

A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT

ACTIVITY GUIDE

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

AUTUMN

AUGUST – DECEMBER 2023



CFMWS

MF
RC ESQUIMALT



By, for, and with the military.

Delivering a personalized, consistent and familiar shopping experience because we recognize, understand, anticipate and support their needs.



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

canex.ca



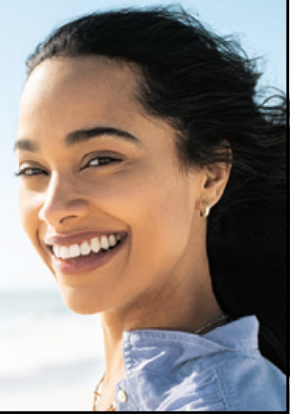
St. Anthony's Dental Clinic

Dr. Anastasia Loumbardias*

250-474-4322

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

*denotes Corporation



Bankruptcy is a last resort.
You have better options!

ZERO Upfront Fee

Your initial consultation is Free, and there is no obligation.

Licensed & Certified

We are Licensed Insolvency Trustees, the only way to gain legal protection under The Bankruptcy and Insolvency Act.

Personalized Service

We operate with respect, compassion, confidentiality and integrity to provide custom tailored expert advice.

British Columbia's Local Trustee

We started in Victoria, BC in 2005 and have helped over 6,000 people gain their financial FreshStart since.

WAGE GARNISHMENTS

TAX DEBT

STUDENT LOANS

CREDIT CARD DEBT

COLLECTION CALLS

CANADA REVENUE

TAX DEBT

Monday – Friday

8:30am – 4:30pm

Closed on Holidays



Imagine Living Debt Free – understand the difference between a consumer proposal vs bankruptcy.

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

www.freshstartbc.com

104 – 732 Cormorant Street
Victoria, BC V8W 4A5

Contents

This program guide is brought to you by:



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.

ACTIVITY PROGRAMS

Registration/Contacts	3
Facilities.....	4
Special Events.....	11
MFRC Get Involved.....	13
PSP Birthday Parties	14
Early Years	16
School Age	20
Youth	24
PSP Camps.....	29
Shotokan Karate	34
Adult	35
Social, Health and Fitness	36
MFRC Work-related Absences/Deployment Resources and Services	40
MFRC Community Integration.....	42
MFRC Social and Mental Wellness	44
MFRC Francophone	45
MFRC Veterans	45
PSP Health Promotion.....	47
Aquatics	48
PSP Sports	51
PSP Fitness	55
PSP Clubs	59

LEGEND

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



Treatment Shouldn't Feel Like Punishment

Addiction, Mental Health & Trauma Treatment

Powell River-based Sunshine Coast Health Centre and the Georgia Strait Womens Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

Services include 24 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



ACCREDITATION CANADA
AGRÈMENT CANADA

*Driving Quality Health Services
Force motrice de la qualité des services de santé*



**Sunshine Coast
Health Centre**

A Non-12 Step Mental Health Program

Admissions Toll Free
1.866.487.9010

schc.ca

Georgia Strait

WOMENS CLINIC

Admissions Toll Free
1.866.487.9040

georgiastraitwomensclinic.ca

Registration & Cancellation

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:

Camps (including Pro D Days) – All camp registrations 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

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

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:

- 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 / Programs / RV Storage	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 and Social Media:

Chief and POs' Mess	www.cafconnection.ca/Esquimalt/ChiefandPosmess
Lookout	www.lookoutnewspaper.com
.....	www.facebook.com/LookoutNewspaperNavyNews
.....	Instagram @LookoutNavyNews
MFRC	www.cfmws.ca/esquimalt
.....	www.facebook.com/esquimaltmfrc
.....	www.twitter.com/esquimaltmfrc
Naden Athletic Centre.....	www.facebook.com/pspesquimaltnaden
Navy Run	www.navyrunesquimalt.com
Personnel Support Programs.....	www.cfmws.ca
PSP Recreation	www.facebook.com/pspesquimaltcpac
PSP Recreation Online Registration.....	https://bkk.cfmws.com/esquimaltpub/
Swim Team	www.navymasters.com
Wardroom	www.wardroom.ca

FALL 2023 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.

This product was produced by
Lookout Newspaper
a division of PSP

Facilities

Military Family Resource Centre (MFRC)



MFRC Out of School Care

720 Galiano Crescent, Belmont Park, Colwood

Signal Hill MFRC (SH)

1505 Esquimalt Road, Esquimalt

Hours of Operation

Mon-Fri: 8:30 am-4:30 pm
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

Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

Hours of Operation

Mon-Fri: 8:30 am-4:30 pm
Closed daily for lunch 11:45 am-12:45 pm
Closed on statutory holidays

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

Phone: 250-363-2640
Fax: 250-363-2677
Email: emfrc@shaw.ca



Personnel Support Programs (PSP)

Fleet Fitness and Wellness Centre (Dockyard)

Building 22, Dockyard

Hours of Operation

Mon to 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. See PSP Staff for updated schedules or call 250-363-2074 or email pspgymnac@gmail.com. Schedules may change without notice.

Please also check: <https://cfmws.ca/esquimalt/facilities/dockyard-fitness-centre>

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

Monday – Friday: 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

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

*Note: prices are subject to change without notice.

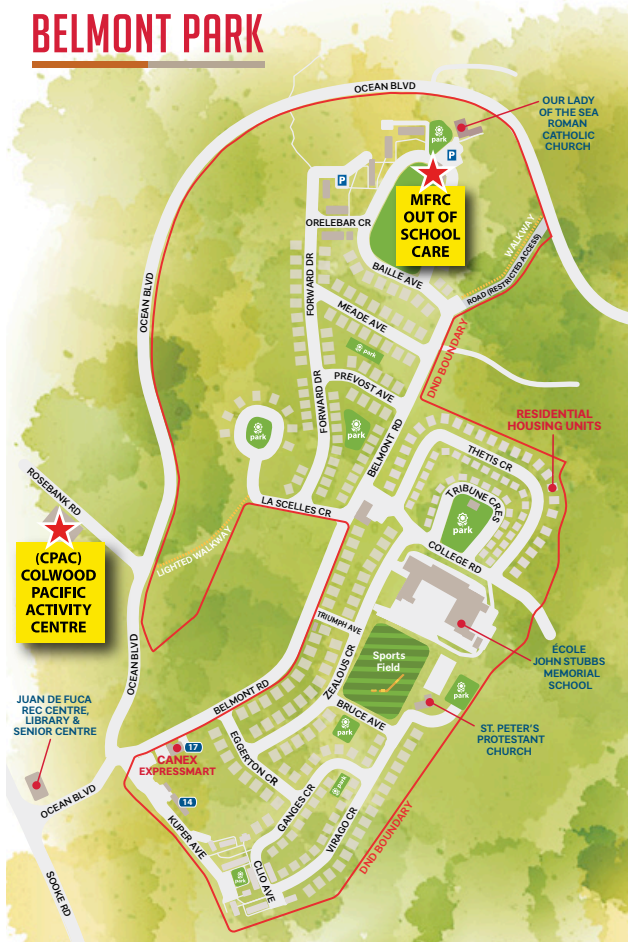
PLEASE NOTE: All MFRC and PSP programs and services are subject to change.

FACILITIES

DOCKYARD - SIGNAL HILL



BELMONT PARK



CPAC FACILITY RENTAL RATES

ROOM	CAPACITY / SET UP	RATES **2 HOUR MINIMUM**	MILITARY 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 	\$72/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 People 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

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.

FACILITIES

Naden Athletic Centre (NAC)

Building 88, Naden

Hours of Operation

Mon to 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.

Patrons must respect all facility policies including, but not limited to:

- Valid ID must be shown to facilities staff.
- Hands must be sanitized or washed upon entry to the facility.
- Patrons are responsible for sanitizing equipment before and after use, with products supplied, this will include lockers and shower knobs.

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.

Swimming Pool

For Pool Schedule, see Aquatics section.

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

Sports Equipment

Military personnel may sign out equipment for most sports from the sports store, please contact Minako.Gardner@forces.gc.ca or Matthew.Kingstone@forces.gc.ca or call 250-363-4072 or call NAC Kiosk 250-363-5677

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 Supervisor by e-mail (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

**** Currently the gym is not open for general use. Stay tuned for more information on the Naden Athletic Centre at www.cfmws.ca and www.facebook.com/NadenAthleticCentre**

NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

CATEGORY	PERTAINS TO:	TYPE	12 MONTHS	6 MONTHS	3 MONTHS	1 MONTH
Regular	Canadian Forces Members Currently serving Reg and Res Forces and Cadets Foreign Military Currently serving with the CAF Veterans Former CAF members that have completed BMQ/BMOQ and have been honourably discharged	Regular Serving Member/Families	\$0	\$0	\$0	\$0
		Veteran	\$86.52	\$49.44	\$27.81	\$10.30
		Veteran Youth ** must be under the age of 19 and living in the home (unless a student, then 26)	\$93.44	\$53.40	\$30.03	\$11.12
		Veteran Spouse	\$99.50	\$56.86	\$31.98	\$11.85
		Veteran Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$213.92	\$122.24	\$68.76	\$25.47
Ordinary	DND Employees *Public Service; Staff of the Non Public Funds; Staff of MFRC; Staff of DRDC & DCC; and Retirees with 10+years of service with DND RCMP Currently serving or retired Canadian Coast Guard currently serving Honourary Colonels/Captains (Lieutenants) Currently serving or retired. *DND employees have free access with DND ID 5:30am-6pm, Monday-Friday	Employee	\$95.17	\$54.38	\$30.59	\$11.33
		Youth (13-18) ** must be under the age of 19 and living in the home (unless a student, then 26)	\$142.76	\$81.58	\$45.89	\$17.00
		Spouse	\$166.55	\$95.17	\$53.53	\$19.83
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$327.15	\$186.95	\$105.16	\$38.95
		Individual	\$469.68	\$271.92	\$152.96	\$56.65
Associate	Anyone who does not qualify in the above categories including Federal Government employees not specified above, Contractors, and Board of MFRC	Youth (13-18)** must be under the age of 19 and living in the home (unless a student, then 26)	\$234.84	135.96	\$76.48	\$28.33
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$821.94	\$475.86	\$267.67	\$99.14
		Individual	\$469.68	\$271.92	\$152.96	\$56.65

10 Punch Pass

Adult	\$56.65
Youth (6-18) **	\$48.93
Family	\$123.60
Drop-In Fees	
Adult	\$6.18
Youth (6-18) **	\$5.15
Family	\$12.36

Punch Passes are valid until 31 March 2024. Note: Drop-in Fees are valid for 4 hours from time of purchase.

