

Autumn

Activity Guide



A PROGRAM RESOURCE FOR
THE DEFENCE COMMUNITY OF CFB ESQUIMALT
SEPTEMBER - DECEMBER 2025

MF
RC ESQUIMALT



RSP
CFMWS

Look inside for special events
and programs for everyone!

 **CFMWS CFB ESQUIMALT**

FORMATION FUN Day

Join us!

SATURDAY, SEPT 6 | 1200 - 1600 | FREE! rides, activities, excitement and fun for the whole family!

**NADEN ATHLETIC CENTRE
GYM AND SURROUNDING AREAS**



Open to all Canadian Armed Forces Members,
Base Employees, Veterans and Families



THANK YOU TO OUR SPONSORS:

BMO



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

babcock™



seaspan
VICTORIA SHIPYARDS



Funded By
CFB Esquimalt's
Base Fund



SISIP
FINANCIAL



CANEX

**VOTED #1
IN VICTORIA**

**NO APPOINTMENT
NECESSARY**

**CANADIAN MILITARY
& DND DISCOUNT**

\$10 off



VICTORIA
2353 Douglas St

LANGFORD
872 Langford Pkwy

DUNCAN
2752 Beverly St

MILLSTREAM
705 Treanor Ave



WHO WE ARE: The Esquimalt Military Family Resource Centre (MFRC) is an independent non-profit, charitable organization that supports the military community. The MFRC is here to support the unique parts of the military lifestyle. This includes deployments, 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

ACTIVITY PROGRAMS

Registration/Contacts.....	5
Facilities	7
Get Involved	8
Facilities Rental Rates.....	9
Naden Athletic Centre Gym Terms and Conditions	10
PSP Birthday Parties	15
Special Events	16
Early Years	18
Children's Resources and Services	19
School Age & Youth Services Services	20
School Age	21
PSP Camps.....	22
Shotokan Karate	23
Adult	
Health and Fitness	24
Recreation Sports	24
Reconditioning	24
Arts & Enrichment	25
Yoga	25
Personal Training	26
MFRC Work-related Absences and Deployment	
Resources and Services.....	27
MFRC Community Integration	28
MFRC Social and Mental Wellness	
Resources and Services.....	31
MFRC Francophone	32
MFRC Veterans	32
MFRC Transition Resources	32
PSP Health Promotion	33
PSP Aquatics	35
PSP Sports.....	38
PSP Fitness.....	39
PSP Clubs.....	41

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

ARTESANALES

HANDCRAFTED

PERSONALIZADAS

CUSTOMIZED

DISEÑOS ÚNICOS

UNIQUE

CUALQUIER OCASIÓN

ANY OCCASION

NOS AJUSTAMOS A SUPRESUPUESTO

ALL BUDGETS

(778) 679-4949

parmarjipinatas@yahoo.com

Parmarji:Piñatas&PartyFavours

Most Treatment Centres do not Treat Mental Health, Addiction, and Trauma at the Same Time.

INTEGRATED PTSD & ADDICTIONS TREATMENT FOR **OCCUPATIONAL TRAUMA**

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.



**Sunshine Coast
Health Centre**

SCHC.CA
1.866.487.9010

Georgia Strait | WOMEN'S
CLINIC

GSWC.CA
1.866.487.9040



ACCREDITATION CANADA
AGRÈMENT CANADA

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

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 do 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 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.....	250-363-4391

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

AUTUMN 2025 ACTIVITY GUIDE

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

Mailed under Publication Mail

Agreement #40064821 Victoria B.C.

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

PROFESSIONAL *Elegance*

WEDDINGS • RETIREMENTS
SPECIAL CELEBRATIONS & EVENTS



Perched Atop a Rocky Bluff with Panoramic Pacific Ocean Views

From Casual to Upscale

Upper & Lower Lounges

Dining Hall

Conference Room

Pub Style Gunroom

Up to 220 capacity

Contact

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

Jill.Olson@forces.gc.ca / 250.363.2689



THE WARDROOM
CFB ESQUIMALT

wardroom.ca

Military Family Resource Centre (MFRC)



Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

Hours of Operation

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

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 MFRC Program
Registration QR Link:



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 (FWCT)

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

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

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

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

***More info on page 9.*

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



MFRC ESQUIMALT

MFRC Unit Liaison

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

Relocation and work-related absences can be difficult at times for a family with military serving members, it can impact lifestyle, well-being and resilience. The Unit Liaison 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. For more information and to apply, visit our website.

Learn more about MFRC 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 \$50/hr (Half Gym)	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 Statutory Holidays are subject to additional costs

Equipment Rental Rates:

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

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

Facilities

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

Cancelling PSP PLAN

Clients have the right to cancel a PSP PLAN within 10 days of starting their membership. They do not need to give reason and will receive a full refund. Notification only required.

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

PSP PLAN Extensions/Holds (Set Fee Plans Only)

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

- Clients must provide at least ten days' notice for an extension or hold request, to allow PSP to process request, and the client must qualify for one of the two categories below:

- Medical Disability* with accompanying documentation; or
- Military Operations (relocation and deployment).

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

Suspensions

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

Admittance

Children age 12 and under must be directly supervised by a guardian (19 and older);

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

Conduct

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

Prohibited Items and Activities

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

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



Violation of Policies or Rules

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

- Note the above information is only a portion of the Terms and Conditions. For the full terms and conditions please visit our website at <https://cfmws.ca/esquimalt/nac-terms> 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 Room
- Three squash courts
- Three softball diamonds
- Colville Sports Field (ball diamonds and / or a Soccer field)
- Two outdoor volleyball courts
- One CAF FORCE evaluation centre
- Please also check: cfmws.ca/esquimalt/facilities

Sports Equipment

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

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

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

Please contact the Facilities Coordinator at 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.

DROP-IN UNIT SHINNY

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

EQUIPMENT REQUIREMENT

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

TO RESERVE THE ICE OR FOR MORE INFORMATION

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

Please contact the Facilities Coordinator at 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. Perfect for your upcoming wedding, banquet, Christmas party, retirement. The space accommodates up to 220 ppl.

