

Spring & Summer

Activity Guide

APRIL – AUGUST
2025

A PROGRAM RESOURCE FOR
THE DEFENCE COMMUNITY OF
CFB ESQUIMALT

CLIP & SAVE
THE NEW PSP
SUMMER CAMP
SCHEDULER!
ON PAGE 27



Look inside for special events and programs for everyone!



REGISTRATION FOR PSP PROGRAMS

APRIL-JUNE

Regular Members: 24 February
Everyone Else: 3 March

JULY-AUGUST

Regular Members: 7 April
Everyone Else: 14 April



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



WHO WE ARE: 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

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QUESTIONS?

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Corporate Sales Manager if you have any questions.



Lisa Tonner | Corporate Sales Manager | Mark's Commercial
250.661.0754 | lisa.tonner@marks.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 PSP..... | 250-363-8487 |
| Deputy Manager PSP..... | 250-363-8485 |
| Deputy Manager PSP | 250-363-3144 |
| Special Events Coordinator..... | 250-363-3672 |

FITNESS & SPORTS

| | |
|--|---------------------|
| Naden Athletic Centre Kiosk | 250-363-5677 |
| Manager Fitness & Sports..... | 250-363-4067 |
| Facilities Coordinator / Bookings..... | 250-363-4213 |
| 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 Recreation | recreationcpac@forces.gc.ca |

HEALTH PROMOTION PROGRAMS

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

LOOKOUT NEWSPAPER & SPONSORSHIP

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

MILITARY FAMILY RESOURCE CENTRE

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

WEBSITES & SOCIAL MEDIA

Chief and POs' Mess

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

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
I /@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 /pspesquimaltpac

PSP Recreation Online Registration

www.bkk.cfmws.com/esquimaltpub/

Wardroom

www.wardroom.ca

SPRING / SUMMER 2025 ACTIVITY GUIDE

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

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Jill.Olson@forces.gc.ca / 250.363.2689



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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

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

MFRC Family Wellness and Counselling Team (CPAC and SH)

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

MFRC intake line: **778-533-7736** or

Email: 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

See more info on page 9.

**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:



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



MFRC Unit Liaison

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

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

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

Purchase a Commemorative Brick – Homecoming Statue



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

Call the MFRC at (250) 363-2640 for more information or order it directly from our website.

Family Network Volunteer Opportunities

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

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

General Programs Volunteer

Would you like to volunteer in your own community? We are looking for Program Volunteers to support current programs – and help us create new ones! Reach out today.

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

Apply online today to become a MFRC volunteer.

DOCKYARD - SIGNAL HILL



BELMONT PARK



CPAC FACILITY RENTAL RATES

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

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

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

Equipment Rental Rates:

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

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

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 (18 years);

- Youth 13 years old and older may use facilities unsupervised. 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 for Unit sports, please contact the Sports Stores at **250-363-4072** or call NAC Kiosk **250-363-5677**

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

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

Please contact the Facilities Coordinator at Minako.Gardner@forces.gc.ca a minimum of 6 weeks prior to the event.

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



Naden Athletic Centre Centre athlétique Naden



NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

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

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

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

For Military Families an MFID card is required to gain free access.

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

Prices are subject to change without notice.

**For updated schedules and information,
check the following resources:
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 250-363-1009 or email RecreationCPAC@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

The dry floor is available for the spring / summer seasons from approximately mid-May to mid-August each year. The ice is installed for the fall / winter seasons from approximately September to April each year. Dates will vary each year.

HOURS OF OPERATION

For Wurtele Arena schedule, visit 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

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

Please contact the Facilities Coordinator at Minako.Gardner@forces.gc.ca a minimum of 6 weeks prior to the event.

Note: military training takes priority on all bookings.

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

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

Messes

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

Vision

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

Junior Ranks Mess

Building 40, Naden

Pacific Fleet Club (PFC) has three large high definition TV screens that are regularly used to show sporting events, as well as: a pool table, darts, video games, and board games. PFC is a membership-only club for all Master Corporals/Master 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 11:30am - 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/>



Easter Egg Hunt 17 April - PSP

Join PSP Recreation at CPAC for an Easter Celebration! We will have games, crafts and an Egg Hunt. Pizza, chips and juice boxes will be provided

Date: Thursday 17 April

Time: 4:30-6:30 pm

Location: Colwood Pacific

Activity Centre,

2610 Rosebank Road

Cost: \$5 per person

Register for any MFRC Special Events and Programs

visit <https://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.

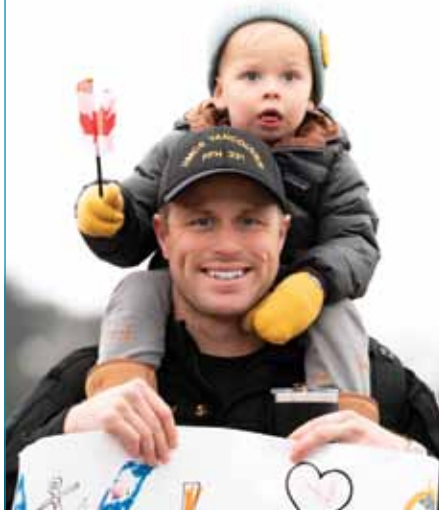
MFRC Events

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



April is Month of the Military Child

Please check out our special programs offered in April to celebrate the Month of the Military Child! (School Age and Youth pg. 19)



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.

Each party is 2 hours long and for up to 20 kids. Requests can be made for additional time and participants. Subject to availability and additional fees.

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.

Facility Agreement & Waivers:

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

Cancellations:

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

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

■ = MFRC ■ = PSP

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

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

PSP Birthday Parties

BIRTHDAY PARTY THEMES AVAILABLE APRIL-JUNE

Bouncy Castle Birthday (3 years+)

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

Sports Spectacular (All Ages)\$165

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

Nerf Gun Party (7-14 Years)\$165

Master Chef Party (7-14 Years)

5 kids\$160

10 kids\$210

Party Theme by You (All Ages)\$125

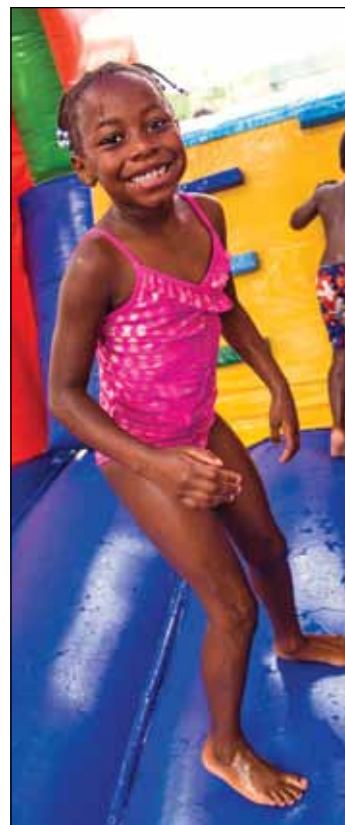
SUMMER BIRTHDAY PARTY THEMES AVAILABLE JULY - AUGUST*

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

Wacky Water Party (4+ Years) \$170

Super Science Slime Party (All Ages) .. \$170

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



BOUNCY CASTLE CHOICES

| | |
|--|--------|
| Obstacle Course | \$ 165 |
| Large Bouncy Castle | \$ 160 |
| Small Bouncy Castle | \$ 160 |
| Combo 1: Obstacle Course and Small 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



