



2024  
AUTUMN

# Activity Guide



A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT

*Look inside for programs and special events for everyone!*





By, for, and with the military.

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LE MAGASIN MILITAIRE DU CANADA

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## St. Anthony's Dental Clinic

**Dr. Anastasia Loumbardias\***

**250-474-4322**

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

\*denotes Corporation



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**NO APPOINTMENT  
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& DND DISCOUNT**

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**LANGFORD**  
872 Langford Pkwy

**DUNCAN**  
2752 Beverly St

**MILLSTREAM**  
705 Treanor Ave



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



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

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### LEGEND

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



## 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](mailto:lisa.tonner@marks.com)

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



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

**GEOFF  
MCLEAN**  
PERSONAL REAL ESTATE CORPORATION  
250-380-8092



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

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





# REGISTRATION

## REGISTRATION INFORMATION

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

## CANCELLATION POLICY

### If we cancel

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

### If you cancel

#### MFRC programs:

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

#### PSP programs:

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

# CONTACTS

## PERSONNEL SUPPORT PROGRAMS

Senior Manager PSP.....	250-363-8487
Deputy Manager PSP.....	250-363-8485
Deputy Manager PSP .....	250-363-3144
Special Events Coordinator.....	250-363-3672

## FITNESS & SPORTS

<b>Naden Athletic Centre Kiosk .....</b>	<b>250-363-5677</b>
Manager Fitness & Sports.....	250-363-4067
Facilities Coordinator / Bookings.....	250-363-4213
Sports Coordinator.....	250-363-4068
Sports Stores.....	250-363-4072
Fitness Coordinator.....	250-363-4495
FORCE Booking.....	250-363-4412
Dockyard Fitness & Wellness Centre.....	250-363-2074
Naden Athletic Centre	
Fitness Office.....	250-363-4485
Wurtele Arena.....	250-363-4297

## RECREATION

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

## HEALTH PROMOTION PROGRAMS

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

## LOOKOUT NEWSPAPER & SPONSORSHIP

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

## MILITARY FAMILY RESOURCE CENTRE

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

## WEBSITES & SOCIAL MEDIA

### Chief and POs' Mess

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

### Lookout Newspaper and Publishing

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

### MFRC

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

### Naden Athletic Centre

f /pspesquimaltnaden

### Navy Run

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

### Pacific Fleet Club

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

### Personnel Support Programs

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

### PSP Recreation

f /pspesquimaltcpac

### PSP Recreation Online Registration

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

### Wardroom

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

## AUTUMN 2024 ACTIVITY GUIDE

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

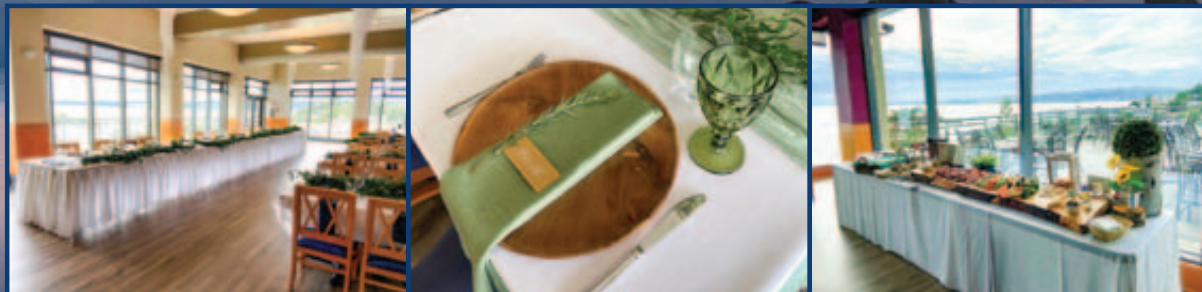
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# PROFESSIONAL *Elegance*

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

### Hours of Operation

Mon-Fri: 8:30am-4:00pm (Subject to Change)

\*Note new closing time at 4:00pm for CPAC front desk

Closed on statutory holidays

Subject to change

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

**Phone:** 250-363-2640

**Fax:** 250-363-2677

**Email:** info@emfrc.com

## MFRC Out of School Care

720 Galiano Crescent, Belmont Park, Colwood

## Signal Hill MFRC (SH)

1505 Esquimalt Road, Esquimalt

### Hours of Operation

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

Closed daily for lunch from Noon-1pm

Closed on statutory holidays

Subject to change

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

**Phone:** 250-363-3050

**Fax:** 250-363-3108

**Email:** info@emfrc.com

Quick QR Link for MFRC Program Registration:



## 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**

## 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

Monday - Friday: 8:30am - 4:00pm

Closed all Statutory Holidays

### Facility Includes:

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

**To inquire about a facility booking for your group, please email**  
**RecreationCPAC@forces.gc.ca**

\*Note: prices are subject to change without notice.

## Fleet Fitness and Wellness Centre (Dockyard)

Building 22, Dockyard

### Hours of Operation

Mon to Fri: 5:30am - 6:00pm

### Facility includes

- Weight Room & Cardio Equipment
- Change Rooms
- Showers
- Day Lockers & Rental Lockers (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: [www.cfmws.ca](http://www.cfmws.ca)

# Get Involved



# Volunteer at the MFRC

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

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



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



## Purchase a Commemorative Brick - Homecoming Statue

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



## Family Network Volunteer Opportunities

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

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

## General Programs Volunteer

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

## MFRC Unit Liaison

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

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

For further inquiries please contact  
Sylvain Jaquemot, MFRC Base and Fleet Liaison at:  
[sylvainjaquemot@emfrc.com](mailto:sylvainjaquemot@emfrc.com)

Learn more about MFRC volunteer opportunities at  
[www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)

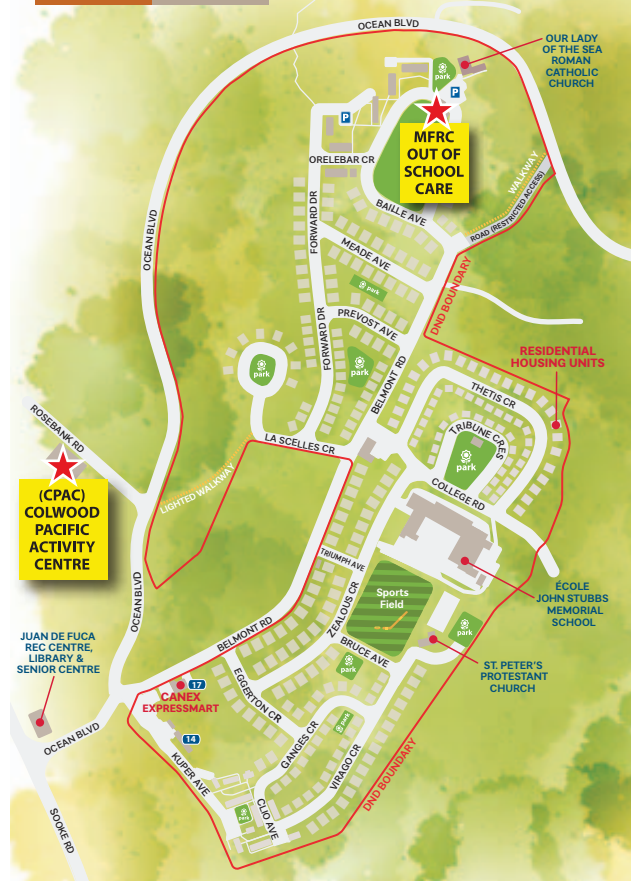
Apply online today to become a MFRC volunteer.



