

2024

# Spring Summer *Activity Guide*

A PROGRAM RESOURCE FOR THE  
DEFENCE COMMUNITY OF CFB ESQUIMALT



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special events for the whole family!



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**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 .....	5
Get Involved .....	6
Facilities Rental Rates.....	7
Special Events .....	13
PSP Birthday Parties .....	14
Early Years .....	15
Children’s Resources and Services .....	16
School Age.....	17
Youth .....	20
PSP Camps.....	22
Shotokan Karate .....	29
Adult	
Music and Arts Programs .....	31
Health and Fitness .....	32
MFRC Work-related Absences/Deployment .....	33
MFRC Community Integration .....	34
MFRC Community Integration Services.....	34
MFRC Social and Mental Wellness Resources and Services .....	35
MFRC Francophone .....	36
MFRC Veterans .....	36
PSP Health Promotion .....	37
Aquatics .....	38
PSP Sports.....	42
PSP Fitness.....	45
PSP Clubs.....	46

## LEGEND

CPAC - Colwood Pacific Activity Centre  
 MFRC - Military Family Resource Centre  
 NAC - Naden Athletic Centre

PSP - Personnel Support Programs  
 SH - Signal Hill MFRC





# 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.

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or email  
vicadmissions@collegeofmassage.com  
[www.collegeofmassage.com](http://www.collegeofmassage.com)



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# REGISTRATION

## REGISTRATION INFORMATION

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

## CANCELLATION POLICY

### If we cancel

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

### If you cancel

#### MFRC programs:

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

## PSP PROGRAMS:

### Camps (including Pro D Days)

- 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.

### 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.

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**.

Contact information for registration and support differ and can be found under the contacts section below or at the beginning of each section of programming.

# 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

<b>Naden Athletic Centre Kiosk .....</b>	<b>250-363-5677</b>
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

<b>Colwood Pacific Activity Centre Kiosk .....</b>	<b>250-363-1009</b>
Manager, Community Recreation / Clubs .....	250-363-1008
Community Rec Coordinator / RV Storage / Programs.....	250-363-2989
Community Rec Coordinator / Front Desk .....	250-363-2648
Aquatic Supervisor.....	250-363-4070
PSP Recreation.....	recreationcpac@forces.gc.ca

## HEALTH PROMOTION PROGRAMS

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

## LOOKOUT NEWSPAPER & SPONSORSHIP

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

## MILITARY FAMILY RESOURCE CENTRE

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

## WEBSITES & SOCIAL MEDIA

### Chief and POs' Mess

[www.cfmws.ca/esquimalt/facilities/messes/chief-and-petty-officers-mess](http://www.cfmws.ca/esquimalt/facilities/messes/chief-and-petty-officers-mess)

### Lookout Newspaper and Publishing

[www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)  
**f** /LookoutNewspaperNavyNews

### MFRC

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

### Naden Athletic Centre

**f** /pspesquimaltnaden

### Navy Run

[www.navyrunesquimalt.com](http://www.navyrunesquimalt.com)

### Pacific Fleet Club

[www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)

### Personnel Support Programs

[www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)

### PSP Recreation

**f** /pspesquimaltpac

### PSP Recreation Online Registration

[www.bkk.cfmws.com/esquimaltpub/](http://www.bkk.cfmws.com/esquimaltpub/)

### Swim Team

[www.navymasters.com](http://www.navymasters.com)

### Wardroom

[www.wardroom.ca](http://www.wardroom.ca)

## SPRING / SUMMER 2024 ACTIVITY GUIDE

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

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## 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**.

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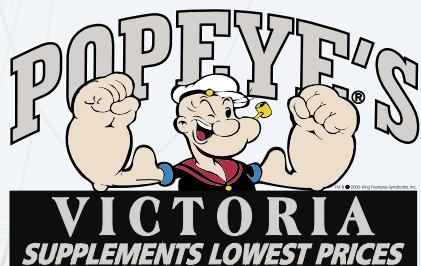
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### QUESTIONS?

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



**Lisa Tonner** | Corporate Sales Manager | Mark's Commercial  
250.661.0754 | [lisa.tonner@marks.com](mailto:lisa.tonner@marks.com)



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

**Military Family Resource Centre (MFRC)**



**Colwood Pacific Activity Centre MFRC (CPAC)**

2610 Rosebank Road, Colwood

**Hours of Operation**

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

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

**Phone:** 250-363-2640

**Fax:** 250-363-2677

**Email:** info@emfrc.com

**Signal Hill MFRC (SH)**

1505 Esquimalt Road, Esquimalt

**Hours of Operation**

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

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

**Phone:** 250-363-3050

**Fax:** 250-363-3108

**Email:** info@emfrc.com

Quick QR Link for MFRC Program Registration:



**MFRC Out of School Care**

720 Galiano Crescent, Belmont Park, Colwood

**Family Information Line**

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

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



**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 RecreationCPAC@forces.gc.ca or 250-363-1009.**

More information on page 7

\*Note: prices are subject to change without notice

**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: www.cfmws.ca

# Get Involved



# Volunteer at the MFRC

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

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



- MFRC Board Member
- Family Network Volunteer
- Community Engagement Volunteer
- General Programs Volunteer



## Purchase a Commemorative Brick - Homecoming Statue

Support military families by buying a brick to honour your loved one's service at the Homecoming Statue in Victoria, BC.

"The Homecoming" by sculptor Nathan Scott captures that magical and special moment when a sailor returns home to family and community. Each memorial brick celebrates our gratitude for the tens of thousands of Canadians who answered both the call of their country and 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.

## General Programs Volunteer

Would you like to volunteer in your own community? We are looking for Program Volunteers to support current programs – and help us create new ones! Would you like to organize a walking group? Start a newcomers coffee night? Reach out today.

## 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 supports 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 promote 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](http://www.cfmws.ca/esquimalt)**

Apply online today to become a MFRC volunteer.



# DOCKYARD - SIGNAL HILL



# BELMONT PARK



## CPAC FACILITY RENTAL RATES

ROOM	CAPACITY / SET UP	RATES **2 HOUR MINIMUM**	MILITARY UNIT PRICE***
MCDV Multi-Purpose Auditorium/ Gymnasium	<ul style="list-style-type: none"> <li>Full Capacity: 350 People theatre layout (Full Capacity)</li> <li>Half Capacity: 100 People theatre layout</li> <li>Wedding / Banquet: 280 People layout</li> </ul>	\$72 /hr	Free During Regular Business Hours (some exceptions apply)
WINNIPEG Multi-Purpose	<ul style="list-style-type: none"> <li>Seminar Layout: 40 People (Full Capacity)</li> <li>Classroom Layout: 30 People</li> </ul>	\$35/hr	
HURON Conference Room	<ul style="list-style-type: none"> <li>12 Person Boardroom Table</li> </ul>	\$29/hr	
REGINA Multi-Purpose Room	<ul style="list-style-type: none"> <li>Seminar Layout: 30 People</li> <li>Classroom Layout: 20 People</li> </ul>	\$30/hr	
KITCHEN	<ul style="list-style-type: none"> <li>Some kitchen supplies available upon request</li> </ul>	\$29/hr	

\*\*\* FULL PAYMENT REQUIRED AT TIME OF BOOKING \*\*\*

\*\* \$ 2 Million Liability Insurance required for all contracts \*\*  
 \*\$50 Contract fee applied to ALL Provision of Service contracts\*  
 \*Any bookings on STAT Holidays are subject to additional costs\*  
 \*\*\*Free during business hours for military unit activities and training

**Equipment Rental Rates:**

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

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

## Naden Athletic Centre (NAC) | Building 88, Naden

### Hours of Operation

Mon – Thu: 5:30am – 9:30pm

Fri: 5:30am – 7:00pm

Sat & Sun: 8:00am – 6:00pm

Stat: 8:00am – 1:00pm

\*\*Schedule may change without notice.

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

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

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

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

### Facility includes

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

Please also check: [cfmws.ca/esquimalt/facilities](http://cfmws.ca/esquimalt/facilities)

### Sports Equipment

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

### Swimming Pool

For Pool Schedule, see Aquatics section.

### To Rent a Space

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator at [Minako.Gardner@forces.gc.ca](mailto: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 GYM MEMBERSHIP/DROP-IN FEES**

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

Membership can be purchased at the Colwood Pacific Activity Centre or Naden Athletic Centre during regular business hours. For Military Families an MFID card is required to gain free access.  
For specific gym membership questions contact the front desk @ 250-363-5677 or email RecreationCPAC@forces.gc.ca.

For updated schedules and information check:  
[www.facebook.com/NadenAthleticCentre](https://www.facebook.com/NadenAthleticCentre)  
or [www.cfmws.ca](http://www.cfmws.ca)

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

**10 Punch Pass**

Adult	\$55.65
Youth (6-18)**	\$48.93
Family	\$123.60

**Drop-In Rate**

Adult	\$6.25
Youth (6-18)**	\$5.00
Family	\$12.50

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

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**. Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

## Facilities



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

#### HOURS OF OPERATION

For Wurtele Arena schedule, visit [www.cfmws.ca/esquimalt/facilities](http://www.cfmws.ca/esquimalt/facilities)

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

#### DROP-IN SKATE

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

#### SHINNY

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

#### EQUIPMENT REQUIREMENT

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

#### PARENTS & KIDS STICKS & PUCKS:

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

#### EQUIPMENT REQUIREMENT

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

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

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

To reserve the ice or for more information, call 250-363-4213. To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator at [Minako.Gardner@forces.gc.ca](mailto: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.**

**The dry floor is available for the spring / summer seasons from approximately mid-May to mid-August each year.**

**The ice is installed for the fall / winter seasons from approximately September to April each year.**

**Dates will vary each year.**

## Messes

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

### Vision

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

### Junior Ranks Mess

*Building 40, Naden*

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

**Hours of Operation:** [www.cfmws.ca](http://www.cfmws.ca)

**Phone:** 250-363-3735

**Location:** Naden Building 40 by the small boat jetties.

### The Chief and Petty Officers' Mess

*1575 Lyall Street*

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

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

### Hours of Operation:

The Mess Office is open daily

Mon - Fri 8:00am - 3:00pm

Bar hours daily

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

Evenings and weekends are as required for events.

**General information:** 250-363-3167

**Event Booking:** 250-363-3180

**Check our website for upcoming events.**

[www.cfmws.ca](http://www.cfmws.ca)

### Naden Wardroom

*1586 Esquimalt Road*

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

### Hours of Operation:

Wed - Thu 4:00pm - 7:00pm

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

Check [www.wardroom.ca](http://www.wardroom.ca) for updates

### The Gunroom

*1367 Victoria View Road*

*The Gunroom overlooks the beautiful Inner Harbour.*

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

### Hours of Operation:

Tue 11:30am - 1:00pm

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

Fri 11:30am - 10:00pm

Sat 5:00pm - 10:00pm

Check [www.wardroom.ca](http://www.wardroom.ca) for updates

**General information:** 250-363-5322

**Event Booking:** 250-363-2689





**Events with Elegance.**  
An exceptional experience every time.



*CFB Esquimalt's*  
**Chief and Petty Officers' Mess**

The perfect venue for meetings, conferences,  
retirement functions, and other private events.

