

Look inside for special events and programs for everyone!

JANUARY - MARCH
2025
WINTER
Activity Guide



A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT



By, for, and with the military.

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



CANEX



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

canex.ca



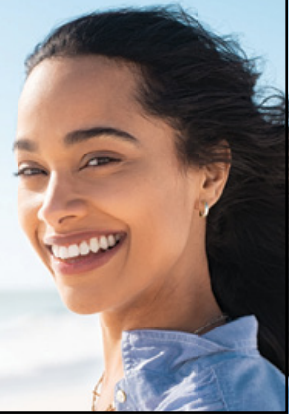
St. Anthony's Dental Clinic

Dr. Anastasia Loumbardias*

250-474-4322

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

*denotes Corporation



**VOTED #1
IN VICTORIA**

**NO APPOINTMENT
NECESSARY**

**CANADIAN MILITARY
& DND DISCOUNT**

\$10 off



VICTORIA
2353 Douglas St

LANGFORD
872 Langford Pkwy

DUNCAN
2752 Beverly St

MILLSTREAM
705 Treanor Ave



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.

LEGEND

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

ACTIVITY PROGRAMS

- Registration/Contacts..... 5
- Facilities 7
- Get Involved 8
- Facilities Rental Rates..... 9
- Naden Athletic Centre Gym Terms and Conditions 10
- Special Events 15
- PSP Birthday Parties 16
- Early Years 17
- Children’s Resources and Services 18
- School Age Children’s Services..... 19
- School Age (5-9)..... 20
- Youth (10+)..... 21
- PSP Camps.....23
- Shotokan Karate 25
- Adult
 - Health and Fitness 26
 - Sports 26
 - Personal Training 27
 - MFRC Work-related Absences and Deployment
 - Resources and Services..... 28
 - MFRC Community Integration 31
 - MFRC Social and Mental Wellness
 - Resources and Services..... 33
 - MFRC Francophone 34
 - MFRC Veterans 34
 - MFRC Transition Resources 34
 - PSP Health Promotion 35
 - PSP Aquatics 36
 - PSP Sports..... 38
 - PSP Fitness..... 38
 - PSP Clubs..... 41

YOUR TRUSTED SOURCE FOR REAL ESTATE

Proudly serving southern Vancouver Island for over 35 years.


Clients are talking...


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

You are invited to call.

Let's discuss the market and your next home sale or purchase, with no obligation.

Give me a direct call at (250) 514-4750. Contact me now!





PEMBERTON
HOLMES

· ESTABLISHED 1887 ·

NANCY VIEIRA

Personal Real Estate Corp
REALTOR®

250-514-4750

SAVE THE DATE RÉSERVEZ LA DATE

21 JUNE / JUIN 2025

EVERYONE WELCOME!

COME RUN / WALK WITH YOUR NAVY

DO IT BECAUSE YOU CAN!

TOUT LE MONDE EST LE BIENVENU !

VENEZ COURIR / MARCHER AVEC VOTRE MARINE

FAITES-LE PARCE QUE VOUS LE POUVEZ !

NAVY RUN

CFB ESQUIMALT



COURSE MARINE

BFC ESQUIMALT

REGISTRATION FEES / FRAIS D'INSCRIPTION

5 KM WALK/RUN & 10 KM RUN 5 KM DE MARCHÉ / COURSE & COURSE DE 10 KM	EARLY / ANTICIPÉE NOV 5 - MAR 31	REGULAR / RÉGULIÈRE APR 1 - JUN 13	LATE / TARDIVE AFTER / APRÈS JUN 13
VIRTUAL / VIRTUELLE	\$36.75 / 36,75 \$	\$40.00 / 40,00 \$	\$50.00 / 50,00 \$
IN PERSON / EN PERSONNE			
Active & Retired Military & Dependants Militaires actifs et retraités et personnes à charge	\$35.65 / 35,65 \$	\$41.40 / 41,40 \$	\$52.00 / 52,00 \$
DND / NPF Civilians & Dependants Civils et personnes à charge du MDN et des FNP	\$41.40 / 41,40 \$	\$45.54 / 45,54 \$	\$55.00 / 55,00 \$
General Public / Grand Public	\$47.20 / 47,20 \$	\$51.90 / 51,90 \$	\$62.00 / 62,00 \$
KIDS RUN SHIRT / COURS DES ENVANTS CHEMISE			
Virtual & In-Person (registration is free) Virtuelle et en Personne (L'inscription est gratuite)	\$25.00 / 25,00 \$ for shirt / pour la chemise	\$25.00 / 25,00 \$ for shirt / pour la chemise	\$25.00 / 25,00 \$ for shirt / pour la chemise



Late registration will be available at race package pickup.
Les inscriptions tardives seront disponibles lors de la remise des kits de course.

NAVYRUNESQUIMALT.COM

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 PSP250-363-8487
 Deputy Manager PSP250-363-8485
 Deputy Manager PSP 250-363-3144
 Special Events Coordinator.....250-363-3672

FITNESS & SPORTS

Naden Athletic Centre Kiosk250-363-5677
 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

Colwood Pacific Activity Centre Front Desk 250-363-1009
 Manager, Community Recreation / Clubs 250-363-1008
 Community Rec Coordinator / RV Storage / Programs 250-363-2989
 Community Rec Coordinator / Front Desk 250-363-2648
 Aquatic Supervisor 250-363-4070
 PSP Recreationrecreationcpac@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 / Classifieds250-363-3127

MILITARY FAMILY RESOURCE CENTRE

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

WEBSITES & SOCIAL MEDIA

Chief and POs' Mess

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

Lookout Newspaper and Publishing

www.lookoutnewspaper.com
 f /LookoutNewspaperNavyNews

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

Pacific Fleet Club

www.cfmws.ca/esquimalt

Personnel Support Programs

www.cfmws.ca/esquimalt

PSP Recreation

f /pspesquimaltspac

PSP Recreation Online Registration

www.bkk.cfmws.com/esquimaltpub/

Wardroom

www.wardroom.ca

WINTER 2025 ACTIVITY GUIDE

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

Mailed under Publication Mail

Agreement #40064821 Victoria B.C.

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

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

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

Family Wellness and Counselling Team (CPAC and SH)

Learn more about Wellness Programs and Short-term Counselling on pg. 33.

You can contact MFRC Intake for Family Wellness and Counselling directly at **778-533-7736** or intake@emfrc.com

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

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.



Get Involved!

Volunteer at the MFRC

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

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



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



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

Support Military families by volunteering in our programs!

