



PSP Program GUIDE

FALL 2024



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www.cfmws.ca/winnipeg



FACILITY CALENDAR



<https://bkk.cfmws.com/winnipegpub/calendars/facilities/index.asp>

VOXAIR



www.17wingvoxair.com

Due to the nature of our Military Facility there may be unforeseen interruptions and/or closures therefore programming/facilities may be cancelled.



BUILDING 90 HOURS

	AM	PM
MONDAY	0600	2100
TUESDAY	0600	2100
WEDNESDAY	0600	2100
THURSDAY	0600	2100
FRIDAY	0600	2100
SATURDAY	0900	1800
SUNDAY	0900	1800

BUILDING 90 REDUCED HOURS

SEPTEMBER 2	0900	1500	DECEMBER 24	0600	1400
SEPTEMBER 30	CLOSED		DECEMBER 25	CLOSED	
OCTOBER 14	0900	1500	DECEMBER 26	CLOSED	
NOVEMBER 11	CLOSED		DECEMBER 31	0600	1500
DECEMBER 13	0630	1200	JANUARY 1	CLOSED	
	1600	2100			

BUILDING 90 • 680 WIHURI RD.

FOR MORE INFORMATION PLEASE CONTACT ►
BUILDING 90 FRONT DESK 204-833-2500 EXT. 5139

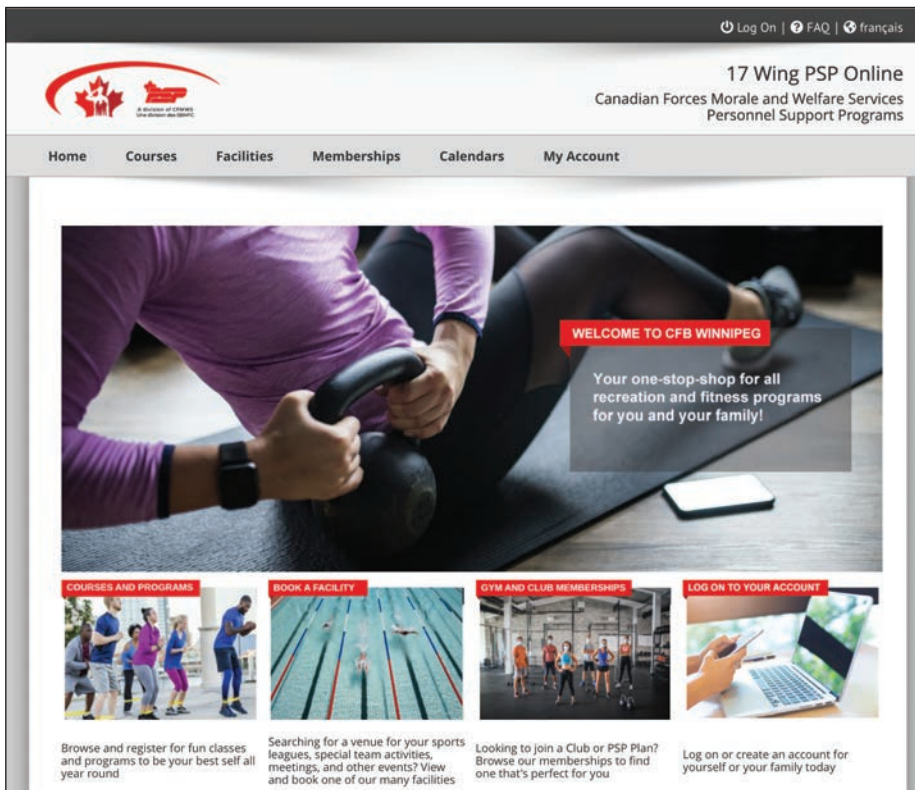
HOW TO REGISTER FOR PROGRAMS

Registration can be completed on-line.

We offer online registration through **BookKing** that you can do from a computer at any time.

To use BookKing you must have an active "Client Account".

DON'T HAVE ONE? Profiles may be created on-line at <https://bkk.cfmws.com/winnipegub> and follow the directions.



FALL SESSION REGISTRATION OPENS

WEDNESDAY, AUGUST 7

for currently serving CAF members & Veterans

FRIDAY, AUGUST 9

for PSP Plan

MONDAY, AUGUST 19

for Non-PSP Plan

Amex, Mastercard, Visa accepted

IF YOU ARE A NON-PSP PLAN AND REGISTER EARLY,
 YOU WILL BE WITHDRAWN AND REQUESTED TO REGISTER
 ON THE NON-PSP PLAN REGISTRATION DATE.

REGULAR MEMBERS

- ▶ Currently serving CAF members (Regular & Reserve Forces) and their dependants.
- ▶ Members of Foreign Military currently serving with the CAF and their dependants.
- ▶ Veterans (former members of the CAF who have successfully completed Basic Military training and have been honourably discharged) and their dependants.

