

Autumn

ACTIVITY GUIDE

SEPTEMBER – DECEMBER 2026



Registration for PSP Programs

Regular Members: August 10

Everyone Else: August 17

NATIONWIDE FREE SHIPPING FOR ALL CF ONE MEMBERS



CANEX
a division of cfmws

canex.ca

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177 Belmont Road

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\$20 OFF*
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- **MILLSTREAM**
705 TREANOR AVE
- **VICTORIA**
2353 DOUGLAS ST
- **LANGFORD**
872 LANGFORD PKWY

This program guide is brought to you by:



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



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

LEGEND

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

ACTIVITY PROGRAMS

Registration/Contacts.....	5
Facilities	7
MFRC Get Involved.....	8
CPAC Facility Rental Rates	9
Naden Athletic Centre Gym Terms and Conditions	10
Naden Athletic Centre Gym Memberships	11
Wurtele Arena	12
Messes	13
PSP Birthday Parties	15
Special Events	16
Early Years Programs	20
MFRC Early Years Children's Resources and Services.....	21
PSP School Age Programs	22-23
MFRC School Age Services.....	24-25
PSP Camps.....	26-27
PSP Shotokan Karate	28
Adult	
PSP Recreation Sports	29
PSP Arts and Enrichment	29
MFRC Work-related Absences and Deployment	
Resources and Services	30-31
MFRC Community Integration	32-33
MFRC Social and Mental Wellness	
Resources and Services	34-35
MFRC Francophone, Veterans, and	
Transition Resources	36
PSP Aquatics / Swim Lessons	37-40
PSP Sports.....	41
PSP Fitness.....	42
PSP Health Promotion.....	43
PSP Clubs.....	44

STORIES

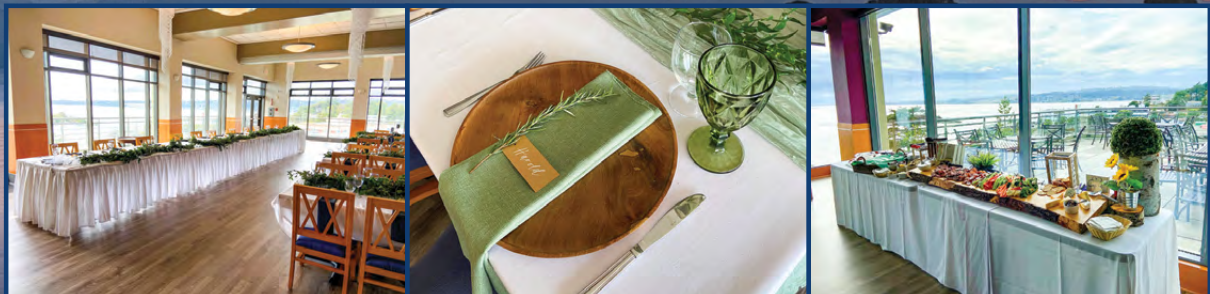
A New Chapter Takes Root for the Work Point Garden Club ...	45
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Cover incorporates AI-assisted enhancements as part of the design process.



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

REGISTRATION

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

CANCELLATION POLICY

IF WE CANCEL

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

IF YOU CANCEL

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

PSP PROGRAMS:

All refunds will be given back to the individual by the method they paid. If the payment was completed by cash we will refund by Manual Cheque Request.

PLEASE NOTE:

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

CONTACTS

PERSONNEL SUPPORT PROGRAMS

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

FITNESS & SPORTS

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

RECREATION

Colwood Pacific Activity Centre Front Desk	250-363-1009
Manager, Community Recreation / RV Compound / Clubs / Rec Front Desk	250-363-1008
Community Rec Coordinator / Child/Youth Programs / Adult Programs	250-363-2989
Community Rec Coordinator	250-363-2648
Aquatic Supervisor / Swim Lessons	250-363-4070
PSP Recreation	recreationcpac@forces.gc.ca

HEALTH PROMOTION PROGRAMS

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

LOOKOUT NEWSPAPER & SPONSORSHIP

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

MILITARY FAMILY RESOURCE CENTRE

Information Line	250-363-2640
Toll-Free	1-800-363-3329
MFRC Intake (Family Wellness & Counseling Team)	778-533-7736

WEBSITES & SOCIAL MEDIA

Pacific Fleet Club

cfmws.ca/esquimalt

Chief and POs' Mess

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

Lookout Newspaper and Publishing

lookoutnewspaper.com

f /LookoutNewspaperNavyNews

IG @lookoutnewspaper

MFRC

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

f /esquimaltmfrc

IG /@esquimaltmfrc

Naden Athletic Centre

f /pspesquimaltnaden

Navy Run

cfmws.ca/esquimalt/esquimalt-navy-run

Personnel Support Programs & PSP Recreation

cfmws.ca/esquimalt

f /pspesquimaltcpac

PSP Recreation Online Registration

bkk.cfmws.com/esquimaltpub/

Wardroom

wardroom.ca

AUTUMN 2026 ACTIVITY GUIDE

Views and opinions in this guide are not necessarily those of the Department of National Defence. Mailed under Publication Mail Agreement #40064821 Victoria B.C.

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CFB Esquimalt is excited to present

The future home of the Work Point MFRC



Information & Referral Services
Welcome Services



Workshops for all ages
Support for children & youth
Space for community gatherings



Deployment Support
Counselling & Wellness programs

**In an inclusive and
accessible environment**

For more information,
please visit:



Coming to 316 Anson St.
Fall/Winter 2026

Military Family Resource Centre (MFRC)



Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

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

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

Phone: 250-363-2640

Toll Free: 1-800-353-3329

Email: info@emfrc.com

Fax: 250-363-2677

MFRC Out of School Care

720 Galiano Crescent, Belmont Park, Colwood

MFRC Family Wellness and Counselling Team (FWCT)

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

MFRC Intake line: 778-533-7736

Email: intake@emfrc.com

Family Information Line

The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. They serve Canadian Armed Forces members, Veterans and their families and are available 24 hours a day. Their counsellors are a team of helping professionals. As trained counsellors they are there to support you in a safe space.