Conference room facilities to suit 10-220.  
180 degree panoramic view of the Pacific Ocean.

Expert event planning staff. Bar facilities. Catering services.  
Plenty of free visitor parking.

Book your event now,  
contact Rita Hunt

[Hunt.Rita@cfmws.com](mailto:Hunt.Rita@cfmws.com)  
250-363-3167

For details visit:  
[www.cpomess.ca](http://www.cpomess.ca)



**A Military Child**

*The official flower of the military child is the dandelion. Why?*

*Dandelions put down roots almost anywhere and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates.*

*Military children bloom wherever the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture... planted swiftly and securely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.*

*Military children are well-rounded, culturally aware, tolerant, and extremely resilient. They have learned from an early age that home is where their hearts are. That a good friend can be found in every corner of the world.*

**MFRC**  
ESQUIMALT

**April is Month of the Military Child** · MFRC

Join the MFRC in recognizing the unique challenges of growing up in a military family AND celebrating the strengths of Military Children and Youth. Pick up these postcards at either MFRC office and take a few moments to write a note of recognition for the military children in your life!

**Military Child and Youth Comic Book Contest!** · MFRC  
**(Ages 5 - 18)**

For children and youth living the military lifestyle. Create a comic or mini graphic novel that talks about YOUR experience as a Military Kid. You could win an exciting prize for you and your family!

Submit your comic at CPAC/SH or [kathleencormie@emfrc.com](mailto:kathleencormie@emfrc.com)

Cost: FREE

MFRC Apr 1-30

**Register for any of the following MFRC Special Events and Programs**

visit <https://cfmws.ca/esquimalt>

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

**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://cfmws.ca/esquimalt/events-activities/>

■ = MFRC ■ = PSP

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**.

Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.



**Book your birthday party with PSP Recreation**

For details on our various party options and available dates call 250-363-1009 or visit [bkk.cfmws.com/esquimaltpub/](http://bkk.cfmws.com/esquimaltpub/)

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

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

**PSP PROVIDES:**

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

**PARENTS PROVIDE:**

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

**ADDITIONAL TIME/ PARTICIPANTS:**

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

**FACILITY AGREEMENT & WAIVERS:**

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

**CANCELLATIONS:**

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

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

**Birthday Party Themes Available March - June**

**Bouncy Castle Birthday** - PSP (3 years+) Technical Safety BC License No. LAM0208458 See table below for pricing and options.

**Sports Spectacular** - PSP (All Ages) \$165

**Laser Tag Party** - PSP (7-14 Years) \$165

**Super Science Party** - PSP (All Ages) \$170

**Party Theme by You** - PSP (All Ages) \$120



**Summer Birthday Party Themes Available\* July - August**

*\*Birthday parties in July-August are outdoor parties.*

**Super Science Party** - PSP (All Ages) \$170

**Laser Tag Party** - PSP (7 years+) \$165

**Scavenger Hunt Party** - PSP (All Ages) \$170

**Wacky Water Party** - PSP (4+ years) \$160



**For full descriptions and more information on the party themes, visit [cfmws.ca/Esquimalt/psp-birthday-parties](http://cfmws.ca/Esquimalt/psp-birthday-parties) or call PSP Recreation at 250-363-1009**

**BOUNCY CASTLE CHOICES**

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



## Early Years

### 123 Music & Me · MFRC

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 learn from an Early Childhood Music Educator and make your own music with a variety of instruments.

For parents and their babies under two years of age

Cost: FREE

Location: CPAC

Fri Apr 5 – Jun 21 1:00-1:30 pm

For parents and their child 2 to 5 years old

Location: CPAC

Fri Apr 5 – Jun 21 1:30-2:00 pm

### Stay & Play · MFRC (0 – 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 for children 0-5 years. Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register on our website:

If your child is experiencing any type of work-related absence, they can attend the Supporting Children Through Absence Corner.

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

Cost: FREE

Location: Out of School Care Building, 720 Galiano Cres

Wed Apr 3 – Jun 19 10:00-11:30 AM

### Kindergym · PSP (All Ages)

Join us for a morning 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.

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

Location: CPAC

Days: Mondays, April 8 – June 10 \*No session May 20

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

### Family Fitness · PSP (All Ages)

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

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

Cost per session: R: \$35 / O: \$42 / A: \$49

Drop-in Fee: R: \$6 / O: \$8 / A: \$10

Location: CPAC

Dates: Mondays, April 8 – June 3 \*No class May 20

Time: 9:15-9:45am

### Stay and Play - in the Park! · MFRC

This is a Parent & Tot program open to all military families! Join us at some great local playgrounds for freeplay, games and storytime. This is also a great opportunity to meet other parents living the unique military lifestyle.

This program is for children 0-5 years (older siblings are welcome to come along during the summer park sessions). Pack your hats, water bottles and sunscreen to stay sun safe while you play with other families.

For park locations and to register visit our website: [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt).

Cost: FREE

Location: Esquimalt

Jul 10 & Aug 14 10:00 - 11:00am

Location: Colwood

Jul 24 & Aug 28 10:00 - 11:00am

### Supporting Children Through Absence Corner at Stay & Play

· MFRC (0 to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. If your child is under 3 years, parent participation is required.

To participate in this program, weekly registration through Stay & Play is required.

### Supporting Children Through Absence · MFRC

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 throughout this guide.

■ = MFRC ■ = PSP

Please note that MFRC programs are listed in BLUE and PSP programs are listed in RED.

Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

## Register for any of the following MFRC Early Years Programs

by visiting [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)



## Register for any of the following PSP Early Years Programs

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

PSP Recreation Online Registration:  
[bkk.cfmws.com/esquimaltpub/](http://bkk.cfmws.com/esquimaltpub/)

### Supporting Children Through Absence (3 – 5 years) · MFRC

Location: CPAC

Cost: FREE

Tues Apr 16 – May 21 9:30 – 10:45 am

Jun 4 – Jul 23 5:45 – 7:00 pm

Aug 6 – Sep 24

### Children's Deployment Workbooks and Parent Guide

· MFRC

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. .

### Big Steps for KinderPrep · MFRC

Is your child preparing for Kindergarten? Check out Big Steps for Kinder Prep in our School Age Programs Section (pg 17)

## Children's Resources and Services

### Supporting Children Through Absence Workshops - MFRC (3 to 12 years)

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 and visit our website to register.

### Children's Deployment Workbooks and Parent Guide

• MFRC

Would you like to better support your child(ren) through-out 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

• MFRC (6 months to 5 years)

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

### Respite Childcare During Absences - MFRC (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.

### Casual Child Care - MFRC

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 for children over 18 months! Please pay the front desk at the CPAC MFRC prior to entering the program. Call 250-363-2674 to book.

#### Ages 6-17 months

Cost: \$15 per 3-hour session

Location: CPAC

Tue-Fri 9:00am-noon

Gradual entry required for new children

#### Ages 18 months-5 years

Cost: \$12 per 3-hour session

Location: CPAC

Tue, Thurs, Fri 9:00am-noon

Tue, Thurs 1:00 - 4:00 pm

- 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 on this page 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 <https://cfmws.ca/esquimalt/parent-child/casual-child-care/>

### Casual Child Care Punch Cards

• MFRC

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

### Imagination Library - MFRC

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

### "Welcoming Your Baby" Kit - MFRC

Expectant parents at CFB Esquimalt can receive this free "Welcome Baby" bag 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. Call 250-363-2640 for more information.

### Parenting from Afar - MFRC

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 [cfmws.ca/esquimalt/mfrc](http://cfmws.ca/esquimalt/mfrc).

### MFRC Daycare - MFRC

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

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, we are not always able to predict when a spot will open to families on our waitlist.



## School Age

### Out of School Care - MFRC

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

### Big Steps for Kinder Prep - MFRC

Big Steps for Kinder Prep will help prepare your child for the transition into Kindergarten. In consultation with a registered elementary school teacher, we have prepared games, crafts and activities that target key skills for children to prepare for the coming school year. We will target skills such as fine motor, letter awareness, name recognition, number and shape recognition and social emotional skills. You can choose if you want your child to attend once or twice a week. Please register for both sessions if you want your child to take part in both Monday and Wednesday classes.

Cost: FREE • Location: CPAC

Mon	Jul 8 - Aug 12	9:00am - 12:00pm
Wed	Jul 3 - Aug 14	9:00am - 12:00pm

### Fast Friends – Nerf Battles and Comics: with PSP • MFRC

(8-15 Years Old)

#### PLAY GAMES - MAKE CONNECTIONS - FAST FRIENDS

Is your child looking to make new friends? New to town? In collaboration with PSP the MFRC team is offering an evening of Nerf battles and Pizza! Need a quieter activity? We will also have a comic book making station and you can enter in the Month of the Military Child Comic contest! *\*Please let us know if your child would benefit from inclusion support at this event\**

Cost: FREE • Location: CPAC

Wed	Apr 17	6:00 - 8:00 pm
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### Children's Deployment Workbooks and Parent Guide

• MFRC

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 • MFRC

Cost: FREE

#### (5 - 12 years old)

Location: CPAC

Thur	Apr 18 - May 23	5:45-7:00pm
	Jun 6 - Jul 25	
	Aug 8 - Sep 26	

#### (5 - 8 years old)

Location: CPAC

Thur	Apr 18 - May 23	3:30 - 4:45pm
	Jun 6 - Jul 25	
	Aug 8 - Sep 26	

#### (9 - 12 years old)

Location: CPAC

Wed	Apr 17 - May 22	3:30 - 4:45pm
	Jun 5 - Jul 24	
	Aug 7 - Sep 25	

### Supporting Children Through Absence • MFRC

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). *\*Note there are workshops for younger children listed in the Early Years Section.*

■ = MFRC ■ = PSP

Please note that MFRC programs are listed in BLUE and PSP programs are listed in RED.

Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

### Register for any of the following MFRC School Age Programs

by visiting [www.cfmws.ca/esquimalt](http://www.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:  
[bkk.cfmws.com/esquimaltpub/](http://bkk.cfmws.com/esquimaltpub/)



Members of HMCS Ottawa conduct a Swimming Exercise during Indo-Pacific Deployment in the Pacific Ocean in 2023.

Photo: Aviator Gregory Cole



Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**.  
 Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

## Friday Night Activities:

### Movie Nights - PSP (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.

Cost: \$9.50 per child  
 Location: CPAC  
 Date: Fridays  
 Time: 6:15pm - 8:00pm

DATE	MOVIE
April 5	Migration
April 19	Saving Bikini Bottom
May 3	Kung Fu Panda
May 24	Elio
June 7	Thelma The Unicorn

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

### Fantastic Fridays! - PSP (5-12 years)

Let those kiddos loose, 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.