Full Time Students under the age of 26 can still qualify regardless of where they live

Membership can be purchased 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.

Prices are subject to change without notice

For specific gym membership questions contact the front desk @250-363-5677 or email RecreationCPAC@forces.gc.ca

** Youth Memberships require proof or a weight room orientation prior to youth being able to use the weight room facility. To book call Tonija Skua at 250-363-2648 or email tonija.skuja@forces.gc.ca - Free youth weight room orientation for all 1 year Youth Memberships purchased.

For updated schedules and information checkout the following resources: www.facebook.com/NadenAthleticCentre or www.cfmws.ca

All Gym Memberships/ Drop-In Fees INCLUDE tax

FACILITIES

Wurtele Arena

Building 100, Naden – Across the street from the Naden Athletic Centre is the Wurtele Arena.

Hours of Operation (Subject to change)

For schedule, please visit Wurtele Arena online at www.cafconnection.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, however, children, 5 and younger and must to wear CSA approved helmets. Please be advised that **bike helmets are not permitted, no exceptions you will not be permitted to skate without proper helmets.** Helmets for Adults are recommended
- 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 not permitted, no exceptions you will not be permitted to skate without proper helmets**) - 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.

Arena Administration: 250-363-4297

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

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact Minako.Gardner@forces.gc.ca, the Facilities Supervisor, 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 Sailors and below and approved associate members.

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 by 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, Monday to Friday, 8:00 am-3:00 pm

Bar hours daily Monday to Friday 11:30 am-1:00 pm and 4:00 pm-8:00 pm

Evenings and Weekend are as required for events.

General information: 250-363-3167

Event Booking: 250-363-3180

Check our website for upcoming events.

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

Naden Wardroom

1586 Esquimalt Road

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

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, banquet, retirement, meeting etc. The spaces can accommodate anywhere from 10-220 people.

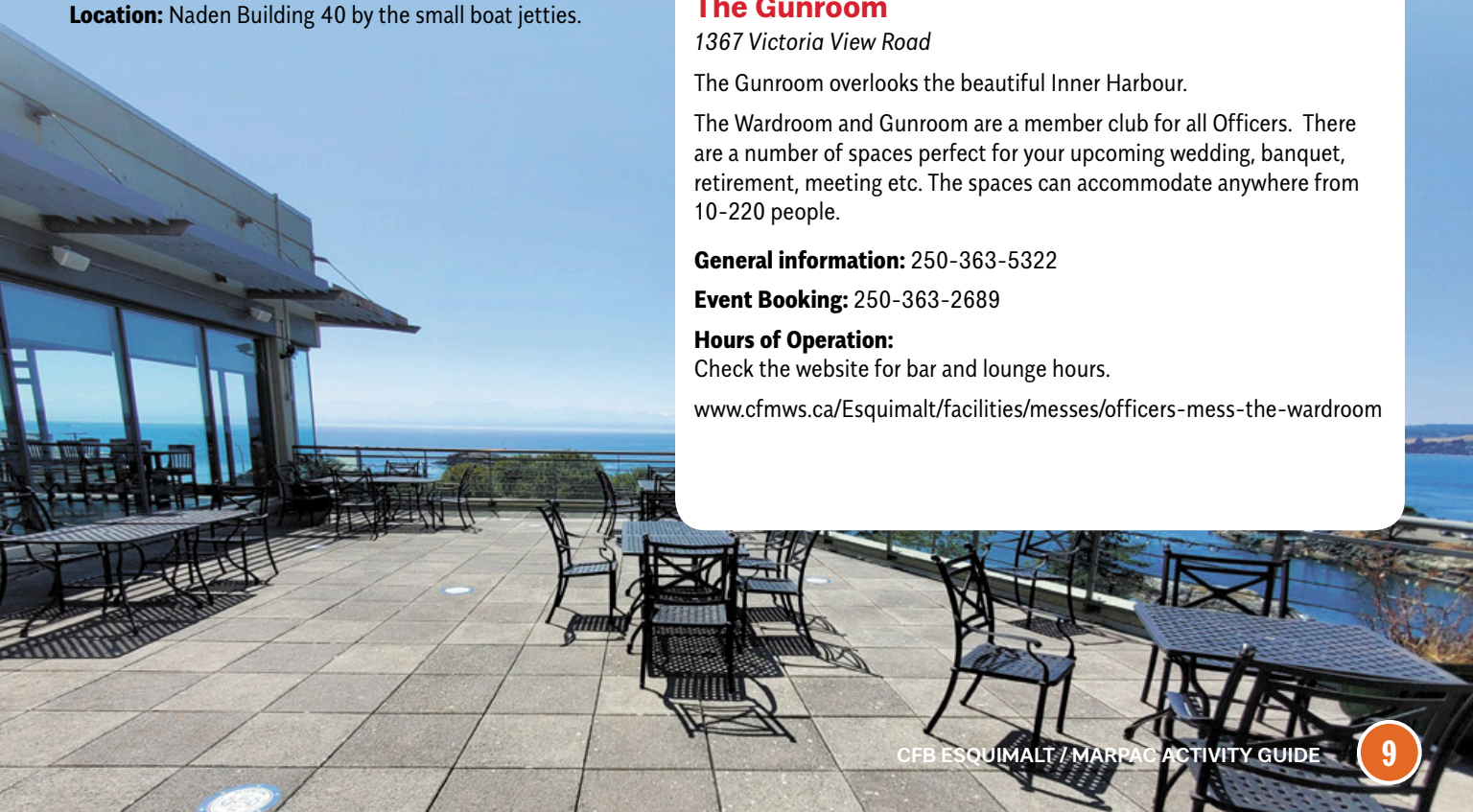
General information: 250-363-5322

Event Booking: 250-363-2689

Hours of Operation:

Check the website for bar and lounge hours.

www.cfmws.ca/Esquimalt/facilities/messes/officers-mess-the-wardroom





Special Events

Register for any of the following MFRC Special Events and Programs

by visiting cfmws.ca/esquimalt

Register for any of the following PSP Special Events and 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
<https://bkk.cfmws.com/esquimaltpub/>

■ = MFRC ■ = PSP

Formation Fun Day

Come to the most fun your family can have all year! There will be an obstacle course, train rides, battle archery, laser tag, swing ride, RHIB rides, bouncy castle, displays, face painting, games, free food and more!

Location: Naden

Date: Saturday, September 9, 12:00 pm -4:00 pm

Cost: Free

MFRC BBQ at Formation Fun Day

West Coast Welcome and MFRC BBQ at Formation Fun Day!

Are you new to Victoria? Drop by our booth for a Welcome Package built just for you! We have information, games and swag. Hot Dogs and drinks are available by donation.

Location: Naden

Date: Saturday, September 9, 12:00 pm -4:00 pm

Cost: Free

SPECIAL EVENTS

MFRC BBQ at Defence on the Dock

Visit the Esquimalt MFRC BBQ at Defence on the Dock- by donation.

CFB Esquimalt hosts an open house for the community at the Breakwater district at Ogden Point from 10 am-4 pm. This family-friendly event will feature ship tours, boat rides, navy demonstrations, interactive experiences, music and much more!

Location: Odgen Point

Date: Sunday, September 17, 10:00 am – 4:00 pm

Cost: Free

CAF Appreciation – Wildplay Victoria and Nanaimo

CFB Esquimalt and 19 Wing Comox are working together to offer all military members and their family an opportunity to complete the Ropes course at either Wildplay Nanaimo or Wildplay Victoria. Save 50% off prices with Military ID card.

Location: Wildplay Nanaimo or Wildplay Victoria

Date: Thursday, September 28

Check-In Time: 2:30 pm – 6:00 pm

Course Time: 3:00pm – 7:00pm (groups starting every 20mins)

Reduced Pricing:

Classic Course: \$27.49 + taxes/fees

Extreme Add-On: \$9.99 + taxes/fees

Kids Course: \$12.49 + taxes/fees

Orange Shirt Day Every Child Matters

The annual Orange Shirt Day on September 30 opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussions about the effects of Residential Schools and the legacy they have left behind. This is a day for survivors to be re-affirmed that they matter, and so do those that have been affected. Join the Esquimalt MFRC and wear your orange shirt.

You can learn more about Orange Shirt day here:

<https://orangeshirtday.org>

Here are a few suggestions of books to read with your children about residential schools:

Phyllis's Orange Shirt by Phyllis Webstad (Age 4-6)

When We Were Alone by David Robertson (Age 4-8)

The Orange Shirt Story by Phyllis Webstad (Age 6-10)

Fatty Legs: A True Story by Christy Jordan-Fenton (Age 8-12)

Parent vs Kids Night

Why let the kids have all the fun? Bring the whole family for a couple hours of fun as the adults take on the kids in some hilarious and fun games. Included in the cost of registration is pizza and juice!

Nerf Gun Battle

Wednesday, October 4

Location: CPAC

Time: 5:30 pm-7:30 pm

Cost: \$25.00 per family of 4, additional people is \$6.50/each

MFRC Dockyard Ghost Walk

Join us for a special evening event as we learn about the fun and spooky history of CFB Esquimalt while trick-or-treating with the local Dockyard residents. All ages are welcome and costumes are encouraged.

Location: MFRC

Date: Friday, October 27

Time: 6-7:30 pm

Cost: Free

Halloween Event

Bring the family to this fun and spooky day. Carve a pumpkin, play some games, and check out our mild, medium, and scary haunted houses!

Location: Chief and Petty Officers' Mess

Date: Saturday, October 28

Morning Event: 9:30 – 11:30 am

Afternoon Event: 12:30 – 2:30 pm

Individual Rate: \$7 – includes 1 pumpkin

Family Rate: \$25 (max 4 people) – includes 2 pumpkins

Family Night Out

Take the family out with PSP! Fun for the whole family at an affordable cost. Come meet other families who may live near you and have some light competitive fun for all!