You are not alone! 1-800-866-4546

Quick MFRC Program Registration QR Link:



Personnel Support Programs (PSP)



Colwood Pacific Activity Centre (CPAC)

2610 Rosebank Road, Colwood (off Ocean Blvd)

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

Hours of Operation

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

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

Sat & Sun: open for scheduled programming only

Closed all Statutory Holidays

Facility Includes:

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

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

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

Fleet Fitness and Wellness Centre (Dockyard)

Building 22, Dockyard

Hours of Operation

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

Facility Includes

- Weight Room & Cardio Equipment
- Change Rooms
- Showers
- Day Lockers & Rental Lockers (limited availability)

Please provide Military/DND ID.

Patrons must respect all facility policies: *please see Naden Athletic Center (NAC).*

The Fitness and Wellness Centre has a well-equipped facility and fitness programs for military and DND employees. See PSP Staff for updated schedules or call **250-363-2074** or email pspgymnac@gmail.com. Schedules may change without notice.

Please also check: cfmws.ca

PLEASE NOTE:

MFRC programs are listed in BLUE and PSP programs are listed in RED

Contact information for registration and support differ and can be found under the contacts section 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!



MFRC ESQUIMALT

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 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 the MFRC at: absence.support@emfrc.com

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.

Naden Athletic Centre

Terms and Conditions for Gym Membership and Drop-In

Cancelling PSP PLAN

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

PSP PLAN Extensions/Holds (Set Fee Plans Only)

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

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

Suspensions

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

Admittance

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

Conduct

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

Prohibited Items and Activities

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



Violation of Policies or Rules

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

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

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

Naden Athletic Centre (NAC) | Building 88, Naden

Hours of Operation

Mon – Thu: 5:30am – 9:30pm

Fri: 5:30am – 7:00pm

Sat & Sun: 8:00am – 6:00pm

Stat: 8:00am – 1:00pm

**Schedule may change without notice.

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

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

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

Facility includes

- One large gym floor
- One smaller gym floor
- Five-lane swimming pool (25 meter)
- Leisure wading pool
- Steam room
- Large hot tub
- Two weight-training rooms
- Cardio Room
- Three squash courts
- Colville Sports Field (ball diamonds and / or a Soccer field)
- Two outdoor volleyball courts
- One CAF FORCE evaluation centre
- Please also check: cfmws.ca/esquimalt/facilities

Sports Equipment

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

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

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

Please contact the Facilities Coordinator at **P-ESQBADMPSPFacilityBooking@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 15. For all other inquiries, call the NAC Kiosk at **250-363-5677**.

Naden Athletic Centre

Centre athlétique Naden



NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

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

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

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

For Military Families a copy of members MPRR with dependents listed is required to gain free access.
For specific gym membership questions contact the front desk at 250-363-5677 or email RecreationCPAC@forces.gc.ca.

Prices are subject to change without notice.

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

PLEASE NOTE: MFRC programs are listed in BLUE and PSP programs are listed in RED

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

10 Punch Pass

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

Drop-In Rate

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

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

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

Facilities



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

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

HOURS OF OPERATION

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

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

DROP-IN SKATE

All skaters are advised to wear CSA helmets.

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

SHINNY

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

DROP-IN UNIT SHINNY

- Morning drop-in Shinny Hockey for members of the Formation
- Tues - Fri 7:00am - 8:30am
- All abilities are welcome!

EQUIPMENT REQUIREMENT

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

TO RESERVE THE ICE OR FOR MORE INFORMATION

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

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

Note: military training takes priority on all bookings.

There is no birthday party booking at our arena. For a Birthday Party booking, please see page 15.

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

Messes

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

Vision

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

Junior Ranks Mess

Building 40, Naden

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

Hours of Operation: cfmws.ca

Phone: 250-363-3735

Location: Naden Building 40 by the small boat jetties.

The Chief and Petty Officers' Mess

1575 Lyall Street

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

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

Hours of Operation:

The Mess Office is open daily

Mon – Fri 8:00am – 3:00pm

Bar hours daily

Mon – Fri 11:30am – 1:00pm and 4:00pm – 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.

cfmws.ca

Naden Wardroom

1586 Esquimalt Road

Also known as the Officers' Mess, this building was opened in April 2000 and overlooks beautiful Esquimalt Harbour. Perfect for your upcoming wedding, banquet, Christmas party, retirement. The space accommodates up to 220 ppl.

Hours of Operation:

Wed – Fri 11:30am – 1:00pm

Wed – Fri 4:00pm – 7:00pm

Check wardroom.ca for updates

The Gunroom

1367 Victoria View Road

The Gunroom overlooks the beautiful Inner Harbour.

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

Hours of Operation:

Tue 11:30am – 1:00pm

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

Fri 11:30am – 10:00pm

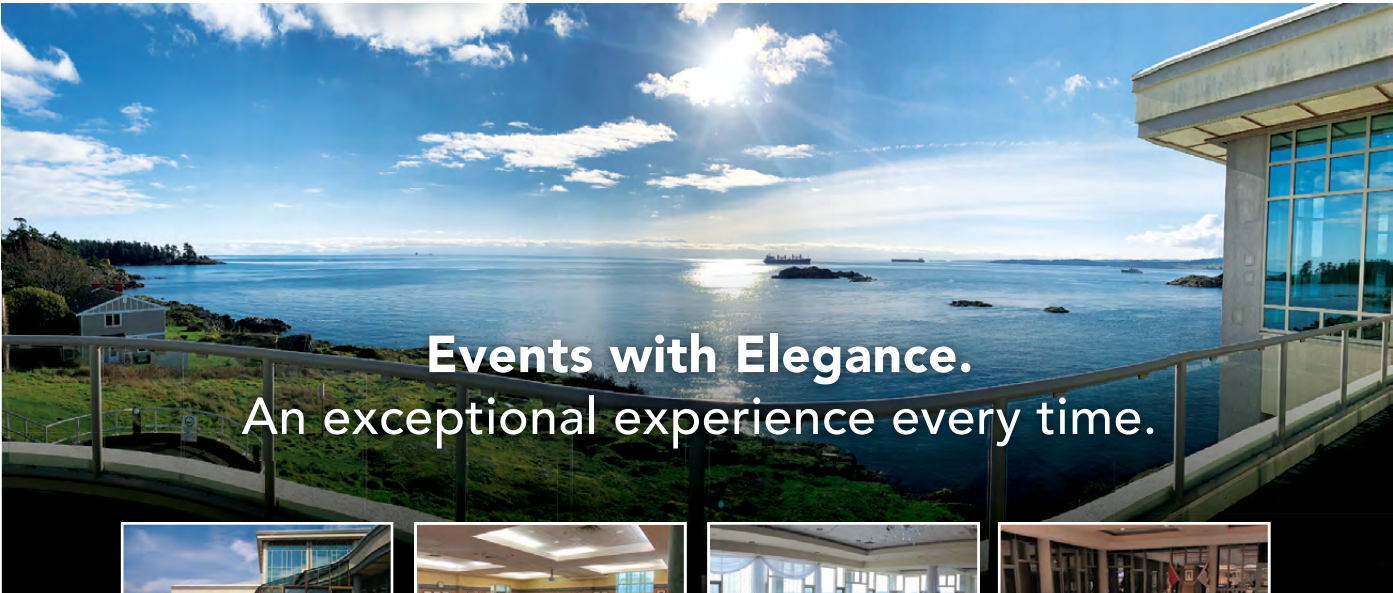
Sat 5:00pm – 10:00pm

Check wardroom.ca for updates

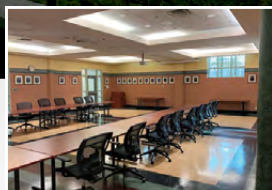
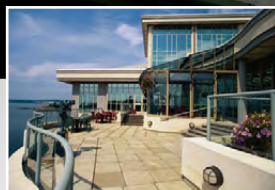
General information: 250-363-5322

Event Booking: 250-363-2689





Events with Elegance.
An exceptional experience every time.



CFB Esquimalt's
Chief and Petty Officers' Mess

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

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

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

Book your event now,
contact Rita Hunt

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

For details visit:
www.cpomess.ca

Book your birthday party with PSP Recreation!

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

Registration Open for Autumn 2026 Birthday Parties

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

PSP Provides:

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

Parents Provide:

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

Additional Participants:

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

Facility Agreement & Waivers:

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

Cancellations:

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

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



PSP Birthday Parties

BIRTHDAY PARTY REGISTRATION DATES		
Season	Regular Registration Date (CAF and Veteran)	Ordinary and Associate (Non-Military)
All Dates Open at 12pm		
January - March 2027	November 2, 2026	November 9, 2026
April - June 2027	January 4, 2027	January 11, 2027
July - August 2027	March 1, 2027	March 8, 2027
September - December 2027	May 31, 2027	June 7, 2027

R = Regular, O = Ordinary, A = Associate

BIRTHDAY PARTY THEMES AVAILABLE

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

Bouncy Castle Birthday (3 years+) • PSP

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

Bouncy Castle Options	
Obstacle Course	R: \$195 O/A: \$215
Large Bouncy Castle	R: \$190 O/A: \$210
Small Bouncy Castle	R: \$190 O/A: \$210
Combo 1: Obstacle Course and Small Bouncy Castle	R: \$220 O/A: \$240
Combo 2: Obstacle Course and Large Bouncy Castle	R: \$225 O/A: \$245
Combo 3: Small and Large Bouncy Castle	R: \$220 O/A: \$240

Kindergym Party (0-3 years) • PSP

R: \$220 O/A: \$240 (Includes a small bouncy castle)

Sports Spectacular (All ages) • PSP

R: \$195 O/A: \$215

Nerf Gun Party (7-14 years) • PSP

R: \$195 O/A: \$215

Party Theme by You (All ages) • PSP

R: \$155 O/A: \$175

Location: Colwood Pacific Activity Centre
Dates: Saturdays and Sundays
Time: Various 2-hour time slots available

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

Pool Birthday Parties on Saturdays! • PSP

Come celebrate your birthday with us! Included when you book a pool birthday party is one room at Naden Athletic Centre to host your party, as well as access to the pool for two hours. All birthday party guests (18 and younger) who are swimming are required to take a swim test with a lifeguard. Limited to 10 kids per birthday party.

Location: Naden Athletic Centre Pool
Dates: Saturdays from July-August
Time: 1:00pm - 4:00pm
Cost: \$200



Special Events

Register for any of the following PSP Special Events 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.

Military Appreciation Day at Wild Play Victoria or Nanaimo • PSP

For 1 day only Wildplay will be doing a military appreciation day at their Victoria and Nanaimo location. Stop by with your military ID to save and enjoy the adventure courses offered at the location (kids, regular and extreme).

Location: Wildplay, Victoria and Nanaimo

Date: Mon, Sept 21

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

Family Halloween Dance • PSP

Join PSP 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: Thurs, Oct 22

Time: 6:00pm - 8:00pm

Cost: \$5.00/person

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

Jolly Days • PSP

Come join us for some fun on the ice and a swim in the pool. We will have fun activities planned to celebrate the holiday season. 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: Sun, Dec 6

Time: 11:00am - 12:30pm

Location: Wurtele Arena

Cost: Free

Holiday Swim

Date: Sun, Dec 6

Time: 1:00pm - 3:00pm

Location: Naden Pool

Cost: Free



MFRC Community Engagement

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



Dockyard Ghost Walk

• MFRC

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

Join us for eerie tales and family friendly fun!

Priority registration Sept 16th (Newly posted families and those with an absent family member) Regular registration Oct 1st (all other military families)

Location: Dockyard Gate 1550 Esquimalt Rd

Date: Sat, Oct 24

Time: 6:00pm - 8:00pm

Cost: Free

- Priority Registration Sept 16th (Newly Posted & those with an Absent Military Member)
- Regular Registration Oct 1st (All other Military Families)

**MFRC Program
Registration
QR Link:**





CFB ESQUIMALT

Formation FUN Day



STEP RIGHT UP!



**SATURDAY,
SEPT. 12**

**1200 – 1600
WORK POINT**

**NIXON BUILDING
AND SURROUNDING
GRASSY AREA**

FREE!

**MARKET
PLACE**

BBQ

RIDES

FOOD & DRINKS

GAMES

PRIZES

ATTRACTIONS

**COTTON
CANDY!**

BALLOONS

SUPER HEROES

PRINCESSES!