# DOCKYARD - SIGNAL HILL



# BELMONT PARK



## CPAC FACILITY RENTAL RATES

ROOM	CAPACITY / SET UP	RATES **2 HOUR MINIMUM ON EVENINGS AND WEEKENDS**	MILITARY UNIT PRICE
MCDV Multi-Purpose Auditorium/ Gymnasium	<ul style="list-style-type: none"> <li>Full Capacity: 350 People theatre layout (Full Capacity)</li> <li>Half Capacity: 100 People theatre layout</li> <li>Wedding / Banquet: 280 People layout</li> </ul>	\$72/hr Half Gym \$50/hr	Free During Regular Business Hours for military purposes (some exceptions apply)
WINNIPEG Multi-Purpose	<ul style="list-style-type: none"> <li>Seminar Layout: 40 People (Full Capacity)</li> <li>Classroom Layout: 25 People</li> </ul>	\$35/hr	
HURON Conference Room	<ul style="list-style-type: none"> <li>12 Person Boardroom Table</li> </ul>	\$30/hr	
REGINA Multi-Purpose Room	<ul style="list-style-type: none"> <li>Seminar Layout: 30 People</li> <li>Classroom Layout: 20 People</li> </ul>	\$30/hr	
KITCHEN	<ul style="list-style-type: none"> <li>Some kitchen supplies available upon request</li> </ul>	\$30/hr	

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

\* \$ 2 Million Liability Insurance required for all contracts  
 \* Any bookings on STAT 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 (NAC) | Building 88, Naden**

**Hours of Operation**

Mon – Thu: 5:30am – 9:30pm

Fri: 5:30am – 7:00pm

Sat & Sun: 8:00am – 6:00pm

Stat: 8:00am – 1:00pm

\*\*Schedule may change without notice.

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

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

If you have any questions relating to gym access, please contact the Naden Athletic Centre at 250-363-5677 during operational hours or email [pspgymnac@gmail.com](mailto:pspgymnac@gmail.com).

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

**Facility includes**

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

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

**Sports Equipment**

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

**Swimming Pool**

For Pool Schedule, see Aquatics section.

**To Rent a Space**

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

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



## Naden Athletic Centre 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 an MFID card is required to gain free access.

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

Prices are subject to change without notice.

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

#### 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 Kamma Frederick at 250-363-2648 or email [kamma.frederick@forces.gc.ca](mailto:kamma.frederick@forces.gc.ca) - Free youth weight room orientation for all 1 year Youth Memberships purchased.**

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.



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

**HOURS OF OPERATION**

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

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

**DROP-IN SKATE**

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

**SHINNY**

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

**EQUIPMENT REQUIREMENT**

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

**PARENTS & KIDS STICKS & PUCKS:**

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

**EQUIPMENT REQUIREMENT**

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

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

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

*Note: military training takes priority on all bookings.*

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

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

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

**Dates will vary each year.**



## Messes

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

### Vision

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

### Junior Ranks Mess

*Building 40, Naden*

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

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

**Phone:** 250-363-3735

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

### The Chief and Petty Officers' Mess

*1575 Lyall Street*

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

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

### Hours of Operation:

The Mess Office is open daily

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

Bar hours daily

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

Evenings and weekends are as required for events.

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

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

**Check our website for upcoming events.**

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

### Naden Wardroom

*1586 Esquimalt Road*

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

### Hours of Operation:

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

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

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

### The Gunroom

*1367 Victoria View Road*

*The Gunroom overlooks the beautiful Inner Harbour.*

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

### Hours of Operation:

Tue 11:30am - 1:00pm

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

Fri 11:30am - 10:00pm

Sat 5:00pm - 10:00pm

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

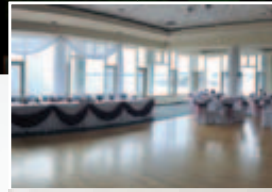
**General information:** 250-363-5322

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





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The perfect venue for meetings, conferences,  
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250-363-3167

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



## Special Events

All events require registration and parent accompaniment for any children events.

### Register for any of the following PSP Special Events and Programs

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

PSP Recreation Online Registration  
<https://cfmws.ca/esquimalt/events-activities/>

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

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

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

■ = 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.



### Back to School Bash • PSP

Taylor Swift Party - Come Dance, sing and Shake it off with a T-Swift themed party. We will be showing the Eras Tour Movie. Light Snacks provided or bring your own food.

Date: Sunday, September 22

Time: 1-4pm

Location: CPO's Mess 1575 Lyall Street

More information coming soon! Check out our social media pages for more information on this event.

### Family Halloween Party • PSP

Halloween Costumes, Dancing and Spooky fun!

Date: Saturday, October 26

Time: 1-4pm

Location: CPO's Mess 1575 Lyall Street

More information coming soon! Check out our social media pages for more information on this event.

### Adult Halloween Party • PSP

Halloween Costumes, Live Band, Dancing. Drinks available for purchase.

Date: Saturday, October 26

Time: 7pm-12am

Location: CPO's Mess 1575 Lyall Street

More information coming soon! Check out our social media pages for more information on this event.

### Holiday Event • PSP

Gingerbread Houses:

Date: Sunday, December 15

Time: 1:00-3:00pm

Location: CPO's Mess 1575 Lyall Street

Holiday Skate:

Date: Sunday, December 15

Time: 3:00-4:30pm

Location: Wurtele Arena

More information coming soon!

Check out our social media pages for more information on this event.



### MFRC Events • MFRC

The MFRC Community Engagement team is busy preparing exciting events for the military community this fall. Follow Esquimalt MFRC on Facebook and Instagram to keep up to date on our latest offerings!

### Dockyard Ghost Walk • MFRC

Enjoy a family friendly Halloween event with the MFRC. You will be guided through a 40-minute walking tour (approx. 2 km) of some of the creepy stories of CFB Esquimalt Dockyard! English and French tours available. Join us for eerie tales and family friendly fun! Register early, space is limited.

Location: Dockyard Gate

Date: Saturday, Oct 19

Time: 6 - 8 pm

Cost: Free

**Book your birthday party with PSP Recreation**

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

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

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

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

**PSP PROVIDES:**

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

**PARENTS PROVIDE:**

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

**ADDITIONAL TIME/ PARTICIPANTS:**

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

**FACILITY AGREEMENT & WAIVERS:**

The Facility Agreement and waivers must be returned no later than 2 weeks 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

■ = 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 Birthday Parties**



**Birthday Party Themes Available September - June**

**Bouncy Castle Birthday** • PSP (3 years+)

Technical Safety BC License No. LAM0208458. See table below from options and pricing

**Sports Spectacular** • PSP (All Ages) ..... \$165

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

**Nerf Gun Party** • PSP (7-14 Years) ..... \$165

**Master Chef Party** • PSP (7-14 Years)

5 kids ..... \$160

10 kids ..... \$210

**Party Theme by You** • PSP (All Ages) ..... \$125

**BOUNCY CASTLE CHOICES**

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

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



## Early Years

### Kindergym • PSP (All Ages)

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

Location: CPAC

Dates: Mondays & Wednesdays,  
September 16 -  
December 18\*

\*No program on STAT Holidays

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

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



### Growing Parents Baby Group

• MFRC

A supportive and educational group for new and expecting parents. Guest Speakers and topics related to pregnancy and parenting babies up to 12 months of age. Connect with other parents, share information and learn about community resources in this fun, interactive facilitated group discussion. Limited Casual Child Care space may be available for older siblings on a first-come, first-served basis.

Questions? Email [intake@emfrc.com](mailto:intake@emfrc.com) for more information.