Family Pizza and BINGO night

Saturday, November 25

Location: CPAC Gym

Time: 5:30 pm-7:30 pm

Cost: \$25.00 per family of 4 additional people is \$6.50

Celebration of Lights Parade with MFRC

The MFRC Community Engagement Team is taking part in the Esquimalt Celebration of Lights Parade. Bring the family out to enjoy the holiday festivities and watch for us!

Location: Esquimalt MFRC

Sunday, December 3

Time: 5:00 pm

Cost: Free

Jolly Days

Come and enjoy a swim and skate with us for the holidays! Join the fun with interactive games, take pictures with Santa, and have some laughs. More information to come

Location: Naden Arena & Naden Pool

Date: Saturday, December 9

Skate Time: 1:00 – 2:30 pm

Swim Time: 2:30 – 4:00 pm

Cost: TBD

ESQUIMALT MFRC COMMUNITY ENGAGEMENT EVENT

Victoria Class Cup Championship Hockey Game

Babcock Blues VS Marpac Selects

Free BBQ by MFRC, fun intermission activities, and great door prizes. Everyone welcome! Come enjoy a good ol' hockey game and cheer on your favourite team! Watch our social media pages for more details!

Location: Wurtele Arena

Date: November 9

Time: 12:15

Cost: FREE



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

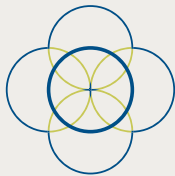
SERVICES FOR CHILD CARE PROVIDERS

- ▶ 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



Beautiful smiles start here!



CAPITAL PARK DENTAL

250-590-8566

Français aussi !



CapitalParkDental.com

Suite 110, 525 Superior St, Victoria

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:



- 50/50 Ticket Seller
- Family Network Representative
- MFRC Board Member
- Photographer
- Special Events Assistant



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 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, well-being 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 the unit structure, from the most junior personnel to Command Leadership. In this capacity, you are expected to serve as an ambassador on behalf of the MFRC by providing information about our programs, and our services and also promoting family activities. 1-2 times per year, current or prospective liaisons receive a half-day training on their role and receive an in-depth look at the MFRC. 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

Avoid disappointment

BOOK EARLY!

Book your birthday party with PSP Recreation

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.

FACILITY AGREEMENT & WAIVERS

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

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.

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

For details on our various party options and available dates

CALL 250-363-1009

or REGISTER ONLINE at

<https://bkk.cfmws.com/esquimaltpub/>

BIRTHDAY PARTIES



Bouncy Castle Birthday (3 years+)

Our MOST popular, this party provides bouncy fun directed by two Rec Leaders and can accommodate up to 20 participants! Party also includes use of our kitchen and our multipurpose room for cake and presents. Choose from a variety of bouncy castles, including the Obstacle Course!

BOUNCY CASTLE CHOICES	
Obstacle Course	\$ 165.00
Large Bouncy Castle	\$ 160.00
Small Bouncy Castle	\$ 160.00
Combo 1: Obstacle Course and 1 Bouncy Castle	\$ 195.00
Combo 2: Large and Small Bouncy Castles	\$ 195.00

Dodge in the Dark (7-14 Years)

Run, duck, dive and dodge the Glow in the Dark balls as they fling by! This exciting fast paced game will have the party go'ers running up an appetite! Follow up the fun with the snack food, drinks, and cake (parent provided) and you have a winning party! This is a fast-paced party that can accommodate up to 20 youth and includes two Rec Leaders, use of our gymnasium, kitchen, and party room. Recommended time for this party is 6:00 – 8:00pm due to levels of light in the facility

Cost: \$165.00

Movie Theatre Party (All Ages)

You bring the popcorn, the food, drinks and decorations and we'll set up our big screen projector and mats on the floor for your own private movie theatre! Parties are encouraged to bring their own blankets and pillows too! Movie options can be discussed upon booking. This party is 2.5 hours to support watching the movie (averaged at a 1.5 hr movie) AND have time to open presents and eat cake! This party can accommodate up to 20 kids and includes one Rec Leader, use of our gymnasium, kitchen, and party room.

Cost: \$170.00

Sports Spectacular (All Ages)

This party is for the sports enthusiast with a passion for indoor soccer or floor hockey. We aim to have the kids tired out, no matter how much cake they've had! Your Sports Spectacular party package includes two Rec Leaders, full use of our kitchen, a large gymnasium with equipment, and a room to eat and open presents. Eye wear is required when playing floor hockey, so we recommend you bring your own pair if you have them or use the ones we provide.

Cost: \$165.00

Party Theme by You (All Ages)

Have a great theme idea for your child's party? Are you the type who likes to organize it all? This is a parent facilitated birthday party in which you provide the theme, organize the games, and bring the food, the decorations, and the cake. We provide the space and staff person to help with the equipment you might need (i.e.: tables, chairs, basic toys and/or sports equipment). Included is full use of our large gymnasium, kitchen, and multi-purpose room to eat, play, and open presents.

Cost: \$120.00

Nerf Gun Wars Party (7-14 Years)

Have a child who loves to play with Nerf guns? What better way to celebrate their birthday than with the Nerf Gun Birthday Party. We have targets, challenges, missions, shields and more. We will provide you with 20 Nerf guns and the bullets. Children can bring their own Nerf guns but we ask that all bullets be kept at home. Children must wear protective eyewear (provided) while playing.

Cost: \$165.00

Master Chef Party (7-14 Years)

This party is perfect for those kids who love to cook! This small group will cook an appetizer, main meal, and dessert – there will be two options for each to choose from. Our leader will pass their Food Safe knowledge on as they supervise the cutting, chopping, blending, and mixing of ingredients in this jammed packed birthday extravaganza. This party is 2.5hrs to accommodate the length of time for cooking.

Appetizer Options: Fruit or Veggie

Entrée Options: Pizza or Pasta

Dessert Options: Cupcake Decorating or Ice Cream Sundaes

Cost: 5 Kids – \$155.00

10 Kids - \$200.00



Early Years

Children's Programs

■ = MFRC ■ = PSP

Register for any of the following MFRC Early Years Programs

by visiting
www.cfmws.ca/esquimalt

REGISTER for any of the following 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.ca/esquimaltpub

123 Music & Me (0-5 years)

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!

For parents and their babies under two years of age

MFRC

Location: CPAC

Dates & Time: Fridays, September 15 – December 15, 1:00-1:30 pm

Cost: Free

For parents and their child 2 to 5 years old

MFRC

Location: CPAC

Dates & Time: Fridays, September 15 – December 15, 1:30-2:00 pm

Cost: Free



EARLY YEARS

■ = MFRC ■ = PSP

Stay & Play (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 on our website 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.*

MFRC

Location: Out of School Care Building, 720 Galiano Cres

Dates: Wednesday, September 13 – December 13

Time: 10:00-11:30 am

Cost: Free

Supporting Children Through Absence Corner at Stay & Play (18 months – 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 on www.cfmws.ca/esquimalt

Supporting Children Through Absence

(3 – 5 years)

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 preschoolers aged 3-5 years old.

**Note there are workshops for children aged 5-12 listed in the School Age Section.*

MFRC

Location: CPAC

Dates & Time: Tuesdays, August 15 – September 26 1:00-2:15 pm

Cost: Free, or

Dates & Time: Tuesdays, August 15 – September 26, 5:45- 7:00 pm

Cost: Free, or

Dates & Time: Tuesdays, October 10 – December 12, 1:00-2:15 pm

Cost: Free, or

Dates & Time: Tuesdays, October 10 – December 12, 5:45- 7:00 pm

Cost: Free

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

Location: CPAC

Dates: Session 1: Tuesdays, September 26 – October 24

Session 2: Tuesdays, November 7 – December 5

Time: 5:30-6:30 pm

Cost per session: Regular \$55 / Ordinary \$62.50 / Associate \$65

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.

**Kindergym is FREE for anyone registered in our Family Fitness program*

Location: CPAC

Days: Tuesdays, September 26 – December 12

**no Kindergym on October 17*

Time: 10:00 am-11:30 am DROP-IN

Cost \$3.50/child (including tax)



EARLY YEARS

■ = MFRC ■ = PSP



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.*

Location: CPAC

Dates: Session 1: Tuesdays, September 26 – October 31

***No class on October 17**

Session 2: Tuesdays, November 7 – December 12

Time: 9:15-9:45am

Cost per session: Regular \$48 / Ordinary \$53 / Associate \$58

Drop-In Fee: Regular \$10 / Ordinary \$12 / Associate \$15

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.

Children's Resources and Services

Imagination Library

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.

"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.

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

MFRC

Ages 6-17 months

Location: CPAC

Days & Time: Tuesdays-Fridays, 9:00 am-noon

Cost: \$15 per 3-hour session

Gradual entry required for new children

MFRC

Ages 18 months-5 years

Location: CPAC

Days & Time: Tuesdays, Thursdays, Fridays, 9:00 am-noon

Cost: \$12 per 3-hour session

Location: CPAC

Days: Tuesdays, Thursdays 1:00-4:00 pm

Cost: \$12 per 3-hour session

- *Casual Respite Childcare schedule is subject to change based on staff availability, licensing guidelines and direction from Island Health Authority regarding COVID-19 protocols.*
- *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 40 for more information on free session.*
- *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 our website at <https://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.

