

Spring & Summer

ACTIVITY GUIDE

APRIL – AUGUST 2026



Registration for PSP Programs

APRIL-JUNE

Regular Members: 23 February

Everyone Else: 2 March

JULY-AUGUST

Regular Members: 7 April

Everyone Else: 14 April



DID YOU KNOW?

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

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

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

QUESTIONS?

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



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

FAST SERVICE YOU CAN COUNT ON

Canadian Military & DND Discount

\$20 off*

**OIL CHANGES IN ABOUT 15 MINUTES
NO APPOINTMENT NEEDED**

***Present your
CF One card and
receive \$20 off
any oil change**

OPEN 7 DAYS A WEEK

VICTORIA
2353 Douglas St

LANGFORD
872 Langford Pkwy

DUNCAN
2752 Beverly St

MILLSTREAM
705 Treanor Ave



This program guide is brought to you by:



WHO WE ARE: The Esquimalt Military Family Resource Centre (MFRC) is an independent non-profit, charitable organization that supports the military community. The MFRC is here to support the unique parts of the military lifestyle. This includes deployments, absences, 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: As a division of Canadian Forces Morale and Welfare Services (CFMWS), 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.

LEGEND

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

ACTIVITY PROGRAMS

- Registration/Contacts.....5
- Facilities7
- Get Involved8
- Facilities Rental Rates.....9
- Naden Athletic Centre Gym Terms and Conditions 10
- PSP Birthday Parties..... 15
- Special Events 16
- Early Years 20
- Children’s Resources and Services 21
- School Age Services.....22
- School Age Friday Nights and Leadership.....23
- PSP Camps.....24
- PSP Camp Scheduler.....25
- PSP Core Camps26
- PSP Specialty and Leadership Camps27
- Shotokan Karate29
- Adult
 - Health and Fitness / Pickleball30
 - Reconditioning and Recreation 31
 - Personal Training,
 - MFRC Work-related Absences and Deployment
 - Resources and Services32-33
 - MFRC Community Integration34-35
 - MFRC Social and Mental Wellness
 - Resources and Services36-37
 - MFRC Francophone, Veterans, and
 - Transition Resources38
- PSP Aquatics / Swim Lessons 39-41
- PSP Sports.....42
- PSP Fitness.....43
- PSP Health Promotion.....47
- PSP Clubs.....48



- Piñatas personalizadas
- Mini piñatas
- Dulceros
- Customized Pinatas
- Mini pinatas
- Party Favours

ARTESANALES

HANDCRAFTED

PERSONALIZADAS

CUSTOMIZED

DISEÑOS ÚNICOS

UNIQUE

CUALQUIER OCASIÓN

ANY OCCASION

NOS AJUSTAMOS A SUPRESUPUESTO

ALL BUDGETS

(778) 679-4949
 parmarjipinatas@yahoo.com
 [Parmarji:Piñatas&PartyFavours](https://www.facebook.com/Parmarji:Piñatas&PartyFavours)



10% OFF

& Free Shipping
on your first order



Canada's Premium Rose Growers
on the Saanich Peninsula

europa.bc.ca

The Freshest,
Island Grown, Roses
365 days a year



SD 62

CONTINUING EDUCATION

NO FEES

All courses/programs are tuition-free

- High School courses for adults (18+)
- In-person Fast Forward adult graduation program
- Online high school graduation courses
- Online upgrading courses for graduated adults
- English Language Learning courses

CONTACT US

250-391-9002

online@sd62.bc.ca





Shaping Tomorrow Today

sd62online.web.sd62.bc.ca

YOUR TRUSTED SOURCE FOR REAL ESTATE

Proudly serving southern Vancouver Island for over 35 years.

Clients are talking...

"Nancy Vieira was one of the most professional realtors we have ever dealt with. She is a seasoned realtor and knows how to get a deal done. We highly recommend Nancy as your next realtor!"

You are invited to call.

Let's discuss the market and your next home sale or purchase, with no obligation. Give me a direct call at (250) 514-4750. Contact me now!



PEMBERTON
HOLMES

· ESTABLISHED 1887 ·

NANCY VIEIRA

Personal Real Estate Corp
REALTOR®

250-514-4750

IRP Approved Agent



REGISTRATION

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:

All Camps/Adult/Children/Youth/ Aquatic Recreation Programs

- 10 or more Days notice – full refund
- Less than 10 Days notice or 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 or more days notice - full refund minus 10% non-refundable deposit
- Less than 10 days notice, 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:

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
Deputy Manager PSP.....	250-363-8485
Deputy Manager PSP	250-363-3144
Special Events Coordinator.....	250-363-3672

FITNESS & SPORTS

Naden Athletic Centre Kiosk	250-363-5677
Manager Fitness & Sports.....	250-363-4067
Facilities Coordinator / Bookings.....	250-363-4213
P-ESQBADMPSPFacilityBooking@forces.gc.ca	
Sports Coordinator.....	250-363-4068
Sports Stores.....	250-363-4072
Fitness Coordinator.....	250-363-4495
Dockyard Fitness & Wellness Centre ..	250-363-2074
Naden Athletic Centre Fitness Office .	250-363-4485
Wurtele Arena.....	250-363-4391

RECREATION

Colwood Pacific Activity Centre Front Desk	250-363-1009
Manager, Community Recreation / RV Compound / Clubs	250-363-1008
Community Rec Coordinator /Child/Youth Programs	250-363-2989
Community Rec Coordinator / Rec Front Desk / Adult Programs	250-363-2648
Aquatic Supervisor / Swim Lessons ...	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

Corporate Services Manager	250-363-3372
Advertising / Classifieds	250-363-3127

MILITARY FAMILY RESOURCE CENTRE

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

SPRING / SUMMER 2026 ACTIVITY GUIDE

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

Mailed under Publication Mail Agreement #40064821
Victoria B.C.

This product was produced by Lookout Newspaper, a division of PSP

WEBSITES & SOCIAL MEDIA

Pacific Fleet Club

cfmws.ca/esquimalt

Chief and POs' Mess

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

Lookout Newspaper and Publishing

lookoutnewspaper.com

f /LookoutNewspaperNavyNews

IG @lookoutnewspaper

MFRC

cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc)

f /esquimaltmfrc

IG /@esquimaltmfrc

Naden Athletic Centre

f /pspesquimaltnaden

Navy Run

cfmws.ca/esquimalt/esquimalt-navy-run

Personnel Support Programs & PSP Recreation

cfmws.ca/esquimalt

f /pspesquimaltcpac

PSP Recreation Online Registration

bkk.cfmws.com/esquimaltpub/

Wardroom

wardroom.ca

PROFESSIONAL *Elegance*

WEDDINGS • RETIREMENTS
SPECIAL CELEBRATIONS & EVENTS



Perched Atop a Rocky Bluff with Panoramic Pacific Ocean Views

From Casual to Upscale

Upper & Lower Lounges

Dining Hall

Conference Room

Pub Style Gunroom

Up to 220 capacity

Contact

Megan.Ilott@forces.gc.ca / 250.363.5322 or

Jill.Olson@forces.gc.ca / 250.363.2689



THE WARDROOM
CFB ESQUIMALT

wardroom.ca

Military Family Resource Centre (MFRC)



Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

Colwood Pacific Activity Centre MFRC (CPAC)

Hours of Operation

Mon-Fri: 8:30am - 4:00pm *Subject to change*

Closed on statutory holidays *Subject to change*
cfmws.ca/esquimalt for up-to-date hours

Phone: 250-363-2640

Email: info@emfrc.com

Fax: 250-363-2677

MFRC Out of School Care

720 Galiano Crescent, Belmont Park, Colwood

MFRC Family Wellness and Counselling Team (FWCT)

You can reach the FWCT through the confidential voicemail or email.

MFRC Intake line: **778-533-7736**

Email: intake@emfrc.com

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

Quick MFRC Program Registration QR Link:



Personnel Support Programs (PSP)



Colwood Pacific Activity Centre (CPAC)

2610 Rosebank Road, Colwood (off Ocean Blvd)

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

Hours of Operation (April - June)

Mon & Fri: 8:30am - 6:00pm

Tues - Thurs: 8:30am - 4:00pm;

Sat & Sun: open for scheduled programming only

Closed all Statutory Holidays

Hours of Operation (July & August)

Mon - Fri: 8:30am - 4:00pm;

Sat & Sun: open for scheduled programming only

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 email RecreationCPAC@forces.gc.ca

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 (limited availability)

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: cfmws.ca

PLEASE NOTE:

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.

Get Involved!

Volunteer at the MFRC

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

The MFRC also offers personal
enrichment opportunities to our
volunteer team.

Here are some examples of
volunteer roles we fill:

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



MFRC ESQUIMALT

MFRC Unit Liaison

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

Relocation and work-related absences can be difficult at times for a family with military serving members, it can impact lifestyle, well-being and resilience. The Unit Liaison serves as an enabler to facilitate communication between units and the MFRC. The goal of the program is to keep units informed about MFRC programs and services and for units to provide feedback to the MFRC. As a Unit Liaison, you are in a unique position to interact with all levels of the unit structure, from the most junior personnel to Command Leadership. In this capacity, you are expected to serve as an ambassador on behalf of the MFRC by providing information about our programs, and our services and also promoting family activities. 1-2 times per year, current or prospective liaisons receive a half-day training on their role and receive an in-depth look at the MFRC. If you are interested in this role, please discuss and submit your request through your Chain of Command.

For further inquiries please contact MFRC Base and Fleet Liaison at absence.support@emfrc.com

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? For more information and to apply, visit our website.



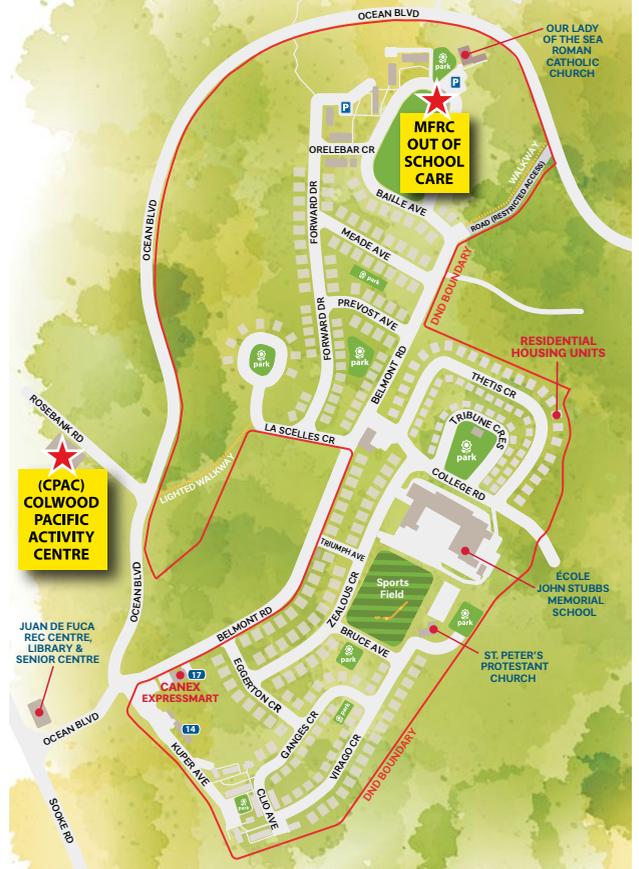
View the latest MFRC volunteer opportunities at cfmws.ca/esquimalt

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 ON EVENINGS AND WEEKENDS**	MILITARY PRICE
MCDV Multi-Purpose Auditorium/Gymnasium	<ul style="list-style-type: none"> Full Capacity: 350 People theatre layout (Full Capacity) Half Capacity: 100 People theatre layout Wedding / Banquet: 280 People layout 	<ul style="list-style-type: none"> \$72/hr \$50/hr (Half Gym) 	<p>Free During Regular Business Hours for Military Purposes (some exceptions apply)</p>
WINNIPEG Multi-Purpose	<ul style="list-style-type: none"> Seminar Layout: 40 People (Full Capacity) Classroom Layout: 25 People 	\$35/hr	
HURON Conference Room	<ul style="list-style-type: none"> 12 Person Boardroom Table 	\$30/hr	
REGINA Multi-Purpose Room	<ul style="list-style-type: none"> Seminar Layout: 30 People Classroom Layout: 20 People 	\$30/hr	
KITCHEN	<ul style="list-style-type: none"> Some kitchen supplies available upon request 	\$30/hr	

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

* \$2 Million Liability Insurance required for all contracts
 * Any bookings on Statutory Holidays are subject to additional costs

Equipment Rental Rates:

- 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

Terms and Conditions for Gym Membership and Drop-In

Cancelling PSP PLAN

- Clients have the right to cancel a PSP PLAN within 10 days of starting their membership. They do not need to give reason and will receive a full refund. Notification only required.
- Cancellation of set fee PSP PLANS are only permitted for medical reasons or military operations. Accompanying documentation may be required. Refunds are prorated to date of withdrawal.
- Transfer of memberships is not permitted.