Hours of Operation:

Wed – Friday 1130 – 1300

Wed – Friday 1600 – 1900

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

Hours of Operation:

Tue 11:30am – 1:00pm

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

Fri 11:30am – 10:00pm

Sat 5:00pm – 10:00pm

Check www.wardroom.ca for updates

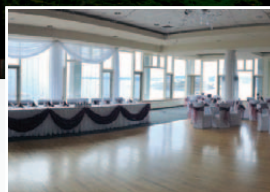
General information: 250-363-5322

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

PSP Birthday Parties



BIRTHDAY PARTY THEMES AVAILABLE SEPTEMBER - DECEMBER

Bouncy Castle Birthday

(3 years+)

Technical Safety BC License No. LAM0208458

See table below from options and pricing

Sports Spectacular

(All Ages)..... \$175

Laser Nerf Tag Party

(7-14 Years) \$175

Nerf Gun Party

(7-14 Years) \$175

Party Theme by You

(All Ages) \$135

NEW!!

Pool Birthday Parties On Saturdays! •PSP

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

Location: Naden Athletic Centre Pool

Dates: Saturday's from September - December

Time: 1:00pm - 3:00pm

Cost: \$200

BOUNCY CASTLE CHOICES

Obstacle Course	\$175
Large Bouncy Castle	\$170
Small Bouncy Castle	\$170
Combo 1: Obstacle Course and Small Bouncy Castle	\$200
Combo 2: Obstacle Course and Large Bouncy Castle	\$205
Combo 3: Small and Large Bouncy Castle	\$200

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

Book your birthday party with PSP Recreation!

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

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

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

PSP Provides:

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

Parents Provide:

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

Additional Time/Participants:

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

Facility Agreement & 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.

Special Events

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

Register for any of the following PSP Special Events and Programs

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

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



Register for any 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.

Family Halloween Dance – 23 October • PSP

Join PSP and the messes for the ultimate Family Dance Party! It's going to be a night of monstrous fun with fang-tastic tunes, spooky decorations, and plenty of tricks and treats.

All Children must be accompanied by a parent or Guardian

Location: CPAC (2610 Rosebank Rd)

Date: Thursday 23 October

Time: 6-8pm

Cost: \$5.00/person

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

Jolly Days – 6 December • PSP

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

All Children must be accompanied by a parent or Guardian

Holiday Skate

Date: Saturday 6 December

Time: 12-2:30pm

Location: Naden Arena

Cost: Free

Holiday Swim

Date: Saturday 6 December

Time: 3-5pm

Location: Naden Pool

Cost: Free



Dockyard Ghost Walk • MFRC

Enjoy a family friendly Halloween event with the MFRC. You will be guided through a 40-minute walking tour (approx. 2 km) of some of the creepy stories of CFB Esquimalt Dockyard! English and French tours available.

Join us for eerie tales and family friendly fun!

Register early, space is limited.

Location: Dockyard Gate

Date: Sat, Oct 25

Time: 6-8pm

Cost: Free



MFRC Events

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







COLOURING CONTEST

Prizes to be announced. Les prix seront annoncés ultérieurement.

Enter by December 1, 2025.
Winners will be contacted by December 5, 2025.

1. Eligibility:

- Open to persons aged 0-12.
- One (1) Entry per person
- Age categories 0-3; 4-5; 6-7; 8-9; 10-12

2. Submission:

- Print out the page from the guide and colour it as creative as you like.
- Entries can be dropped off to the PSP Desk at:
Colwood Pacific Activity Centre
2610 Rosebank Rd.
ATTN: Colouring Contest
- Be sure to include the child's first name, age and parent/guardians name and contact information on the entry.

3. Coloring Tools:

- crayons, colored pencils, markers or even paint!

4. Judging:

- Winners will be notified by phone call.

By entering the contest, you agree to let the Contest Organizers post your artwork on Facebook and Instagram.

Inscrivez-vous avant le 1er décembre 2025.
Les gagnants seront contactés avant le 5 décembre 2025.

1. Admissibilité :

- Le concours est ouvert aux personnes âgées de 0 à 12 ans.
- Une (1) participation par personne
- Catégories d'âge 0-3 ; 4-5 ; 6-7 ; 8-9 ; 10-12

2. Soumission :

- Imprimez la page du guide et coloriez-la de manière aussi créative que vous le souhaitez.
- Les inscriptions peuvent être déposées au bureau des PSP :
Colwood Pacific Activity Centre
2610 Rosebank Rd
ATTN : Colouring Contest (Concours de coloriage)
- Veillez à indiquer le prénom et l'âge de l'enfant, ainsi que le nom et les coordonnées de ses parents ou tuteurs sur le site.

3. Outils de coloriage :

- crayons, crayons de couleur, marqueurs ou même de la peinture !

4. Jugement :

- Les gagnants seront informés par téléphone.

En participant au concours, vous acceptez que les organisateurs du concours publient votre œuvre sur Facebook et Instagram.

Children's Programs

123 Music & Me • MFRC

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

Dates and times TBD

Cost: Free

Stay & Play • MFRC (0-5 years)

This is a Parent & Tot program open to all military families! Join us for a morning of fun interaction with your child in a preschool setting. We will learn and play together while we make new friends. This is also a great opportunity to meet other parents living the unique military lifestyle. This program is for children 0-5 years. Bring your coffee or tea with you to enjoy while you connect with your child and other families. Please register on our website: www.cfmws.ca/esquimalt. If your child is experiencing any type of work-related absence, they can attend the Supporting Children Through Absence Corner!

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

Location: Out of School Care Building, 720 Galiano Cres

Date: Wed, Sept 10-Dec 17th

Time: 10:00-11:30am

Cost: Free

Supporting Children Through Absence Corner at Stay & Play

• MFRC (0 to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. Parent participation is required. To participate in this program 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. Please note: there are workshops available for older children listed in the School Age section.