MFRC Daycare

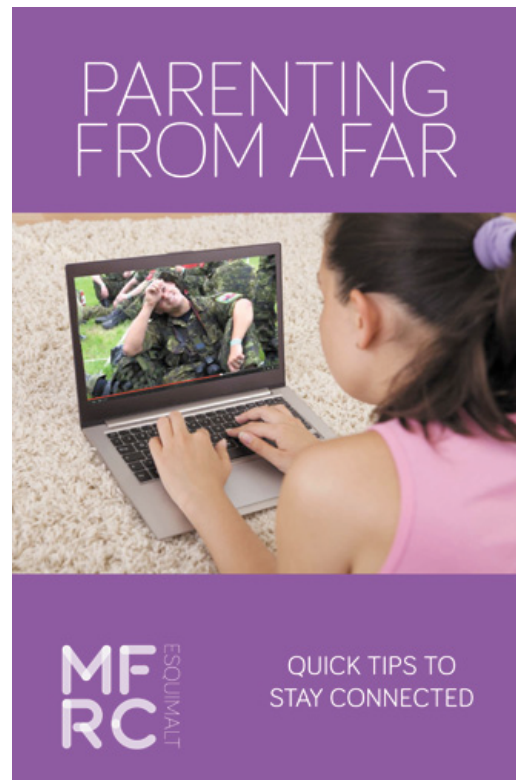
Every day is an adventure in learning at the MFRC Daycare – where imagination, fun and experiencing are always at the top of the agenda! Join us at our Colwood (CPAC) Daycare. Our bright facility offers both an Infant/Toddler and a 3 to 5 Year Old program. Call the MFRC at 250-363-2640 for more information or check out 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.

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.





School Age

■ = MFRC ■ = PSP

Register for any of the following MFRC School Age Programs

by visiting
cfmws.ca/esquimalt

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
<https://bkk.cfmws.com/esquimaltpub/>

Children's Services

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 from 6:30 am to school drop-off and pick-up to 5:30 pm 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 simply visit
www.cfmws.ca/esquimalt/mfrc-daycare/

NEW! Fast Friends – Board Game 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, board and card games for all abilities and a chance to get to know other military children. Pizza & Prizes included! *Please let us know if your child needs inclusion support to participate. *

MFRC

Location: CPAC

Date & Time: Wednesday, September 20, 6:00 – 8:00 pm

Cost: Free

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.

Supporting Children Through Absence

(Kindergarten – 12 years old)

MFRC

Location: CPAC

Dates: Thursdays, August 17 – September 28

Time: 6:00-7:15 pm

Cost: Free

Date: Wednesdays, October 12 – December 14

Time: 6:00-7:15 pm

Cost: Free

Supporting Children Through Absence

(5 – 8 years old)

MFRC

Location: CPAC

Date & Time: Thursdays, August 17 – September, 28

Time: 3:30 – 4:45 pm

Cost: Free

Dates: Thursdays, October 12 – December, 14

Time: 3:30 - 4:45 pm

Cost: Free

Supporting Children Through Absence

(9 – 12 years old)

MFRC

Location: CPAC

Dates: Wednesdays, August 16 – September 27

Time: 3:30-4:45 pm

Cost: Free

Dates: Wednesdays, October 11 – December 13

Time: 3:30-4:45 pm

Cost: Free

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.

SCHOOL AGE

■ = MFRC ■ = PSP

Movie Nights (5-9 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.

Location: CPAC Gym

Date: Fridays

Time: 6:15 pm - 8:00 pm

Cost: \$8.50 per child

DATE	MOVIE
September 22	Spiderman – Across the Spider-Verse
October 6	Ruby Gillman – Teenage Kraken
October 20	Haunted Mansion
November 4	The Monkey King
November 17	Mummies
December 1	The Amazing Maurice

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.

Location: CPAC Gym

Date: Fridays

Time: 6:30 pm - 8:00 pm

Cost: \$8.00 per child

DATE	THEME
September 15	STEM Circuits
October 13	Laser Tag
December 8	Cooking Up a Storm

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

Date: Fridays

Time: 5:15 pm-8:00 pm

Cost: \$9.50 per person

DATE	THEME
September 29	Science of the Water
October 27	Science of the Sky
November 24	Science of Building

**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.

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!

Location: CPAC

Date: Tuesdays

Time: 5:00 pm - 6:00 pm

Cost: Regular \$70 / Ordinary \$80 / Associate \$90

Date: Tuesday, November 7 – December, 12 2023

Theme: Sweet and Savory Baking

TALK TO A LICENSED OPTICIAN

- Military Family Discounts
- DND RX Forms Accepted

**FULL EYE EXAMS AVAILABLE
CALL TO BOOK TODAY!**



eye etiquette
OPTICAL BOUTIQUE

189-2401C Millstream Road,
Millstream Village

250-474-1941



www.EyeEtiquetteOptical.ca

EVATIK
THE EYES HAVE IT

**STORE #2
NOW OPEN**
119-3039 Merchant Way
(Langford)
778-432-3344



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!

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

Date: Saturdays

Time: 10:00 am-12:00 pm

Cost: \$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
October 7	Arcade
October 27	Corn Maze
November 4	4 Cats Art Studio
November 25	Ice Skating
December 2	Victoria Bug Zoo

Art Sparks: (Ages 4-9)

This art class session provides 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

Location: CPAC

Dates: Session 1: Tuesdays, September 26 – October 24

Session 2: Tuesdays, November 7 – December 5

Time: 5:30-6:30 pm

Cost per session: Regular \$55 Ordinary \$62.50 Associate \$65

Jr. STEM Programs - Science, Technology, Engineering and Math (5-9 years)

Young engineers will have a chance to build, enjoy, and take home a simple, hydraulic-powered mechanism.

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.

Session 1:

Theme: Animation

Using computer technology, kids will be able to draw their own animations and bring them to life!

Dates: Mondays, October 16 – November 6

Location: CPAC

Time: 5:00-6:00 pm

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

Session 2:

Theme: Hydraulics

Young engineers will have a chance to build, enjoy, and take home a simple, hydraulic-powered mechanism.

Dates: Mondays, November 13 – December 4

Location: CPAC

Time: 5:00-6:00 pm

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

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 fall season.





Youth

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. You can also save time
by registering online.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

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.

Location: CPAC Gym

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$8.50 per child

See next page for movies, dates and times



Movie Nights, continued from previous page.

DATE	MOVIE
September 22	Spiderman – Across the Spider-Verse
October 6	Ruby Gillman – Teenage Kraken
October 20	Haunted Mansion
November 4	The Monkey King
November 17	Mummies
December 1	The Amazing Maurice

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.

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME
September 15	STEM Circuits
October 13	Laser Tag
December 8	Cooking Up a Storm

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.

NEW! Fast Friends – Game Night for Teens

(13-18 Years Old)

PLAY GAMES - MAKE CONNECTIONS - FAST FRIENDS

Is your teen looking to make new friends? New to town? Tabletop, board and card games for all abilities and a chance to get to know other military children. Pizza & Prizes included!

**Please let us know if your teen needs inclusion support to participate.*

Location: CPAC

Date & Time: Wednesday, Oct 11, 6:00 – 8:30 pm

Cost: Free

Science and Swim (10-12 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

Date: Fridays

Time: 5:15pm-8:00pm

Cost: \$9.50 per person

DATE	SCIENCE THEME
September 29	Science of the Water
October 27	Science of the Sky
November 24	Science of Building

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



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)

Date: Saturdays

Time: 10:00 am-12:00 pm

Cost: \$16.50 per person

DATE:	THEME
October 7	Arcade
October 21	Corn Maze
November 4	4 Cats Art Studio
November 25	Ice Skating
December 2	Victoria Bug Zoo

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!

Location: CPAC

Date: Tuesdays

Time: 6:30 pm - 8:00 pm

Cost: Regular \$80 / Ordinary \$85 / Associate \$95

DATES: Tuesday, November 7 - December 12

THEME: Sweet and Savoury Baking

PRICES
Lock & Safe
TRUSTED SINCE 1895
www.PricesLock.com

**Installation,
sales, and service
of all things key,
lock and safe.**

*All Military Discounts
honoured on hardware*



DIRECT SERVICE LINE
250-384-4105

Saanich
#8-601 Boleskine Road
250-384-4105

Downtown
1119 Blanshard Street
250-940-1626

Westshore
120-2806 Jacklin Road
250-391-5557

YOUTH

STEM Programs (10-14 years) **Science, Technology, Engineering and Math**

Young engineers will have a chance to build, enjoy, and take home a simple, hydraulic-powered mechanism.

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.

Session 1:

Theme: Animation

Using computer technology, kids will be able to draw their own animations and bring them to life!

Dates: Mondays, October 16 – November 6

Location: CPAC

Time: 6:15-7:15pm

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

Session 2:

Theme: Hydraulics

Young engineers will have a chance to build, enjoy, and take home a simple, hydraulic-powered mechanism.

Dates: Mondays, November 13 – December 4

Location: CPAC

Time: 6:15-7:15pm

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



Millstream SELF STORAGE

- Easy Drive Up Access
- High Tech Security
- Heated Storage Available
- Commercial & Residential
- Mail Boxes
- Competitive Rates
- Packing Supplies

Military Discount

GATE ACCESS: 7 DAYS A WEEK, 7 AM TO 10 PM

OFFICE HOURS: 9 AM TO 5 PM MON-SAT, 10 AM TO 2 PM SUN

2354 Millstream Rd. Ph: 250-478-6534 email: msstorage@shaw.ca www.millstreamselfstorage.com

YOUTH

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.

Cost: \$25 per day

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

Time: 9:00 am-4:00 pm

Location: TBD on which camp they are with

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

Red Cross Stay Safe (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.

Location: CPAC

Date: Saturday, November 25

Time: 9:00 am-3:30 pm

Cost: \$50 Regular/ \$55 Ordinary/ \$60 Associate

***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.

Location: CPAC

Date: Saturday, October 14

Time: 8:30 am-4:30 pm

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

***Book fee \$12**

**VOTED #1
IN VICTORIA**

**NO APPOINTMENT
NECESSARY**

**CANADIAN MILITARY
& DND DISCOUNT**

\$10 off



VICTORIA
2353 Douglas St

LANGFORD
872 Langford Pkwy

DUNCAN
2752 Beverly St

MILLSTREAM
705 Treanor Ave



Camps

Register for any PSP Camp Programs

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

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>



Join PSP for Pro D Days and camps full of adventures, laughter, fun and learning. There are plenty of themes to choose from plus out-trips and activities to fit your child. Your kids will have so much fun that they'll want to come back all summer long!

CANCELLATIONS:

- 10 business days' notice - full refund minus 10%
- 5 business days' notice - 50% refund
- Less than 5 business days' notice - will be on a case-by-case basis



CAMPS PRO D DAY

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

Days off from school are for days filled with fun. Each camp day explores a new theme with activities, games, and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guest appearances.