Program Planning: Share your ideas and creativity as we plan new programs for youth and adults.

Program support: Help with set up, facilitation of programs and clean up.

Activity Facilitator: Do you have a special skill to teach or share?

Interested? Apply online by visiting our website.

Questions? Reach out to
kathleencormie@emfrc.com

MFRC Unit Liaison

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

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

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



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.

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

Apply online today to become a MFRC volunteer.

Facilities

Terms and Conditions for Naden Athletic Centre Gym Membership and Drop-In

Canceling PSP PLAN

Clients have the right to cancel a PSP PLAN within 10 days of starting their membership. They don't need a reason to cancel and will receive a full refund. All they need to do is to provide notice.

- Cancellation of set fee PSP PLANS are only permitted for medical reasons or military operations. Accompanying documentation may be required. Refunds are prorated to date of withdrawal.
- Transfer of memberships is not permitted.

PSP PLAN Extensions/Holds (Set Fee Plans Only)

PSP will only extend or hold PSP PLANS if the client is in good standing and has all fees paid.

- Clients must provide at least ten days' notice for an extension or hold request, to allow PSP to process request, and the client must qualify for one of the two categories below:
 - Medical Disability* with accompanying documentation; and
 - Military Operations (relocation, and deployment).
- *Note there may be a minimum or maximum for amount of time for a hold.*

Suspensions

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

Admittance

Children under the age of 12 must be directly supervised by a guardian (19 years);

- Children and youth 13 years old and older may use facilities unsupervised, though youth access (13-17) to the weight/cardio rooms must have successfully completed a youth weightroom orientation; and
- During a registered program, children and youth do not need supervision other than from the instructor/supervisor of this program (i.e. summer camp, karate, swimming classes).

Conduct

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

Prohibited Items and Activities

PSP does not permit smoking, alcohol, or illegal drugs, including steroids, in any of its facilities. PSP does not permit access under the influence of illegal drugs or alcohol.

- No client may train another client for compensation. If PSP determines that such training occurs at one of our facilities, the trainer and/or trainee may lose their membership without refund.
- No photography, videotaping, filming or audio recording in PSP facilities without prior written permission of the management.



Violation of Policies or Rules

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

- Note the above information is only a portion of the Terms and Conditions. For the full terms and conditions please visit our website at <https://cfmws.ca/esquimalt/nac-terms> or scan the QR Code:



Naden Athletic Centre (NAC) | Building 88, Naden

Hours of Operation

Mon – Thu: 5:30am – 9:30pm
Fri: 5:30am – 7:00pm
Sat & Sun: 8:00am – 6:00pm
Stat: 8:00am – 1:00pm

**Schedule may change without notice.

- For 16 years old and over may require presenting their valid Government issued picture ID at the Naden gate and to the facility clerk at Naden Athletic Centre upon entry.
- Patrons are responsible for sanitizing equipment before and after use with products supplied.
- It is expected that all patrons will respect PSP staff and the directions they provide while in the facility.

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

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

Facility includes

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

Sports Equipment

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

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

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

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

Naden Athletic Centre
Centre athlétique Naden



NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

CATEGORY	CRITERIA:	12 MONTHS	6 MONTHS	3 MONTHS	1 MONTH
Regular	Canadian Forces members; currently serving Regular and Reserve Force personnel and their families	\$0	\$0	\$0	\$0
	Members of Foreign Military currently serving with the CAF and their families	\$0	\$0	\$0	\$0
	Veterans (Former members of the CAF who have successfully completed Basic Military Training and have been honourably discharged)	\$86.52	\$49.44	\$27.81	\$10.30
	Dependent of Veteran (Must be under 19 or a registered student)	\$93.44	\$53.40	\$30.03	\$11.12
	Spouse of Veteran	\$99.50	\$56.86	\$31.98	\$11.85
	Veteran Family (Maximum 5 persons living at home, dependents are under the age of 19 or a student)	\$213.92	\$122.24	\$68.76	\$25.47
Ordinary	Current and Pensioners of: DND Public Servants; Staff of NPF; Staff of MFRC, Staff of DRDC and DCC; RCMP; Canadian Coast Guards; Honorary Colonels / Captains (N); and Honorary Lieutenant- Colonels / Commanders	\$95.17	\$54.38	\$30.59	\$11.33
	Dependent	\$142.76	\$81.58	\$45.89	\$17.00
	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 RecreationCPAC@forces.gc.ca.

Prices are subject to change without notice.

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

Facilities



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

HOURS OF OPERATION

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

- 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.

FORMATION SHINNY

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

EQUIPMENT REQUIREMENT

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

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

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

Note: military training takes priority on all bookings.

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

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

Phone: 250-363-3735

Location: Naden Building 40 by the small boat jetties.

The Chief and Petty Officers' Mess

1575 Lyall Street

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

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

Hours of Operation:

The Mess Office is open daily

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

Bar hours daily

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

Evenings and weekends are as required for events.

General information: 250-363-3167

Event Booking: 250-363-3180

Check our website for upcoming events.

www.cfmws.ca

Naden Wardroom

1586 Esquimalt Road

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

Hours of Operation:

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

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

Check www.wardroom.ca for updates

The Gunroom

1367 Victoria View Road

The Gunroom overlooks the beautiful Inner Harbour.

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

Hours of Operation:

Tue 11:30am - 1:00pm

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

Fri 11:30am - 10:00pm

Sat 5:00pm - 10:00pm

Check www.wardroom.ca for updates

General information: 250-363-5322

Event Booking: 250-363-2689





Events with Elegance.
An exceptional experience every time.



CFB Esquimalt's
Chief and Petty Officers' Mess

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

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

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

Book your event now,
contact Rita Hunt

Hunt.Rita@cfmws.com
250-363-3167

For details visit:
www.cpomess.ca

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/>

■ = 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.

MARPAC & Lookout
HEALTH & WELLNESS EXPO
 SAVE THE DATE
 MARCH 6 | 10 am - 4 pm
 Naden Athletic Centre

For more information OR to book a booth at this vibrant event, contact jazmin.holdway@forces.gc.ca

Register for any of the following MFRC Special Events and Programs

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



MFRC Events

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



Pink Shirt Day

This year Pink Shirt day is Wednesday, February 26th Pink Shirt day originated in 2007 in Berwick Nova Scotia when grade 9 student Chuck McNeill was bullied for wearing a pink shirt to school. David Shepherd, Travis Price and some of their teenage friends wanted to show support to their schoolmate so they organized a high-school protest to wear pink to stand up against the bully. They went to a local discount store and bought 50 pink tank tops and distributed them at school the next morning. The bullies were never heard from again. Pink Shirt Day has since been recognized annually worldwide as a day to stand up against bullying.