Location: CPAC

Date: Tues, Oct 8 - Nov 12

Time: 10 - 11:30 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 learn and play together while we make new friends. This is also a great opportunity to meet other parents living the unique military lifestyle. This program is for children 0-5 years. Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register on our website: [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt).

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

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

Location: Out of School Care Building, 720 Galiano Cres

Date: Wed, Sept 11-Dec 18

Time: 10:00-11:30am

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. Parent participation is required. To participate in this program, weekly registration through Stay & Play is required on our MFRC website [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt)

### 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. Please note: there are workshops available for older children listed in the School Age section.

Check out our website at [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt) for sessions offered and to register.

### Supporting Children Through Absence • MFRC (3-5 years)

Location: CPAC

Date: Tues, Sept 10-Oct 22 and Oct 29-Dec 10

Time: 9:30 - 10:45pm or 1:00 - 2:15pm

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

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



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

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

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

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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.

### Children's Deployment Workbooks and Parent Guide

• MFRC

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



## Children's Resources and Services

### Casual Child Care • MFRC

Parents need a break! Try Casual Child Care for a few hours of respite or to get things done without your "little helper." Take the time to de-stress yourself! Book up to 1 week in advance, maximum 2 times per week. Punch cards are available for children over 18 months! Please pay the front desk at the CPAC MFRC prior to entering the program. Call 250-363-2674 to book.

#### Agnes 6-17 months

Location: CPAC

Date: Tue-Fri

Time: 9:00am-Noon

Cost: \$18 per 3-hour session

Gradual entry required for new children

\*One Session per week for 6-17-month-olds.

#### Agnes 18 months-5 years

Location: CPAC

Date: Tue, Thurs, Fri 9:00am-Noon

Tue, Thurs 1:00-4:00pm

Cost: \$15 per 3-hour session

- Casual Respite Childcare schedule is subject to change based on staff availability, licensing guidelines and direction from Island Health Authority regarding COVID-19 protocols.
- Priority spaces are reserved for children of members who are deployed or going through a work-related absence. Please see Respite Child Care During Absences section in the next column for more information on free session.
- Every effort will be made by the MFRC to offer this service based on the above schedule.
- For up-to-date information on this program and current schedule, please refer to our website at <https://cfmws.ca/esquimalt/parent-child/casual-child-care/>

Please let us know if you are utilizing CCC for your House Hunting Trip or to access support from our Family Wellness and Counselling team.

### Casual Child Care Punch Cards

• MFRC

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

### Respite Child Care During Absences • MFRC (6 months to 5 years)

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

### 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" Bag

• MFRC

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

To receive your FREE baby bag, drop by the MFRC at the Colwood Pacific Activity Centre or Signal Hill with military ID or military family ID. Call 250-363-2640 for more information.



### Parenting from Afar • MFRC

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

### MFRC Daycare • MFRC

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

### Important MFRC Daycare Waitlist Information • MFRC

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



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## School Age Children's Services

### Out of School Care • MFRC

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

### Supporting Children Through Absence • MFRC

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

Check out our website at [www.cfmws.ca/esquimalt](http://www.cfmws.ca/esquimalt) for sessions offered and to register.

#### Kindergarten – 12 years old

Location: CPAC  
Date: Thur, Sept 12-Oct 24 and Nov 7-Dec 12  
Time: 5:45-7:00pm  
Cost: Free

#### 5-8 years old

Location: CPAC  
Date: Thur, Sept 12-Oct 24 and Nov 7-Dec 12  
Time: 3:30 - 4:45pm  
Cost: Free

#### 9-12 years old

Location: CPAC  
Date: Wed, Sept 11-Oct 23 and Oct 30-Dec 11  
Time: 3:30 - 4:45pm  
Cost: Free

### Children's Deployment Workbooks and Parent Guide

• MFRC

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

### FAST Friends • MFRC

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.

### FAST Friends: Nature Games and Movement • MFRC (8-15 yrs)

Join the MFRC for activities in nature and mindful movement including games, activities, and yoga.

Location: CPAC  
Date: Thurs, Sept 12  
Time: 6-8pm  
Cost: Free

### FAST Friends Book-ish Night • MFRC (Ages 8-15 yrs)

Calling all book lovers! Come join other book worms to enjoy activities to celebrate our love of reading. Craft bookmarks and book bags, bring your favourite books to discuss, enjoy tasty snacks and good company.

Location: CPAC  
Date: Mon, Nov 25  
Time: 6-8pm  
Cost: Free

### FAST Friends – Holiday night with PSP! • MFRC • PSP (8-15 yrs)

Join us for an evening of Holiday fun with the MFRC and PSP. You can make your own Holiday Cards and other crafts with the MFRC team and bake holiday treats with the PSP team.

Location: CPAC  
Date: Mon, Dec 9  
Time: 6-8pm  
Cost: Free

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

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



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

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

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

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

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

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



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

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

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

## Friday Night Activities

### Movie Nights .PSP (5-12 years)

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

Location: CPAC

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$9.50 per child

DATE	MOVIE
September 20	Inside Out 2
October 4	Despicable Me 4
October 25	Harold and the Purple Crayon
November 8	The Wild Robot
November 22	Ponyo
December 6	Moana 2

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

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

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

Location: CPAC

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.50 per child

DATE	THEME
September 27	Lego Master Builders
October 18	Cooking Creations
November 1	Camping Hours
November 29	Short Film Frenzy

### Science and Swim .PSP (5-12 years)

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

Location: Drop Off: Juan de Fuca Pool  
Pick Up: CPAC

Date: Fridays

Time: 5:15pm-8:00pm

Cost: \$10.00 per person

DATE	SCIENCE THEME
October 11	Science of Cells
November 15	Science of Reactions
December 13	Science of Food

## Arts & Science

### Mini Master Chef .PSP (6-9 years)

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

Location: CPAC

Date: Tuesdays

Time: 5:15pm - 6:15pm

Cost: R \$75 / O \$80 / A \$90

Session 1: September 24 - October 29

Theme: The Magician's Menu

Session 2: November 5 - December 10

Theme: Fairytale's Foodies

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

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

Location: CPAC

Date: Mondays

Time: 5:00-6:00pm

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

Session 1: October 7 - November 4\*

\*No program on October 14

Theme: Eager Examiners and Experiments

Session 2: November 18 - December 9

Theme: Ooey Gooney and More!

### Art Sparks .PSP (Ages 5-9)

This art class provides young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Instructor: Irina Mielecka

Location: CPAC

Dates: Mondays, October 7 - November 4\*

\*No program on October 14

Time: 4:30-5:30pm

Cost: R \$58 / O \$62 / A \$66

## Leadership Programs

### Red Cross Stay Safe .PSP (9yrs +)

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

Instructor: Irina Mielecka

Location: CPAC

Date: Saturday, October 19

Time: 9:00am-3:30pm

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

\*Book fee \$12





## Register for any of the following MFRC Youth Programs

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



## Register for any of the following PSP Youth Programs

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

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

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## Community Integration

### Youth & Mental Health

• MFRC

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

### SafeTalk For Youth and Parents

• MFRC

LivingWorks safeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. Using a simple yet effective model, LivingWorks safeTALK empowers everyone to make a difference. This valuable training is suitable for teens ages 15+. Youth and anyone supporting military youth are encouraged to take advantage of this valuable training at no cost to participants.