PSP PLAN Extensions/Holds (Set Fee Plans Only)

- PSP will only extend or hold PSP PLANS if the client is in good standing and has all fees paid.
- Clients must provide at least ten days' notice for an extension or hold request, to allow PSP to process request, and the client must qualify for one of the two categories below:
 - Medical Disability* with accompanying documentation; or
 - Military Operations (relocation and deployment).

*Note there may be a minimum or maximum for amount of time for a hold.

Suspensions

Breach of the PSP PLAN, facility rules and regulations may result in the PSP PLAN being suspended for an individual, family or single member of a family plan. During a suspension the individual does not have access to the facilities or to services linked to the plan, and payments will not be refunded.

Admittance

- Children age 12 and under must be directly supervised by a guardian (19 and older);
- Youth age 13 and older may use facilities unsupervised. Youth access (ages 13-17) to the weight/cardio rooms requires successful completion of a youth weightroom orientation;
- During a registered program, children and youth do not need supervision other than from the instructor/supervisor of this program (i.e. summer camp, karate, swimming classes).

Conduct

While in PSP facilities PSP does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members, guests or PSP employees.

Prohibited Items and Activities

- PSP does not permit smoking, alcohol, or illegal drugs, including steroids, in any of its facilities. PSP does not permit access under the influence of illegal drugs or alcohol.
- No client may train another client for compensation. If PSP determines that such training occurs at one of our facilities, the trainer and/or trainee may lose their membership without refund.
- No photography, videotaping, filming or audio recording in PSP facilities without prior written permission of the management.



Violation of Policies or Rules

If any PSP PLAN holder or guest violates any of the local policies or rules, PSP will ask that person to stop or leave. A member's violation of any of the policies or rules may also cause PSP, in its sole discretion, to terminate that person's membership and/or other agreements.

Note the above information is only a portion of the Terms and Conditions.

For the full terms and conditions please visit our website at <https://cfmws.ca/esquimalt/nac-terms>

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 may require presenting 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 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 Room
- Three squash courts
- Colville Sports Field (ball diamonds and / or a Soccer field)
- Two outdoor volleyball courts
- One CAF FORCE evaluation centre
- Please also check: cfmws.ca/esquimalt/facilities

Sports Equipment

Military personnel may sign out equipment for most sports from the sports store for Unit sports, 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. Copy of Liability must be forwarded during the process. (Please do not commit the fee for your liability insurance unless you receive the base commander's approval.)

Please contact the Facilities Coordinator at **P-ESQBADMSPFacilityBooking@forces.gc.ca** a minimum of 6 weeks prior to the event.

Note: military training takes priority on all bookings. For a Birthday Party booking, please see page 16. For all other inquiries, call the NAC Kiosk at **250-363-5677**.



Naden Athletic Centre Centre athlétique Naden

NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

CATEGORY	CRITERIA:	12 MONTHS	6 MONTHS	3 MONTHS	1 MONTH
Regular	Canadian Forces members; currently serving Regular and Reserve Force personnel and their families	\$0	\$0	\$0	\$0
	Members of Foreign Military currently serving with the CAF and their families	\$0	\$0	\$0	\$0
	Veterans (Former members of the CAF who have successfully completed Basic Military Training and have been honourably discharged)	\$86.52	\$49.44	\$27.81	\$10.30
	Dependent of Veteran (Must be under 19 or a registered student)	\$93.44	\$53.40	\$30.03	\$11.12
	Spouse of Veteran	\$99.50	\$56.86	\$31.98	\$11.85
	Veteran Family (Maximum 5 persons living at home, dependents are under the age of 19 or a student)	\$213.92	\$122.24	\$68.76	\$25.47
Ordinary	Current and Pensioners of: DND Public Servants; Staff of NPF; Staff of MFRC, Staff of DRDC and DCC; RCMP; Canadian Coast Guards; Honorary Colonels / Captains (N); and Honorary Lieutenant- Colonels / Commanders	\$95.17	\$54.38	\$30.59	\$11.33
	Dependent	\$142.76	\$81.58	\$45.89	\$17.00
	Spouse	\$166.55	\$95.17	\$53.53	\$19.83
	Family	\$327.15	\$186.95	\$105.16	\$38.95
Associate <i>Anyone who does not qualify in the above categories</i>	Individual	\$469.68	\$271.92	\$152.96	\$56.65
	Youth (13-18 years of age)	\$234.84	\$135.96	\$76.48	\$28.33
	Family	\$821.94	\$475.86	\$267.67	\$99.14

DND and NPF Civilians have free access to the Naden Athletic Center Monday- Friday 0600-1800h.
Outside of these hours payment is required.

Membership can be purchased at the Colwood Pacific Activity Centre or Naden Athletic Centre during regular business hours.

For Military Families a copy of members MPRR with dependents listed is required to gain free access.

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

Prices are subject to change without notice.

**For updated schedules and information,
check the following resources:
facebook.com/NadenAthleticCentre
or cfmws.ca**

PLEASE NOTE: 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.

10 Punch Pass

Adult	\$55.65
Youth **	\$48.93
Family	\$123.60

Drop-In Rate

Adult	\$6.25
Youth **	\$5.00
Family	\$12.50

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

**** Youth Memberships require proof of a weight room orientation prior to youth being able to use the weight room facility.**
To book call 250-363-1009 or email RecreationCPAC@forces.gc.ca -
Free youth weight room orientation for all 1 year Youth Memberships purchased.

Facilities



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

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.

HOURS OF OPERATION

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

- There are no skate rentals, 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.

DROP-IN UNIT SHINNY

- Morning drop-in Shinny Hockey for members of the Formation
- Tuesday - Friday 0700-0830
- All abilities are welcome!

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.

TO RESERVE THE ICE OR FOR MORE INFORMATION

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Copy of Liability must be forwarded during the process. (Please do not commit the fee for your liability insurance unless you receive the base commander's approval.)

Please contact the Facilities Coordinator at P-ESQBADMPSPFacilityBooking@forces.gc.ca a minimum of 6 weeks prior to the event.

Note: military training takes priority on all bookings.

There is no birthday party booking at our arena. For a Birthday Party booking, please see page 16.

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

Messes

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

Vision

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

Junior Ranks Mess

Building 40, Naden

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

Hours of Operation: 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 11:30am - 1:00pm and 4:00 - 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.

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. Perfect for your upcoming wedding, banquet, Christmas party, retirement. The space accommodates up to 220 ppl.

Hours of Operation:

Wed - Fri 11:30am - 1:00pm

Wed - Fri 4:00 - 7:00pm

Check 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, retirement, etc. The spaces can accommodate anywhere from 10-220 ppl.

Hours of Operation:

Tue 11:30am - 1:00pm

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

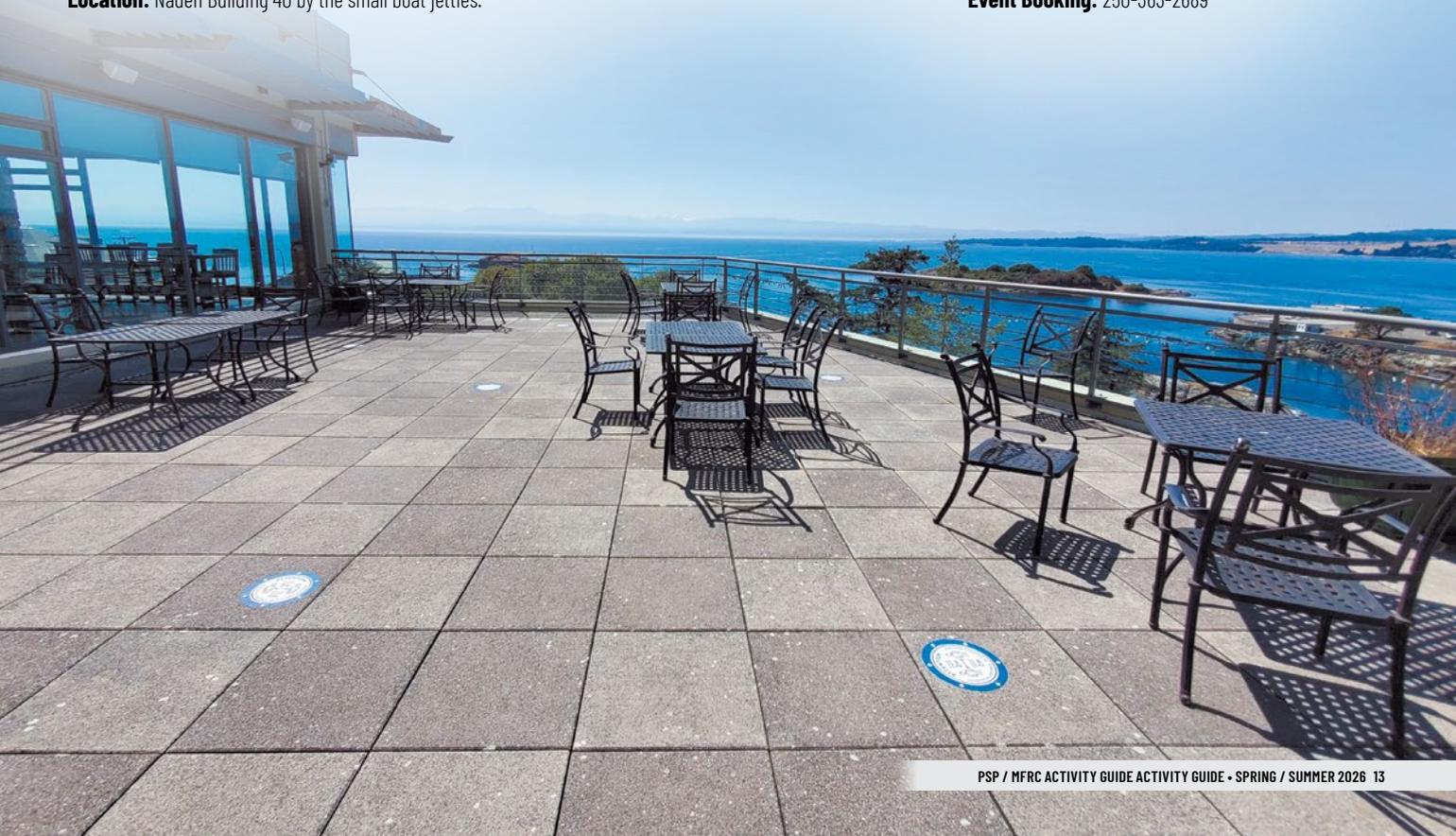
Fri 11:30am - 10:00pm

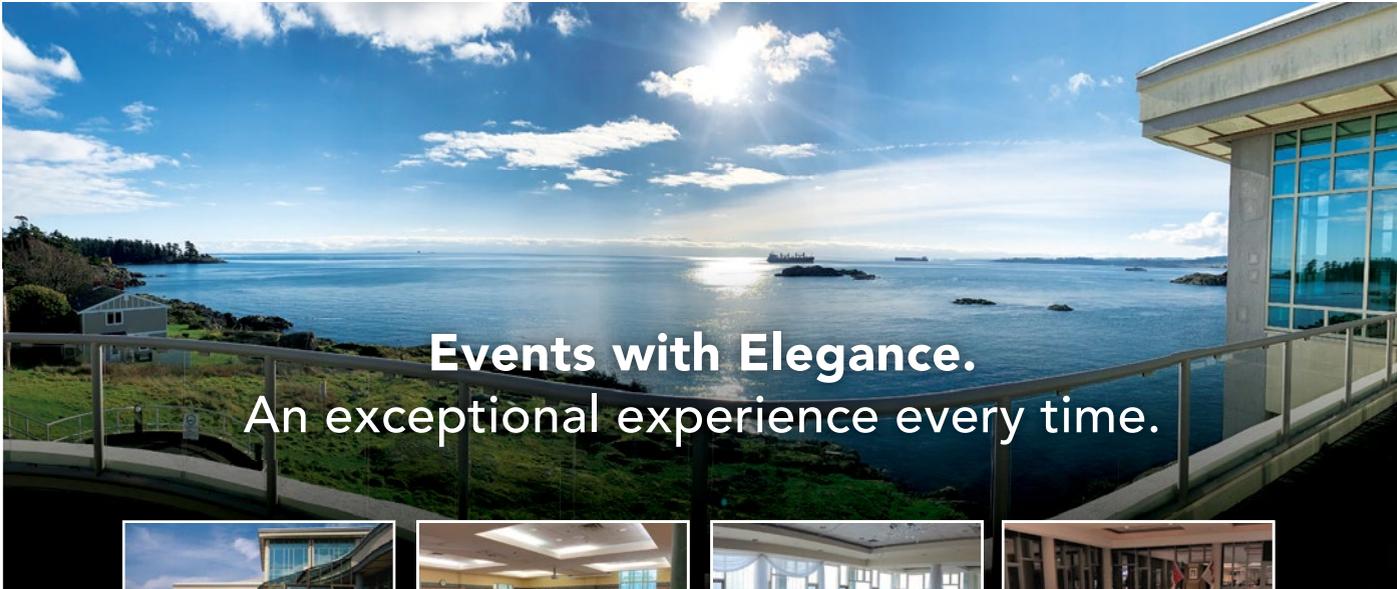
Sat 5:00 - 10:00pm

Check 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
250-363-3167

For details visit:
www.cpomess.ca

PSP Birthday Parties



BIRTHDAY PARTY THEMES AVAILABLE • PSP

All parties are for up to 20 kids (with the exception of pool parties).