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

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

Book your birthday party with PSP Recreation!

For details on our various party options and available dates call 250-363-1009 or visit bkk.cfmws.com/esquimaltpub/

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

NEW!! POOL BIRTHDAY PARTIES - PSP

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

Location: Naden Athletic Centre Pool
Dates: Wednesdays from 15 January - 12 March
Time: 5:00pm-8:00pm
Cost: \$175



BIRTHDAY PARTY THEMES

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 or call **PSP Recreation at 250-363-1009**

Early Years

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 for more information.

Location: CPAC

Dates: Tues

Time: 10 – 11:30 am

Cost: Free

123 Music & Me • MFRC

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

For parents and their babies under two years of age

Location: CPAC

Date: Fri, Jan 12 – Mar 15

Time: 9 – 9:30am

Cost: Free

For parents and their child 2 to 5 years old

Location: CPAC

Date: Fri, Jan 12 – Mar 15

Time: 9:30 – 10 am

Cost: Free

Stay & Play • MFRC

(18 months – 5 years)

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

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

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

Location: Out of School Care Building, 720 Galiano Cres

Date: Wed, Jan 08 – Mar 12

Time: 10:00-11:30 am

Cost: Free



Supporting Children Through Absence Corner at Stay & Play • MFRC

(18 months to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. If your child is under 3 years, parent participation is required. To participate in this program, weekly registration through Stay & Play is required on our MFRC website 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. This program will provide activities suitable for various school aged children (see programs below). It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops!

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

Supporting Children Through Absence (3 – 5)

Location: CPAC

Mornings: Date: Tues, Jan 7 – Feb 18

Time: 9:30 – 10:45 am

Cost: Free

Date: Tues, Mar 4 – Apr 22

Time: 9:30 – 10:45 am

Cost: Free

Evenings: Date: Tues, Jan 7 – Feb 18

Time: 5:45 – 7 pm

Cost: Free

Date: Tues, Mar 4 – Apr 22

Time: 5:45 – 7 pm

Cost: Free

Register for any of the following MFRC Early Years Programs

by visiting 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/

■ = 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.

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. *Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.*

Kindergym • PSP (All Ages)

Open to all military and non-military families. 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,

January 6 – March 12*

*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

Children's Resources and Services

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

Designed for children 5 years and younger, this program will promote early years learning. Creative Learning offers a semi-structured environment with a variety of activities and materials that give young children the opportunity to grow creatively. The program will help children develop a sense of independence, self-concept and self-esteem in the care of nurturing, professional childcare workers. This is a licensed program and registering for this program will also give you a few hours of respite to get things done without your "little helper." Take the time to de-stress yourself! Book up to 1 week in advance, maximum 2 times per week. Punch cards are available! Please pay the front desk at the CPAC MFRC before entering the program. Call 250-363-2674 to book.

Ages 6-17 months

Location: CPAC

Date: Tue-Fri

Time: 9:00am-noon

Cost: \$18 per 3-hour session

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

Ages 18 months-5 years

Location: CPAC

Dates: Tue, Thurs, Fri 9:00am-noon

Tue, Thurs 1:00-4:00pm

Cost: \$15 per 3-hour session

- Creative Learning schedule is subject to change based on staff availability, and licensing guidelines.
- Priority spaces are reserved for children of members who are deployed or going through a work-related absence. Please see Respite Child Care During Absences section on page – 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/>

Creative Learning Punch Cards • MFRC

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

Imagination Library • MFRC

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

"Welcoming Your Baby" Kit • MFRC

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

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

Parenting from Afar • MFRC

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



MFRC Daycare • MFRC

Every day is an adventure in learning at the MFRC Daycare - where imagination, fun and experiencing are always at the top of the agenda! Join us at our Colwood (CPAC) Daycare. Our bright facility offers both an Infant/Toddler and a 3 to 5 Year Old program. Call the MFRC 250 363-2640 for more information or check out our website 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 that we are not always able to predict when a spot will open to families on our waitlist.

Respite Childcare During Absences • MFRC

(6 months to 5 years)

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



ELYSIA ALLEN
REAL ESTATE

ElysiaAllenHomes.com

Military Relocation Specialist and Veteran

As a retired Canadian Armed Forces member, I'm experienced in networking and collaborating with BGRS and maximizing your HHT, making your move as seamless as possible.





ELYSIA ALLEN
REAL ESTATE

250-882-8938
3194 Douglas St. Victoria, BC
Elysia@ElysiaAllenHomes.com

School Age Children's Services

Out of School Care 2024-2025

• 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>

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

Children's Deployment Workbooks and Parent Guide

• MFRC

Would you like to better support your child(ren) through-out their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. 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 all military family tweens and teens looking to make new connections in their community. Each session has a different theme with exciting activities for kids of all abilities and varying support needs. This is an opportunity to explore new activities while making connections with other military connected youth.

**Fast Friends offer inclusion support for any participants who may benefit.*

Board and Card Game Cafe • MFRC

Join us for a night of board game fun at CPAC! Pizza included.

Location: CPAC
Date: Wed, Jan 29
Time: 6 – 8pm
Cost: Free

Self-Care and Yoga Night • MFRC

Check out some fun ways to be kind to yourself this February! Try a self-care craft and some gentle yoga with the Fast Friends team.

Date: Wed, Feb 12
Time: 6 – 8pm
Cost: Free

Mindful Creativity for Youth • MFRC

Join our team for an evening of art for youth of all abilities! Try out painting while we get to connect with other youth in a positive supportive environment.

Date: Wed, Mar 12
Time: 6 – 8 pm
Cost: Free

***Look out for our Special FAST FRIENDS event for the Month of the Military Child in April!**

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). It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops!

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

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

Supporting Children Through Absence

(Kindergarten – 12 years old)

Location: CPAC
Date: Thur, Jan 9 – Feb 20
Time: 5:45-7:00 pm
Cost: Free
Date: Thur, Mar 06 – Apr 24
Time: 5:45-7:00 pm
Cost: Free

Supporting Children Through Absence

(Kindergarten – 8 years old)

Location: CPAC
Date: Thur, Jan 9 – Feb 20
Time: 3:30 – 4:45
Cost: Free
Date: Thur, Mar 6 – Apr 24
Time: 3:30 – 4:45
Cost: Free

Supporting Children Through Absence

(9 – 12 years old)

Location: CPAC
Date: Wed, Jan 8 – Feb 19
Time: 3:30 – 4:45
Cost: Free
Date: Wed, Mar 5 – Apr 23
Time: 3:30 – 4:45
Cost: Free

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

School Age (5-9 years)

■ = MFRC ■ = PSP

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

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

Friday Night Activities

Movie Nights (5-12 years)

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

Location: CPAC

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$9.50 per child

DATE	MOVIE
January 17	Peter Pan and Wendy
February 28	Ultraman Rising

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

Family Movie Night (all ages!)