ORDINARY MEMBERS

- ▶ Current DND/NPF/MFRC employees and their dependants.
- ▶ Former DND/NPF/MFRC employees in receipt of a Pension for DND/NPF service and their dependants.
- ▶ Serving RCMP/Coast guard and their dependants.
- ▶ Commissionaires and other full-time contractors employed at a CF location and their dependants.
- ▶ Retired RCMP and Coast Guard.

ASSOCIATE MEMBERS

- ▶ All others

PSP PLAN FEES **ALL PRICES ARE PLUS TAX** AMEX, DEBIT, MASTERCARD, VISA ACCEPTED

REGULAR MEMBERS	SINGLE	FAMILY
Tier 1 Annual – Current Regular / Reserve Force	FREE	\$90
Tier 2 Annual – Vets	\$83	\$90
ORDINARY MEMBERS	SINGLE	FAMILY
Annual	\$103	\$130
ASSOCIATE MEMBERS	SINGLE	FAMILY
Annual	\$392	\$554
6 Month	\$219	\$294
Monthly	\$42	\$55

PSP PLAN CLUB MEMBERSHIP *More information on page 17*

CLUB ACCESS ONLY, INDIVIDUAL CLUB DUES APPLY	SINGLE	FAMILY
Regular Members Tier 1	FREE	\$32
Regular Members Tier 2	\$31	\$46
Ordinary Members	\$31	\$46
Associate Members	\$56	\$83

SPORTS REC LEAGUE MEMBERSHIP

\$25 / person (Includes Tax)

More information on page 18

DAILY DROP-IN FEES

FAMILY

\$12 / family (Includes Tax)

ADULT – 18+ years

\$7 / person (Includes Tax)

YOUTH – 15-17 years

\$4 / person (Includes Tax)

CHILDREN – 14 years & younger

\$3 / person (Includes Tax)

CANCELLATION, REFUND & TRANSFER POLICIES

CANCELLATIONS

- ▶ All activities are subject to cancellation if there is insufficient registration.
- ▶ Please note, due to the nature of our Military facility there may be unforeseen interruptions and/or cancellation of activities.
- ▶ Should it be necessary to cancel an activity, every attempt will be made to re-schedule. However, if we cancel an activity, you are entitled to a prorated refund or you may transfer to another course with space.
- ▶ Register early to avoid activity cancellations.

REFUNDS

- ▶ Refunds for medical reasons with a Doctor's note or for a Military posting with validation, will not have an admin fee applied.
- ▶ Requests received 14 business days prior to the start of the activity will not have an admin fee applied.
- ▶ Should a refund be requested less than 14 days prior to the program start date, there will be an administration fee of 25%.
- ▶ Should a refund be requested after the start date along with the admin fee (25%), the refund will be prorated.
- ▶ If an activity advertises a required non-refundable deposit, no refund will be issued for the deposit.
- ▶ Contact the Community Recreation Coordinator with all refund requests.
- ▶ In the case of a dispute, refund decision will be made by the Community Recreation Manager.

TRANSFERS

- ▶ To transfer to another activity, please contact the PSP Community Recreation Coordinator.
- ▶ Transfers are subject to space availability and PSP Community Recreation approval.

BUILDING 90 FACILITY RULES

ACCESS RULES

- ▶ PSP Plan members must scan in at the front desk every visit.
- ▶ Military members must show their military ID card and receive a free PSP membership card.
- ▶ If you do not have a PSP plan card or Military ID, a drop-in fee must be paid and photo ID every visit.

GENERAL FACILITY RULES

- ▶ All children 12 yrs and under must be supervised by a parent or legal guardian.
- ▶ All patrons must wear suitable attire. A shirt has to be worn at all times. Suitable **non-marking indoor footwear must be worn**. No sandals or hiking shoes permitted.
- ▶ Food, glass containers or drinks (other than water) **are not permitted**.
- ▶ Smoking/vaping is forbidden in the facility.
- ▶ Skateboards, roller blades and/or heelies must be carried while entering the facility.
- ▶ All gym bags etc. must be stored in lockers. We are not responsible for lost or stolen items.
- ▶ Please bring a lock for daily use lockers.

CARDIO & WEIGHT ROOM RULES

- ▶ **Children 12 yrs and under are not permitted.** Youth aged 13-15 must be accompanied and closely supervised by a parent or legal guardian.
- ▶ Patrons are required to wipe down equipment after use.
- ▶ **All weights must be returned to proper weight racks before and after use.**
- ▶ **Spotters are required if there is any uncertainty with a lift.**
- ▶ Slamming or dropping of weights is prohibited.
- ▶ No equipment shall be altered or leave the facility for any reason.
- ▶ Olympic collars are to be used when lifting Olympic bars.

GYMNASIUM FLOOR RULES

- ▶ All children 12 yrs and under must be accompanied and closely supervised by a parent or legal guardian.
- ▶ Equipment must be put away after use, i.e. soccer ball.
- ▶ Proper eyewear must be worn at all times while playing floor hockey.
- ▶ Proper indoor footwear and clothing must be worn.