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

Supporting Children Through Absence (3-5)

Location: CPAC

Dates: Tues, Sep 9 - Oct 28; Nov 4 - Dec 9

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

Children's Deployment Workbooks and Parent Guide

• MFRC

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

StressLess Workshop with Strong Minds Strong Kids • MFRC

Strong Minds Strong Kids Canada (Formerly the Psychology Foundation) is offering this valuable workshop to military families at no cost. This engaging session offers grassroots understanding of age-appropriate stress management and resilience-building strategies for children and teens. Participants will gain a foundational understanding of how stress presents in young people and walk away with simple, effective tools and strategies from the StressLess Booklets. Register on MFRC website.

**StressLess Booklets are available at no cost for pickup at the CPAC MFRC.*

Location: Zoom

Date: Thur, Oct 9

Time: 12-1pm

Cost: Free

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, Sept 8 - Dec 17*

**No program on STAT Holidays or Sept 22*

Time: 9:30am-11:30am DROP-IN

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

Children's Resources and Services



Creative Learning for the Early Years • 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

Date: Tue-Fri

Time: 9:00am-noon

Cost: \$18 per 3-hour session

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

Ages 18 months-5 years

Location: CPAC

Date: Tue, Thurs, Fri

Time: 9:00am-noon

Cost: \$15 per 3-hour session

Date: Tue, Thurs

Time: 1:00-4:00pm

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

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

Funded by donations to the MFRC, respite childcare (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 childcare needs, please contact us. Register up to 8 days in advance of session. Call **250-363-2674** to book your spot.

**See Creative Learning for the Early Years for hours and more details.*

Ages 6 - 17 months, Ages 18 months - 5 years

Location: CPAC MFRC

Tuesday, Wednesday, Thursday & Friday: 9am-noon,

Tuesday, Thursday & Friday: 9am-noon

Tuesday & Thursday: 1-4pm

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.



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.



"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. Please go online to register and then drop by to pick up your gift! <https://events.esquimaltmfrc.com/events/event/484/welcome-baby-bag-program>

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.

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!

Important MFRC Daycare Waitlist Information

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

School Age & Youth Services

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!

Child & 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. If your child or youth needs more support reach out to our Family Wellness and Counselling team at intake@emfrc.com



StressLess Workshop with Strong Minds Strong Kids • MFRC

Strong Minds Strong Kids Canada (Formerly the Psychology Foundation) is offering this valuable workshop to military families at no cost. This engaging session offers grassroots understanding of age-appropriate stress management and resilience-building strategies for children and teens. Participants will gain a foundational understanding of how stress presents in young people and walk away with simple, effective tools and strategies from the StressLess Booklets. Register on MFRC events calendar.

**StressLess Booklets are available at no cost for pick up at the CPAC MFRC.*

Location: Zoom
Date: Thur, Oct 9
Time: 12-1pm
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>



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 (Kindergarten-12 yrs)

Location: CPAC
Dates: Thur, Sep 11 – Oct 30; Nov 13 – Dec 11
Time: 5:45-7:00 pm
Cost: Free

Supporting Children Through Absence (5-8 yrs)

Location: CPAC
Date: Thur, Sep 11 – Oct 30; Nov 13 – Dec 11
Time: 3:30-4:45pm
Cost: Free

Supporting Children Through Absence (9-12 yrs)

Location: CPAC
Date: Wed, Sep 10 – Oct 29; Nov 12 – Dec 10
Time: 3:30-4:45pm
Cost: Free

Children's Deployment Workbooks and Parent Guide

• MFRC

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

FAST Friends • MFRC

Fast Friends is an inclusive program for 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: Bookish Night TWEENS AND TEENS (8-16 yrs)

Calling all book lovers! Come join other book worms to enjoy activities to celebrate our love of reading. We will meet at the Juan De Fuca Library at 5pm, sign up for library cards, check out the collection before we walk back to CPAC for Pizza and book related crafting.

Location: GVPL Juan De Fuca Library & CPAC
Date: Tues, Sept 16
Time: 5-7pm
Cost: Free

FAST Friends Pizza Making and Board Games TWEENS NIGHT (8-12 yrs)

Tweens are invited to learn how to make your own pizzas for dinner. Then enjoy board and card games while you get to know other kids in your community!

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

FAST Friends Self Care Night TEENS NIGHT (12-16 yrs)

This month we invite teens to come explore self-care practices such as yoga, journaling, and smoothie making.

Location: CPAC
Date: Wed, Nov 12
Time: 6-8pm
Cost: Free

FAST Friends – Holiday night with PSP! TWEENS and TEENS (8-16 yrs)

Join us for an evening of Holiday fun with the MFRC and PSP. You can make special holiday treats & crafts with the MFRC team or join the PSP team in the gym for more active fun and games!

Location: CPAC
Date: Wed, Dec 10
Time: 6-8pm
Cost: Free





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/

Friday Night Activities

PANAGO

PSP Movie Nights (5-12 years)

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

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

DATE	MOVIE
Sept 12	Minecraft Movie
Oct 3	Lilo and Stitch
Nov 14	Karate Kid: Legends (2025)
Dec 5	How To Train Your Dragon (2025)

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

Fantastic Fridays (5-12 years)

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

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

DATE	THEME
Sept 26	Morning Menu
Oct 10	Science Lab
Oct 24	Mine at Night
Nov 7	Circus Spectacular
Nov 28	Around the World
Dec 12	Competitive Obstacles

■ = 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.

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: 5:00-8:00pm
Cost: \$12.00 per person

DATE	SCIENCE THEME
Sept 19	Science of Dinosaurs
Oct 17	Science of Motion
Nov 21	Science of Balloons

Leadership

Jr. Leader Program

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

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

Cost: \$29.50 per day
*Cost covers out-trips, swimming, uniform for the day, and additional resources
Date: Program available whenever camps are running
Time: 9:00am-4:00pm
Location: TBD on which camp the Jr Leader is assigned to.
Please contact recreationcpac@forces.gc.ca Attn: Children and Youth Program Supervisor if interested in this program.

