



# PSP Program

# GUIDE

# SPRING/ SUMMER 2025



FACILITY  
CALENDAR



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

VOXAIR



[www.17wingvoxair.com](http://www.17wingvoxair.com)



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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
<b>MONDAY</b>	0600	2100
<b>TUESDAY</b>	0600	2100
<b>WEDNESDAY</b>	0600	2100
<b>THURSDAY</b>	0600	2100
<b>FRIDAY</b>	0600	2100
<b>SATURDAY</b>	0900	1800
<b>SUNDAY</b>	0900	1800

## BUILDING 90 REDUCED HOURS

<b>APRIL 18</b>	<b>CLOSED</b>	<b>JULY 1</b>	<b>CLOSED</b>
<b>APRIL 20</b>	<b>CLOSED</b>	<b>AUGUST 4</b>	0900   1500
<b>APRIL 21</b>	0900   1500	<b>SEPTEMBER 1</b>	0900   1500
<b>MAY 19</b>	0900   1500	<b>SEPTEMBER 30</b>	<b>CLOSED</b>

## 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 online.

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 [bkk.cfmws.com/winnipegpub](http://bkk.cfmws.com/winnipegpub) and follow the directions.



## REGISTRATION OPENS SPRING

REGULAR PROGRAM REGISTRATION  
 (MILITARY, VETERANS & FAMILIES)  
**WEDNESDAY, FEBRUARY 26**

ORDINARY & ASSOCIATE REGISTRATION  
**WEDNESDAY, MARCH 5**

## SUMMER

REGULAR PROGRAM REGISTRATION  
 (MILITARY, VETERANS & FAMILIES)  
**WEDNESDAY, APRIL 9**

ORDINARY & ASSOCIATE REGISTRATION  
**WEDNESDAY, APRIL 16**

Amex, Mastercard, Visa accepted

PLEASE REVIEW THE NATIONAL PRIORITY REGISTRATION POLICY ON [WWW.CFMWS.CA](http://WWW.CFMWS.CA)

## 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.

## ASSOCIATE MEMBERS

- ▶ All others

**UPDATED PRICING IS COMING SOON.  
CURRENT PRICING IS IN EFFECT UNTIL 31 MARCH 2025.**

 PSP Plans now include family up until their 26<sup>th</sup> birthday as long as they are living at home. The requirement for being a full time student after age 18 does not apply for all new memberships sold after 1 April 2025.

### **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 Info on page 15](#)

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 info on page 16

## **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 reschedule. 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 admin. 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 accompanied and closely 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 heeled shoes 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

14+ YRS

# MOVIE NIGHTS

DOORS OPEN 1830 hrs • SHOW TIME 1900 hrs

PSP PLAN – FREE • NON-PSP PLAN – \$6

SNACKS AVAILABLE FOR PURCHASE



FRIDAY  
**APRIL 25**

VENOM:  
THE LAST DANCE

Rated PG-13



FRIDAY  
**MAY 9**

GLADIATOR 2

Rated R



FRIDAY  
**JUNE 13**

THE BEEKEEPER

Rated R

BLDG 90 THEATRE

# FAMILY AFTERNOON MOVIES

DOORS OPEN 1500 hrs • SHOW TIME 1530 hrs

PSP PLAN – FREE • NON-PSP PLAN – \$6

SNACKS AVAILABLE FOR PURCHASE



SUNDAY  
**APRIL 27**

MOANA 2

Rated PG



SUNDAY  
**MAY 11**

WICKED

Rated PG



SUNDAY  
**JUNE 15**

SONIC 3

Rated PG

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



# RENT A GARDEN PLOT

**MAY 16 to OCTOBER 14**

▶ **ADULTS**  
An adult must accompany ages 14 - 17 years

The garden area is enclosed by a fence with 12 individual plots, each plot measures 40 feet by 20 feet. Gardeners have access to hoses, water and a tiller for use.

A deposit is required, it will be fully refunded if the gardener's plot is cleaned and left in good condition when vacated.