Bouncy Castle Birthday (3 years+)

Technical Safety BC License No. LAM0208458

Obstacle Course.....R: \$175 | O/A: \$195

Large Bouncy Castle.....R: \$170 | O/A: \$190

Small Bouncy Castle.....R: \$170 | O/A: \$190

Combo 1: Obstacle Course and

Small Bouncy Castle.....R: \$200 | O/A: \$220

Combo 2: Obstacle Course and

Large Bouncy Castle.....R: \$205 | O/A: \$225

Combo 3: Small and

Large Bouncy Castle..... R: \$200 | O/A: \$220

Sports Spectacular

(All Ages)R: \$175 | O/A: \$195

Nerf Gun Party

(7-12 Years)R: \$175 | O/A: \$195

Party Theme by You

(All Ages)R: \$135 | O/A: \$155

Location: Colwood Pacific Activity Centre

Dates: Saturdays and Sundays

Time: various 2 hour time slots available

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

POOL BIRTHDAY PARTIES ON SATURDAYS! • PSP

Come celebrate your birthday with us! Included when you book a pool birthday party is one room at Naden Athletic Centre to host your party, as well as access to the pool for two hours. All birthday party guests (18 and younger) who are swimming are required to take a swim test with a lifeguard. Limited to 10 kids per birthday party. Children 0-6 years need to be within arms reach of an adult at all times.

Location: Naden Athletic Centre Pool

Dates: Saturdays

Time: 1:00 – 3:00pm

Cost: R: \$200 | O/A \$220



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/

Registration Openings for July Birthday Parties

April to June already available for booking

Regular Members (CAF & Veteran):

Monday, March 2 at 12:00pm

Ordinary & Associate (everyone else):

Monday, March 9 at 12:00pm

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/Lifeguards 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 Participants:

Bouncy Castle and Party Theme by You parties can accommodate up to 30 kids upon request and for an additional fee.

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 or more days' notice - full refund minus 10% non-refundable deposit
- Less than 10 days' notice, refunds will not be provided

April: The Month of the Military Child Special Event

In April, we celebrate Month of Military Child and recognize military children for their strength and resiliency as well as the important contributions they make to our CAF community.

Watch for special programs and offering from the Esquimalt MFRC this April!



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

Naden Band Marks 85 Years of Music and Morale



Naden Band. Photo: Sailor 2nd Class Jordan Schilstra, MARPAC Imaging Services

Archana Cini

Lookout Newspaper

For 85 years, the Naden Band has uplifted spirits at home and internationally through concerts, parades, tours, and more.

Explore insights from Naden Band members on service, musicianship, and the legacy of the band

Music has long been a cornerstone of morale in the Canadian Armed Forces (CAF), offering comfort, inspiration, and a sense of shared purpose. At Canadian Forces Base (CFB) Esquimalt, this role sits in the hands of 35 professional full-time musicians – the Naden Band.

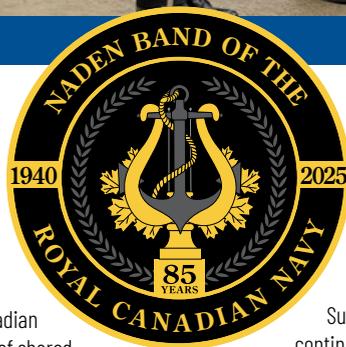
This year, the Naden Band celebrates an incredible 85 years of service to the nation.

For Petty Officer 1st Class (P01) Steve Donagan, Operations Manager and Trumpet player, the band's impact runs deep.

"Music has a way of cutting through the noise and reminding us of what connects us," said P01 Donagan. "Every note is a potential reminder that even in the face of all the hardship in today's world, there can still be hope, pride, and harmony. The Naden Band may not be able to change the world, but it can impact how our audiences move through it." Through free community concerts, musical collaborations with educational institutions, ceremonial event support, and more, the Naden Band has done just that.

"Locally, it's about community concerts, parades, and ceremonies. Internationally, music crosses language barriers, creating goodwill that words alone can't," said P01 Donagan. "Nationally, bands and the music they play are an outward manifestation of our shared traditions and history – it's a reminder of who we are and what we stand for, both as members of the RCN and as Canadians. In every setting, it's about using music to bring people closer together."

Today, these connections reach beyond Canada as international musicians join the



Naden Band seasonally, like Petty Officer Musician (POMUS) Fraser Robertson from the Royal New Zealand Navy Band. Naden Band members Master Sailor (MS) Leslie Perrin and Sailor 1st Class (S1) Andrew George are also currently deployed and performing music in Palau as part of Pacific Partnership 2025, a multi-national humanitarian mission.

To Petty Officer Second Class (P02) Cindy Hawchuk, Production Supervisor/Vocals, the band's community impact is one such way it continues to bridge the gap between the military and the public.

"The Naden Band is so entrenched in Vancouver Island life," she said. "Last year, we worked in partnership with a Toy Drive for a holiday show in December. It was my privilege to come up with a plan for the show, including selecting tunes. I really wanted to make a distinction between a concert, which is what the Naden Band usually performs, and a show, which is much more dynamic, and has continuous flow from beginning to end."

The show was met with overwhelmingly positive responses from the community. Notably, the band has performed in over 40 Salvation Army holiday shows to date. "I feel blessed that we were able to capture our audience's hearts," shared P02 Hawchuk. "It's genuinely amazing that the Naden Band is still doing the job that it started 85 years ago."

As dynamic as the Naden Band has become over the decades, tradition still anchors its presence. Each year, the band hosts a Heritage Day, inviting alumni back to perform alongside current members. Here, food is shared, stories told, old photos and artifacts shared—memories remembered, memories made. This perhaps speaks to one of the band's favourite sayings: 'Once in the Naden Band, always in the Naden Band.'

As the Naden Band of the RCN celebrates 85 years of service, its legacy is clear: it is more than a group of musicians in uniform. It is also a family; a cultural ambassador; a community anchor; source of Canadian pride; and a vessel for hope.

THE LAST FRIDAY OF EVERY MONTH
FORMATION



ORGANIZED BY PSP FITNESS AND SPORTS

Start Location: Y-Jetty Start Time: 8:30am | ID Required

Check lookoutnewspaper.com/events for your next run!

MFRC ESQUIMALT

Our Vision

A proud, resilient military family thriving in a dynamic and supportive community.

Our Mission

To enhance resilience in military families through provision of programs and services that serve, involve and advocate for the military community and their families and address the unique challenges of the military family lifestyle and will result in enhanced quality of life and enable military operations.

Our Credo

We believe our first responsibility is to the military community and their families. In meeting their needs, everything we do must be done with integrity and respect. We will strive to ensure all will be treated in a confidential, non-judgmental manner that respects individuality and provides equal treatment for all. We must serve our clients promptly and in a way that encourages personal empowerment. It is our core belief that families matter.

Our Events

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

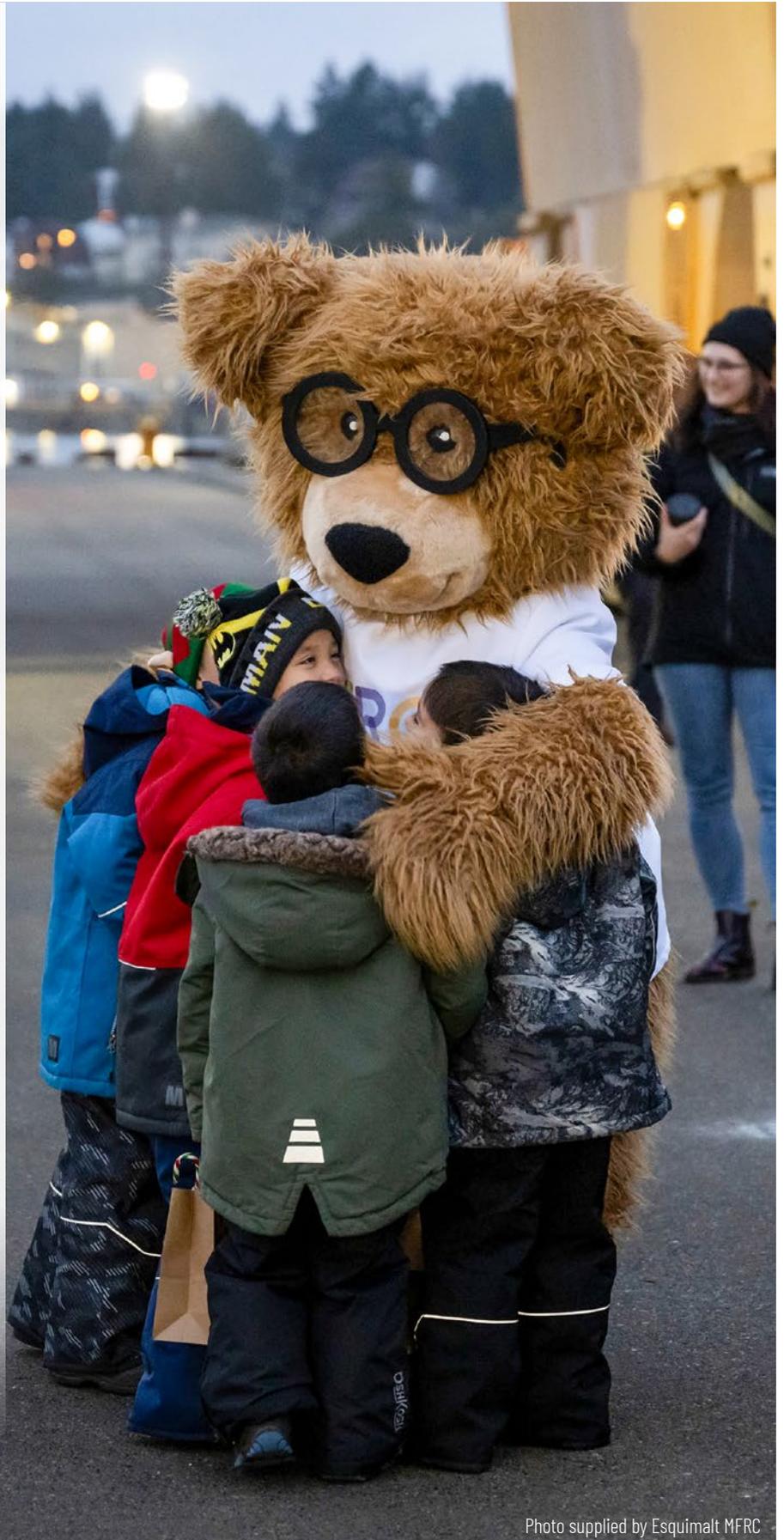


Photo supplied by Esquimalt MFRC

Children's Programs

123 Music & Me - MFRC

Have fun with music! Through a partnership with Victoria Conservatory of Music, you and your child will learn a selection of songs from an Early Childhood Music Educator and have a chance to make your own music with a variety of instruments. This program offers developmentally appropriate music education for early childhood- and you will practice songs that you can sing at home with your little one!

For parents and their babies under two years of age

Location: CPAC

Dates: Fri, Apr 10 - Jun 19

Time: 9 - 9:30 am

Cost: Free

For parents and their child 2 to 5 years old

Location: CPAC

Dates: Fri, Apr 10 - Jun 19

Time: 9:30 - 10 am

Cost: Free

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. Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register on our website cfmws.ca/esquimalt

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

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

Location: Out of School Care Building, 720 Galiano Cres

Dates: Wed, Jan 7 - Mar 11 and

Wed Apr 8 - Jun 17

Time: 10:00-11:30am

Cost: Free

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. *Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.*



Stay and Play in the Park

Stay & Play - in the Park! - MFRC (0-5 years)

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). Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register on our website: cfmws.ca/esquimalt

Location: Work Point

Playground at the corner of Clent and Thomas

Dates: Jul 8 & Aug 12

Time: 10:00 - 11:00

Cost: Free

Location: Belmont Park

Playground at Tribune and College

Dates: Jul 22 & Aug 26

Time: 10:00 - 11:00

Cost: Free

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 on our MFRC website cfmws.ca/esquimalt



Supporting Children Through Absence

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*).

Check out our website at cfmws.ca/esquimalt for sessions offered and to register.