Join us for a special all ages movie night at CPAC! Popcorn, juice, and a movie treat will be provided. Bring pillows and blankets for each person so they are super comfy throughout the movie. Please note that this is a family event and parent/guardian participation is required.

Location: CPAC

Date: Friday, February 7

Time: 6:15pm - 8:00pm

Cost: \$6.00 per person over the age of 2

Under 2 - free

DATE	MOVIE
March 7	Moana 2

Fantastic Fridays! (5-12 years)

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

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.50 per child

DATE	THEME
January 24	Mine At Night
February 14	Bakers Books

Science and Swim (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
January 31	Science of Volcanos
February 21	Science of Space

Arts & Science

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

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

Theme: Builders Workshop

Create, Innovate, and Build with PSP! Learn to use tools and build a variety of structures.

Dates: Mondays, January 22- February 24*

*No program on February 17

Location: CPAC

Time: 5:00-6:00

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

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/

Mini Master Chef (6-9 years)

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

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

Location: CPAC

Date: Tuesdays, January 28 - March 4, 2025

Time: 5:15pm - 6:15pm

Theme: Breakfast Club

Cost: Regular \$75 / Ordinary \$80 / Associate \$90

Leadership

Red Cross Stay Safe (9yrs +)

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

Instructor: Irinia Mielecka

Location: CPAC

Date: Saturday, Feb 8

Time: 9:00am-3:30pm

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

*Book fee \$12



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.

Fast Friends · MFRC

Fast Friends is an inclusive program for all military family tweens and teens looking to make new connections in their community. Each session has a different theme with exciting activities for kids of all abilities and varying support needs. This is an opportunity to explore new activities while making connections with other military connected youth.

**Fast Friends offer inclusion support for any participants who may benefit.*

Board and Card Game Cafe

· MFRC

Join us for a night of board game fun at CPAC! Pizza included.

Location: CPAC

Date: Wed, Jan 29

Time: 6 - 8pm

Cost: Free

Self-Care and Yoga Night

· MFRC

Check out some fun ways to be kind to yourself this February! Try a self-care craft and some gentle yoga with the Fast Friends team.

Date: Wed, Feb 12

Time: 6 - 8pm

Cost: Free

Mindful Creativity for Youth

· MFRC

Join our team for an evening of art for youth of all abilities! Try out painting while we get to connect with other youth in a positive supportive environment.

Date: Wed, Mar 12

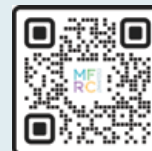
Time: 6 - 8 pm

Cost: Free



Register for any of the following MFRC Youth Programs

by visiting 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.



Millstream SELF STORAGE

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

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

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

Military Discount

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

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/

Friday Night Activities

Movie Nights (5-12 years)

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

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

DATE	MOVIE
January 17	Peter Pan and Wendy
February 28	Ultraman Rising

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

Family Movie Night (all ages!)

Join us for a special all ages movie night at CPAC! Popcorn, juice, and a movie treat will be provided. Bring pillows and blankets for each person so they are super comfy throughout the movie. Please note that this is a family event and parent/guardian participation is required.

Location: CPAC
Date: Friday, February 7
Time: 6:15pm - 8:00pm
Cost: \$6.00 per person over the age of 2
Under 2 - free

DATE	MOVIE
March 7	Moana 2

Fantastic Fridays! (5-12 years)

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

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

DATE	THEME
January 24	Mine At Night
February 14	Bakers Books

Science and Swim (10-12 years)

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

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
January 31	Science of Volcanos
February 21	Science of Space

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

Arts & Science

STEM Programs (10-12 years) - Science, Technology, Engineering and Math

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

Theme: Builders Workshop

Create, Innovate, and Build with PSP! Learn to use tools and build a variety of structures.

Dates: Mondays, January 22- February 24*
**No program on February 17*

Location: CPAC
Time: 6:15-7:15
Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Master Chef (10-12 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, January 28 - March 4, 2025
Time: 6:30pm - 7:30pm
Theme: Breakfast Club
Cost: Regular \$75 / Ordinary \$80 / Associate \$90



Leadership

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

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

Cost: \$27.50 per day
**Cost covers out-trips, staff shirt, swimming, and additional resources*

Date: Program available whenever Pro D Day or Spring Break Camps are running

Time: 9:00am-4:00pm
Location: TBD on which camp the Jr Leader is assigned to. Please contact recreationcpac@forces.gc.ca Attn: Children and Youth Program Supervisor if interested in this program.

Red Cross Stay Safe (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: Irinia Mielecka
Location: CPAC
Date: Saturday, Feb 8
Time: 9:00am-3:30pm
Cost: \$50 Regular / \$55 Ordinary / \$60 Associate
**Book fee \$12*

Red Cross Babysitters Course (11 yrs+)

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

Instructor: Irinia Mielecka
Location: CPAC
Date: Saturday, March 8
Time: 8:30am-4:30pm
Cost: \$60 Regular / \$ 65 Ordinary / \$70 Associate
**Book fee \$12*

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 (10-12 Years)



■ = 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.

New Hours for Pro D Day Camps!

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

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

LOCATION	DATE	SCHOOL DISTRICTS	TIME	COST
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	February 14	SD 61, 62, 63	Camp Day: 7:00-5:00pm Structured camp programming occurs between the hours of 9:00am-4:00pm	Regular \$40 Ordinary \$45 Associate \$50
Chief and Petty Officer's Mess 1575 Lyall Street (Esquimalt)				

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

Spring Break Camps • PSP

R = Regular / O = Ordinary / A = Associate



Mini Seekers Spring Break Camps (4-5 Years)

Sun Seekers Spring Break Camps (6-7 Years)

Fun Seekers Spring Break Camps (8-9 Years)

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

Location: Colwood Pacific Activity Centre (Westshore)

DATE	TIME	COST
Mon-Fri • March 17-21 • March 24-28	Camp Day 7:00-5:00pm	R \$195 / O \$200 / A \$205

Adventure Seekers Spring Break Camps (10-12 Years)

DATE	TIME	COST
Mon-Fri • March 17-21 • March 24-28	Camp Day 7:00-5:00pm	R \$200 / O \$205 / A \$210

Little Waves Spring Break Camps (4-7 Years)

Coastal Campers Spring Break Camps (8-12 Years)

Location: Chief and Petty Officer's Mess (Esquimalt)

DATE	TIME	COST
Mon-Fri • March 17-21 • March 24-28	Camp Day 7:00-4:30pm*	R \$190 / O \$195 / A \$200

*CPO's location camps will end at 4:30pm.