Location: Colwood Pacific Activity Centre and Chief and Petty Officers' Mess (for SD61 dates ONLY)

DATE	TIME	COST
September 18: SD 62		
September 22: SD 61 & SD 63 (CPAC & CPOs')	Before Care - 7:00-9:00am	\$7 Regular / \$9 Ordinary / \$11 Associate
October 20: SD 63, SD 61, SD 62	Camp Day - 9:00-4:00pm	\$38 Regular / \$42 Ordinary / \$47 Associate
November 20: SD 61, SD 63	After Care - 4:00-5:30pm	\$9 Regular / \$11 Ordinary / \$13 Associate
November 24: SD 62 (CPAC only)		

Sun Seekers Pro-D Day Camps (5-6 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guest appearances.

Location: CPAC and Chief and Petty Officers' Mess (for SD61 dates ONLY)

DATE	TIME	COST
September 18: SD 62		
September 22: SD 61 & SD 63 (CPAC & CPOs')	Before Care - 7:00-9:00am	\$7 Regular / \$9 Ordinary / \$11 Associate
October 20: SD 63, SD 61, SD 62	Camp Day - 9:00-4:00pm	\$38 Regular / \$42 Ordinary / \$47 Associate
November 20: SD 61, SD 63	After Care - 4:00-5:30pm	\$9 Regular / \$11 Ordinary / \$13 Associate
November 24: SD 62 (CPAC only)		

CANCELLATIONS:

10 business days' notice:
full refund minus 10%.

5 business days' notice:
50% refund

Less than 5 business days' notice:
will be on a case-by-case basis



Fun Seekers Pro-D Day Camps (7-8 Years)

Days off from school are for days filled with fun! Each camp day explores a new theme with activities, games, and crafts to match. These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guest appearances.

Location: CPAC and Chief and Petty Officers' Mess (for SD61 dates ONLY)

DATE	TIME	COST
September 18: SD 62		
September 22: SD 61 & SD 63 (CPAC & CPOs')	Before Care - 7:00-9:00am	\$7 Regular / \$9 Ordinary / \$11 Associate
October 20: SD 63, SD 61, SD 62	Camp Day - 9:00-4:00pm	\$38 Regular / \$42 Ordinary / \$47 Associate
November 20: SD 61, SD 63	After Care - 4:00-5:30pm	\$9 Regular / \$11 Ordinary / \$13 Associate
November 24: SD 62 (CPAC only)		

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

Days off from school are for days filled with fun! Each camp day explores a new theme with activities, games, and crafts to match. These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guest appearances.

Location: CPAC

DATE	TIME	COST
September 18: SD 62		
September 22: SD 61 & SD 63 (CPAC & CPOs')	Before Care - 7:00-9:00am	\$7 Regular / \$9 Ordinary / \$11 Associate
October 20: SD 63, SD 61, SD 62	Camp Day - 9:00-4:00pm	\$38 Regular / \$42 Ordinary / \$47 Associate
November 20: SD 61, SD 63	After Care - 4:00-5:30pm	\$9 Regular / \$11 Ordinary / \$13 Associate
November 24: SD 62 (CPAC only)		

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



CAMPS WINTER BREAK

Mini Seekers Winter Break Camps (4-5 Years)

Days off from school are for days filled with fun! Each camp day explores a new theme with activities, games, and crafts to match. These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guest appearances.

Location: CPAC

DATE	TIME	COST
December 27 - 29 Wednesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$25 Regular / \$29 Ordinary / \$31 Associate/ week Camp week: \$105 Regular / \$115 Ordinary / \$120 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$21 Regular / \$23 Ordinary / \$25 Associate/week
January 2 - 5 Tuesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$29 Regular / \$32 Ordinary / \$34 Associate/ week Camp week: \$150 Regular / \$156 Ordinary / \$166 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$22 Regular / \$24 Ordinary / \$26 Associate/week

Sun Seekers Winter Break Camps (5-6 Years)

Days off from school are for days filled with fun! Each camp day explores a new theme with activities, games, and crafts to match. These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guest appearances.

Location: CPAC

DATE	TIME	COST
December 27 - 29 Wednesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$25 Regular / \$29 Ordinary / \$31 Associate/ week Camp week: \$105 Regular / \$115 Ordinary / \$120 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$21 Regular / \$23 Ordinary / \$25 Associate/week
January 2 - 5 Tuesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$29 Regular / \$32 Ordinary / \$34 Associate/ week Camp week: \$150 Regular / \$156 Ordinary / \$166 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$22 Regular / \$24 Ordinary / \$26 Associate/week



Fun Seekers Winter Break Camps (7-8 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	TIME	COST
December 27 - 29 Wednesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$25 Regular / \$29 Ordinary / \$31 Associate/ week Camp week: \$105 Regular / \$115 Ordinary / \$120 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$21 Regular / \$23 Ordinary / \$25 Associate/week
January 2 - 5 Tuesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$29 Regular / \$32 Ordinary / \$34 Associate/ week Camp week: \$150 Regular / \$156 Ordinary / \$166 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$22 Regular / \$24 Ordinary / \$26 Associate/week

Adventure Seekers Winter Break Camps (10-14 Years)

Days off from school are for days filled with fun! Each camp day explores a new theme with activities, games, and crafts to match. These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guest appearances.

Location: CPAC

DATE	TIME	COST
December 27 - 29 Wednesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$25 Regular / \$29 Ordinary / \$31 Associate/ week Camp week: \$105 Regular / \$115 Ordinary / \$120 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$21 Regular / \$23 Ordinary / \$25 Associate/week
January 2 - 5 Tuesday - Friday	Before Care - 7:00-9:00am Camp Day - 9:00-4:00pm After Care - 4:00-5:30pm	Before care: \$9 Regular / \$11 Ordinary / \$13 Associate/ day Before care: \$29 Regular / \$32 Ordinary / \$34 Associate/ week Camp week: \$150 Regular / \$156 Ordinary / \$166 Associate After care: \$7 Regular / \$9 Ordinary / \$11 Associate/ day After care: \$22 Regular / \$24 Ordinary / \$26 Associate/week



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

Register for PSP's 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.

SHOTOKAN KARATE

Shotokan Karate Combo Class (Adult and Children)

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.

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.

COST: UNLIMITED CLASSES SEPT – DEC

Adult: \$210 Regular
\$240 Ordinary
\$270 Associate
Child: \$180 Regular
\$195 Ordinary
\$210 Associate

LOCATION: NADEN ATHLETIC CENTRE

Time: Monday/Wednesdays, 6:30 pm – 8:00 pm
Dates: September 11 – December 20
No classes October 2, 9 & November 13

LOCATION: COLWOOD PACIFIC ACTIVITY CENTRE

Times: Tuesday/Thursday, 6:30 – 8:00pm
Dates: Sept 12 – Dec 21
No classes September 21 & October 17

ADDITIONAL ADVANCED TRAINING

Location: Naden Athletic Centre
Dates: Fridays, 5:45 – 6:45 pm and/or
Saturdays 8:00 – 9:00 am
No classes September 30 & November 11



Adult

Register for any of the following MFRC Adult Programs

by visiting cfmws.ca/esquimalt

Register for any of the following PSP Adult Programs

REGISTER for any of the following 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.

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

Location: Chief and Petty Officers' Mess

Instructor: Behni Moosavi-Shalmani

DATES

September 27

October 25

November 29

Time: 6:00 pm - 8:00 pm

Cost: \$35 per session

ADULT SOCIAL & HEALTH AND FITNESS

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 Officer's Mess. For more information contact PSP Recreation Coordinator, Tonija Skuja at Tonija.Skuja@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! night with Behni, please contact PSP Recreation Coordinator, Tonija Skuja at Tonija.Skuja@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 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.

Time: 4:30pm @ CANEX Parking Lot

Date: Thursdays

Cost: \$10

DATES	LOCATION
September 21	Mt Douglas Park
October 19	Bear Hill.

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.

Time: 5:30 – 7:30 pm

Location: CPAC

Cost: \$8.50

DATES
Thursday, November 23
Thursday, December 14

Fitness BOOTCAMP

Want to get your sweat on while your kids are in casual care? Challenge yourself during this 45 minute fitness boot camp in a high-intensity interval workout that uses your own body weight as well as some fitness equipment. This class will aid in improving overall strength, core, cardio, balance & coordination. Modifications will be available as well. This class will give you the boost of energy you'll need to take on the rest of your day. All fitness levels welcome.

Location: CPAC

Instructor: Willow McPeak

Days: Wednesdays • **Time:** 11:00-11:45 pm

Cost: \$40 Regular / \$44 Ordinary / \$48 Associate

SESSION DATES
September 6 – September 27
October 4 – October 25
November 8 – November 29

Pickleball Lessons – Level 1 – Intro 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. Welcome 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.

Location: CPAC

Instructor: Chris Zatylny

Course: 3 consecutive sessions

Price: \$72 Regular / \$81 Ordinary / \$90 Associate

SESSION DATES

Thursdays 9:30-11:30am	Wednesdays 1:30-3:30 pm
October 26 – November 9	November 8 – November 22
November 16 – November 30	November 29 – December 13
December 7 – December 21	

Pickleball Lessons – Level 2 – 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 2.0 to 2.5 level players of all ages. 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.

Location: CPAC

Instructor: Chris Zatylny

DATES:
Monday, October 16 – December 18 (No class November 13)
Time: 6:00 – 8:00 pm
Price: \$162 Regular / \$180 Ordinary / \$198 Associate

Pickleball Lessons – Level 1 – 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 12 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.

Location: CPAC

Instructor: Chris Zatylny

Dates: Wednesdays • **Time:** 1:30 – 3:30 pm

Class size: up to 12 people

Price: \$336 Regular / \$378 Ordinary / \$420 Associate

SESSION DATES
October 4, November 1, December 20

HEALTH AND FITNESS **ADULT**

Fall Run Clinics

Challenge yourself in a four-week run clinic led by top level Canadian runner Mariah Kelly, New Balance sponsored athlete. This is a run program built for people of all levels. The focus of this program is to enhance running performance but also to offer exercises designed to improve individual movement patterns and help prevent injuries. Group will meet at various locations around Victoria, each location will be shared by Mariah weekly.