Military & Vets with PSP Plan **\$52 + GST**

Military & Vets Non-PSP Plan **\$60 + GST**

PSP Plan **\$60 + GST**

Non-PSP Plan **\$80 + GST**

\*\*\*\*\*

## GARDEN INFO SESSION

**MUST BE ATTENDED BY ALL GARDENERS to obtain plot assignment & key access.**

**WEDNESDAY, MAY 14 • 1800 hrs**



# PAINT NITE

**WEDNESDAY, MAY 7**

**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 **\$75 + GST**



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**@pspwinnipeg**



# FAMILY DROP IN PROGRAM

WEDNESDAYS ONCE PER MONTH

**APRIL 23, MAY 14, & JUNE 11**

1800 - 2000 hrs • Bldg 90 Gym

▶ ALL AGES WELCOME

Half gym for kids, half gym adults.

**Pre-registration recommended.**

Military Member **FREE**

Vets & Military Family **\$3**

PSP Plan **\$4**      Non-PSP Plan **\$6**

Ages 14 +

## WEIGHT ROOM ORIENTATION WORKSHOP



**Would you like to familiarize yourself with our weight room?**

**MONDAY, MAY 5 & TUESDAY, JULY 15**  
**1630 HRS                      1000 HRS**

**Bldg 90**  
**Weight Room & MPR**

We will cover all of the basics like how to safely set up and use our equipment, safety tips, where to find equipment and how to clean the equipment when you have completed your work out.

Join us at our monthly orientation workshop lead by one of our fitness staff!

**FREE for Military Members & PSP Plan**  
**Non-Military & Non-PSP Plan \$15**

**REGISTRATION REQUIRED ON BOOKING**

## 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.



17WingVoxair.com @Voxair

**VOXAIR**

17WingCorpServices@cfmws.com







Odin's eye  
TATTOO & PIERCING

# ODIN'S EYE TATTOO

## Winnipeg's Largest Tattoo & Piercing Studio

Where Every Mark Tells a Tale!



We aim to transcend the ordinary. Our objective is to create not only tattoos and piercings, but also experiences that are as unique as you are.



CAF members, we would like to extend our gratitude for your service.

To give thanks, we offer discounts when presenting your CAF ID or CF1 Card.

**Offering 2 for 1 Piercings every Tuesday  
By appointment only**



2 Locations in Winnipeg:  
2645 Portage Ave | 204-560-6666  
2005 Portage Ave | 204-505-7666

OdinsEyeTattoo@gmail.com  
@OdinsEyeTattoos





# BIRTHDAY PARTIES

MAY & JUNE

**SATURDAYS & SUNDAYS**

1300 - 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**

# STRATEGY GAMING PROGRAM

THURSDAYS

**MAY 1 to AUGUST 28**

1830 - 2145 hrs • Bldg 33 – MPR

▶ ADULTS

Ages 14 - 17 years must be accompanied by an adult

Bring your own games or play some from our small collection.

**Register at:** <https://bkk.cfmws.com/winnipegpub/>

Military	Vets	PSP Plan & Non-PSP Plan
<b>FREE</b>	<b>\$10 + GST</b>	<b>\$40 + GST</b>

## CARE THAT UNDERSTANDS Your Service

Specialized addiction, mental health, and trauma treatment for Canadian Armed Forces members and veterans. Trusted by Veterans Affairs Canada since 2009.



Sunshine Coast Health Centre

Georgia Strait WOMENS CLINIC

1.866.487.9010 schc.ca  
1.866.487.9040 gswc.ca

▶ 6-12 YEAR OLDS



• GAMES • CRAFTS • FUN • SPORTS • SCIENCE •

# SUMMER CAMP

## CAMP DAYS

BEFORE CARE 0730 - 0900 hrs • **CAMP DAY 0900-1530 hrs** • AFTER CARE 1530 - 1630 hrs

### AUGUST 5, 6, 26 & 27

#### PRICE PER DAY

Military / Veteran with PSP Plan **\$20 + GST** • Military / Veteran Non-PSP Plan **\$28 + GST**  
 PSP Plan **\$32 + GST** • Non-PSP Plan **\$38 + GST**

### AUGUST 7

\* **DROP OFF 0900 HRS & PICK UP 1600 HRS** \*  
**AT THE ZOO**

#### DAY AT THE ZOO

#### PRICE PER DAY

Military / Veteran with PSP Plan **\$33.55 + GST**  
 Military / Veteran Non-PSP Plan **\$41.55 + GST**  
 PSP Plan **\$45.55 + GST** • Non-PSP Plan **\$51.55 + GST**

### AUGUST 28

\* **DROP OFF 0900 HRS & PICK UP 1600 HRS** \*  
**AT ASSINIBOINE PARK NATURE PLAYGROUND**

#### DAY AT ASSINIBOINE PARK

#### PRICE PER DAY

Military / Veteran with PSP Plan **\$26.25 + GST**  
 Military / Veteran Non-PSP Plan **\$34.25 + GST**  
 PSP Plan **\$38.25 + GST** • Non-PSP Plan **\$44.25 + GST**

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

PRICE PER WEEK DIFFERENCE REFLECTS THE COST OF THE FIELD TRIP ON FRIDAY.

