

A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT

January - April

2023

WINTER

Activity Guide



CFMWS

MF ESQUIMALT
RC

LOOK INSIDE FOR PROGRAMS AND SPECIAL EVENTS FOR THE WHOLE FAMILY!



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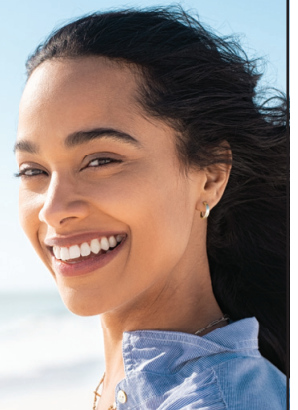
St. Anthony's Dental Clinic

Dr. Anastasia Loumbardias*

250-474-4322

St. Anthony's Medical Centre
110-582 Goldstream Ave., Victoria, B.C., V9B 2W7

*denotes Corporation



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CANADA REVENUE
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Closed on Holidays**



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**FREE CONSULTATION CALL
TOLL FREE 1-866-495-3328**

www.freshstartbc.com

**104 – 732 Cormorant Street
Victoria, BC V8W 4A5**



WHO WE ARE: The Esquimalt Military Family Resource Centre (MFRC) is an independent non-profit, charitable organization that supports the military community. The MFRC is here to support the unique parts of the military lifestyle. This includes deployments, joining a new community, and providing social and mental wellness services so that families can stay well and military members can focus on their mission.



WHO WE ARE: Personnel Support Programs (PSP) in CFB Esquimalt is a dynamic organization encompassing a wide spectrum of responsibilities: Fitness, Sports, Recreation, Health Promotion, Messes, Special Events, The Lookout Newspaper, Graphic Design, and Sponsorship and Donations. Its primary responsibilities are to “Serve those who Serve” by defining, assessing and providing fitness and sport’s needs, recreational needs, internal communication, health, well-being and overall quality of life for the military community and their families.

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LEGEND

- CPAC - Colwood Pacific Activity Centre
- MFRC - Military Family Resource Centre
- NAC - Naden Athletic Centre
- PSP - Personnel Support Programs
- SH - Signal Hill MFRC





**Sunshine Coast
Health Centre**

Georgia Strait
WOMENS CLINIC

DISCOVER OUR GENDER-SPECIFIC NON-12 STEP RECOVERY

IN POWELL RIVER, BC, CANADA

Sunshine Coast Health Centre and Georgia Strait Womens Clinic are

registered B Corp, licensed, and accredited mental health facilities that use an evidence-based, non-12-step, meaning-centred, strengths-based approach that interconnects all our services and therapies including medical withdrawal, anger management, rTMS, trauma therapy, and PTSD treatments.

Our gender-specific* programs provide a safe space for clients to get help with underlying issues driving trauma, mental health suffering, or addictive behaviour that can be hard to address in co-ed environments. Moving beyond a focus on abstinence and symptom reduction allows clients to experience the full, transformative benefit of our treatment programs.

**Individuals attend the program with the gender they identify as or, for gender fluid and non-binary individuals, the program they are most comfortable and safe in. Our admissions coordinators will work with prospective clients to determine which program is the best fit.*

SCHC.CA | 1.866.487.9010

GSWC.CA | 1.866.487.9040

MEDICAL WITHDRAWAL • ANGER MANAGEMENT • rTMS • TRAUMA THERAPY • PTSD TREATMENTS

REGISTRATION

REGISTRATION INFORMATION

Registration for programs and/or services is important as we strive to provide quality programming. Registration helps us determine the number of participants to prepare for. Registration is on a first-come first-served basis and, at times programs fill up, so register early. Programs/Events that have a fee attached to them require payment at the time of registration. Payment can be made by cash, debit or credit card during normal business hours or online.

CANCELLATION POLICY

If we cancel

Full refunds are issued when the MFRC/PSP cancels a program. Every effort is made to cancel courses in a timely manner (1-5 days prior to start date).

If you cancel

MFRC programs:

Full refunds will be processed by contacting the MFRC at 250-363-2640 a minimum of 3 days prior to the program start date.

PSP programs:

Birthday Party Bookings

- All birthday party bookings are subject to a 10% non-refundable deposit
- 10 Business Days notice - full refund minus 10% non-refundable deposit
- 5 Business Days notice - 50% refund
- Less than 1 week notice - will be on a case-by-case basis

Adult and Children/Youth Recreation Programs & Camps

- 10 Business Days notice - full refund
- 5 Business Days notice - 50% refund
- Less than 1 week notice - will be on a case-by-case basis
- Once a program has started, refunds will not be provided.

Aquatic Programs

- 10 Business Days notice - full refund
- 5 Business Days notice - 50% refund
- Less than 1 week notice - will be on a case-by-case basis
- Once a program has started, refunds will not be provided.

Recreation Clubs

Refunds for Club memberships, services or programs will not be granted unless approval from club has been received and the refund amount will be determined by the club.

Refund Process

MFRC programs:

If paid by credit card, the money is refunded back to your card. If paid with a debit card at the Signal Hill location, the amount can be refunded back to your debit card. If paid by cash or debit card at the CPAC location, a cheque will be issued. Please allow 2 weeks for processing.

PSP programs:

All refunds will be given back to the individual by the method they paid. If the payment was completed by cash we will refund by Manual Cheque Request.

CONTACTS

PERSONNEL SUPPORT PROGRAMS

Senior Manager PSP	250-363-8487
PSP Manager Administrative Assistant	250-363-8338
Deputy Manager PSP	250-363-8485
Deputy Manager PSP	250-363-3144
Special Events Coordinator	250-363-3672

FITNESS & SPORTS

Naden Athletic Centre Kiosk 250-363-5677

Manager Fitness & Sports.....	250-363-4067
Facilities Coordinator / Bookings	250-363-4213
Sports Coordinator	250-363-4068
Sports & Athletics Assistant.....	250-363-4069
Sports Stores.....	250-363-4072
Fitness Coordinator.....	250-363-4495
FORCE Booking.....	250-363-4412
Dockyard Fitness & Wellness Centre.....	250-363-2074
Naden Athletic Centre Fitness Office	250-363-4485
Wurtele Arena.....	250-363-4297

RECREATION

Colwood Pacific Activity Centre Kiosk 250-363-1009

Manager, Community Recreation / Clubs	250-363-1008
Community Rec Coordinator / RV Storage / Programs.....	250-363-2989
Community Rec Coordinator / Front Desk	250-363-2648
Aquatic Supervisor.....	250-363-4070
PSP Recreation.....	recreationcpac@forces.gc.ca

HEALTH PROMOTION PROGRAMS

Manager, Health Promotion.....	250-363-5680
Health Promotion Specialists.....	250-363-5532/5567
Administrative Assistant	250-363-5621

LOOKOUT NEWSPAPER & SPONSORSHIP

Manager, Marketing, Communications and Sponsorship.....	250-363-3372
Advertising / Classifieds	250-363-3127

MILITARY FAMILY RESOURCE CENTRE

MFRC Information Line.....	250-363-2640
Toll-Free.....	1-800-353-3329

WEBSITES & SOCIAL MEDIA

Chief and POs' Mess

www.cfmws.ca/esquimalt/facilities/messes/chief-and-petty-officers-mess

Lookout Newspaper and Publishing

www.lookoutnewspaper.com

[f /LookoutNewspaperNavyNews](https://www.facebook.com/LookoutNewspaperNavyNews)

MFRC

[www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](http://www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))

[f /esquimaltmfrc](https://www.facebook.com/esquimaltmfrc)

Naden Athletic Centre

[f /pspesquimaltnaden](https://www.facebook.com/pspesquimaltnaden)

Navy Run

www.navyrunesquimalt.com

Pacific Fleet Club

www.cfmws.ca/esquimalt

Personnel Support Programs

www.cfmws.ca/esquimalt

PSP Recreation

[f /pspesquimaltcpac](https://www.facebook.com/pspesquimaltcpac)

PSP Recreation Online Registration

www.bkk.cfmws.com/esquimaltpub/

Swim Team

www.navymasters.com

Wardroom

www.wardroom.ca

WINTER 2023-24 ACTIVITY GUIDE

Views and opinions in this guide are not necessarily those of the Department of National Defence. Mailed under Publication Mail

Agreement #40064821 Victoria B.C.

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**Your Community's Best Source of
Child Care Information & Resources**

SERVICES FOR PARENTS & FAMILIES

- Child care information & referrals
- Assistance with the Affordable Child Care Benefit
- Information on the Fee Reduction Initiative and \$10/ Day Child Care
- Toys and resources for you and your child

SERVICES FOR CHILD CARE PROVIDERS

- Curbside delivery of toys and materials
- On site and virtual workshops
- Supportive relationship with a Consultant

Contact: Victoria 250-382-7000;
or gov.bc.ca/ChildCareResourceReferralCentres

ccrr
Child Care Resource & Referral

BRITISH COLUMBIA
Ministry of Education and Child Care



Jolly Days
Come Celebrate all the winter holidays with us!

Saturday, December 9, 2023
Skate & Swim with Santa!

FREE!
No Registration Required

Journée Joyeuse
Venez célébrer toutes les fêtes de fin d'année avec nous!

Samedi 9 décembre 2023
Patiner et nager avec le Père Noël!

GRATUIT!
Pas d'inscription nécessaire

Naden Athletic Centre & Wurtele
Hot Dog Lunch 12:45-2:30 pm
Holiday Skate 1-2:30 pm
Holiday Swim 2:30-4:30 pm

Centre athlétique Naden et Wurtele
déjeuner de hot-dogs 12h45-14h30
Patinage de vacances 1-2:30 pm
Natation pour les fêtes 14h30-16h30

Open to all CAF Members, Veterans,
DND Employees and their families!

Ouvert à tous les membres des FAC, aux vétérans,
aux employés du MDN et à leurs familles!



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A WEEK**

VICTORIA 2353 Douglas St	LANGFORD 872 Langford Pkwy	DUNCAN 2752 Beverly St	MILLSTREAM 705 Treanor Ave
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Military Family Resource Centre (MFRC)



Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

Hours of Operation

Mon – Fri: 8:30am – 4:30pm
Closed on statutory holidays

Subject to change
(check cfmws.ca/esquimalt for up-to-date hours)

Phone: 250-363-2640

Fax: 250-363-2677

Email: info@emfrc.com

MFRC Out of School Care

720 Galiano Crescent, Belmont Park, Colwood

Signal Hill MFRC (SH)

1505 Esquimalt Road, Esquimalt

Hours of Operation

Mon – Fri: 8:30am – 4:30pm
Closed daily for lunch from Noon – 1pm
Closed on statutory holidays

Subject to change (check cfmws.ca/esquimalt for up-to-date hours)

Phone: 250-363-3050

Fax: 250-363-3108

Email: emfrc@shaw.ca

Family Information Line

The Family Information Line (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. They serve Canadian Armed Forces members, Veterans and their families and are available 24 hours a day. Their counsellors are a team of helping professionals. As trained counsellors they are there to support you in a safe space.

You are not alone! 1-800-866-4546



Personnel Support Programs (PSP)

Colwood Pacific Activity Centre (CPAC)

2610 Rosebank Road, Colwood (off Ocean Blvd)

CPAC is a community driven multi-purpose facility designed to accommodate our military and civilian communities. Our Westshore location allows us to offer a large range of rental opportunities, from structured birthday parties, business meetings to large conferences.

Hours of Operation

Mon – Fri: 8:30am – 4:00pm
Closed all Statutory Holidays

Facility Includes:

- A large (dividable) auditorium & 12 ft. viewing screen (seating up to 250)
- Varied size multi-purpose rooms, designed to accommodate groups from 10-30 people
- Conference Room (up to 12 people)
- Kitchen

For more information, see page 7.

To inquire about a facility booking for your group, please contact 250-363-1009.

Fleet Fitness and Wellness Centre (Dockyard)

Building 22, Dockyard

Hours of Operation

Mon – Fri: 5:30am – 6:00pm

Facility includes

- Weight Room & Cardio Equipment
- Change Rooms
- Showers
- Day Lockers & Rental Lockers (Ladies only)
- Flex/ Stretch space

Please provide Military/DND ID.

Patrons must respect all facility policies: Please see Naden Athletic Center (NAC).

The Fitness and Wellness Centre has a well-equipped facility and fitness programs for military and DND employees.

Schedule is on page 45, see PSP Staff for updated schedules.

Call 250-363-2074 or email pspgymnac@gmail.com.

Schedules may change without notice.



DID YOU KNOW?

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QUESTIONS?

Please don't hesitate to contact Lisa Tonner,
Corporate Sales Manager if you have any questions.



Lisa Tonner | Corporate Sales Manager | Mark's Commercial
250.661.0754 | lisa.tonner@marks.com



SALES & SERVICE

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DOCKYARD - SIGNAL HILL



BELMONT PARK



CPAC FACILITY RENTAL RATES

ROOM	CAPACITY / SET UP	RATES **2 HOUR MINIMUM**	MILITARY UNIT PRICE***
MCDV Multi-Purpose Auditorium/ Gymnasium	<ul style="list-style-type: none"> Full Capacity: 350 People theatre layout (Full Capacity) Half Capacity: 100 People theatre layout Wedding / Banquet: 280 People layout 	\$20/hr	Free During Regular Business Hours (some exceptions apply)
WINNIPEG Multi-Purpose	<ul style="list-style-type: none"> Seminar Layout: 40 People (Full Capacity) Classroom Layout: 30 People 	\$35/hr	
HURON Conference Room	<ul style="list-style-type: none"> 12 Person Boardroom Table 	\$29/hr	
REGINA Multi-Purpose Room	<ul style="list-style-type: none"> Seminar Layout: 30 People Classroom Layout: 20 People 	\$30/hr	
KITCHEN	<ul style="list-style-type: none"> Some kitchen supplies available upon request 	\$29/hr	

*** FULL PAYMENT AND REFUNDABLE DAMAGE DEPOSIT REQUIRED AT TIME OF BOOKING ***

** \$ 2 Million Liability Insurance required for all contracts **

\$50 Contract fee applied to ALL Provision of Service contracts

Any bookings on STAT Holidays are subject to additional costs

***Free during business hours for military unit activities and training

Equipment Rental Rates:

- Microphone/PA System: \$100/event
- LCD Projector/PA System/Microphone (Laptop not included): \$100/event

***Note: when renting CPAC facility space, it is the user group's responsibility to clean-up after the event and ensure the building is left the way it was found.**

Naden Athletic Centre (NAC) | Building 88, Naden

Hours of Operation

Mon – Thu: 5:30am – 9:30pm

Fri: 5:30am – 7:00pm

Sat & Sun: 8:00am – 6:00pm

Stat: 8:00am – 1:00pm

**Schedule may change without notice.

- For 16 years old and over must present their valid Government issued picture ID at the Naden gate and to the facility clerk at Naden Athletic Centre upon entry.
- Patrons are responsible for sanitizing equipment before and after use with products supplied.