*Open to the Defence community including CAF members,
veterans, base employees, and their families for their support and sacrifice.*

THANK YOU TO OUR SPONSORS:

BMO | Official bank of the
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ESQUIMALT

lookoutnewspaper.com/formation-fun-day/

THE LAST FRIDAY OF EVERY MONTH FORMATION



Check us out on Instagram
@pspesquimalt for the most
up to date information from
month to month.

ORGANIZED BY PSP FITNESS AND SPORTS

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

Check lookoutnewspaper.com/events for your next run!

MFRC ESQUIMALT

Our Vision

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

Our Mission

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

Our Credo

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



Photo supplied by Esquimalt MFRC

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: TBD
Times: TBD
Cost: Free

Stay & Play (0-5 years) • MFRC

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

Please note this program is not designed for childcare providers bringing multiple children.

Location: Out of School Care Building, 720 Galiano Cres
Date: Wed, Sept 9 - Dec 16
Time: 10:00am - 11:30am
Cost: Free

**No groups on Stats (Sept 30 & Nov 11)*

Kindergym (0-5yrs) • PSP

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 14 - Dec 9*
Time: 9:30am - 11:30am DROP-IN
Cost: \$2.50/child (including tax), infants under the age of 1 are free

**Program is occasionally cancelled due to military bookings - please check our social media pages*

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.*



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.

Supporting Children Through Absence Corner at Stay & Play (0-5 years) • MFRC

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 years) • MFRC

Location: CPAC
Dates: Tues, Aug 18 - Oct 6
 Oct 20 - Dec 8
 9:30am - 10:45am or
 1:00pm - 2:15pm

Children's Resources and Services

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

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

Location: CPAC

Ages 6-17 months

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

Date: Tue, Thurs, Fri

Time: 9:00am – noon

Cost: \$15 per 3-hour session

Date: Tue, Thurs

Time: 1:00pm – 4:00pm

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

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

Location: CPAC MFRC

Dates: Tue, Wed, Thurs & Fri: 9am – noon,

Tue, Thurs & Fri: 9am – noon

Tue & Thurs: 1:00pm – 4:00pm

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.

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!

MFRC Daycare • MFRC

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

Important MFRC Daycare Waitlist Information • MFRC

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



"Welcoming Your Baby" Kit • MFRC

Expectant Military 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>



Friday Night Activities



Register for any of the following PSP School Age Programs

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

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

■ = MFRC ■ = PSP

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

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

Registration Dates for Autumn Programs

Regular Members (CAF & Veteran):

August 10 at 12:00pm

Ordinary & Associate (everyone else):

August 17 at 12:00pm

(Open to ALL – non-military welcome)

PANAGO

PSP Movie Nights (5-12 years) • PSP

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.

Location: CPAC

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$10.00 per child

DATE	MOVIE
September 18	Toy Story 5
October 16	The Sheep Detectives
November 13	Minions & Monsters
December 4	Klaus

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) • PSP

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.

Location: CPAC

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$10.00 per child

DATE	THEME
October 2	Bouncy Castle Bonanza
October 30	Lazer Light Show
November 20	Nerf Mania

Splash & Play (5-12 years) • PSP

This program is a fun swim at the JDF pool followed by games and activities back at CPAC. Drop the kids off at the pool, and we will walk back to CPAC for a light snack and fun! Parents also have the option of packing dinner.

Location: Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Date: Fridays

Time: 5:00pm - 8:00pm

Cost: \$16.50 per person

DATE	GAME THEME:
September 25	Card Craziiness
October 9	Sports Spectacular
November 6	Arts & Crafts

Leadership Courses

(Open to ALL – non-military welcome)

Jr. Leader Program

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

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: \$32.00 per day

**Cost covers out-trips, swimming, uniform for the day, and additional resources*

Date: Program available whenever camps are running

Time: 9:00am - 4:00pm

Location: TBD on which camp the Jr Leader is assigned to

Please contact recreationcpac@forces.gc.ca

Attn: Children and Youth Program Supervisor if interested in this program.

Red Cross Stay Safe

(9 years+) • PSP

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

Dates: Sat, Nov 7

Time: 9:00am - 2:00pm

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

*Book fee \$12

Red Cross Babysitters Course

(11 years+) • PSP

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

Instructor: Irina Mielecka

Location: CPAC

Date: Sat, Oct 3

Time: 9:00am - 4:00pm

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

*Book fee \$12



Our HIGH FIVE certified staff will help ensure your child makes new friends, learns new skills, and has a PLAY filled experience!

As a part of the PSP HIGH FIVE® framework, the HIGH FIVE® Design Guidelines serve as the foundation to our program principles. "Welcoming of Diversity and Uniqueness" is key to ensuring quality programming.



Children & Youth Services

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

Out of School Care 2026-2027 • 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>

Children's Deployment Workbooks and Parent Guide • MFRC

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

Absence and Relocation Literacy Kits • MFRC

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



Supporting Children Through Absence

Supporting Children Through Absence • MFRC

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

Quick MFRC
Program
Registration
QR Link:



Kindergarten - 12 years old

Location: CPAC
Date: Thur
Time: 5:45pm - 7:00pm
Cost: Free
Dates: Sept 3 - Oct 8
Oct 22 - Dec 10

5-8 years old

Location: CPAC
Date: Thur
Time: 3:30pm - 4:45pm
Cost: Free
Date: Aug 20 - Oct 8
Oct 22 - Dec 10

9-12 years old

Location: CPAC
Date: Wed
Time: 3:30pm - 4:45pm
Dates: Aug 19 - Oct 7
Oct 21 - Dec 9

Children & Youth Services



FAST Friends • MFRC

Fast Friends is an inclusive program for tweens and young teens looking to make new connections in their community. We have two age groups, Juniors group for ages 5-9 and Seniors group for 10 - 14 yrs. We offer inclusion support at all our Fast Friends programs please let us know how we can support your child make positive connections at Fast Friends!

Sr. FAST Friends: Bookish Night (10-14 years) • MFRC

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: Wed, Sept 23
Time: 5:00pm - 6:30pm
Cost: Free

Register for any of the following MFRC School Age 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.

Jr. FAST Friends: Halloween Night (5-9 years) • MFRC

Our junior group is invited to join us for some Halloween themed games and crafts in October!

Location: CPAC
Date: Wed, Oct 21
Time: 5:30pm - 7:00pm
Cost: Free

Sr. FAST Friends: Beach Art Night (10-14 years) • MFRC

This month we are inviting our Fast Friends to join us for some Beach & Coastal art.