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

Time: 5:00-8:00 pm

Cost: \$175

Early Years

123 Music & Me - MFRC

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

For parents and their babies under two years of age

Location: CPAC
 Dates: Fri, Apr 4 - Jun 20
 Time: 9 - 9:30 am
 Cost: Free

For parents and their child 2 to 5 years old

Location: CPAC
 Dates: Fri, Apr 4 - Jun 20
 Time: 9:30 - 10 am
 Cost: Free

Stay & Play - MFRC (0-5 years)

This is a Parent & Tot program open to all military families! Join us for a morning of fun interaction with your child in a preschool setting. We will sing songs, create art and most of all, play together. This is also a great opportunity to meet other parents living the unique military lifestyle. This program is for children 0-5 years. Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register on our website: www.cfmws.ca/esquimalt.

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

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

Location: Out of School Care Building, 720 Galiano Cres
 Dates: Wed, Apr 2 - Jun 18
 Time: 10:00-11:30 am
 Cost: Free

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

This is a Parent & Tot program open to all military families! Join us at some great local playgrounds for freeplay, games and storytime. This is also a great opportunity to meet other parents living the unique military lifestyle. This program is for children 0-5 years (older siblings are welcome to come along during the summer park sessions). Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register on our website: www.cfmws.ca/esquimalt.

Location: Esquimalt Colwood
 Dates: Jul 9 & Aug 13 Jul 23 & Aug 27
 Time: 10:00 - 11:00 am 10:00 - 11:00 am
 Cost: Free Free



Supporting Children Through Absence Corner at Stay & Play

-MFRC (0-5 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).

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

Supporting Children Through Absence (3-5 years)

Location: CPAC
 Dates: Tues, Mar 04 - Apr 22 9:30 - 10:45 am or 1-2:15 pm
 May 06 - Jun 24 9:30 - 10:45 am or 1-2:15 pm
 Jul 8 - Aug 19 9:30 - 10:45 am or 1-2:15 pm
 Cost: Free

Children's Deployment Workbooks and Parent Guide - MFRC

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

Register for any of the following MFRC Early Years 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.

Kindergym - PSP (All Ages)

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

Location: CPAC
 Dates: Mondays & Wednesdays, April 2 - June 18*
 *No program on STAT Holidays or MAY 12
 Time: 9:30-11:30 am DROP-IN
 Cost: \$2.50/child (including tax), infants under the age of 1 are free

Big Steps for KinderPrep - MFRC

Is your child preparing for Kindergarten? Check out Big Steps for Kinder Prep in our School Age Programs Section (pg 19)

Tiny Tales with Story Studio - MFRC (3-5 years)

Discover the fun of being a storyteller with 'Tiny Tales,' a special program for kids aged 3-5 and their caregivers. Over 6 sessions, you will create your very own picture book with your child to take home! Along the way, each session is filled with games and activities that help both adults and kids improve their skills in reading and writing.

Location: YAC (720 Galiano Crest)
 Dates: Mon, Mar 31 - May 12
 Time: 10- 11:30 am
 Cost: Free

Children's Resources and Services

Creative Learning for the Early Years • MFRC

(Previously Casual Child Care)

Designed for children 5 years and younger, this program will promote early years learning. Creative Learning offers a semi-structured environment with a variety of activities and materials that give young children the opportunity to grow creatively. The program will help children develop a sense of independence, self-concept and self-esteem in the care of nurturing, professional childcare workers. This is a licensed program and registering for this program will also give you a few hours of respite to get things done without your "little helper." Take the time to de-stress yourself! Book up to 1 week in advance, maximum 2 times per week. Punch cards are available for the 18 month – 5 yr old sessions. Please pay the front desk at the CPAC MFRC before entering the program. Call **250-363-2674** to book

Ages 6-17 months

Location: CPAC

Dates: Tue-Fri

Time: 9:00 am-noon

Cost: \$18 per 3-hour session

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

Ages 18 months-5 years

Location: CPAC

Dates: Tue, Thurs, Fri

Time: 9:00 am-noon

Dates: Tue, Thurs

Time: 1:00-4:00pm

Cost: \$15 per 3-hour session

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

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. Registration is limited to one child per family. Please contact the MFRC for more information.

"Welcoming Your Baby" Kit

• MFRC

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

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

Parenting from Afar • MFRC

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

MFRC Daycare • MFRC

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

Important MFRC Daycare Waitlist Information • MFRC

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

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

Funded by donations to the MFRC, respite child care (for children up to school age) is available at no cost when a military parent is deployed or away for work-related reasons 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. Punch cards keep track of family usage. Parents must complete registration forms and follow established guidelines. If you have unique child care needs, please contact us. Register up to 8 days in advance of session. Call **250-363-2674** to book your spot.



School Age Children's Services



Big Steps for Kinder Prep - MFRC

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

Location: CPAC
Date: TBD
Time: 9 - 12:00 pm
Cost: FREE

Out of School Care 2025-2026 - 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!*

Month of the Military Child Zine - MFRC

EMFRC is inviting military children and youth to create a zine of their art, comics, and writing! We will offer workshops to support the creation of submissions - but all military youth are encouraged to contribute to the creation of the zine. Each participant will receive a copy of the Zine to keep.

Interested in participating? Contact KathleenCormie@emfrc.com by April 30th

What is a zine? A zine is usually a non-commercial, non-professional publication, kind of like a magazine but with a twist. The main difference between a magazine and a zine is that zines are not out there to make a profit but, rather, to add other, often unheard voices into the mix.

Fast Friends - MFRC

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

Writing Workshop Night with Story Studio - MFRC (8-15 yrs)

The folks at Story Studio will lead us through an evening of creating our own stories. Participants will be encouraged to submit their writing, comics and art for a **Month of the Military Child Zine!** Learn more about Story Studio here: www.storystudio.ca

Location: CPAC
Date: Wed, Apr 2
Time: 6-8 pm
Cost: Free

Month of the Military Child: Laser Tag and Comics with PSP - MFRC (8-15 yrs)

In collaboration with PSP the MFRC team is offering an evening of Laser Tag and Pizza! Need a quieter activity? We will also have a comic book making station and participants can choose to submit their comics to our Month of the Military Child Zine!