It is expected that all patrons will respect PSP staff and the directions they provide while in the facility.

If you have any questions relating to gym access, please contact the Naden Athletic Centre front desk at 250-363-5677 during operational hours or email pspgymnac@gmail.com.

The Naden Athletic Centre has numerous facilities and programs for military personnel, their families and DND employees and community members.

Facility includes

- One large gym floor
- One smaller gym floor
- Five-lane swimming pool (25 meter)
- Leisure wading pool One steam room
- Large hot tub
- Two weight-training rooms
- Cardio theatre Three squash courts
- Three softball diamonds One soccer pitch
- Two outdoor volleyball courts
- One CAF FORCE evaluation centre

Please also check: cfmws.ca/esquimalt/facilities

Sports Equipment

Military personnel may sign out equipment for most sports from the sports store, please contact the Sports Stores at 250-363-4072 or call NAC Kiosk 250-363-5677

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator at Minako.Gardner@forces.gc.ca a minimum of 6 weeks prior to the event.

Note: military training takes priority on all bookings. For all other inquiries, call the NAC Kiosk at 250-363-5677.



Naden Athletic Centre Centre athlétique Naden



NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

CATEGORY	CRITERIA:	12 MONTHS	6 MONTHS	3 MONTHS	1 MONTH
Regular	Canadian Forces members; currently serving Regular and Reserve Force personnel and their families	\$0	\$0	\$0	\$0
	Members of Foreign Military currently serving with the CAF and their families	\$0	\$0	\$0	\$0
	Veterans (Former members of the CAF who have successfully completed Basic Military Training and have been honourably discharged)	\$86.52	\$49.44	\$27.81	\$10.30
	Dependent of Veteran (Must be under 19 or a registered student)	\$93.44	\$53.40	\$30.03	\$11.12
	Spouse of Veteran	\$99.50	\$56.86	\$31.98	\$11.85
	Veteran Family (Maximum 5 persons living at home, dependents are under the age of 19 or a student)	\$213.92	\$122.24	\$68.76	\$25.47
Ordinary	Current and Pensioners of: DND Public Servants; Staff of NPF; Staff of MFRC Staff of DRDC and DCC; RCMP; Canadian Coast Guards; Honorary Colonels / Captains (N); and Honorary Lieutenant- Colonels / Commanders	\$95.17	\$54.38	\$30.59	\$11.33
	Dependent	\$142.76	\$81.58	\$45.89	\$17
	Spouse	\$166.55	\$95.17	\$53.53	\$19.83
	Family	\$327.15	\$186.95	\$105.16	\$38.95
Associate <i>Anyone who does not qualify in the above categories</i>	Individual	\$469.68	\$271.92	\$152.96	\$56.65
	Youth (13-18 years of age)	\$234.84	135.96	\$76.48	\$28.33
	Family	\$821.94	\$475.86	\$267.67	\$99.14

Membership can be purchased at the Colwood Pacific Activity Centre or Naden Athletic Centre during regular business hours. For Military Families an MFID card is required to gain free access.

For specific gym membership questions contact the front desk at 250-363-5677 or pspgymnac@gmail.com

For updated schedules and information check:
www.facebook.com/NadenAthleticCentre
or www.cfmws.ca

Prices are subject to change without notice
All Gym Memberships / Drop-In Fees INCLUDE tax

10 Punch Pass

Adult	\$56.65
Youth (6-18) **	\$49.00
Family	\$123.60
Drop-In Rate	
Adult	\$6.25
Youth (6-18) **	\$5.00
Family	\$12.50

Drop-In Fees are valid for 4 hours from time of purchase.



Wurtele Arena | Building 100, Naden - Across the street from the Naden Athletic Centre

HOURS OF OPERATION

(Subject to change)

For Wurtele Arena schedule visit
www.cfmws.ca/esquimalt/facilities

- There are no skate rental, no skate sharpening and no concession available at the arena.

DROP-IN SKATE

- All skaters are advised to wear CSA helmets.
- Children, 5 and up **must** wear CSA approved helmets.
- Helmets for Adults are recommended; bike helmets are **not** permitted - no exceptions;
- There are no pucks allowed at any time;
- Sticks are optional however no individual drills or aggressive skating is permitted;
- Skating aids are available upon request.

SHINNY

- Come practice skills and/or engage in scrimmage sessions with other users if desired.
- This program is available to adults over the age of 18.
- There are no restrictions on your ability.

EQUIPMENT REQUIREMENT

- All users must wear appropriate protective equipment which includes full gear, CSA approved full face protection and a CSA approved neck guard.
Please note: half visors are not permitted.
- Goalies are encouraged to wear neck shields when participating in these sessions. See arena staff if any more information is required.

PARENTS & KIDS STICKS & PUCKS:

- A family skate where parents and children 13 and under can practice their hockey skating and stick handling skills together.
- There are no nets and the puck is to remain on the ice during play time. No shooting is permitted during this program.
- No games are to be organized during this program.
- This program is not intended for adult only participation.

EQUIPMENT REQUIREMENT

- CSA approved helmet with face shield for children 13 and under. Bike helmets are not permitted - no exceptions.
- Neck Guard, Stick, Gloves are required.
- Adults CSA Hockey helmets are mandatory with sticks and gloves.

PLEASE NOTE: There are no skate rentals, no skate sharpening and no concession available.

To reserve the ice or for more information, call the Facility Coordinator at 250-363-4213.

To reserve the ice or for more information, call 250-363-4213. To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator at Minako.Gardner@forces.gc.ca a minimum of 6 weeks prior to the event.

Note: military training takes priority on all bookings.

For all other inquiries, call the NAC Kiosk at 250-363-5677.

Messes

Messes provide an environment for all CF members to promote the traditions and values of Canadian Forces duty. They promote courage, teamwork, discipline and honor. Messes serve to perpetuate the military ethos in the profession of arms and are an instrument of socialization to the members and their families. Messes foster morale in both peace and war.

Vision

Messes, universal in relevance, will be flexible and adaptive to their memberships and military communities' needs thus allowing all members to identify with the unique aspects of Canadian military life. Messes are recognized as an important and relevant part of their members' personal and professional lives. Messes are to be supported by all levels of CF leadership, and will be provided with public and non-public resources.

Junior Ranks Mess

Building 40, Naden

Pacific Fleet Club (PFC) has three large high definition TV screens that are regularly used to show sporting events, as well as: a pool table, darts, video games, and board games. PFC is a membership-only club for all Master Corporals/Master Seamen and below and approved associate members.

Hours of Operation: www.cfmws.ca

Phone: 250-363-3735

Location: Naden Building 40 by the small boat jetties.

The Chief and Petty Officers' Mess

1575 Lyall Street

The Chief and Petty Officers' Mess is located at 1575 Lyall Street, just before the Dockyard gate. This building opened in 1994 and overlooks beautiful Esquimalt Harbour.

The Mess is a non-public entity and is designed for the social and professional use of the Chief and Petty Officers' and guests of Maritime Forces Pacific. With a mess member sponsor the mess is available for booking weddings, meetings, special events and fundraisers. There are a variety of locations that can facilitate groups from 10 to 220 persons.

Hours of Operation:

The Mess Office is open daily

Mon – Fri 8:00am – 3:00pm

Bar hours daily

Mon – Fri 1:30am – 1:00pm and 4:00pm – 8:00pm

Evenings and weekends are as required for events.

General information: 250-363-3167

Event Booking: 250-363-3180

Check our website for upcoming events.

www.cfmws.ca

Naden Wardroom

1586 Esquimalt Road

Also known as the Officers' Mess, this building was opened in April 2000 and overlooks beautiful Esquimalt Harbour located.

Hours of Operation:

Wed – Thu 4:00pm – 7:00pm

Fri 11:30am – 1:00pm & 4:00pm – 7:00pm

Check www.wardroom.ca for updates

The Gunroom

1367 Victoria View Road

The Gunroom overlooks the beautiful Inner Harbour.

The Wardroom and Gunroom are a member club for all Officers. There are a number of spaces perfect for your upcoming wedding, banquets, retirement, meetings etc. The spaces can accommodate anywhere from 10-220 ppl.

Hours of Operation:

Tue 11:30am – 1:00pm

Thu 11:30am – 1:00pm & 4:00pm – 9:30pm

Fri 11:30am – 10:00pm

Sat 5:00pm – 10:00pm

Check www.wardroom.ca for updates

General information: 250-363-5322

Event Booking: 250-363-2689



SO... IS IT TIME FOR YOU TO SELL?



We've worked with Military Families relocating since 1986. My team totally understand the Stress and Deadlines you are facing, we are who you should work with!

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Geoff

250-380-8092



Eva

778-679-0312



Courtney

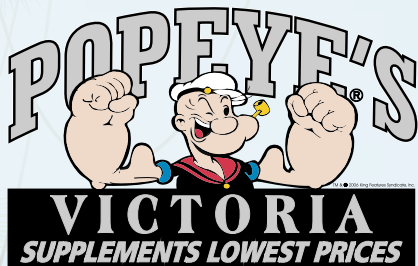
250-882-9906



Jodi

250-896-3301

Let's Talk. 250.744.5551 (office) geoff@mcleanrealestategroup.ca mcleanrealestategroup.ca



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Must present Military ID at time of purchase.

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MONDAY-FRIDAY 10AM-7PM • SATURDAY 10AM-6PM • SUNDAY 11AM-5PM

Special Events

SKI MT WASHINGTON

We are welcoming back our **HIGHLY POPULAR** PSP Recreation Ski Trip. Enjoy a relaxing trip up island and a day on the mountain and leave all the driving to us! Bus leaves from the Canteen Road - General Parking Lot at 6:00am (please meet bus at 5:45am). Day parking is available in Canteen Road Parking Lot with appropriate parking pass. Bus returns at approximately 6:00pm. Call today to register as spots will fill up quickly.

CAF Appreciation Day

Date: Thursday, January 25

Lift tickets will be available for purchase at the mount at a 50% discount with Military ID.

AGE	BUS RIDE
Adult	\$50
Youth (13-17)	\$50
Child (7-12)	\$50
Senior (65+)	\$50

Regular Trips

Dates: Thursday, February 15 & March 21

Equipment rentals can be purchased at the mountain when you arrive.

AGE	LIFT TICKET	LESSON	BUS RIDE
Adult	\$75	\$59	\$50
Youth (13-17)	\$65	\$59	\$50
Child (7-12)	\$55	\$59	\$50
Senior (65+)	\$65	\$59	\$50

EASTER EVENT

The Easter Bunny sometimes stops by CPAC leaving little gifts behind. Bring your basket and you might just be able to fill it up with some surprises! Bring the family to play some fun games and get creative with Easter crafts. More information to follow!

MFRC Events

The MFRC Community Engagement is busy preparing exciting events for the military community. Follow Esquimalt MFRC on Facebook and Instagram for upcoming events.

Pink Shirt Day

This year Pink Shirt day is Wednesday, February 28th. Pink Shirt day originated in 2007 in Berwick Nova Scotia when grade 9 student Chuck McNeill was bullied for wearing a pink shirt to school. David Shepherd, Travis Price and some of their teenage friends wanted to show support to their schoolmate so they organized a high-school protest to wear pink to stand up against the bully. They went to a local discount store and bought 50 pink tank tops and distributed them at school the next morning. The bullies were never heard from again. Pink Shirt Day has since been recognized annually worldwide as a day to stand up against bullying.

Today bullying is being recognized in more settings such as workplaces, homes and online. It is more important than ever to take a stand against bullies and support kindness and more inclusivity.

The Esquimalt Military Family Resource Center asks you to join us along with people around the world by wearing your pink shirt to stand up for those that have been bullied.

■ = MFRC ■ = PSP

Register for any of the following MFRC Special Events and Programs

by visiting [www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](http://www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))



Register for any of the following PSP Early Years Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration:
bkk.cfmws.com/esquimaltpub/





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250-363-3167

For details visit:
www.cpomess.ca

Get Involved



Volunteer at the MFRC

*Learn new skills, meet new people
and give back to the community!
Join the MFRC's volunteer team today!*

The MFRC also offers personal enrichment opportunities to our volunteer team. Here are some examples of volunteer roles we fill:



- Family Network Representative
- MFRC Board Member
- Special Events Assistant
- Program Volunteer



Purchase a Commemorative Brick – Homecoming Statue

Support military families by buying a brick to honour your loved one's service at the Homecoming Statue in Victoria, BC. "The Homecoming" by sculptor Nathan Scott captures that magical and special moment when a sailor returns home to family and community. Each memorial brick celebrates our gratitude for the tens of thousands of Canadians who answered both the call of their country and of the sea through the first century of Canada's Naval Service. Dedicate a brick today. Call the MFRC at (250) 363-2640 for more information or order it directly from our website.



Family Network Volunteer Opportunities

Have fun while making connections with your community by becoming a Family Network Volunteer! Plan and facilitate Family Network events and help keep others informed during deployments and work-related absences. Share your knowledge and experience while learning new skills.

Interested? We are currently seeking volunteers for several networks. For more information and to apply, visit our website.

MFRC Unit Liaison

Are you a military member looking for an opportunity to support members of your unit and their families? Consider becoming an MFRC Unit Liaison!

Relocation and work-related absences can be difficult at times for a family with military serving members, it can impact lifestyle, wellbeing and resilience. The Unit Liaison serves as an enabler to facilitate communication between units and the MFRC. The goal of the program is to keep units informed about MFRC programs and services and for units to provide feedback to the MFRC. As a Unit Liaison, you are in a unique position to interact with all levels of unit structure, from the most junior personnel to Command Leadership. In this capacity you are expected to serve as ambassador on behalf of the MFRC by providing information about our programs, services and also promote family activities. If you are interested in this role, please discuss and submit your request through your Chain of Command.

For further inquiries please contact
Sylvain Jaquemot, MFRC Base and Fleet Liaison at
sylvainjaquemot@emfrc.com

View the latest volunteer opportunities at
www.cfmws.ca/esquimalt

Volunteer orientation sessions are scheduled on-demand. Apply online today to become a MFRC volunteer.