Location: TBD
Date: Wed, Nov 4
Time: 6:00pm - 7:30pm
Cost: Free

Jr. FAST Friends: Out of the Box: Forts and Games (5-9 years) • MFRC

In November, the Jr. Fast Friends will enjoy making forts with cardboard and child safe tools in the gym.

Location: TBD
Date: Wed, Nov 18
Time: 5:30pm - 7:00pm
Cost: Free

Sr. & Jr. FAST Friends: Holiday Night & Gingerbread Night! (5-14 years) • MFRC

Join us for an evening of Holiday fun with the MFRC. Friends can build their own gingerbread creations to take home and enjoy other holiday games and crafts.

Location: CPAC
Date: Wed, Dec 2
Time: 5:30pm - 7:00pm
Cost: Free



MFRC

Fast Friends & Jr. Fast Friends

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. Detailed schedules will be provided closer to the date of the camp.

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

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

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

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

R = Regular, O = Ordinary, A = Associate

LOCATION	DATE	REGISTER BY	TIME	COST
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	Monday, September 21 Friday, October 23 Friday, November 27	Friday, September 11 Friday, October 9 Friday, November 13	Camp Day: 7:30am - 5:00pm Structured camp programming occurs between the hours of 9:00am - 4:00pm	R \$45 / O \$50 / A \$55

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

Winter Break Camps • PSP

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.

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)

R = Regular, O = Ordinary, A = Associate

LOCATION	DATE	REGISTER BY	TIME	COST
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	December 21-24* (Mon-Thurs)	Monday, December 7	Camp Day - 7:30am - 5:00pm *December 24 - 7:30am - 12:00pm	R \$140 / O \$148 / A \$154
Colwood Pacific Activity Centre 2610 Rosebank Road (Westshore)	December 29-31 (Mon-Thurs)	Monday, December 7	Camp Day - 7:30am - 5:00pm	R \$160 / O \$168 / A \$176

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

Inclusion Support Spaces • PSP

Our aim is to welcome and support all children to the highest level. However, with rapidly increasing needs, we continue to face challenges particularly around funds available and finding qualified staff. For Pro D Day and Winter Break camps, we are not currently able to accommodate children with 1:1 or higher-level needs. There will be limited spaces available for children with occasional inclusion support needs. Priority will be given to Military families. For more information on our inclusion support process, please visit our website or contact us at 250-363-1009.

<https://cfmws.ca/esquimalt/psp-camps-in-esquimalt/inclusion-support-for-camps>



Our HIGH FIVE certified staff will help ensure your child makes new friends, learns new skills, and has a PLAY filled camp experience!

As a part of the PSP HIGH FIVE® framework, the HIGH FIVE® Design Guidelines serve as the foundation to our program principles. "Welcoming of Diversity and Uniqueness" is key to ensuring quality programming.



Register for any of the following PSP Camp Programs

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Naden Athletic Centre Kiosks.

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

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

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.



REGISTRATION DATES FOR ALL WINTER CAMPS

**REGULAR MEMBERS
(CAF & VETERAN):**

AUGUST 10 AT 12:00PM

ORDINARY & ASSOCIATE:

AUGUST 17 AT 12:00PM

Hours for Winter Camps!

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

The majority of our structured programming will occur
between 9:00am - 4:00pm. You will be asked to provide an
estimated time of drop off and pick up during registration.

REGISTER for Shotokan Karate

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

AUTUMN REGISTRATION OPENS:

REGULAR MEMBERS
(CAF & VETERAN):
AUGUST 10, 12:00PM

ORDINARY & ASSOCIATE:
AUGUST 17, 12:00PM



Shotokan Karate

Combo Class

(Adults 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. Benefits of the program include:

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

Beginners are always welcome throughout the year!

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



Fall 2026

New this fall: participants will pay one registration fee and can attend any of the 4 classes per week. Recommendation is to attend minimum 2 classes per week at a consistent location.

Colwood Pacific Activity Centre

Dates: Sept 15 – Dec 17

Time: Tues/Thurs, 6:30pm – 8:00pm

Naden Athletic Centre

Dates: Sept 14 – Dec 16

Times: Mon/Wed, 6:30pm – 8:00pm

Cost: Child (Under 18 yrs) - \$154.00 Regular / \$182.00 Ordinary / \$224.00 Associate
Adult - \$224.00 Regular / \$252.00 Ordinary / \$294.00 Associate

Additional Advanced Training

(Minimum Orange Belt or by instructor invitation)

Dates: Sept 18 – Dec 18

Time: Fri, 5:45pm – 6:45pm

Cost: All ages - \$56.00 Regular / \$64.00 Ordinary / \$80.00 Associate

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PSP programs are listed in **RED**.

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found under the contacts section in the front of the guide or at the
beginning of each section of programming.

Recreation Sports

Reserved Squash Courts (NAC) • PSP

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

Contact us now to book your preferred time slot easily by calling us at **250-363-5677** or click here to Book/Request Online: <https://bkk.cfmws.com/esquimaltpub/facilities/index.asp>

Location: Naden Athletic Centre (NAC - N88)
Dates/Times: Mon - Thurs 5:30am - 8:00pm
 Fri 5:30am - 6:30Ppm
 Sat & Sun 8:30am - 5:30pm

SQUASH COURT PRICE CHART

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

* Gym is only open until 7:00pm Fridays.

Reserved Pickleball Court (CPAC) • PSP

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

Book/Request online at <https://bkk.cfmws.com/esquimaltpub/facilities/index.asp> or contact CPAC directly at **250-363-1009** to secure your preferred time. Each guest can book up to two weeks in advance. See you on the court!

Price: Full size Legal court - \$16 per hour
 Practice Court (slightly below regulation size) - \$12 per hour
 Court booking fee includes up to 4 players.
 Additional players pay the gym drop-in fee.