Location: CPAC

Date: Sat, Oct 26

Time: 10am - 2:30pm

Cost: Free



## Friday Night Activities

### Movie Nights • PSP

(5-12 years)

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

Location: CPAC

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$9.50 per child

DATE	MOVIE
September 20	Inside Out 2
October 4	Despicable Me 4
October 25	Harold and the Purple Crayon
November 8	The Wild Robot
November 22	Ponyo
December 6	Moana 2

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

### Fantastic Fridays! • PSP

(5-12 years)

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

Location: CPAC

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.50 per child

DATE	THEME
September 27	Lego Master Builders
October 18	Cooking Creations
November 1	Camping Hours
November 29	Short Film Frenzy

### Science and Swim • PSP

(5-12 years)

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

Location: Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Date: Fridays

Time: 5:15pm - 8:00pm

Cost: \$10.00 per person

DATE	SCIENCE THEME
October 11	Science of Cells
November 15	Science of Reactions
December 13	Science of Food

## General Programming

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

#### Science, Technology, Engineering and Math

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

Location: CPAC

Date: Mondays

Time: 6:15-7:15pm

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

Session 1: October 7 – November 4\*

\*No program on October 14

Theme: Eager Examiners and Experiments

Session 2: November 18 – December 9

Theme: Ooey Goey and More!



### Master Chef - PSP (10-14 years)

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

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

Location: CPAC

Date: Tuesdays

Time: 6:30-7:30pm

Cost: R \$75 / O \$80 / A \$90

Session 1: September 24 – October 29

Theme: The Magician's Menu

Session 2: November 5 – December 10

Theme: Fairytale's Foodies

## Leadership Programs

### Jr. Leader Program - PSP (Ages 12+ after successful completion of Leader in Training Program)

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! 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.

Location: TBD on which camp they are assigned to

Date: Program available whenever Pro D Day or Winter

Break Camps are running

Time: 9:00am-4:00pm (no before or after care available)

Cost: \$27.50 per day

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

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

### Red Cross Stay Safe (9yrs+\* Must be 9 years of age by the course date)

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

Instructor: Irina Mielecka

Location: CPAC

Date: Saturday, October 19

Time: 9:00am-3:30pm

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

\*Book fee \$12

### Red Cross Babysitters Course (11 yrs+\* Must be turning 11 years of age by the end of the calendar year)

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

Instructor: Irina Mielecka

Location: CPAC

Date: Saturday, November 16

Time: 9:00am-4:00pm

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

\*Book fee \$12



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

### SERVICES FOR PARENTS & FAMILIES

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

### SERVICES FOR CHILD CARE PROVIDERS

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

Contact: Victoria 250-382-7000; or [gov.bc.ca/ChildCareResourceReferralCentres](http://gov.bc.ca/ChildCareResourceReferralCentres)





**PRO-D DAY CAMPS**

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

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

★ ★ ★

**WINTER BREAK CAMP DAYS**

are inclusive of the hours from 7:00am-5:00pm.

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



**Pro D Day Camps • PSP**

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

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

LOCATION	DATE	SCHOOL DISTRICTS	TIME	COST
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	September 23	SD 61, 62, 63	Camp Day: 7:00-5:00pm Structured camp programming occurs between the hours of 9:00am-4:00pm	R \$40 / O \$45 / A \$50 (price per day)
	October 25	SD 61, 62, 63		
	November 22	SD 61, 62		
Chief and Petty Officer's Mess 1575 Lyall Street (Esquimalt)	September 23	SD 61, 62, 63	Camp Day: 7:00-5:00pm Structured camp programming occurs between the hours of 9:00am-4:00pm	R \$40 / O \$45 / A \$50 (price per day)
	October 25	SD 61, 62, 63		

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

**Winter Break Camps • PSP**

Days off school are for days filled with fun. Each camp day explores a new theme with activities, games, and crafts to match! These days include various things, some of which may include out-trips, swimming, outdoor play, and more. **For the 2024/2025 Winter Break, we are offering registration for individual camp days.**

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

LOCATION	DATE	TIME	COST
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	Friday, December 27	Camp Day: 7:00-5:00pm Structured camp programming occurs between the hours of 9:00am-4:00pm	R \$40 / O \$45 / A \$50 (price per day)
	Monday, December 30		
	Tuesday, December 31		
	Thursday, January 2		
	Friday, January 3		

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





# FORMATION FUN DAY

# JOURNÉE DE LA FORMATION

SATURDAY / SAMEDI

## SEPT 7

Naden Athletic Centre / Centre athlétique de Naden  
Lower Gym and surrounding areas / Gymnase inférieur et ses environs

1200 - 1600 / 12h00 à 16h00

Join us for **FREE** fun games, activities, princesses and superheroes, BBQ lunch and more!!

Rejoignez-nous pour des jeux et des activités **GRATUITS**, des princesses et des super-héros, un déjeuner barbecue et bien plus encore!



## FREE / GRATUITS



Open to all Canadian Armed Forces members, base employees, veterans and families

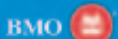
Ouvert à tous les membres des forces armées canadiennes, aux employés de la base, aux vétérans et à leurs familles

Thank you to our sponsors: / Merci à nos sponsors:

**babcock**



Funded By  
CFB Esquimalt's  
Base Fund



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

## ANNUAL *Base Commander's* GOLF TOURNAMENT

### JUST-4-FUN

4 Player Team Scramble format

Lots of Prizes!

### COST:

**Regular: \$110**

Military Members, Veterans, and their families

**Ordinary: \$130**

DND Civilian Employees, NPF Employees, Honourary members, and their families.

**Associate: \$170**

General public

Plus Tax

Thursday  
September 19

Start 8:00 am  
Lunch 1:30 pm

### Tournament Includes:

greens fees, practice balls,  
power cart, lunch and

*a day of fun!*

### Registration Now Open:

[Bkk.cfmws.com/esquimaltpub](http://Bkk.cfmws.com/esquimaltpub) or 250-363-1009



All proceeds from this event go towards programming that supports the morale and welfare of Canadian Armed Forces.

OUR SPONSORS



# Shotokan Karate

## Shotokan Karate Combo Class

(Adult and Children 7 Years+)

• PSP

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

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

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

*Beginners are always welcome throughout the year.*

## Naden Athletic Centre (NAC)

• PSP

Dates: 04 Sept – 18 Dec (28 sessions)\*

Time: Monday/Wednesdays, 6:30pm – 8:00pm

## Colwood Pacific Activity Centre (CPAC)

• PSP

Dates: 03 Sep – 12 Dec (30 sessions)\*

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

## Additional Advanced Training

• PSP

Location: Naden Athletic Centre

Dates: Fridays, 5:45-6:45pm and/or Saturday 8:00-9:00am

### Unlimited classes Sep – Dec

(30 Sessions at NAC & 28 Sessions at CPAC)

Cost: Adult - R \$196 / O \$224 / A \$252

Child - R \$140 / O \$168 / A \$196

\*No classes on stat holidays.



### REGISTRATION 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.



### SALES & SERVICE

The working folks car and truck store

**250-478-1128**

**1658 Old Island Hwy**

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

Get social with us



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

Three Time BBB Torch Award Winner





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

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

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

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

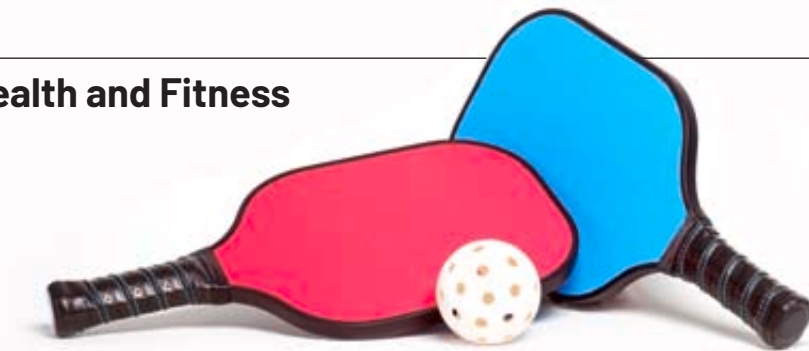


■ = MFRC ■ = PSP

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.