Red Cross Stay Safe (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
Date: Saturday, Oct 4
Time: 9:00am-2:00pm
Cost: \$50 Regular / \$55 Ordinary / \$60 Associate
*Book fee \$12

Red Cross Babysitters Course (11 yrs+)

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

Instructor: Irina Mielecka
Location: CPAC
Date: Saturday, Nov 15
Time: 9:00am-4:00pm
Cost: \$60 Regular / \$ 65 Ordinary / \$70 Associate
*Book fee \$12

Register for any of the following **PSP** Camp Programs

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

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



■ = MFRC ■ = PSP

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

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

R = Regular, O = Ordinary, A = Associate



Pro D Day Camps • PSP

Days off school are for days filled with fun! Each camp day explores a new theme with activities, games, and crafts to match. Pro D Day camps may include out-trips, swimming, outdoor play, and more.

Mini Seekers Pro-D Day Camps (4-5 Years)

Sun Seekers Pro-D Day Camps (6-7 Years)

Fun Seekers Pro-D Day Camps (8-9 Years)

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

LOCATION	DATE	SCHOOL DISTRICTS	TIME	COST
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	Monday, Sept 22 Friday, October 24 Friday, November 21	SD 61, 62, 63	Camp Day: 7:00am-5:00pm Structured camp programming occurs between the hours of 9:00am-4:00pm	R \$40 / O \$45 / A \$50

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

* Hours for Pro D Day Camps*

Camp days are inclusive of the hours from 7:00am-5:00pm.
Majority of our structured programming will occur between 9:00am-4:00pm.

Winter Break Camps • PSP

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

Location: Colwood Pacific Activity Centre (Westshore)

Mini Seekers Winter Break Camps (4-5 Years)

Sun Seekers Winter Break Camps (6-7 Years)

Fun Seekers Winter Break Camps (8-9 Years)

Adventure Seekers Winter Break Camps (10-12 Years)

DATE	TIME	COST
Dec 22-24* (Mon-Wed)	Camp Day - 7:00am-5:00pm *Dec 24 - 7:00am-12:00pm	\$115 Regular / \$120 Ordinary / \$125 Associate
Dec 29-31 (Mon-Wed)	Camp Day - 7:00am-5:00pm	\$120 Regular / \$125 Ordinary / \$130 Associate



* Hours for Winter Break Camps*

Camp days are inclusive of the hours from 7:00am-5:00pm.
Majority of our structured programming will occur between 9:00am-4:00pm.



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.

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:

** Please note all participants are required to be registered on both Karate BC and ShotoCanada*

- 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: Sept 8 - Dec 17 (28 Sessions)

**No Session on Oct 6, and Oct 13*

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

Cost: Adult - \$210 Regular / \$240 Ordinary / \$270 Associate

Child (Under 18 yrs) - \$150 Regular / \$180 Ordinary / \$210 Associate

Colwood Pacific Activity Centre

Dates: Sept 9 - Dec 18 (29 sessions)

**No session on Nov 11*

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

Cost: Adult - \$210 Regular / \$240 Ordinary / \$270 Associate

Child (Under 18 yrs) - \$150 Regular / \$180 Ordinary / \$210 Associate

Additional Advanced Training

Location: Naden Athletic Centre

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

Cost: Adult - \$150 Regular / \$171 Ordinary / \$192 Associate

Children (under 18 yrs) - \$107 Regular / \$128 Ordinary / \$150 Associate

MARCH OUT CLEAN OUT BOOK NOW!
MAID IN THE 519
SCRUBBING EVERYWHERE ON VANCOUVER ISLAND

Apartment/Home
Commercial
Estate/Rental Cleanout
Post Construction

250-252-6368
maidinthe519@gmail.com
www.maidinthe519.ca

• Hats • Vinyl Decals • Home Decor • Stickers • 3D Printing • Signs • Gifts • Decor • and so much more!

Sutton Trading Post

CUSTOM MADE: Shirts • Hoodies

suttontradingpost.ca

DESIGNED JUST FOR YOU • WE OFFER A CFT DISCOUNT



Register for any PSP Adult Program

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

PSP Recreation Online Registration:

bkk.cfmws.com/esquimaltpub/



■ = MFRC ■ = PSP

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

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

Recreation Sports

NEW!

Reserved Pickleball Court • PSP

(Book Your Pickleball Court)

Reserve your spot on our full sized and beginner indoor pickleball courts at CPAC for fun, fitness, and friendly competition. Whether you're a beginner or a seasoned player, our court is perfect for singles or doubles play.

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

Price: Full size Legal court - \$32 for 2 hours

Beginner Court - \$28 for 2 hours

(Based on 4 people each person
after that will pay the drop-in rate)

Location: CPAC

SESSION DATES

Dates: 29 September - 19 December

Monday & Friday

12:00-6:00pm (Monday & Friday)

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.

Reconditioning

PNP3 – Prenatal and Postpartum Program • PSP

A class for regular CAF members running at Naden Athletic Centre in the upper gym on Tuesday and Thursdays at 1115 - 1215 hours. The program is designed to enhance the fitness and wellness of the member in pregnancy or postpartum. Class participants may bring their newborn to the class for up to 18-months postpartum.

There is no referral required.

If you're interested and have questions, please email: womenswellness@CFMWS.com.

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

Reserved Squash Courts • PSP

Reserve your spot on our squash courts at NAC and enjoy an exciting, fast-paced workout! Whether you're a beginner or an experienced player, our courts provide the perfect environment for training, friendly matches, or competitive play.

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

Note: military training takes priority on all bookings.