Cost: \$8.50 per child  
 Location: CPAC  
 Date: Fridays  
 Time: 6:30pm - 8:00pm

DATE	MOVIE
April 12	Gamers Delight
May 10	Spa Night
May 31	Beachin It
June 21	Wacky Waters

### Science and Swim - PSP (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.

Cost: \$10 per person  
 Location: Drop Off: Juan de Fuca Pool  
 Pick Up: CPAC  
 Date: Fridays  
 Time: 5:15pm-8:00pm

DATE	MOVIE
April 26	Science of Animals
May 17	Science of Weather
June 14	Science of Food

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

## Cooking:

### Mini Master Chef - PSP (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!

Cost: R: \$75/ O: \$80/ A: \$90  
 Location: CPAC  
 Date: Tuesdays, April 16 - May 21  
 Time: 5:15pm - 6:15pm  
 Theme: Grow It and Cook It

## General Programming:

### Jr. STEM Programs - PSP (5-9 years)

#### Science, Technology, Engineering and Math

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

#### Theme: Sewing

Kids will have the opportunity to develop their own pillowcases, scrunchies, and teddy bears using their sewing techniques that they will learn throughout the course!

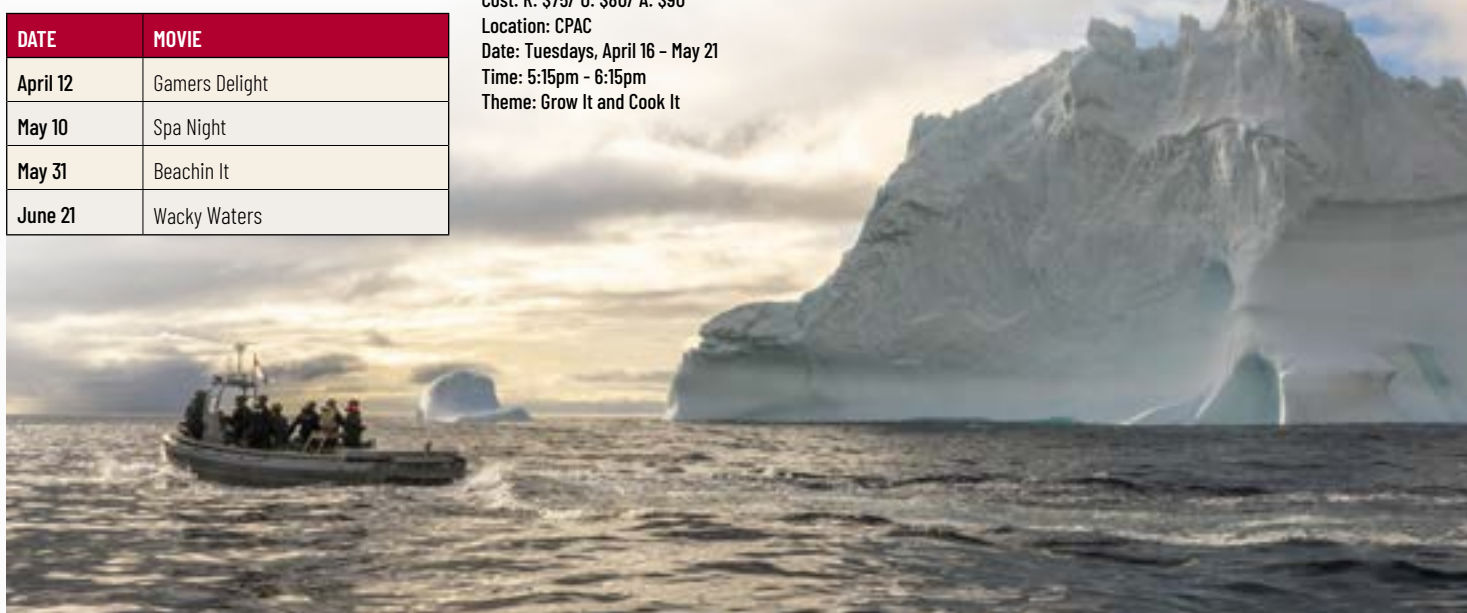
Cost: R \$60 / O \$65 / A \$70  
 Dates: Mondays, April 18- May 13  
 Location: CPAC  
 Time: 5:00-6:00pm

## Leadership

### Red Cross Stay Safe - PSP (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.

Instructor: Irina Mielecka  
 Location: CPAC  
 Date: Saturday, June 8  
 Time: 9:00am-3:30pm  
 Cost: R \$50 / O \$55 / A \$60 \*Book fee \$12



A member onboard a Multi-Role Rescue Boat conducts a boat tour of a large iceberg encountered by HMCS Harry Dewolf in Baffin Bay, Nunavut. Photo: Private Brendan Gamache

## Youth

### ■ = MFRC ■ = PSP

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**. Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

### Register for any of the following MFRC Youth Programs

by visiting [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)



### Register for any of the following PSP Youth Programs

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

**PSP Recreation Online Registration:**  
[bkk.cfmws.com/esquimaltpub/](http://bkk.cfmws.com/esquimaltpub/)

## Community Integration

### Fast Friends – Nerf Battles and Comics: with PSP · MFRC (8-15 Years Old)

PLAY GAMES - MAKE CONNECTIONS - FAST FRIENDS

Is your child looking to make new friends? New to town? In collaboration with PSP the MFRC team is offering an evening of Nerf battles and Pizza!

Need a quieter activity? We will also have a comic book making station and you can enter in the Month of the Military Child Comic contest!

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

Cost: FREE • Location: CPAC  
Wed Apr 17 6:00 - 8:00 pm

### Youth Connect Virtual Youth Centre · MFRC

The "Youth Connect" is a bilingual app for kids from Canadian Forces families. It is a safe, supervised online space for kids to talk, have fun and learn. To get the app, register with your MFRC and then download it to a smartphone, tablet or desktop computer. Contact [kathleencormie@emfrc.com](mailto:kathleencormie@emfrc.com) for more details and to register.

### Youth & Mental Health · MFRC

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.

### SafeTalk For Youth and Parents

· MFRC

LivingWorks safeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. Using a simple yet effective model, LivingWorks safeTALK empowers everyone to make a difference. This valuable training is suitable for teens ages 15+. Youth and anyone supporting military youth are encouraged to take advantage of this valuable free training.

Cost: FREE

Location: YAC: 720 Galiano Crest  
Sat May 4 10:00am - 2:30pm

## Friday Night Activities:

### Movie Nights · PSP

(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.

Cost: \$9.50 per child

Location: CPAC  
Date: Fridays  
Time: 6:15pm - 8:00pm

DATE	MOVIE
April 5	Migration
April 19	Saving Bikini Bottom
May 3	Kung Fu Panda
May 24	Elio
June 7	Thelma The Unicorn

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

### Fantastic Fridays! · PSP

(5-12 years)

Let those kiddos loose, 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: \$8.50 per child

DATE	MOVIE
April 12	Gamers Delight
May 10	Spa Night
May 31	Beachin It
June 21	Wacky Waters

### Science and Swim · PSP (10-14 years)

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

Cost: \$9.50 per person

Location:  
Drop Off Juan de Fuca Pool  
Pick Up: CPAC  
Date: Fridays  
Time: 5:15pm-8:00pm

DATE	MOVIE
April 26	Science of Animals
May 17	Science of Weather
June 14	Science of Food



## General Programming:

### STEM Programs - PSP (10-14 years)

#### Science, Technology, Engineering and Math

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

#### Theme: Sewing

Kids will have the opportunity to develop their own pillowcases, scrunchies, and teddy bears using their sewing techniques that they will learn throughout the course!

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

Dates: Mondays, April 8- May 13

Location: CPAC

Time: 6:15pm-7:15pm

## Cooking:

### Master Chef (10-14 years)

This program offers our young, future chefs a chance to gain age-appropriate experience working with some super tasty foods all while exploring meal prep, various recipes, and baking. They will have the opportunity to learn kitchen safety and come home with a recipe book!

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

Date: Tuesdays, April 16 - May 21

Location: CPAC

Time: 6:30pm-8:00pm

Theme: Grow It and Cook It

## Leadership:

### Jr. Leader Program - PSP

#### 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: 9:00am-4:00pm

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 - PSP (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.

Instructor: Irina Mielecka

Cost: R \$50 / O \$55/ A \$60 \*Book fee \$12

Location: CPAC

Date: Saturday, June 8 | Time: 9:00am-3:30pm

### Red Cross Babysitters Course

#### - PSP (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.

Instructor: Irina Mielecka

Cost: R \$60 / O \$65 / A \$70 \*Book fee \$12

Location: CPAC

Date: Saturday, May 25 | Time: 8:30am-4:30pm



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**NEW HOURS FOR PRO-D DAY CAMPS!\***

Pro-D Camp days are now inclusive of the hours from 7:00am-5:00pm.

Structured programming will occur between 9:00am-4:00pm.

**REGISTRATION FOR ALL CAMPS OPENS:**

**REGULAR MEMBERS (CAF & VETERAN):**

**Monday  
April 8  
at 12:00 pm**

.....

**ORDINARY & ASSOCIATE:**

**Monday  
April 15  
at 12:00 pm**

**PRO D DAY CAMPS:**

Days off 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 out-trips, swimming, outdoor play, and more.

- Mini Seekers Pro-D Day Camps (4-5 Years)**
- Sun Seekers Pro-D Day Camps (6-7 Years)**
- Fun Seekers Pro-D Day Camps (8-9 Years)**
- Adventure Seekers Pro-D Day Camps (10-14 Years)**

LOCATION	DATE	SB61	SB62	SB63	TIME	COST
Colwood Pacific Activity Centre (Westshore)	April 19		X		<b>Camp Day: 7:00-5:00pm</b> Structured camp programming occurs between the hours of	R \$40 / O \$45 / A \$50
	May 17	X	X	X		
Chief and Petty Officers' Mess (Esquimalt)	April 22			X	9:00am-4:00pm	
	May 17	X	X	X		

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

**SUMMER DAY CAMPS:**

**Mini Seekers Summer Camp (4-5 Years)**

\*\*4-year-olds must be starting kindergarten in the fall

Join us for a summer full of adventures, laughter, fun and learning. Each week is matched with a theme with out-trips and activities to fit. Children will explore with crafts, games, outdoor play, weekly swimming, Lake Thursdays, and bus & walking out-trips. Every week will provide your kids with so much fun that they'll want to come back all summer long! More detailed weekly schedules are available closer to the start of Camp dates.