Location: CPAC
Dates: Sept 21 - Dec 18
 Mon, Wed & Fri
Times: Full Size - 12:30pm - 3:00pm
 Practice Size - 3:00pm - 6:00pm (M + F Only)

Autumn Registration Opens

AUGUST 10, 2026

Regular Members (CAF & Veteran),

AUGUST 17, 2026

Ordinary & Associate (everyone else),

AT 12:00PM

Register for any PSP Adult Program

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

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



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Arts & Enrichment

Makers with Mocktails • PSP

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

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

Location: CPAC
Price: R: \$30 / O: \$35 / A: \$40
Dates: Fridays 6:15pm - 8:00pm
 Nov 13
 Gnome-Vember
 Yard Ornaments
 Dec 4
 Teacup Holiday
 Centrepiece



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 Max Bernays
- HMCS Protecteur
- HMCS Robert Hampton Gray
- HMCS Winnipeg
- Submarines (HMCS Chicoutimi, HMCS Corner Brook and HMCS Victoria)
- HMCS Calgary
- HMCS Ottawa
- HMCS Regina
- HMCS Vancouver
- MV Asterix

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.



Resources & Services During Absences

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 the MFRC, Dockyard Fleet Mail Office and Naden Mailroom during regular business hours. This service is available at the MFRC under the direction of the Fleet Mail Office (250-363-2176). For more information and mailing guidelines, check out our How to Send Morale Mail webpage.

Care Package Collection Box for Deployed Members • MFRC

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

Monthly Information Sessions for Deployed Ships • MFRC

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

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

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

Deployment & Absence Resources and Services Webpages • MFRC

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

Banner Making Event & Pickup Kits • MFRC

Is your family member or friend currently deployed/away for work-related reasons and returning home soon? Join us for banner making as we prepare for their homecoming! Connect with others as you create welcome home banners and decorations with materials provided by the MFRC. Watch your Family Network for details and registration information.

Location: TBD

Dates: TBD

Cost: Free

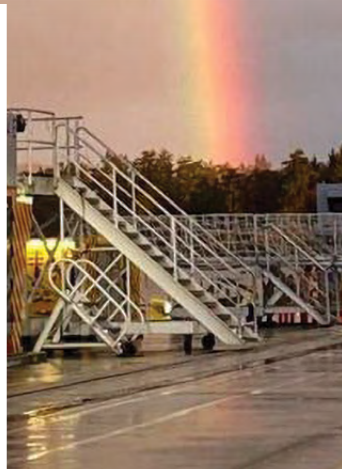
Banner-making kits are also available for pickup during regular business hours at the MFRC. Email absence.support@emfrc.com to reserve your kit and arrange a pickup time.

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

Check out the Early Years and School Age sections on pages 20 and 24 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.



Deployment and Absences Support



Register for any of the following MFRC Adult Programs

by visiting
cfmws.ca/esquimalt



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.

Location: CPAC/Virtual
Date: Thur, Sep 17 – Dec 17
Time: 6:00pm – 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>



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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 events, other employment resources or visit a WorkBC office today!



MFRC Fall Program Kick Off – Ice Cream Social • MFRC

The MFRC team is inviting you to drop in to meet other military families, MFRC Staff, and Volunteers while you check out our fall program line up. An Ice Cream Sundae bar will also be offered!

Our front desk will be open late during this event. You can drop off morale mail, pick up a Welcome package, or have an MFID made.

For more information on MFIDs, please see page 33. Please register online.

Location: CPAC
Time: 5:30pm – 7:00pm
Date: Sept 16
Cost: Free

Community Integration

Join the Military Spousal Employment Network (MSEN)

• MFRC

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

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

MFRC Information Line

• MFRC

MFRC staff members are ready to take your call. They can answer your questions, provide assistance or do the research to find the information you need.

Call 250-363-2640

(toll free: 1-800-353-3329).

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>

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

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) • MFRC

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, Sept 15 / Oct 6 / Nov 3 / Dec 1

Time: 10:30am – 12:00pm

Cost: FREE

(Offered on an alternate Tuesday in Sept to match school schedule)

*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>





Learn about
Family Wellness
Support



Register for any
MFRC Program



or visit
cfmws.ca/esquimalt

Social and Mental Wellness Resources and Services



Community Kitchen • MFRC

Enjoy cooking delicious meals and connect with other Military families in this fun and professionally facilitated 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: TBD
Date: Fri, Oct 23
Time: 9:00am - 12:00pm
Cost: Free
Date: Fri, Nov 27
Time: 9:00am - 12:00pm
Cost: Free



Wellness Wednesdays • MFRC

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

Mindful Creativity (10+ years)

Date: Wed, Oct 21
Time: 6:00pm - 8:00pm
Cost: Free
Location: TBD

Sound Healing and Movement (Adult Workshop)

Date: Wed, Nov 18
Times: 6:00pm - 8:00pm
Cost: Free
Location: TBD

Social and Mental Wellness Resources and Services

Youth & Mental Health • MFRC

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

Diverse Support Needs • MFRC

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

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

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

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.

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Mental Health Support



Register for any MFRC Program



or visit
cfmws.ca/esquimalt



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.

Date: Thurs, Oct 8
Time: 9:00am – 4:00pm
Cost: Free
Location: CPAC
 Contact kaitlynlariviere@emfrc.com for more details or to register.

Register for any of the following **MFRC** Programs

by visiting cfmws.ca/esquimalt



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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.

Francophone

Cours de langue seconde • CRFM

Aimez-vous apprendre l'anglais? Sentez-vous le besoin d'améliorer votre anglais pour mieux communiquer avec votre partenaire, 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 17 – dec 17
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
 (rue 1550 Esquimalt)
Sam, oct. 24
18h00-20h00
Gratuit



Swim Lessons

Aquatics Registration

**REGISTRATION OPENS
AUGUST 10, 2026 (R),
AUGUST 17, 2026 (O, A)**

**REGISTER ONLINE
for any of the following Aquatic Programs**

If you require additional support,
feel free to drop by or call our kiosk staff at
the Naden Athletic Centre 250-363-5677 or at
Colwood Pacific Activity Centre
250-363-1009!

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

Private Swimming Lessons • PSP (for all ages)

Do you or your child want to improve a skill, need extra help passing a level or find one on one settings better? Private Swimming Lessons are the program for you! This program is for all ages, and the instructor will work with you to help you meet your goals. Lessons will be scheduled for 30-minute sessions.