New Hours for Spring Break Camps!

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

More hours of fun!

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



It's never too late to change careers

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

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

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

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

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

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

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

BECOME A REGISTERED MASSAGE THERAPIST HEALTHCARE PROFESSIONAL 20 MONTH PROGRAM



West Coast College of **MASSAGE** Therapy

Contact Admissions
by phone

250-381-9800 ext 227

or email

vicadmissions@collegeofmassage.com

www.collegeofmassage.com

DND DISCOUNT

**20% OFF
MASSAGE
TREATMENTS**

BOOK YOUR MASSAGE NOW!



100-818 BROUGHTON STREET, VICTORIA

Shotokan Karate

Shotokan Karate Combo Class

(Adult and Children 7 Years+)

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

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

Beginners are always welcome throughout the year.

Naden Athletic Centre

Dates: 06 Jan - 26 Mar (23 sessions)

*No Session Mon 17 Feb

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

Cost: Adult - \$161 Regular / \$184 Ordinary / \$207 Associate

Child - \$115 Regular / \$138 Ordinary / \$161 Associate

Colwood Pacific Activity Centre

Dates: 07 Jan - 20 Mar (20 sessions)

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

Cost: Adult - \$140 Regular / \$160 Ordinary / \$180 Associate

Child - \$100 Regular / \$120 Ordinary / \$140 Associate

Additional Advanced Training

Location: Naden Athletic Centre

Dates: Fridays, 5:45-6:45pm and/or

Saturday 8:00-9:00am

*Cost includes unlimited classes Jan - Mar (23 Sessions at NAC & 20 Sessions at CPAC)



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.

INTRODUCING

Madisyn

A lash & brow artist who also does waxing.



MADISYN LASH TECH & ALL WAXING

AND

Mykah

An experienced barber who specializes in fades and tapers.



BARBER MYKAH HAS JOINED OUR TEAM

Special \$99 FULL SET LASHES until November 16 (no discount)

outshine SALON & SPA

10% MILITARY DISCOUNT
Discount applies to all retail products and services from participating service providers.

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

250-383-5598

880B Esquimalt Rd (at Head Street)

www.outshinesalonandspa.ca

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/

■ = 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.

Sports

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 6-9pm
 Drop in rates apply:
 Adults (19+) \$6.25
 Youth (16-18) \$5.00



Yoga at CPAC

Slow Flow Series • PSP

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

Location: CPAC (2610 Rosebank Road)

Dates: Thursday 7-8pm

Session 1: 09 Jan - 13 Feb

Session 2: 20 Feb - 27 Mar

Price: R \$60 / O \$72 / A \$84 (6 Week Sessions)

Stretch + Strengthen Series

• PSP

Cultivate and increase flexibility, strength, playful mobility, balance + breath awareness. You will be led through a sequence of yoga postures that will lengthen + strengthen your whole body. Enjoy a calming initial + final deep relaxation. All levels welcome.

Postures will focus on stretching + strengthening, balance + core stability. This class is suitable for anyone looking to improve their flexibility, strength + capacity both on + off the mat.

Location: CPAC (2610 Rosebank Road)

Dates: Thursday 10:30-11:30am

Session 1: 09 Jan - 13 Feb

Session 2: 20 Feb - 27 Mar

Price: R \$60 / O \$72 / A \$84 (6 Week Sessions)

Lunch Hour Yoga Refresh • PSP

Take a mid-day reset to refresh + refocus! Come and join us as we move, breathe and reconnect to ourselves in this slightly shorter class. Dynamic and gentle postures that will focus on stretching and relieving tension in the neck, shoulders, back, and hips. Leave feeling rejuvenated, balanced, and ready to engage in the rest of your day. All levels welcome.

Location: CPAC (2610 Rosebank Road)

Dates: Thursday 12-12:45pm

Session 1: 09 Jan - 13 Feb

Session 2: 20 Feb - 27 Mar

Price: R \$60 / O \$72 / A \$84 (6 Week Sessions)

Adult Health & Fitness

Family and Teen Pickleball at CPAC • PSP

Everyone welcome to learn to play pickleball with Coach Chris! All classes are modified according to the skills and abilities of the participants. Guaranteed FUN! All equipment provided. Singles, families and groups of all ages are most welcome!

Location: CPAC

Instructor: Chris Zatylny

Price: \$79 Regular / \$89 Ordinary / \$99 Associate

SESSION DATES
Monday 6:30-7:30pm
06 Jan - 03 Feb
10 Feb - 10 Mar

Adult Pickleball at CPAC • PSP

Everyone welcome and especially seniors and their friends! Learn to play pickleball and practice your skills with Coach Chris. All abilities will enjoy this one hour session Monday evenings. Singles, doubles and groups will mingle and meet new friends! All equipment provided.

Location: CPAC

Instructor: Chris Zatylny

Price: \$79 Regular / \$89 Ordinary / \$99 Associate

SESSION DATES
Monday 7:45-8:45pm
06 Jan - 03 Feb
10 Feb - 10 Mar

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

Days: Mondays & Wednesdays

Dates: 06 Jan - 12 Mar *No drop in available Monday 17 Feb

Time: 12:00 - 3:00pm

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

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 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: CP0's Mess 1575 Lyall Street, Esquimalt

Price: \$10 Regular / \$12 Ordinary / \$15 Associate

SESSION DATES
Tuesday 6:00pm
11 February
11 March

Cocktails and Crafts • PSP

Join our crafty duo for a fun and relaxed night of creation. No experience needed, all supplies will be provided.

Check cfmws.ca and follow our Insta @pspcmmrecsesquimalt or Facebook CFB Esquimalt Community Recreation for details on each night!