SQUASH COURT RULES

- ▶ All children 12 yrs and under must be accompanied and closely supervised by a parent or legal guardian.
- ▶ Courts must be reserved no earlier than two days in advance at the front desk (local 5139).
- ▶ Time is limited as per squash reservation schedule (60 minute booking).
- ▶ Bring your own eye protection, must be worn at all times.
- ▶ Indoor, non-marking sneakers are mandatory.

CHECK CFMWS.CA AND FACEBOOK FOR MORE DETAILS AND UPDATES TO SPECIAL EVENTS!

BLDG 90 THEATRE

MOVIE NIGHTS



DOORS OPEN 1830 hrs • SHOW TIME 1900 hrs

PSP PLAN – FREE • NON PSP PLAN – \$3

SNACKS AVAILABLE FOR PURCHASE



FRIDAY

SEPTEMBER 13

BAD BOYS
RIDE OR DIE



FRIDAY

OCTOBER 18

THE FALL GUY



FRIDAY

NOVEMBER 15

DEADPOOL &
WOLVERINE



FRIDAY

DECEMBER 6

SPIRITED

BLDG 90 THEATRE

FAMILY AFTERNOON MOVIES



DOORS OPEN 1500 hrs • SHOW TIME 1530 hrs

PSP PLAN – FREE • NON PSP PLAN – \$3

SNACKS AVAILABLE FOR PURCHASE



SUNDAY

SEPTEMBER 15

IF



SUNDAY

OCTOBER 20

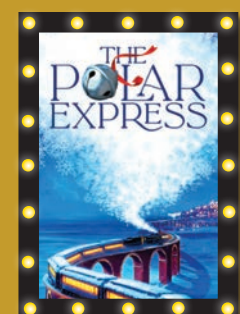
HOCUS POCUS 2



SUNDAY

NOVEMBER 17

DESPICABLE
ME 4



SUNDAY

DECEMBER 8

THE POLAR
EXPRESS

REGISTRATION REQUIRED • <https://bkk.cfmws.com/winnipegpub>



A MAZE IN CORN!

FRIDAY, OCTOBER 18

1800 hrs ▶ ALL AGES!

MEET AT **A MAZE IN CORN**
1351 PROVINCIAL RD 200, SAINT ADOLPHE, MB

Come get lost in the maze, enjoy a bonfire and eat a s'more!

Ages 13+ **\$16 + GST**

Ages 4-12 years **\$14+ GST**

3 and under **FREE**

Other activities are available at an additional cost: Hayride, Pony rides, Haunted Forest.

PSP Community Recreation **HIGH FIVE**®



The best way to play™

PSP Community Recreation uses HIGH FIVE® as the national framework for recreation policy, recreation procedures, risk management, program evaluation and staff development.

HIGH FIVE® is a national standard for sport and recreation, founded by Parks and Recreation Ontario.

IT IS DESIGNED TO SUPPORT THE SAFETY, WELL-BEING AND HEALTHY DEVELOPMENT OF PARTICIPANTS IN RECREATION AND SPORTS PROGRAMS.

HIGH FIVE® achieves this by providing sport and recreation professionals with tools, training and resources that promote and support the principles of healthy development. Initially launched in November 2001, this quality assurance framework seeks to ensure all participants experience healthy development from their participation in recreation and sport programs.



SAFE IN OUR HANDS.

This is a pilot initiative, only available here and a few other locations across Canada.

Workout in the gym, enjoy a recreation class, meet with a SISIP Financial Advisor or shop at CANEX knowing that your child is having fun with us.

MILITARY DEPENDANTS ONLY.

See your PSP counter staff for more info.

MONDAY & WEDNESDAY
1700-2000 hrs

TUESDAY & THURSDAY
0900-1200 hrs

REGISTER
204-833-2500 ext. 5139



HALLOWEEN HOWL



SUNDAY, OCTOBER 20

1300 - 1500 hrs • Bldg 33 ▶ ALL AGES!

PSP Plan **\$4 + GST per child**

Non-PSP Plan **\$6 + GST per child**

Register on BookKing

<https://bkk.cfmws.com/winnipegpub>

HALLOWEEN COSTUMES
ENCOURAGED!

GYM GAMES

GLITTER TATTOOS

STICKER BINGO

SCAVENGER HUNT (OUTSIDE)

& MORE!

Questions? 204-833-2500 ext. 5139



HOLIDAY KIDS CAMP

SATURDAY, NOVEMBER 16

0930 - 1600 hrs ▶ 5 - 12 YEAR OLDS

A day full of fun for your kids while you get started on your holiday shopping!

Your children will enjoy a day of gym games, crafts and activities to keep them moving and having fun all day long.

Military & Vets with PSP Plan **\$20 + GST**

Military & Vets Non-PSP Plan **\$25 + GST**

PSP Plan **\$28 + GST**

Non-PSP Plan **\$30 + GST**



JOLLY DAYS

SUNDAY, DECEMBER 8

1300 - 1500 hrs ▶ ALL AGES!