Supporting Children Through Absence (3 - 5)

Location: CPAC

Dates: Apr 21 - Jun 9

Jun 23 - Aug 11

Aug 18 - Oct 6

Times: 9:30 - 10:45 - OR - 1 - 2:15

Cost: Free

Children's Resources and Services



Creative Learning for the Early Years - MFRC (Previously Casual Child Care)

Designed for children 5 years and younger, this program will promote early years learning. Creative Learning offers a semi-structured environment with a variety of activities and materials that give young children the opportunity to grow creatively. The program will help children develop a sense of independence, self-concept and self-esteem in the care of nurturing, professional childcare workers. This is a licensed program and registering for this program will also give you a few hours of respite 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 the 18 month - 5 yr old sessions. Please pay the front desk at the CPAC MFRC before entering the program. Call 250-363-2674 to book

Location: CPAC

Ages 6-17 months

Day: Tue-Fri
Time: 9:00am-noon
Cost: \$18 per 3-hour session

Gradual entry is required for new children (1 session max per week for infant spot)

Ages 18 months-5 years

Day: Tue, Thurs, Fri
Time: 9:00am-noon
Cost: \$15 per 3-hour session
Day: Tue, Thurs
Time: 1:00-4:00pm

- Creative Learning schedule is subject to change based on staff availability, licensing guidelines and direction from Island Health Authority regarding public health protocols.
- Priority spaces are reserved for children of members who are deployed or going through a work-related absence. Please see Respite Child Care During Absences section on this page for more information on free sessions.
- Every effort will be made by the MFRC to offer this service based on the above schedule.
- For up-to-date information on this program and current schedule, please refer to our website at cfmws.ca/esquimalt/mfrc-creative-learning-for-the-early-years

Creative Learning Punch Cards

Creative Learning Punch Cards are available! Save a few dollars when you buy a \$75 card good for 6 sessions of childcare. Cards are available at the MFRC and are available for children over 18 months of age.

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. Packed into a handy wet bag is a sleep sack designed to promote safe sleeping and 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 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.

MFRC Daycare - MFRC

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

Kindergym - PSP (0-5yrs)

Join us for exciting indoor play! The gym will be full of our ride-on toys, active and imaginative toys, balls, slide, and more. FREE coffee and tea for adults and a chance to meet with friends and play inside. Please note this is not a drop off program and parent supervision and attendance are required.

Location: CPAC
Dates: Mondays & Wednesdays, Apr 1 - Jun 24*
*No program on STAT Holidays
Time: 9:30am-11:30am DROP-IN
Cost: \$2.50/child (including tax), infants under the age of 1 are free

■ = 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.

School Age Children's Services

Out of School Care 2026-2027

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 simply visit our website at

connect.esquimaltmfrc.com/childcare/index.php

**If your child is attending MFRC Out of School Care and is experiencing a military absence, please inquire with OSC staff about joining the Supporting Children Through Absence Workshops during OSC hours!*

Fast Friends

Fast Friends is an inclusive program for tweens and young teens looking to make new connections in their community. Please let us know how we can support your child to make positive connections in our program.

April: Month of the Military Child Special event (8 - 15 yrs)

Join the your Fast Friends for an evening celebrating Military Children and Youth. PSP games in the gym & Board Games in Winnipeg Room.

Details to follow.

Location: CPAC
Cost: Free

May: Jr. Fast Friends - Gym games and Crafts (5-9 yrs)

Fast Friends for our Juniors! In May we will play games in the big gym and also have a craft corner.

Location: CPAC
Date: Wed, May 6
Time: 5:30 - 7 pm
Cost: Free

June : Nature Games and Movement (8-15 yrs)

Join the Fast Friends Team for activities in Nature and mindful movement including games, activities and Nature Art.

Location: CPAC
Dates: Wed, Jun 10
Time: 6-8 pm
Cost: Free

Supporting Children Through

Absence

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

Check out our website at cfmws.ca/esquimalt for sessions offered and to register.

Supporting Children Through Absence

(Kindergarten - 12 years old)

Location: CPAC
Dates: Thur, Apr 23 - Jun 11;
Jun 25 - Aug 13;
Aug 20 - Oct 8
Time: 5:45-7:00 pm
Cost: Free

Supporting Children Through Absence

(Kindergarten -8 years old)

Location: CPAC
Dates: Thur, Apr 23 - Jun 11;
Jun 25 - Aug 13;
Aug 20 - Oct 8
Time: 3:30 - 4:45
Cost: Free

Supporting Children Through Absence

(9 - 12 years old)

Location: CPAC
Dates: Wed, Apr 22 - Jun 10;
Jun 24 - Aug 12;
Aug 19 - Oct 7
Time: 3:30 - 4:45
Cost: Free

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.

Absence and Relocation Literacy Kits

We've partnered with the Greater Victoria Public Library (GVPL) and Vancouver Island Regional Library (VIRL) to create literacy kits for children experiencing absence or relocation! These kits include books and resources that create interactive experiences on the topics of deployments, work-related absences, and relocation. For more information on this initiative connect with your local library!





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/

■ = 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.

Friday Night Activities

PANAGO

PSP Movie Nights (5-12 years)

This program is the perfect opportunity for kids to enjoy a popular, age-appropriate movie along with Panago pizza, popcorn, and juice - all in a supervised and engaging environment. It's a great chance for your child to relax, have fun, and connect with friends. *(Open to ALL - non-military welcome)*

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

DATE	MOVIE
April 10	The SpongeBob Movie (2025)
May 1	GOAT
June 5	Hoppers

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

Fantastic Fridays (5-12 years)

Looking for something fun to keep your kids entertained on a Friday evening? This program is packed with exciting theme-based activities that kids will love, giving them a chance to stay active and make new friends. Participants will enjoy structured activities with a light snack. Meanwhile, you can take some well-deserved time to relax, run errands, or recharge.. *(Open to ALL - non-military welcome)*

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

DATE	THEME
April 24	Talent Show
May 8	Magic School
May 29	Game Show

Science and Swim (5-12 years)

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

Location: Drop Off: Juan de Fuca Pool
 Pick Up: CPAC
Date: Fridays
Time: 5:00 - 8:00pm
Cost: \$14.50 per child

DATE	SCIENCE THEME
April 17	Science of Mammals
May 22	Science of the Ocean
June 12	Science of Trees

Leadership

Jr. Leader Program

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

Want to gain more experience with working with children and youth? Need volunteer hours for school? This program is for you! Join us in our camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gain experience in leading a group through games and activities, learn policies and procedures, and have fun while doing it!

Cost: \$29.50 per day
**Cost covers out-trips, swimming, uniform for the day, and additional resources*
Date: Program available whenever camps are running
Time: 9:00am - 4:00pm
Location: TBD on which camp the Jr Leader is assigned to.

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

Red Cross Stay Safe (9 years +)

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. *Please note: children must be 9 years of age by the course date.*

Instructor: Irina Mielecka
Location: CPAC
Cost: \$50 Regular / \$55 Ordinary / \$60 Associate
**Book fee \$12*

DATE	THEME
Saturday, April 18	9:00am - 2:00pm
Saturday, June 6	9:00am - 2:00pm

Red Cross Babysitters Course

(11 years+)

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, songs, etc. *Please note: youth must be turning 11 years old by the end of the calendar year.*

Instructor: Irina Mielecka
Location: CPAC
Cost: \$60 Regular / \$ 65 Ordinary / \$70 Associate
**Book fee \$12*

DATE	THEME
Saturday, May 9	9:00am - 4:00pm
Saturday, June 20	9:00am - 4:00pm

Pro D Day Camps • PSP

Days off school are for days filled with fun! Camp days include various activities like games, crafts, out-trips, outdoor play, and more. More specific details will be emailed to parents prior to the camp day

Mini Seekers Pro-D Day Camps (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 (10-12 Years)

R = Regular, O = Ordinary, A = Associate

LOCATION	DATE	SCHOOL DISTRICTS	TIME	COST
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	April 20	SD 62 & SD 63	Camp Day: 8:30am - 4:30pm	R \$45 / O \$50 / A \$55
	May 11	SD 62	Structured camp programming occurs between the hours of 9:00am-4:00pm	

Camp days are inclusive of the hours from 8:30am-4:30pm

Majority of our structured programming will occur between 9:00 am-4:00 pm.

**Please note that for Pro D Day Camps, the various camps will be grouped together for many of the daily activities.*

Inclusion Support

Our aim is to welcome and support all children to the highest level. However, with rapidly increasing needs, we continue to face challenges particularly around funds available and finding qualified staff. For Pro D Day camps, there is not currently any funding available to hire Inclusion Support Facilitators to accommodate children with 1:1 or shared group inclusion support needs. We regret to inform you that if your child requires this level of support, we will be unable to accept their registration in these programs. We may be able to provide spaces for children requiring occasional support.

For Spring and Summer Day Camps, there will be limited spaces available there will be limited spaces available for children with inclusion support needs. Priority will be given to Military families.

If your child has inclusion support needs, you will be required to register in our Inclusion Support Request Program and complete an Inclusion Support Profile for your child. Registration will not be guaranteed until this is complete, and we are able to review our available resources.

We recognize that finding care for children during school breaks is challenging and stressful and we will commit to reviewing and confirming registrations in a timely manner. Last minute or late registrations will not be considered.

For more information on our inclusion support process, please contact us at 250-363-1009.

cfmws.ca/esquimalt/psp-camps-in-esquimalt/inclusion-support-for-camps

Summer Day Camps • PSP

Join us for a summer full of adventures, laughter, fun, and learning! We offer a wide variety of camps for ages 5 - 12 years. Each camp will have a weekly theme added to the general programming for extra fun.

For more detailed information on camps and all our camp policies and procedures, please visit our website at <https://cfmws.ca/sport-fitness-rec/recreation-programs/camps> and ensure you have selected **Esquimalt** as your community.



2026 CAMP DATES	
Week 1	July 6-10
Week 2	July 13-17
Week 3	July 20-24
Week 4	July 27-31
Week 5	Aug 4-7 (Tuesday-Friday)
Week 6	Aug 10-14
Week 7	Aug 17-21
Week 8	Aug 24-28
Week 9	Aug 31-Sept 3 (Monday-Thursday)



REGISTRATION DATES FOR ALL SUMMER CAMPS

REGULAR MEMBERS (CAF & VETERAN):

TUESDAY, APRIL 7 AT 12:00PM

ORDINARY & ASSOCIATE:

TUESDAY, APRIL 14 AT 12:00PM

Hours for Summer Camps!

Camp days are inclusive of the hours from 7:30am - 5:00pm*

The majority of our structured programming will occur between 9:00am - 4:00pm. There is no longer a need to register for additional before care or after care. You will be asked to provide an estimated time of drop off and pick up during registration

**Camps located at the Chief and Petty Officer's Mess in Esquimalt run 7:30 am-4:30 pm*



Register for any of the following PSP Camp 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/

■ = 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.

R = Regular, O = Ordinary, A = Associate

Core Camps • PSP

Mini Seekers Summer Camp (4*-5 Years)

**4-year-olds must be starting kindergarten in the fall*
 Our youngest campers will enjoy a week of crafts, games, outdoor play, weekly swimming, walking out-trips and more!

Location: Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)
Dates: Available each week
Cost: R \$205 / O \$215 / A \$225 (5-day camp)
 R \$165 / O \$173 / A \$181 (4-day camp)

Sun Seekers Summer Camp (6-7 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, out-trips and more!

Location: Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)
Dates: Available each week
Cost: R \$200 / O \$210 / A \$220 (5-day camp)
 R \$160 / O \$168 / A \$176 (4-day camp)

Fun Seekers Summer Camp (8-9 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, out-trips and more!

Location: Youth Activity Centre, 721 Galiano Crescent (Belmont Park, Westshore)
Dates: Available each week
**August 31 – Sept 3 runs out of the Colwood Pacific Activity Centre (2610 Rosebank Road)*
Cost: R \$200 / O \$210 / A \$220 (5-day camp)
 R \$160 / O \$168 / A \$176 (4-day camp)

Adventure Seekers Summer Camp (10-12 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, walking out-trips and more! As our oldest campers, Adventure Seekers will also spend more time on out-trips using public transportation.

Location: Colwood Pacific Activity Centre, 2610 Rosebank Road (Westshore)
Dates: Available each week
Cost: R \$200 / O \$210 / A \$220 (5-day camp)
 R \$160 / O \$168 / A \$176 (4-day camp)

Little Waves Summer Camp (4*-7 Years)

**4-year-olds must be starting kindergarten in the fall*
 Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, out-trips and more!

Location: Chief and Petty Officer's Mess, 1575 Lyall Street (Esquimalt)
Dates: Available each week
Cost: R \$200 / O \$210 / A \$220 (5-day camp)
 R \$160 / O \$168 / A \$176 (4-day camp)

Coastal Campers Summer Camp (8-12 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, out-trips and more!

Location: Chief and Petty Officer's Mess, 1575 Lyall Street (Esquimalt)
Dates: Available each week
Cost: R \$195 / O \$205 / A \$215 (5-day camp)
 R \$156 / O \$164 / A \$172 (4-day camp)

Specialty Camps •PSP

Summer Chefs Camp (various ages)

This camp gives participants the opportunity to expand their cooking skills, try new foods and have fun with friends! Campers will cook everything from dessert to meals to snacks. A few breaks from the kitchen will include swimming and an out-trip.