Location: Naden Athletic Centre Pool
Date: Sept 14 – Nov 28 (11 sessions)
Time: Mon. to Thurs. 4:30pm – 8:00pm
Sat. 9:00am – 1:00pm
Cost: \$308 – Single Person
\$374 – Semiprivate

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

Lifesaving Society Swim Lessons • PSP

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

Location: Naden Athletic Centre Pool
Date: Sept 14 – Nov 28 (11 sessions)
Time: Mon. to Thurs. 4:30pm – 7:30pm
Sat. 9:00am – 1:00pm

FALL 2026 SWIM LESSONS

CLASS	MONDAY	TUESDAY	THURSDAY	SATURDAY
PARENT AND TOT (2-3YRS OLD)				
Seahorse				9:30am - 10:00am
PRESCHOOL (3-5YRS OLD)				
Octopus	4:30pm - 5:00pm	4:30pm - 5:00pm		9:00am - 9:30am
Crab	4:30pm - 5:00pm	4:30pm - 5:00pm		11:15am - 11:45am
Orca	5:30pm - 6:00pm	5:30pm - 6:00pm	5:00pm - 5:30pm	
Sea Lion	5:30pm - 6:00pm	5:30pm - 6:00pm		
Narwhal			5:30pm - 6:00pm	
SCHOOL-AGE (6-12YRS OLD)				
Swimmer 1	5:00pm - 5:30pm	5:00pm - 5:30pm	4:30pm - 5:00pm	9:30am - 10:00am
Swimmer 2	6:15pm - 6:45pm	4:30pm - 5:00pm	5:30pm - 6:00pm	10:45am - 11:15am
Swimmer 3		6:00pm - 6:45pm		11:00am - 11:45am
Swimmer 4	6:30pm - 7:15pm		6:15pm - 7:00pm	10:00am - 10:45am
Swimmer 5		6:45pm - 7:30pm		
Swimmer 6		6:45pm - 7:30pm		
ADULT & TEEN (13+YRS)				
Adult & Teen Beginner		7:30pm - 8:15pm		11:45am - 12:30pm
Adult & Teen Intermediate			7:30pm - 8:15pm	
Fitness Swimmer		6:30pm - 7:30pm		

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SWIM FOR LIFE PARENT AND TOT (2-3YRS OLD) AND PRESCHOOL (3-5YRS OLD) SWIM LESSONS DESCRIPTIONS

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

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

SWIM FOR LIFE SWIMMER (5-12 YRS OLD) LESSON DESCRIPTIONS

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

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

Advanced Training

Intermediate/Standard First Aid - Recert • PSP

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

Location: Naden Athletic Centre
Date: Fri, Oct 23
Time: 8:30am - 4:30pm
Pre-requisite(s): None
Cost: \$160

ADULT (13+YRS) SWIM PROGRAM DESCRIPTIONS

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

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



Weekly Watermanic Fun

Join us on Wednesday nights from 6:30-8:00pm for special activities in the pool! Not just for kids, the staff will be pulling out our specialty equipment such as the deep end monkey bars, water running mat, water polo, and more. No extra cost; this swim is included with your drop-in/membership.

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

Pool Birthday Parties • PSP

Come celebrate your birthday with us! Included when you book a pool birthday party is one room at Naden Athletic Centre to host your party, as well as access to the pool for two hours. All birthday party guests 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



■ = MFRC ■ = PSP

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

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

POOL SCHEDULE: SEPTEMBER - DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/	SUNDAY
0600 – 0730 Lap Swim & Clubs	0600-0730 Lap Swim	0600-0730 Lap Swim & Clubs	0600-0730 Lap Swim	0600-0730 Lap Swim & Clubs	0900-1200 Everyone Welcome & Lessons	Bookings Only
0730-1100 Military Training					1200-1600 Everyone Welcome & Birthday Parties	
1100-1300 Everyone Welcome	1100-1300 Lengths & Leisure	1100-1300 Everyone Welcome	1100-1300 Lengths & Leisure	1100-1300 Everyone Welcome		
	1205-1250 Aqua Fit		1205-1250 Swim Skills			
13:00-16:30 Military Training						
1630- 2030 Everyone Welcome and Swim Lessons	11630- 2030 Everyone Welcome and Swim Lessons	1630- 2030 Everyone Welcome and Swim Lessons	1630- 2030 Everyone Welcome and Swim Lessons			

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

Swim Descriptions

Swim Club

Open to members of the Masters Swim Club, to join please contact Sebastian 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 37.

Birthday Parties

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

Military Training

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

Fun Swim

Come join us for fun activities put on by the aquatics team in the pool! Activities will be on a rotational schedule.



■ = MFRC ■ = PSP

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

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

PSP Sports

Yearly Sports Overview 2026

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

Formation Sports • PSP

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 • PSP

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

Formation Teams (CFB Esquimalt Tritons) • PSP

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) • PSP

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

Follow us on Instagram @Esq_Tritons

Visit our website: <https://cfmws.ca/esquimalt/facilities/cfb-esquimalt-sports>

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

NADEN ATHLETIC CENTRE (N88) DROP-IN FITNESS SCHEDULE

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

DOCKYARD GYM (D22) FITNESS SCHEDULE

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

Aqua-Fit

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

FORCE PT

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

FORCE Familiarization

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

Functional Strength

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

Formation PT

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

Mobility

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

Spin

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

Swim Skills

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

Total Body Conditioning

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

Contact Information NAC & Dockyard

Dockyard Fitness & Wellness Centre
250-363-2074

NAC Fitness Cell
250-363-4485

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

Fitness Coordinator
250-363-4495

Health Promotion • PSP

NEW: Inclusion & Respect in Defence (IRD) • PSP

Inclusion and Respect in Defence (IRD) is a newly developed course that aims to establish a foundation for respectful workplace culture. Throughout the course, participants will critically examine appropriate and inappropriate conduct within the Defence Team context and learn how to create a psychologically safer work environment through the promotion of inclusive and trauma informed practices. IRD is a voluntary course and is open to all members of the Defence Team.

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.

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.

Prevent and Respond to Sexual Misconduct (PRSM)

This course was formerly known as Respect in the CAF • 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.