Location: CPAC
Date: Wed, Apr 30
Time: 6-8 pm
Cost: Free

Beach Art - MFRC (8-15 yrs)

(Details to be released in May)

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

Nature Games and Movement - MFRC (8-15 yrs)

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

Location: CPAC
Date: Wed, Jun 11
Time: 6-8pm
Cost: Free

Supporting Children Through Absence - MFRC

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

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

Supporting Children Through Absence - MFRC (Kindergarten - 12 years old)

Location: CPAC
Date: Thur Mar 6 - Apr 24, May 8 - Jun 26, July 10 - Aug 21
Time: 5:45-7:00 pm
Cost: Free

Supporting Children Through Absence - MFRC (Kindergarten - 8 yrs old)

Location: CPAC
Dates: Thur Mar 6 - Apr 24, May 8 - Jun 26, Jul 10 - Aug 21
Time: 3:30-4:45 pm
Cost: Free

Supporting Children Through Absence - MFRC (9-12 yrs old)

Location: CPAC
Dates: Wed, Mar 5 - Apr 23, May 7 - Jun 25, Jul 9 - Aug 20
Time: 3:30-4:45 pm
Cost: Free

Children's Deployment Workbooks and Parent Guide - MFRC

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

Absence and Relocation Literacy Kits - MFRC

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



Friday Night Activities

PANAGO

PSP Movie Nights (5-12 years)

Parents, are you looking for a fun and safe way for your child to unwind? Movie Night is the perfect opportunity! Kids can enjoy a popular, age-appropriate movie along with Panago pizza, popcorn, and juice – all in a supervised and engaging environment. It's a great chance for your child to relax, have fun, and connect with friends. (Open to ALL – non-military welcome)

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

| DATE | MOVIE |
|----------|-----------------------------|
| April 18 | Dog Man |
| May 9 | Autumn and the Black Jaguar |
| June 13 | Snow White |

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

Fantastic Fridays -PSP (5-12 years)

Looking for something fun to keep your kids entertained on a Friday evening? Our 1.5-hour program is packed with exciting activities that are theme based and that kids will love, giving them a chance to stay active and make new friends. They'll enjoy structured playtime with a light snack, in a supervised environment, followed by calming activities to help them wind down before bed. Meanwhile, you can take some well-deserved time to relax, run errands, or recharge. (Open to ALL – non-military welcome)

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

| DATE | THEME |
|----------|-------------------|
| April 11 | Lego Logistics |
| May 2 | Space Exploration |
| May 23 | Safari Adventure |

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/

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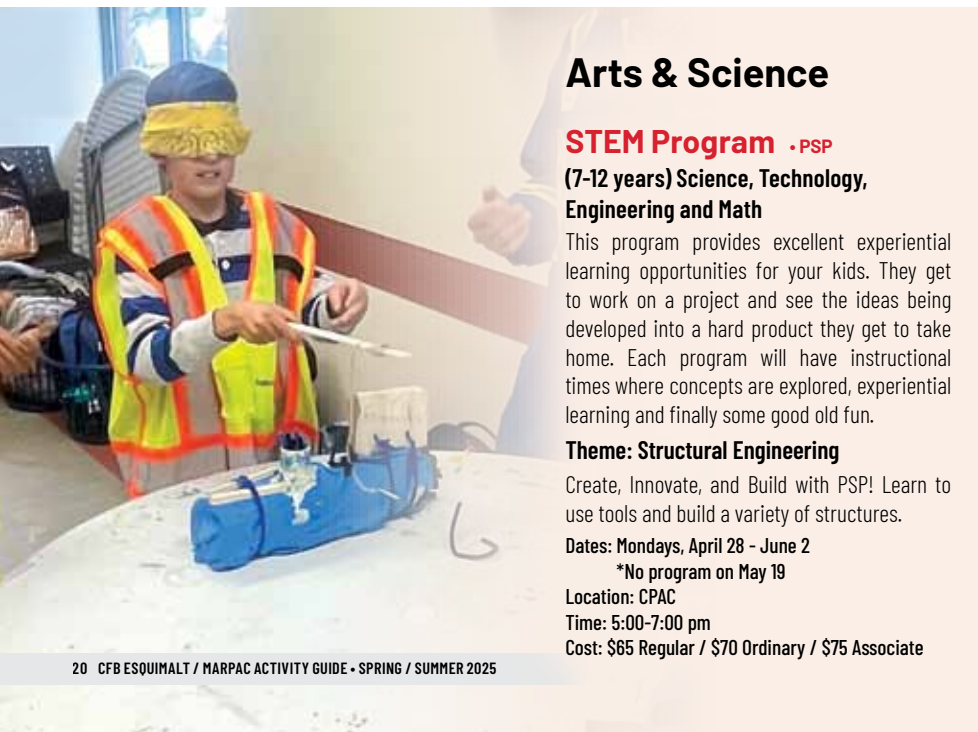
Science and Swim -PSP (5-12 years)

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

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

Date: Fridays
 Time: 5:15-8:00 pm
 Cost: \$12.00 per person

| DATE | SCIENCE THEME |
|----------|----------------------|
| April 25 | Science of Magnetism |
| May 16 | Science of Sound |
| June 6 | Science of Rockets |



Arts & Science

STEM Program -PSP (7-12 years) Science, Technology, Engineering and Math

This program provides excellent experiential learning opportunities for your kids. They get to work on a project and 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: Structural Engineering

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

Dates: Mondays, April 28 - June 2

*No program on May 19

Location: CPAC
 Time: 5:00-7:00 pm
 Cost: \$65 Regular / \$70 Ordinary / \$75 Associate

Leadership

Red Cross Stay Safe -PSP (9 yrs +)

Is your child ready to stay home alone? The program helps children and their families get ready for their child's first steps towards independence and being without adult supervision for short periods of time. Basic first aid skills, safety in the kitchen, internet and home as well as how to handle emergencies and prevent accidents are all covered. Please note: children must be 9 years old by the course date.

Instructor: Irina Mielecka
 Location: CPAC
 Time: 9:00am-3:00 pm
 Cost: \$50 Regular / \$55 Ordinary / \$60 Associate
 *Book fee \$12

| DATES |
|----------|
| April 26 |
| June 14 |

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.

Month of the Military Child Zine - MFRC

EMFRC is inviting military children and youth to create a zine of their art, comics, and writing! We will offer workshops to support the creation of submissions – but all military youth are encouraged to contribute to the creation of the zine. Each participant will receive a copy of the Zine to keep.

Interested in participating? Contact KathleenCormie@emfrc.com by April 30th

What is a zine? A zine is usually a non-commercial, non-professional publication, kind of like a magazine but with a twist. The main difference between a magazine and a zine is that zines are not out there to make a profit but, rather, to add other, often unheard voices into the mix.