Location: Colwood Pacific Activity Centre,
2610 Rosebank Road (Westshore)

Dates: July 6 - 10, ages 6 - 8 years
August 4 - 7*, ages 6 - 8 years
July 13 - 17, ages 7 - 9 years
August 17 - 21, ages 9 - 12 years
July 27 - 31, ages 9 - 12 years

Cost: R \$210 / O \$220 / A \$230 (5-day camp)
*R \$168 / O \$176 / A \$184 (4-day camp)

STEAM Camp (various ages)

Science, Technology, Engineering, Art, and Math - integrating the arts (such as fine art, drama, literature) with traditional STEM activities, this camp provides kids with the opportunity to explore concepts in tactile, experiential, and innovative ways.

Location: Colwood Pacific Activity Centre,
2610 Rosebank Road (Westshore)

Dates: July 20 - 24, ages 7 - 9 years
August 10 - 14, ages 6 - 8 years
August 24 - 28, ages 9 - 12 years

Cost: R \$210 / O \$220 / A \$230



Sports and Splash (various ages)

Join us for a week filled with splashing and sports! This camp will go swimming twice at an indoor pool and visit outdoor splash pads or lakes. Sports may include soccer, frisbee golf, basketball, pickleball, and more. Please note: this camp will spend a lot of their days outdoors.

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

Dates: July 13 - 17, ages 9 - 12 years
July 27 - 31, ages 6 - 8 years
August 17 - 21, ages 7 - 9 years

Cost: R \$210 / O \$220 / A \$230

Bike Camp (various ages)

Campers become bikers in this fun filled week, learning bike safety, cornering, bike handling, gear shifting and more. In between biking, there will be some fun out trips and swimming, however, campers should be prepared to be on their bike for a large portion of the day. Campers must provide a safe and properly sized bike without training wheels and a helmet for all camps.

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.

Gear 2: Campers should be off training wheels and have more advanced handling skills. They should be comfortable on a bike and be able to ride between 45-60 minutes at a time.

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

Dates: July 6 - 10, ages 7 - 9 years GEAR 1
August 10 - 14, ages 9 - 12 years GEAR 2
August 24 - 28, ages 8 - 10 years GEAR 2

Cost: R \$210 / O \$220 / A \$230 (5-day camp)



Outdoor Adventures (various ages)

Does your kid love being outdoors? Games, crafts, activities and more will all be centered around the great outdoors. Campers will go on fun and educational visits to the beach, forests, and parks. Please note: this camp will spend most of their day outdoors.

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

Dates: July 20 - 24, ages 9 - 12 years
August 4 - 7*, ages 6 - 8 years

Cost: R \$210 / O \$220 / A \$230 (5-day camp)
*R \$168 / O \$176 / A \$184 (4-day camp)

Leadership Camps •PSP

Leader in Training (Ages 12+ years)

The Leader in Training program is a series of leadership development experiences for teens that help these future leaders discover their strengths and build lifelong leadership skills. Each program involves fun and challenging age-appropriate educational and recreational programs at camp or other programming, while working directly with children.

The Leaders in Training Program is for ages 12yrs and is designed to support their transition from program attendee/camper to staff.

Successful 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.

Location: Colwood Pacific Activity Centre,
2610 Rosebank Road (Westshore)

Dates: Session 1 - July 6 - 17, Mon-Fri
Session 2 - July 20 - 31, Mon-Fri

Cost: \$385/session

Jr. Leader Program

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

Want to gain more experience with working with children and youth? 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 having fun doing it all. Jr. Leaders must have successfully completed the Leader in Training program (or a comparable program from another provider).

Location: Varies depending on the camp Jr. Leaders are assigned to - most are based out of the Westshore locations

Dates: Available each week except July 6 - 10
Cost: \$75/week

To participate in the Jr. Leader program, please email recreationcpac@forces.gc.ca
ATTN: Children and Youth Programs Supervisor





OPAL
wellness

OFFERING

Acupuncture • Naturopathic
Medicine • Massage Therapy •
Counselling • and more!

@OPALWELLNESS
OPALWELLNESS.CO



Ms. Thompson
Knit-Shop



Hit up my Facebook, Instagram and
Etsy for quirky, cozy, and completely
original handmade vibes!

   MsThompsonKnitShop

Or email me at MsThompsonKnitShop@gmail.com



MARPAC & Lookout
**HEALTH &
WELLNESS
EXPO**

**SAVE THE
DATE**

Tuesday, March 5
Naden Athletic Centre

**Connect to
The Lookout**

Supporting CFB Esquimalt with...

Editorial	Creative Services	Morale & Welfare
Bi-weekly Newspaper Social Media Community PSP-MFRC Activity Guides	Design and Production Programs, Certificates Banners, and more!	MARPAC Health & Wellness Expo Ship to Shore Tradeshow Formation Fun Day



Lookoutnewspaper.com



Register for Shotokan Karate

Contact PSP Recreation at
250-363-1009 or
in-person through the
Colwood Pacific Activity Centre (CPAC) or
Naden Athletic Centre (NAC) Kiosk.

SPRING REGISTRATION OPENS

23 FEBRUARY 2026 (R)
3 MARCH 2026 (O, A)

SUMMER REGISTRATION OPENS

7 APRIL 2026 (R)
14 APRIL 2026 (O, A)

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. 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!

**Please note all participants are required to purchase annual memberships with both Karate BC and ShotoCanada.*

SPRING 2026

Colwood Pacific Activity Centre

Dates: 07 Apr - 25 Jun (24 classes)
Times: Tuesday/Thursday 6:30pm - 8:00pm
Cost: Child (Under 18 yrs) - \$132 Regular/ \$150 Ordinary/ \$180 Associate
Adult - \$180 Regular/ \$216 Ordinary/ \$252 Associate

Naden Athletic Centre

Dates: 08 Apr - 30 Jun (23 classes)
**no session on 18 May*
Time: Monday/Wednesday 6:30pm - 8:00pm
Cost: Child (Under 18 yrs) - \$126.50 Regular/ \$143.75 Ordinary/ \$172.50 Associate
Adult - \$172.50 Regular/ \$207 Ordinary/ \$241.50 Associate

Naden - Additional Advanced Training

**Pre-requisite: Minimum Orange belt, or by instructor invitation.*

Dates: 03 April - 26 June
Time: Fridays 5:45pm - 6:45pm
Cost: All ages - \$42.00 Regular / \$48.00 Ordinary / \$54.00 Associate

SUMMER 2026

Naden Athletic Centre

Dates: 06 July - 02 Sep (17 classes)
**no session on 03 Aug*
Time: Monday/Wednesday 6:30pm - 8:00pm
Cost: Child (Under 18 yrs) - \$93.50 Regular/ \$106.25 Ordinary/ \$127.5 Associate
Adult - \$127.50 Regular/ \$153 Ordinary/ \$178.5 Associate

■ = 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.



SPRING REGISTRATION OPENS

23 FEBRUARY 2026 (R) at NOON.

3 MARCH 2026 (O, A) at NOON.

Register for any PSP Adult Program

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

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



■ = 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.

Recreation Sports

NEW Book online at bkk.cfmws.com/esquimaltpub

Reserved Squash Courts • PSP

Reserve your spot on our squash courts at NAC and enjoy an exciting, fast-paced workout! We have three regulation-sized squash courts available to members and the community.

Contact us now to book your preferred time slot by calling us at 250-363-5677 or visiting the Naden kiosk.

Location: Naden Athletic Centre (NAC - N88)

SQUASH COURT PRICE CHART					
	MONDAY TO FRIDAY				WEEKENDS
	5:30 - 11:00am	11:00am - 1:00pm	1:00 - 6:00pm	6:00 - 9:00pm	8:30am - 6:00pm
Military Members and Gym Members	\$10/hr			\$10/hr	
DND or PSP Staff				\$10/hr + Drop-in	
Non Member	\$10/hr + Drop-in				

Reserved Pickleball Court • PSP

(Book Your Pickleball Court)

Reserve your spot on our indoor pickleball courts at CPAC for fun, fitness, and friendly competition.

Book online or contact CPAC directly at 250-363-1009 to secure your preferred time. Each guest can book up to two weeks in advance. See you on the court!

Location: CPAC

Price: \$16 per hour (full size),
 \$14/hr (Recreational size).

Court booking fee includes Court booking fee includes up to 4 players. Additional players pay the gym drop-in fee. See pg 11 for more details.

SESSION DATES

Dates: 10 April - 15 June

Mon & Fri

Full Size 9:00am - 3:00pm

Recreation Size* 1:00 - 6:00pm

*slightly shorter than regulation length





R = Regular, O = Ordinary, A = Associate

Reconditioning

PNP3 – Prenatal and Postpartum Program •PSP

A class for regular CAF members running at Naden Athletic Centre in the upper gym on Tuesdays and Thursdays at 11:15am – 12:15pm. The program is designed to enhance the fitness and wellness of the member in pregnancy or postpartum. Class participants may bring their newborn to the class for up to 18-months postpartum. There is no referral required. If you're interested and have questions, please email: womenswellness@CFMWS.com

To join the program, please complete the PNP3 survey at cfmws.ca and a PSP staff member will reach out to start the process.

Arts & Enrichment

Makers with Mocktails •PSP

Come and enjoy an evening of making! We will start by making a delicious non-alcoholic mocktail to enjoy while making a craft item that will come home with you. No experience necessary, and all required material is provided.

This program runs at the same time and location as our popular Friday night kids' activities, so you can let us keep the young ones busy while you craft! Please note registration needs to be completed separately for both programs.

Location: CPAC
Price: R \$30, O \$35, A \$40

SESSION DATES

Fridays 6:15 – 8:00pm

April 24 – Candle Making

May 28 – Photo Frames

Yoga at CPAC

Slow Flow Series •PSP

Join us for a Slow Flow yoga series, where you're invited to embrace the present moment through gentle movement and mindful breath. This class is designed for practitioners of all levels, offering a serene space to connect body and mind.

Location: CPAC
Price: R \$48, O \$56, A \$64 (4 classes/session)

SESSION DATES

Thursday 7:00 – 8:00pm

Session 1: April 9–30

Session 2: May 7–28

■ = 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.



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 are a seasoned athlete looking to turn a new leaf. Choose from private sessions or ask us about semi-private sessions for you and a friend or family.

One on One Private Training Sessions • PSP

(1 hour)
 \$55 for 1 session
 \$150 for 3 sessions
 \$225 for 5 sessions
 \$399 for 10 sessions



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

Resources & Services During Absences



Deployment & Absence Support Registration • MFRC

Is your military member anticipating, currently, or recently returned from a 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 and to register, scan the QR code on your mobile device.

Family Networks • MFRC

Family Networks are a great way to connect with other family members and friends 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 through our **Deployment & Absence Support Registration** system

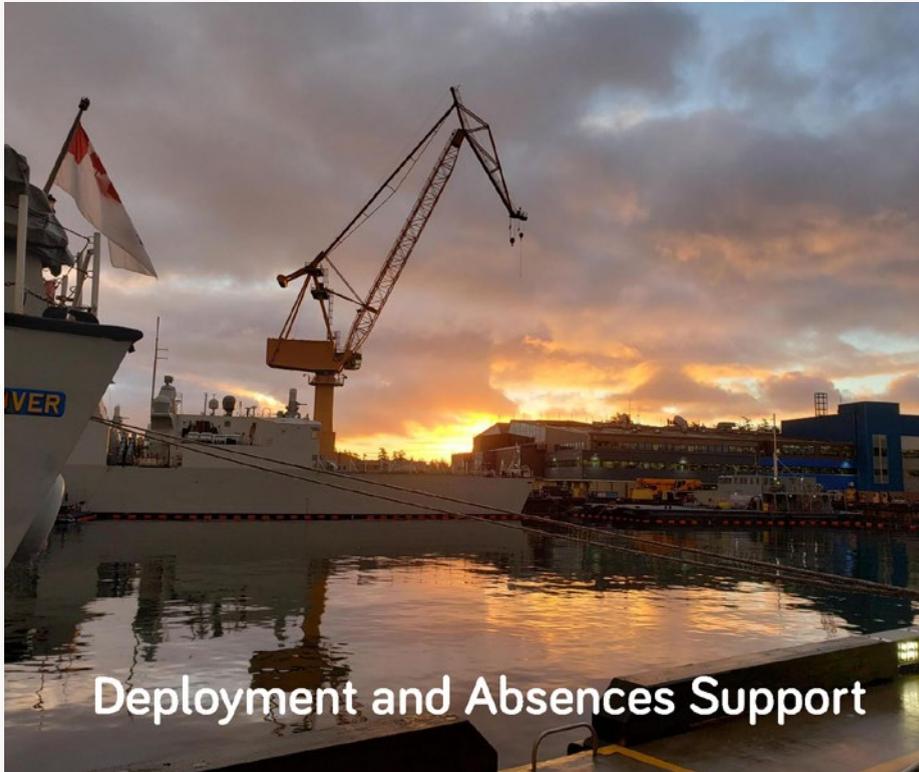
- 443 Squadron
- HMCS Calgary
- HMCS Max Bernays
- HMCS Ottawa
- HMCS Protecteur
- HMCS Regina
- HMCS Vancouver
- HMCS Winnipeg
- MV Asterix
- HMC Submarines Chicomitimi, Corner Brook and Victoria

to be added to your Family Network email distribution list. We have Family Networks for the following units:

– Absence Support

a Network for those not connected to the above units who are experiencing a work related absence, course, exercise, overseas, imposed restriction, etc.).