Returning Run Clinic Participants will receive a 10% discount. Contact A/Community Recreation Coordinator, Tonija Skuja at Tonija.Skuja@forces.gc.ca for more information.

Location: Various

Instructor: Mariah Kelly, New Balance Sponsored Athlete

Time: 5:00 – 6:00 pm

SESSION DATES AND COST

Fridays October 13 – November 3

Tuesdays, November 7 – November 28

Cost: \$49.99 Regular / \$52 Ordinary / \$54 Associate

Yoga for Every Body

Do you think you can't practise yoga? Then this class is for you! 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.

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Dates: Tuesdays

Time: 6:30-7:30pm

SESSION DATES & COST

September 12 – October 31

(No class October 10)

Cost: \$69 Regular / \$77 Ordinary / \$84 Associate

November 7 – December 12

(No class November 14)

\$49 Regular / \$55 Ordinary / \$60 Associate

Body Positive Yoga

In this fun, body positive, joyful movement class, we will be exploring some more challenging poses. Modifications will be offered. Questions during practice are welcome. Intermediate level yoga experience required.

Location: CPAC

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

Dates: Thursdays

Time: 6:30-7:30 pm

SESSION DATES & COST

September 14 – October 26

\$69 Regular / \$77 Ordinary / \$84 Associate

November 2 – December 14

\$69 Regular / \$77 Ordinary / \$84 Associate

Yoga Nidra - iRest®

iRest® Yoga Nidra is a guided meditation most commonly practiced in a supine position, comfortably supported by bolsters, and cozied up with a blanket. Created for the military community, 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

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Dates: Tuesdays

Time: 7:45-8:45 pm

SESSION DATES & COST

September 12 – October 31

(No class October 10)

\$69 Regular / \$77 Ordinary / \$84 Associate

November 7 – December 12

(No class November 14)

\$49 Regular / \$55 Ordinary / \$60 Associate

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.*

Location: CPAC

SESSION DATES:

Session 1: Tuesdays, September 26 – October 31

**No class on October 17*

Session 2: Tuesdays, November 7 – December 12

Time: 9:15-9:45am

COSTS:

Per session: \$48 Regular / \$53 Ordinary / \$58 Associate

Drop-In Fee: \$10 Regular / \$12 Ordinary / \$15 Associate

DEFENCE
on the
DOCK



DÉFENSE
sur le
QUAI

SUNDAY/DIMANCHE
SEPT 17

OGDEN POINT • 10AM - 3PM
BREAKWATER DISTRICT



BRINGING CFB ESQUIMALT TO YOU! LA BFC ESQUIMALT S'INVITE CHEZ VOUS!



CANADIAN ARMED FORCES

FORCES ARMÉES CANADIENNES



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!

GEOFF MCLEAN

PERSONAL REAL ESTATE CORPORATION

250-380-8092



Holly 250-857-3477	Darren 778-584-6625	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



POPEYE'S
VICTORIA
SUPPLEMENTS LOWEST PRICES

www.popeyescanada.com

MILITARY MEMBERS

14% OFF*

Must present Military ID at time of purchase.
 *10% Off + Popeye's Bucks!
 Discount can only be applied to regular priced products.

2500 DOUGLAS STREET (AT BAY STREET) • 250-474-3883

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



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, connecting with the MFRC local to you, and/or receiving support in French. For more information, scan the QR code on your mobile device.

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. Check out your Family Network page on our website for more information on how to join: <https://cfmws.ca/esquimalt/mfrc-family-networks>

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).

Monthly Information Sessions for Deployed Ships

Get the latest information and updates about your military member's deployment with live Zoom updates from the ship's Command Team. Senior members of the Canadian Fleet Pacific Staff and the MFRC will be on hand to answer questions, address concerns, and provide updates on workshops and activities. Watch your Family Network page on our website for details and registration information.

MFRC Workshop Recordings

Check out previously recorded workshops about the Military Family Lifestyle. Find them at: <https://vimeo.com/esquimaltmfrc>

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.

Banner Making Event & Pickup Kits

Is your family member or friend currently deployed/away for work-related reasons and returning home soon? Join us for a morning of banner making as we prepare for their homecoming! Connect with others as you create welcome home banners and decorations with materials provided by the MFRC. As this is a family-friendly event, childcare will not be provided. If you are unable to attend, you can reserve a banner-making kit and pick it up from one of our MFRC locations during regular business hours.

MFRC

Location: CPAC

Date & Time: Saturday, December 9, 10:00 am-1:00 pm

Cost: Free

Return & Reintegration Workshops

Strategies for Homecoming After a Deployment or Work-Related Absence

Join the MFRC for a short workshop to help you prepare for the return of your military member, this workshop is offered in an online and in-person format. We will discuss what to expect, strategies for self-care, ideas for reconnecting and resources to ease the transition of homecoming.

MFRC

Location: Virtual – Zoom

Date & Time: Wednesday, December 6, 12:00 – 1:00 pm (PST)

Cost: Free

MFRC

Location: CPAC

Date & Time: Saturday, December 9, 11:00 – 12:00 pm

Cost: Free

(*You can register for both Banner Making and the Return and Reintegration workshops on this day. Please note there is no childcare provided.)

ADULT RESOURCES AND SERVICES DURING ABSENCES

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 Child Care 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.



ADULT COMMUNITY INTEGRATION

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).

NEW! Fast Friends –

Various activities offered by age group

Fast Friends is an initiative of the MFRC to support military members to create meaningful new social connections while exploring their community. Whether you are newly posted or you just haven't found that sense of home on the South Island – check out our Fast Friends programming. Activities will focus on learning about the local environment, resources & attractions and just having some fun with new friends. Look for upcoming activities posted on our Social Media channels.

NEW! Fast Friends –

Cooking Together: Hosted by Local Urban Bites

Do you want to change up your dinner routine? Need help in the kitchen? Looking to meet new friends? Local Urban Bites is hosting and sponsoring this Cooking Together – Fast Friends Workshop. Join us to try out a Local Urban Bites meal kit and eat a meal with your new friends!

MFRC

Location: CPAC

Date & Time: Tuesday, August 29, 6:30–8:30 pm

Cost: Free

NEW! Explore YOUR Community – MFRC Relocation Scavenger Hunt

Were you posted in 2022 or 2023? You are invited to discover highlights of your new community with the MFRC Relocation Scavenger Hunt. After registration you will receive a list of six spots to discover in YOUR community – anywhere on Vancouver Island. You can hunt anytime in September to complete your list then fill out a short survey with the locations you have visited. Surveys submitted by Sept 30th will be entered to win a gift basket of local goodies.

MFRC

Location: Anywhere on Vancouver Island / Online

Dates: September 1- 30

Cost: Free

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.

Resume Writing Workshop by WorkBC

You need a top-notch resume to get an interview! Create a targeted resume that will make you succeed as a job applicant. Learn how to target your resume to job descriptions and use accomplishment statements to clearly demonstrate how you meet the required core competencies in the context of the position you are applying for. Please have a paper or electronic version of your resume to make the most of this workshop. In addition, if you have a job description for a job you wish to apply for, please bring that along.

MFRC

Location: Virtual – Zoom

Date & Time: Tuesday, October 10, 12:00 -1:00 pm

Cost: Free

Interview Skills Workshop by WorkBC

Once your resume or application has caught the attention of an employer, you will have to prepare for an interview. Our WorkBC Coach will help you get ready for the interview with strategies. Learn how to research the organization and position, prepare yourself for common interview questions, and demonstrate your skills and interest in the job. Join us online to prepare for your interview – and learn about supports that WorkBC can offer you!

MFRC

Location: Virtual – Zoom

Date & Time: Wednesday, October 11, 12:00 -1:00 pm

Cost: Free



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.

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.

MFRC

Location: CPAC/Virtual

Dates: Thursday, September 7 – December 14

Time: 6:00 – 8:00 pm

Cost: Free

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.

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 : <https://msen.vfairs.com/>

Social and Mental Wellness

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.

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 online and interactive group setting. Check out our events page for more details and to register.

Mindful Movement

Location: CPAC

Date & Time: Wednesday, September 20, 6:00 – 8:00 pm

Cost: Free

Painting Together

Location: Esquimalt TBD

Date & Time: Wednesday, October 18, 6:00 – 8:00 pm

Cost: Free

Nourishing Neighbors

Location: CPAC

Date & Time: Wednesday, November 22, 6:00 – 8:00 pm

Cost: Free

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 weekday). 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 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.

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? Give the MFRC a call at 250-363-2640. You can also contact the MFRC intake line at 778-533-7736 or at intake@emfrc.com.

ADULT SOCIAL AND MENTAL WELLNESS



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 via your computer, smartphone or tablet—Call 250-363-2640 for details. You can also contact the MFRC intake line directly 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. Some resources for adults are also available. See www.strongestfamilies.com or call the MFRC intake line at 778-533-7736 or intake@emfrc.com for more information.



Slegg would like to thank the men and women of the military for their service.

In appreciation we offer a

Military Discount

at all of our locations.

For more information visit

www.slegg.com



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.

CRFM

Lieu : Virtuel/CPAC

Jeudi, septembre 14 – décembre 15, 18h00-20h00

Gratuit

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 online 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.





It's never too late to change careers

WCCMT Victoria spoke with former CAF Member Allan Kobayashi. Allan decided to pursue a second career as a RMT after serving nearly 21 years in the Army. We chatted with him about his service:

Allan joined the Canadian forces (PPCLI) two weeks after graduating high school. After operational tours in Kosovo and Afghanistan, multiple natural disasters, and other deployments, Allan transferred to the RCN in 2004. During his service, Allan endured multiple injuries including broken bones, knee surgeries, and multiple concussions. He suffered additional injuries while

competing in high level sports, also during his service. As a result of those injuries, Allan discovered the benefits of Massage Therapy firsthand as a patient.

"I had been diagnosed with syndromes, chronic this and or that, and it was suggested that I try a session with an RMT. Historically, relief of pain after rehabilitation had eluded me; with great trepidation I agreed to try Massage Therapy. I received an extensive 90-minute treatment and I recognized the benefits immediately, both physically and mentally, adding monthly treatments to my training regime.