Location: Naden Athletic Center (NAC - N88)

SESSION DATES

Monday - Thursday 6:00am to 9:00pm

Friday 6:00am to 6:30pm

Saturday & Sunday 8:30am-5:30pm

SQUASH COURT PRICE CHART

	MONDAY TO FRIDAY				WEEKENDS
	5:30-11:00am	11:00am-1:00pm	1:00-4:00pm	4:00-8:00pm	8:30am-5:30pm
	TUES & THURS				
Military Member	\$10/hr	\$15/hr	\$10/hr	\$15/hr	\$15/hr
Gym Member	\$10/hr	\$15/hr	\$10/hr	\$15/hr	\$15/hr
DND or PSP Staff	\$10/hr	\$15/hr	\$10/hr	\$25/hr + Drop-in	\$25/hr + Drop-in
Non Member	\$25/hr + Drop-in	\$25/hr + Drop-in	\$25/hr + Drop-in	\$25/hr + Drop-in	\$25/hr + Drop-in

Arts & Enrichment

Makers with Mocktails • PSP

Come and enjoy an evening of making! We will start by making a delicious non-alcoholic mocktail to enjoy while making a craft item that will come home with you. This program runs at the same time and location as our popular kids Movie Nights (with extended ages of 4 – 12 years for anyone registered in the Makers with Mocktails program).

Please note: registration needs to be completed separately for both programs.

Location: CPAC
Price: R: \$25 / O: \$30 / A: \$35

SESSION DATES
Fridays 6:15-8:00 pm
October 3 – Indoor Succulent Planter and Fall Mocktails (also take home a beautiful coffee table book on Cactus and Succulent care)
December 5 – Door Swag and Holiday Mocktails

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)
Price: R \$72 / O \$84 / A \$96 (6 Week Sessions)

SESSION DATES
Thursday 7-8pm
Session 1: 11 Sept – 16 Oct
Session 2: 23 Oct – 27 Nov

Register for any PSP Adult Program

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

PSP Recreation Online Registration:

bkk.cfmws.com/esquimaltpub/

■ = MFRC ■ = PSP

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

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

R = Regular, O = Ordinary, A = Associate



Personal Training

Personal Training Packages • PSP

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

One on One Private Training Sessions • PSP

(1 hour)

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

Semi-Private Training Sessions • PSP

(1 hour / 2 - 6 people)

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

\$36 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



DR. PAUL HENN

A Beautiful Smile needs Healthy Teeth

Open 6 days a week with evening appointments available.

Call to book an appointment (250) 386-3044

#14 Esquimalt Plaza, 1153 Esquimalt Road

www.anchor dentalcentre.ca





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.

Sending Mail to Deployed Members • MFRC

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

Care Package Collection Box for Deployed Members • MFRC

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

Monthly Information Sessions for Deployed Ships • MFRC

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

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

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

Deployment & Absence Resources and Services Webpages • MFRC

Discover information dedicated to each phase of the deployment and absence cycle. Check out our Preparing for an Absence Checklists (for single members, parents of members, and partners/spouses), view our workshop recordings, and find information on morale mail, short-term counselling, and other resources and services available to you and your family.

Banner Making Pickup Kits • MFRC

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

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

Check out the Early Years and School Age sections on pages 18-20 for information on our Supporting Children Through Absence workshops, Respite Child Care During Absences, Absence & Relocation Literacy Kits, Parenting from Afar, and more!

Looking for more information?

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



Community Integration

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, new friends and neighbours? 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 weekly online learning and a monthly in-person class with our ESL teacher. Registration is limited, but remains open throughout the year.

Location: CPAC/Virtual

Date: Thur, Sep 11 - Jun 18

Time: 6:00-8:00 pm

Cost: Free

Second Language Training • MFRC

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

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

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

Employment and Education Support • MFRC

MFRC will help connect you with WorkBC and other employment resources 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. MFRC can also help you learn about national employment supports for military families.

Watch the MFRC Social Media channels for the WorkBC Orientations, other employment resources or visit a WorkBC office today!

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/>

Career Coach+ • MFRC

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

MFRC Information Line • MFRC

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

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 CPAC MFRC.

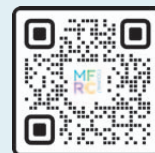
MFID Checklist:

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

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.

Welcome Resources • MFRC

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

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.

Coffee Connections (Drop-in)

Visit the Coffee Connections group on the first Tuesday of the month. We will explore crafts, learn something new, try a book club, or go for a walk – each month is different! This volunteer-led program allows you to meet other military family members in a relaxed setting. No registration required. Follow us on Facebook to keep up to date with Coffee Connections offerings.

Location: CPAC Date: Tues, 1st Tues of Month

Time: 11am-12pm

Cost: FREE

**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>*

YOUR TRUSTED SOURCE FOR REAL ESTATE

Proudly serving southern Vancouver Island for over 35 years.

Clients are talking...

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

You are invited to call.

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

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



**PEMBERTON
HOLMES**
· ESTABLISHED 1887 ·

NANCY VIEIRA

Personal Real Estate Corp
REALTOR®

250-514-4750



St. Anthony's Dental Clinic

Dr. Anastasia Loumbardias*

250-474-4322

St. Anthony's Medical Centre

110-582 Goldstream Ave., Victoria, B.C., V9B 2W7

*denotes Corporation



DID YOU KNOW?

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

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

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

QUESTIONS?

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



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



westmont
MONTESSORI SCHOOL

dynamic • independent • connected



**PRE-SCHOOL
to GRADE 12**

**TOURS
AVAILABLE
THURSDAYS**

**nurturing
bright futures**

4075 Metchosin Rd, Victoria BC, V9C 4A4 — T: 250 474 2626
westmontschool.ca — info@westmontschool.ca

Is it time for you to sell?

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



Geoff McLean
Personal Real Estate
Corporation
geoff@clmvictoria.com



Jodi Baker, Realtor®
jodi@clmvictoria.com



Darren Neuhaus, Realtor®
darren@clmvictoria.com



Holly Sansom, Realtor®
holly@clmvictoria.com



Danny Cox,
Personal Real Estate Corporation
danny@clmvictoria.com



Laurie Lidstone,
Personal Real Estate Corporation
laurie@clmvictoria.com



Mitch Lidstone,
Personal Real Estate Corporation
mitch@clmvictoria.com



CLM | **COX
LIDSTONE
MCLEAN**

Let's talk. Geoff McLean 250.380.8092

📞 Office: 250-744-5501 ✉ admin@clmvictoria.com 🌐 www.clmvictoria.com



**Learn about
Family Wellness
Support**



**Register
for any MFRC
Program**



or visit www.cfmws.ca/esquimalt

Social and Mental Wellness Resources and Services

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.