JOIN US FOR FUN ACTIVITIES!

Bouncer, glitter tattoo, coloring, snow globe, hot chocolate, Santa and more!

STAY FOR A MOVIE! Starting at 1530 hrs
"THE POLAR EXPRESS"

PSP Plan **\$4 + GST per child**

Non-PSP Plan **\$6 + GST per child**

KIDS CAMP

▶ 6 - 12 YEAR OLDS



FRIDAY, OCTOBER 11
FRIDAY, NOVEMBER 15

Activities 0730 - 1600 hrs

Before care 0730 - 0900 hrs • After care 1600 - 1630 hrs

SCHOOL'S OUT FOR THE DAY BUT WE'RE NOT!
Send your children for a day full of fun and games with us.

Military & Vets with PSP Plan **\$20 + GST**

Military & Vets Non-PSP Plan **\$25 + GST**

PSP Plan **\$28 + GST**

Non-PSP Plan **\$30 + GST**

BIRTHDAY PARTIES

SATURDAYS & SUNDAYS

SEPTEMBER to DECEMBER

1330 - 1600 hrs

▶ 3 - 12 YEAR OLDS

DIY birthday parties with full access to our 3 rooms including the mini gym. Activities, games and sports using our child-sized equipment. **Enjoy a movie!** Bring your own or choose one from our selection. You must bring your own food, drinks, cake and accessories.

Military & PSP Plan **\$150 + GST**

Non-PSP Plan **\$190 + GST**

FAMILY DROP IN PROGRAM

WEDNESDAYS ONCE PER MONTH

SEPTEMBER 25,
OCTOBER 23,
NOVEMBER 20, &
DECEMBER 11

1800-2000 hrs • Bldg 90 Gym

Half gym for kids, half gym adults.
During child minding – to cover little kids.

Military Member **FREE**

Vets & Military Family **\$3**

PSP Plan **\$4**

Non-PSP Plan **\$6**

TRADITIONAL SCRAPBOOKING WORKSHOP

WEDNESDAY, OCTOBER 16

1800 - 2030 hrs • Bldg 33 – MPR

▶ ADULTS

An adult must accompany ages 14 - 17 years

Military & PSP Plan **\$40 + GST**

Non-PSP Plan **\$50 + GST**

Cost per participant covers all material, equipment and instructions. Photo album not included.

Scrapbooking celebrates life's precious moments and important events by preserving memories in creative, personal ways. Through photos, words and other memorabilia, scrapbookers tell visual stories that organize the past and give it meaning for the future. At its core, scrapbooking is an artful, intimate form of storytelling that keeps the past alive for generations to come.

PAINT NITE

WEDNESDAY, DECEMBER 4

1830 - 2130 hrs • Wobbly Prop

▶ ADULTS

An adult must accompany ages 14 - 17 years

The program cost per participant covers the art instructor, canvas, paint, brushes, easels, aprons, palettes, everything needed to produce your masterpiece.

You do not need any painting experience. The professional artist provides easy-to-follow, stress-free instructions that will guide you step-by-step through creating your own masterpiece. You will be amazed at the beautiful painting you will produce, it is easier than you think!

Military & PSP Plan **\$45 + GST** • Non-PSP Plan **\$50 + GST**



We offer online registration through **BookKing** that you can do from a computer at any time!

<https://bkk.cfmws.com/winnipegpub>



CARD MAKING WORKSHOP

WEDNESDAY, NOVEMBER 13



ADULTS

An adult must accompany ages 10 - 17 years

1830 - 2030 hrs • Bldg 33 – MPR

The kit includes everything needed to make twelve custom cards for special occasions. In this class, you will assemble these cards using the precut card bases and embellishments provided. The card-making process is super easy and satisfying.

Military & PSP Plan **\$40 + GST** • Non-PSP Plan **\$50 + GST**



81 Chemin Quail Ridge
Winnipeg (Manitoba)
www.romeo-dallaire.dsfm.mb.ca



1 204 885-8000

romeo.dallaire@dsfm.mb.ca

- École francophone maternelle à la 8^e année
- École la plus près de la 17^e Escadre
- Transport scolaire
- Services en petite enfance :
 - Garderie francophone
 - Centre des ressources éducatives à l'enfance (CRÉE)

Une grande partie de nos élèves provient de familles de militaires. Nous comprenons très bien leur réalité et pouvons ainsi mieux répondre à leurs besoins et assurer leur réussite scolaire **en français**.



Fait partie du réseau des 24 écoles de la
Division scolaire franco-manitobaine.
www.dsfm.mb.ca 1 800 699-3736





Open to PSP Plan and the CAF Community.

On sale September 3 at 1100 hrs
for October to December tickets.

On sale December 3 at 1100 hrs
for January to April tickets.

FOR PURCHASE AT BLDG 90 FRONT DESK.
FIRST COME FIRST SERVE.