**Location:** Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)  
**Time:** Before Care: 7:00-9:00am, Camp Day: 9:00-4:00pm, After Care: 4:00-5:00pm

Week	Date	Theme	Cost
Week 1	July 2-5* *Tuesday - Friday	<b>Safari Explorers</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 2	July 8 - 12	<b>Scuba Seekers</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 3	July 15 - 19	<b>Space is the Place</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 4	July 22 - 26	<b>A Bug's Life</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 5	July 29 - August 2	<b>Mini Mechanics</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 6	August 6 - 9* *Tuesday - Friday	<b>Green Globes</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 7	August 12 - 16	<b>Wizard Academy</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 8	August 19 - 23	<b>Once Upon a Time</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 9	August 26 - 30	<b>Cars</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24



Week	Date	Theme	Cost
Week 1	July 2-5* *Tuesday - Friday	<b>Rainforest Adventurers</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 2	July 8 - 12	<b>Lost In Space</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 3	July 15 - 19	<b>Enchanted Forest</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 4	July 22 - 26	<b>Deep Divers</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 5	July 29 - August 2	<b>Slimy Seekers</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 6	August 6 - 9* *Tuesday - Friday	<b>Disney Daze</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 7	August 12 - 16	<b>Carnivorous Creatures</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 8	August 19 - 23	<b>Green Handprints</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 9	August 26 - 30	<b>Lego Master</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24

Week	Date	Theme	Cost
Week 1	July 2-5* *Tuesday - Friday	<b>Machines and Motors</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 2	July 8 - 12	<b>Farm Frenzy</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 3	July 15 - 19	<b>Eco-Friends</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 4	July 22 - 26	<b>Inventor's Workshop</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 5	July 29 - August 2	<b>Island Explorers</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 6	August 6 - 9* *Tuesday - Friday	<b>Wish Upon a Star</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 7	August 12 - 16	<b>Cartoons and Comics</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 8	August 19 - 23	<b>Goo and Ooze</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 9	August 26 - 30	<b>Comical Carnival</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24

## Sun Seekers Summer Camp (6-7 Years)

Join us for a summer full of adventures, laughter, fun and learning. Each week is matched with a theme with out-trips and activities to fit. Children will explore with crafts, games, outdoor play, weekly swimming, Lake Thursdays, and bus & walking out-trips. Every week will provide your kids with so much fun that they'll want to come back all summer long! More detailed weekly schedules are available closer to the start of Camp dates.

### Location:

Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)

### Time:

Before Care: 7:00-9:00am  
Camp Day: 9:00-4:00pm  
After Care: 4:00-5:00pm

## Fun Seekers Summer Camp (8-9 Years)

Join us for a summer full of adventures, laughter, fun and learning. Each week is matched with a theme with out-trips and activities to fit. Children will explore with crafts, games, outdoor play, weekly swimming, Lake Thursdays, and bus & walking out-trips. Every week will provide your kids with so much fun that they'll want to come back all summer long! More detailed weekly schedules are available closer to the start of Camp dates.

### Location:

Youth Activity Centre  
721 Galiano Crescent  
(Belmont Park, Westshore)

### Time:

Before Care: 7:00-9:00am  
Camp Day: 9:00-4:00pm  
After Care: 4:00-5:00pm

## Adventure Seekers Summer Camp (10-14 Years)

This camp is jammed packed with daily out trips and escapades. Each day campers will get to experience new and exciting activities especially picked for some of our older adventurers. Your youth will be bound to have a fantastic time. Each week youth will swim and go on bus and daily walking out trips. Past adventures have included: rock climbing, flying squirrel, bowling, laser tag and more! More detailed weekly schedules are available closer to the start of Camp dates.

**Location:**

Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)

**Time:**

Before Care: 7:00-9:00am  
Camp Day: 9:00-4:00pm  
After Care: 4:00-5:00pm

## Top Chef Camp (Varying Ages)

This week will give your children the opportunity to cook away the day. Each day will be filled with basic knowledge surrounding cooking and baking. This small group will cook everything from dessert to hot meals to snacks they can eat on the go. Our leader will pass their Food Safe knowledge on as they supervise the cutting, chopping, blending, and mixing of ingredients in this jammed packed week. Children will also join in on weekly swimming and weekly out trips to round out an amazingly awesome week! Each week will end with the Top Chef shop where all camps will be able to purchase goodies weekly!

**Location:**

Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)

**Time:**

Before Care: 7:00-9:00am  
Camp Day: 9:00-4:00pm  
After Care: 4:00-5:00pm

Week	Date	Theme	Cost
Week 1	July 2-5* *Tuesday - Friday	<b>Interstellar</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$152 / O \$160 / A \$168 After Care: R \$16 / O \$18 / A \$20
Week 2	July 8 - 12	<b>Gaming Gaze</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$200 / A \$210 After Care: R \$20 / O \$22 / A \$24
Week 3	July 15 - 19	<b>Mad Science</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$200 / A \$210 After Care: R \$20 / O \$22 / A \$24
Week 4	July 22 - 26	<b>Amazing Aquatics</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$200 / A \$210 After Care: R \$20 / O \$22 / A \$24
Week 5	July 29 - August 2	<b>Circus Wonders</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$200 / A \$210 After Care: R \$20 / O \$22 / A \$24
Week 6	August 6 - 9* *Tuesday - Friday	<b>Woodworkers</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$152 / O \$160 / A \$168 After Care: R \$16 / O \$18 / A \$20
Week 7	August 12 - 16	<b>Camera Captives</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$200 / A \$210 After Care: R \$20 / O \$22 / A \$24
Week 8	August 19 - 23	<b>Willy Wonka</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$200 / A \$210 After Care: R \$20 / O \$22 / A \$24
Week 9	August 26 - 30	<b>PSP Game Show</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$200 / A \$210 After Care: R \$20 / O \$22 / A \$24

Week / Ages	Date	Theme	Cost
Week 1 Ages 10-14	July 2-5* *Tuesday - Friday	<b>The Food Lab</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$148 / O \$152 / A \$156 After Care: R \$16 / O \$18 / A \$20
Week 2 Ages 7-9	July 8 - 12	<b>Farmers Market Mash</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24
Week 3 Ages 5-7	July 15 - 19	<b>Recipe's Around the Globe</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24
Week 4 Ages 7-9	July 22 - 26	<b>Magic Menu</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24
Week 5 Ages 5-7	July 29 - August 2	<b>Magic Menu</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24
Week 6 Ages 10-14	August 6 - 9* *Tuesday - Friday	<b>Recipe Around the Globe</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$148 / O \$152 / A \$156 After Care: R \$16 / O \$18 / A \$20
Week 7 Ages 7-9	August 12 - 16	<b>Recipes Around the Globe</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24
Week 8 Ages 10-14	August 19 - 23	<b>Farmers Market Mash</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24
Week 9 Ages 10-14	August 26 - 30	<b>Magic Menu</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24

## NEW CORE CAMP – located in Esquimalt

Week	Date	Theme	Cost
Week 1	July 2-5* *Tuesday – Friday	<b>Toy Story</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 3	July 15 - 19	<b>Insects All Around</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 5	July 29 – August 2	<b>Dinosaur Academy</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 6	August 6 – 9* *Tuesday – Friday	<b>Game Zone</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 9	August 26 – 30	<b>Stuck in a Storybook</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24

### Camp Harmony (4-10 years)\*\*

\*\*4-year-olds must be starting kindergarten in the fall

Join us for a summer full of adventures, laughter, fun and learning at our new space located in Esquimalt!

Each week is matched with a theme with out-trips and activities to fit. The wide range of those from 4-10 years are welcomed, and children will explore with crafts, games, outdoor play, weekly swimming, Lake Thursdays, and bus & walking out-trips. Children will be divided into smaller age groups when possible. Every week will provide your kids with so much fun that they'll want to come back all summer long!

**Location:**

Chief and Petty Officers' Mess,  
1575 Lyall Street, Esquimalt

**Time:**

Before Care: 7:00-9:00am  
Camp Day: 9:00-4:00pm  
After Care: 4:00-5:00pm

## SPECIALTY SUMMER CAMPS

Week / Ages	Date	Theme	Cost
Week 1 Ages 7-9	July 2-5* *Tuesday – Friday	<b>Gear 1</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 4 Ages 7-9	July 22 - 26	<b>Gear 2</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 7 Ages 9-14	August 12 - 16	<b>Gear 2</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24

Please note we have changed how we are running this camp. We will be running in a beginner and advanced session. We have suggested ages, however if unsure where to place your child and to ensure the best fit for the program please reach out to us. Please note that drop off or pick up location may vary on some days to maximize the time we have at our local bike parks.

**Bike Camp Gear 1:**

Campers should be off training wheels and have basic handling skills. They should be confident riding their bike for between 30-40 minutes at a time. They have interest in biking, learning basic bike park and trail skills but still want to play around at the park and do some activities.

**Bike Camp Gear 2**

Campers should be off training wheels and have more advanced handling skills. They are comfortable on a bike and can ride between 45-60 minutes at a time. They have interest biking on trails and in the bike park and increasing their skills. They love biking and want to be on the bike more than the other programming.

### Bike Camp (Varying Ages)

Join us for a week filled with biking. Kids will be on bikes for most of the day exploring local bike parks, trails and more. Bikers will learn bike safety and basic bike maintenance, cornering, bike handling, gear shifting and more. Fear not they will not miss out on the camps weekly out trip and swimming. Campers must provide a safe and properly sized bike without training wheels and a helmet for all camps.

**Location:**

Youth Activity Centre, 721 Galiano Crescent  
(Belmont Park, Westshore)  
Drop Off and Pick Up Location may vary

**Time:**

Before Care: 7:00-9:00am  
Camp Day: 9:00-4:00pm  
After Care: 4:00-5:00pm

## Movie Makers

### (Varying Ages)

Join us for a week filled with creative exploration of film. Campers will learn what it takes to create a short video. From story boarding to the creation of props and equipment to creating scripts and then finally filming it, they will do it all. Campers will participate in the weekly swimming and some of the out trips. Campers will get to make their own movie posters and will attend their very own red-carpet screening of their films.

#### Location:

Youth Activity Centre, 721 Galiano Crescent  
(Belmont Park, Westshore)

#### Time:

Before Care: 7:00-9:00am

Camp Day: 9:00-4:00pm

After Care: 4:00-5:00pm

## Outdoor Adventurers

### (Varying Ages)

This camp is for the kiddos who love the slimy and crawlies, the woods, and the beach. They will use the outside surroundings including forests, beaches, and parks as their program space to learn all about nature. Games, crafts, and activities will all be centered on the fun that is had in the great outdoors. Children will also go swimming and participate in some out-trips. Please note this camp will be outside for large portions of the day.

#### Location:

Youth Activity Centre, 721 Galiano Crescent  
(Belmont Park, Westshore)

#### Time:

Before Care: 7:00-9:00am

Camp Day: 9:00-4:00pm

After Care: 4:00-5:00pm

## STEM Camp (Science, Technology, Engineering and Math)

### • PSP (Varying Ages)

Back by popular demand this camp provides kids with the opportunity to explore concepts in a tactile and experiential way. Lots of challenges, activities and development of projects using imagination, trial, and error. Your kids will love this camp because they get to build, break, and make with their hands and minds. Campers will participate in weekly swimming, Lake Thursdays and more. Each week they will be working towards one larger project but will leave with many projects in hand.