Resources & Services During Absences



Deployment and Absences Support

Family Network Facebook Groups • MFRC

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 family members and friends connected to the same unit, which in turn helps support your military members. For more information, visit our website at cfmws.ca/esquimalt/mfrc-family-networks.

Sending Mail to Deployed Members • MFRC

Did you know you could send morale mail to your deployed military member for free? Letters and care packages can be dropped off at our Colwood MFRC location, Dockyard Fleet Mail Office and Naden Mailroom during regular business hours. This service is available at the MFRC under the direction of the Fleet Mail Office (250-363-2176). For more information and mailing guidelines, check out our How to Send Morale Mail webpage.

Care Package Collection Box for Deployed Members • MFRC

Did you purchase too much for your care package? We will be accepting items at the Colwood MFRC location to create care packages for deployed members who are not receiving them. Care packages will be sent to deployed ships throughout their deployments; please consider contributing your extras to help uplift the spirits of members. A few ideas of items that could be

contributed are: individually wrapped snack items (ie. chips, granola bars), microwave popcorn, candies, and puzzle books.

Pre-Deployment Briefs for Deploying Ships • MFRC

This is an opportunity to learn more about the unit's mission, resources for loved ones and pre-deployment preparation information for the family and member. Speakers will include the Command Team, MFRC, AJAG, and Fleet Mail Office.

Monthly Information Sessions for Deployed Ships • MFRC

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.

Preparing for Deployment & Absences Workshops and Return & Reintegration Workshops • MFRC

The MFRC offers deployment and absence workshops based on the military operational schedule, however we can offer workshops based on interest. Contact the Deployment and Absences Team at absence.support@emfrc.com to inquire.

Deployment & Absence Resources and Services Webpages • MFRC

Is your military member anticipating, currently, or recently returned from a deployment or work-related absence? Visit our Resources and Services webpages for information dedicated to each phase of the deployment and absence cycle. Check out our Preparing for an Absence Checklists (for single members, parents of members, and partners/spouses), view our workshop recordings, and find information on morale mail, short-term counselling, and other resources and services available to you and your family.

Banner Making Pickup Kits • MFRC

Is your family member or friend currently deployed or away for work-related reasons and returning home soon? Let the MFRC assist you in preparing for their homecoming by supplying you with all the materials needed to make welcome home banners and decorations. Email absence.support@emfrc.com to reserve your kit and arrange a pickup time during regular business hours from our Colwood MFRC location.

Deployment & Absence Resources and Services for Parents, Children & Youth • MFRC

Check out the Early Years and School Age & Youth sections on pages 19 and 20 for information on our Supporting Children Through Absence workshops, Respite Child Care During Absences, Absence & Relocation Literacy Kits, Parenting from Afar, and more!



Looking for more information?

Check out our Deployment & Absence Support in Esquimalt webpage for more information on resources, services, and programs. If you have questions related to deployment and/or work-related absences, please email absence.support@emfrc.com to connect with us.

Community Integration



Coffee Connections (Drop in)

• MFRC

Join MFRC Staff and Volunteers to meet new people, learn about local resources and connect with your military family community! Coffee & tea will be offered. An activity may be offered and will be advertised on social media before each session. No registration required for Coffee Connections.

*Creative learning (0-5 years) may be available but requires advance booking, learn more here: <https://cfmws.ca/esquimalt/casual-child-care>

Dates: 1st Tuesday of each month

Time: 11am - 12pm

Cost: Free

Welcome to CFB Esquimalt

• MFRC

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. Recording will be available.

Location: Zoom

Date: May 20

Time: 12 - 1 pm (Pacific Time)

Date: Jun 2

Time: 5-6 pm (Pacific Time)

Cost: FREE

English as a Second Language • MFRC

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 adult family members of CAF 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.

Location: CPAC/Virtual

Dates: Thu, Sept - June

Time: 6 :00 - 8 :00 pm

Cost: Free

■ = 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.

Join the Military Spousal Employment Network (MSEN)

• MFRC

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

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 • MFRC

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 cfmws.ca.

Register for any of the following MFRC Adult Programs

by visiting
cfmws.ca/esquimalt



Career Coach+ - MFRC

One-on-one coaching and digital learning hub for military spouses. Career-COACH+ provides virtual and confidential career coaching, connecting military spouses/partners directly to a professional career coach for tailored support with career transition, development, and employment pursuits. Designed for military spouses/partners to assist with the disruption that can come with relocations, deployments and other aspects of military family lifestyle. Participants will also gain access to a digital learning lab, a wealth of resources and tools, for self-paced learning opportunities. Your career matters.

Register now! cfmws.ca/support-services/employment/career-development/careercoach

2026-27 COMMUNITY SPONSORSHIP OPPORTUNITIES



SERVING THOSE WHO SERVE

Interested in sponsoring our morale and welfare programs, camps, or events?

We have tailored packages available!

For more information on supporting our members and their families, reach out to:

Leah.Pokocky@forces.gc.ca

- MARPAC Health & Wellness Expo
- Formation Fun Day • Sip & Shop • Navy Run
- Base Commander's Golf Tournament
- Ship to Shore Industrial Tradeshow
- Summer Camps • Halloween Fun
- Spring Family Celebration



Social and Mental Wellness Resources and Services



Wellness Wednesday: Plant and Paint

Wellness Wednesdays • MFRC

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.

Nourishing Neighbours • MFRC

(Children 8+ can attend with parent)

Join our Wellness Team in the kitchen to make a nutritious meal and enjoy it together.

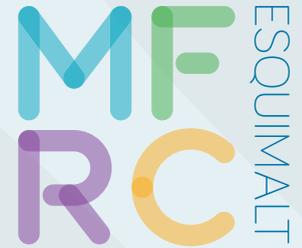
Location: CPAC
Date: Wed, Apr 15
Time: 6 - 8 pm
Cost: Free

Plant and Paint • MFRC

(Children 8+ can attend with parent)

Join the Wellness Team for an evening of painting and planting outdoors.

Location: CPAC
Date: Wed, May 20
Time: 6-8 pm
Cost: Free



Learn about
Family Wellness Support



Register for any
MFRC Program



or visit
cfmws.ca/esquimalt

Social and Mental Wellness Resources and Services

Emergency Family Plan • MFRC

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 cfmws.ca and get started today. We encourage you to contact the Family Wellness and Counselling Team through the MFRC intake line at **778-533-7736** or intake@emfrc.com if you have any questions or desire support to create your plan.

Short-term Counselling • MFRC

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.

Stress Less Resources from STRONG MINDS STRONG KIDS Psychology Canada • MFRC

STRONG MINDS STRONG KIDS delivers evidence-based programs and resources that empower young people from birth to 18 with essential coping skills for life, focusing on three pillars: Attachment, Stress Management, and Capacity Building. You can check out their online resources and programs at strongmindsstrongkids.org

You can pick up Stress Less Workbooks for kids ages 4 – 18 for FREE at the MFRC. Drop by to pick up your copy today!

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.

Strongest Families • MFRC

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 strongestfamilies.com or call the MFRC intake line at **778-533-7736** or intake@emfrc.com 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.

Extra/Diverse Support Needs

• MFRC

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.





Photo Credit: Master Sailor Bryan Underwood, MARPAC Imaging Services

Veterans

Veteran Family Program - MFRC

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, Contact the Veteran Family Program Coordinator at the Esquimalt MFRC at 250-363-2640 or email at Kaitlyn.lariviere@emfrc.com 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 resources
- Short-term counselling and social work services

Francophone

Cours de langue seconde - CRFM

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.

Lieu : Virtuel/CPAC
Jeudi sept - jun
18h00-20h00
Gratuit



Register for any of the following MFRC Programs

by visiting cfmws.ca/esquimalt



■ = 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.

Transition Resources

Transitions Book - MFRC

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 - MFRC

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.

Swim Lessons

Aquatics Registration

SPRING LESSON SCHEDULE VIEWABLE
16 FEBRUARY 2026

REGISTRATION OPENS
23 FEBRUARY 2026 (R), 3 MARCH 2026 (O, A)

SUMMER LESSON SCHEDULE VIEWABLE
25 May 2026

REGISTRATION OPENS
1 JUNE 2026 (R), 8 JUNE 2026 (O, A)

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 or at Colwood Pacific Activity Centre
250-363-1009!

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

Private Swimming Lessons • PSP (for all ages)

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. Lessons will be scheduled in 30-minute sessions.

Location: Naden Athletic Centre Pool

Date: April 7 – June 20 (11 sessions)

Time: Mon. to Thurs. 4:30pm – 8:00pm;

Sat. 9:00am – 1:00pm

Cost: \$308 – Single Person / \$374 – Semiprivate

Swimmers must be at the same swimming level and for children must be within 2 years of age. To register for semiprivate lessons, you must call or come in person.

Lifesaving Society Swim Lessons • PSP

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

SPRING SESSION

Location: Naden Athletic Centre Pool

Date: April 7 – June 18 (11 sessions)

Time: 4:30-7:30 pm; Sat. 9:00am – 1:00pm

NEW! SUMMER SESSION

Location: Naden Athletic Centre Pool

Dates: Tue/Thu July 7 – 30 (8 sessions)

Tue/Thu Aug 4 – 27 (8 sessions)

Time: Tue & Thu 4:30pm – 8:00pm

Saturdays July 11 – Aug 29 (8 sessions)

Time: Saturdays 9:00am – 1:00pm

SWIM FOR LIFE PRESCHOOL (3-5 YRS OLD) LESSON DESCRIPTIONS

CLASS	COST *	REQUIREMENTS
Seahorse (Parent and Tot)	R: \$82.50 O: \$85.25 A: \$88.00	Seahorse (Parent and Tot) is a transitional level which transfers the tot from the care of the parent to the instructor throughout the lesson set. They'll learn floats, glides, and kicking skills. Ages 24 months – 3 years
Octopus	R: \$82.50 O: \$85.25 A: \$88.00	These preschoolers learn to jump into chest-deep water by themselves and get in and out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.
Crab	R: \$82.50 O: \$85.25 A: \$88.00	Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant object
Orca	R: \$82.50 O: \$85.25 A: \$88.00	Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.
Sea Lion	R: \$82.50 O: \$85.25 A: \$88.00	Sea Lion teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.
Narwhal	R: \$82.50 O: \$85.25 A: \$88.00	Narwhal teaches Swim to Survive® skills while wearing a PFD. Front crawl and back crawl are introduced, as well as interval fitness training. Preschoolers will learn how to tread water and perform vertical whip kick with a buoyant aid.

*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 (5-12 YRS OLD) LESSON DESCRIPTIONS

CLASS	COST *	REQUIREMENTS
Swimmer 1	R: \$82.50 O: \$85.25 A: \$88.00	These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale, and hold their breath underwater. Floats, glides and kicking skills are introduced.
Swimmer 2	R: \$82.50 O: \$85.25 A: \$88.00	These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.
Swimmer 3	R: \$101.75 O: \$104.50 A: \$107.25	These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.
Swimmer 4	R: \$101.75 O: \$104.50 A: \$107.25	These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.
Swimmer 5	R: \$101.75 O: \$104.50 A: \$107.25	These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.
Swimmer 6	R: \$101.75 O: \$104.50 A: \$107.25	These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick and refine their strokes.
Rookie Patrol (Swimmer 7)	R: \$112.75 O: \$115.50 A: \$118.25	Swimmers in Rookie Patrol develop water proficiency, first aid, and recognition & rescue skills. They'll develop individual fitness to meet a timed 100 m swim and a 350 m workout. Water proficiency skills include strokes, swimming with clothes, ready position, and feet/head-first surface dives. Demonstrating the ability to conduct a primary assessment on a conscious person, treatment for bleeding, and calling EMS are included as first aid skills.

■ = 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.

ADULT (13+ YRS) SWIM PROGRAM DESCRIPTIONS

CLASS	COST *	REQUIREMENTS
Adult Beginner	R: \$101.75 O: \$104.50 A: \$107.25	You'll work towards 10-15m swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning how to perform front crawl and back crawl.
Adult Intermediate	R: \$101.75 O: \$104.50 A: \$107.25	Develop your swimming by working on interval training workouts, sprints, and further develop your front and back crawl. Whip kick and breaststroke are introduced. You'll also learn Swim to Survive skills and continue to develop deep water skills.
Adult Fitness Swimmer	R: \$112.75 O: \$115.50 A: \$118.25	Fitness swimmer allows you to set your own goals to improve overall physical fitness in the water. Our experienced instructors will help you refine your technique and help you meet the goals you've created. Fitness swimmer is a structured approach based on accepted training principles including stretching, interval training, sprints, and distance swimming. This program is intended for participants who can swim a minimum of 50m nonstop.