**MILITARY, VETERANS & DND SIGN UP TO SAVE YOUR SPOT ONLINE STARTING MONDAY, JANUARY 20.**

Payments will be made April 9. Payment plans are available to spread your payment out, all payments must be made 2 weeks before your camp starts. If a payment plan is required, contact [Hamilton.Matt@cfmws.com](mailto:Hamilton.Matt@cfmws.com)

We do offer inclusion support with our camps. Please note during registration as we have limited availability, if an inclusion support worker is not available we offer the ability for you to provide support for you child.

# FULL WEEK CAMP

BEFORE CARE 0730 - 0900 hrs • **CAMP DAY 0900-1530 hrs** • AFTER CARE 1530 - 1630 hrs

## JULY 7-11 WATER WEEK

**Field Trip to Transcona Aquatic Park  
on Friday, July 11**

**HOT LUNCH WEDNESDAY – PIZZA (additional cost)**

Military / Veteran with PSP Plan **\$103.63 + GST**

Military / Veteran Non-PSP Plan **\$143.63 + GST**

PSP Plan **\$163.63 + GST** • Non-PSP Plan **\$193.63 + GST**

## JULY 21-25 SPACE WEEK

**Field Trip to Manitoba Museum  
on Friday, July 25**

**HOT LUNCH WEDNESDAY – BURRITO SPLENDIDO (additional cost)**

Military / Veteran with PSP Plan **\$114.25 + GST**

Military / Veteran Non-PSP Plan **\$154.25 + GST**

PSP Plan **\$174.25 + GST** • Non-PSP Plan **\$204.25 + GST**

## AUGUST 11-15 SPORTS WEEK

**Field Trip to Uptown Alley in the  
afternoon on Friday, August 15**

**HOT LUNCH WEDNESDAY – BURRITO SPLENDIDO (additional cost)**

Military / Veteran with PSP Plan **\$116.99 + GST**

Military / Veteran Non-PSP Plan **\$156.99 + GST**

PSP Plan **\$176.99 + GST** • Non-PSP Plan **\$206.99 + GST**

## AUGUST 18-22 HISTORY WEEK

**Field Trip to Lower Fort Garry  
on Friday, August 22**

**HOT LUNCH WEDNESDAY – PIZZA (additional cost)**

Military / Veteran with PSP Plan **\$118 + GST**

Military / Veteran Non-PSP Plan **\$158 + GST**

PSP Plan **\$178 + GST** • Non-PSP Plan **\$208 + GST**

## SPECIAL WEEK (3 DAYS)

BEFORE CARE 0730 - 0900 hrs • **CAMP DAY 0900-1600 hrs** • AFTER CARE 1600 - 1630 hrs

## JULY 15-17 MAD SCIENCE

Military / Veteran with PSP Plan **\$150 + GST** • Military / Veteran Non-PSP Plan **\$160 + GST**

PSP Plan **\$160 + GST** • Non-PSP Plan **\$175 + GST**

**REGISTRATION REQUIRED** • <http://bkk.cfmws.com/winnipegub>

PRICE PER WEEK DIFFERENCE REFLECTS THE COST OF THE FIELD TRIP ON FRIDAY.

**MILITARY, VETERANS & DND SIGN UP TO SAVE YOUR SPOT ONLINE STARTING MONDAY, JANUARY 20.**

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We do offer inclusion support with our camps. Please note during registration as we have limited availability, if an inclusion support worker is not available we offer the ability for you to provide support for you child.





# 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.

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.

The Voice of 17 Wing

# VOXAIR

17 WING CELEBRATES 100 YEAR ANNIVERSARY

WIHURI WONDER, AN INITIATIVE TO RECOGNIZE 17 WING COMMUNITY MEMBERS

Your Wihuri Wonder

**17 WING'S OFFICIAL NEWS PAPER SETS NEW RECORDS**

The Voxair has been the official news source of 17 Wing since 1952, and is now available online. The year 2024 changed everything as a new team revamped the entire website making it more user friendly and updated for our members.