Fast Friends - MFRC

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

Fast Friends Writing Workshop Night with Story Studio - MFRC

(8-15 yrs)

The folks at Story Studio will lead us through an evening of creating our own stories. Participants will be encouraged to submit their writing, comics and art for a **Month of the Military Child Zine!**

Learn more about Story Studio here: www.storystudio.ca

Location: CPAC
Date: Wed Apr 2
Time: 6-8 pm
Cost: Free

Fast Friends – Laser Tag and Comics with PSP - MFRC (8-15 yrs)

In collaboration with PSP the MFRC team is offering an evening of Laser Tag and Pizza!

Need a quieter activity? We will also have a comic book making station and participants can choose to submit their comics to our Month of the Military Child Zine!

Location: CPAC
Date: Wed Apr 30
Time: 6-8 pm
Cost: Free

Fast Friends: Nature Games and Movement - MFRC

(8-15 yrs)

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

Location: CPAC
Date: Wed Jun 11
Time: 6-8 pm
Cost: Free

Fast Friends: Beach Art - MFRC

(8-15 yrs)

(Details to be released in May)

Location: CPAC
Date: Wed May TBD
Time: 6-8 pm
Cost: FREE



■ = MFRC
■ = PSP

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

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



Register for any MFRC Youth Program

by visiting www.cfmws.ca/esquimalt

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Arts & Science

STEM Program - PSP

(7-12 years) - Science, Technology, Engineering and Math

This program provides excellent experiential learning opportunities for your kids. They get to work on a project and 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: Structural Engineering

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

Dates: Mondays, April 28 - June 2

*No program on May 19

Location: CPAC

Time: 5:00-7:00 pm

Cost: \$65 Regular / \$70 Ordinary / \$75 Associate

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

PANAGO PSP Movie Nights

(5-12 years)

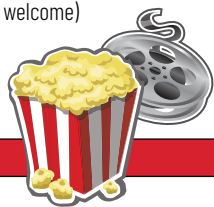
Parents, are you looking for a fun and safe way for your child to unwind? Movie Night is the perfect opportunity! Kids can enjoy a popular, age-appropriate movie along with Panago pizza, popcorn, and juice - all in a supervised and engaging environment. It's a great chance for your child to relax, have fun, and connect with friends. (Open to ALL - non-military welcome)

Location: CPAC

Date: Fridays

Time: 6:15-8:00 pm

Cost: \$9.50 per child



| DATE | MOVIE |
|----------|-----------------------------|
| April 18 | Dog Man |
| May 9 | Autumn and the Black Jaguar |
| June 13 | Snow White |

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



Science and Swim (5-12 years)

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

Location:

Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Date: Fridays

Time: 5:15-8:00 pm

Cost: \$12.00 per person

| DATE | SCIENCE THEME |
|----------|----------------------|
| April 25 | Science of Magnetism |
| May 16 | Science of Sound |
| June 6 | Science of Rockets |

Fantastic Fridays (5-12 years)

Looking for something fun to keep your kids entertained on a Friday evening? Our 1.5-hour program is packed with exciting activities that are theme based and that kids will love, giving them a chance to stay active and make new friends. They'll enjoy structured playtime with a light snack, in a supervised environment, followed by calming activities to help them wind down before bed. Meanwhile, you can take some well-deserved time to relax, run errands, or recharge. (Open to ALL - non-military welcome)

Location: CPAC

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.50 per child

| DATE | THEME |
|----------|-------------------|
| April 11 | Lego Logistics |
| May 2 | Space Exploration |
| May 23 | Safari Adventure |

Leadership

Jr. Leader Program - PSP

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

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! Join us for our 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 Camps are running

Time: 9:00 am-4:00 pm

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

- PSP (9yrs +)

Is your child ready to stay home alone? The program helps children and their families get ready for their child's first steps towards independence and being without adult supervision for short periods of time. Basic first aid skills, safety in the kitchen, internet and home as well as how to handle emergencies and prevent accidents are all covered. *Please note: children must be 9 years of age by the course date.*

Instructor: Irina Mielecka

Location: CPAC

Time: 9:00 am-3:00 pm

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

*Book fee \$12

| DATES |
|----------|
| April 26 |
| June 14 |

Red Cross Babysitters Course

- PSP (11 yrs+)

Participants will gain leadership skills, learn about childhood behaviors, creating safe environments and preventing injury, first aid emergencies and procedures. This course includes learning about job search, interviews, personal safety and more. We will discuss age-appropriate activities for children, rhymes, finger games, songs etc. *Please note: youth must be turning 11 years old by the end of the calendar year.*

Instructor: Irina Mielecka

Location: CPAC

Date: Saturday, May 24

Time: 9:00 am-4:00 pm

Cost:

\$60 Regular /

\$ 65 Ordinary /

\$70 Associate

*Book fee \$12



Pro D Day Camps • PSP

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

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)



R = Regular, O = Ordinary, A = Associate

| LOCATION | DATE | SCHOOL DISTRICTS | TIME | COST |
|--|----------|------------------|---|--------------------------|
| Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore) | April 11 | SD 62 & SD 63 | Camp Day: 7:00-5:00pm | R \$40 / O \$45 / A \$50 |
| | May 12 | SD 62 | Structured camp programming occurs between the hours of 9:00am-4:00pm | |

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

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

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

Inclusion Support

Our aim to welcome and support all children to the highest level. However, with rapidly increasing needs, we continue to face challenges particularly around funds available and finding qualified staff. There will be limited spaces available for children with inclusion support needs. If your child has inclusion support needs, you will be required to complete an Inclusion Support Profile for your child and registration will not be guaranteed until this is complete, and we are able to review our available resources.

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

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

Summer Day Camps • PSP

Join us for a summer full of adventures, laughter, fun, and learning! We offer a wide variety of camps for ages 4 - 12 years. Each camp will have a weekly theme added to the general programming for extra fun.

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



| 2025 CAMP DATES | |
|-----------------|-----------------------------|
| Week 1 | July 2-4 (Wednesday-Friday) |
| Week 2 | July 7-11 |
| Week 3 | July 14-18 |
| Week 4 | July 21-25 |
| Week 5 | July 28 - Aug 1 |
| Week 6 | Aug 5 - 8 (Tuesday-Friday) |
| Week 7 | Aug 11-15 |
| Week 8 | Aug 18-22 |
| Week 9 | Aug 25-28 (Monday-Thursday) |



REGISTRATION DATES FOR ALL SUMMER CAMPS

REGULAR MEMBERS (CAF & VETERAN):

Monday, April 7 at 12:00 pm

ORDINARY & ASSOCIATE:

Monday, April 14 at 12:00 pm

New Hours for Summer Camps!

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

More hours of fun!

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

There is no longer a need to register for additional before care or after care.

You will be asked to provide an estimated time of drop off and pick up during registration.