Birthday Parties

Book your birthday party with PSP Recreation

For details on our various party options and available dates call 250-363-1009 or visit

bkk.cfmws.com/esquimaltpub/

Book your child/youth's next birthday party with PSP Recreation. We offer several party themes to choose from. Our birthday parties take place at CPAC on Saturday or Sunday.

All party bookings require full payment at the time of booking. Parties book up quickly so please plan at least four months in advance.

PSP PROVIDES:

Rec Leaders as party hosts who will assist you with your set up, provide activities, games and equipment for the party participants and the space.

PARENTS PROVIDE:

The set-up and clean up, cutlery, napkins, tableware, decorations, the party food, drinks, and cake. Don't forget a lighter or matches for the candles.

ADDITIONAL TIME/ PARTICIPANTS:

Requests for additional time (over the 2-hour party time) or participants to attend (over the listed maximum of 20), are subject to additional fees.

FACILITY AGREEMENT & WAIVERS:

The Facility Agreement and waivers must be returned no later than 5 days prior to party date.

CANCELLATIONS:

All birthday party bookings are subject to a 10% non-refundable deposit

- 10 Business Days' notice - full refund minus 10% non-refundable deposit
- 5 Business Days' notice - 50% refund
- Less than 1 week notice - will be on a case-by-case basis

Birthday Party Themes Available January – February

Bouncy Castle Birthday (3 years+) see table below

Technical Safety BC License No. LAM0208458

Dodge in the Dark (7-14 Years) \$165

Movie Theatre Party (All Ages) \$165

Sports Spectacular (All Ages) \$165

Party Theme by You (All Ages) \$120

Nerf Gun Wars Party (7-14 Years) \$165

Master Chef Party (7-14 Years) \$155-\$200



Birthday Party Themes Available in March

Bouncy Castle Birthday (3 years+) see table below

Technical Safety BC License No. LAM0208458

Sports Spectacular (All Ages) \$165

Party Theme by You (All Ages) \$120

Super Science Party (All Ages) \$170

Laser Tag Party (7+ Years) \$165



For full descriptions and more information on the party themes, visit www.cfmws.ca/Esquimalt/psp-birthday-parties

or call PSP Recreation at 250-363-1009

BOUNCY CASTLE CHOICES

Obstacle Course	\$ 165
Large Bouncy Castle	\$ 160
Small Bouncy Castle	\$ 160
Combo 1: Obstacle Course and 1 Bouncy Castle	\$ 195
Combo 2: Large and Small Bouncy Castles	\$ 195

Early Years

123 Music & Me

Have fun with music! This is one of our most popular programs, very lively and will be very enjoyable for you and your child. Through a partnership with the Victoria Conservatory of Music, you and your child will listen to an Early Childhood Music Educator and have a chance to make your own music with a variety of instruments. Register on our website!

Cost: FREE

For parents and their babies under two years of age

CPAC
MFRC Fridays 1:00-1:30 pm Jan 12 - Mar 15

For parents and their child 2 to 5 years old

CPAC
MFRC Fridays 1:30-2:00 pm Jan 12 - Mar 15

Stay & Play (Ages 18 months - 5 years)

This is a Parent & Tot program open to all military families! Join us for a morning of fun interaction with your child in a preschool setting. We will sing songs, create art and most of all, play together. This is also a great opportunity to meet other parents living the unique military lifestyle. This program is best suited to children 18 months to 5 years (though babies with older siblings in this age range are always welcome.) Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register weekly at www.cfmws.ca/esquimalt.

If your child is experiencing any type of work-related absence, they can attend the Supporting Children Through Absence Corner! You can let us know when you register if you would like your child to participate in these special activities.

**This program is not designed for childcare providers bringing multiple children.*

Cost: FREE

Out of School Care Building, 720 Galiano Cres
MFRC Wednesdays Jan 10 - Mar 13 10:00-11:30 AM

Supporting Children Through Absence Corner at Stay & Play (Ages 18 months to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. If your child is under 3 years, parent participation is required. To participate in this program, weekly registration through Stay & Play is required at www.cfmws.ca/esquimalt

Supporting Children Through Absence (Ages 3 -5)

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or any other work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about a parent being away. This program will provide activities suitable for various school aged children (see programs below). It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops!

Check www.cfmws.ca/esquimalt for sessions offered and to register.

Cost: FREE

Supporting Children Through Absence CPAC

MFRC Tuesdays Jan 9 - Feb 20 9:30 - 10:45 am

MFRC Tuesdays Feb 27 - Mar 26 9:30 - 10:45 am

MFRC Tuesdays Apr 16 - May 21 9:30 - 10:45 am
Apr 16 - May 21 5:45 - 7:00 pm

Kindergym: (All Ages)

Join us for an hour of fun! The gym will be full of our toys, scooters, balls, and more. Bring your coffee, friends and the kids to play inside away from the rain. Please note this is not a drop off program and parent supervision and attendance is required.

DROP-IN

Cost \$2.50/child (including tax), infants under the age of 1 are free

CPAC Mondays Jan 22 - Mar 11 10:00 - 11:30 am
**no program on STAT holidays*

Family Fitness: (All Ages)

This 30 minute, fun and inclusive work out is for the whole family. A variety of cardio and strength exercises will focus primarily on the adults in the group, but there will be space in the gym for kids ages 0-5 years to play, be close to caregivers and occasionally join in! Safety and fun will be key. All levels of fitness welcome, recommend postpartum participants have clearance from health professionals to join. This is a family program where caregivers must supervise children.

**FREE participation in our Kindergym program for those registered in Family Fitness.*

**Cost per session: R: \$35 O: \$42 A: \$49
Drop-In Fee: R: \$6 O: \$8 A: \$10**

CPAC Mondays Jan 22 - Mar 11 9:15-9:45am
**No class on Feb 19*

Register for any of the following MFRC Early Years Programs

by visiting [www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](http://www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))



Register for any of the following PSP Early Years Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration:
bkk.cfmws.com/esquimaltpub/

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent.

Pick up a copy from our CPAC MFRC location or order online through our website.





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250-391-5557

Casual Child Care

Parents need a break! Try Casual Child Care for a few hours of respite or to get things done without your "little helper." Take the time to de-stress yourself! Book up to 1 week in advance, maximum 2 times per week. Punch cards are available! Please pay the front desk at the CPAC MFRC prior to entering the program. Call 250-363-2674 to book

Gradual entry required for new children

Ages 6-17 months

CPAC
MFRC Tue-Fri 9:00am-noon \$15 per 3-hour session

Ages 18 months-5 years

CPAC
MFRC Tue, Thurs, Fri 9:00am-noon
\$12 per 3-hour session
Tue, Thurs 1:00-4:00pm

- Casual Respite Childcare schedule is subject to change based on staff availability, licensing guidelines and direction from Island Health Authority.
- Priority spaces are reserved for children of members who are deployed or going through a work-related absence. Please see Respite Child Care During Absences section on page 33 for more information on free sessions.
- Every effort will be made by the MFRC to offer this service based on the above schedule.
- For up-to-date information on this program and current schedule, please refer to www.cfmws.ca/esquimalt/parent-child/casual-child-care/

Casual Child Care Punch Cards

Casual Child Care Punch Cards are available! Save a few dollars when you buy a \$65 card good for 6 sessions of childcare. Cards are available at the MFRC and are available for children over 18 months of age.

"Welcoming Your Baby" Kit

Expectant parents at CFB Esquimalt can receive this free "Welcome Baby" kit from the Military Family Resource Centre. Included in the kit is a sleep sack designed to promote safe sleeping as well as a special infant toy. The MFRC has also included resources with each package such as details on MFRC programs and activities, tips on parenting in the military lifestyle, and a guide to local resources and supports for new parents. This kit is for expectant parents and babies 6 months and younger.

To receive your FREE baby kit, drop by the MFRC at the Colwood Pacific Activity Centre or Signal Hill with military ID or military family ID card and your child's birth certificate. Call 250-363-2640 for more information.

MFRC Daycare

Every day is an adventure in learning at the MFRC Daycare - where imagination, fun and experiencing are always at the top of the agenda! Join us at our Colwood (CPAC) Daycare. Our bright facility offers both an Infant/Toddler and a 3 to 5 Year Old program. Call the MFRC 250 363-2640 for more information or visit www.cfmws.ca/esquimalt to join the waitlists. We offer quality care with an understanding of the military family lifestyle.

Important MFRC Daycare Waitlist Information

Our MFRC Day Care is a small, cozy centre that is licenced for 24 children - 16 spaces for 3-5 years old and 8 spaces for Infant & Toddlers. The program typically sees 6 to 8 openings per year as a result of children moving on into kindergarten and postings. Due to the size of our daycare, low turnover of children and extensive waitlist, it may take a minimum of 18 months to 2 years on our list before a family is offered a daycare space - so get on our list early (prenatal is suggested)! Please be aware that we are not always able to predict when a spot will open to families on our waitlist.

Imagination Library

Generously funded by donations, this program enhances literacy and develops resilience in children as they experience the challenges of the military lifestyle. Families with babies born within the last 12 months to serving regular force members and class B/C reservists at CFB Esquimalt are eligible to register. Children will receive one book per month by mail until their fifth birthday. Please contact the MFRC for more information.

Parenting from Afar

Want to learn more about parenting in the military lifestyle? Learn how to maintain an active and vital role in the life of your child/youth from afar with this easy-to-read handbook. Discover strategies to help support the connection between the parent/caregiver at home and the parent who is away so that you can continue to parent together while you are apart. Pick up a copy from our CPAC MFRC location or download from our website.

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School Age

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Register for any of the following MFRC School Age Programs

by visiting [www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](http://www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))



Register for any of the following PSP School Age Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration:
bkk.cfmws.com/esquimaltpub/

Out of School Care 2023-2024

Located in Belmont Park, we provide Before & After School Care with both drop-off and pick-up at École John Stubbs Elementary School. We can also accommodate children attending Victor Brodeur and Crystal View Elementary if bus arrangements have been made. The program runs 6:30am to school drop-off and pick-up to 5:30pm during open school days only, including early dismissals. Spaces may still be available for the current year, or we are taking names for our waitlist.

To place your child on our waitlist visit connect.esquimaltmfrc.com/childcare/index.php

Fast Friends – Games and Crafts Night for Tweens (8-12 Years Old)

PLAY GAMES - MAKE CONNECTIONS - FAST FRIENDS

Is your child looking to make new friends? New to town? Ice breakers to get the kids comfortable, games and crafts for all abilities and a chance to get to know other military children.

Please let us know if your child would benefit from inclusion support at this event

Cost: FREE

CPAC
MFRC Wed Jan 24 6:00 – 8:00 pm

Supporting Children Through Absence

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or any other work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about a parent being away. This program will provide activities suitable for various school aged children (see programs below). It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops! *Note there are workshops for younger children listed in the Early Years Section.

Check www.cfmws.ca/esquimalt for sessions offered and to register.

Supporting Children Through Absence (Kindergarten – 12 years old)

Cost: FREE

CPAC
MFRC Thur Jan 11 - Feb 22 5:45-7:00 pm
MFRC Thur Feb 29 - Mar 28 5:45-7:00 pm
MFRC Thur Apr 18 - May 23 5:45-7:00 pm

Supporting Children Through Absence (Kindergarten -8 years old)

Cost: FREE

CPAC
MFRC Thur Apr 18 - May 23 3:30 – 4:45

Supporting Children Through Absence (9 – 12 years old)

Cost: FREE

CPAC
MFRC Wed Apr 17 - May 22 3:30 – 4:45

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website.

Friday Night Activities:

Movie Nights (5-12 years)

Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Bring pillows and blankets for each child so they are super comfy during the movie.

CPAC Gym Fridays 6:15pm - 8:00pm \$8.50 per child

DATE	MOVIE
January 19	Trolls – Band Together
February 2	Leo
February 16	Chicken Run: Dawn of the Nugget
March 1	Wonka
March 15	Ghostbusters: Afterlife Sequel

If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!

Fantastic Fridays! (5-12 years)

Let those kiddos burn off some energy and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive a juice box and light snack in this program.

CPAC Gym Fridays 6:30pm - 8:00pm \$8 per child

DATE	THEME
January 26	Bounce Castle Galore
February 9	Lego, Lego, Lego
March 8	Groovy Gardens

Science and Swim (5-9 years)

Based on our popular Splash and Swim program, this program is a fun swim at the pool followed by a science experiment or activity back at CPAC. Drop the kids off at the pool, we will walk back to CPAC for a light snack and science activity! Parents also have the option of packing a dinner and we will have a dedicated time for a quick meal.

Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Fridays 5:15pm-8:00pm \$9.50 per person

DATE	THEME
February 23	Science of Superheroes
March 22	Science of Electricity

***Check out our youth section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

Cooking

Mini Master Chef

(6-9 years)

This program offers our young, future chefs a chance to gain age-appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

They will have the opportunity to learn kitchen safety and come home with a recipe book!

Theme: Soups, Salads, and Sandwiches

CPAC Tuesdays Jan 16 - Feb 20 5:00 - 6:00pm

Cost: R: \$70/ O: \$80/ A: \$90

General Programming:

City Adventures

(5-9 years)

Give your kids an opportunity to enjoy some urban fun. Join us by dropping your child off at the out-trip location for a couple hours of uninterrupted, supervised fun. All costs of the program are covered by the price, what a steal!

Drop off and pick up at out trip location listed (exact locations will be listed online 1 month prior to program date)

Saturdays 10:00am-12:00pm \$16.50 per person
***Check out our youth section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

DATE	THEME
January 20	Flying Squirrel
February 3	Rock Climbing
February 24	Langford Lanes Bowling
March 2	Mini Golf

Art Sparks:

(Ages 4-9)

This art class session is to provide young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. We will explore different materials; discuss techniques, use of tools, and try to find out where do artists get their inspiration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Instructor: Irina Mielecka

CPAC Tuesdays Jan 30 - Feb 27 6:00-7:00pm

Cost per session: R: \$55 O: \$62.50 A: \$65

STEM

Jr. STEM Programs - Science, Technology, Engineering and Math

(5-9 years)

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. Each program will have instructional times where concepts are explored, experiential learning and finally some good old fun.

Theme: Robotics

Create miniature bots with us! Learn about how, why, and what makes a circuit run!