The traffic measured at an all time high in 2024 setting a new record in the history of the paper. Could 2025 be the year they set a new record? Follow the QR code to stay tuned!

FEATURING TWO WIHURI WONDERS EVERY MONTH, THE CANDIDATES ARE LISTED ON THE VOXAIR WEBSITE.

WANT TO MAKE A NOMINATION? SUBMIT THE FORM ON VOXAIR!

WWW.17WINGVOXAIR.COM | @VOXAIR



# The Dakota Inn

awaits your arrival at  
**17 WING WINNIPEG**

*We offer competitive rates*

for Military Members and immediate family, Veterans, Retired Members, Reservists, RCMP, US / Foreign Military Members and CFMWS / Public Service Employees.

*Guest amenities*

Comfortable lobby with fireplace and work station. On-site fitness facilities. Complimentary coffee, wifi, luggage storage and parking; long-term parking available upon request.

THE WOBBLY PROP ALL RANKS' PUB is a short walking distance from the hotel!

*Superior service and gracious hospitality!*



STANDARD ROOMS • FAMILY SUITES • ACCESSIBLE GUEST ROOMS

RESERVATIONS & RECEPTION

204-833-2500 ext. 5226 • email: [waccn@forces.gc.ca](mailto:waccn@forces.gc.ca)

CLASSES RUN APRIL 28 TO JUNE 29

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

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

DROP-IN FEE – PER CLASS ▶ PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST



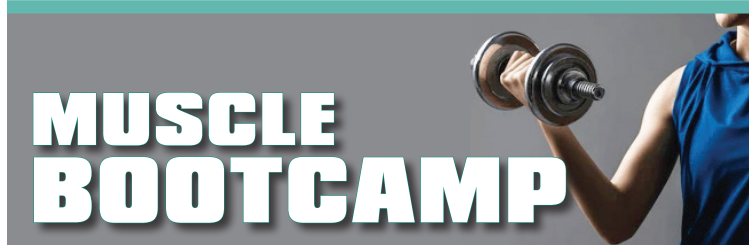
TOTAL BODY CONDITIONING

MONDAYS (No class May 19)

1800 - 1900 hrs • Bldg 33 – Mini Gym

SESSION FEE – 8 classes

PSP Plan \$48 + GST • Non-PSP Plan \$80 + GST



MUSCLE BOOTCAMP

SATURDAYS (No class May 17)

0930 - 1030 hrs • Bldg 90 – West Gym

SESSION FEE – 8 classes

PSP Plan \$48 + GST • Non-PSP Plan \$80 + GST



ABS, GLUTES & THIGHS

WEDNESDAYS

1800 - 1900 hrs • Bldg 33 – Mini Gym

SESSION FEE – 9 classes

PSP Plan \$54 + GST • Non-PSP Plan \$90 + GST



YOGA

SUNDAYS (No class May 18)

1100 - 1200 hrs • Bldg 33 – MPR

SESSION FEE – 8 classes

PSP Plan \$48 + GST • Non-PSP Plan \$80 + GST



www.cfmws.ca/winnipeg



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**DROP IN SQUASH LEAGUE** ▶ ALL AGES

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 & have fun!

**NO REGISTRATION REQUIRED**

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



▶ ALL AGES  
**DROP IN BASKETBALL**

FRIDAYS • 1600 - 2045 hrs  
PSP Plan **FREE** • Non-PSP Plan **\$7**



▶ ALL AGES  
**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**



LOOKING TO TRAIN UP FOR YOUR **FORCE TEST?**

\*Military Members Only

**DROP IN FORCE CLINICS**

MONDAYS & THURSDAYS  
1100 - 1200 hrs • Bldg 21

**DROP IN FORCE PREP CLASSES**

TUESDAYS & FRIDAYS  
1100 - 1200 hrs • Bldg 90



**BLDG 90 OPEN GYM**

▶ YOUTH 13-18 YEARS OLD

WEDNESDAYS • 1600 - 1800 hrs  
Staff will supervise and run games.