Location: CP0's Mess 1575 Lyall Street, Esquimalt

Price: \$35 Regular / \$40 Ordinary / \$45 Associate

SESSION DATES
Saturday 6:00pm
January - Wire Wrap Sea Glass
February - Paint Your Partner
March - Driftwood Sun Catchers
April - Home is Where You're Posted Wall Art

Personal Training

Personal Training Packages • PSP

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

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

One on One Private Training Sessions • PSP

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

Semi-Private Training Sessions • PSP

(1 hour / 2 - 6 people)
 Have a small group that want to work out together? You pick the time, date, and style of workout you're looking for and we will connect you with a trainer.

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

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





www.popeyescanada.com

MILITARY MEMBERS

14% OFF*



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

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

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

Resources and Services During Absences

Deployment and Absence Support Registration • MFRC

Is your military member anticipating, currently, or recently returned from a deployment or work-related absence? Register with us to receive deployment and work-related absence support by becoming a part of your Family Network's email distribution list, connecting with the MFRC local to you, and/or receiving support in French. For more information and to register, scan the QR code on your mobile device.



Family Networks • MFRC

Family Networks are a great way to connect with other family members and friends going through the same experience. Participate in social activities and get the latest information and updates on your military member's deployment or work-related absence. Register through our Deployment & Absence Support Registration system to be added to your Family Network email distribution list. We have Family Networks for the following units:

- 443 Squadron
- HMCS *Calgary*
- HMCS *Max Bernays*
- HMCS *Ottawa*
- HMCS *Protecteur*
- HMCS *Regina*
- HMCS *Vancouver*
- HMCS *Winnipeg*
- MCDVs (HMCS *Brandon*, HMCS *Edmonton*, HMCS *Nanaimo*, HMCS *Saskatoon*, HMCS *Whitehorse*, and HMCS *Yellowknife*)
- 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 through our Deployment & Absence Support Registration system to receive information on resources and services available to you and your family.

Family Network Facebook Groups • MFRC

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

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? Letters and care packages can be dropped off at our Colwood and Signal Hill MFRC locations, 443 Squadron, Dockyard Fleet Mail Office and Naden Mail Office during regular business hours. This service is available at the MFRC under the direction of the Fleet Mail Office (250-363-2176). For more information and mailing guidelines, check out our How to Send Morale Mail webpage.

Care Package Collection Box for Deployed Members • MFRC

Did you purchase too much for your care package? We will be accepting items at the Colwood MFRC location during regular business hours to create care packages for deployed members who are not receiving them. Please consider contributing your extras to help uplift the spirits of members currently deployed onboard HMCS *Ottawa*. Care packages will be sent to the ship throughout their deployment. A few ideas of items that could be contributed are: individually wrapped snack items (ie. chips, granola bars), microwave popcorn, candies, and puzzle books.



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 and 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 the Deployment and Absences Team at absence.support@esquimaltmfrc.com.

Return and Reintegration Workshops • MFRC

Is your military member returning home from a deployment or work related absence soon? Join the MFRC for a short workshop to help you prepare for their return. We will discuss: what to expect strategies for self care, ideas for reconnecting and resources to ease the transition of homecoming. Check out our Return & Reintegration Resources and Services webpage for details and registration information.





Register for any of the following MFRC Adult Programs

by visiting www.cfmws.ca/esquimalt



Preparing for Deployment and Absence Resources and Services • MFRC

Are you or your family member preparing for a deployment or work-related absence? Visit our Preparing for Deployment & Absence Resources and Services webpage to download our Preparing for an Absence checklists (for single members, parents of members, and partners/spouses), view our workshop recordings and find other information on resources and services that may be helpful to you or your family member prior to a deployment or work-related absence.

During Deployment and Absence Resources and Services • MFRC

Are you currently experiencing a deployment or work-related absence? Visit our During Deployment & Absence Resources and Services webpage for information on morale mail, short-term counseling and other resources and services available to you and your family while your military member is away.

Return and Reintegration Resources and Services • 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.

Banner Making Event and 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. Check out our Return & Reintegration Resources and Services webpage for details and registration information.



■ = MFRC ■ = PSP

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

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

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

Check out the Early Years and School Age sections on pages 17 and 19 for information on our Supporting Children Through Absence workshops, Respite Child Care During Absences, Parenting from Afar, and more!

Looking for more information? Do you have questions related to deployment and/or work-related absences? Please email absence.support@esquimaltmfrc.com to connect with us.



BIG WHEEL BURGER

REAL. FOOD. FAST.

11am-9pm Every Day

GET DELIVERY through Uber Eats.

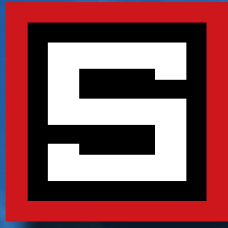
10% OFF TO ALL MILITARY & DND PERSONNEL

Pre-ordering your office lunch or catered event is now easier than ever on our website!

- Cook Street**
341 Cook St, Victoria
- Vic West**
172 Wilson St, Victoria
- Gateway Village**
703-771 Vernon Ave, Victoria
- Langford**
2945 Jacklin Rd, Victoria
- Courtenay**
625 Cliffe Ave, Courtenay



Order online, save time & skip the line.
bigwheelburger.com



SLEGG
BUILDING MATERIALS

**Proudly Serving
Vancouver Island
Since 1947**



www.slegg.com

MF ESQUIMALT
RC



Community Integration

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, Jan 9 – Mar 20

Time: 6:00 – 8:00 pm

Cost: Free

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 and employer information sessions hosted at the Colwood Pacific Activity Centre. Follow our social media channels to stay updated or call **250-363-2640** for more information.

Employment Workshop Recordings - MFRC

Check out previously recorded employment workshops. Find them here:

<https://vimeo.com/esquimaltmfrc>

Join the Military Spousal Employment Network (MSEN) - MFRC

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

For more information visit: <https://msen.vfairs.com/>

MFRC Information Line - MFRC

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

Military Family ID Card - MFRC

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

Welcome Resources - 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.



Register for any of the following MFRC Adult Programs

by visiting 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.

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 mcleanrealestategroup.ca



The Canadian Armed Forces Contingent pose for a group picture in Munda, New Georgia, Solomon Islands during Operation RENDER SAFE in 2024. Photo: Master Corporal Genevieve Lapointe, Canadian Forces Combat Camera, Canadian Armed Forces Photo

Social and Mental Wellness Resources and Services

Learn about Family Wellness Support

by visiting 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 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. Check out our events page for more details and to register.

Location: CPAC

Mindful Movement (Adult Workshop)

Join our Wellness team member and nourishing movement leader Kaitlyn for an evening of gentle movement.

Date: Wed Jan 29th

Time: 6 - 8 pm

Cost: Free

Mindful Creativity (Ages 8+)

Join our Wellness team member and resident art teacher Behni for an evening of restorative creative exploration. No art experience necessary!