CPAC Mondays Jan 22 - Mar 4

5:00-6:00pm

*no program on Feb 19

Cost: \$60 Regular/ \$65 Ordinary/ \$70 Associate

Leadership

Red Cross Stay Safe with Irina Mielecka

(9yrs +)

Is your child ready to stay home alone? The program helps children and their families get ready for their child's first steps towards independence and being without adult supervision for short periods of time. Basic first aid skills, safety in the kitchen, internet and home as well as how to handle emergencies and prevent accidents are all covered.

CPAC Saturday, Feb 10

Cost: R \$50 / O \$55/ A \$60

*Book fee \$12

9:00am-3:00pm



Photo Sailor First Class Valerie LeClair

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*we have it on good authority we are pretty great at finding lost cats too!

Youth

■ = MFRC ■ = PSP

Register for any of the following MFRC Youth Programs

by visiting [www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](http://www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))



Register for any of the following PSP Youth Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration:
bkk.cfmws.com/esquimaltpub/

Fast Friends Games and Craft Night for Teens (13-18 Years Old)

MAKE CONNECTIONS - MAKE FRIENDS

Is your teen looking to make new friends? New to town? Games and crafts for all abilities and a chance to get to know other military children. Pizza & Prizes included.

**Please let us know if your teen would benefit from inclusion support at this event.*

Cost: FREE

Location: CPAC

MFRC Wednesdays Feb 7th 6:00 - 8:00 pm

Youth & Mental Health

The MFRC is committed to supporting youth and family wellness. Staff at the centre can assist with navigating mental health systems, helpful referrals and resources.

Friday Night Activities

Movie Nights

(5-12 years)

Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Bring pillows and blankets for each child so they are super comfy during the movie.

CPAC Fridays 6:15pm - 8:00pm \$8.50 per child

DATE	MOVIE
January 19	Trolls - Band Together
February 2	Leo
February 16	Chicken Run: Dawn of the Nugget
March 1	Wonka
March 15	Ghostbusters: Afterlife Sequel

If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!

Fantastic Fridays!

(5-12 years)

Let those kiddos burn off some energy and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive a juice box and light snack in this program.

CPAC Fridays 6:30pm - 8:00pm \$8 per child

DATE	THEME
January 26	Bounce Castle Galore
February 9	Lego, Lego, Lego
March 8	Groovy Gardens

Science and Swim

(10-14 years)

Based on our popular Splash and Swim program, this program is a fun swim at the pool followed by a science experiment or activity back at CPAC. Drop the kids off at the pool, we will walk back to CPAC for a light snack and science activity. Parents also have the option of packing a dinner and we will have a dedicated time for a quick meal.

Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Fridays 5:15pm-8:00pm \$9.50 per person

DATE	THEME
February 23	Science of Superheroes
March 22	Science of Electricity

***Check out our school age section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

General Programming

Youth Excursions

(10-14 years)

Give your kids an opportunity to play in their own customized urban fun. Join us by dropping your child off at the Out-Trip Location for a couple hours of uninterrupted, supervised fun. All costs are covered by the program price, what a steal!

Location: Drop off and pick up at Out Trip Location listed (exact locations will be listed online 1 month prior to the program date)

Saturdays 10:00am-12:00pm \$16.50 per person

DATE	THEME
January 20	Flying Squirrel
February 3	Rock Climbing
February 24	Langford Lanes Bowling
March 2	Mini Golf

STEM

STEM Programs - Science, Technology, Engineering and Math

(10-14 years)

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. Each program will have instructional times where concepts are explored, experiential learning and finally some good old fun.

Theme: Robotics

Create miniature bots with us. Learn about how, why, and what makes a circuit run!

CPAC Mondays Jan 22- Mar 4 5:00-6:00pm

**no program on Feb 19*

Cost: R \$60/ O \$65 / A \$70

Cooking

Master Chef

(10-14 years)

This program offers our young, future chefs a chance to gain age-appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

They will have the opportunity to learn kitchen safety and come home with a recipe book!

Theme: Soups, Salads, and Sandwiches

CPAC Tuesdays Jan 16 - Feb 20 6:30pm - 8:00pm

Cost: R: \$80/ O: \$85/ A: \$95

Leadership

Jr. Leader Program

(Ages 12+ after completion of Leader in Training Program)

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! Join us for our summer camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gaining experience in leading a group through games and activities, learning policies and procedures, and of course having fun doing it all.

Location TBD on which camp they are with

Dates TBD depending on camp

9:00am-4:00pm

\$25 per day

*Cost covers out-trips, staff shirt, swimming, and additional resources

Please contact recreationcpac@forces.gc.ca Attn: Children and Youth Program Supervisor if interested in this program.

Red Cross Stay Safe with Irina Mielecka

(9yrs +)

Is your child ready to stay home alone? The program helps children and their families get ready for their child's first steps towards independence and being without adult supervision for short periods of time. Basic first aid skills, safety in the kitchen, internet and home as well as how to handle emergencies and prevent accidents are all covered.

CPAC Saturday Feb 10

9:00am-3:30pm

Cost: R \$50/ O \$55 / A \$60

*Book fee \$12

Red Cross Babysitters Course (11 yrs+)

Participants will gain leadership skills, learn about childhood behaviors, creating safe environments and preventing injury, first aid emergencies and procedures. This course includes learning about job search, interviews, personal safety and more. We will discuss age-appropriate activities for children, rhymes, finger games, songs etc.

CPAC Saturday Mar 2

8:30am-4:30pm

Cost: R \$60 / O \$ 65 / A \$70

*Book fee \$12



REGISTRATION FOR ALL CAMPS OPENS:

DECEMBER 1
REGULAR
MEMBERS
(CAF & VETERAN)

DECEMBER 8
ORDINARY &
ASSOCIATE

Prices: R= Regular, O=Ordinary, A=Associate

PRO D-DAY CAMPS

Days off from school are for days filled with fun. Each camp day explores a new theme with activities, games, and crafts to match! Some of our Pro-D Day camps may include out-trips, swimming, or guest appearances. Location: Colwood Pacific Activity Centre (Westshore) AND Chief and Petty Officers' Mess (Esquimalt)

**Please note that if there are not sufficient registration numbers for each camp, we will be merging age groups to ensure the program will run.*

Mini Seekers Pro-D Day Camps (4-5 Years)

Sun Seekers Pro-D Day Camps (6-7 Years)

Fun Seekers Pro-D Day Camps (8-9 Years)

Adventure Seekers Pro-D Day Camps (10-14 Years)

LOCATION	DATE	SD61	SD62	SD63	TIME	COST
Colwood Pacific Activity Centre (Westshore) AND Chief and Petty Officers' Mess (Esquimalt)	February 16	X	X	X	Before Care: 7:00-9:00am	Before care: R \$9 / O \$11 / A \$13 / day
					Camp Day: 9:00-4:00pm	Camp day: R \$38 / O \$42 / A \$47
					After Care: 4:00-5:30pm	After care: R \$7 / O \$9 / A \$11 / day

SPRING BREAK CAMPS

Enjoy a spring break camp filled with out-trips, adventures, learning and fun! Each week will have a theme and activities to match, suitable for the various age groups.

Mini Seekers Spring Break Camps (4-5 Years)

Sun Seekers Spring Break Camps (6-7 Years)

Fun Seekers Spring Break Camps (8-9 Years)

LOCATION	DATE	TIME	COST
Colwood Pacific Activity Centre (Westshore)	March 18 - 22 Monday - Friday	Before Care: 7:00-9:00am	Before care: R \$37 / O \$39 / A \$41 / week
		Camp Day: 9:00-4:00pm	Camp week: R \$170 / O \$180 / A \$190
		After Care: 4:00-5:30pm	After care: R \$27 / O \$29 / A \$31 / week
	March 25 - 28 Monday - Thursday	Before Care: 7:00-9:00am	Before care: R \$29 / O \$32 / A \$34 / week
		Camp Day: 9:00-4:00pm	Camp week: R \$136 / O \$144 / A \$152
		After Care: 4:00-5:30pm	After care: R \$22 / O \$24 / A \$26 / week

Adventure Seekers Spring Break Camps (10-14 Years)

Adventure Seekers Camp fees are slightly higher than our other age groups in order to cover the costs of out-trips and activities for this age group

LOCATION	DATE	TIME	COST
Colwood Pacific Activity Centre (Westshore)	March 18 - 22 Monday - Friday	Before Care: 7:00-9:00am	Before care: R \$37 / O \$39 / A \$41 / week
		Camp Day: 9:00-4:00pm	Camp week: R \$185 / O \$195 / A \$205
		After Care: 4:00-5:30pm	After care: R \$27 / O \$29 / A \$31 / week
	March 25 - 28 Monday - Thursday	Before Care: 7:00-9:00am	Before care: R \$29 / O \$32 / A \$34 / week
		Camp Day: 9:00-4:00pm	Camp week: R \$148 / O \$156 / A \$164
		After Care: 4:00-5:30pm	After care: R \$22 / O \$24 / A \$26 / week

Mini Seekers Spring Break Camps (4-5 Years)

Sun Seekers Spring Break Camps (6-7 Years)

Fun Seekers Spring Break Camps (8-9 Years)

Please note we are not offering Adventure Seekers Spring Break Camp at the Chief and Petty Officers' Mess (Esquimalt)

LOCATION	DATE	TIME	COST
Chief and Petty Officers' Mess (Esquimalt)	March 18 – 22 Monday – Friday	Before Care – 7:00-9:00am	Before care: R \$37 / O \$39 / A \$41 / week
		Camp Day – 9:00-4:00pm	Camp week: R \$170 / O \$180 / A \$190
		After Care – 4:00-5:30pm	After care: R \$27 / O \$29 / A \$31 / week
	March 25 – 28 Monday – Thursday	Before Care – 7:00-9:00am	Before care: R \$29 / O \$32 / A \$34 / week
		Camp Day – 9:00-4:00pm	Camp week: R \$136 / O \$144 / A \$152
		After Care – 4:00-5:30pm	After care: R \$22 / O \$24 / A \$26 / week

Specialty Camp: Dance! (6-9 Years)

Join us for a week of dance-based activities and fun! We will try a variety of basic moves from all different types of dances (ballet, jazz, hip hop and more!) and choreograph a short performance over the course of the week. No experience required; this is an introductory level camp that is just for fun!

Please note: there is no before or after care option available for Dance Camp.

LOCATION	DATE	TIME	COST
Youth Activity Centre (Belmont Park)	March 18 – 22 Monday – Friday	Camp Day: 9:00-4:00pm	Camp week: R \$185 / O \$195 / A \$205
	March 25 – 28 Monday – Thursday	Camp Day: 9:00-4:00pm	Camp week: R \$148 / O \$156 / A \$164

**REGISTRATION
FOR ALL CAMPS
OPENS:**

**DECEMBER 1
REGULAR
MEMBERS
(CAF & VETERAN)**

**DECEMBER 8
ORDINARY &
ASSOCIATE**





A member of the Ship's Company embraces his family with his wife and new baby daughter after His Majesty's Canadian Ship (HMCS) CALGARY came alongside A Jetty, His Majesty's Canadian Dockyard, Canadian Forces Base Esquimalt after a 7 month deployment to the Asia Pacific Region. Photo: Corporal (Cpl) Jay Naples, MARPAC Imaging Services, Esquimalt.

Shotokan Karate

Shotokan Karate Combo Class

Adult and Children 7+ years

Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands. The aim of the Karate program is to teach traditional Shotokan Karate and to foster the development of karate through seminars, tournaments, and exposure to world-class karate and other martial arts instructors. Such benefits of this karate program include:

- Many different training times and two different locations;
- Affordable way to learn or practice your karate skills;
- A fun way to work on your cardio, flexibility, coordination, stress relief, and quicken your reflexes while training in a safe and supervised environment.

Beginners are always welcome throughout the year.

Naden Athletic Centre

Course Code: MAR232412480W
Dates: 8 Jan – 15 Mar
20 Sessions
Time: Monday/Wednesdays, 6:30pm – 8:00pm

Colwood Pacific Activity Centre

Course Code: MAR232412481W
Dates: 9 Jan – 14 Mar
20 Sessions
Times: Tuesday/Thursday, 6:30pm – 8:00pm

Cost for unlimited classes Jan – Mar:

Adult	\$140 Regular
	\$160 Ordinary
	\$180 Associate
Child	\$100 Regular
	\$120 Ordinary
	\$140 Associate

Shotokan Karate

Register for Shotokan Karate by contacting PSP Recreation at 250-363-1009 or in-person through the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

Refund Guidelines for all Adult and Children/ Youth Programs

- 10 Business Days notice - full refund
- 5 Business Days notice - 50% refund
- Less than 1 week notice - will be on a case-by-case basis
- Once a program has started, refunds will not be provided.



Honourable Murray Rankin, K.C.

MLA for Oak Bay-Gordon Head

Have questions, comments, or concerns about provincial programs, services, and benefits?

Please reach out to me at Murray.Rankin.MLA@leg.bc.ca or 250-472-8528.

I look forward to hearing from you! Warm wishes for the holiday season!





Save the date Réservez la date

22 JUNE / JUIN 2024

NAVY RUN

CFB ESQUIMALT



COURSE MARINE

BFC ESQUIMALT

REGISTRATION FEES 5 KM WALK/RUN & 10 KM RUN

VIRTUAL - EVERYONE

Nov. 5 - Mar. 31: \$36.75

IN-PERSON

Nov. 5 - Mar. 31:

\$32.40 - Active and Retired Military

\$37.65 - DND/NPF Civilians

\$42.90 - General Public

FRAIS D'INSCRIPTION

5 KM DE MARCHÉ / COURSE
& COURSE DE 10 KM

VIRTUELLE - TOUT LE MONDE

Du 5 Novembre au 31 Mars : 36,75 \$

EN PERSONNE

Du 5 Novembre au 31 Mars :

32,40 \$ - Militaires en activité et retraités

37,65 \$ - Civils du MDN/FNP

42,90 \$ - Grand public

KIDS RUN

VIRTUAL AND IN-PERSON

Registration Free,
shirt sold separately \$20.



COURSE DES ENFANTS

VIRTUELLE ET EN PERSONNE

Inscription gratuite,
chemise vendue séparément 20 \$.

REGISTER TODAY: NAVYRUNESQUIMALT.COM

Social Nights with PSP

Paint it!