Allan's decision to pursue a career in Massage Therapy was easy for him to make – all it took was 90 minutes of hands-on experience to inspire him: "The thought of being able to directly help someone, to improve their quality of life invokes incredible feelings of happiness."

Allan's story is unique, but many of WCCMT's students enrol for the same basic reason – to help others. If helping your community inspires you, a career in Massage Therapy might be the right path.

For more stories and inspiration visit our WCCMT Facebook Page and website.

BECOME A REGISTERED MASSAGE THERAPIST HEALTHCARE PROFESSIONAL 20 MONTH PROGRAM



West Coast College of **MASSAGE** Therapy

Contact Admissions
by phone

250-381-9800 ext 227

or email

vicadmissions@collegeofmassage.com

www.collegeofmassage.com



BOOK YOUR MESSAGE NOW!



100-818 BROUGHTON STREET, VICTORIA

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.



Health Promotion Programs

***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.

October 31, November 2, 7, & 9, 8:30 am – 12 pm
(course includes all four sessions)

***Mental Fitness & Suicide Awareness for Supervisors (119531)**

MFSA 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.

September 27, 8:30 am – 4:00 pm OR
October 25, 8:30 am – 4:00 pm OR
November 21, 8:30 am – 4:00 pm OR
December 11, 8:30 am – 4:00 pm

***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.

September 21, 8:30 am – 4:00 pm OR
October 11, 8:30 am – 4:00 pm OR
November 8, 8:30 am – 4:00 pm OR
November 15, 8:30 am – 4:00 pm OR
December 6, 8:30 am – 4:00 pm

***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.

November 28, 30, December 5 & 7, 8:30 am – 12 pm
(course includes all four sessions)



Aquatics

POOL CLOSURE

It's that time of year! – The aquatic facilities will be closed for annual maintenance, our team will be hard at work repairing, and upgrading the equipment and facilities!

December 15 – January 7

Fall Pool Schedule

MON	TUES	WEDS	THURS	FRI	SAT / SUN
Lanes/Swim Club 06:00-07:30	Morning Lap Swim 06:00-07:30	Lanes/Swim Club 06:00-07:30	Morning Lap Swim 06:00-07:30	Lanes/Swim Club 06:00-07:30	Bookings Only
Military Training 07:30 – 11:00					
Lap Swim 11:00-13:00	Leisure & Lane 11:00-13:00	Lap Swim 11:00-13:00	Leisure & Lane 11:00-13:00		
	Aqua Fit 12:05-12:50		Swim Skills 12:05-12:50		
Military Training 13:15-15:15pm					
Open Swim 16:00-1:00					

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

AQUATICS

Swim Descriptions

Swim Club

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

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

Morning Lap Swim

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

Lanes/Club

One Single lane open for lap swim, remainder of lanes reserved for swim club.

Afternoon Lap Swim

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

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

Leisure Pool, Hot Tub and Steam Room open.

AQUA FIT

Tuesdays

12:05-12:50 pm

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

Leisure & Lane

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

12:00-13:00: Three 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.

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.

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 at 250-363-4213 or 250-363-4213



REGISTER for any of the following Aquatic Programs by contacting the Aquatic Supervisor at 250-363-4070 or by email at Ron.Boyce@forces.gc.ca

AQUATIC PROGRAM REFUND POLICY

- 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.

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.

Location: Naden Athletic Centre Pool

Date: Tuesdays

Time: 12:05 pm – 12:50 pm

Cost: 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 of the above? This class is for those who are comfortable being in the water and are looking to become a better overall swimmer.

Location: Naden Athletic Centre Pool

Date: Tuesdays

Time: 12:05 pm – 12:50 pm

Cost: FREE

PSP POOL PARTY

Last Tuesday of the month!

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

Location: Naden Athletic Centre Pool

Date: September 26, October 31, November 28

Time: 4:30 pm – 8:00 pm

Cost: Drop-In Fees apply

JOLLY DAYS SWIM

Make a splash with us this holiday season with our exciting Jolly Day's Swim.

Santa is taking a break from his busy schedule to dive in and join the holiday fun. Join us with interactive games, and pictures with Santa!

Location: Naden Athletic Centre Pool

Date: Saturday, December 9

Time: 2:30 pm – 4:00 pm

Cost: Free



PRIVATE SWIMMING LESSONS

Private Swimming Lessons for Children and Adults is back THURSDAYS 4:00 pm–7:00 pm. 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!

Location: Naden Athletic Centre Pool

Date: Thursdays

LESSON SETS:

September: 7, 14, 21, 28

October: 5, 12, 19, 26

November: 2, 9, 16, 23

Time Slots:

4:30 pm – 5:00 pm

5:00 pm – 5:30 pm

5:30 pm – 6:00 pm

6:00 pm – 6:30 pm

6:30 pm – 7:00 pm

COST:

\$100.00 – Single Person

\$140.00 – 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



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)

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.

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

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 check out the official CISM website at www.cism-milsp.org or contact the Sports Office – 250-363-4068 / 4069.



SPORTS

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	✓	✓

Badminton/Squash

The Formation Badminton and Squash teams offer drop-in sessions at noon hour at the Naden Athletic Centre to prepare for the Base Play-Downs, which are conducted in January, for selection to represent CFB Esquimalt at the Canada West Regional Championships.

Contacts:

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

Squash: CPO1 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 to prepare for the Canada West Regional Ball Hockey Championships.

Contact: PO1 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.

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: PO2 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: PO1 Curt Gillies (Curtis.Gillies@forces.gc.ca)

Women: Pte Breanna Leef (breeplett@hotmail.com)

Old Timers: CPO2 Michael (Rob) Tibbetts (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 2022 the Men's Slo Pitch team won CW Regionals and the Women's team came 2nd.

Team Contacts:

Men - MS Layton Theriault (Layton.theriault@forces.gc.ca)

Women - MS Layton Theriault (Layton.theriault@forces.gc.ca)

PSP - Esq.sports@forces.gc.ca

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. The Men's and Women's teams are currently practicing and are always looking for interested players!

Contact (Men & Women):

CPO2 Poirier-Potvin (Pierre-luc.poirier-potvin@forces.gc.ca)

Lt(N) Courtney Looye (Courtney.Looye@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 Meredeth (Iain.Meredeth@forces.gc.ca)

LCdr David Dallin (David.Dallin@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 (jeremiahtomasw@gmail.com)

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 3-4068/4069.

PSP - Esq.sports@forces.gc.ca

RUNNING								
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

SPORTS

Triathlon

Triathletes are required to provide qualifying race times from sanctioned races (Sprint, Olympic, Half -70.3, and Full) in order to qualify for the CAF Triathlon Nationals. Triathletes must meet their respective qualifying times within 14 months of the CAF National Triathlon Championship typically held in July.

Contact: LCdr David Dallin (david.dallin@forces.gc.ca)
PSP - esq.sports@forces.gc.ca

TRIATHLON QUALIFYING TIMES				
RACE DISTANCE	OLYMPIC		SPRINT	
AGE CATEGORIES	MALE	FEMALE	MALE	FEMALE
Under 19	2.50:00	2.59:00	1.25:00	1.30:00
20-24	2.50:00	2.59:00	1.25:00	1.30:00
25-29	2.50:00	2.59:00	1.25:00	1.30:00
30-34	2.50:00	2.59:00	1.25:00	1.30:00
35-39	2.50:00	2.59:00	1.25:00	1.30:00
40-44	3.00:00	3.10:00	1.25:00	1.30:00
45-49	3.00:00	3.10:00	1.30:00	1.35:00
50-54	3.10:00	3.20:00	1.40:00	1.45:00
55 & Over	3.20:00	3.40:00	1.50:00	1.55:00

Canwest Regional and CF National Sports Championship Schedule 2023/24

*Schedule subject to change

SPORT	CANADA WEST	NATIONAL
Slo-Pitch (M)	TBD 2024	9-13 September 2023 Borden
Slo-Pitch (W)	TBD 2024	9-13 September 2023 Borden
Golf	TBD 2024	26-31 August 2023 Borden
Soccer (M)	TBD 2024	23-29 September 2023 Borden
Soccer (W)	TBD 2024	23-29 September 2023 Borden
Grappling	24-28 September, 2023 Edmonton	N/A
Hockey (W)	28 January - 2 February 2024 Esquimalt	TBD 2024
Hockey (OT)	28 January - 02 February Wainwright	TBD 2024
Hockey (M)	TBD 2024	TBD 2024
Basketball (M+W)	TBD 2024	TBD 2024
Volleyball (M+W)	11-16 February, 2024 Winnipeg	TBD 2024
Badminton	25 February - 1 March, 2024 Cold Lake	N/A
Squash	25 February - 1 March, 2024 Cold Lake	N/A

For information regarding any sporting events, please contact:

PSP Sports Coordinator – Ryan Elborne: 250-363-4068

PSP Sports and Athletics Assistant – Gena Bannerman: 250-363-4069

Follow us on Instagram @Esq_Tritons

Website: <https://cfmws.ca/sport-fitness-rec/sports>

Check the **MARPAC Notice Board** and the **Sports Bulletin Board** at the Naden Athletic Centre regularly for current and upcoming sports information.



Fitness

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 please email RecreationCPAC@forces.gc.ca or call 250-363-1009

One on One Private Training Sessions (1hr)

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

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.

Semi-Private Training Sessions (1hr) 2 - 6 people

\$36 p/person for 1 session
\$108 p/person for 3 sessions
\$170 p/person for 5 sessions
\$299 p/person for 10 sessions

FITNESS



NADEN ATHLETIC CENTRE FITNESS SCHEDULE (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-THURSDAY 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

Dockyard Fitness &
Wellness Centre
NAC Fitness Cell
FORCE Booking

250-363-2074
250-363-4485
250-363-4412
pspcfbesquimalt@gmail.com
250-363-4495

Fitness Coordinator

FITNESS

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.