**APRIL 23, MAY 11 & JUNE 14**

▶ ALL AGES

WEDNESDAYS • 1800 - 2045 hrs



**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
TUESDAY	SPIN	BLDG 90 • SPIN ROOM
WEDNESDAY	BOOT CAMP	BLDG 90 • 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: **ANTONI KIELOCH** • [antoni.kieloch@forces.gc.ca](mailto:antoni.kieloch@forces.gc.ca) • ext. 2455

**CONTACTS:**

- Fitness Instructors’ Office** . . . . ext. 2455 • ext. 4833
- FORCE Rewards program** . . . . Kevin Roy • ext. 4833
- Aerobic Award of Excellence** . . Leeona Bond • ext. 2056
- 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**

» 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. In addition to the club registration all Non-Military Members / Veterans require the purchase of a PSP Plan Club Membership.



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



**TOASTMASTERS**  
 ADAM BELAIRE  
**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
- ▶ GOLF TOURNAMENT

» NATIONAL SPORTS

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

- ▶ RUNNING
- ▶ SWIMMING
- ▶ TRIATHLON



**DROP-IN  
CO-ED  
SLO-PITCH  
REC LEAGUE**

**WEDNESDAYS**

**1500-1600 HRS**

**BLDG 90 • DIAMOND #2**

**OPEN TO MILITARY MEMBERS & PUBLIC SERVICE EMPLOYEES** with approved leave

**For more information, contact Dawn Redahl • Dawn.Redahl@forces.gc.ca**





HEALTH & PHYSICAL FITNESS FOR LIFE!

# TOONIE

3 KM WALK 5 KM RUN

WEDNESDAY  
**AUGUST 27** 2025

MORE INFORMATION TO COME!

IN SUPPORT OF  
**GCWCC**

## WEIGHT TRAINING 101



Increase your strength and skill  
in 12 weeks

1400 – 1500 hrs  
on Mondays.

For CAF Women of all ages.

Bryann.Mazur@forces.gc.ca  
Don.Mills2@forces.gc.ca

## 17 WING WINNIPEG



# RCAF RUN 2025


5 KM WALK / RUN

10 KM RUN

LET'S GET STARTED

**FRIDAY / 30 MAY**

More information coming soon!



## 17 WING COMMUNITY RECREATION HAS CANOES, KAYAKS, PADDLEBOARDS TREKKING POLES AND BIKES

AVAILABLE TO SIGN OUT FOR FREE  
to military members, veterans, DND, CFMWS,  
and their families with a valid PSP PLAN.  
Civilians with an Associates PSP are also eligible.

Sign outs will be on a first come first served basis  
and are offered on a daily and weekend basis.

**TO INQUIRE ABOUT SIGNING OUT CALL  
BUILDING 90 • EXT. 5139**





## Health Promotion

[healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca) • 204-833-2500 ext. 4150

Programs are **FREE** and available to **all** CAF members, civilian employees of the Defence Team and their adult family members. Updated information and registration are available at [www.cfmws.ca/winnipeg](http://www.cfmws.ca/winnipeg) or through BookKing.

### » RESPECT IN THE CAF

**APRIL 10 • 0800 - 1600 hrs ▶ MAY 13 • 0800 - 1600 hrs**

**JUNE 4 • 0800 - 1600 hrs ▶ JULY 16 • 0800 - 1600 hrs**

This 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.

### » PSA BRIEF

**MAY 21 • 0900 - 1100 hrs**

This 2-hour brief 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.

### » STRESS-LESS TOOLS

**AUGUST 19 • 0830 - 1130 hrs**

Stress is a part of everyday life. As we get ready for back to school, the restart of organized activities we will spend some time reviewing and practicing some tools that we can use to minimize the impact of stress on our daily lives.

### » HEALTHY HABITS

**MAY 6 • 1300 - 1500 hrs**

Healthy habits promote health and wellness in our life. They are beneficial to our physical, mental health and our social well-being and fall under 4 pillars. We will examine some healthy habits that can help us perform at our best.

### » POSITIVE SPACE AMBASSADOR TRAINING

**JULY 29 & 30 • 0800 - 1600 hrs**

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

### » INTER COMM (INTERPERSONAL COMMUNICATIONS)

**APRIL 24 & 25 • DAY ONE – 0800 - 1600 hrs & DAY TWO – 0800 - 1200 hrs**

Co-facilitated by MFRC & Health Promotion, this program is designed to help you deal with conflict and improve your communication skills in personal relationships.



## » MENTAL FITNESS & SUICIDE AWARENESS TRAINING

**JUNE 17 • 0800 - 1600 hrs**

Designed specifically for the CAF, MFSA is aimed at helping understand and maintain mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.