Are you interested in having fun and learning a new skill at the same time? We have a strong belief that anyone can learn how to paint. Join us and enjoy the satisfaction of creating an art piece with step by step instruction. This is an adult learning experience and suitable for all skill levels. Bar service is available at the Chief and Petty Officers' Mess

Chief and Petty Officers' Mess

Instructor: Behni Moosavi-Shalmani

Wednesdays 6:00 - 8:00pm \$35 per session

Dates:

January 31

February 28

March 27

Paint it! Parties

Are you looking to get your friends together and learn a new skill? Plan to have a Paint it! party. Bar service is available at the Chief and Petty Officers' Mess. For more information contact PSP Recreation Coordinator, Kamma Frederick at Kamma.Frederick@forces.gc.ca

Paint it! is also available for Unit team building art sessions within the Defence Team Community. If you or your Unit is interested in privately booking a Paint it! party with Behni, contact Kamma Frederick at Kamma.Frederick@forces.gc.ca

Social Hike With PSP

Want to explore hiking trails around the Greater Victoria Area but not sure where to start? Join PSP for a guided social hike. No car? No Problem! We'll meet you in the CANEX parking lot and take you to the hike location (Bear Hill) where we'll all make the climb to the summit together. After the hike, we'll drive you back to the CANEX parking lot. All you need to bring is a water bottle and commitment to adventure.

Bear Hill Hike

CANEX Parking Lot Thursday 14 Mar 9:30am Cost: \$5

Board Game Night With PSP

Put your devices aside and unplug yourself. It's time to reconnect with friends, neighbors and meet new like-minded people. PSP is hosting an adult board game night! We'll have lots of games to choose from and a board game expert to help you along the way. Want to bring your own game? Absolutely! The more the merrier. Light snacks and non-alcoholic beverages are included in the price.

Parents, if you want to join in on the fun, sign your child up for our Movie Nights happening at the same time in the gym and get 10% off registration for your child! (To see what movies we're playing, check out the School Age & Youth pages)

CPAC Winnipeg Room 6:15 - 8:00pm \$8.50

Dates:

January 19

February 16

March 15

■ = MFRC ■ = PSP

Register for any of the following MFRC Adult Programs

by visiting [www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](http://www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))



Register for any of the following PSP Adult Programs

by contacting PSP Recreation at 250-363-1009 or in-person through the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

You can also SAVE TIME and MONEY by registering ONLINE at bkk.cfmws.com/esquimaltpub/

Refund Guidelines for all Adult Programs:

- 10 Business Days notice - full refund
- 5 Business Days notice - 50% refund
- Less than 1 week notice - will be on a case-by-case basis
- Once a program has started, refunds will not be provided.

Personal Training

Personal Training Packages

Register for our personal training packages and jump start your fitness program. Personal Training is designed using a 'results based' approach to help you achieve your fitness goals. Our qualified fitness trainers can customize a program to meet your needs whether you are a beginner, have specific training goals or a seasoned athlete.

Choose from private sessions or book semi-private sessions for you and a friend or family. For more information contact RecreationCPAC@forces.gc.ca or 250-363-1009

One on One Private Training Sessions (1 hour)

**\$50 for 1 session
\$150 for 3 sessions
\$225 for 5 sessions
\$399 for 10 sessions**

Semi-Private Training Sessions

(1 hour / 2 - 6 people)

Have a small group that want to work out together? You pick the time, date, and style of workout you're looking for and we will connect you with a trainer.

**\$36 per person for 1 session
\$108 per person for 3 sessions
\$170 per person for 5 sessions
\$299 per person for 10 sessions**

Prices: R= Regular, O=Ordinary, A=Associate

Health and Fitness

Pickleball Lessons – Introduction to Pickleball

You've heard your friends talk about pickleball and you want to give it a try! These three sessions will introduce you to the basics of the game by utilizing FUN skills to learn techniques and game play. Open to those 'having never seen a pickleball paddle before,' to those 'having tried it a few times' but not yet with formal coaching. This introductory course is for people of all ages and athletic abilities. Our Pickleball Canada Certified Instructor (level 1) will introduce you to 'the fastest growing sport in North America.' No experience required. All equipment provided or bring your own paddle.

Instructor: Chris Zatylny
CPAC

Course: 3 consecutive sessions

Price: R \$72 / O \$81 / A \$90

Thursdays Session Dates 9:30-11:30am

January 11 – 25

February 01 – 15

February 29 – March 14

Wednesdays Session Dates 1:30-3:30pm

January 10 – 24

February 7 – 21

February 28 – March 13

Pickleball – Drills, Skills, and Games

You've learned the rules and basic strategies, and now you want to improve your game through gentle and facilitated competition! Each class will begin by introducing a new technique with an accompanying drill(s) to improve your pickleball game skills. Suitable for people of all ages who have played pickleball before. Our Pickleball Canada Certified Instructor (level 1) Instructor will prepare you for social play 'out in the jungle' where the established players roam free in our community! All equipment provided or bring your own paddle.

Instructor: Chris Zatylny

CPAC **Monday** Jan 8 – Mar 11

6:00 – 8:00pm

Price: R \$180 / O \$200 / A \$220

Pickleball Lessons – Bring Your Own Group!

Bring your friends, colleagues and/or relatives to learn and/or play pickleball together in an exclusive class with our Pickleball Canada Certified Instructor. Suitable for first time players and all others in your group who may already have playing experience. Challenge your office to an afternoon of team building, or bring the extended family together as part of your reunion or special event. Maximum class size is 8 people. Our Pickleball Canada

Certified Instructor (level 1) will provide basic skills and strategies, and facilitate the pickleball play to ensure everyone participates and enjoys the event. All equipment provided or bring your own paddle.

Instructor: Chris Zatylny

CPAC

Class size: up to 8 people

Price: R \$336 / O \$378 / A \$420

Session Dates

January 31 – 1:30 – 3:30pm

February 22 – 9:30 – 11:30am

Pickleball Parties

Are you looking to get your friends together and learn how to play Pickleball for your next party? Contact PSP Recreation Coordinator, Kamma Frederick at Kamma.Frederick@forces.gc.ca for more information.

**** Pickleball is also available for Unit team building sessions within the Defence Team Community. If you or your Unit is interested in privately booking a Pickleball session, contact Kamma.Frederick@forces.gc.ca*

All Levels Yoga

In this light-hearted, fun, body positive class, we will be modifying poses for all bodies, levels, and abilities. Taught by a large-bodied woman, this joyful movement practice is accessible and inclusive. Questions during practice are encouraged. Suitable for everybody and every body. All bodies welcome and celebrated in this space.

Instructor: Sonia Gray, RYT, Water and Earth Yoga

CPAC **Tuesdays**

6:30-7:30pm

Session Dates

January 9 – February 6

February 13 – March 12

Cost

R \$49 / O \$55 / A \$60

R \$49 / O \$55 / A \$60

Body Positive Yoga – Intermediate

In this body positive, joyful movement class we will explore dynamic vinyasas and challenging asanas. Strong yoga foundation and intermediate level experience required.

Instructor: Sonia Gray, RYT, Water and Earth Yoga.

CPAC **Thursdays**

6:30-7:30pm

Session Dates

January 11 – February 8

February 15 – March 14

Cost

R \$49 / O \$55 / A \$60

R \$49 / O \$55 / A \$60

Yoga Nidra – iRest®

iRest® Yoga Nidra is a guided meditation most commonly practised in a supine position, comfortably supported by bolsters, and cozied up with a blanket. iRest combines the ancient teachings of Yoga Nidra with Western psychology and neuroscience. This trauma-informed practice is accessible and suitable for everyone, but is proven to be especially beneficial for folks living with PTSD, chronic pain, insomnia, and anxiety, affording its practitioners a profound sense of peace and well-being.

Instructor: Sonia Gray RYT, Water and Earth Yoga

CPAC **Tuesdays**

7:45-8:45pm

Session Dates

January 9 – February 6

February 13 – March 12

Cost

R \$49 / O \$55 / A \$60

R \$49 / O \$55 / A \$60

Family Fitness: (All Ages)

This 30 minute, fun and inclusive work out is for the whole family. A variety of cardio and strength exercises will focus primarily on the adults in the group, but there will be space in the gym for kids ages 0-5 years to play, be close to caregivers and occasionally join in! Safety and fun will be key. All levels of fitness welcome, recommend postpartum participants have clearance from health professionals to join. This is a family program where caregivers must supervise children.

**FREE participation in our Kindergym program for those registered in Family Fitness.*

CPAC **Mondays**

Jan 22-Mar 11

9:15-9:45am

***No class on February 19**

Cost per session:

R \$35 / O \$42 / A \$49

Drop-In Fee:

R \$6 / O \$8 / A \$10



Work Related Absences/Deployment



Family Networks

Family Networks are a great way to connect with other families going through the same experience. Participate in social activities and get

the latest information and updates on your military member's deployment or work-related absence. Register with us to receive deployment and work-related absence support by becoming a part of your Family Network's email distribution list, connecting with the MFRC local to you, and/or receiving support in French. For more information, scan the QR code or visit connect.esquimaltmfrc.com/deployment/

Family Network Facebook Groups

Be sure to join your Family Network's Facebook Group! These private groups are a space for you to connect with other families and friends connected to the same unit. This is a great space to build friendships and community, which in turn helps support your military members. Visit www.cfmws.ca/esquimalt/mfrc-family-networks for information on family networks including:

- 443 Squadron
- HMCS Calgary
- HMCS Max Bernays
- HMCS Ottawa
- HMCS Regina
- HMCS Vancouver
- HMCS Winnipeg
- MCDV's (HMCS Brandon, HMCS Edmonton, HMCS Nanaimo, HMCS Saskatoon, HMCS Whitehorse, and HMCS Yellowknife)
- MV Asterix
- Submarines (HMCS Chicoutimi, HMCS Corner Brook and HMCS Victoria)
- Terra Firma Deployed (includes courses, imposed restrictions, and other deployments/absences)

Family Network Volunteer Opportunities

Have fun while making connections with your community by becoming a Family Network Volunteer! Plan and facilitate Family Network events and help keep others informed during deployments and work-related absences. Share your knowledge and experience while learning new skills.

Interested? We are currently seeking volunteers for several networks. For more information and to apply, visit our website.

Sending Mail to Deployed Members

Did you know you could send morale mail to your deployed military member for free? We will accept letters and care packages at both our CPAC and Signal Hill MFRC locations during regular business hours. This service is available at the MFRC under the direction of the Fleet Mail Office (250-363-2176).

Pre-Deployment & Absence Checklists

Who doesn't love a checklist? These checklists will assist you in preparing for the unexpected and for routine aspects of daily life prior to a deployment/absence. There is a general checklist as well as one specific to single members and parents of members which includes categories such as: Legal, Financial, Home, Travel, Health, Vehicle, and more. These are available to download from our website.

Pre-Deployment and Absence Workshop & Return and Reintegration Workshops

MFRC offers deployment workshops based on the Operation Schedule – however we can offer workshops for smaller units/deployments based on interest. Contact kathleencormie@emfrc.com to inquire.

MFRC Workshop Recordings

Check out previously recorded deployment workshops at www.vimeo.com/esquimaltmfrc

Banner Making Kits

Is your family member or friend currently deployed/away for work-related reasons and returning home soon? Let the MFRC assist you in preparing for your loved one's homecoming by supplying you with all the materials needed to make welcome home banners and decorations. Contact deployment@esquimaltmfrc.com to reserve your kit and arrange a pickup time during regular business hours from either our CPAC or Signal Hill MFRC location.

Supporting Children Through Absence Workshops (3 to 12 years)

These workshops help children adjust to a parent being away on a deployment or work-related absence. They offer an opportunity for children to interact with other children who are going through the same experience. See sessions in the Early Years and School Age sections of this guide or visit our website to register.

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website.

Supporting Children Through Absence Corner at Stay & Play (18 months to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. For more information and to register, visit the Stay & Play page on our website.

Respite Childcare During Absences (6 months to 5 years)

Funded by donations to the MFRC, respite childcare is available at no cost when a military parent is away on a work-related absence for 21 consecutive days or more. You can receive one continuous 3-hour session per week up to a maximum of 4 free sessions per month in our Casual Child Care. Additional sessions are available at Casual Child Care rates. Book up to 8 days in advance by calling 250-363-2674.

Parenting from Afar

Want to learn more about parenting in the military lifestyle? Learn how to maintain an active and vital role in the life of your child/youth from afar with this easy-to-read handbook. Discover strategies to help support the connection between the parent/caregiver at home and the parent who is away so that you can continue to parent together while you are apart. Pick up a copy from our CPAC MFRC location or download from our website.

Community Integration

English as a Second Language

Do you want to learn English? Do you feel the need to improve your English to better communicate with your partner? The MFRC offers courses to CAF adult family members. The classes, guided by a professional, incorporate conversation, culture, grammar and writing to facilitate your integration into your community. The class consists of an online learning component in addition to a monthly in-class session with our ESL teacher. Call 250-363-2640 to register.

FREE

CPAC/Virtual

MFRC	Thursdays Jan – March	6:00 – 8:00pm
MFRC	Thursdays April – June	6:00 – 8:00pm

French as a Second Language – Rosetta Stone

Are you posted to a bilingual base or a Francophone community? Do you feel the need to develop your second language to better communicate with your partner? The MFRC offers the opportunity to access online Rosetta Stone language training to CAF adult family members. Rosetta Stone uses a method that combines listening, reading, speaking and writing. Call 250-363-2640 (toll-free: 1-800-353-3329) to enquire about the current availability of licenses.

Employment and Education Support

MFRC partners with WorkBC WestShore to support you in your job search. Wherever you live on the island, WorkBC Employment centres are in your community and can provide quality resources to support you to gain meaningful employment. The MFRC hosts employment workshops and employer information sessions hosted at the Colwood Pacific Activity Centre. Follow our social media channels to stay updated or call 250-363-2640 for more information.



Employment Workshop & Welcome to CFB Esquimalt Workshop Recordings

Check out previously recorded community integration workshops at www.vimeo.com/esquimaltmfrc

Join the Military Spousal Employment Network (MSEN)

As soon as you join, you'll get access to a list of dedicated national employers who are ready to provide you with equal employment opportunities. As a military spouse, you'll be able to connect with these national employers directly. You'll also be able to search the national employers' job openings through the MSEN job bank. The MSEN also offers virtual and in-person career fairs in multiple locations across Canada. If you are currently seeking employment, this free resource is for you. For more information visit msen.vfairs.com/

MFRC Information Line

MFRC staff members are ready to take your call. They can answer your questions, provide assistance or do the research to find the information you need. Call 250-363-2640 (toll free: 1-800-353-3329).