## Health and Fitness



### Family and Teen Pickleball at CPAC • PSP

Come try pickleball for the first time, or enhance your skills and strategies if you already play.

Facilitated by Coach Chris and the focus is on FUN and social play so everyone makes new pickleball friends! All equipment provided.

Perfect for families of all ages and all abilities.

Location: CPAC  
 Instructor: Chris Zatylny  
 Price: R \$79 / O \$89 / A \$99

Session Dates
Monday 6:30-7:30pm
Sept 9 – Oct 21 *No Session Sep 30 or Oct 14
Oct 28 – Dec 02 *No Session Nov 11

### Adult Pickleball at CPAC • PSP

Come try pickleball for the first time or enhance your skills and strategies if you already play.

Facilitated by Coach Chris and the focus is on FUN and social play, so everyone makes new pickleball friends! All equipment provided.

Perfect for adults of all ages and all abilities.

Location: CPAC  
 Instructor: Chris Zatylny  
 Price: R \$79 / O \$89 / A \$99

Session Dates
Monday 7:45-8:45pm
Sept 9 – Oct 21 *No Session Sept 30 or Oct 14
Oct 28 – Dec 2 *No Session Nov 11





## Sports

### Drop in Pickleball at CPAC • PSP

Looking for a quiet indoor space to practice your pickleball skills or get a game going? Drop in to the Colwood Pacific Activity Centre to play.

Location: CPAC

Dates: Mondays & Wednesdays, October 7 – December 18

\* Facility Closed October 14 and November 11

Time: 12:00 – 3:00pm

Price: Adult: \$6.25 / Youth \$5.00 / Family \$12.50

### Pickleball Parties or Unit Teambuilding • PSP

Are you looking to get your friends together and learn how to play Pickleball for your next party or Unit Teambuilding? Contact PSP Recreation Coordinator, Kamma Frederick at [Kamma.Frederick@forces.gc.ca](mailto:Kamma.Frederick@forces.gc.ca) for more information.

### Sip n' Stretch • PSP

Join PSP Recreation at the Chief and Petty Officers Mess to take part in a gentle flow Yoga followed by your choice of beverage. Bring some friends to Sip, Stretch and Socialize.

Please bring your own yoga mat.

Location: CPO's Mess 1575 Lyall Street, Esquimalt

Time: Tuesday 6:00pm

Price: R \$10 / O \$12 / A \$15

Session Dates
September 24
November 26

### WTNB Drop in Basketball • PSP

**(16+ Years, Women, Trans and Non Binary People)**

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

Location: Naden Athletic Centre, Upper Gym

Dates: Tuesday 7-9pm

Drop in rates apply: Adults (19+) \$6.25

Youth (16-18) \$5.00

## Personal Training

### Personal Training Packages

• PSP

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

### One on One Private Training Sessions

• PSP

(1 hour)

\$50 for 1 session

\$150 for 3 sessions

\$225 for 5 sessions

\$399 for 10 sessions

### Semi-Private Training Sessions

• PSP

(1 hour / 2 - 6 people)

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

\$36 per person for 1 session

\$108 per person for 3 sessions

\$170 per person for 5 sessions

\$299 per person for 10 sessions



For more information please email [RecreationCPAC@forces.gc.ca](mailto:RecreationCPAC@forces.gc.ca) or call 250-363-1009

## Resources & Services During Absences

### Family Networks • MFRC

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



### 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 families and friends connected to the same unit, which in turn helps support your military members. Check out our website at [cfmws.ca/esquimalt/mfrc-family-networks](https://cfmws.ca/esquimalt/mfrc-family-networks) for more information on our Family Networks:

- 443 Squadron
- HMCS *Calgary*
- HMCS *Max Bernays*
- HMCS *Ottawa*
- HMCS *Regina*
- HMCS *Vancouver*
- HMCS *Winnipeg*
- MCDV's: HMCS *Brandon*, HMCS *Edmonton*, HMCS *Nanaimo*, HMCS *Saskatoon*, HMCS *Whitehorse*, and HMCS *Yellowknife*
- Submarines: HMCS *Chicoutimi*, HMCS *Corner Brook* and HMCS *Victoria*)

### Absence Support • MFRC

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

### Family Network Volunteer Opportunities • MFRC

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

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

### Sending Mail to Deployed Members • MFRC

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

### 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 not receiving them. Please consider contributing your extras to help uplift the spirits of members currently deployed onboard HMCS Vancouver & HMCS Ottawa. Care packages will be sent to the ships throughout their deployments. 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 Briefings for Deploying Ships • MFRC

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

### 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. Watch your Family Network page on our website for details and registration information.

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

The MFRC offers deployment and absence workshops based on the Operation Schedule – however, we can offer workshops for smaller units/deployments based on interest. Contact [kathleencormie@emfrc.com](mailto:kathleencormie@emfrc.com) to inquire.

### Preparing for Deployment & Absences Workshop • MFRC

Join us to learn a bit about what you can expect, discover some resources that may aid you and your family, and connect with other Military Families anticipating a deployment or work-related absence. Check out our Preparing for Deployment & Absence Resources and Services webpage for more information.

**Location:** Zoom Online

**Date:** Wed, Oct 2

**Time:** 6:30-7:30pm

**Cost:** Free





## Return & Reintegration Workshops • MFRC

Join the MFRC for a short workshop to help you prepare for the return of your military member. We will discuss: what to expect, strategies for self-care, ideas for reconnecting and resources to ease the transition of homecoming.

Location: CPAC and Zoom

Online (Zoom): Date: Wed, Nov 20  
Time: 6:30 – 7:30pm  
Cost: Free

In-Person (CPAC): Date: Sat, Nov 23  
Time: 11am- 12pm  
Cost: Free

\* Please note, childcare is not available

## MFRC Workshop Recordings • MFRC

Check out previously recorded deployment and absence workshops at [www.vimeo.com/esquimaltmfrc](http://www.vimeo.com/esquimaltmfrc).

## Preparing for an Absence Checklists • MFRC

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

## Return & Reintegration Resources • MFRC

Is your family member or friend currently deployed/away for work-related reasons and returning home soon? Check out our Return & Reintegration Resources and Services webpage for some tips and tricks to help you prepare for the return of your military member.

## Register for any of the following MFRC Adult Programs

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

## Banner Making Event & Pickup Kits • MFRC

Is your family member or friend currently deployed/away for work-related reasons and returning home soon? Join us for a morning of banner making as we prepare for their homecoming! Connect with others as you create welcome home banners and decorations with materials provided by the MFRC. If you are unable to attend, you can reserve a banner-making kit and pick it up from one of our MFRC locations during regular business hours.

*Please note you can also register for the Return and Reintegration workshop at 11 am on this day.*

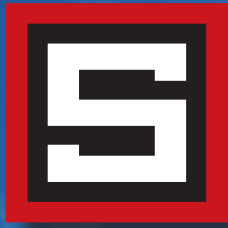
Location: CPAC  
Date: Sat, Nov 23  
Time: 10am-12pm  
Cost: Free

## Deployment & Absence Resources and Services for Parents, Children & Youth

Check out the Early Years (page 15) and School Age (page 17) Sections for information on our Supporting Children Through Absences workshops, Respite Child Care During Absences, Parenting from Afar, and more!