\$180+ GST for 2 tickets • Section 215
MUST BUY 2 TICKETS FOR THE SAME GAME.
ONLY 2 TICKETS AVAILABLE PER GAME.
All tickets are final sale.

MANITOBA MOOSE TICKET VOUCHERS

Open to PSP Plan and the CAF Community.

FOR PURCHASE AT BLDG 90 FRONT DESK.
FIRST COME FIRST SERVE.

Only \$25+ GST per ticket
Can be used for any
regular season game.

All tickets are final sale.

1 voucher per seat.

Game must be selected at the time of purchase.



THE WOBBLY PROP

ALL RANKS' PUB

Downstairs in Building 61.

Wing personnel are welcome to drop in during operating hours. The room offers comfortable lounge seating off to the side from the main floor of the pub. The room also offers a large drop down screen for viewing sporting events. There is a spacious seasonal patio available for members' use. FREE WIFI AVAILABLE.

BAR HOURS

MONDAY - THURSDAY • 1500 - 2100 HRS
FRIDAY • 1200 - 2100 HRS

For group reservations call the Asst. Mess Manager
204-833-2500 ext. 5291

PSP Community Recreation HIGH FIVE®



PSP Community Recreation uses HIGH FIVE® as the national framework for recreation policy, recreation procedures, risk management, program evaluation and staff development.

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IT IS DESIGNED TO SUPPORT THE SAFETY, WELL-BEING AND HEALTHY DEVELOPMENT OF PARTICIPANTS IN RECREATION AND SPORTS PROGRAMS.

HIGH FIVE® achieves this by providing sport and recreation professionals with tools, training and resources that promote and support the principles of healthy development. Initially launched in November 2001, this quality assurance framework seeks to ensure all participants experience healthy development from their participation in recreation and sport programs.

**AVAILABLE UNTIL
OCTOBER 15**



CANOES, KAYAKS, AND PADDLEBOARDS

**17 WING COMMUNITY RECREATION HAS
CANOES, KAYAKS AND PADDLEBOARDS
AVAILABLE TO SIGN OUT IN BLDG 90.**

AVAILABLE FOR **FREE**
TO MILITARY MEMBERS, & PSP PLAN.

Available on a first come first served basis and
are offered on a daily and weekend basis.

**TO INQUIRE ABOUT CANOE, PADDLEBOARD OR KAYAKS
PLEASE CALL – BUILDING 90 • EXT. 5139**

SPORTS STORES EQUIPMENT SIGN OUT

AVAILABLE FOR MILITARY MEMBERS

FREE WINTER EQUIPMENT
Cross Country Skis & Snowshoes

Available for pick-up from Bldg 90 Sports Stores
by appointment only.

Availability time is Monday-Friday • 0830-1530 hrs
To book an appointment or for more information
email Harvey.Colin@cfmws.com



BIKES & FAT BIKES



TREKKING POLES



SNOWSHOES



CHILDREN'S CROSS COUNTRY SKIS

Available to sign out for **FREE**
to Military Members and PSP Plan.

**AVAILABLE ON A FIRST COME FIRST
SERVED BASIS AND ARE OFFERED ON
A DAILY AND WEEKLY BASIS.**

To inquire about signing out equipment call:
Bldg 90 Front Desk • ext. 5139



Voxair

Your guide to 17 Wing

NEWS | EVENTS | SERVICES



www.17WingVoxair.com



DROP IN SQUASH LEAGUE



WEDNESDAYS • 1800 - 1945 hrs

All three squash courts will be reserved for league play.

All skill levels are welcome. Come out to meet new players and have fun!

PSP Plan **FREE** • Non-PSP Plan **\$7**

NO REGISTRATION REQUIRED

DROP IN PICKLEBALL



TUESDAYS • 1815 - 1945 hrs
 THURSDAYS • 1815 - 1945 hrs
 SUNDAYS • 0915 - 1045 hrs

Bring your own Pickleballs & paddles!

PSP Plan **FREE** • Non-PSP Plan **\$7**

DROP IN BASKETBALL



FRIDAYS • 1600 - 2045 hrs

PSP Plan **FREE** • Non-PSP Plan **\$7**

DROP IN FORCE CLINICS



Looking to train up for your FORCE test?

MONDAYS • 1100 - 1200 hrs
 THURSDAYS • 1100 - 1200 hrs

Bldg 21

***Military Members Only**



FOLLOW US
@pspwinnipeg

CLASSES RUN SEPTEMBER 9 TO DECEMBER 15

Classes require a minimum number of registrants to run.
If the minimum is not achieved those registered will be notified and refunded accordingly.