Military Family ID Card

It takes just 10 minutes to get this valuable ID card. The card is available to all regular and reserve Class B&C (full-time contract) military family members. Use it to access base services such as the Naden Athletic Centre, to access Dockyard and Colwood by vehicle for pickups and drop-offs, and to receive discounts from local businesses. The CAF member must be present to sign the card at the time of issue and present their MPRR. The MFID is available at Signal Hill MFRC and CPAC MFRC.

Welcome Resources

When you arrive in Victoria, be sure to pick up your Welcome Bag from either MFRC location.

In it, you will receive:

- Accessing Health Care Book
- Area maps including bike and trail maps
- Visitor guides for the Greater Victoria area
- MFRC swag, military families' discounts from local businesses and more!

Many resources, including comprehensive information for all newcomers to CFB Esquimalt and Greater Victoria, are available at [www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](http://www.cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc)).



Social and Mental Wellness Resources and Services

Extra/Diverse Support Needs

The Esquimalt MFRC offers one-to-one support for Canadian Armed Forces families that have a family member with support needs. We can work with you to:

- Navigate various community services, including education, mental health, early years and health-related systems.
- Offer support in creating a family care plan for upcoming military-related absences.
- Find services for caregivers supporting aging family members or a family member with health concerns.
- Prepare for a posting in or out of Greater Victoria.
- There may be inclusion support available for children requiring it to attend MFRC programming, please contact the MFRC for details.

Need assistance?

Contact the MFRC at 250-363-2640 or directly reach the intake line at 778-533-7736 or intake@emfrc.com.

Strongest Families

Families can self-refer, or social workers / counsellors can refer to Strongest Families on behalf of families who want to acquire parenting assistance. Supports are available for children/youth ages 3-17 who require strategies to address anxiety and behavioural issues.

Additional support can also be provided to address concerns associated with aspects of the military lifestyle. Resources for adults are also available.

For more information, visit www.strongestfamilies.com or contact the MFRC intake line at 778-533-7736 or intake@emfrc.com.

Short-term Counselling

Individuals, couples and families can access short-term counselling sessions at the MFRC in a confidential atmosphere of support. Registered social workers and counsellors provide support with stress, relationship issues, parenting challenges, the military lifestyle and much more. The MFRC offers quality referrals to outside counselling resources and specialized support services. Sessions can be done on-site or virtually. For more information contact 250-363-2640 or the MFRC intake line directly at 778-533-7736 or intake@emfrc.com.

Emergency Family Plan

Planning for the unexpected is critical in the military lifestyle. Families must have a workable Emergency Family Plan in case something happens to a family member at home during a military-related absence. An Emergency Family Plan should include a list of people you can rely on in an emergency situation.

The MFRC can support you in developing local community connections through programming and workshops. The Family Wellness and Counselling Team may be able to support with limited childcare assistance based on assessment. This could include access to daytime respite care (with specific set times during the week-day). Please be aware it is challenging to find weekend and overnight care. Looking for a place to start? You can download the PDF version of the plan at www.cfmws.ca/esquimalt/mfrc-family-wellness-and-counselling-team/mfrc-emergency-family-plan and get started today. We encourage you to contact the Family Wellness and Counselling Team through the MFRC intake line at 778-533-7736 or intake@emfrc.com if you have any questions or desire support to create your plan.

Wellness Wednesdays

The Family Wellness and Counselling Team is pleased to offer a monthly evening of relaxation and fun. Using mindfulness, gentle movement and creativity, we will explore tips, tools, and strategies to enhance our mental, physical and spiritual health in an interactive group setting. Come on your own, with a friend, or family member. For more details and to register, visit www.cfmws.ca/esquimalt/events-activities/events

FREE

Mindful Movement

(Adult Workshop)

MFRC CPAC Wed, Jan 24 6:00 – 8:00pm FREE

Mindful Creativity (Ages 10+)

MFRC CPAC Wed, Feb. 21 6:00 – 8:00pm FREE

Nourishing Neighbours (Ages 10+)

MFRC CPAC Wed, Mar 13 6:00 – 8:00pm FREE

Youth & Mental Health

The MFRC is committed to supporting youth and family wellness. Staff at the centre can assist with navigating mental health systems, helpful referrals and resources.



Francophone

Cours de langue seconde

Aimerez-vous apprendre l'anglais? Sentez-vous le besoin d'améliorer votre anglais pour mieux communiquer avec votre partenaire? Le CRFM offre des cours aux membres adultes de la famille des FAC. Les classes, dispensées par un professionnel, intègrent la conversation, la culture, la grammaire et l'écriture pour faciliter votre intégration dans votre communauté. Les classes consistent d'un apprentissage en ligne et d'une classe par semaine en groupe.

Gratuit

Virtuel / CPAC

CRFM	Judi	jan - mars	18h00-20h00
CRFM	Judi	avril - juin	18h00-20h00

Veterans

Veteran Family Program

The MFRC supports medically-released veterans, medically-releasing CAF members, and their families as they transition to post-service life. There is no formal registration for this program. If you need support, call the Veteran Family Program Coordinator at the Esquimalt MFRC at 250-363-2640. There are a variety of services to meet your unique needs:

- One-to-one support navigating the civilian health care, employment, and mental health systems
- Help finding appropriate community resources for yourself and your family members
- Transition programs and workshops
- Short-term counselling and social work services

Transition Programs and Resources

Financial Planning Workshops

To support transitioning members and their families, SISIP offers a financial planning workshop to help individuals and families plan their finances as they approach their release and prepare for their transition to post-service life. Topics may include tax planning, CAF pensions, investments, insurance coverage, and disability awards. Watch our social media and website for upcoming SISIP workshops hosted by the MFRC.

Mental Health First Aid

In support of the Veteran Community, a customized version of the Mental Health First Aid course is available for members of the Veteran Community. Mental Health First Aid is the assistance provided to a person who is experiencing a mental health concern or who is in a mental health crisis. Members of the Veteran Community will receive this training at no cost. This course teaches participants to understand, identify, and respond to signs of mental health and substance use concerns. Seats are limited and registration will be on a first-come, first-serve basis.

Transitions Book

Military families experience many changes in their lives from relocations to deployments to the transition out of the military. The Transitions book will teach you about the stages of transition and help you to learn how to effectively work through those changes. Get a copy at your local MFRC location or at cfmws.ca/esquimalt.

Veteran Family Journal

The Veteran Family Journal is a tool designed to assist medically releasing CAF members, medically released Veterans, and their families to make a successful transition from military life to civilian life. This tool can help you and your family identify your unique needs and plan for the future. Within this journal you will find relevant information about the transition process, reference materials, worksheets, and family care plans. Pick up a copy at your closest MFRC location.



Programs available Winter 2024

Managing Angry Moments (MAM)

MAM helps participants learn how to use anger constructively. It is a course intended for everyone as we all feel anger at various times. Participants gain a better understanding of their relationship with anger. This course is not anger management counselling and is not appropriate for individuals with severe anger management problems.

March 7, 14, 21, & 28 8:30am – 12 noon

Course includes all four sessions

Mental Fitness & Suicide Awareness for Supervisors

(Mite 119531)

MF&SA is designed specifically for the Canadian Armed Forces. The purpose of the program is to prepare personnel to promote mental fitness and to mitigate the incidence of mental health injuries including deliberate self-harm and suicide within the military community. Participants learn and practice important Mental Fitness Exercises as well as the ACE Suicide Awareness model.

December 11 8:30am – 4:00pm OR
January 15 8:30am – 4:00pm OR
February 19 8:30am – 4:00pm OR
March 18 8:30am – 4:00pm

Respect in the Canadian Armed Forces

Respect in the CAF is a workshop that explores sexual misconduct in the military culture and how to stop it. Three modules are covered: The nature and magnitude of sexual misconduct in the CAF; Bystander Intervention; and Victim Support.

December 6 8:30am – 4:00pm OR
January 24 8:30am – 4:00pm OR
February 21 8:30am – 4:00pm OR
March 27 8:30am – 4:00pm

Stress: Take Charge!

Stress is the #1 workplace disability issue today and appears to be a growing problem. Stress Take Charge is a course for people who want to gain a better understanding of their stress reaction, how to increase their resiliency in stressful situations, and how to learn proven coping skills for managing their stress response more effectively.

January 25, February 1, 8 & 15

8:30am – 12 noon

Course includes all four sessions

Unit Health Promotion Representative Training

This mandatory training is for individuals who are tasked with the secondary duty of Unit Health Promotion Representative.

January 22 8:30am – 11:00am

Introduction to the MARPAC Health & Wellness Strategy

This session is for anybody interested in learning more about the MARPAC Health and Wellness Strategy and participating in a Working Group.

January 29 9:00am – 11:00am

Health Promotion Programs

Strengthening the Forces offers Health Promotion Programs designed to assist Canadian Forces members, their spouses, and civilian employees to take control of their health and well-being. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations, and contributes to a higher quality of life for everyone.

Health Promotion courses are available free of charge to adult members of the Defence Team.

For more information on these courses, contact the Health Promotion Office: 250-363-5621.

To register for Health Promotion Programs you must register through your Unit Training Coordinator.





POOL SCHEDULE – JANUARY TO MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
06:00 – 07:30 LANES / CLUB	06:00 – 07:30 LAP SWIM	06:00 – 07:30 LANES / CLUB	06:00 – 07:30 LAP SWIM	06:00 – 07:30 LANES / CLUB	BOOKINGS ONLY
07:30 – 11:00 MILITARY TRAINING					
11:00 – 13:00 LAP SWIM	11:00 – 13:00 LEISURE & LANE	11:00 – 13:00 LAP SWIM	11:00 – 13:00 LEISURE & LANE		
	12:05 – 12:50 AQUA FIT		12:05 – 12:50 SWIM SKILLS		
13:00 – 16:00 MILITARY TRAINING					
16:30 – 20:00 OPEN SWIM					

*SCHEDULE MAY CHANGE WITH NO NOTICE, CALL OUR KIOSK TO CONFIRM TIMES 250-363-5677

*DUE TO THE CURRENT SHORTAGE IN LIFEGUARDS OUR OPERATIONS HAVE BEEN TEMPORARILY REDUCED.

Swim Descriptions

Swim Club

Open to members of the Masters Swim Club, to join please contact Ryan Elborne 250-363-4068

Leisure Pool, Hot Tub, and Steam Room open to general admission.

Morning Lap Swim

5 Lap Lanes available in slow, medium, and fast levels. Leisure Pool, Hot Tub and Steam Room open.

Lanes/Club

One double lane and single lane open for lap swimming, remainder of lanes reserved for swim club.

Afternoon Lap Swim

11:00-12:00 – 2 lap lanes available for lap swimming. Remainder of lanes reserved for PSP programming.

12:00-13:00 – 5 Lap Lanes available in slow, medium, and fast levels.

Leisure Pool, Hot Tub and Steam Room open.

Leisure & Lane

11:00-12:00 – 2 lap lanes available for lap swimming. Remainder of lanes reserved for PSP programming.

12:00-13:00 – 2 lap lanes available for lap swimming. Deep end is open for leisure activity. Shallow end reserved for Aqua Fit.

Leisure Pool, Hot Tub and Steam Room open.

Aqua Fit

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout.

Open Swim

Bring the family and come swim, splash, and enjoy the likes of our Main Pool, Leisure Pool, Hot Tub, and Steam Room. Two lap lanes available in medium and fast paces. Toys and pool mats available! Please note, children under the age of 7 years must remain within arm's reach of an adult at all times.

Military Training

For bookings please contact the Facility Coordinator 250-363-4213

REGISTER ONLINE for any of the following Aquatic Programs!

If you require additional support, feel free to drop by or call our kiosk staff at the Naden Athletic Centre.

AQUATIC PROGRAM REFUND POLICY

- 10 Business Days' notice - full refund
- 5 Business Days' notice - 50% refund
- Less than 1 week notice - will be on a case-by-case basis

Once a program has started, refunds will not be provided.

PRIVATE SWIMMING LESSONS

Private Swimming Lessons for Children and Adults are Tuesdays 4:30pm - 7:00pm. Lessons will be scheduled in 30-minute sessions.

Swimming lessons are not just about building techniques and endurance; it's about learning a lifesaving skill while developing confidence and creating a positive experience that will last a lifetime!

Naden Athletic Centre Pool
Tuesdays

Lesson Sets:

January 9, 16, 23, 30
February 6, 13, 20, 27
March 5, 12, 19, 26

Time Slots:

4:30pm - 5:00pm
5:00pm - 5:30pm
5:30pm - 6:00pm
6:00pm - 6:30pm
6:30pm - 7:00pm

Cost:

\$100 - Single Person

\$140 - Semi-private - note, swimmers must be of similar age and swimming ability.

For information regarding swimming lesson availability please email Ron.boyce@forces.gc.ca

LIFESAVING SOCIETY SWIM LESSONS

Swim for Life is a nationwide comprehensive program that focuses on the development of fundamental skills for learners of all ages and abilities. It includes fun, hands-on activities that teach Water Smart education for the whole family.

Location: Naden Athletic Centre Pool

Lesson Set:

Thursdays

January 11 - February 29

(8 Lessons)

4:30pm - 7:30pm

Lesson: Octopus (Ages 3-5)

Through games and play, swimmers work on front and back floats and glides with a buoyant aid. Other items include learning how to get in and out of the water safely and how to put their face in the water.

4:30pm-5:00pm (8 Lessons) \$56

Lesson: Orca (Ages 3-5)

Introduces pre-schoolers to deep water safety with a PFD. They continue to develop their skills in submersion, floats, glides, and kicks. Prerequisites: Completion of Crab.

5:00pm-5:30pm (8 Lessons) \$56

Lesson: Swimmer 1 (Ages 5-12)

Beginner swimmers will work on becoming comfortable jumping into the water and submerging their head underwater. Floats, glides, and kicking skills are introduced. Prerequisites: 5-12 years old.

5:30pm-6:00pm (8 Lessons) \$56

Lesson: Swimmer 3 (Ages 5-12)

Swimmers will learn dives and further develop their front and back crawl. Swim to Survive skills and whip kick are introduced. Prerequisites: Completion of Swimmer 2.

6:00pm-6:45pm (8 Lessons) \$60

Lesson: Swimmer 5 (Ages 5-12)

Swimmers will master dives and swimming in deep water, Swim to Survive skills, front crawl, back crawl, and breaststroke are further developed, and eggbeater is introduced. Interval training and sprinting drills continue to challenge swimmers. Prerequisites: Completion of Swimmer 4.

6:45pm-7:30pm (8 Lessons) \$60

AQUA FIT DROP-IN

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective, and fun workout.