#### Location:

Colwood Pacific Activity Centre, 2610 Rosebank Road  
(Westshore)

#### Time:

Before Care: 7:00-9:00am

Camp Day: 9:00-4:00pm

After Care: 4:00-5:00pm

Week	Date	Theme	Cost
Week 2 Ages 9-14	July 8 - 12	<b>Creepy Creations</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$195 / A \$200 After Care: R \$20 / O \$22 / A \$24
Week 5 Ages 7-9	July 29 - August 2	<b>PSP Studios</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$195 / A \$200 After Care: R \$20 / O \$22 / A \$24
Week 8 Ages 5-7	August 19 - 23	<b>Lights, Camera, and Action!</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$195 / A \$200 After Care: R \$20 / O \$22 / A \$24

Week	Date	Theme	Cost
Week 3 Ages 5-7	July 15 - 19	<b>Into the Unknown</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 6 Ages 7-9	August 6 - 9* *Tuesday - Friday	<b>Underwater Expeditions</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$140 / O \$148 / A \$152 After Care: R \$16 / O \$18 / A \$20
Week 9 Ages 5-7	August 26 - 30	<b>Playful Plants</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24

Week	Date	Theme	Cost
Week 1 Ages 7-9	July 2-5* *Tuesday - Friday	<b>Team Technicians</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$152 / O \$156 / A \$160 After Care: R \$16 / O \$18 / A \$20
Week 4 Ages 5-7	July 22 - 26	<b>Coral Circuits</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$195 / A \$200 After Care: R \$20 / O \$22 / A \$24
Week 7 Ages 9-14	August 12 - 16	<b>Explosive Excursions</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$190 / O \$195 / A \$200 After Care: R \$20 / O \$22 / A \$24

Week	Date	Theme	Cost
Week 2 Ages 5-7	July 8 - 12	<b>Outdoor Oasis</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 5 Ages 9-14	July 29 - August 2	<b>Plants vs Zombies</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 8 Ages 7-9	August 19 - 23	<b>Radical Reusable</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24

Week	Date	Theme	Cost
Week 3 Ages 9-14	July 15 - 19	<b>Disney Dance</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24
Week 6 Ages 5-7	August 6 - 9* *Tuesday - Friday	<b>Surf's Up</b>	Before Care: R \$24 / O \$26 / A \$28 Camp Day: R \$148 / O \$152 / A \$156 After Care: R \$16 / O \$18 / A \$20
Week 9 Ages 7-9	August 26 - 30	<b>Time Travelers</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$185 / O \$190 / A \$195 After Care: R \$20 / O \$22 / A \$24

Week	Date	Theme	Cost
Week 2 Ages 7-9	July 8 - 12	<b>Out of this World</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 4 Ages 9-14	July 22 - 26	<b>Slimy Monsters</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 7 Ages 7-9	August 12 - 16	<b>Pirates at Play</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24
Week 8 Ages 9-14	August 19 - 23	<b>Dive into the Sea</b>	Before Care: R \$30 / O \$32 / A \$34 Camp Day: R \$175 / O \$185 / A \$190 After Care: R \$20 / O \$22 / A \$24

## Nature Adventures

### (Varying Ages)

This camp is for the kiddos who love the slimy and crawlies, the woods, and the beach. They will use the outside surroundings including forests, beaches, and parks as their program space to learn all about nature. Games, crafts, and activities will all be centered on the fun that is had in the great outdoors. Children will also join in on weekly swimming and weekly out trips to round out an amazingly awesome week!

#### Location:

Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)

#### Time:

Before Care: 7:00-9:00am

Camp Day: 9:00-4:00pm

After Care: 4:00-5:00pm

## Dance Camp

### (Varying Ages)

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

#### Location:

Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)

#### Time:

Before Care: 7:00-9:00am

Camp Day: 9:00-4:00pm

After Care: 4:00-5:00pm

## Sports and Splash Camp • PSP

### (Varying Ages)

This camp provides your child with a week filled of fun splashing and outdoor sports! Outdoor sports such as golf, soccer, Frisbee golf, biking and more. This camp will also go on walking out-trips, bus out-trips as well as daily water play and pool play to keep the kids nice and cool. Please note this camp will be outside majority of the day.

#### Location:

Chief and Petty Officers' Mess, 1575 Lyall Street, Esquimalt

#### Time:

Before Care: 7:00-9:00am

Camp Day: 9:00-4:00pm

After Care: 4:00-5:00pm

## Leadership:

### Leader in Training • PSP

(Ages 11+)

Do you have an interest in working for PSP Recreation in the future? Do you want to have a blast like Adventure Seekers but learn all that it means to be a Jr. Leader? Join our Leader in Training program! This 2-week program has all the fun of our Adventure Seekers camp with out-trips, games, activities but the bonus of learning about leadership, programming, and safety. This program prepares everyone during week 1 and in week 2 we will have our leaders enter other camps and help lead activities and work amongst our amazing staff.

All leaders in training will graduate from the program with letter of recommendation and feedback. This program must be completed to be a Jr. Leader in our programming in the future. Your kids can do this program all summer if they want as they will learn and have fun with new games, themes, and activities each session.

**Location:**

Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)

**Time:**

Before Care: 7:00-9:00am

Camp Day: 9:00-4:00pm

After Care: 4:00-5:00pm

### Jr. Leader Program • PSP

(Ages 11+ 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.

Varies depending on which camp you are assigned to - most are based out of the Westshore locations

To participate please email

recreationcpac@forces.gc.ca

ATTN: Children and Youth Programs Supervisor

**Time:**

Camp Day: 9:00-4:00pm

Date	Cost (for 2 week session)
Session 1: Week 2: July 8-12 Week 3: July 15-19	Before Care: R \$60 / O \$64 / A \$68 Camp Day: R \$385 / O \$395 / A \$400 After Care: R \$40 / O \$44 / A \$48
Session 2: Week 4: - July 22-26 Week 5: July 29-August 2	Before Care: R \$60 / O \$64 / A \$68 Camp Day: R \$385 / O \$395 / A \$400 After Care: R \$40 / O \$44 / A \$48



Date	Cost
Available Week 1 - 9	\$75/week *Cost covers out-trips, staff shirt, swimming each week and additional resources



## Shotokan Karate

### Shotokan Karate Combo Class

• PSP

#### Adult and Children 7+ years

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

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

Beginners are always welcome throughout the year.

### Naden Athletic Centre (NAC)

• PSP

#### Course Code: MAR242512405S

Dates: Apr 3 - Jun 26 (24 sessions)

\*No session Monday, May 20

Time: Monday & Wednesdays, 6:30 pm - 8:00 pm

Adult: R \$168 / O \$192 / A \$216

Child: R \$168 / O \$144 / A \$120

#### Course Code: MAR242512405SU

Dates: Jul 3 - Aug 28 (16 sessions)

\*No session Monday, Aug 5

Time: Monday & Wednesdays, 6:30 pm - 8:00 pm

Adult: R \$112 / O \$128 / A \$144

Child: R \$80 / O \$96 / A \$112

### Colwood Pacific Activity Centre (CPAC) •PSP

#### Course Code: MAR242512406S

Dates: Apr 2 - Jun 27 (26 sessions)

Times: Tuesday/Thursday, 6:30 pm - 8:00 pm

Adult: R \$182 / O \$208 / A \$234

Child: R \$130 / O \$156 / A \$182

## 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.

## Additional Advanced Training

• PSP

Location: Naden Athletic Centre

Dates: Apr 5 - Jun 29 or

Dates: Jul 5 - Aug 31,

Free of Charge for those registered in NAC or CPAC sessions. Registration is required.



### SALES & SERVICE

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**1658 Old Island Hwy**

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HMCS Ottawa and HMCS Vancouver conduct Officer of the Watch maneuvers as the two ships conduct training in the Pacific Ocean. Photo: Aviator Gregory Cole



## Social Nights with PSP

### Paint it! - PSP

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 Officer's Mess.

**Location:** Chief and Petty Officers' Mess

**Instructor:** Behni Moosavi-Shalmani

**Dates:** Wednesdays

**Time:** 6:00pm - 8:00pm

**Cost:** \$35 per session



April 17



May 22



June 19

### Paint it! Parties - PSP

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 Kamma.Frederick@forces.gc.ca

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

### Drop In Basketball for WTNB

- PSP

**(Women, Trans and Non-Binary People)**

**(16+ years old)**

Emphasis on inclusion and access to sport; players range from beginner to ex-college-varsity. Every night starts with sharing names and pronouns. If you self identify as any of WTNB you are welcome; there is no minimum standard of femininity. Please bring a reversible jersey or a black and a white shirt (helps make teams). See photos and videos of recent nights on instagram @southislandbasketball

**Location:** NAC Upper Gym \*Court

**Location Subject to change**

**Dates:** Tuesday 7:00-9:00 pm

**Drop in Fee:**

**Adults (19+) \$6.25**

**Youth (16-18) \$5.00**

■ = MFRC ■ = PSP

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**.

Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

### Register for any of the following MFRC Adult Programs

by visiting [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)



### Register for any of the following PSP Adult Programs

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

You can also SAVE TIME and MONEY by registering ONLINE at [bkk.cfmws.com/esquimaltpub/](http://bkk.cfmws.com/esquimaltpub/)

Refund Guidelines for all Adult Programs:

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

## Personal Training

### Personal Training Packages

- PSP

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

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

### One on One Private Training Sessions - PSP

**(1 hour)**

**\$50 for 1 session**

**\$150 for 3 sessions**

**\$225 for 5 sessions**

**\$399 for 10 sessions**

### Semi-Private Training Sessions - PSP

**(1 hour / 2 - 6 people)**

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

**\$36 per person for 1 session**

**\$108 per person for 3 sessions**

**\$170 per person for 5 sessions**

**\$299 per person for 10 sessions**

## Health and Fitness

### Play FUN Pickleball with certified coach Chris Z • PSP

These sessions are designed for EVERYONE from first time players up to “advanced beginners.” Register with your friends or come as a single - you will participate in a gentle mix of coaching and games and have a GREAT TIME! Maximum 10 participants, and all equipment provided. Please bring your own water bottle!

Cost: R \$129 / O \$140 / A \$150

Location: CPAC

Instructor: Chris Zatylny

Time 6:00-8:00 pm

Session Dates

Mondays Apr 8 – May 6

Mondays May 13– Jun 17

\*No Session Mon 20 May

Wednesdays Apr 3 – May 8

\*No Session Wed 17 April

Wednesdays May 22 – Jun 19

### Pickleball Lessons – Bring Your Own Group! • PSP

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.

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

Location: CPAC

Instructor: Chris Zatylny

Class size: up to 12 people

### Pickleball Parties • PSP

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

### ■ = MFRC ■ = PSP

Please note that MFRC programs are listed in BLUE and PSP programs are listed in RED.

Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

### All Levels Yoga • PSP

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

Tuesdays, 6:30-7:30pm

Session Dates Cost

Apr 16– Jun 20\* R \$89 / O \$99 / A \$108

\*No Session May 21

Jul 2– Aug 27 R \$89 / O \$99 / A \$108

### Intermediate Yoga – • PSP

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

Location: CPAC

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

Thursdays, 6:30-7:30pm

Session Dates Cost

Apr 18– Jun 22 R \$99 / O \$110 / A \$120

Jul 4– Aug 29 R \$89 / O \$99 / A \$108

### Learn to Run Clinic • PSP

This 10 Week Running Clinic will take you from “Couch to 5K” in preparation for the CFB Esquimalt Navy Run! The sessions will gradually shift from waking to running using an interval-based approach.

Participants must be able to walk 5km comfortably to be suitable for this clinic. Registration to participate in the Navy Run 5k is included in the fee. Code will be provided upon completion of the clinic.