Nourishing Neighbours – Lunchbox Recipes

Location: CPAC
Date: Wed, Sept 17
Time: 6-8pm
Cost: Free

Mindful Creativity (13+)

Location: TBD
Date: Wed, Oct 15
Time: 6-8pm
Cost: Free

Sound Healing and Movement (Adult Workshop)

Location: CPAC
Date: Wed, Nov 26
Time: 6-8pm
Cost: Free

Youth & Mental Health • MFRC

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

Diverse Support Needs

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

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



Need assistance? Give the MFRC a call at **250-363-2640**. You can also contact the MFRC intake line at **778-533-7736** or at intake@emfrc.com.

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.

Emergency Family Plan • MFRC

Planning for the unexpected is critical in the military lifestyle. Families must have a workable Emergency Family Plan in case something happens to a family member at home during a military-related absence. An Emergency Family Plan should include a list of people you can rely on in an emergency situation. The MFRC can support you in developing local community connections through programming and workshops. The Family Wellness and Counselling Team may be able to support with limited childcare assistance based on assessment. This could include access to daytime respite care (with specific set times during the weekday). Please be aware the MFRC is not able to provide childcare on weekend or overnight. Looking for a place to start? You can download the PDF version of the plan at www.cfmws.ca 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.

Community Kitchen

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 program.

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



Francophone

Cours de langue seconde • CRFM

Aimerez-vous apprendre l'anglais? Sentez-vous le besoin d'améliorer votre anglais pour mieux communiquer avec votre partenaire, nouveaux amis et voisins? 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. Le cours consiste d'un apprentissage hebdomadaire en ligne et une session mensuelle en classe avec notre professeur d'anglais langue seconde. Les inscriptions sont limitées, mais restent ouvertes tout au long de l'année.

Lieu : Virtuel/CPAC
Jeudi sept 11- jun 18
18h00-20h00
Gratuit



Marche des fantômes de l'arsenal • CRFM

Le CRFM organise un événement familial et convivial à l'occasion de l'Halloween. Vous serez à pied d'une durée de 40 minutes (environ 2 km) pour découvrir quelques-unes des histoires de l'arsenal de la BFC Esquimalt ! Les visites sont offertes en français et en anglais.

Joignez-vous à nous pour entendre des histoires sinistres et vous amuser en famille ! Inscrivez-vous rapidement, les places sont limitées.

Endroit : Porte de l'arsenal
Sam. oct. 25
18h00-20h00
Gratuit

Veterans

Veteran Family Program • MFRC

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

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

Mental Health First Aid • MFRC

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

Location: CPAC
Date: Thurs-Fri, Nov 27-28
Time: 9am-4pm
Cost: Free
Contact kaitlynlariviere@emfrc.com for more details or to register.



Register for any of the following MFRC Programs

by visiting www.cfmws.ca/esquimalt



■ = MFRC ■ = PSP

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

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

Transition Resources

Transitions Book • MFRC

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

Veteran Family Journal • MFRC

The Veteran Family Journal is a tool designed to assist medically releasing CAF members, medically released Veterans, and their families to make a successful transition from military life to civilian life. This tool can help you and your family identify your unique needs and plan for the future. Within this journal you will find relevant information about the transition process, reference materials, worksheets, and family care plans. Pick up a copy at your closest MFRC location.



Health Promotion • PSP

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

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

Essential Nutrition – New Course • PSP

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

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

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

Managing Angry Moments (MAM) • PSP

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

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

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

Respect in the Canadian Armed Forces • PSP

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

Stress Take Charge • PSP

Over four half days, this course is ideal for people who want to gain a better understanding of their stress reaction, how to increase their resiliency in stressful situations, and how to learn proven coping skills for managing their stress response more effectively.

Top Fuel for Top Performance • PSP

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



Health Promotion Programs

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

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

Health Promotion courses are available free of charge to adult members of the Defence Team (CAF members and their spouses, and all Civilian Employees). Participants must be able to attend all classes in the course to register. ALL Health Promotion courses are voluntary.

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

250-363-5621

■ = 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.



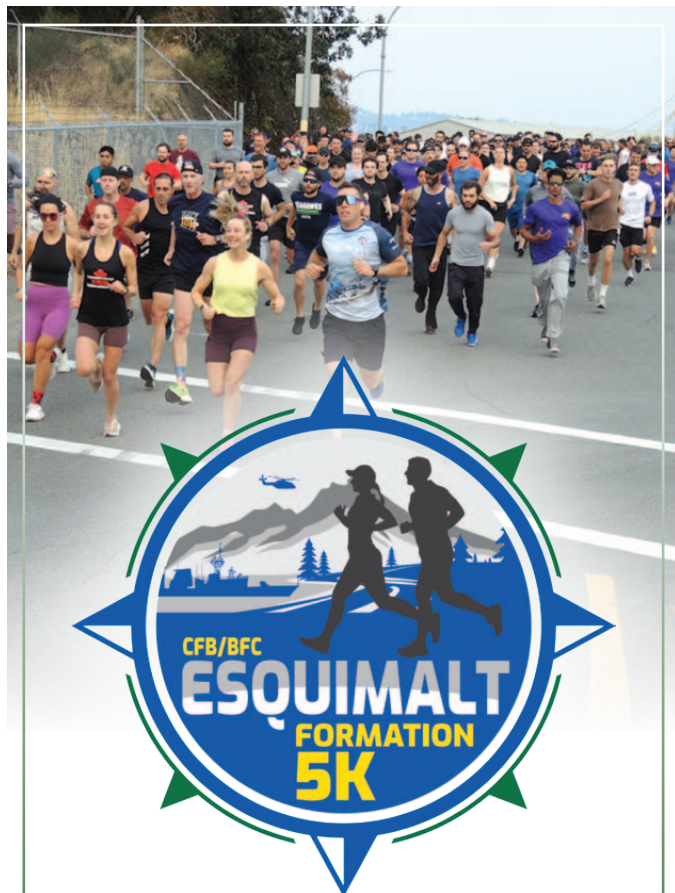


SLEGG
BUILDING MATERIALS

**Proudly Serving
Vancouver Island
Since 1947**



www.slegg.com



**Join in the last Friday
of every month!**

Start Location: Y-Jetty

Start Time: 0830hrs

ID Required

Time: 8:30 am - 9:30 am

Organized by PSP Fitness and Sports

Check <https://lookoutnewspaper.com/events/> for your next run!