**Camps located at the Chief and Petty Officer's Mess in Esquimalt run 7:00 am-4:30 pm*

Register for any of the following PSP Camp Programs

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

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

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

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R = Regular, O = Ordinary, A = Associate

Core Camps • PSP

Mini Seekers Summer Camp (4*-5 Years)

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

Our youngest campers will enjoy a week of crafts, games, outdoor play, walking out-trips and more! More detailed schedules are available to parents prior to camp start dates.

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

Dates: Available Weeks 1 - 9

Cost: R \$195 / O \$200 / A \$205

Sun Seekers Summer Camp (6-7 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, out-trips and more! More detailed schedules are available to parents prior to camp start dates.

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

Dates: Available Weeks 1 - 9

Cost: R \$195 / O \$200 / A \$205

Fun Seekers Summer Camp (8-9 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, out-trips and more! More detailed schedules are available to parents prior to camp start dates.

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

Dates: Available Weeks 1 - 9

Cost: R \$195 / O \$200 / A \$205

Adventure Seekers Summer Camp (10-12 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, walking out-trips and more! As our oldest campers, Adventure Seekers will also spend more time on out-trips using public transportation. More detailed schedules are available to parents prior to camp start dates.

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

Dates: Available Weeks 1 - 9

Cost: R \$200 / O \$205 / A \$210

Little Waves Summer Camp (4*-7 Years)

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

Campers will enjoy a week of crafts, games, outdoor play, out-trips and more! More detailed schedules are available to parents prior to camp start dates.

Location: Chief and Petty Officer's Mess,
1575 Lyall Street (Esquimalt)

Dates: Available Weeks 1 - 9

Cost: R \$190 / O \$195 / A \$200

Coastal Campers Summer Camp (8-12 Years)

Campers will enjoy a week of crafts, games, outdoor play, weekly swimming, out-trips and more! More detailed schedules are available to parents prior to camp start dates.

Location: Chief and Petty Officer's Mess,
1575 Lyall Street (Esquimalt)

Dates: Available Weeks 1 - 9

Cost: R \$190 / O \$195 / A \$200

★ Cost is pro-rated for shorter camp weeks (Week 1, 6 and 9) ★

R = Regular, O = Ordinary, A = Associate

Specialty Camps • PSP

Summer Chefs Camp (various ages)

Previously our popular Top Chef camp, this camp gives participants the opportunity to expand their cooking skills, try new foods and have fun with friends! Campers will cook everything from dessert to meals to snacks, centered around the weekly theme. A few breaks from the kitchen will include swimming and an out-trip.

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

Dates: Week 1, ages 6 – 8 years
Week 2, ages 7 – 9 years
Week 4, ages 9 – 12 years
Week 6, ages 6 – 8 years
Week 7, ages 9 – 12 years

Cost: R \$200 / O \$205 / A \$210

STEAM Camp (various ages)

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

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

Dates: Week 3, ages 7 – 9 years
Week 8, ages 9 – 12 years

Cost: R \$200 / O \$205 / A \$210



★ Cost is pro-rated for shorter camp weeks ★
(Week 1, 6 and 9)

Sports and Splash (various ages)

Join us for a week filled with splashing and outdoor sports! This camp will take part in daily water play, swimming twice at an indoor pool and visiting outdoor splash pads or lakes on the other days. Outdoor sports may include soccer, frisbee golf, basketball and more. Please note: this camp will spend the majority of their days outdoors.

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

Dates: Week 2, ages 9 – 12 years
Week 5, ages 7 – 9 years
Week 8, ages 7 – 9 years

Cost: R \$205 / O \$210 / A \$215

Bike Camp (various ages)

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

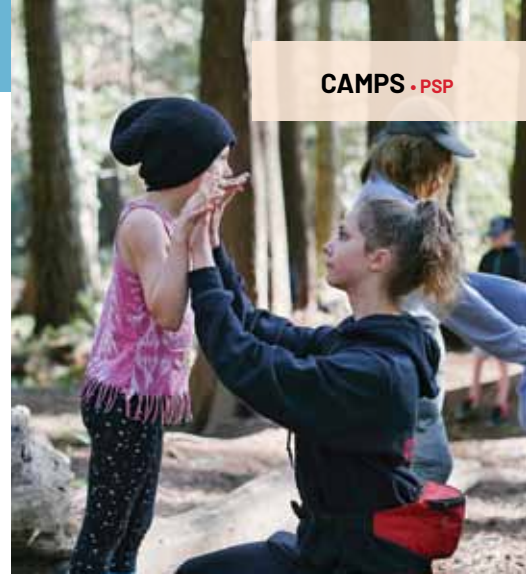
Gear 1: Campers should be off training wheels and have basic handling skills. They should be confident riding their bike for between 30-40 minutes at a time.

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

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

Dates: Week 1, ages 7 – 9 years GEAR 1
Week 4, ages 7 – 9 years GEAR 2
Week 6, ages 9 – 12 years GEAR 2

Cost: R \$205 / O \$210 / A \$215



Outdoor Adventures (various ages)

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

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

Dates: Week 3, ages 9 – 12 years
Week 7, ages 6 – 8 years

Cost: R \$205 / O \$210 / A \$215

Movie Makers (various ages)

Join us for a week filled with creative exploration of film. Campers will learn what it takes to create a short film. From story boarding to the creation of props and equipment to filming, they will take part in it all. Campers will also go on out trips and swimming.

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

Dates: Week 5, ages 9 – 12 years
Week 9, ages 7 – 9 years

Cost: R \$205 / O \$210 / A \$215

Leadership Camps • PSP

Leader in Training (Ages 12+ years)

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

The Leaders in Training Program is for ages 12+ years and is designed to support their transition from program attendee/camper to staff. Successful leaders in training will graduate from the program with letter of recommendation and feedback. This program must be completed to be a Jr. Leader in our programming in the future.

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

Dates: Session 1 – Weeks 2 & 3
Session 2 – Weeks 4 & 5

Cost: \$385/session

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

Want to gain more experience with working with children and youth? Need volunteer hours for school? This program is for you! Join us for our summer camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gaining experience in leading a group through games and activities, learning policies and procedures, and having fun doing it all. Jr. Leaders must have successfully completed the Leader in Training program (or a comparable program from another provider).

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

Dates: Available weeks 2-9
Cost: \$75/week

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





IT'S GO TIME!

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> YEAR-ROUND PROGRAMS

SUMMER CAMPS

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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. Our clinical and medical teams work hard to integrate trauma, mental health, and substance or alcohol use seamlessly into individualized treatment plans.



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SCHC.CA
1.866.487.9010

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GSWC.CA
1.866.487.9040



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Shotokan Karate

Shotokan Karate Combo Class - PSP

(Adult and Children 7 Years+)

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

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

Beginners are always welcome throughout the year.