*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

NEW! WEEKLY WATER FUN

Join us on Wednesday nights from 6:30-8:30pm for special activities in the pool! Not just for kids, the staff will be pulling out our specialty equipment such as the deep end monkey bars, water running mat, water polo, and more. No extra cost; this swim is included with your drop-in/membership.

Please note there will be limited lane swimming available during this time as most of the pool is reserved for FUN!

Location: Naden Athletic Centre Pool

Dates: Wednesdays

Time: 6:30-8:30pm

Cost: Included with Gym Membership or \$6.25



Advanced Aquatics Training

Being prepared is key in any emergency. Our advanced aquatics courses will help you feel confident and ready to handle aquatic-based emergencies. Starting with the Lifesaving Society's cornerstone program, Bronze Medallion, you'll work your way through the program to the level you desire. Whether you want to simply be safer in and around water or want to become a lifeguard, advanced aquatics training is always beneficial.



Intermediate/ Standard First Aid

Comprehensive course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Location: Naden Athletic Centre Pool

Date: Friday, July 24

Time: 9:00am-5:30pm

Pre-requisite(s): None

Cost: \$160

Bronze Medallion

Bronze Medallion introduces the principles of lifesaving embodied in the four components of water rescue education: knowledge, skill, fitness, and judgement. Candidates will acquire the assessment and problem-solving skills needed to make good decisions in and around the water. This course is a pre-requisite for the Assistant Lifeguard training in Bronze Cross.

Must be able to perform basic front crawl, back crawl, and breaststroke, and swim 400m non-stop.

100% attendance and participation is required.

Location: Naden Athletic Centre Pool

Date: July 6-10 (M-F)

Time: 12:00-4:30 pm

Pre-requisite(s): Minimum 13 years old
OR Bronze Star

Cost: \$180

Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding by introducing assistant lifeguard training. Candidates will strengthen and expand their lifesaving skills and begin to apply the principles of active safety supervision in aquatic facilities.

100% attendance and participation is required.

Location: Naden Athletic Centre Pool

Date: July 13-17 (M-F)

Time: 12:00-5:00pm

Pre-requisite(s): Bronze Medallion

Cost: \$180

National Lifeguard

This is the final stage in becoming a lifeguard. Candidates refine their surveillance skills, as well as specialized lifeguard techniques, such as contact aquatic rescues. Included are scanning, teamwork, hand signals, and basic pool chemistry and filtration. National Lifeguard includes the Lifesaving Society's Airway Management and Oxygen Administration program.

100% attendance and participation is required.

Location: Naden Athletic Centre Pool

Date: August 10-20 (M-Th)

Time: 12:00-6:30 pm

Pre-requisite(s): Minimum 15 years old AND Bronze Cross AND Intermediate/Standard First Aid

Cost: \$400



POOL SCHEDULE: APRIL - AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/	SUNDAY
0600 - 0730 Lap Swim & Clubs	0600-0730 Lap Swim	0600-0730 Lap Swim & Clubs	0600-0730 Lap Swim	0600-0730 Lap Swim & Clubs	0900-1200 Everyone Welcome & Lessons	Bookings Only
0730-1100 Military Training						
1100-1300 Everyone Welcome	1100-1300 Lengths & Leisure	1100-1300 Everyone Welcome	1100-1300 Lengths & Leisure	1100-1300 Everyone Welcome	1200-1600 Everyone Welcome & Birthday Parties	
	1205-1250 Aqua Fit		1205-1250 Swim Skills			
13:00-16:00 Military Training						
16:30- 20:30 Everyone Welcome					Bookings Only	
1630- 2030 Swim Lessons	1630-2030 Swim Lessons	1830-2000 Weekly Water Fun	1630-2030 Swim Lessons			

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

Swim Descriptions

Swim Club

Open to members of the Masters Swim Club, to join please contact Sabastian Robinson **250-363-4068**

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

Lap Swim

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

Lengths and Leisure

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

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

Aqua Fit

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

Swim Skills

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

This is a registered program. See swim lesson descriptions, times and requirements on page 41.

Birthday Parties

For bookings, please contact CPAC kiosk at **250-363-1009**.

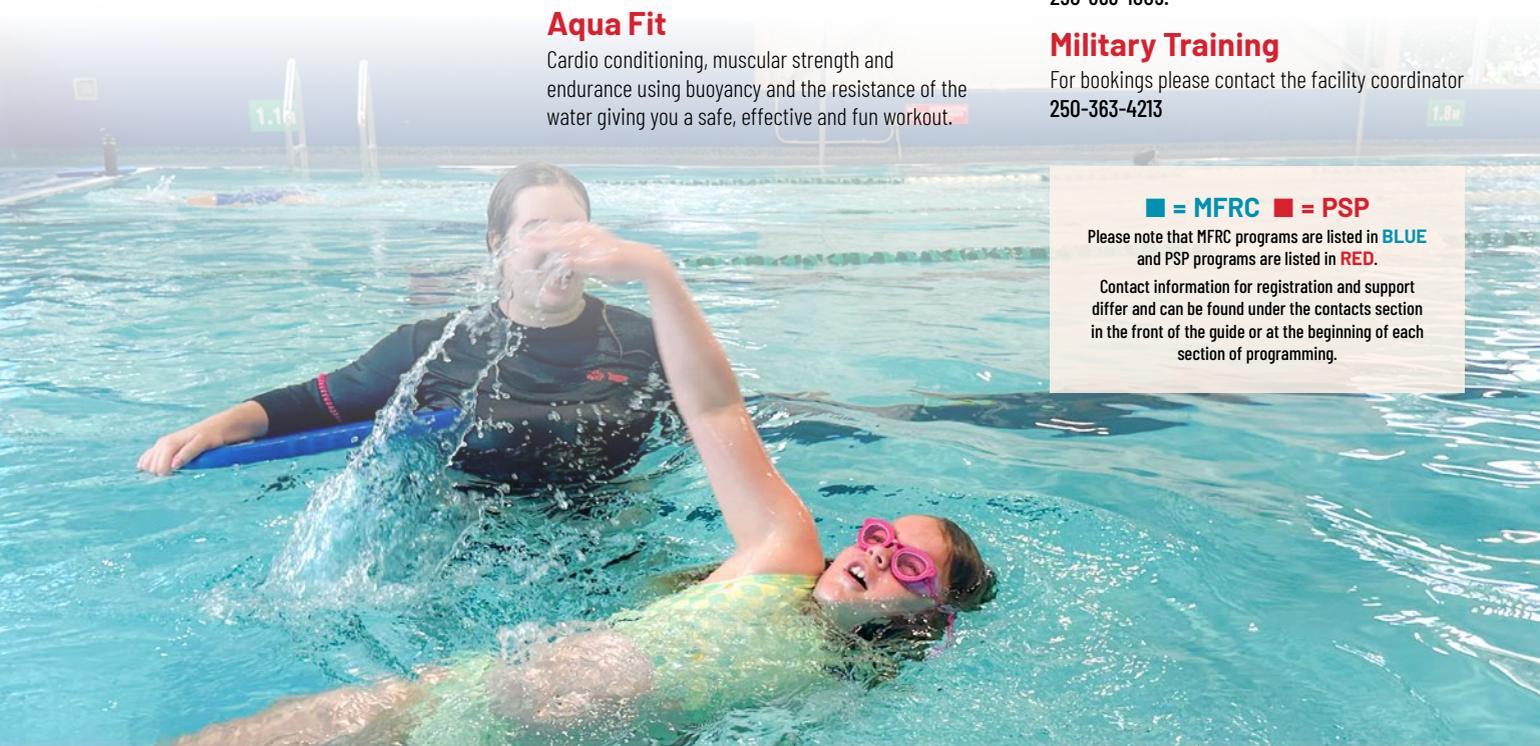
Military Training

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

■ = 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.



PSP Sports

Yearly Sports Overview 2026

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

Formation Sports

Esquimalt Formation Sports organizes sports teams, leagues, and tournaments from the Formation/Base level to international competition. The programs offered are:

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

Intramural Sports

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

■ = 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.



Photo: © K-J Millar, Shilo Stag Media

Formation Teams (CFB Esquimalt Tritons)

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

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

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

Follow us on Instagram @Esq_Tritons

Visit our website: cfmws.ca/sport-fitness-rec/sports

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



NADEN ATHLETIC CENTRE (N88) DROP-IN FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715	FORCE PT - Strength (Lower Gym)	FORCE PT - Conditioning (Lower Gym)	FORCE PT - Strength (Lower Gym)	FORCE Familiarization (Lower Gym)	FORCE PT - Conditioning (Lower Gym)
1100 - 1145					Formation PT - FORCE Friday (Lower Gym)
1205-1250	Spin (Upper Gym)	Aqua-fit (Pool)	Functional Strength (Upper Gym)	Swim Skills (Pool)	Mobility (Upper Gym)

DOCKYARD GYM (D22) FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1205-1250	Functional Strength	Total Body Conditioning	Functional Strength	Spin	Total Body Conditioning

Aqua-Fit

Get moving with a 45 minute, moderate-level aquatic workout to improve strength, mobility, and stamina. This class uses aqua-jogger belts, foam dumbbells, and pool noodles for a low-impact cardio workout with a little strength and mobility work. No swimming skills necessary!

FORCE PT

These open-to-everyone workouts are specifically designed to help you perform better on the FORCE evaluation by improving your strength and endurance. Conditioning days will get your heart pumping using a variety of equipment and workouts will vary from week-to-week. On Strength days, you can work through the strength workout at your own pace and PSP staff can help you customize it to your level and goals.

FORCE Familiarization

The gym will be set up for FORCE testing and PSP staff will be on hand to answer your questions and offer you coaching on all 4 components. After a group warm up, work through all or part of the test at your own pace.

Functional Strength

Prepare for a full body workout. This class will increase your strength and confidence through resistance training, lifting techniques, and core stability exercises. The moves we practice will prepare you for everyday tasks, from carrying all the groceries in one trip to fending off the pains of too much time at a desk.

Formation PT

This is a group workout designed to improve the operational fitness of CAF members. Strength days will focus on resistance training and lifting skills, while Conditioning days will work your cardio and muscular endurance, boosting your metabolism. Friday sessions offer a FORCE-specific workout to finish the week off with a bang.

Mobility

Working on your mobility and flexibility can prevent injury, reduce muscle and joint pain, and help you get the most out of your strength and conditioning. We will guide you through a gentle to moderate stretching and strengthening class that may include yoga-inspired flows, foam rolling, balance drills, and more.

Spin

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

Swim Skills

Meet us in the pool to work through a set of swim drills at your own pace with PSP staff on hand to help correct your technique and personalize your workout. We prepare two different levels of drills so there is something for everyone, whether you are working up to 100m continuous or working on a 1500m endurance swim. Minimum swim skill: must be able to swim at least 25m and be comfortable in deep water.

Total Body Conditioning

Get ready to sweat, this class will have you moving your whole body to increase your muscle and cardio endurance. Workouts include a variety of activities, including circuits, agility work, medicine balls, interval training, and more.

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



HOW TO BE A STRONG FINANCIAL ROLE MODEL FOR KIDS

TEACH A FIVE-YEAR-OLD

SISIP Financial
Esquimalt Team

Whether it's how you handle stress, treat others, or react when the bill arrives, children notice everything — including how you manage money. Here's how to set a great financial example for kids.

TEACH A FIVE-YEAR-OLD

Children don't read stock market reports, but they do understand cause and effect. Teach basic money habits by:

- *Explaining:* Children can think money is endless if they only see a card tap. Try to narrate as you pay with "I'm using my card, but I have to pay this money back soon."
- *Allowing choice:* If a child wants a toy at the store, allow them to buy it or save for something better in the future. This teaches children about avoiding impulse purchases.

TALK TO AN 18-YEAR-OLD

At this age, things get real with your child's first job, first car, and possibly their first taste of credit card debt. Teach smart money tips by:

- *Having the credit card talk:* Explain how a strong credit score can help rent apartments and secure loans, but paying minimum balances can quickly lead to financial stress.
- *Reiterating the concept of interest:* If they charge \$500 on a credit card with 20 per cent

interest and make minimum payments, it will take over nine years and \$584 in interest to pay off.

- *Encourage investing and saving:* Help open a Tax-Free Saving Account (TFSA) and support them in starting to consistently invest a small amount.

HAVE OPEN CONVERSATIONS

Children can sometimes grow up thinking finances are a taboo topic — and then struggle to manage their money. To combat this:

- *Make it a family conversation:* Instead of discussing bills behind closed doors, involve children when appropriate by using simple language and adding more specifics as they grow. Kids understand statements like "We're saving up for something important."
- *Give honest answers:* Don't dodge questions like "Are we rich?" and "How much do we make?" Instead, match explanations to the child's age and level of understanding so they grow up confident, not confused.
- *Use real examples:* Share a time you saved for something big or learned from a financial mistake. Stories and experiences stick better than lectures!