ALL CLASSES ARE REGISTERED PROGRAMS • <https://bkk.cfmws.com/winnipegpub>



PILATES

MONDAYS

(No class Sept 30, Oct 14 & Nov 11)

0930 - 1030 hrs • Bldg 33 – MPR

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 11 classes

PSP Plan \$88 + GST • Non-PSP Plan \$110 + GST



TOTAL BODY CONDITIONING

MONDAYS

(No class Sept 30, Oct 14 & Nov 11)

1800 - 1900 hrs • Bldg 33 – Mini Gym

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 11 classes

PSP Plan \$66 + GST • Non-PSP Plan \$99 + GST



PILATES

THURSDAYS

1730 - 1830 hrs • Bldg 33 – MPR

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 14 classes

PSP Plan \$112 + GST • Non-PSP Plan \$140 + GST



ABS, GLUTES & THIGHS

WEDNESDAYS

1800 - 1900 hrs • Bldg 33 – Mini Gym

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 14 classes

PSP Plan \$84 + GST • Non-PSP Plan \$126 + GST

CLASSES RUN SEPTEMBER 9 TO DECEMBER 15

Classes require a minimum number of registrants to run.
If the minimum is not achieved those registered will be notified and refunded accordingly.

ALL CLASSES ARE REGISTERED PROGRAMS • <https://bkk.cfmws.com/winnipegub>



MUSCLE BOOTCAMP

SATURDAYS (No class Oct 12)
0930 - 1030 hrs • Bldg 90 – West Gym

DROP-IN FEE – per class
PSP Plan **\$12** + GST • Non-PSP Plan **\$18** + GST

SESSION FEE – 13 classes
PSP Plan **\$78** + GST • Non-PSP Plan **\$117** + GST



INDOOR CYCLE

SATURDAYS (No class Oct 12)
1045 - 1145 hrs • Bldg 90 – Spin Room

DROP-IN FEE – per class
PSP Plan **\$12** + GST • Non-PSP Plan **\$18** + GST

SESSION FEE – 13 classes
PSP Plan **\$78** + GST • Non-PSP Plan **\$117** + GST



YOGA

SUNDAYS (No class Oct 13)
1100 - 1200 hrs • Bldg 33 – MPR

DROP-IN FEE – per class
PSP Plan **\$12** + GST • Non-PSP Plan **\$18** + GST

SESSION FEE – 13 classes
PSP Plan **\$78** + GST • Non-PSP Plan **\$117** + GST

17WingVoxair.com



VOXAIR

The Winnipeg Military Community News Source
Since 1952



Visit our website to get:

- News
- 17 Wing Services
- Resources for CAF Community
- Events
- Contacts & more

  @Voxair

17wingcorpsservices@cfmws.com

Fitness Coordinator – LEEONA BOND
leeona.bond@forces.gc.ca • 204-833-2500 ext. 2056

» NOON FITNESS

All classes will be drop-in participation, up to capacity, on a first-come first-served basis.

DAY	CLASS TYPE	LOCATION
MONDAY	BOOT CAMP	BLDG 90 • GYM FLOOR
WEDNESDAY	BOOT CAMP	BLDG 90 • GYM FLOOR
THURSDAY	SPIN	BLDG 90 • SPIN ROOM
FRIDAY	BOOT CAMP	BLDG 21 • GYM FLOOR

» PERSONAL FITNESS PROGRAMS

Personal fitness programs are available for active military members. PSP Fitness Instructors will design a customized workout program.

For more information, contact: **SEAN KOCHALYK** • sean.kochalyk@forces.gc.ca • ext. 2455

- » **Fitness Instructors' Office** ext. 2455 • ext. 4833
 - » **Personal Fitness Programs** . . . Antoni Kieloch • ext. 2455
 kieloch.antoni@cfmws.com / Antoni.kieloch@forces.gc.ca
 - » **FORCE Rewards program** Kevin Roy • ext. 4833
 - » **Aerobic Award of Excellence** . . Kassius St. Kitts • ext. 2455
 - » **Unit PT Classes** Stefan Dowhayko • ext. 4833
 - » **FORCE testing** contact your unit FORCE Coordinator to book
 - » **Reconditioning Manager** Don Mills • ext. 4626 Requires referral from Medical professional or Physiotherapy
 - » **FORCE Evaluator Course** Leeona Bond • ext. 2056 For upcoming course dates & nominations
- FORCE CLINICS** • Bldg 21
 Participation is open to all active regular and reserve force members

» RECREATION CLUBS

Recreation Clubs are self-governing, authorized recreation activities operating under the terms and conditions of a constitution. Military / Veterans / DND / PSP Plan / Civilians may join clubs. Clubs are free for serving Military, all others are required to purchase a PSP Plan Club membership.