Naden Athletic Centre

Dates: 02 Apr - 25 Jun (23 sessions)

**No Session 21 Apr or 19 May*

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

Cost: Adult - \$161 Regular / \$184 Ordinary / \$207 Associate
Child - \$115 Regular / \$138 Ordinary / \$161 Associate

Colwood Pacific Activity Centre

Dates: 01 Apr - 19 Jun (23 sessions) **No Session 17 April*

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

Cost: Adult - \$161 Regular / \$184 Ordinary / \$207 Associate
Child - \$115 Regular / \$138 Ordinary / \$161 Associate

Additional Advanced Training

Location: Naden Athletic Centre

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

Saturday 8:00-9:00 am

**Cost includes unlimited classes Apr - Jun*



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.



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



Register for any PSP Adult Program

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

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

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Adult Health & Fitness

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 @ [pspcmmrecesquimalt](https://www.instagram.com/pspcmmrecesquimalt) or Facebook CFB Esquimalt Community Recreation for details on each night!

Location: Pacific Fleet Club

Price: \$30 Regular /
\$35 Ordinary /
\$40 Associate

| SESSION DATES |
|-------------------------------------|
| Saturday 6:00 pm |
| April – Home is Where You're Posted |



Adult Health & Fitness

Pickleball Option 1 at CPAC • PSP

Everyone welcome and especially seniors and their friends and families! Learn to play pickleball and practice your skills with Coach Chris. All abilities up to intermediate will enjoy this one hour session. Singles, doubles and groups of friends will mingle and socialize as we play! All equipment provided.

Location: CPAC
 Instructor: Chris Zatylny
 Price: \$105 Regular /
 \$115 Ordinary /
 \$125 Associate

| SESSION DATES |
|---------------------|
| Monday 6:45-7:45 pm |
| 26 May - 23 June |

Pickleball Option 2 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 participants of all ages are most welcome! New players, beginners, advanced beginners will all play together!

Location: CPAC
 Instructor: Chris Zatylny
 Price: \$105 Regular /
 \$115 Ordinary /
 \$125 Associate

| SESSION DATES |
|--------------------|
| Monday 8:00-9:00pm |
| 26 May - 23 June |

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: 31 March - 18 June *No sessions on STAT Holidays
 Time: 12:00 - 3:00pm
 Price: \$6.25

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 at RecreationCPAC@forces.gc.ca for more information.

Register for any PSP Adult Program

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

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

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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 7-8 pm
 Session 1: 03 Apr - 08 May
 Session 2: 15 May - 19 Jun
 Price: Regular \$60 / Ordinary \$72 / Associate \$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: Tuesday 10:30-11:30 am
 Session 1: 01 Apr - 08 May
 Session 2: 13 May - 17 Jun
 Price: Regular \$60 / Ordinary \$72 / Associate \$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: Tuesday 12-12:45 pm
 Session 1: 01 Apr - 08 May
 Session 2: 13 May - 17 Jun
 Price: Regular \$60 / Ordinary \$72 / Associate \$84
 (6 Week Sessions)

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





Work Related Absences/ Deployment

Check out our Deployment & Absence Support in Esquimalt webpage for more information on resources, services, and programs.



Resources & Services During Absences

Deployment & Absence Support Registration • MFRC

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



Family Networks • MFRC

Family Networks are a great way to connect with other family members and friends going through the same experience. Participate in social activities and get the latest information and updates on your military member's deployment or work-related absence. Register through our **Deployment & Absence Support Registration** system 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*
- MV *Asterix*
- 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 MFRC location, Dockyard Fleet Mail Office and Naden Mailroom during regular business hours. This service is available at the MFRC under the direction of the Fleet Mail Office (250-363-2176). For more information and mailing guidelines, check out our [How to Send Morale Mail](#) webpage.

Pre-Deployment Briefs for Deploying Ships • MFRC

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

Monthly Information Sessions for Deployed Ships • MFRC

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

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

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

Deployment & Absence Resources and Services Webpages • MFRC

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

Banner Making Pickup Kits • MFRC

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

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

Check out the Early Years and School Age sections on pages 17-19 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.

Community Integration



Absence and Relocation Literacy Kit

This kit is created in partnership with the Esquimalt and Comox Military Family Resource Centres (MFRCs).



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.

Absence and Relocation Literacy Kits • MFRC

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

Coffee Connections (Drop in) • MFRC

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

**Creative learning (0-5 years) may be available but requires advance booking, learn more here: <https://cfmws.ca/esquimalt/mfrc-creative-learning-for-the-early-years>*

Welcome to CFB Esquimalt • MFRC

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

Location: Zoom
Date: Wed Jul 9
Time: 12 - 1 pm (Pacific Time)
Cost: Free

English as a Second Language • MFRC

Do you want to learn English? Do you feel the need to improve your English to better communicate with your partner? The MFRC offers courses to adult family members of CAF members. The classes, guided by a professional, incorporate conversation, culture, grammar and writing to facilitate your integration into your community. The class consists of an online learning component in addition to a monthly in-class session with our ESL teacher. Call 250-363-2640 to register.

Location: CPAC/Virtual
Date: Thur Apr 10 - Jun 19
Time: 6:00 - 8:00 pm
Cost: Free



Community Integration

Skills Identification - MFRC

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

Date: Wed Jun 4
Time: 12:00-1:00 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 online and can connect you with local and national job search support. Follow our social media channels to stay updated or call 250-363-2640 for more information.

Employment Workshops by WorkBC - MFRC

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

Location: Virtual - Zoom

Resume Writing Workshop by WorkBC - MFRC

You need a top-notch resume to get an interview! Create a targeted resume that will make you succeed as a job applicant. Learn how to target your resume to job descriptions and use accomplishment statements to clearly demonstrate how you meet the required core competencies in the context of the position you are applying for.

Location: Virtual - Zoom
Date: Wed Jun 18
Time: 12:00 -1:00 pm
Cost: Free

Employment Workshop Recordings - MFRC

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

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

Career Coach+ - MFRC

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

Join the Military Spousal Employment Network (MSEN) - MFRC

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

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

MFRC Information Line - MFRC

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

Military Family ID Card - MFRC

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

MFID Checklist:

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

Welcome Resources - MFRC

When you arrive in Victoria, be sure to pick up your Welcome Bag from our Colwood MFRC location (CPAC).

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.



MFRC Teams Up with Local Libraries

Providing New Deployment, Absence & Relocation Literacy Kits to Families



Paul Dagonese

Lookout staff

The Esquimalt and Comox Military Family Resource Centres (MFRC) have recently collaborated with Greater Victoria Public Library (GVPL) and Vancouver Island Regional Library (VIRL) to make literacy kits available for military children and families to provide support for the challenging issues of deployment, absence and relocation.

Kathleen Cormie, Programs Coordinator at Esquimalt MFRC, initiated this venture with local libraries. Working on the front line for 13 years interacting with military families while being a mom and military spouse herself, she recognized how these Absence, Moving and Relocation Literacy Kits can serve a real concern.