Essential Nutrition • PSP

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



Health Promotion Programs

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

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

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

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

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

250-363-5621



CFB Esquimalt Clubs and Contact Information

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

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

Aquarius Dive Club

aquariusediveclubsesquimalt@gmail.com

Auto Hobby Club

Email - CFBEsqAutoClub@gmail.com

Phone - 250-480-0191 for booking

Canadian Forces Sailing Association

Membership@cfssa.ca

CFMETR Boat Club

cfmetr.boatclub@gmail.com

Golf Association

web site at www.cfbega.ca

Kayak Club

info@pfkc.ca

Model Railway Club

Pierre Bouchard 778-677-1953

Ken Silvester at 250-474-1316

Naden Hockey Club

nadenhockeyclub@gmail.com

www.nadenhockeyclub.com



Online Directory
for PSP Clubs

Power Boat Club

Club 250-360-0905

president@boatclub.ca

Work Point Garden Club

workpointgardenclub@gmail.com





Plots of land maintained by members of the Work Point Garden Club at the new location. Photo: Murray Grant

A New Chapter Takes Root for the Work Point Garden Club

Archana Cini

Lookout Newspaper

Tucked between community buildings and the rhythm of Canadian Forces Base (CFB) Esquimalt operations, the Work Point Garden Club is quietly growing something beyond vegetables and flowers.

The club has now entered a new chapter after relocating to a new garden site, where members are once again digging in, rebuilding plots, and cultivating community together. For those involved, the club has become much more than a hobby space. It is a place of connection, wellness, food security, and calm amidst the many demands of Defence life.

Open to military members, Defence Team employees, dependents, and Non-Public Funds (NPF) staff, the Work Point Garden Club offers allotment plots, shared gardening spaces, tools, and water access for members of all experience levels. Whether growing herbs for the kitchen, tending flowers, or learning how to plant their first seeds, members are welcomed into a collaborative and community-oriented environment.

For Commander (Cdr) Paula McHale, President of the Work Point Garden Club, gardening has long been both a personal passion and a meaningful outlet.

"Living in Esquimalt offers such an incredible opportunity to garden all year long," said Cdr McHale. "I love to grow kale, garlic, potatoes, onions, zinnias, zucchini, herbs... It is so beneficial to spend time outdoors, and many people don't have their own yards to garden in." The club's previous site, located near the Work Point housing area, had become a cherished oasis over the years. According to McHale, the space was alive with hummingbirds, blossoms, and pollinators, while gardeners learned from one another as they tended to their own plots.

"It was truly magical," said Cdr McHale. "It was peaceful, and it was a joy to see things grow there and learn from one another's practices and experiments." When the site was later designated for future Canadian Forces Housing Agency (CFHA) development, the club faced the task of relocating. The move now brought uncertainty and physical labour for many long-time members who had spent years building their soil and gardens.

"Gardening is an act of tinkering and building over time," explained McHale. "The idea of disturbing what was built over decades was experienced as a loss for some members."

Despite its challenges, the transition revealed the strength and resilience of the gardening community itself. Members rallied together to move irrigation systems, establish new plots, transport plants and trees, and prepare the new site for the 2026 growing season.

The new site, located near the RV storage compound and Macauley Elementary School, offers slightly more protection from coastal winds, though members are now tackling invasive Himalayan blackberry bushes and Scotch broom. Even so, optimism is steadily returning.

"Now that the move is behind us, it has been awesome to see so many members working together and pitching in to get established," said McHale. "The fresh start has actually brought members together in the effort."

McHale credited much of the successful transition to the support of club volunteers, Personnel Support Programs (PSP) staff, and Real Property Operations

(RP Ops), who assisted with fencing, water access, and planter boxes to help members quickly begin growing again. Among the many community contributions, members relocated an apple tree from the old site, installed mason bees to support pollination, sourced manure and cardboard for soil preparation, and helped one another rebuild garden spaces from the ground up.

"It will take several years to build up the new garden site," said McHale. "But witnessing the progress will be as satisfying as watching any plant grow in my own plot."

As the growing season matures across Vancouver Island, the Work Point Garden Club continues to offer something increasingly valuable within the Defence community: a shared space to slow down, reconnect with nature, and build community.

-
The Work Point Garden Club welcomes members from across the Defence community to grow, learn, and connect. Individual and allotment memberships are available, with shared garden spaces accessible even when plot waitlists are in place.

Interested in joining? Learn more by contacting workpointgardenclub@gmail.com

Where the right people meet at the right moment

SHIP TO SHORE TRADESHOW

A FREE EVENT

FOR DEFENCE COMMUNITY MEMBERS

October 6, 2026

Naden Athletic Centre

10:00 AM – 2:00 PM

Presented by the Lookout Newspaper, the annual Ship to Shore Tradeshow showcases new technologies, products, connections, and services from industry suppliers and partners.

Highlights from previous years include over 50 vendors featuring underwater drill demos, ready-to-use rust and corrosion samples, customized tools kits display, the latest in safety mask technology, and more!



This year, the upper gym will feature an Industry Connect Hub as a space designed to connect industry and military skills.

Join us and discover what happens when the right people meet at the right moment to open new possibilities for professional growth.

lookoutnewspaper.com/ship-to-shore-tradeshow



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Leah.Pokocky@forces.gc.ca

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



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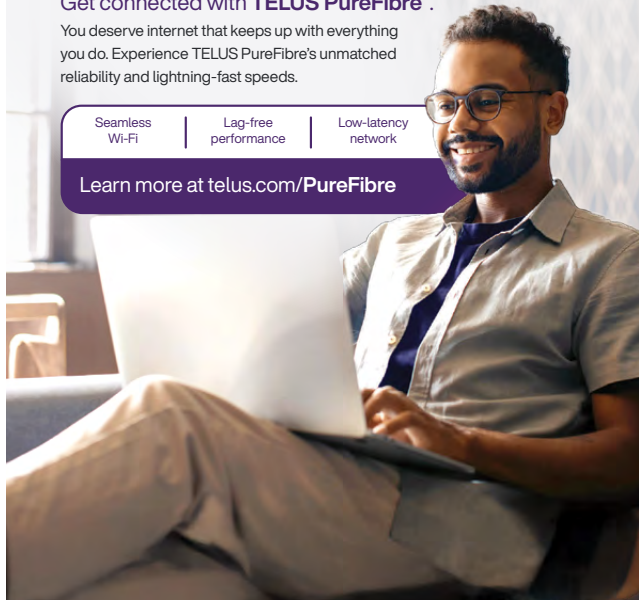
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