Naden Athletic Centre Pool
Tuesdays, 12:05pm - 12:50pm
FREE

SWIM SKILLS DROP-IN

Do you have a baseline level of swimming but want to improve on things like technique, pacing, fitness, or all the above? This class is for those who are comfortable being in the water and are looking to become a better overall swimmer.

Naden Athletic Centre Pool
Thursdays, 12:05pm - 12:50pm
FREE

PSP POOL PARTY

Last Thursday of the month!

Bring the family, and dive into the fun. The last Thursday of every month our staff will be pulling out some exciting games and activities for the family to enjoy. So, grab your swim suits and make a splash with us!

Naden Athletic Centre Pool
Jan 25, Feb 29, Mar 28
4:30pm - 8:00pm
Drop-In Fees apply



Sports

Formation Sports

Esquimalt Formation Sports organizes sports teams, leagues, and tournaments from the Formation/Base level to international competition.

The programs offered are:

- Intramural Sports (Unit Competition)
- Formation Teams (Canada West Regional and CAF National Championships)
- CISM (International Sports)

Intramural Sports

Intramural Sports is a program that has grown to include both fleet and base units. The base units and fleet units will compete in a variety of sports to obtain points throughout the year. Your unit Sports Rep will be provided a schedule of events. If you do not know who your unit Sports Rep is or to register yourself as the Sports Rep for your unit, please contact the PSP Sports Coordinator, Ryan Elborne at 250-363-4068

Formation Teams

CFB Esquimalt Tritons

Esquimalt Formation Sports teams are comprised of Canadian Armed Forces (CAF) members that are Regular Force or Class A, B or C Reserve Force and belong to CFB Esquimalt in full capacity or are Attached Posted here. The Tritons represent CFB Esquimalt at Canada West Regional Championships for various sports, and if they win at the Canada West Regional Championship move on to represent Canada West Region at the National Championships. Full time DND or NPF civilian personnel may coach, manage, or officiate a sport with appropriate documentation. For more information contact the Formation Sports Office at 250-363-4068/4069.

CISM

(Conseil International du Sport Militaire/ International Military Sports Council)

CISM is an international sports association composed of, and open to, the armed forces of participating nations. The fundamental aim of CISM is to promote sport activity and physical education between armed forces across the globe as a means to foster world peace. This ideal is encapsulated in the CISM motto "FRIENDSHIP THROUGH SPORT." For more information about CISM events visit www.cism-milspport.org or contact the Sports Office at 250-363-4068 / 4069.

Yearly Sports Overview 2023-2024

The Formation Sports Office will continue to provide local sport opportunities for units while following Provincial Health Guidelines

SPORT	CAN WEST REGIONAL	CAF NATIONALS
Badminton		
Ball Hockey		
Basketball	✓	✓
Curling	✓	
Golf	✓	✓
Grappling	✓	
Ice Hockey	✓	✓
Running		✓
Slo-Pitch	✓	✓
Soccer	✓	✓
Squash		
Swimming	✓	✓
Triathlon		✓
Volleyball	✓	✓
Powerlifting	✓	



CANWEST REGIONAL AND CF NATIONAL SPORTS CHAMPIONSHIP SCHEDULE 2023/24

**Schedule subject to change*

SPORT	CANADA WEST	NATIONAL
Hockey (W)	28 Jan - 2 Feb 2024 Esquimalt	TBD 2024
Hockey (OT)	28 Jan - 02 Feb Wainwright	TBD 2024
Hockey (M)	TBD 2024	TBD 2024
Basketball (M+W)	TBD Feb 2024 Moose Jaw	TBD 2024
Volleyball (M+W)	11-16 Feb 2024 Winnipeg	TBD 2024
Badminton	N/A	N/A
Squash	N/A	N/A
Powerlifting	Virtual TBD	N/A
Slo-Pitch (M)	TBD June 2024 Edmonton	TBD Sept 2024
Slo-Pitch (W)	TBD June 2024 Edmonton	TBD Sept 2024
Golf	TBD June 2024 Edmonton	TBD Aug 2024
Soccer (M)	TBD Aug 2024	TBD Sept 2024
Soccer (W)	TBD Aug 2024	TBD Sept 2024
Powerlifting	Virtual TBD	N/A

For information regarding any sporting events, please contact:

PSP Sports Coordinator – Ryan Elborne: Ryan.Elborne@forces.gc.ca, 250-363-4068

Badminton/Squash

The Formation Badminton and Squash teams offer drop-in sessions at noon hour at the Naden Athletic Centre. Both teams are always looking for new members.

Contact Badminton:

Lt(N) Mikail Uddin: Mikail.Uddin@forces.gc.ca

Contact Squash:

CP01 King: Timothy.King2@forces.gc.ca

PSP: Esq.sports@forces.gc.ca

Ball Hockey

The Tritons Ball Hockey Team is always looking for interested players to join the team. The team begins participation in a civilian ball-hockey league in late April.

Contact: P01 Curtis Gillies: Curtis.Gillies@forces.gc.ca

PSP: Esq.Sports@forces.gc.ca

Basketball

The Men's Tritons Basketball team practice at Naden Athletic Centre beginning in October to prepare for the Canada West Regional Championships which typically run in late January. Women's Development Camps are dependent on interest, female athletes should submit interest to the PSP Sports Office. Female athletes are welcome and encouraged to come out and practice alongside the men. In 2023 the Tritons Basketball team won CW Regionals and came 2nd at Nationals

Contact: A/SLt Brent Martindale:

Brent.Martindale@forces.gc.ca

PSP: Esq.sports@forces.gc.ca

Golf

The Canada West Regional Golf Championship typically runs in the summer months. Base Play-Downs are conducted prior to the Championship at a local course in order to determine a CFB Esquimalt golf team, which is comprised of the top 6 scoring males and top 3 scoring females.

Contact: Capt Kevin Doyle: Kevin.Doyle@forces.gc.ca

PSP: Esq.Sports@forces.gc.ca

Grappling

Grappling is a new addition to the CAF sports program. Members of all experience levels are welcome to join and experienced grapplers will teach new techniques.

Contact: P02 Lee Thibault: Lee.Thibault@forces.gc.ca

PSP: Esq.Sports@forces.gc.ca

Ice Hockey

The Esquimalt Tritons Men's, Women's, and Old-timer's teams are practicing at Wurtele Arena. Canada West Regional Championships are typically held early in the New Year. All CFB Esquimalt Ice Hockey teams are competitive in the Canada West Region. In 2023 all Tritons Hockey teams won CW Regionals.

Team Contacts:

Men:

P01 Curt Gillies: Curtis.Gillies@forces.gc.ca

Women:

Cpl Breanna Leef: breeplett@hotmail.com

Old Timers:

CP02 Michael: Michael.Tibbetts@forces.gc.ca

PSP: Esq.Sports@forces.gc.ca

Slo-Pitch – Men's and Women's

The Men's and Women's Slo-Pitch teams participate in civilian league play and practice April through August in preparation for the Canada West Regional Championships. Both teams are always looking for interested players, so please contact the respective coaches. In 2023 both teams won CW Regionals and attended Nationals.

Team Contact:

MS Layton Theriault Layton.Theriault@forces.gc.ca

PSP: Esq.sports@forces.gc.ca

Running

The Canadian Forces National Running Championship is typically held in Ottawa in late May. In order to qualify for the CAF Running nationals, Military runners are required to provide qualifying race times from sanctioned races (5km, 10km, half and/or full marathon) within 14 months of the National Championship. Deadline for submissions is in January of the competition year. Below are new qualifying times for 2024 season. For more information on Running qualifying times, contact the Sports Office at 250-363-4068/4069 or Esq.sports@forces.gc.ca

Race Distances	Marathon		Half-Marathon		10 km		5 km	
Age Categories	Male	Female	Male	Female	Male	Female	Male	Female
Under 19	3:15:10	3:35:32	1:32:40	1:45:17	42:24	48:17	20:37	23:26
20-24	3:15:10	3:34:57	1:32:40	1:44:17	42:24	48:09	20:37	23:26
25-29	3:15:10	3:34:57	1:32:40	1:43:30	42:24	48:09	20:37	23:26
30-34	3:15:10	3:34:57	1:32:40	1:43:31	42:24	48:09	20:40	23:26
35-39	3:16:08	3:36:34	1:33:09	1:44:31	42:48	48:30	21:03	23:26
40-44	3:20:41	3:41:37	1:35:17	1:47:04	44:00	49:35	21:46	24:04
45-49	3:28:44	3:50:41	1:39:08	1:51:23	45:46	51:30	22:34	24:57
50-54	3:37:47	4:04:22	1:43:25	1:57:42	47:42	54:23	23:25	26:13
55 & over	3:47:40	4:20:40	1:48:07	2:05:10	49:47	57:50	24:20	27:43

Soccer - Men's and Women's

The teams participate in civilian league play and practice to compete at the Canada West Regional Championships in the summer. Both teams won CW Regionals and attended Nationals. The Men's and Women's teams are currently practicing and are always looking for interested players!

Contacts:

CP02 Poirier-Potvin: Pierre-luc.Poirier-Potvin@forces.gc.ca

Lt(N) Courtney Looye: Courtney.Looye@forces.gc.ca

PSP: Esq.Sports@forces.gc.ca

Powerlifting

The Canada West Region is looking at bringing in a virtual powerlifting competition into the sports calendar, TBD 2024. The powerlifting team is looking for new members and they train Monday, Wednesday and Friday from 0730-0900.

Contact:

Cpl Ryan Kelly: Ryan.Kelly6@forces.gc.ca

PSP: Esq.Sports@forces.gc.ca

Swimming

Swimmers practice Monday, Wednesday and Friday mornings from 0600-0715hrs at the Naden Athletic Centre Pool. Formation swimmers may submit qualifying times in sanctioned swim meets in order to represent the Can West at CAF Swimming Nationals in March, submissions are typically due in January of the competition year.

Contact:

Cdr Iain Meredith: Iain.Meredith@forces.gc.ca

PSP: Esq.Sports@forces.gc.ca

Volleyball

The Men's and Women's volleyball teams have been approved to begin practicing at Naden Athletic Centre in preparation for the CAF Canada West Regional Championships and the National Championships. In 2023 the CFB Esquimalt Men's and Women's teams won CW Regionals. Both teams are always looking for interested players to join the team, so please contact the Sports Office for more information!

Team Contacts:

Women: LCdr Noelani Shore: Noelani.Shore2@forces.gc.ca

Men: Jeremiah Smith: jeremiahthomasw@gmail.com

PSP: Esq.sports@forces.gc.ca





Photo: Up Caribbe Imagery Technician, HMCS Moncton, Canadian Armed Forces photo

FLEET FITNESS AND WELLNESS CENTRE FITNESS SCHEDULE DOCKYARD GYM (D22)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0730	Selection Prep PT		Selection Prep PT		Selection Prep PT
1205-1245	Strength	Mobility	Strength	Spin	Cardio

GYM HOURS: MONDAY – FRIDAY 0530–1800

Spin:

Cycle your way to better health with motivating instruction and music. You control the intensity of the class through tension adjustments. Please bring a small towel and a water bottle.

Strength:

Prepare for a full body workout with a variety of movements aimed at giving you a level athleticism in your everyday life. You will increase your strength and confidence through resistance training, safe lifting techniques, and core stability exercises.

Selection Prep PT:

Are you a fit individual who is looking for a more structured group exercise environment? Selection Prep PT is for you. This class is for those who want a more advanced approach to group PT, and we recommend it for people who have achieved a Bronze level or higher on their FORCE test.

Cardio:

You want to sweat? Come to this class! This class aims to increase your cardiovascular endurance through long periods of light-to-moderate work with minimal rest time. The key is to keep your heart rate up and sustain the work through the whole class.

Mobility:

Have aches and pains? Looking to improve flexibility? Want to increase your range of motion? You've found the right class! From yoga to rolling techniques and stretching, this class is designed to move the body through its full range of motion to help you get the most out of every work out.

NADEN ATHLETIC CENTRE FITNESS SCHEDULE (NAC (N88))

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715	FORCE PT	FORCE PT	FORCE PT	FORCE PT	FORCE PT
0800-0930	FORCE Testing	FORCE Testing	FORCE Testing	FORCE Testing	FORCE Testing
1205-1250	Spin	Aquafit	Functional Strength	Swim Skills	Mobility

GYM HOURS: MONDAY – THURS 0530–2130 • FRIDAY 0530–1900 • SATURDAY & SUNDAY 0800–1800

FORCE PT (Total Body Workout):

Alternating between Strength, cardio, and FORCE specific workouts, FORCE PT will prepare you for your upcoming FORCE test. Come prepared for a full body workout!

Spin:

Cycle your way to better health with motivating instruction and music. You control the intensity of the class through tension adjustments. Please bring a small towel and a water bottle.

Functional Strength:

Prepare for a full body workout with a variety of movements aimed at giving you a level athleticism in your everyday life. You will increase your strength and confidence through resistance training, safe lifting techniques, and core stability exercises.

Aquafit:

Get moving with a 45min, moderate level aquatic workout to improve strength, flexibility, and stamina. Work on core stability while getting an excellent cardio and strength workout. This class uses aqua jogger belts, foam dumbbells, and pool noodles for a low impact high energy workout!

Swim Skills:

Do you have a baseline level of swimming but want to improve on things like technique, pacing, fitness, or all of the above? This class is for those who are comfortable being in the water and are looking to become a better overall swimmer.

Mobility:

Have aches and pains? Looking to improve flexibility? Want to increase your range of motion? You've found the right class! From yoga to rolling techniques and stretching, this class is designed to move the body through its full range of motion to help you get the most out of every work out.

CONTACT INFORMATION NAC & Dockyard

Dockyard Fitness & Wellness Centre	250-363-2074
NAC Fitness Cell	250-363-4485
FORCE Booking	250-363-4412
	pspcfbesquimalt@gmail.com
Fitness Coordinator	250-363-4495

PSP Club Contact List

Aquarius Dive Club

aquariusediveclubesquimalt@gmail.com

Auto Hobby Club

CFBEsqAutoClub@gmail.com

250-480-0191 for booking

Golf Association

steve.wist@forces.gc.ca

web site at www.cfbega.ca

Kayak Club

info@pfkc.ca

CFB Esquimalt Model Railway Club

778-677-1953

p.boucher@telus.net

CFSA Sailing

Club House 250-385-2646

sailinginstructor@cfsaesq.ca

Naden Hockey Club

nadenhockeyclub@gmail.com

www.nadenhockeyclub.com

CFB Esquimalt Power Boat Club

250-360-0905

president@boatclub.ca

Work-Point Garden Club

workpointgardenclub@gmail.com

CFMETR Boat Club

cfmetr.boatclub@gmail.com

CFB Esquimalt Sports Shooting Club

info.esquimaltsportshootingclub@gmail.com

Auto Club

Tired of paying for overpriced auto repairs, meet new people while saving money? The CFB Esquimalt Auto Club that one spot pit stop.