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BUILDING MATERIALS

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Vancouver Island  
Since 1947**



**www.slegg.com**

## Community Integration

### Explore YOUR Community – MFRC Relocation Scavenger Hunt • MFRC

Were you posted in 2023 or 2024? You are invited to discover highlights of your new community with the MFRC Relocation Scavenger Hunt. After registration you will receive a list of six spots to discover in YOUR community - anywhere on Vancouver Island. You can hunt anytime in August and September to complete your list then fill out a short survey with the locations you have visited. Surveys submitted by Sept 30th will be entered to win a gift basket of local goodies.

**Location:** Anywhere on Vancouver Island / Online

**Date:** Aug.-Sept 30

**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 CAF adult family members. The classes, guided by a professional, incorporate conversation, culture, grammar and writing to facilitate your integration into your community. The class consists of an online learning component in addition to a monthly in-class session with our ESL teacher. Call 250-363-2640 to register.

**Location:** CPAC/Virtual

**Date:** Thur, Sept 5 – Dec 12

**Time:** 6-8pm

**Cost:** Free

### Second Language Training • MFRC

The LRDG program is available if you are interested in second language training in English or French. This comprehensive online learning curriculum consists of 16 modules that are aligned with the Government of Canada A, B, C linguistic levels. Accessible as a self-directed Learning Program, LRDG is tailored to help you achieve your learning goals effectively.

If you are preparing for a relocation to a community where the local language differs from English or French, MFS can offer a Rosetta Stone Bronze licence. Proof of a screening message or posting message is required for eligibility.

Registration is available on the website: <http://cfmws.ca/support-services/education/second-language-training>

### Employment and Education Support • MFRC

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

### Employment Workshops by WorkBC • MFRC

Facilitated by a WorkBC Employment Facilitator, MFRC is hosting a series of employment workshops over the fall. These online workshops will help you to explore your career options and launch your job search in the Greater Victoria Area. WorkBC staff can continue supporting you with one-on-one assistance to reach your work and careers goals.

**Location:** Virtual – Zoom

### Skills Identification • MFRC

You will learn to identify your skills and categorize them to clearly articulate on a resume, during interviews and in interactions with potential employers.

**Date:** Wed, Aug 21

**Time:** 12-1:00 pm

**Cost:** Free

### Job Searching for Mature Workers • MFRC

You will learn the current trends in job search techniques and how to highlight your lived experience when writing a resume and participating in an interview. Leaving this session, you will feel more confident and empowered to display your values, competencies and skills to find meaningful employment!

**Date:** Wed, Sept 18  
**Time:** 12-1:00 pm  
**Cost:** Free

### Cover Letter • MFRC

A good cover letter can help you stand out from the crowd. Learn how to correctly format a cover letter and use it to sell yourself.

**Date:** Wed, Oct 16  
**Time:** 12-1:00 pm  
**Cost:** Free

### Interview Skills • MFRC

You will feel prepared and more confident when participating in an interview and learn how to articulate the answers to some common behavioral questions. In this workshop you will be introduced to the different formats for interviews and learn how to give a good first impression.

**Date:** Wed, Nov 20  
**Time:** 12-1:00 pm  
**Cost:** Free

### Employment Workshop Recordings • MFRC

Follow us on social media to keep up to date on Employment Workshops and Program offerings.

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

### Join the Military Spousal Employment Network (MSEN)

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

### Career Coach+ • MFRC

One-on-one coaching and digital learning hub for military spouses. CareerCOACH+ 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! <https://cfmws.ca/support-services/employment/career-development/careercoach>

### 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).

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

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

### 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:

- Family member must be present for MFID photo and to sign the card
- CAF member must present their Military ID and be present to sign the card at the time of issue
- MPRR (Member's Personnel Record Résumé) with family member listed must be presented to MFRC Staff



### Welcome Resources • MFRC

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

In it, you will receive:

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

Many resources, including comprehensive information for all newcomers to CFB Esquimalt and Greater Victoria, are available online at [www.cfmws.ca](http://www.cfmws.ca).



# It's never too late to change careers

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

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

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

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

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

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

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

## BECOME A REGISTERED MASSAGE THERAPIST HEALTHCARE PROFESSIONAL 20 MONTH PROGRAM



West Coast College of **MASSAGE** Therapy

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250-381-9800 ext 227  
or email

[vicadmissions@collegeofmassage.com](mailto:vicadmissions@collegeofmassage.com)

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



## BOOK YOUR MASSAGE NOW!



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## Social and Mental Wellness Resources and Services

### Learn about Family Wellness Support

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

### 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

Location: CPAC  
Date: Wed, Sept 25  
Time: 6-8pm  
Cost: Free

#### Mindful Creativity • MFRC

Location: Esquimalt Recreation Centre (527 Fraser St)  
Date: Wed, Oct 23  
Time: 6-8pm  
Cost: Free

#### Sound Healing and Movement • MFRC

Location: CPAC  
Date: Wed, Nov 13  
Time: 6-8pm  
Cost: Free

### Community Kitchen • MFRC

Enjoy cooking delicious meals and connect with other Military families in this facilitated and fun cooking program at CPAC. You will bring home nutritious meals to share with your family. Additional information about the menu will be announced before each session. We will try our best to accommodate dietary restrictions, unfortunately this may not always be possible.

Limited childcare may be available when booked in advance through the Casual Child Care program.

Location: CPAC  
Date: Fri, Sept 27 or Fri, Nov 1  
Time: 9am -12pm  
Cost: Free

### 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 the MFRC is not able to provide childcare on weekend or overnight.

**Looking for a place to start?** You can download the PDF version of the plan at [www.cfmws.ca](http://www.cfmws.ca) and get started today.

We encourage you to contact the Family Wellness and Counselling Team through the MFRC intake line at 778-533-7736 or [intake@emfrc.com](mailto:intake@emfrc.com) if you have any questions or desire support to create your plan.

### Youth & Mental Health • 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.



### 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 while you create a family care plan for upcoming military-related absences.
- Offer support in finding resources to care for aging family members or a family member with health concerns.
- Prepare for a posting in or out of Greater Victoria
- There may be inclusion support available for children requiring it to attend MFRC programming, please contact the MFRC for details.

Need assistance? Give the MFRC a call at 250-363-2640. You can also contact the MFRC intake line at 778-533-7736 or at [intake@emfrc.com](mailto:intake@emfrc.com).

### Navigating Supports for Children and Youth with Support Needs in BC • MFRC

An evening to learn about services for children with support needs in BC. The MFRC Family Wellness Team is hosting a conversation with a local Child Youth Special Needs Social worker to answer your questions about accessing services in BC.

Location: CPAC  
Date: Wed, Oct 9  
Time: 6:30-7:30pm  
Cost: Free

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

### 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 [www.strongestfamilies.com](http://www.strongestfamilies.com) or call the MFRC intake line at 778-533-7736 or [intake@emfrc.com](mailto:intake@emfrc.com) for more information.

## 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, call the Veteran Family Program Coordinator at the Esquimalt MFRC at 250-363-2640. There are a variety of services to meet your unique needs:

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



### Mental Health First Aid • MFRC

In support of the Veteran Community, a customized version of the Mental Health First Aid course is available for members of the Veteran and Military Community. Mental Health First Aid is the assistance provided to a person who is experiencing a mental health concern or who is in a mental health crisis. Members of the Military and Veteran Community will receive this training at no cost. This course teaches participants to understand, identify, and respond to signs of mental health and substance use concerns. Registration is open to all who support members of the military and military family community. First come, first serve.