"What we see in our workshops and in research is that talking, validating, and processing feelings with children is helpful," she said. "Sitting down with a parent and acknowledging having mom or dad away is hard, and finding ways to connect through story is a really good bonding act for parent or caregiver and child."

Cormie added that a military child being able to talk about their feelings increases well-being and particularly helps them feel more connected to the parent at home.

Each kit includes several books chosen by GVPL, VIRL, and MFRC staff. Some kits also include games, puppets, and feelings cards to complement the stories and make the experience more interactive.

As part of this initiative, the MFRC aims to establish an outreach program with local schools to encourage teachers to integrate these kits into their curriculum. Cormie recently visited Sooke schools during Remembrance Day activities, a time where one of the largest ships, HMCS Ottawa, was deployed.

"That's a lot of families, a lot of kids," she said.

Cormie met with children who had parents posted to that ship. She believes teacher awareness and the use of these kits, especially at times like this, are important.

"Having that as a normalized situation for a military child can be useful because they are often isolated in their experience. Other children often don't understand what it means to have another parent away," Cormie said.

At the Juan De Fuca GVPL Branch, Joe Melanson, a Library Services Librarian, is part of the Emergent Literacy Portfolio that provides literacy services to children up to five years old and echoes the library's passion to support the MFRC with their literacy initiative.

"With the library as a resource, we can help make connections with military families in the area," he said. "This can be great for people, especially those new to the area. Just getting outreach to them is something we've been working on; and Kathleen has been helpful with that."

In 2023 - the MFRC initiated the partnership with GVPL and VIRL. Creating accessibility for users was a key initiative as making it to the MFRC location is not always convenient. Families at CFB Esquimalt and CFB Comox can access the new literacy kits at GVPL and VIRL sites. Families can put the kit on hold, have it delivered to their local branch, and borrow it for three weeks from VIRL locations and up to six weeks from GVPL locations.

For families who are local to the Esquimalt MFRC location in Colwood, these literacy kits act as a great supplement to the Supporting Children Through Absence Workshop, offering specialized engagement for children aged 3 to 12 who are experiencing challenges related to military work-related absence.

For more information on these literacy kits, reach out to your local GVPL or VIRL branch or visit [https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))

Social and Mental Wellness Resources and Services



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 Creative Learning for the Early Years Program.*

| | | |
|------------------|------------|------------|
| Location: | CPAC | |
| Date: | Fri TBD | Fri TBD |
| Time: | 9 am-12 pm | 9 am-12 pm |
| Cost: | Free | Free |

Wellness Wednesdays · MFRC

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

Rest and Restore · MFRC

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

Location: CPAC
Date: Wed Apr 16
Time: 6:00-8:00 pm
Cost: Free

Gardening · MFRC

The Family Wellness Team will guide you through an evening of gardening. Get your hands dirty and learn about growing your own food!

Date: Wed May 12
Time: 6:00-8:00 pm
Cost: Free

Emergency Family Plan · MFRC

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

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.

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

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

Lieu : Virtuel/CPAC
 Jeudi 10 avril – 19 juin
 18h00-20h00
 Gratuit



Register for any of the following MFRC Programs

by visiting www.cfmws.ca/esquimalt



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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 workshops
- 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: Thur/Fri Mar 13 & 14
Time: 9 am-1 pm
Cost: Free
Contact: KaitlynLaRiviere@emfrc.com for more details. Register online.

Location: CFB Esquimalt
Date: May 2025 (date TBD)
Time: TBD
Cost: Free
Contact: KaitlynLaRiviere@emfrc.com for more details. Register online.

Transition Resources

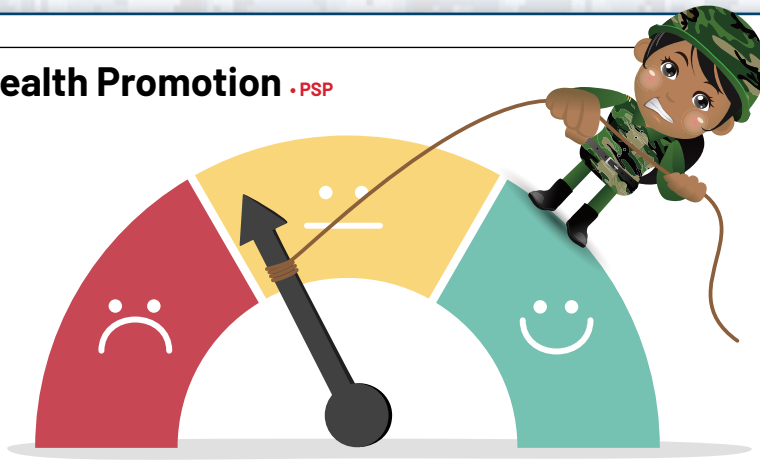
Transitions Book · MFRC

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>

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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.





It's never too late to change careers

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

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

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

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

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

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

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

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or email

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Swim Lessons

Aquatics Registration

LESSON SCHEDULE VIEWABLE
19 FEBRUARY 2025

REGISTRATION OPENS
24 FEBRUARY 2025 (R),
3 MARCH 2025 (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 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: 4:30-8:00 pm

Cost: \$143 - Single Person

\$270 - 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: TBD (9 sessions)

Time: 4:30-7:30 pm

SWIM FOR LIFE PRESCHOOL (3-5 YRS OLD) LESSON DESCRIPTIONS (9 sessions)

| CLASS | COST * | REQUIREMENTS |
|-----------------|--|---|
| Octopus | R: \$60.75 O: \$63.00 A: \$65.25 | 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 | R: \$60.75 O: \$63.00 A: \$65.25 | Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant object |
| Orca | R: \$60.75 O: \$63.00 A: \$65.25 | Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills. |
| Sea Lion | R: \$60.75 O: \$63.00 A: \$65.25 | 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 DESCRIPTIONS (9 sessions)

| CLASS | COST * | REQUIREMENTS |
|------------------|--|---|
| Swimmer 1 | R: \$60.75 O: \$63.00 A: \$65.25 | 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: \$60.75 O: \$63.00 A: \$65.25 | 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: \$74.25 O: \$76.50 A: \$78.75 | 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: \$74.25 O: \$76.50 A: \$78.75 | 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: \$74.25 O: \$76.50 A: \$78.75 | 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 SWIM PROGRAM DESCRIPTIONS

| CLASS | COST * | REQUIREMENTS |
|------------------------------|--|--|
| Adult Beginner | R: \$74.25 O: \$76.50 A: \$78.75 | You'll work towards 10-15m swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning how to perform front crawl and back crawl. |
| Adult Intermediate | R: \$74.25 O: \$76.50 A: \$78.75 | Develop your swimming 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. |
| Adult 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



Advanced Aquatics Training

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

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
Time: 5:00-8:00 pm
Cost: \$175



Intermediate/Standard First Aid

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

Location: Naden Athletic Centre Pool
Date: Tuesday 22 and Thursday 24 July
Time: 4:00-8:30 pm
Pre-requisite(s): None
Cost: \$150

Bronze Medallion

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

Must be able to perform basic front crawl, back crawl, and breaststroke, and swim 400m non-stop.
 100% attendance and participation is required.