BE THE ROLE MODEL

Realistically, you can't teach good money habits if you're not practicing them yourself. Here's how to lead by example:

- *Stick to budgets:* Rather than telling children to save while overspending, show them how you track your own spending, limits, and make compromises.
 - *Plan:* Set financial goals and stay on top of your investments, insurance, emergency fund, and more. Kids watching you plan makes them more likely to do the same.
 - *Provide explanations:* Kids don't just copy actions — they absorb how you think. When saying no, explain why to help children learn to weigh trade-offs and think long term.
 - *Stay consistent:* Actions add up! Whether it's monthly investing or smart spending choices, show consistency to teach children that financial success is about good habits.
- Schools don't often teach kids financial habits, but that doesn't mean you can't. Book a chat with your SISIP advisor today to build a solid financial plan for both you and your family. You can also sign up to the SISIP Money Mastery portal for actionable, financial resiliency resources tailored to Defence community members.



TALK TO AN 18-YEAR-OLD

HAVE OPEN CONVERSATIONS

BE THE ROLE MODEL

Meet the Huber PO1s:

Service Runs in the Family

Archana Cini,
Contributions from
Lt(Navy) Jonathan Lacasse
and PO1 Brendan Huber

Lookout Newspaper

What started as a father's way of helping his children through the separations of service has since turned into a family of Petty Officers, 1st Class (PO1) at the youth and Royal Canadian Navy level.

Meet the Huber family, united by both blood and a shared love of the navy. Among the Hubers are three PO1s: Brendan (52), his son Patrick (15), and son Matthias (10), serving in the Royal Canadian Navy (RCN), Lanark Royal Canadian Sea Cadet Corps Program (RCSCC LANARK), and the Carlplace Navy League Cadet Corps Program (NLCC Carlplace) respectively. At the helm of the Huber family stands Patrick and Matthias's mother Kathryn Huber, an active member of the Navy League board.

The Sea Cadets are a Canadian Armed Forces (CAF) supported program focused on leadership, fitness, and citizenship for children aged 12-19. The Navy Cadet Corps, delivered by the Navy League of Canada, teaches children aged 9-12 seamanship, leadership, and RCN traditions.

To PO1 Brendan Huber, having his children join these organizations was not only a way to help them understand what he was doing away from home, but also a way to cope with his deployments. Now, his son Patrick

has taken to his role of PO1 with enthusiasm and pride, with highlights including taking a Fitness and Sports Instructor Course and winning a RCSCC LANARK sportsman award. His son Matthias also won the Navy League Seamanship Award from NLCC Carlplace.

When asked if his children might consider pursuing military careers, PO1 Huber shared that Patrick has already applied to a co-op program with the 33 Canadian Brigade Group. Matthias is still unsure of what he'd like to pursue in the future — understandably so at ten years old.

"I will say he [Matthias] has given me a good shoulder shrug in the past while saying 'Maybe,' regarding the CAF," PO1 Huber shares. "I will say Patrick seems to look forward to outranking me, and Matthias sure would love to boss me around a bit."

Importantly, sharing a naval link with his sons has brought the Hubers even closer, with the family looking forward to participating in Defence Community events next year as 'the PO1s.'

When home with his children, PO1 Huber often spends time teaching seamanship with the Navy League and Sea Cadets. "I'll teach knots and other rope work. I show the kids how to use the bos'n call. I also talk about my times at sea, what we do on trips, and how life is onboard."

Thank you to PO1 Huber and family for sharing your close history with the RCN.



(Left to right) Petty Officers 1st class Patrick, Matthias, and Brendan Huber pose together on Remembrance Day. Photo credit: Kathryn Huber

CFB / BFC ESQUIMALT



NAVY RUN COURSE DE LA MARINE



OPEN TO EVERYONE, INCLUDING WHEELCHAIRS AND STROLLERS!
OUVERT À TOUS, Y COMPRIS AUX FAUTEUILS ROULANTS ET AUX POUSSETTES !

- 5 KM / 10 KM WALK OR RUN / MARCHÉ OU COURSE DE 5 KM / 10 KM
- KIDS RUN / COURSE DES ENFANTS

20 JUNE / JUIN 2026

REGISTRATION FEES / FRAIS D'INSCRIPTION

5 KM / 10KM WALK/RUN
MARCHÉ OU COURSE DE 5 KM / 10 KM

EARLY / ANTICIPÉE
NOV 4 – MAR 31

REGULAR / RÉGULIÈRE
APR 1 – JUN 13

LATE / TARDIVE
AFTER / APRÈS JUN 13

VIRTUAL / VIRTUELLE

\$42.86 / 42,86 \$

\$46.46 / 46,46 \$

\$56.46 / 56,46 \$

IN PERSON / EN PERSONNE

Active & Retired Military & Dependants

\$41.64 / 41,64 \$

\$48.02 / 48,02 \$

\$58.02 / 58,02 \$

Militaires actifs et retraités et personnes à charge

DND / NPF Civilians & Dependants

\$48.02 / 48,02 \$

\$52.61 / 52,61 \$

\$62.61 / 62,61 \$

Civils et personnes à charge du MDN et des FNP

General Public / Grand Public

\$54.46 / 54,46 \$

\$59.67 / 59,67 \$

\$69.67 / 69,67 \$

KIDS RUN SHIRT / COURS DES ENFANTS CHEMISE

Virtual & In-Person (registration is free)

\$23.63 / 23,63 \$

\$29.01 / 29,01 \$

\$29.01 / 29,01 \$

Virtuelle et en Personne (L'inscription est gratuite)

for shirt / pour la chemise

for shirt / pour la chemise

for shirt / pour la chemise

CHILDMINDING

Available for children 2 years and over. Please pre-register for childminding.
For more info or to pre-register visit:

GARDE D'ENFANTS

Disponible pour les enfants de 2 ans et plus. Veuillez vous inscrire à l'avance pour la garde d'enfants. Pour plus d'informations ou pour s'inscrire à l'avance, visitez le site:

cfmws.ca/esquimalt/esquimalt-navy-run



Register today to secure your 2026 Navy Run Technical Shirt!
Inscrivez-vous dès aujourd'hui pour recevoir le chandail technique de la Course de la Marine 2026!

Health Promotion • PSP

Alcohol and Other Drugs and Gambling Awareness – for Supervisors (Mite 117733) • PSP

This program is designed specifically for CAF members in leadership positions. The course is designed to assist leaders to promote an addiction free culture in their workplace. Over a day and a half, participants learn about substance misuse, warning signs, effective interviewing skills, active listening skills, enabling, and how to challenge and change unhealthy workplace cultures.

Essential Nutrition • PSP

Learn about nutrition fundamentals, understanding food labels, meal planning, stretching your food dollar, and mindful eating.

INTER-COMM: Dealing with Conflict and Improving Communication in Personal Relationships • PSP

Over four half days, learn practical and valuable skills for stepping into conflict well and for improving communication in personal relationships.

Managing Angry Moments (MAM) • PSP

Over four half days, learn how to use anger constructively by gaining a better understanding of your relationship with anger. This course is not anger-management counselling and is not appropriate for individuals with severe anger management problems.

Mental Fitness & Suicide Awareness for Supervisors (Mite 119531) • PSP

This full day course helps participants learn and practice important mental fitness exercises to support mental wellbeing and resilience. The second part of the day introduces participants to the ACE model of Suicide Awareness and how to keep our community safe.

Respect in the Canadian Armed Forces • PSP

Respect in the CAF is a full day 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. Come prepared to explore your own beliefs.

Stress Take Charge • PSP

Over four half days, this course is ideal 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.

Top Fuel for Top Performance • PSP

The foods you eat everyday have a great effect on your mental and physical performance and on your training. Over one and half days, participants will explore healthy and nutritious eating, fueling your body for increased activity, repair and recovery as well as review sport supplements.



Health Promotion Programs

Strengthening the Forces offers Health Promotion Programs designed to assist Canadian Armed Forces (CAF) members, their spouses, veterans and all civilian employees to take control of their health and well-being.

Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations and contributes to a higher quality of life for everyone.

Health Promotion courses are available free of charge to adult members of the Defence Team (CAF members and their spouses, and all civilian employees).

Participants must be able to attend all classes in the course to register.

For information on all Health Promotion courses, briefings, and schedules, contact the Health Promotion Office:

250-363-5621



PSP Club Contact List

Aquarius Dive Club

aquariusdiveclubesquimalt@gmail.com

Auto Hobby Club

Email - CFBEsqAutoClub@gmail.com

Phone - 250-480-0191 for booking

Golf Association

web site at cfbega.ca

Kayak Club

info@pfkc.ca

CFB Esquimalt Model Railway Club

Pierre Bouchard 778-677-1953

Ken Silvester at 250-474-1316

CFSA Sailing

Membership@cfssa.com

Naden Hockey Club

nadenhockeyclub@gmail.com

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

Joining one of our local recreation clubs is a great way to keep yourself busy, follow a new passion, maintain existing skills, or to meet new people when you have been relocated to a new community.

For more detailed information, please visit the Clubs page on our website at cfmws.ca/sport-fitness-rec/clubs/local-clubs



**Online Directory
for PSP Clubs**





Formation FUN Day

STEP RIGHT UP!

SATURDAY, SEPT. 12

FREE!



Food & Drinks!

GAMES

PRIZES

ATTRACTIONS

COTTON
CANDY!

BALLOONS

SUPER HEROES

PRINCESSES!

This fair style event will include an MFRC sponsored BBQ, live entertainment, vendor displays, games, inflatables and a marketplace that will appeal to all ages.



Open to our military, veterans, base employees and their families for their support and sacrifice.



Did You Know?

**PSP has everything you need
to create a year of wellness for you and your family.**

Physical Well-Being

FITNESS TRAINING
Build strength and boost your readiness.

SPORTS & RECREATION
Dive into aquatics, seasonal sports, and active fun.

HEALTH PROMOTION COURSES
Discover essential nutrition and fueling strategies.

RECONDITIONING PROGRAM
Personalized recovery for ill or injured members.

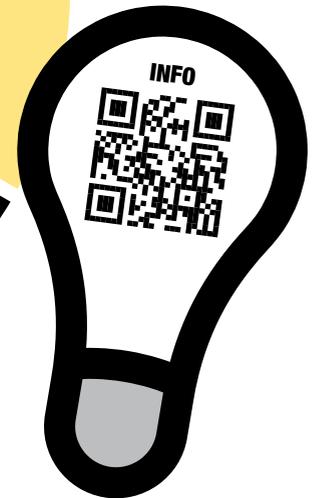


Mental & Emotional Well-Being

HEALTH PROMOTION WORKSHOPS
Strengthen resilience and manage stress with confidence.



HERE'S HOW WE HELP YOU THRIVE!



Social Well-Being

COMMUNITY RECREATION CLUBS
Explore hobbies and connect with like-minded people.

EVENTS & ACTIVITIES
From the Navy Run to family celebrations, there's something for everyone.

MESS LIFE
Social spaces to build friendships and community ties.



YOUR YEAR, YOUR WELLNESS!

FIND OUT MORE!

WWW.CFMWS.CA/ESQUIMALT



TRUSTED SINCE 1895

www.PricesLock.com

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

*All Military Discounts
honoured on hardware*



**DIRECT
SERVICE
LINE**

250-384-4105

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

Westshore
120-2806 Jacklin Road
250-391-5557

Proudly Supporting Military Families

**Darlene Rotchford, MLA
Esquimalt-Colwood**

104-1497 Admirals Rd.
250.952.5885

Darlene.Rotchford.MLA@leg.bc.ca



**LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA**



**10% OFF for all Military
& DND Personnel***

*Valid for in-store only



Scan to join
our rewards
program & get
FREE FRIES!



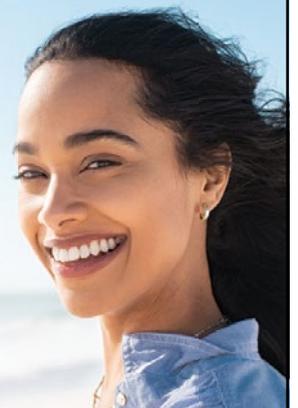
NEED CATERING? VISIT US AT BIGWHEELBURGER.COM



St. Anthony's Dental Clinic
Dr. Anastasia Loumbardias*
250-474-4322

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

*denotes Corporation



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



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



**Families
with minors
welcomed.**

**ALA CARTE
BRUNCH:**
SAT. + SUN
FROM 10AM
TO 2PM

**MILITARY
MEMBERS**
Honoured with
10% DISCOUNT
on Food

SIX MILE
PUB & EATERY

SUSTAINABLE • LOCAL • COMMUNITY *est. 1855*

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



EAT MAGAZINE
Exceptional Eats!
Readers' Choice Awards
**Best Pub
to Take a Kid**



www.sixmilepub.com

TALK TO A **LICENSED OPTICIAN**

- Military Family Discounts
- DND RX Forms Accepted

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



eye etiquette
OPTICAL BOUTIQUE

189-2401C Millstream Road,
Millstream Village

250-474-1941



www.EyeEtiquetteOptical.ca

EVATIK
THE EYES HAVE IT

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



By, for, and with the military.

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



CANEX



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

canex.ca