**Location:** Virtual

**Date:** Thurs-Fri, Nov 21-22

**Time:** 9am - 1pm

**Cost:** Free

Contact [kaitlynlariviere@emfrc.com](mailto:kaitlynlariviere@emfrc.com) for more details or to register.



## Francophone

### Cours de langue seconde • CRFM

Aimez-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, 5 sept- 12 déc**

**18h00-20h00**

**Gratuit**

### Marche des fantômes de l'arsenal • CRFM

Le CRFM organise un événement familial et convivial à l'occasion de l'Halloween. Vous serez à pied d'une durée de 40 minutes (environ 2 km) pour découvrir quelques-unes des histoires de l'arsenal de la BFC Esquimalt ! Les visites sont offertes en français et en anglais. Joignez-vous à nous pour entendre des histoires sinistres et vous amuser en famille ! Inscrivez-vous rapidement, les places sont limitées.

**Endroit :** Porte de l'arsenal

**Sam, oct. 19**

**18 h00 - 20 h00**

**Gratuit**



**Register for any of the following MFRC Programs**  
by visiting [www.cfmws.ca/esquimalt](http://www.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](http://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.



## Health Promotion • PSP

### Creating an Addictions Free Workplace: Supervisor's Training • PSP (Mite 117733)

This program is designed specifically for the Canadian Forces and for personnel in leadership positions (MS and above). The course is designed to assist leaders to promote an addiction free culture in their workplace. Participants learn about substance misuse, warning signs, effective interviewing skills, active listening skills, enabling, and how to challenge and change unhealthy workplace cultures.

October 3, 8:30 am - 4:00 pm; and

October 4, 8:30 am - 12 noon

(course includes both sessions) OR

November 28, 8:30 am - 4:00 pm; and

November 29, 8:30 am - 12 noon

(course includes both sessions)

\*Please review your calendar and ensure your availability to attend the entire series, as partial attendance does not qualify for course credit.

### New Course!

### Essential Nutrition • PSP

Learn about nutrition fundamentals, understanding food labels, meal planning, stretching your food dollar, and mindful eating in this brand new, full-day course.

September 16, 8:30 am - 4 pm OR

October 21, 8:30 am - 4 pm OR

November 18, 8:30 am - 4 pm

### Managing Angry Moments • PSP

(MAM)

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

October 15, 22, 29 & November 5, 8:30 am - 12noon

(course includes all four sessions)

\*Please review your calendar and ensure your availability to attend the entire series, as partial attendance does not qualify for course credit.

### Mental Fitness & Suicide Awareness for Supervisors • PSP

(Mite 119531)

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

September 12, 8:30 am - 4:00 pm OR

October 7, 8:30 am - 4:00 pm OR

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

December 2, 8:30 am - 4:00 pm

### Respect in the Canadian Armed Forces • PSP

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

September 18, 8:30 am - 4:00 pm OR

October 16, 8:30 am - 4:00 pm OR

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

December 4, 8:30 am - 4:00 pm

\*RitCAF is a full day workshop that specifically covers Sexual Misconduct in the CAF. As such we will be exploring case scenarios about sexual misconduct and having discussions about sexual misconduct throughout the day.

### Stress Take Charge • PSP

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

September 17, 24 and October 1, 8, 8:30 am - 12 noon

(course includes all four sessions) OR

November 12, 19, 26 and December 3, 8:30 am - 12 noon

(course includes all four sessions)

\*Please review your calendar and ensure your availability to attend the entire series, as partial attendance does not qualify for course credit.

## Health Promotion Programs

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

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

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

All Health Promotion Courses, including Respect in the CAF, are voluntary and educational workshops. They are not occupational training.

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

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

■ = 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.





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## Aquatics Registration

REGISTRATION OPENS AUGUST 26 2024 (R),  
AUGUST 30 2024 (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!

■ = 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.

## Swimming Lessons

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. Private lessons will take place on Tuesdays 4:30pm - 7:00pm. Lessons will be scheduled in 30-minute sessions.

Location: Naden Athletic Centre Pool

Date: Tuesday 17 September - 26 November (11 classes)  
Thursday 19 September - 28 November (11 classes)

Time: 4:30pm - 7:30pm

Cost: \$275 - Single Person

\$300 - Semiprivate - Swimmers must be at the same swimming level and for children must be within 2 years of age.

### 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.

Location: Naden Athletic Centre Pool

Date: Tuesday 17 September - 26 November (11 classes)  
Thursday 19 September - 28 November (11 classes)

Time: 4:30pm - 7:30pm

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

Cost R \$71.50 / O \$74.25 / A \$77.00

Class	Day	Dates	Time	Requirements
<b>Octopus</b>	Tuesday	September 17 - November 26	5:00-5:30pm	Octopus is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.
<b>Crab</b>	Tuesday	September 17 - November 26	5:30-6:00pm	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
	Thursday	September 19 - November 28	5:30-6:00pm	
<b>Orca</b>	Tuesday	September 17 - November 26	6:30-7:00pm	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.
<b>Sea Lion</b>	Tuesday	September 17 - November 26	6:30-7:00pm	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.

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

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

Cost R \$71.50 / O \$74.25 / A \$77.00 for 30 Minute Class  
Cost R \$88.00 / O \$90.75 / A \$93.50 for 45 Minute Class

Class	Day	Dates	Time	Requirements
<b>Swimmer 1</b>	Tuesday	September 17 - November 26	5:00-5:30pm	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.
	Thursday	September 19 - November 28	5:30-6:00pm	
<b>Swimmer 2</b>	Tuesday	September 17 - November 26	5:30-6:00pm	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.
	Thursday	September 19 - November 28	4:30-5:00pm	
	Thursday	September 19 - November 28	6:30-7:15pm	
<b>Swimmer 3</b>	Tuesday	September 17 - November 26	6:15-7:00pm	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.
	Thursday	September 19 - November 28	4:45-5:30pm	
<b>Swimmer 4</b>	Thursday	September 19 - November 28	6:15-7:00pm	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.
<b>Swimmer 5</b>	Thursday	September 17 - November 26	7:00-7:45pm	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.

\*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! ADULT LESSON SCHEDULE

Cost R \$88.00 / O \$90.75 / A \$93.50 for 30 Minute Class

Class	Day	Dates	Time	Requirements
Adult 1 (Beginner)	Thursday	September 19 - November 28	7:30-8:00pm	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.

\*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

## POOL SCHEDULE: SEPTEMBER - DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
06:00 - 07:30 Lap/Swim Clubs	06:00 - 07:30 Lap Swim	06:00 - 07:30 Laps Swim/Clubs	06:00 - 07:30 Lap Swim	06:00 - 07:30 Laps Swim/Clubs	BOOKINGS ONLY
07:30 - 11:00 Military Training					
11:00 - 13:00 Lengths & Leisure	11:00 - 13:00 Lengths & Leisure	11:00 - 13:00 Lengths & Leisure	11:00 - 13:00 Lengths & Leisure	11:00 - 13:00 Lengths & Leisure	
	12:05 - 12:50 Aqua Fit		12:05 - 12:50 *Swim Skills		
13:00 - 16:00 Military Training					
16:30 - 20:00 Everyone Welcome					
	16:30 - 19:00 *Swim Lessons		16:30 - 19:45 *Swim Lessons		

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

## Swim Descriptions

### Swim Club • PSP

Open to members of the Masters Swim Club, to join please contact the PSP Sports Coordinator at 250-363-4068.