Date: Wed Feb 19th

Time: 6 - 8 pm

Cost: Free

Nourishing Neighbours (Ages 8+)

Join our Wellness team members Dana and Holly for an even of cooking, connection and community self-care.

Date: Wed, Mar 12th

Time: 6 - 8pm

Cost: Free

Rest and Restore (Adult Workshop)

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

Date: Wed, Apr 16th

Time: 6 - 8 pm

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

Dates: TBD

Emergency Family Plan • MFRC

Planning for the unexpected is critical in the military lifestyle. Families must have a workable Emergency Family Plan in case something happens to a family member at home during a military-related absence. An Emergency Family Plan should include a list of people you can rely on in an emergency situation. The MFRC can support you in developing local community connections through programming and workshops. The Family Wellness and Counselling Team may be able to support with limited childcare assistance based on assessment. This could include access to daytime respite care (with specific set times during the weekday). Please be aware it is challenging to find weekend and overnight care.

Looking for a place to start? You can download the PDF version of the plan at www.cfmws.ca and get started today. We encourage you to contact the Family Wellness and Counselling Team through the MFRC intake line at **778-533-7736** or intake@emfrc.com if you have any questions or desire support to create your plan.

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.

Extra/Diverse Support Needs • MFRC

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

- Navigate various community services, including education, mental health, early years and health-related systems.
- Offer support in creating a family care plan for upcoming military-related absences.
- Find services for caregivers supporting aging family members or a family member with health concerns.
- Prepare for a posting in or out of Greater Victoria.
- There may be inclusion support available for children requiring it to attend MFRC programming, please contact the MFRC for details.
- **Need assistance?** Give the MFRC a call at **250-363-2640**. You can also contact the MFRC intake line at **778-533-7736** or at intake@emfrc.com.



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.

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

Francophone

Cours de langue seconde • CRFM

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

Lieu : Virtuel/CPAC
Jeudi, jan 9- mars 20
18h00-20h00
Gratuit



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: March - Watch our website for exact dates

Cost: FREE

Contact: kaitlynlariviere@mfrc.com to learn more.

Register for any of the following MFRC Programs

by visiting 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

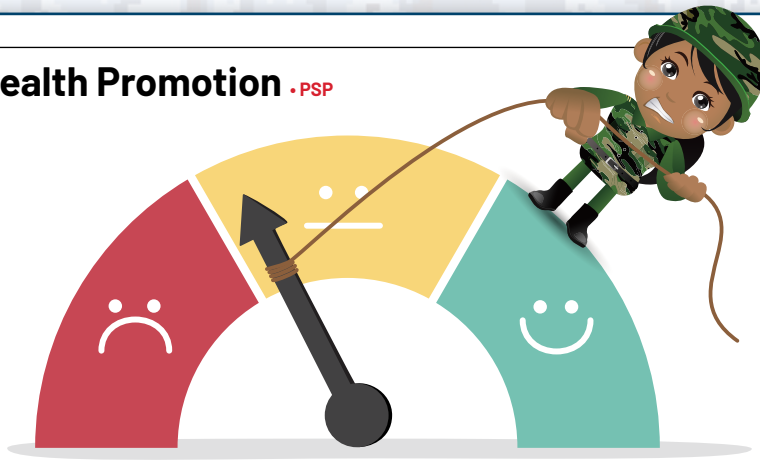
Military families experience many changes in their lives from relocations to deployments to the transition out of the military. The Transitions book will teach you about the stages of transition and help you to learn how to effectively work through those changes. Get a copy at your local MFRC location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

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



Health Promotion Programs

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

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

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

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

250-363-5621.

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

For Health Promotion course dates/times, visit <https://cfmws.ca/support-services/health-wellness/health-promotion/for-individuals>

■ = 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.

Creating an Addictions Free Workplace: Supervisor's Training

(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.

New Course! Essential Nutrition

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

Respect in the Canadian Armed Forces

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

Stress Take Charge

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

Managing Angry Moments (MAM)

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

Mental Fitness & Suicide Awareness for Supervisors (Mite 119531)

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



Aquatics Registration

LESSON SCHEDULE AVAILABLE
4 NOVEMBER 2024

REGISTRATION OPENS
18 NOVEMBER 2024 (R),
25 NOVEMBER 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. Lessons will be scheduled in 30-minute sessions.

Location: Naden Athletic Centre Pool

Date: TBD (9 sessions)

Time: 4:30pm - 7:30pm

Cost: \$225 - Single Person

\$275 - 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: TBA (9 sessions)

Time: 4:30pm - 7:30pm

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

*Cost: R \$58.50 / O \$60.75 / A \$63.00 (9 SESSIONS)

CLASS	REQUIREMENTS
Octopus	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.
Crab	Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant object.
Orca	Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.
Sea Lion	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.

SWIM FOR LIFE SWIMMER (5+ YRS OLD) LESSON SCHEDULE (9 SESSIONS)

CLASS	COST*	REQUIREMENTS
Swimmer 1	R \$58.50 / O \$60.75 / A \$63.00	These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale, and hold their breath underwater. Floats, glides and kicking skills are introduced.
Swimmer 2	R \$58.50 / O \$60.75 / A \$63.00	These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.
Swimmer 3	R \$72.00 / O \$74.25 / A \$76.50	These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.
Swimmer 4	R \$72.00 / O \$74.25 / A \$76.50	These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.
Swimmer 5	R \$72.00 / O \$74.25 / A \$76.50	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.

ADULT LESSONS

CLASS	COST*	DESCRIPTION
Adult 1 (Beginner)	R \$72.00 / O \$74.25 / A \$76.50	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.
NEW! Adult 2 (Intermediate)	R \$72.00 / O \$74.25 / A \$76.50	Develop your fitness by working on interval training workouts, sprints, and further developing your front and back crawl. Whip kick and breaststroke are introduced. You'll also learn Swim to Survive skills and continue to develop deep water skills.
NEW! Fitness Swimmer	R \$81.00 / O \$83.25 / A \$85.50	Fitness swimmer allows you to set your own goals to improve overall physical fitness in the water. Our experienced instructors will help you refine your technique and help you meet the goals you've created. Fitness swimmer is a structured approach based on accepted training principles including stretching, interval training, sprints, and distance swims.

*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

■ = 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.

Pool Birthday Parties

Come celebrate your birthday with us! Included when you book a pool birthday party is one room at Naden Athletic Centre to host your party, as well as access to the pool for two hours. All birthday party guests who are swimming are required to take a swim test with a lifeguard. Limited to 10 kids per birthday party.