Location: Naden Athletic Centre Lobby

Dates: Mondays, 6:00pm

Apr 8 – Jun 10\*

\*No Session May 20

Cost per session: R \$80 / O \$85 / A \$90

### Family Fitness: (All Ages) • PSP

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.

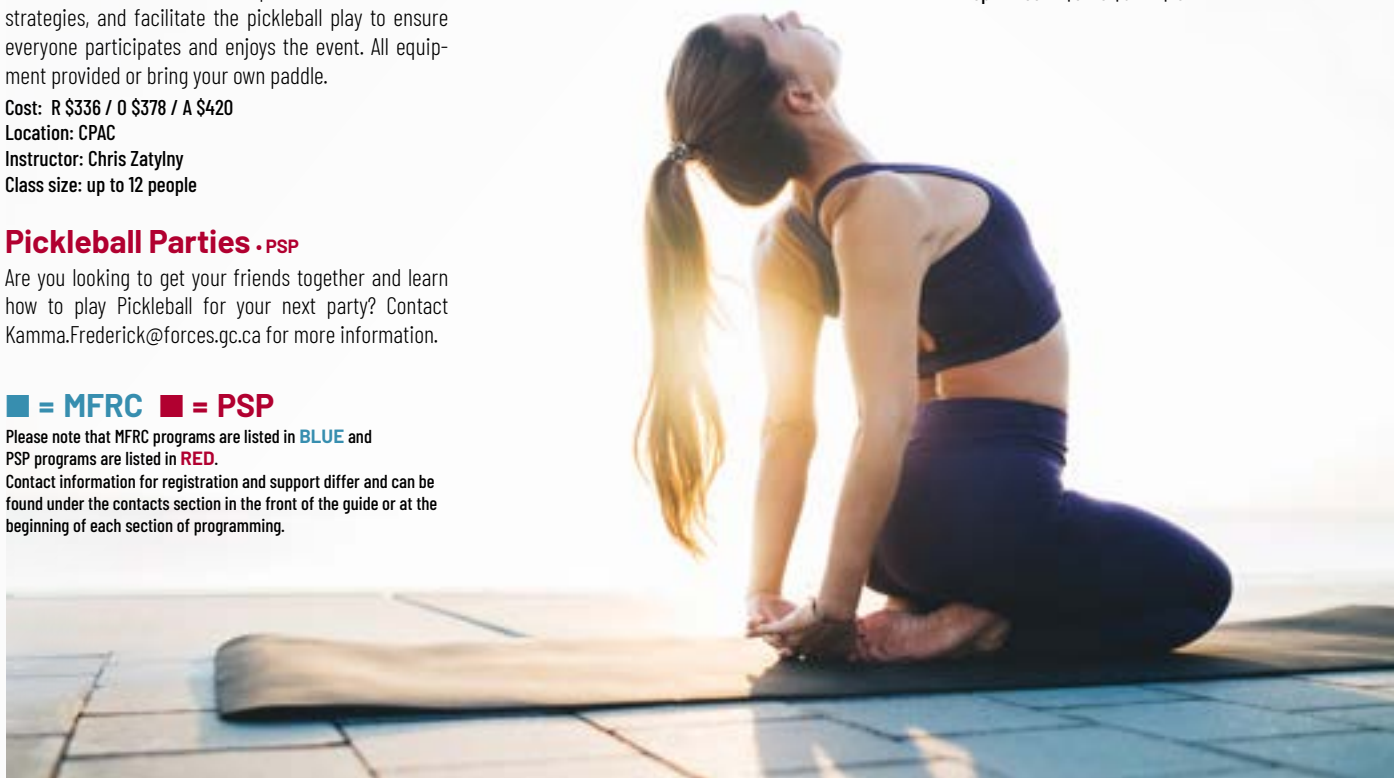
Location: CPAC

Dates: Mondays, 9:15-9:45am

April 8–June 3 \*No session May 20

Cost per session: R \$35 / O \$42 / A \$49

Drop-In Fee: R \$6 / O \$8 / A \$10



# Resources & Services During Absences

## Family Networks

Family Networks are a great way to connect with other families going through the same experience. Participate in social activities and get the latest information and updates on your military member's deployment or work-related absence. Register with us to receive deployment and work-related absence support by becoming a part of your Family Network's email distribution list, connecting with the MFRC local to you, and/or receiving support in French. For more information, scan the QR code.



## 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 [cfmws.ca/esquimalt/mfrc](http://cfmws.ca/esquimalt/mfrc).

## Family Network Facebook Groups

Be sure to join your Family Network's Facebook Group! These private groups are a great space for you to build friendships and community with other families and friends connected to the same unit, which in turn helps support your military members. Check out our website at [cfmws.ca/esquimalt/mfrc-family-networks](http://cfmws.ca/esquimalt/mfrc-family-networks) for more information on our Family Networks:

- 443 Squadron
- HMCS Calgary
- HMCS Max Bernays
- HMCS Ottawa
- HMCS Regina
- HMCS Vancouver
- HMCS Winnipeg
- MV Asterix
- MCDVs: HMCS Brandon, HMCS Edmonton, HMCS Nanaimo, HMCS Saskatoon, HMCS Whitehorse, and HMCS Yellowknife
- Submarines: HMCS Chicoutimi, HMCS Corner Brook and HMCS Victoria

## Absence Support

Can't find your military member's unit in the above list, but you are experiencing an absence (deployment, course, exercise, overseas, Imposed Restriction, etc.)? Register yourself at <https://connect.esquimaltmfrc.com/deployment/> to receive information on resources and services available to you and your family.

## 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). Check out our How to Send Morale Mail webpage for more information.

## Pre-Deployment Briefings for Deploying Ships

This is an opportunity to learn more about the ship's mission, resources for loved ones and pre-deployment preparation information for the family and member. Speakers will include the Command Team, MFRC, AJAG, Fleet Mail Office, Medical and Pay. Watch your Family Network page on our website for details and registration information.

## 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 Preparing for Deployment & Absence Resources webpage.

## Pre-Deployment and Absence Workshop & Return and Reintegration Workshops

The MFRC schedules deployment and absence workshops based on the Operation Schedule – however we can offer workshops for smaller units/deployments based on requests and interests. Contact [kathleen-cormie@emfrc.com](mailto:kathleen-cormie@emfrc.com) to inquire.

## 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

• MFRC

Check out previously recorded deployment & absences workshops on [cfmws.ca/esquimalt/deployment-support-in-esquimalt](http://cfmws.ca/esquimalt/deployment-support-in-esquimalt)

## Return & Reintegration Resources

Is your family member or friend currently deployed/away for work-related reasons and returning home soon? Check out our Preparing for Homecoming Resources page on our website for some tips and tricks to help you prepare for the return of your military member.

## Banner Making Kits

Let the MFRC assist you in preparing for your loved one's homecoming by supplying you with all the materials needed to make welcome home banners and decorations. Email [absence.support@esquimaltmfrc.com](mailto:absence.support@esquimaltmfrc.com) to reserve your kit and arrange a pickup time during regular business hours from either our CPAC or Signal Hill MFRC location.

## Children's Deployment and Absences

For children's deployment and absences resources and services, please check out the Early Years and School Age sections on pages 15-17.

■ = MFRC ■ = PSP

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**.

Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

## Community Integration

### Welcome to CFB Esquimalt

Learn about the benefits and challenges of living in the Greater Victoria Area and Westshore. This online presentation will explore local resources and services to aid in your relocation and integration on this beautiful island. Register online.

**Cost: FREE**

**Location: Zoom**

**Wed May 8**

**12 - 1 pm (Pacific Time)**

### 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.

**Cost: FREE**

**Location: CPAC/Virtual**

**Thur Apr 4 - Jun 20**

**6:00 - 8:00 pm**

### French as a Second Language – Rosetta Stone

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

### Employment and Education Support

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

### Employment Workshop Recordings

Follow us on Social Media to keep up to date on Employment Workshops and Program offerings.

Check out previously recorded employment workshops at <https://cfmws.ca/esquimalt/greater-victoria-and-area-job-links>

### 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/>

### MFRC Information Line

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

### Military Family ID Card

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

#### **MFID Checklist:**

- CAF member must be present to sign the card at the time of issue
- MPRR with family member listed must be presented to MFRC Staff
- Family member must be present for MFID photo and to sign the card

### Welcome Resources

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

In it, you will receive:

- Accessing Health Care Book
- Area maps including bike and trail maps
- Visitor guides for the Greater Victoria area
- MFRC swag, military families' discounts from local businesses and more!
- Many resources, including comprehensive information for all newcomers to CFB Esquimalt and Greater Victoria, are available online at [www.cfmws.ca](http://www.cfmws.ca).

■ = MFRC ■ = PSP

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Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.



## Social and Mental Wellness Resources and Services

### Wellness Wednesdays

The Family Wellness and Counselling Team is pleased to offer a monthly evening of relaxation and fun. Using nature, mindfulness, gentle movement and creativity, we will explore tips, tools, and strategies to enhance our mental, physical and spiritual health in an interactive group setting. Come on your own, with a friend, or family member. [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)

### Wellness Wednesdays Rest and Restore

#### (Adult Workshop)

Guided meditation, gentle movement and sound bath will be offered to cultivate and support deep relaxation.

Cost: FREE

Location: CPAC

Wed Apr 24

6:00 – 8:00 pm

### Wellness Wednesdays Family Forest Fun

#### (Westshore)

Nature-Based programming for the whole family, including a scavenger hunt, games and dinner.

Cost: FREE

Wed May 22

6:00 – 8:00 pm

### Wellness Wednesdays Family Forest Fun (Esquimalt)

Nature-Based programming for the whole family, including a scavenger hunt, games and dinner.

Wed Jun 12

6:00 – 8:00 pm

### FamilySmart Presentation on Anxiety and Isolation in Youth

Parenting when our kid's anxiety leads to social isolation is hard for everyone. A parent and counsellor talk about what anxiety and social isolation are, what it can look like and feel like for our kids and at home, strategies families can try, and how important it is to connect with our children before doing the hard work of trying new things. Watch a video with us and come together with other families for a facilitated discussion by a FamilySmart Parent Peer Support Worker and an MFRC Social Worker.

Registration through <https://familysmart.ca/>

(Remember to check out other FamilySmart events and online resources)

Cost: FREE

Location: CPAC

Wed Apr 17

6:00 – 7:30 pm

### SafeTalk For Youth and Parents

LivingWorks safeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. Using a simple yet effective model, LivingWorks safeTALK empowers everyone to make a difference. This valuable training is suitable for teens ages 15+. Youth and anyone supporting military youth are encouraged to take advantage of this valuable free training.

Cost: Free

Location: YAC: 720 Galiano Crest

Sat May 4 10:00am – 2:30pm

### 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](mailto:intake@emfrc.com).

### Short-term Counselling

Individuals, couples and families can access short-term counselling sessions at the MFRC in a confidential atmosphere of support. Registered social workers and counsellors provide support with stress, relationship issues, parenting challenges, the military lifestyle and much more. The MFRC offers quality referrals to outside counselling resources and specialized support services. Sessions can be done on-site or virtually 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](mailto: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](http://www.strongestfamilies.com) or call the MFRC intake line at 778-533-7736 or [intake@emfrc.com](mailto:intake@emfrc.com) for more information.