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

### Lap Swim • PSP

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

### Lengths and Leisure • PSP

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

Hot Tub, Steam Room and Leisure Pool open.

### Everyone Welcome Swim • PSP

Bring the family and come swim, splash, and enjoy 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 • PSP

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

### Swim Fit • PSP

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

### Swim Lessons • PSP

This is a registered program. See swim lesson descriptions, times and requirements on page 34.

### Military Training • PSP

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



# Sports

■ = 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.

## 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**

Follow us on Instagram @Esq\_Tritons

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

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

## 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 [www.cism-milспорт.org](http://www.cism-milспорт.org) or contact the Sports Office - **250-363-4068**.

## Yearly Sports Overview 2024-2025

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







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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1205-1245	Strength	Mobility	Strength	Spin	Cardio
<b>GYM HOURS: MONDAY – FRIDAY 0530-1800</b>					

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715	FORCE PT	FORCE PT	FORCE PT	FORCE PT	FORCE PT
0800-0930	FORCE Testing	FORCE Testing	FORCE Testing	FORCE Testing	FORCE Testing
1205-1250	Spin	Aquafit	Functional Strength	Swim Skills	Mobility
<b>GYM HOURS: MONDAY – THURS 0530-2130 • FRIDAY 0530-1900 • SATURDAY &amp; SUNDAY 0800-1800</b>					

### Cardio • PSP

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

### FORCE PT • PSP (Total Body Workout)

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

### Spin • PSP

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

### Functional Strength • PSP

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

### Aquafit • PSP

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

### Swim Skills • PSP

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

### Mobility • PSP

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

### PNP3

A self-referred, adapted fitness and wellness program for regular CAF members during pregnancy, maternal leave, including bringing your infant up to 18-months postpartum!

Classes Tuesday + Thursday,  
1115-1215 hrs at  
Naden Athletic Centre upper gym.

Contact our Women's Wellness Leader  
Erin Patrick for details.  
Erin.patrick2@forces.gc.ca

## CONTACT INFORMATION NAC & DOCKYARD

Dockyard Fitness & Wellness Centre  
250-363-2074

NAC Fitness Cell  
250-363-4485

FORCE Line  
250-363-4412 / pspcfbesquimalt@gmail.com

Fitness Coordinator  
250-363-4495

## PSP Club Contact List

### Aquarius Dive Club

aquariusedclubesquimalt@gmail.com

### Auto Hobby Club

Email - CFBESqAutoClub@gmail.com

Phone - 250-480-0191 for booking

### Golf Association

web site at www.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@cfesa.com

### Naden Hockey Club

nadenhockeyclub@gmail.com

www.nadenhockeyclub.com

### CFB Esquimalt Power Boat

Club 250-360-0905

president@boatclub.ca

### Work-Point Garden Club

workpointgardenclub@gmail.com

### CFMETR Boat Club

cfmetr.boatclub@gmail.com



### Aquarius Dive Club

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

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

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

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

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

Find out more:

www.aquariusedclub.com

https://www.facebook.com/groups/aquariusedclub

aquariusedclubesquimalt@gmail.com

### Auto Hobby Club

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

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

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

Lastly, our motorcycle sea can has two movable motorcycle hoists and specific motorcycle tools.

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

#### Address:

410 Macauley St, Victoria, BC V9A 5Y3

Hours of Operations:

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

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

#### Contact:

Email - CFBESqAutoClub@gmail.com

Phone - 250-480-0191 for booking

### CFB Esquimalt Golf Association

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

- Members and temporary personnel receive the benefits of club membership at a variety of courses, while the participating golf clubs receive our patronage and spin off business year-round.
- Participation in club tournaments and events, including our annual road trip
- Golf Canada membership and the ability to enter and track handicaps online.
- Completely member funded and non-profit.

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

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

### Kayak Club

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

Some of the benefits include:

- Paddle Canada courses in ocean kayaking and

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

- Signing out a kayak or paddle board from our fleet of 20+ at any time free of charge.
- Use of club dry suits for additional rental fee.

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

Please contact us [info@pfkca.ca](mailto:info@pfkca.ca)

## CFMETR Boat Club at Ranch Point Power & Sail

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

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

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

## Canadian Forces Sailing Association

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

We offer:

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

Our keelboat racing programme is quite active, we have had boats podium in notable races such as the Vancouver Island 360, Race to Alaska as well as several championships in the Vancouver Island Race Series (VIRS). Our club racing occurs on Sundays in the winter and Wednesdays in the summer. If you would like to participate on a race boat, we never leave willing crew on the dock - show up and sail. We have sailing dinghies available for member use as well as a Sonar Racing keelboat.

We have many accomplished racers and cruisers who regularly share their experiences, from cruising the Gulf

of Mexico to the whole world. CFSA is located with perfect access to the west side of Vancouver Island. The club offers a chance to cruise with friends to destinations you may not consider on your own.

We are located at Lang Cove on the East side of Esquimalt Harbour (vehicle access through the Naden Gate). CFSA is a great place to get involved with sailing, a sport that will last a lifetime. Our membership and moorage are very affordable to enable access to all to boating. Please visit [www.cfsaesq.ca](http://www.cfsaesq.ca) for all the details. If you would like a tour or more information, contact the Club Commodore, at [commodore@cfsaesq.ca](mailto:commodore@cfsaesq.ca).

For membership inquiries contact [membership@cfsaesq.ca](mailto:membership@cfsaesq.ca) or visit our website at [www.cfsaesq.ca](http://www.cfsaesq.ca)

## CFB Esquimalt Power Boat Club

Are you interested in power boats, fishing or just something social to be involved with family and friends? If so consider the CFB Power Boat Club. This Special Interest Activity is managed, funded and maintained by volunteer members and provides access to a 100 berth marina, clubhouse, tools and maintenance areas and dry storage. Experience the thrill of catching some delicious Salmon or try something a bit larger with Pacific Halibut. If cruising is more your style, no problem, the Gulf and San Juan Islands are within weekend reach and the scenery is second to none. If you are new to boating, no problem, we have centuries of experience within our club members. The benefits of being a member include:

The use of the club house.

- Mooring slips.
- Docking ramp.
- Storage compound; and
- Fully equipped service bays with engine hoist, power tools and a paint booth.

The Club sponsors several family-oriented fishing derbies and BBQs per year, with cash prizes and other awards. There is no entry fee for the derbies. For further information, visit our website at [www.boatclub.ca](http://www.boatclub.ca), call the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail [workpointboatclub@gmail.com](mailto:workpointboatclub@gmail.com) "Tight Lines and Happy Cruising to All"

## Work Point Garden Club

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

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

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

## Model Railway Club

The model Railway Club started as an N Scale (1/160) NTRAK modular layout in December 1997. Currently the layout has 31 different modules, that when attached, represents approximately 536 ft. of continuous running track. The HO Scale (1/87) modular layout has 29 different modules that represents approximately 270 ft of continuous running track. Both scale layouts have the ability to operate in both DCC and DC modes.

The Club actively participates each year in the Victoria Train Show, Nanaimo Regional Train Show, Esquimalt Buccaneer Days, Luxton Fall Fair and the West Coast Welcome.

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

All Active or retired military members, DND and other Government employees are

welcome and invited to join the CFB Esquimalt Model Railway Club. We also are allowed limited numbers of others who do not meet the previously noted requirements as well as Junior Members providing the parent is an active member.

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

Like us on Facebook at [www.facebook.com/Esquimalt-MRRC](http://www.facebook.com/Esquimalt-MRRC). For further information please contact Pierre Boucher at 778-677-1953 or Ken Silvester at 250-474-1316.







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