ARCHERY
 MAJ (RET) RON COONEY
17wgarchery@gmail.com



TOASTMASTERS
 WO JASON ST PIERRE
contact-9330@toastmastersclubs.org



WOOD HOBBY
 RECREATION COORDINATOR
ashley.clement@forces.gc.ca

Sports Coordinator – DAWN REDAHL

dawn.redahl@forces.gc.ca • 204-833-2500 ext. 5511

»» **SPORT RECREATION LEAGUES**

Open to Currently serving CAF members (Regular & Reserve Forces) & DND employees*

***DND EMPLOYEES MUST PAY AN ANNUAL SPORT RECREATION LEAGUE MEMBERSHIP FEE OF \$25. PAYABLE AT BLDG 90 FRONT DESK.**

- ▶ CURLING
- ▶ HOCKEY
- ▶ VOLLEYBALL
- ▶ GOLF
- ▶ SLO-PITCH

»» **BASE SPORTS**

Open to currently serving CAF members (Regular & Reserve Forces)

- ▶ BASKETBALL
- ▶ CURLING
- ▶ GOLF
- ▶ GRAPPLING
- ▶ HOCKEY
- ▶ POWERLIFTING
- ▶ SOCCER
- ▶ SLO-PITCH
- ▶ VOLLEYBALL

»» **EVENTS**

Open to currently serving CAF members (Regular & Reserve Forces) & DND employees

- ▶ CURLING FUNSPIEL
- ▶ VOLLEYBALL FUN DAY
- ▶ SLO-PITCH TOURNAMENT & BBQ
- ▶ GOLF TOURNAMENT

»» **NATIONAL SPORTS**

Open to currently serving CAF members (Regular & Reserve Forces)

- ▶ RUNNING
- ▶ SWIMMING
- ▶ TRIATHLON



**DID YOU KNOW
THAT CFB WINNIPEG
HAS AN 18-HOLE
DISC GOLF COURSE?**

The course is located just south of Bldg 90. It offers 18 tee boxes to 9 baskets. Designed in consultation with Disc Golf Manitoba, and set amongst oak trees, beginners and the more advance disc-golfer will enjoy the challenge. Course is open throughout the year.

**New to disc golf and want to learn more?
Check our Facebook page for upcoming clinics.**

DISCS CAN BE SIGNED OUT FROM BLDG. 90 FRONT DESK DURING OPEN HOURS. FOR AN INTERACTIVE COURSE EXPERIENCE, CHECK OUT THE UDISC DISC GOLF APP.



CFMWS

www.cfmws.ca/sport-fitness-rec



THE PREFERRED CHOICE FOR SPORTS, FITNESS AND RECREATION

Strengthening the culture of fitness in the CAF is a priority. Personnel Support Programs (PSP), a division of CFMWS, includes fitness, sports, recreation and health promotion, which play integral roles in this endeavour.

Promoting a culture of fitness and healthy active living

Our primary focus is on ensuring the operational readiness of CAF members. Whenever we have extra capacity, our fitness facilities, program and services are also available to the wider military community, including Veterans, family members and the Extended Defence team.

We offer a wide variety of programs and services so that you can stay safe and find fun ways to get active, stay connected and live better.



PSP PLAN MEMBERSHIP



RECREATION PROGRAMS



FITNESS TRAINING



MILITARY FITNESS EVALUATION



SPORTS



HEALTH PROMOTION



BOOKINGS & RENTALS



CLUBS



WALK OUT OF DARKNESS

WORLD SUICIDE PREVENTION DAY SEPTEMBER 10

To mark this day, join Health Promotion for our Walk Out of Darkness. The walk will start at the Unity Garden at 0830 hrs. Just prior to the walk, Health Promotion will have information set up in the foyer of HQ. You will have the opportunity to create a sign letting others know who you are walking for or why you are walking with us today.



HEALTHY RELATIONSHIPS CAMPAIGN

OCTOBER 15 to 25

Designed to bring awareness to issues of family/intimate partner violence to our community.

During this time, Health Promotion along with the other Helping Professionals are offering workshops and activities to build awareness around this important subject.

For more information on upcoming events for this campaign, please check the Voxair website.



NEW! ESSENTIAL NUTRITION COURSE

**EXCITING NEW COURSE
DEVELOPED BY DIETICIANS
FOR MEMBERS OF THE
CAF AND DEFENCE TEAM**

- OCTOBER 29** • Nutrition Fundamentals
- NOVEMBER 5** • Understanding Food Labels
- NOVEMBER 12** • Meal Planning
- NOVEMBER 19** • Stretch Your Food Dollar
- NOVEMBER 26** • Mindful Eating

MORE INFORMATION ON PAGE 23.



NOVEMBER 18 to 29

Health Promotion will be visiting units around the base with their cannabis and alcohol simulation goggles. We will set up activities to illustrate some of the issues that could result from the misuse of alcohol or cannabis.

Come see us from 1100-1230 hrs at :

Wing Headquarters • November 18

The Mess • November 19

Bldg 129 • November 20

1 CAD • November 25

Barker College • November 26

Hangar 16 • November 27



We offer online registration through **BookKing** that you can do from a computer at any time!

<https://bkk.cfmws.com/winnipegpub>

WELLNESS CHALLENGE

OCTOBER 1 to MAY 31

In support of HEALTHY WORKPLACE MONTH, the CFB Winnipeg Wellness Challenge is back for its 2nd year.