**Ms. Thompson
Knit-Shop**

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



MsThompsonKnitShop

Or email me at MsThompsonKnitShop@gmail.com



Aquatics Registration

LESSON SCHEDULE VIEWABLE
1 AUGUST 2025

REGISTRATION OPENS
11 AUGUST 2025 (R),
18 AUGUST 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.



Swim Lessons

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

NEW! Saturday Morning Lessons to begin September 2025!

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 (11 sessions)

Time: Mon. to Thurs. 4:30-8:00pm

Sat. 9:00am-12:00pm

Cost: \$297 - Single Person

\$330 - 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 (11 sessions)

Time: Mon. to Thurs. 4:30-7:30pm

Sat. 9:00am-12:00pm

Swim Lesson Placement Evaluation • PSP

If you or your child would like to know what level to register in, come get evaluated by one of our experienced instructors!

Location: Naden Athletic Centre Pool

Date: July 29, Aug. 6

Time: 4:30-6:30pm

Cost: FREE!



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

CLASS	COST *	REQUIREMENTS
Seahorse (Parent & Tot)	R:\$79.75 O:\$82.50 A: \$85.25	Seahorse is a transitional level which transfers the preschooler from the care of the parent to the instructor. They'll learn floats, glides, and kicking skills. For ages 2-3 yrs
Octopus	R:\$79.75 O:\$82.50 A: \$85.25	These preschoolers learn to jump into chest-deep water by themselves and get in and out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.
Crab	R:\$79.75 O:\$82.50 A: \$85.25	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:\$79.75 O:\$82.50 A: \$85.25	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:\$79.75 O:\$82.50 A: \$85.25	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:\$79.75 O:\$82.50 A: \$85.25	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:\$79.75 O:\$82.50 A: \$85.25	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:\$99.00 O:\$101.75 A: \$104.50	These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.
Swimmer 4	R:\$99.00 O:\$101.75 A: \$104.50	These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.
Swimmer 5	R:\$99.00 O:\$101.75 A: \$104.50	These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.
NEW! Swimmer 6	R:\$99.00 O:\$101.75 A: \$104.50	These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick, and refine their strokes.

ADULT SWIM PROGRAM DESCRIPTIONS

CLASS	COST *	DESCRIPTIONS
Adult Beginner	R:\$99.00 O:\$101.75 A: \$104.50	You'll work towards 10-15m swim on your front and back. You'll learn safe entries into shallow and deep water, develop skills while wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning how to perform front crawl and back crawl.
Adult Intermediate	R:\$99.00 O:\$101.75 A: \$104.50	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:\$107.25 O:\$110.00 A: \$112.75	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



Pool Birthday Parties

Party room 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: Saturdays
Time: 1:00pm-4:00pm
Cost: \$200



POOL SCHEDULE: SEPTEMBER - DECEMBER 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					0900-1200 Everyone Welcome & Swim Lessons	
1100-1300 Everyone Welcome	1100-1300 Lengths & Leisure <i>*AquaFit 1205-1250</i>	1100-1300 Everyone Welcome	1100-1300 Lengths & Leisure <i>*Swim Skills 1205-1250</i>	1100-1300 Everyone Welcome		
1300-1630 Military Training / Bookings					1200-1600 Everyone Welcome & Birthday Parties	
1630- 2030 Everyone Welcome & Swim Lessons	1630- 2030 Everyone Welcome & Swim Lessons	1630- 2030 Lengths & Fun Swim	1630- 2030 Everyone Welcome & Swim Lessons		BOOKINGS ONLY	

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

Swim Descriptions

Swim Club

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

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

Lap Swim

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

Lengths and Leisure

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

Hot tub, Steam Room and Leisure Pool open.

Everyone Welcome

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

Aqua Fit

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

Swim Skills

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

Swim Lessons

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

Birthday Parties

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

Military Training

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

■ = MFRC ■ = PSP

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

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

PSP Sports



Yearly Sports Overview 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. To view the current Intramural Sports schedule, please visit our website: <https://cfmws.ca/esquimalt/facilities/naden-athletic-centre/cfb-esquimalt-sports/intramural-sports> or contact your unit Sports Rep. 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

Support to Sports Participation Grant (SSPG)

The Support to Sports Participation Grant helps offset costs associated with participating in athletic events and programs. For more information or to apply visit the SSPG Application Form (<https://cfmws.ca/sport-fitness-rec/sports/caf-sports-grant-program/caf-sports-grant-application>). All other SSPG inquiries can be directed to SSPG@cfmws.com.

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-milsp.org or contact the Sports Office - 250-363-4068.

Follow us on Instagram @Esq_Tritons

Visit our website:

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

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

PSP Fitness

New Registered Program! Intro to Power Movements • PSP

CAF members only

NEW this year we are offering a small-group technique class! Over the course of this eight-week program, participants will learn beginner-level plyometric movements and progress towards performing advanced lifting techniques including power cleans and explosive overhead presses. Class meets from 1115-1200 every Thursday. 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



PRESENTS

SHIP TO SHORE INDUSTRIAL TRADESHOW

Showcasing the latest products from Industrial Suppliers, and more!