### 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](http://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](mailto:intake@emfrc.com) if you have any questions or desire support to create your plan.

### 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.

■ = MFRC ■ = PSP

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**.

Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.



## Veterans

### Veteran Family Program

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

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

### 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 and Military 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 Military and 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. Registration is open to all who support members of the military and military family community. First come, first serve.

**Cost:** FREE

**Location:** Virtual  
**Jun 2024 (TBD)**

Contact: kaitlynlariviere@emfrc.com for more details or to register.

## Francophone

### Cours de langue seconde .

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

**Gratuit**

**Lieu :** Virtuel/CPAC

**Jeu** 4 avril - 20 juin

18h00-20h00

## 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.

### 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.

■ = MFRC ■ = PSP

Please note that MFRC programs are listed in **BLUE** and PSP programs are listed in **RED**.

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## Programs available in Spring/Summer 2024

### \*Managing Angry Moments

(MAM)

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

(course includes all four sessions)

June 13, 20, 27 & July 4

8:30 am - 12:00 pm

### \*Mental Fitness & Suicide Awareness for Supervisors

(Mite 119531)

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

April 8, 8:30 am - 4:00 pm OR

May 13, 8:30 am - 4:00 pm OR

June 10, 8:30 am - 4:00 pm OR

July 15, 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.

April 17, 8:30 am - 4:00 pm OR

May 15, 8:30 am - 4:00 pm OR

June 19, 8:30 am - 4:00 pm OR

July 24, 8:30 am - 4:00 pm OR

August 21, 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.

(course includes all four sessions)

May 9, 16, 23 & 30, 8:30 am - 12 noon

OR

July 11, 18, 25 & August 1, 8:30 am - 12 noon

■ = MFRC ■ = PSP

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## Health Promotion Programs

**Strengthening the Forces offers Health Promotion Programs designed to assist Canadian Forces members, their spouses, and civilian employees to take control of their health and well-being. Maintaining a high level of health improves ones 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.

## Aquatics Registration

REGISTRATION OPENS APRIL 2

REGISTER ONLINE for any of the following Aquatic Programs!

If you require additional support, feel free to drop by or call our kiosk staff at the Naden Athletic Centre 250-363-5677!

AQUATIC PROGRAM REFUND POLICY

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

## Swimming Lessons

### PRIVATE SWIMMING LESSONS

• PSP

Do you or your child want to improve a skill, need extra help passing a level or find one on one settings better? Private Swimming Lessons are the program for you. This program is for Children and Adults and the instructor will work with you to help you meet your goals. Private lessons will take place on Tuesdays 4:30pm - 7:00pm. Lessons will be scheduled in 30-minute sessions.

Location: Naden Athletic Centre Pool  
4:30pm - 7:30pm  
Tuesdays, April 16 - June 11 (9 classes)

Cost:  
\$200 - Single Person  
\$250 - Semiprivate - Swimmers must be at the same swimming level and for children must be within 2 years of age.

### GROUP SWIM LESSONS • PSP

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

Location: Naden Athletic Centre Pool  
4:30pm - 7:30pm  
Dates: Tuesdays, April 16 - June 11  
Thursdays, April 18 - June 13

■ = MFRC ■ = PSP

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Contact information for registration and support differ and can be found under the contacts section in the front of the guide or at the beginning of each section of programming.

## SWIM FOR LIFE PRESCHOOL (3-5YRS OLD) SWIM LESSONS SCHEDULE

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

Class	Day	Dates	Time	Requirements
Octopus	Tuesday	April 16-June 11	4:30-5:00pm	These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater
	Thursday	April 18-June 13	4:30-5:00pm	
	Thursday	April 18-June 13	6:00-6:30pm	
Crab	Tuesday	April 16- June 11	5:30-6:00pm	These preschoolers learn to jump into chest-deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.
	Thursday	April 18-June 13	6:30-7:00pm	
Orca	Thursday	April 18-June 13	5:00-5:30pm	These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back
Sea Lion	Thursday	April 18-June 13	5:30-6:00pm	Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do side-ways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side

\*Cost is broken down into 3 different categories Regular (R) - Active Military Members, Foreign Fighters, Veterans and their immediate families; Ordinary (O) - DND Civilians, Staff of the Non-Public, MFRC, DRDC and DCC, RCMP and their immediate families; Associate (A) - anyone who does not qualify above





## SWIM FOR LIFE SWIMMER (5+ YRS OLD) LESSON SCHEDULE

Cost R \$60 / O \$65 / A \$70 for 30 Minute Class | Cost R \$70 / O \$75 / A \$80 for 45 Minute Class

Class	Day	Dates	Time	Requirements
Swimmer 1	Tuesday	April 16-June 11	5:00-5:30pm	These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.
	Thursday	April 18- June 13	5:00-5:30pm	
	Thursday	April 18- June 13	5:30-6:00pm	
Swimmer 2	Tuesday	April 16-June 11	6:00-6:30pm	Skills include jumping into deeper water and comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to interval training
	Thursday	April 18- June 13	4:30-5:00pm	
Swimmer 3	Tuesday	16 April - June 11	6:30-7:15pm	These junior swimmers will dive and do in water, front somersaults, and handstands. They'll work on 15 m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
	Thursday	April 18- June 13	6:00-6:45pm	
Swimmer 4	Thursday	April 18- June 13	6:45-7:30pm	Skills include 5 m underwater swim and lengths of front crawl, back crawl, whip kick, and breaststroke arms with breathing. Also includes the completion of the Canadian Swim to Survive® Standard and front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.



## POOL SCHEDULE: APRIL - AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
06:00 - 07:30 Lap / Swim Clubs	06:00 - 07:30 Lap Swim	06:00 - 07:30 Laps Swim/Clubs	06:00 - 07:30 Lap Swim	06:00 - 07:30 Laps Swim/Clubs	BOOKINGS ONLY
07:30 - 11:00 Military Training					
11:00 - 13:00 Everyone Welcome	11:00 - 13:00 Lengths & Leisure	11:00 - 13:00 Everyone Welcome	11:00 - 13:00 Lengths & Leisure		
	12:05 - 12:50 Aqua Fit		12:05 - 12:50 Swim skills		
13:00 - 16:00 Military Training					
16:30 - 20:00 Everyone Welcome					
	1630 - 1900H Swim Lessons **		1630 - 1900H Swim Lessons **		

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

\*\*No Swim Lessons in July or August

# 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



From left to right: Holly, Darren, Geoff, Eva, Courtney, and Jodi.

Let's Talk. 250.744.5551 (office) [geoff@mcleanrealestategroup.ca](mailto:geoff@mcleanrealestategroup.ca) [mcleanrealestategroup.ca](http://mcleanrealestategroup.ca)



A member onboard MV Asterix dressed up for Halloween observes USS Shoup approaching for a Replenishment at Sea (RAS) in the East China Sea, on October 31, 2023.

Photo: Master Sailor (MS) Marilou Villeneuve-Last



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## Swim Descriptions

### Laps / Swim Club • PSP

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

Leisure Pool, Hot Tub, and Steam Room open to general admission. One lane open for public swimming.

### Lap Swim • PSP

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

### Lengths and Leisure • PSP

3 lanes will be open for swimming lengths and the other 2 lanes will be open for leisure swimming.

Hot tub, Steam Room and Leisure Pool open

### Everyone Welcome Swim • PSP

Bring the family and come swim, splash, and enjoy 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.

### Aqua Fit • PSP

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

### Swim Skills • PSP

This class has an area for working strictly on your swimming skills and other lanes open to complete a swim work out with a trained instructor overseeing to help with your technique.

### Swim Lessons • PSP

This is a registered program. See swim lesson descriptions, times and requirements starting on page 38.

### Military Training • PSP

For bookings please contact the facility coordinator at 250-363-4213



# CANWEST REGIONAL AND CF NATIONAL SPORTS CHAMPIONSHIP SCHEDULE 2024

\*Schedule subject to change

SPORT	CANADA WEST	NATIONAL
<b>Slo-Pitch (M+W)</b>	TBD June Edmonton	Sept. 8-12 Borden
<b>Golf (M+W)</b>	TBD June Edmonton	TBD Aug. Shilo
<b>Soccer (M)</b>	TBD Aug. Wainwright	22-27 Sept. 2024 Borden
<b>Soccer (W)</b>	TBD Aug. Comox	22-27 Sept. Borden
<b>Grappling</b>	TBD Oct. Edmonton	N/A
<b>Hockey (W)</b>	Jan 28 - Feb 2 Edmonton	Feb. 23-29 Borden
<b>Hockey (OT)</b>	Jan 28 - Feb 2 Wainwright	Mar. 23-28 Borden
<b>Hockey (M)</b>	Jan. 15-19, Edmonton	Mar. 3-9 Shilo
<b>Basketball (M+W)</b>	Feb. 12-17 Moose Jaw	TBD May Petawawa
<b>Volleyball (M+W)</b>	Feb. 11-16 Winnipeg	Apr. 14-18 Borden
<b>Badminton</b>	N/A	N/A
<b>Squash</b>	N/A	N/A
<b>Powerlifting</b>	Virtual TBD	N/A
<b>Running</b>	N/A QF Deadline Feb. 22	May 24-26 Ottawa
<b>Swimming</b>	N/A QF Deadline Feb. 7	Mar. 22-24 Toronto
<b>Triathlon</b>	N/A QF Deadline May 14	Jul. 6 Gatineau

## For information regarding any sporting events, please contact:

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

**Contact PSP Sports: Esq.sports@forces.gc.ca**

## Badminton/Squash

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

### Contact

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

Squash: CP01 King (timothy.King2@forces.gc.ca)

## Ball Hockey

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

### Contact

P01 Curtis Gillies (Curtis.gillies@forces.gc.ca)

## 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)

## Golf

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

### Contact

PSP Sports (esq.sports@forces.gc.ca)

## Grappling

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

### Contact

P02 Lee Thibault (Lee.Thibault@forces.gc.ca)

## 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.

### Contact

#### Men

P01 Curt Gillies (Curtis.Gillies@forces.gc.ca)

#### Women

Cpl Breanna Leef (breeplett@hotmail.com)

#### Old Timers

CP02 Michael (Rob) Tibbetts  
(michael.tibbetts@forces.gc.ca)

## Slo-Pitch – Men's and Women's

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

### Contact

#### Men

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

#### Women

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

■ = MFRC ■ = PSP

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## 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 2021 season.

For more information on Running qualifying times contact the Sports Office 3-4068/4069

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

## Soccer - Men's and Women's

The teams participate in civilian league play and practice to compete at the Canada West Regional Championships in the summer. Both teams won CW Regionals and attended Nationals in 2023. The Men's and Women's teams are currently practicing and are always looking for interested players!