The Auto Club was created in the 90's with the purpose of providing serving and retired military members and their families a safe auto shop environment to work on their vehicles. Over time, our membership has expanded to include sponsored civilians and other local government or law enforcement personnel. The membership takes on a variety of people of differing skills level from a beginner to former mechanics.

Over the years, the facility catered to variety of vehicles such as off roads, classics, and daily cars, but now have expanded to include motorcycles. Members have access to specialized automotive tools such as engine cranes, strut tensioners, ball joint presses, while providing services like tire mounting/balancing, welding, and brake rotor milling.

Our facility is broken down to three main sections which are the indoor building, outdoor compound and the motorcycle sea can. The indoor facility is segmented into three heated car bays, each with their own vehicle hoist, work bench and common tools. The outdoors compound provides members, with a fee, a fenced off long term project storage and space to work outdoors. Lastly, our new motorcycle sea can have two movable motorcycle hoists and specific motorcycle tools.

As this is a club rather than a repair shop, members are expected to perform their own work, though other members are often willing to assist. The facility is staffed by an on-duty custodian during business hours, who can help you find the tools, equipment, automotive knowledge, arrange for vehicle storage and take payment.

Address:

410 Macauley St, Victoria, BC V9A 5Y3

Hours of Operations:

Mon, Thurs, and Fri, 6:00 pm- 10:00 pm

Sat and Sun, 9:00 am - 5:00 am

Contact:

CFBEsqAutoClub@gmail.com

250-480-0191 for booking

CFB Esquimalt Golf Association

Looking to play a game in which you yell "fore," shoot seven, and write down five? Then the CFB Esquimalt Golf Association (CFBEGA) is the club for you, not that we condone dishonourable and dishonest scoring! This club boasts one of CFB Esquimalt's largest memberships with over 550 members! CFBEGA has contracts in place at two local golf courses that provide reduced green fees to its members. In addition, thanks to other local golf courses, CFBEGA members enjoy reduced green fee rates. Some benefits of this club include:

Members receive the benefits of club membership at a variety of courses, while the participating golf clubs receive our patronage and spin off business year-round.

Participation in multiple club tournaments and events such as our Season Opener, Road Trip, Club Championship and Fall Fiasco;

Golf Canada Gold membership with benefits including maintaining a Handicap Factor, up to \$6000 in Incident Protection coverage, discounts on events and merchandise;

Completely member funded and non-profit; and

For the 2023/2024 year, our contract at Olympic View allows between 12-20 maximum rounds per day, and Arbutus Ridge up to 10 rounds per day. We also have special CFBEGA rates at

the following golf courses: Highland Pacific (Military discount), Cordova Bay, Cowichan, Metchosin, and March Meadows. Our Executive continuously engages with other local golf courses, including some par 3 courses to enable golfers at all levels to be part of the CFBEGA family.

CFBEGA provides the opportunity for members of the Defence Community to play golf at several local courses at reduced rates. CFBEGA services are particularly important to serving military members who sail or deploy and may not be able to maintain full golf course memberships.

Club President CP01 Steve Wist:

Steve.Wist@forces.gc.ca

www.cfbega.ca

CFMETR BOAT CLUB at Ranch Point Power & Sail

The CFMETR Boat Club is set in quiet Nanos Bay, home to the Canadian Forces Maritime Experimental and Test Ranges. The Club is open to active or retired Canadian Forces members, DND or DOD civilians, and the RCMP. Club members enjoy:

- Safe and enjoyable boating.
- Beautiful scenery.
- Great fishing and
- Very affordable moorage and membership fees

All our 255-foot dock space is currently spoken for but changes annually. Prospective Members wishing to join the club and moor a vessel need to make an application to the executive to be added to a wait list.

For more information contact cfmetr.boatclub@gmail.com or Pony Moore - Club Secretary: 250-228-1851

Canadian Forces Sailing Association

Come join one of the most active sailing clubs in Canada. CFSA is known as one of the friendliest and welcoming sailing clubs around, and one of the most competitive. Join now and enjoy the wind and sea.

We offer:

- Adult and Junior CAN Sail approved training courses.
- A Junior Racing team that participates in the BC Circuit
- Moorage for CAF and Defense Team members
- Club reciprocals with other yacht clubs around the world.
- Club and inter-club racing
- Our keelboat racing programme is the 'winning-est club' in the Vancouver Island Race Series (VIRS). Our club racing occurs on Sundays in the winter and Wednesdays in the summer. If you would like to join the crew on a race boat we never leave willing crew on the dock - show up and sail. We have sailing dinghies available for member use as well as a Sonar Racing keelboat.

We are located at Lang Cove on the East side of Esquimalt Harbour (vehicle access through the Naden Gate).

If you would like a tour or more information, contact the Club Commodore, at commodore@cfsaesq.ca.

Our membership rates are reasonable and CFSA is a great place to get involved with sailing, a sport that will last a lifetime.

For membership inquiries, contact membership@cfsaesq.ca or visit www.cfsaesq.ca

For additional information, contact info@cfsaesq.ca

Please visit the www.cfsaesq.ca for details.

CFB Esquimalt Sports Shooting Club

This club is designed for military members who have their own guns and ammunition and want to shoot on base ranges with like-minded firearms enthusiasts. For more information and to know more about the rules and regulations of the club, contact info.esquimaltsportshootingclub@gmail.com

Kayak Club

Do you like hanging out with seals and whales? Enjoy the benefit of living on the west coast with the CFB Esquimalt's Pacific Fleet Kayak Club! There are tons of opportunities to explore the beautiful island we live via kayaks or paddle boards!

Some of the benefits include:

Paddle Canada courses in ocean kayaking and stand-up paddle boards with an emphasis on safety and rescue techniques including Basic Skills, Level 1 and Level 2 courses at an additional cost.

Signing out a kayak or paddle board from our fleet of 20+ at any time free of charge.

Use of club dry suits for additional rental fee.

Membership is IAW with the PSP policies on recreational clubs. Paddle Canada course required to use club equipment.

Please contact us at info@pfkca.ca

AQUARIUS DIVE CLUB

No pagers, no phones, no boss! At 90 feet it's a different kind of pressure.

After over 50 years, Aquarius has grown to become one of the largest active dive clubs in the Canadian Forces. With the Aquarius Dive Club, divers can take advantage of all the premiere dive sites Vancouver Island has to offer.

Unrestricted by geography, you can regularly find Aquarius Dive Club on the Boeing 737 sunk in Chemainus, HMCS Cape Breton and HMCS Saskatchewan in Nanaimo, HMCS Columbia in Campbell River. You will find us on our annual Labour Day weekend trek up island for a fantastic weekend of diving and good times. You can join us for our overnight camping & dive trips to China Creek, diving the water-filled missile silo in Washington and diving in other waters further afield. You can also simply enjoy one of our many wonderful local dive sites in the pristine BC waters.

As a club, we're able to take advantage of special pricing on dive charters, gear, and dive travel adventure. In the Aquarius Dive Club, you may find yourself travelling with members on our annual tropical trips to places such as the beautiful warm waters of Cozumel, Roatan and The Bahamas.

We have valuable assets such as a portable compressor and trailer, our own building as well as a great group of divers always on the lookout of the next adventure; we make diving affordable and fun no matter what your skill levels are.

Find out more:

www.aquariusediveclub.com

www.facebook.com/groups/aquariusediveclub

aquariusediveclubesquimalt@gmail.com

CFB Esquimalt Power Boat Club

Are you interested in power boats, fishing or just something social to be involved with family and friends? If so consider the CFB Power Boat Club. Sign up to experience the thrill of catching some delicious Salmon or try something a bit larger with Pacific Halibut.

If cruising is more your style, no problem, the Gulf and San Juan Islands, scenery is second to none, which people pay thousands of dollars to visit. All just minutes from our first rate 100 berth facilities located at Work Point.

If you are new to boating, no problem, we have centuries of experience within our club members. The benefits of being a member include:

- The use of the club house.
- Mooring slips.
- Docking ramp.
- Storage compound; and
- Fully equipped service bays with engine hoist, power tools and a paint booth.

The Club sponsors several family-oriented fishing derbies and BBQs per year, with cash prizes and other awards. There is no entry fee for the derbies and no charge for the BBQs. Serving CF members have priority for berthing and other members are placed by seniority in the club.

For further information:

- call the clubhouse at 250-360-0905
Thursday forenoons are the best time to call; or
- workpointboatclub@gmail.com; or
- www.boatclub.ca.

"Tight Lines and Happy Cruising to All"

Work Point Garden Club

HAVE YOU A GREEN THUMB? Want to grow your own organic food year-round? Whether you are an enthusiast or wish to learn the basics, the Garden Club can provide you with:

1. Your own plot to work
2. Tools and equipment for working your plot
3. Fenced against deer and pets
4. On-site water
5. Available at any time of the day that suits you best

Considering joining the club but want more information?

Contact workpointgardenclub@gmail.com

Model Railway Club

The model Railway Club started as an N Scale (1/160) NTRAK modular layout in December 1997. Currently the layout has 31 different modules, that when attached, represents approximately 536 ft. of continuous running track. These modules are continuously updated as new techniques and experiences are gained including Digital Command Control (DCC) systems.

The HO Scale (1/87) modular layout has 29 different modules that represents approximately 270 ft of continuous running track. Both scale layouts have the ability to operate in both DCC and DC modes. Some of these modules depict logging operations, mining operations and a locomotive servicing facility.

Both of these layouts have been on public display and have won multiple awards including "Best Operating Layout", "Favourite Operating Layout"; and "Best Module" at train shows in Victoria and Nanaimo. The Club actively participates each year in the Victoria Train Show, Nanaimo Regional Train Show, Esquimalt Buccaneer Days, Luxton Fall Fair and the West Coast Welcome.

Our members are all rail buffs and hobbyists that are constantly working to enhance and improve the train modules. Some members enjoy painting the backdrops, working on electronics, installing lighting or creating some form of animated scene. Other members enjoy construction of scenery while others enjoy train operations in either or both scales.

Scale model Railroading is considered to be one of the most popular hobbies worldwide and can challenge our creativity and imagination.

All Active or retired military members, DND and other Government employees are welcome and invited to join the CFB Esquimalt Model Railway Club. We also are allowed limited numbers of others who do not meet the previously noted requirements as well as junior members providing the parent is an active member.

The Club currently meets every Wednesday from 1300-1630 hours and 1800-2100 hours and Saturday mornings from 0830-1200 hours in the basement of Building 1031 Work Point Power Boat Club.

Like us on Facebook at www.facebook.com/EsquimaltMRRC. For further information please contact Pierre Boucher at 778-677-1953 or Ken Silvester at 250-474-1316.





CFB Esquimalt Naval and Military Museum

This may be the best museum you've never had a chance to visit
– especially for those interested in naval and military history.

HOURS & PRICING

MUSEUM EXHIBITS AND DISPLAYS

The Museum is now open 7 days a week from
10:00 am – 3:30 pm

(excluding stat holidays)

To confirm if we are open, please call
(250) 363-5655 or (250) 363-4312.

MUSEUM ARCHIVES & OFFICE

OPEN YEAR ROUND

Monday-Friday: 8:00 am – 4:00 pm

Appointments required for research.

To make an appointment for the archives,
please phone (250) 363-5655.

SUGGESTED DONATION

Admission to the museum is by donation.

The donations we receive help the museum
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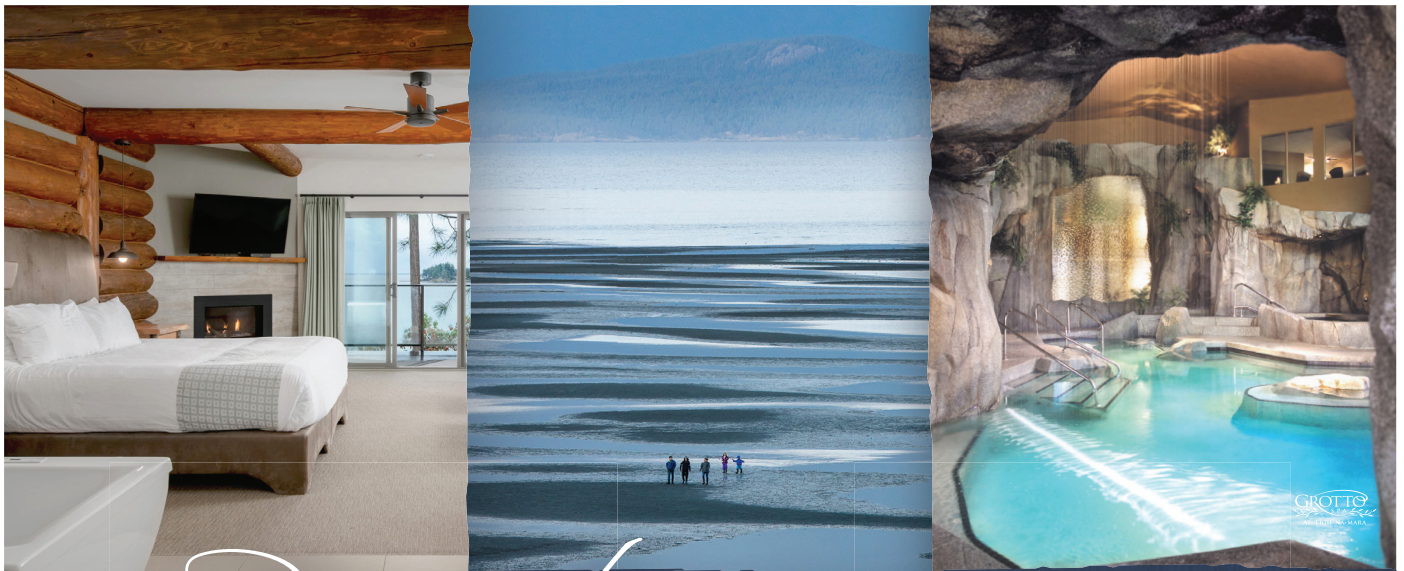
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