**TUESDAY
OCTOBER 7**

NADEN ATHLETIC CENTRE

CFB ESQUIMALT

10AM TO 2PM

FREE TO ATTEND!



MILITARY & PRIVATE SECTOR VENDORS

PLUS PRIZES, GIVEAWAYS, FREE FOOD, AND MORE!

THOUSANDS IN DOOR PRIZES

BOOTH SELL FAST! TO BOOK YOUR SPOT TODAY CONTACT:

JOSH BUCK: military.base.advertising@gmail.com

DANIELLE THOMPSON: forces.ads@westcoastmarketing.net

PSP Club Contact List

Aquarius Dive Club

aquariusediveclubesquimalt@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

CFSA Sailing

Membership@cfsa.com

Golf Association

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

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

Unrestricted by geography, you can find Aquarius Dive Club members on the Boeing 737 sunk off Chemainus, HMCS Cape Breton and HMCS Saskatchewan off Nanaimo, HMCS Columbia in the Campbell River area.

The club has travelled farther afield on Vancouver Island to fantastic diving and good times at China Creek, Bamfield and Telegraph Cove and to the mainland to dive the water-filled missile silo in Washington State. You can also simply enjoy one of our many wonderful local dive sites in the pristine BC waters surrounding the South Island.

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, stationary compressor in our own building as well as a great group of divers always on the lookout of the next adventure; we make diving affordable and fun no matter what your skill levels are.

Find out more:

www.aquariusediveclub.com

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

Auto Hobby Club

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

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

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

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

Address:

410 Macauley St, Victoria, BC V9A 5Y3

Hours of Operations:

Mon, Thurs, and Fri 6:00-10:00pm
 Sat and Sun 9:30am-5:00pm

Contact:

Email - CFBesqAutoClub@gmail.com
 Phone - 250-480-0191 for booking

CFB Esquimalt Golf Association



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

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

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

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

Kayak Club

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:

Continued on next page





- Paddle Canada Certified courses in ocean kayaking and stand-up paddle boards with an emphasis on safety and rescue techniques including Basic Skills, Level 1 and Level 2 courses at an additional cost.
- Signing out a kayak or paddle board from our fleet of 20+ at any time free of charge.
- Use of club dry suits for additional rental fee.
- Membership is IAW with the PSP policies on recreational clubs. Paddle Canada course required to use club equipment.

Please contact us by emailing info@pfkca.ca or joining our Pacific Fleet Kayak Club Facebook page for information.

CFMETR Boat Club at Ranch Point Power & Sail

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

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

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

Canadian Forces Sailing Association

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

We offer:

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

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

We have many accomplished racers and cruisers who regularly share their experiences, from cruising the Gulf of Mexico to the whole world. CFSA is located with perfect access to the west side of Vancouver Island. The club offers a chance to cruise with friends to destinations you may not consider on your own.

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

For membership inquiries contact membership@cfsaesq.ca or visit our website at www.cfsaesq.ca

CFB Esquimalt Power Boat Club

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

- The use of the club house.
- Mooring slips.
- Docking ramp.
- Storage compound; and
- Fully equipped service bays with engine hoist, power tools and a paint booth.

The Club sponsors several family-oriented fishing derbies and BBQs per year, with cash prizes and other awards. There is no entry fee for the derbies. For further information, visit our website at www.boatclub.ca, call

the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail workpointboatclub@gmail.com "Tight Lines and Happy Cruising to All"

Work Point Garden Club (WPGC)

HAVE YOU A GREEN THUMB? Want to grow your own food year-round? Whether you are an experienced gardener or simply wish to learn the basics in a community setting, the WPGC can provide you with your own allotment plot to work, or an ability to share the experience with other members in common garden areas. A deer fence surrounds the garden, and tools are provided to members. There is water on-site. Considering joining the club but want more information? Contact the club at workpointgardenclub@gmail.com

Model Railway Club

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

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

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

All Active or retired military members, DND and other Government employees are welcome and invited to join the CFB Esquimalt Model Railway Club. We also are allowed limited numbers of others who do not meet the previously noted requirements as well as Junior Members providing the parent is an active member.

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

Like us on Facebook at www.facebook.com/EsquimaltMRRRC. For further information please contact Pierre Boucher at 778-677-1953 or Ken Silvester at 250-474-1316.

SPONSORSHIP OPPORTUNITY



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

We have tailored packages available!
Reach out to

Leah.Pokocky@forces.gc.ca

for more information on supporting our
members and their families!



TRUSTED SINCE 1895

www.PricesLock.com

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

*All Military Discounts
honoured on hardware*



**DIRECT
SERVICE
LINE**

250-384-4105

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

Westshore
120-2806 Jacklin Road
250-391-5557



**Families
with minors
welcomed.**

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

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



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



SUSTAINABLE • LOCAL • COMMUNITY est. 1855



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



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

www.sixmilepub.com



BIG WHEEL BURGER

REAL. FOOD. FAST.

11am-9pm Every Day

GET DELIVERY
through Uber Eats.

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

Cook Street

341 Cook St, Victoria

Vic West

172 Wilson St, Victoria

Gateway Village

703-771 Vernon Ave,
Victoria

Langford

2945 Jacklin Rd,
Victoria

Courtenay

625 Cliffe Ave,
Courtenay



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

10% OFF
TO ALL MILITARY
& DND PERSONNEL*

*10% discount is valid in-store only



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

SERVICES FOR PARENTS & FAMILIES

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

SERVICES FOR CHILD CARE PROVIDERS

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

Contact: Victoria 250-382-7000;
or gov.bc.ca/ChildCareResourceReferralCentres



Ministry of
Education and
Child Care



By, for, and with the military.

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



CANEX



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

canex.ca

TALK TO A **LICENSED OPTICIAN**

- Military Family Discounts
- DND RX Forms Accepted

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



eye etiquette
OPTICAL BOUTIQUE

189-2401C Millstream Road,
Millstream Village

250-474-1941



www.EyeEtiquetteOptical.ca

EVATIK
THE EYES HAVE IT

STORE #2

NOW OPEN

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