### Contact

#### Men

CP02 Poirier-Potvin (Pierre-luc.poirier-potvin@forces.gc.ca)

#### Women

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

## Powerlifting

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

### Contact

Cpl Ryan Kelly (ryan.kelly6@forces.gc.ca)

## 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!

### Contact

#### Women

LCdr Noelani Shore (noelani.shore2@forces.gc.ca)

#### Men

Jeremiah Smith (jeremiahthomasw@gmail.com)

## Swimming

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

### Contact

Cdr Iain Meredith (Iain.Meredeth@forces.gc.ca)

Follow us on Instagram @Esq\_Tritons

Visit our website: [www.cafconnection.ca/Esquimalt/Adults/For-Military-Personnel/Sports.aspx](http://www.cafconnection.ca/Esquimalt/Adults/For-Military-Personnel/Sports.aspx)

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

## 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** PSP - [esq.sports@forces.gc.ca](mailto:esq.sports@forces.gc.ca)

Qualifying times see chart right

Race Distances Age Categories	Olympic		Sprint	
	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	3:10:00	1:25:00	1:30:00
45-49	3:00	3:10:00	1:30:00	1:35:00
50-54	3:00	3:20:00	1:40:00	1:45:00
55 & Over	3:20:00	3:40:00	1:50:00	1:55:00

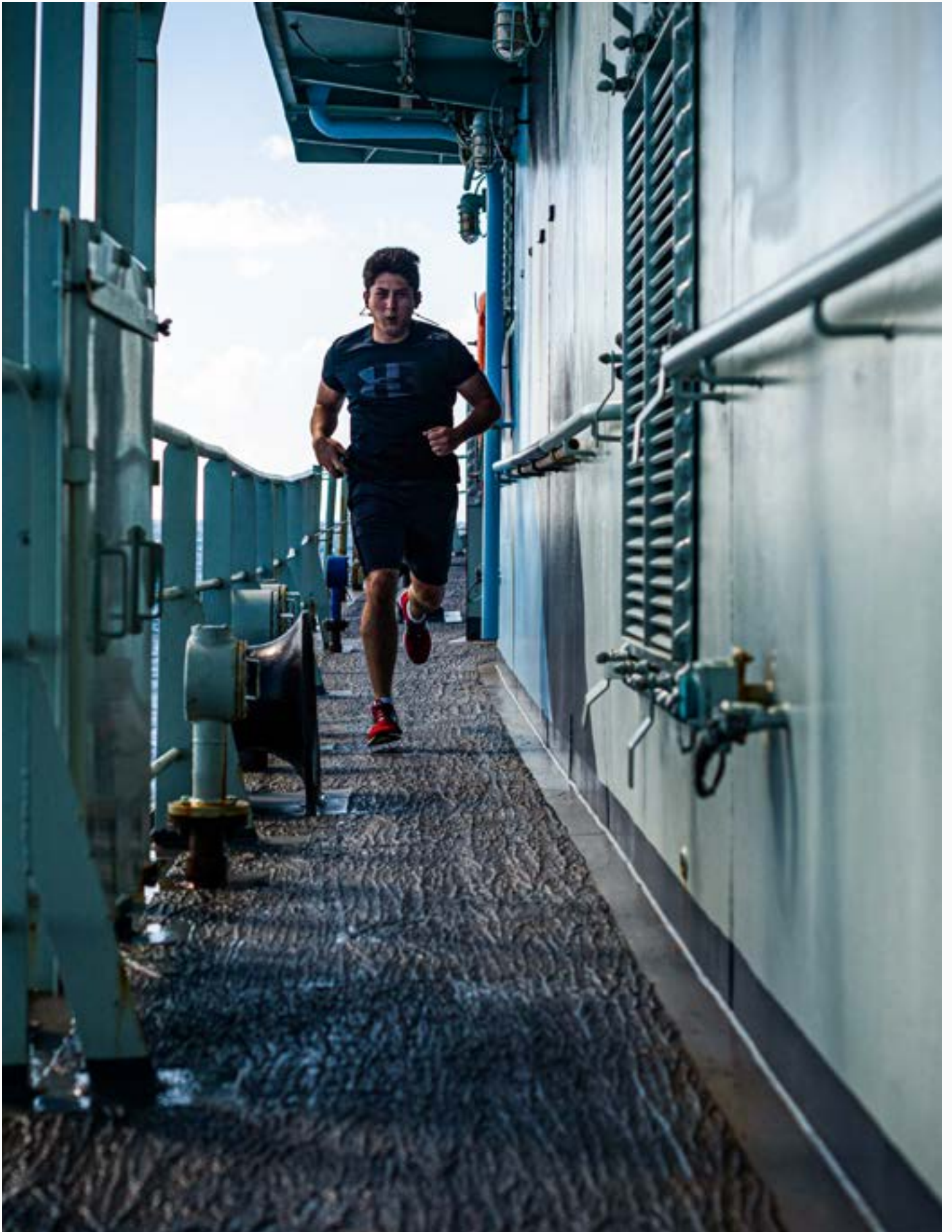


Photo: Op Caribbe Imagery Technician, HMCS Moncton, Canadian Armed Forces photo

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.

**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.

### \*Upcoming Registered Class\*

#### Advanced Learn to Train:

Do you want to learn how to train for special forces selection? Do you want to learn how to lift, swim, ruck, run and recover from exercise at an advanced level? If you're looking to improve your physical performance by understanding the fundamentals of strength and conditioning, contact Eric.Coppick@forces.gc.ca

Minimum two 1-hour sessions/week,

for 8-12 weeks

Each participant must have approval from CoC

## NADEN ATHLETIC CENTRE FITNESS SCHEDULE (NAC (N88))

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

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

#### FORCE PT (Total Body Workout):

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

#### Spin:

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

#### Functional Strength:

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

#### Aquafit:

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

#### Swim Skills:

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

#### Mobility:

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

## CONTACT INFORMATION NAC & Dockyard

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

## PSP Club Contact List

### Aquarius Dive Club

aquariusediveclubesquimalt@gmail.com

### Auto Hobby Club

CFBEsqAutoClub@gmail.com

250-480-0191 for booking

### Golf Association

web site at [www.cfbega.ca](http://www.cfbega.ca)

### Kayak Club

info@pfkc.ca

### CFB Esquimalt Model Railway Club

778-677-1953

p.boucher@telus.net

### CFSA Sailing

commodore@cfsaesq.ca

### Naden Hockey Club

nadenhockeyclub@gmail.com

[www.nadenhockeyclub.com](http://www.nadenhockeyclub.com)

### CFB Esquimalt Power Boat Club

250-360-0905

president@boatclub.ca

### Work-Point Garden Club

workpointgardenclub@gmail.com

### CFMETR Boat Club

cfmetr.boatclub@gmail.com

### CFB Esquimalt Sports Shooting Club

info.esquimaltsportshootingclub@gmail.com

### AQUARIUS DIVE CLUB

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

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

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

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

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

Find out more:

[www.aquariusediveclub.com](http://www.aquariusediveclub.com)

[www.facebook.com/groups/aquariusediveclub](http://www.facebook.com/groups/aquariusediveclub)

[aquariusediveclubesquimalt@gmail.com](mailto:aquariusediveclubesquimalt@gmail.com)

### Auto Club

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 vehi-

cle hoist, work bench and common tools. The outdoors compound provides members, with a fee, a fenced off long term project storage and space to work outdoors. Lastly, our new motorcycle sea can have two movable motorcycle hoists and specific motorcycle tools.

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

#### Address:

410 Macauley St, Victoria, BC V9A 5Y3

#### Hours of Operations:

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

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

#### Contact:

CFBEsqAutoClub@gmail.com

250-480-0191 for booking

### CFB Esquimalt Golf Association

The CFB Esquimalt Golf Association purchases corporate memberships at local golf courses and provides reduced green fees to its members. In addition, thanks to other local golf courses, CFBEGA members enjoy reduced green fees. Such benefits of this club include:

Members and temporary personnel 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 club tournaments and events, including our annual road trip

Golf Canada membership and the ability to enter and track handicaps online.

Completely member funded and non-profit.

For the 2024/2025 year, we have contracts in place with Olympic View and Arbutus Ridge. We also have special CFBEGA rates at the following golf courses: Cowichan, Metchosin, Cordova Bay and March Meadows. Negotiations are ongoing with Highland Pacific, Bear Mountain, and Gorge Vale with the hopes of bringing these clubs into affiliation with CFBEGA.

CFBEGA provides the opportunity for members of the Defence Community to play golf at several local courses at reduced rates. CFBEGA services are particularly important to serving military members who sail or deploy and may not be able to upkeep full golf course memberships on their own. Check out our web site at [www.cfbega.ca](http://www.cfbega.ca) for all the details on how to become a member, or contact the CFBEGA President Steve Wist via email at [Steve.Wist@forces.gc.ca](mailto: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@pfk.ca](mailto:info@pfk.ca)

## 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, send an email to [info.esquimaltsportshootingclub@gmail.com](mailto:info.esquimaltsportshootingclub@gmail.com)

## 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

All our 255-foot dock space is currently spoken for but changes annually. Prospective Members wishing to join the club and moor a vessel need to make an application to the executive to be added to a wait list. For more information, contact [cfmetr.boatclub@gmail.com](mailto:cfmetr.boatclub@gmail.com) 250-228-1851 (Pony Moore - Club Secretary)

## Canadian Forces Sailing Association

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

We offer:

- Adult and junior CAN Sail approved training courses.
- A Junior Racing team that participates in the BC Circuit
- Moorage for CAF and Defense Team members
- Club reciprocals with other yacht clubs around the world.
- Club and inter-club racing

Our keelboat racing programme is the 'winning-est club' in the Vancouver Island Race Series (VIRS). Our club racing occurs on Sundays in the winter and Wednesdays in the summer. If you would like to join the crew on a race boat we never leave willing crew on the dock - show up and sail. We have sailing dinghies available for member use as well as a Sonar Racing keelboat.

We are located at Lang Cove on the East side of Esquimalt Harbour (vehicle access through the Naden Gate). 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](mailto:commodore@cfsaesq.ca). For membership inquiries contact [membership@cfsaesq.ca](mailto:membership@cfsaesq.ca) or visit [www.cfsaesq.ca](http://www.cfsaesq.ca)

For additional information contact [info@cfsaesq.ca](mailto:info@cfsaesq.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 several family-oriented fishing derbies and BBQs per year, with cash prizes and other awards. There is no entry fee for the derbies and no charge for the BBQs. Serving CF members have priority for berthing and other members are placed by seniority in the club. For further information, visit our website at [www.boatclub.ca](http://www.boatclub.ca), call the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail [workpointboatclub@gmail.com](mailto:workpointboatclub@gmail.com) "Tight Lines and Happy Cruising to All"

## Work Point Garden Club

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

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

Considering joining the club but want more information? Contact [workpointgardenclub@gmail.com](mailto: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.

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.

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/EsquimaltMRRRC](http://www.facebook.com/EsquimaltMRRRC). For further information please contact Pierre Boucher at 778-677-1953 or Ken Silvester at 250-474-1316.

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## Honourable Murray Rankin, K.C.

MLA for Oak Bay-Gordon Head

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

Please reach out to me at

Murray.Rankin.MLA@leg.bc.ca or 250-472-8528.

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



BC NDP MLA Murray Rankin

219-3930 Shelbourne Street | [www.bcn dp caucus.ca/mla/murray-rankin/](http://www.bcn dp caucus.ca/mla/murray-rankin/)

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