CONTACT INFORMATION

Dockyard Fitness &
Wellness Centre
NAC Fitness Cell
FORCE inquiries

250-363-2074

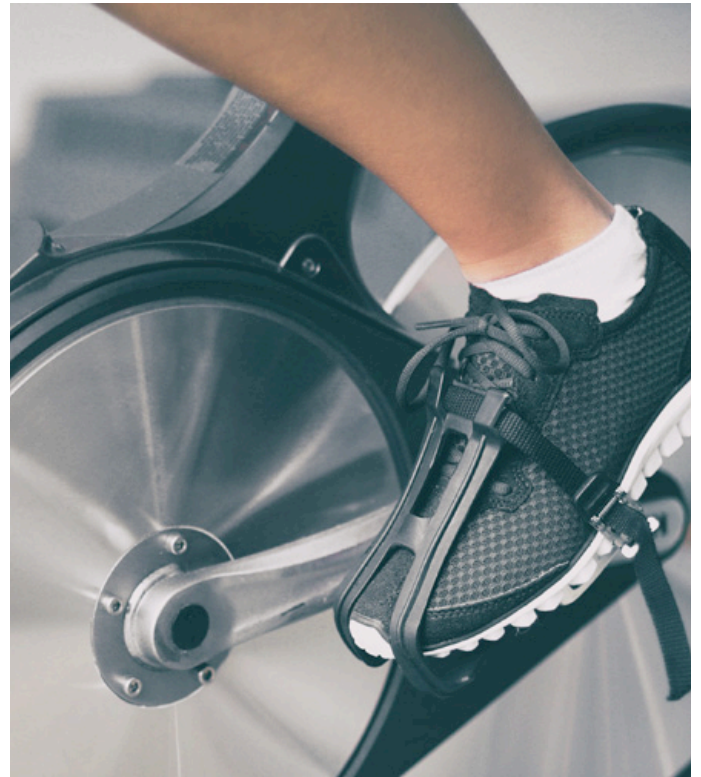
250-363-4485

250-363-4412

pspcfbesquimalt@gmail.com

250-363-4495

Fitness Coordinator



CELEBRATING
27 YEARS IN
BUSINESS!

GOOD & BAD
CREDIT WELCOME
RATES FROM
7.99% O.A.C.



SALES & SERVICE

The working folks car and truck store

250-478-1128

1658 Old Island Hwy

Take Hwy. 1 to Colwood Exit. First car lot on the right

Get social with us



**Shop & apply online
car-corrall.com**

Three Time BBB Torch Award Winner



DID YOU KNOW?

Mark's Commercial and DND – Maritime Forces Pacific partner each year to provide you with our **Pay-As-You-Go workwear program**.

We've worked together with Mark's stores so you only need to **show your employee ID**. Mark's stores will recognize your employee ID's and they will have your program information on-hand.

**10% DISCOUNT ON REGULAR PRICED MERCHANDISE
AT ANY MARK'S STORE**

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



Clubs

PSP Club Contact List

Aquarius Dive Club		info@aquariusdiveclub.com
Auto Hobby Club	250-480-0191	CFBEsqAutoClub@gmail.com
Golf Association	www.cfbega.ca	steve.wist@forces.gc.ca
Kayak Club		info@pfkc.ca
CFB Esquimalt Model Railway Club	778-677-1953	p.boucher@telus.net
CFSA Sailing	250-385-2646	sailinginstructor@cfsaesq.ca
Naden Hockey Club	www.nadenhockeyclub.com	nadenhockeyclub@gmail.com
CFB Esquimalt Power Boat	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		esquimaltsportshootingclub@gmail.com

Please contact the club you are interested.

CLUBS

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;



- For the 2023/2024 year, our contracts 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, Metcho-sin, 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 a number of 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.

Check out our web site at www.cfbega.ca for all the details or contact the Club President, CPO1 Steve Wist, at Steve.Wist@forces.gc.ca

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

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 five 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 information, visit www.boatclub.ca, call the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail workpoint-boatclub@gmail.com “Tight Lines and Happy Cruising to All”

CLUBS

Aquarius Dive Club

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

After 25 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.aquariusdiveclub.com
aquariusdiveclubesquimalt@gmail.com
Facebook: [aquariusdiveclub](https://www.facebook.com/aquariusdiveclub)

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 esquimaltsportshootingclub@gmail.com

Auto Club

Tired of paying for overpriced auto repairs, want to learn more about your vehicle, meet new people while saving money? The CFB Esquimalt Auto Club that one spot pit stop.

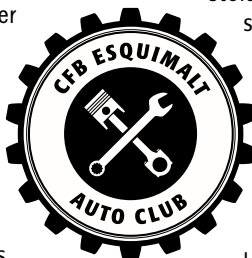
The Auto Club was created in the 90's with the purpose of providing serving and retired military members and their families a safe auto shop environment to work on their vehicles. Over time, our membership has expanded to include sponsored civilians and other local government or law enforcement personnel. 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:
Email - CFBESqAutoClub@gmail.com
Phone - 250-480-0191 for booking

CLUBS

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 the club at 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 as "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.

CFMETR Boat Club at Ranch Point Power & Sail

The CFMETR Boat Club is set in quiet Nanoose 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

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 250-228-1851 (Pony Moore - Club Secretary)



Canadian Forces Sailing Association (CFSA)

Come join one of the most active sailing clubs in Canada. The 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). Our membership rates are very reasonable and CFSA is a great place to get involved with sailing, a sport that will last a lifetime. Please visit the CFSA website for all the details. If you would like a tour or more information, contact the Club Commodore at commodore@cfsaesq.ca. For membership inquiries, contact membership@cfsaesq.ca or visit www.cfsaesq.ca. For additional information contact info@cfsaesq.ca



FREE
ENTRY TO EVENT

CFB ESQUIMALT

FORMATION FUN DAY

**ALL
AGES**

SATURDAY, SEPTEMBER 9 NOON-4PM @ NADEN

FUN FOR EVERYONE!

OPEN TO CAF MEMBERS, BASE EMPLOYEES, VETERANS AND FAMILIES



ALL AGES FUN!

**SHOP AT THE
MARKETPLACE!**



QUESTIONS?

BOOTHS & DISPLAYS

FREE FOOD

For More Information
Contact Christine at
christine.farrington@forces.gc.ca

BMO



Brought to you by
CFB Esquimalt and the Bank of
Montreal, your Canadian Defence
Community Banking partner.

babcock™

seaspan
VICTORIA SHIPYARDS



Funded By
CFB Esquimalt's
Base Fund



Reconnect IN THE HEART OF NATURE

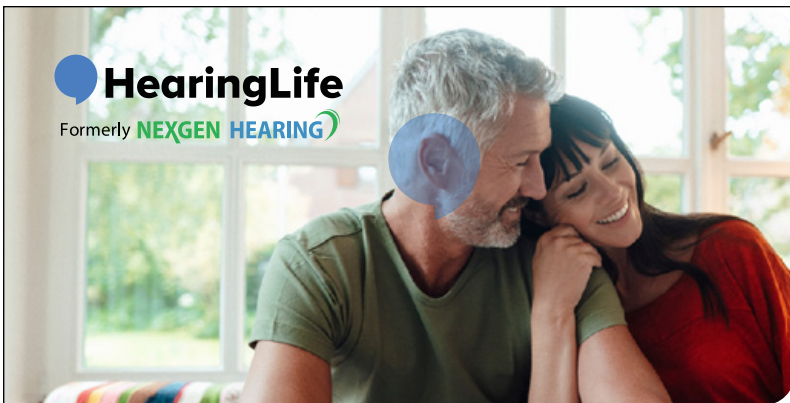
BOOK YOUR GETAWAY NOW!

TIGH-NA-MARA
SEASIDE SPA RESORT & CONFERENCE CENTRE

MILITARY MEMBERS ARE ELIGIBLE FOR DISCOUNTED RATES

1155 RESORT DRIVE PARKSVILLE BC
TIGH-NA-MARA.COM

1-800-663-7373



HearingLife
Formerly NEXGEN HEARING

Hearing makes more possible

Love your ears

Why Choose **HearingLife** ?



FREE hearing tests*



360-AfterCare: Our full service warranty



Earn AIR MILES® Reward Miles****



90-day, risk-free purchase

Book your **FREE hearing test** today.*

ROYAL OAK 201-4500 West Saanich Road

1-888-701-6035



Mention code: **MAG-FHT-MMFE**

Book online

HearingLife.ca/RoyalOak

We are proud to be a Member Benefits Program Partner with the **Royal Canadian Legion**.

Ask about our *special discounts* for Legion Members and their Families.

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. **AIR MILES® Reward Miles™ are non-transferable and valid upon the purchase of select hearing aids. AIR MILES available only at participating locations. Please allow 45 days for Reward Miles to be posted to your Collector Account. Limit one offer per customer per year. ™ Trademarks of AM Royalties Limited Partnership used under license by LoyaltyOne, Co. and HearingLife Canada Ltd. Offer not valid in Quebec. Offer not applicable for industrial hearing tests. Some conditions apply, see clinic for details.

outshine
SALON & SPA

10% MILITARY DISCOUNT

Discount applies to all retail products and services from participating service providers.

Offering the best the beauty industry has to offer, we strive to meet our guests' needs above and beyond. We offer full hair and esthetic services by our talented team of professional stylists and skin therapists.

Call us today to book!

250-383-5598

880B Esquimalt Rd (at Head Street)

www.outshinesalonandspa.ca

ANCHOR
DENTAL CENTRE DR. PAUL HENN

A Beautiful Smile needs Healthy Teeth

Open 6 days a week with evening appointments available.

Call to book an appointment (250) 386-3044

#14 Esquimalt Plaza, 1153 Esquimalt Road

www.anchor dentalcentre.ca



Our food, like our friendships
are **real** and
enduring...

**Families
with minors
welcomed.**

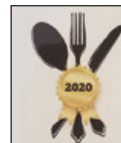


... full of **flavour**
and **texture.**



SIX MILE
PUB & EATERY

SUSTAINABLE • LOCAL • COMMUNITY est. 1855



EAT MAGAZINE
Exceptional Eats!

Readers' Choice Awards

**Best Pub
to Take a Kid**

VOTED
#1 PUB

THESE CELEBRITY
READERS' CHOICE
Award

WINNER

250.478.3121 • 494 Old Island Hwy. at Six Mile Rd.

www.sixmilepub.com