Location: Naden Athletic Centre Pool

Dates: Wednesdays from 15 January - 12 March

Time: 5:00pm-8:00pm

Cost: \$175

POOL SCHEDULE: JANUARY - MARCH 2025

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 - 20:00 *Swim Lessons	17:00 - 19:00 *Birthday Parties	16:30 - 20:00 *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 Ryan Elborne 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.

Military Training • PSP

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

Swim Skills • PSP

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

Swim Lessons • PSP

This is a registered program. See swim lesson descriptions and requirements on page 36.

Birthday Parties • PSP

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

PSP Sports

Yearly Sports Overview 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	✓	

Formation Sports

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

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

Intramural Sports

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

■ = MFRC ■ = PSP

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

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



Photo: © K-J Millar, Shilo Stag Media

Formation Teams (CFB Esquimalt Tritons)

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

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

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

PSP Fitness

New Registered Program! Intro to Power Movements •PSP

CAF members only

NEW this year we are offering a small-group technique class! Over the course of this eight-week program, participants will learn beginner-level plyometric movements and progress towards performing advanced lifting techniques including power cleans and explosive overhead presses. Class meets from 1115-1200 every Thursday, Jan 9 – Feb 27, 2025. Space is limited. Email Charles.maybie@forces.gc.ca for more information or to secure your spot.

NADEN ATHLETIC CENTRE (N88) DROP-IN FITNESS SCHEDULE

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

DOCKYARD GYM (D22) FITNESS SCHEDULE

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

Aqua-Fit

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

FORCE PT

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

FORCE Familiarization

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

Formation PT

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

Functional Strength

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

Mobility

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

Spin

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

Swim Skills

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

Total Body Conditioning

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

Contact Information NAC & Dockyard

Dockyard Fitness & Wellness Centre
250-363-2074

NAC Fitness Cell
250-363-4485

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

Fitness Coordinator
250-363-4495

Treatment IS WITHIN REACH

Addiction, Mental Health & Trauma Treatment just a Ferry Ride Away

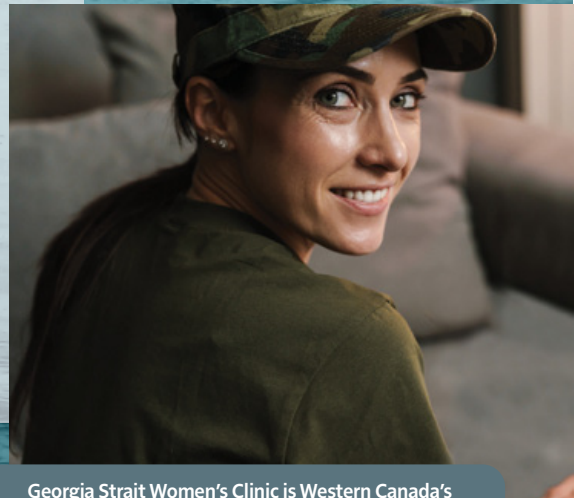
Help is at hand: Powell River-based Sunshine Coast Health Centre and Georgia Strait Women's Clinic—Western Canada's only trauma program exclusively serving women—provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. We'll pick you up from the ferry for our daily inpatient treatment tailored to your unique needs.

Services include 24-hour medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, a dedicated group for military clients and much more.

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



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



Georgia Strait Women's Clinic is Western Canada's only trauma program exclusively serving women

Georgia Strait
WOMENS CLINIC

Admissions Toll Free **1.866.487.9040** | **GSWC.CA**



Sunshine Coast
Health Centre
A Non-12 Step Mental Health Program

Admissions Toll Free **1.866.487.9010** | **SCHC.CA**

PSP Club Contact List

Aquarius Dive Club

aquariusediveclubesquimalt@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



PSP Clubs

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 Che-mainus, 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 Wash-ington and diving in other waters further afield. You can also simply enjoy one of our many wonderful local dive sites in the pristine BC waters.

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

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

Find out more:

www.aquariusediveclub.com

<https://www.facebook.com/groups/aquariusediveclub>
aquariusediveclubesquimalt@gmail.com

Auto Hobby Club

The Auto Hobby Club was created in the 90's with the purpose of providing serving and retired military mem-bers and their families a safe auto shop environment to work on their vehicles. Over time, our membership has expanded to included 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 ser-vices like tire mounting/balancing, welding, and brake rotor milling.

Our facility is broken down to three main sections which are the indoor building, outdoor compound and the motorcycle sea can. The indoor facility is segmented into three heated car bays, each with their own vehi-cle hoist, work bench and common tools. The 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 motor-cycle 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 mem-bers 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 knowl-edge, 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 corpo-rate 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 bene-fits 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. Negotia-tions 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 Com-munity 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



Clubs

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



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

For membership inquiries contact membership@cfsaesq.ca or visit our website at 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, call the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail 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

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. For further information please contact Pierre Boucher at 778-677-1953 or Ken Silvester at 250-474-1316.



ANCHOR
DENTAL CENTRE

DR. PAUL HENN
DR. YING HUANG

A Beautiful Smile needs Healthy Teeth

Open 6 days a week with evening appointments available.

Call to book an appointment (250) 386-3044
#14 Esquimalt Plaza, 1153 Esquimalt Road

www.anchor dental centre.ca



SPONSORSHIP OPPORTUNITY



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

We have tailored packages available!
Reach out to

jazmin.holdway@forces.gc.ca

for more information on supporting our members and their families!



TALK TO A **LICENSED OPTICIAN**

- Military Family Discounts
- DND RX Forms Accepted

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



eye etiquette
OPTICAL BOUTIQUE

189-2401C Millstream Road,
Millstream Village

250-474-1941

www.EyeEtiquetteOptical.ca

EVATIK
THE EYES HAVE IT

STORE #2

NOW OPEN

119-3039 Merchant Way
(Langford)
778-432-3344



TRUSTED SINCE 1895

www.PricesLock.com

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

*All Military Discounts
honoured on hardware*



**DIRECT
SERVICE
LINE**

250-384-4105

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

Westshore
120-2806 Jacklin Road
250-391-5557



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



**Families
with minors
welcomed.**

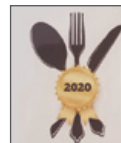


Our food, like our friendships
are **real** and
enduring...

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



SUSTAINABLE • LOCAL • COMMUNITY *est. 1855*



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



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

www.sixmilepub.com