The Challenge allows members to track their wellness activities in several areas: active minutes, instructor-led fitness training, PSP programs, volunteering and a bonus challenge for each month. We have updated the bonus challenges to include the 24 Hr Movement guidelines and the four pillars from the Balance Strategy. **Sign up with your unit to start tracking.**

BONUS CHALLENGES

OCTOBER 7000 steps per day

NOVEMBER 3 hours or less of recreational screen time

DECEMBER Consume a minimum of 1.5 litres of water per day

JANUARY Spend 30 minutes outdoors per day

FEBRUARY Practice mindfulness/gratitude

MARCH Make 50% of your plate fruit or vegetables for at least one meal per day

APRIL Sleep a minimum of 7 hours per 24 hour period

MAY Eat a meal away from desk and screens

Health Promotion**healthpromo@forces.gc.ca • 204-833-2500 ext. 4150**

Programs are **FREE** and available to **all** CAF Members, DND Employees and their adult family members. Updated information and registration is available at www.cfmws.ca/winnipeg.

» SUICIDE AWARENESS TRAINING**SEPTEMBER 10 • 1300 - 1600 hrs • 1/2 day**

In this ½ day suicide awareness and prevention training workshop you will learn how to help someone in distress who may be considering suicide. Learn how to have a conversation with someone who is struggling and what options are available for help. You will have the opportunity to practice the ACE model for suicide intervention.

» ALCOHOL, OTHER DRUGS, GAMING & GAMBLING AWARENESS TRAINING**SEPTEMBER 17 to 18 or NOVEMBER 28 to 29 • 1.5 day**

This 1.5-day workshop is open to anyone who is interested in learning how to recognize and respond to early warning signs of substance and or gambling, gaming misuse. CAF policies and resources are also discussed. Participants will learn how to conduct an effective interview and what resources are available to help.

» STRESSED? TAKE CHARGE!**SEPTEMBER 25 to 26 • 1.5 day**

This 1.5-day workshop provides a self-directed approach to stress management through self-awareness and skill building. We will look at stress management lifestyle tools including time management, work/life balance, building resilience and using the ACT approach to create change.

» RESPECT IN THE CAF**SEPTEMBER 30, OCTOBER 22, or NOVEMBER 13 • 1 day**

This full day workshop is designed to foster sustained change in attitudes and behaviours to build a respectful climate and culture within the CAF. The interactive curriculum is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support affected persons.

» INTER-COMM**OCTOBER 3 to 4 • 1.5 days**

Improve communication within personal relationships by learning the attitudes and skills required to deal with conflict effectively. Through exercises and coaching, participants learn to understand conflict and increase active listening skills, use a collaborative model for resolving conflict built on interest-based communication skills, and use collaboration and communication to support health and well-being in relationships.

CONT....

» MENTAL FITNESS

OCTOBER 10 • 0800-1200 hrs • 1/2 day

Designed specifically for the CAF, Mental Fitness training aims to assist in the understanding and maintenance of mental fitness for non-professionals. Mental Fitness promotes awareness and skill building to maximize individuals and for operational effectiveness.

» POSITIVE SPACE AMBASSADOR BRIEF

OCTOBER 8 *or* NOVEMBER 14 • 0800-1000 hrs • 2 hrs

This 2-hour briefing brings awareness and fosters the creation of safe and inclusive work environments for everyone, including members of the 2SLGBTQI+ community. It is a joint effort between CPCC and HRCiv.

» ESSENTIAL NUTRITION

OCTOBER 29 to NOVEMBER 26 • 0800-1030 hrs • 5 weeks occurring on Tuesday's

Developed by Dieticians, the Essential Nutrition Course provides practical ways to eat healthy even in challenging environments. It explains the science of nutrition, and covers topics like food budgeting, tips for easy meal planning, healthy recipes and much more! Develop practical knowledge and skills to optimize your peak performance and become confident in your food decisions.

» MANAGING ANGRY MOMENTS

OCTOBER 31 (Day 1 - Full day) & NOVEMBER 7 (Day 2 - 1/2 day)

This 1.5-day program is designed to help increase personal performance by identifying successful coping strategies that participants already use in anger-generating situations and by providing opportunities to learn and practice new skills. Discussions focus on understanding anger; identifying personal triggers; managing conflict with others; identifying and practicing strategies that work for you and learning how to manage your responses for the long term.

» POSITIVE SPACE AMBASSADOR TRAINING

DECEMBER 4 & 5 • 2 days

This 2-day course trains individuals to be Ambassadors within their units. Ambassadors offer resources and provide peer support regarding 2SLGBTQI+ issues.

New to 17 Wing?

All that you need to keep informed
and stay in touch with everything on base.

VOXAIR

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the 17 Wing community

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Get access, anytime; anywhere!



www.17WingVoxair.com



JANUARY 13 to APRIL 27

WINTER 2025

**REGULAR PROGRAM REGISTRATION
(MILITARY, VETERANS AND FAMILIES)**

WEDNESDAY, NOVEMBER 20

ORDINARY AND ASSOCIATE REGISTRATION

WEDNESDAY, NOVEMBER 27

ONLINE REGISTRATION THROUGH BOOKING <https://bkk.cfmws.com/winnipegpub>