphony Medical Clinic - 110 Jennifer Heil Way, Spruce Grove - 780-960-1125

Tri Wellness MD Centre - Suite 100, 7 Tri Leisure Way, Spruce Grove - 587-853-0451

**Stony Plain**

Stony Plain Hospital - 4405 S Park Drive, Stony Plain – 780-968-3600

**Devon**

Devon General Hospital - 101 Erie Street S, Devon - 780-987-8200

**GROCERY STORES**

Real Canadian Superstore – 110 Jennifer Heil Way, Spruce Grove



Sobeys – 11 Westway Road, Spruce Grove

Save-on-Foods – 121 Century Crossing, Spruce Grove

Safeway – 94 McLeod Avenue, Spruce Grove

Walmart Supercentre – 90 Campsite Road, Spruce Grove

Freson Bros (24 hours) – 4416 48 Street, Stony Plain

**SHOPPING**

[Westland Market Mall](http://www.westlandmarketmall.ca/) – 70 McLeod Avenue, Spruce Grove



[West Edmonton Mall](http://www.wem.ca/) – 8882 170 Street NW Edmonton

[Southgate Centre](https://www.southgatecentre.com/) – 5015 111 Street NW Edmonton

[Kingsway Mall](http://www.kingswaymall.com/) – 109 Street & Kingsway, Edmonton

[South Edmonton Common](https://www.southedmontoncommon.com/) – 1978 99 Street NW, Edmonton

[Edmonton City Centre](http://edmontoncitycentre.com/) – 10025 102A Avenue, Edmonton

**BANKS**

[TD Canada Trust](https://www.td.com/ca/en/personal-banking/branch-locator/) – 10 100 Jennifer Heil Way, Spruce Grove



[Royal Bank of Canada](https://maps.rbcroyalbank.com/locator/searchResults.php?t=8719) – 4 McLeod Avenue, Spruce Grove

[ATB Financial](http://www.atb.com/contact-us/Pages/branch-locator.aspx?loc_var=all&filter_var=branch) – 400-141 Century Crossing, Spruce Grove

[BMO Bank of Montreal](https://branches.bmo.com/ab/spruce-grove/) – 16 Westway Road, Spruce Grove

[Scotiabank](http://maps.scotiabank.com/en/index.php#sl=Spruce Grove, AB, Canada&lt=1,3&f=&l=any&ll=53.5427846,-113.90336730000001) – 201 Frist Avenue, Spruce Grove

[CIBC](https://locations.cibc.com/ab/spruce-grove/07089) – 100 McLeod Avenue, Spruce Grove

**TRANSPORTATION**

**Bus Service**

[Spruce Grove Commuter Transit](https://www.sprucegrove.org/services/commuter-transit/) – ETS Routes 560, 561, and 562 along with ETS Plan Your Trip

[Specialized Transit Service (STS)](mailto:sts.bonnie@shaw.ca) - Phone 780-962-2456



**Taxi Information**

[Grove Taxi](http://www.grovetaxiab.com/) - 780-850-0183

M&M’z Taxi - 780-962-3256

**VISITOR CENTRE**

[Spruce Grove Visitor Information Centre](http://www.sprucegrovechamber.com/pages/VisitorInformationCentre) – 99 Campsite Road, Spruce Grove

[Stony Plain Visitor Information Centre](http://www.stonyplainchamber.ca/list/member/stony-plain-visitor-information-centre-4489) – 4815-44 Avenue, Stony Plain



Thank you for visiting Spruce Grove!

Hope you have a great time exploring the various attractions and amenities.

Cheers,

The City of Spruce Grove team +

Tri Area Warriors Volleyball Club