## » NUTRITIONAL ESSENTIALS COURSE

**5 WEDNESDAYS STARTING APRIL 2 • 0800 - 1030 hrs**

Developed by Dieticians, this course provides practical ways to eat healthy even in challenging environments. Develop practical knowledge and skills to optimize your peak performance and become confident in your food decisions. You may sign up for the entire course or individual sessions. **Please register on BookKing.**

### **APRIL 2 – Nutritional Fundamentals**

How does nutrition fit into our overall health & wellbeing? Learn the what, why and when to eat.

### **APRIL 9 – Understanding Food Labels**

Understand the components of the food label and how they can help you make healthy food choices.

### **APRIL 16 – Meal Planning**

Examine and understand meal planning, its benefits and the various ways it can happen.

### **APRIL 23 – Stretch Your Food Dollar**

Tips to stretch your food dollar, including specific tips for grocery shopping and how to reduce food waste by storing food properly.

### **APRIL 30 – Mindful Eating**

Discover how to incorporate mindful eating principles and understand the similarities and differences between mindful and intuitive eating.

## » MANAGING ANGRY MOMENTS

**MAY 27 & 29 • DAY ONE – 0800 - 1600 hrs & DAY TWO – 0800 - 1200 hrs**

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.

## » ALCOHOL, OTHER DRUGS, GAMBLING AND GAMING AWARENESS

**AUGUST 13 & 14 • DAY ONE – 0800 - 1600 hrs & DAY TWO – 0800 - 1200 hrs**

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 or gaming misuse. CAF policies and resources will also be discussed. Participants will learn how to conduct an effective interview and what resources are available to help.



# BIKE WEEK!

**JUNE 9 - 14**

**TUESDAY, JUNE 10  
BIKE TO WORK DAY**

PIT STOP HOURS • 0630 - 0930 hrs

Throughout the city businesses and organizations will set up Pit Stops for cyclists to stop at on the way to work. Visit our Pit Stop on the Yellow Ribbon trail at Wihuri Road for snacks and giveaways on your way to work.

**THURSDAY, JUNE 12  
BIKE MAINTENANCE**

IN FRONT OF BLDG 90 • 1100 hrs

Our first Bike and Learn's focus is bike maintenance. Learn how to lube your chain, the proper tire pressure for your bike or adjust your seat. Small things that can make your bike ride enjoyable.



NEWS | SERVICES | EVENTS

[www.17WingVoxair.com](http://www.17WingVoxair.com)



# BIKE & LEARNS

**Back again this year, Health Promotion is offering a series of Bike & Learns.**

**Every 2 weeks • 1100 hrs • Bldg 90**

Join us for a short bike ride to a local park where we will stop for a short teach piece and then ride back to the Base. If you don't have a bike, you can contact Bldg. 90 Front Desk to reserve one. Please register on BookKing for all these rides.

**JUNE 12 • Bike Maintenance**

Learn how to lube your chain, the proper tire pressure for your bike or adjust your seat. Small things that can make your bike ride enjoyable.

**JUNE 26 • Mindfulness**

Spending time in nature is a great way to practice mindfulness. Today during our stop, we will have the opportunity to practice a mindfulness exercise.

**JULY 3 • Stretching for Cycling**

Cycling can tighten muscles, and it is important to stretch before and after any ride. Today's stop we will show you some common stretches that are designed to keep you limber from bike ride to bike ride.

**JULY 17 • Burnout**

Many of us have been asked to work more with less. This constant pressure to work harder can lead to burnout. Today we will discuss causes of burnout, how to recognize it and what you can do to prevent it.

**JULY 31 • Time Management for Self-Care**

We are all busy. How do we carve out time to ensure that we look after ourselves. On this, our last Bike & Learn, we will discuss how we can ensure that we have the time for self-care.





# COMMUTER CHALLENGE

**JUNE 1 - 7**

The Commuter Challenge is a week-long friendly challenge between communities across Canada. Manitoba and Winnipeg are the current winners in the Challenge. We encourage you and your unit to sign up for the challenge and reduce your carbon footprint by car-pooling, cycling, walking, rolling or teleworking for the week. More information and to register are found at Commuter Challenge [www.commuterchallenge.ca](http://www.commuterchallenge.ca)



# BIKE TO FORTWHYTE ALIVE

**THURSDAY, AUGUST 21**

**1200-1400 hrs**

We will cycle through Assiniboine Park, the Assiniboine Forest and then onto the trails leading to FortWhyte Alive. You will have the opportunity to explore the many trails in FortWhyte or stop to enjoy the wildlife that calls FortWhyte Alive home. You can bring your lunch or purchase your lunch at FortWhyte Alive. If you don't have a bike, you can contact Bldg. 90 Front Desk to reserve one. Please register on BookKing.