Location: Naden Athletic Centre Pool
Date: July 7-11 (M-F)
Time: 12:00-4:30 pm
Pre-requisite(s): Minimum 13 years old
 OR Bronze Star

Cost: \$160

Bronze Cross

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

100% attendance and participation is required.

Location: Naden Athletic Centre Pool
Date: July 14-18 (M-F)
Time: 12:00-4:30 pm
Pre-requisite(s): Bronze Medallion
Cost: \$160

National Lifeguard

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

100% attendance and participation is required.

Location: Naden Athletic Centre Pool
Date: August 11-21 (M-Th)
Time: 12:00-6:30 pm
Pre-requisite(s): Minimum 15 years old AND Bronze Cross AND Intermediate/Standard First Aid (or equivalent)
Cost: \$380



POOL SCHEDULE: APRIL - AUGUST 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|----------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------|
| 0600 - 0730 Laps Swim & Clubs | 0600-0730 Lap Swim | 0600-0730 Laps Swim & Clubs | 0600-0730 Lap Swim | 0600-0730 Laps Swim & Clubs | BOOKINGS ONLY |
| 0730-1100 Military Training | | | | | |
| 1100-1300 Everyone Welcome | 1100-1300 Lengths & Leisure | 1100-1300 Everyone Welcome | 1100-1300 Lengths & Leisure | 1100-1300 Everyone Welcome | |
| | 1205-1250 Aqua Fit | | 1205-1250 Swim Skills | | |
| 13:00-16:00 Military Training | | | | | |
| 16:30- 20:30 Everyone Welcome | | | | | |
| 1630- 2000 Swim Lessons | 1630-2000 Swim Lessons | 1700-1900 Birthday Parties | 1630-2000 Swim Lessons | | |

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

** NO SWIM LESSONS DURING JULY AND AUGUST

Swim Descriptions

Swim Club

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

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

Lap Swim

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

Lengths and Leisure

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

Hot tub, Steam Room and Leisure Pool open

Everyone Welcome

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

Aqua Fit

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

Swim Skills

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

Swim Lessons

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

Birthday Parties

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

Military Training

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

■ = MFRC ■ = PSP

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

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



CFB / BFC ESQUIMALT

NAVY RUN COURSE DE LA MARINE



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

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

21 JUNE / JUIN 2025

REGISTRATION FEES / FRAIS D'INSCRIPTION

| 5 KM / 10KM WALK/RUN MARCHÉ OU COURSE DE 5 KM / 10 KM | REGULAR / RÉGULIÈRE APR 1 – JUN 13 | LATE / TARDIVE AFTER / APRÈS JUN 13 |
|---|--|--|
| VIRTUAL / VIRTUELLE | \$45.03 / 45,03 \$ | \$50.00 / 50,00 \$ |
| IN PERSON / EN PERSONNE | | |
| Active & Retired Military & Dependants Militaires actifs et retraités et personnes à charge | \$46.52 / 46,52 \$ | \$52.00 / 52,00 \$ |
| DND / NPF Civilians & Dependants Civils et personnes à charge du MDN et des FNP | \$50.97 / 50,97 \$ | \$55.00 / 55,00 \$ |
| General Public / Grand Public | \$57.80 / 57,80 \$ | \$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) | \$28.93 / 28,93 \$ for shirt / pour la chemise | \$28.93 / 28,93 \$ for shirt / pour la chemise |

(Pricing includes processing fees / Le prix inclut les frais de traitement)

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

CHILD MINDING

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

GARDE D'ENFANTS

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

<https://navyrunesquimalt.com/child-minding/>

 navyrunesquimalt.com

Register today to secure
your 2025 Navy Run Technical Shirt!

Inscrivez-vous dès aujourd'hui pour recevoir le
chandail technique de la Course de la Marine 2025!



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 | ✓ | |

Photo: © K-J Millar, Shilo Stag Media

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**

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-milsport.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.



CFB ESQUIMALT

FORMATION FUN DAY

Join us

SATURDAY, SEPT 6

1200 - 1600

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the whole family!



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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. 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



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**TUESDAY
OCTOBER 7**

NADEN ATHLETIC CENTRE

CFB ESQUIMALT

10AM TO 2PM

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Joshua.Buck@forces.gc.ca or military.base.advertising@gmail.com

PSP Club Contact List

Aquarius Dive Club

aquariusediveclubesquamalt@gmail.com

Auto Hobby Club

Email - CFBESqAutoClub@gmail.com

Phone - 250-480-0191 for booking

CFB Esquimalt Model Railway Club

Pierre Bouchard 778-677-1953

Ken Silvester at 250-474-1316

CFB Esquimalt Power Boat

Club 250-360-0905

president@boatclub.ca

CFMETR Boat Club

cfmetr.boatclub@gmail.com

Canadian Forces Sailing Association (CFSA)

Membership@cfssa.com

Golf Association

web site at www.cfbega.ca

Kayak Club

info@pfkc.ca

Naden Hockey Club

nadenhockeyclub@gmail.com

www.nadenhockeyclub.com

Work-Point Garden Club

workpointgardenclub@gmail.com

PSP Clubs

Aquarius Dive Club

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

. 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>
aquariusediveclubesquamalt@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 include sponsored civilians and other local government or law enforcement personnel. The membership takes on a variety people of differing skills level from a beginner to former mechanics.

Over the years, the facility catered to variety of vehicles such as off roads, classics, and daily cars, but now have expanded to include motorcycles. Members have access to specialized automotive tools such as engine cranes, strut tensioners, ball joint presses, while providing 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 ben-efits of club membership at a variety of courses, while the participating golf clubs receive our patron-age 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 2025/2026 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, March Meadows and Highland Pacific.

CFBEGA provides the opportunity for members of the Defence Community to play golf at several local courses at reduced rates. CFBEGA services are particu-larly 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, and information about each golf course

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

Continued on next page





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 (CFSA)

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 champi-

ons 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 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 pests
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 have Junior Members providing the parent is an active member.

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

Like us on Facebook at:

www.facebook.com/EsquimaltMRRC.

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



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jazmin.holdway@forces.gc.ca

for more information on supporting our members and their families!



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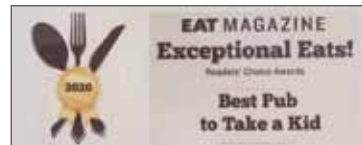


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