# CFB WINNIPEG WELLNESS CHALLENGE

It is hard to believe that our first CFB Wellness Challenge will end at the end of May. Thank you to all who participated in the Challenge. However, it is not over yet. So do not forget to keep tracking your points.

The following are the bonus challenges for April and May:

**APRIL • Sleep**

The aim of this bonus challenge is to get a minimum of 7 hours of sleep each night.

**MAY • Eat a meal without distractions**

We challenge you to have one meal without electronic distractions. (i.e. no cell phone, TV or computer)



# WORLD NO TOBACCO DAY

**FRIDAY, MAY 30**

**TIRED OF SMOKING OR VAPING?  
ARE YOU THINKING ABOUT QUITTING?**

There is no better time to find out about tools available for you than on WORLD NO TOBACCO DAY.

Join Health Promotion and the Pharmacist for this lunch and learn to find out about options for ending your dependence on tobacco. Please register on BookKing.



### FRIDAY, JUNE 20

1200 - 1245 hrs • Bldg 90 – Front Lawn

#### JUNE 21 IS INTERNATIONAL YOGA DAY.

To celebrate, we invite you to join us for a group Yoga session. We are hoping to get a large group of people participating in this inclusive yoga class.

IN CASE OF RAIN, THE LOCATION WILL BE BLDG 33, MINI GYM.

Please register on BookKing.



### FRIDAY, AUGUST 8

CLINIC • 0815 hrs

SHOTGUN START • 0900 hrs

#### WE INVITE YOU TO PARTICIPATE IN OUR 4TH ANNUAL DISC GOLF TOURNAMENT

New to disc golf, no problem. We will have a clinic before teeing off. No discs, again, no problem. Discs will be available to borrow for the tournament.

Register on BookKing by July 15.



### THURSDAY, JULY 24

1300 - 1530 hrs • Sports Field

the beginning of the Fit Trail

In case of rain, the triathlon will move to Building 21.

#### JULY 24 IS INTERNATIONAL DAY FOR SELF-CARE.

Health Promotion is offering a Wellness Triathlon. The triathlon starts out with a meditative walk, followed by yoga and finishing off with a mindfulness activity. This inclusive triathlon is open to all members of 17 Wing/CFB Winnipeg no matter what your abilities.

Registration is required on BookKing.

Email +healthpromo@forces.gc.ca for more information.



ONLINE REGISTRATION THROUGH BOOKKING.

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





THE  
**WOBBLY PROP**

ALL RANKS' PUB



**ALL WING PERSONNEL ARE WELCOME!**

The Wobbly Prop offers comfortable lounge seating off to the side from the main floor of the pub, a large drop down screen for viewing sporting events and a spacious seasonal patio available for members' use. **FREE WIFI AVAILABLE.**

Located downstairs in Building 6I.

**HOURS**

MONDAY - TUESDAY

1500 - 2000 hrs

WEDNESDAY & THURSDAY

1500 - 2100 hrs

FRIDAY

1500 - 2200 hrs

HOURS SUBJECT TO CHANGE

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

**Veterans Alliance**  
of Canada INC.



The Veterans Alliance of Canada Inc is a veteran owned and operated, non-for-profit resource centre.

Our main goal is to improve the quality of life for Canada's injured veterans and the best way to do that is to invest into programs to help these men and women with their healing process.



[www.veteransalliance.ca](http://www.veteransalliance.ca)



2641 Portage Avenue  
Winnipeg, MB, R3J 0P9  
T: 204-797-5580  
F: 204-663-2673







# THE PRENATAL AND POSTPARTUM PROGRAM



PNP3 is a NEW adapted fitness and wellness program for CAF members during pregnancy, maternal/parental leave, and up to 18 months postpartum.



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

# FALL 2025



PRIORITY PROGRAM REGISTRATION

MILITARY, VETERANS & FAMILIES » WEDNESDAY, AUGUST 13, 2025

GENERAL PROGRAM REGISTRATION

ASSOCIATE & ORDINARY » WEDNESDAY, AUGUST 20, 2025

SESSION RUNS

» SEPTEMBER 15 to DECEMBER 14



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

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