



PSP Program GUIDE

WINTER 2024

17 WING WINNIPEG



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www.cfmws.ca/winnipeg

Due to the nature of our Military Facility and COVID-19 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	2200
FRIDAY	0600	2100
SATURDAY	0900	1800
SUNDAY	0900	1800

BUILDING 90 REDUCED HOURS

DECEMBER 24	0900	1400	JANUARY 1	CLOSED
DECEMBER 25	CLOSED		MARCH 29	CLOSED
DECEMBER 26	CLOSED		MARCH 31	CLOSED
DECEMBER 31	0900	1500	APRIL 1	0900 1500

BUILDING 90 • 680 WIHURI RD.

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

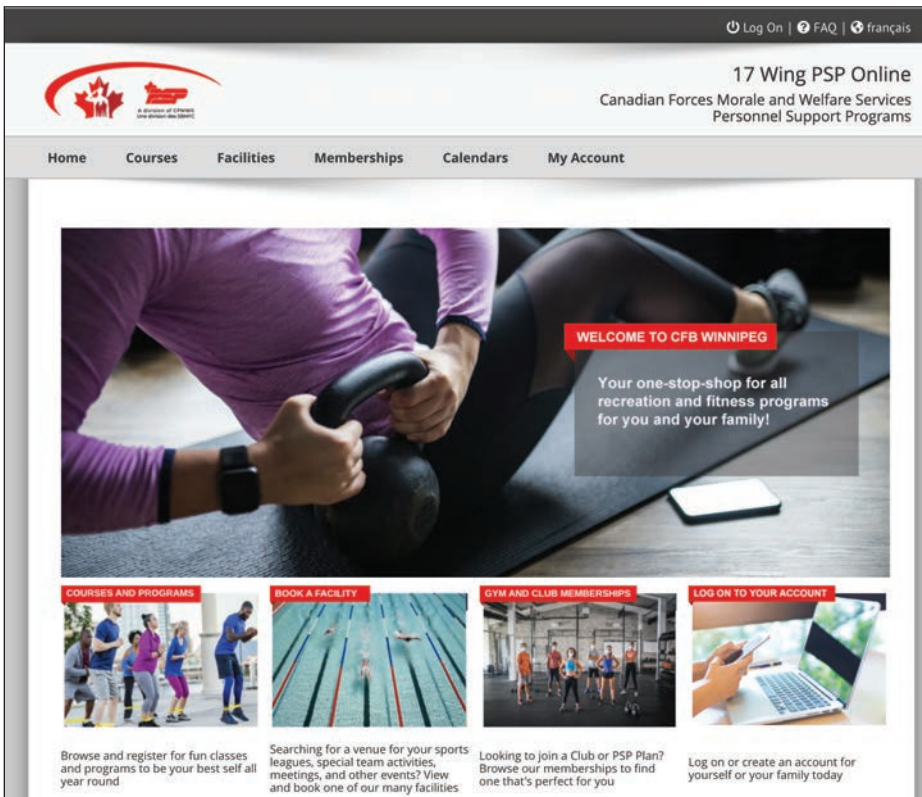
HOW TO REGISTER FOR PROGRAMS

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 and follow the directions.



REGISTRATION OPENS

MONDAY, DECEMBER 4

for currently serving CAF members & Veterans

WEDNESDAY, DECEMBER 6

for PSP Plan

THURSDAY, DECEMBER 14

for Non-PSP Plan

Amex, Mastercard, Visa accepted

PLEASE REVIEW THE
NATIONAL PRIORITY REGISTRATION POLICY ON
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.
- ▶ Former RCMP/Coast guard receiving pension.
- ▶ Commissionaires and other full-time contractors employed at a CF location and their dependants.

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	\$88
Tier 2 Annual – Vets	\$81	\$88

ORDINARY MEMBERS	SINGLE	FAMILY
Annual	\$101	\$126

ASSOCIATE MEMBERS	SINGLE	FAMILY
Annual	\$386	\$548
6 Month	\$211	\$285
Monthly	\$40	\$53

PSP PLAN CLUB MEMBERSHIP More Info on page 10

CLUB ACCESS ONLY, INDIVIDUAL CLUB DUES APPLY	SINGLE	FAMILY
Current Regular / Reserve Force Members	FREE	\$30
Ordinary Members	\$29	\$44
Associate Members	\$54	\$81

SPORTS REC LEAGUE MEMBERSHIP

\$25 / person (Includes Tax)

More info on page 13

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 heeies 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.

THE POOL IS CURRENTLY CLOSED
See page 20 for more information.

CHALLENGER BASEBALL TEAM

SATURDAY, MAY 4 to SATURDAY, JUNE 22 (NO GAME ON SATURDAY, MAY 18)

1000 - 1130 hrs • 17 Wing Ball Diamond #1 ▶ 5 - 99 YEAR OLDS

The Community Recreation department is partnering with Challenger Baseball Manitoba. 17 Wing Winnipeg is the first CFB in Canada to join Challenger Baseball Canada.



“Challenger Baseball” is completely inclusive, rewarding and outcome-based baseball program. It provides the opportunity to empower children, youth and adults with cognitive or physical disabilities while enjoying all the benefits of the fun sport of baseball.

Participants play at their own pace and ability while having fun. Challenger baseball is played in a safe, recreational environment where everyone is a winner. Each team will have a coach and a team picture. Players will be outfitted in a uniform and use the same equipment as typical baseball with modifications or adaptations based on the player’s individual abilities.

Rather than concentrate on competition or standardized skill achievements, players and their coaches are encouraged to set personal goals for each game and for the season. They are recognized for their accomplishments.

Players have the opportunity to be paired with an able-body “buddy” who are “mentors” and support the player’s involvement in the game, assist when necessary while encouraging independence.

Every participant who comes to Challenger Baseball feels safe, loved and challenged. Participants leave Challenger Baseball feeling better about themselves. Every single Challenger Baseball participant is aware of his/her limitless potential.

REGISTRATION:

Military / Vets / Reservists and their dependents • **\$35**

Monday, Feb 26 to Monday, April 1



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

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



RED CROSS BABYSITTING

SATURDAY, FEBRUARY 24

0900 - 1700 hrs • Bldg 33 – MPR

▶ 12-15 YEAR OLDS

We are Partnering with PACE First Aid & Rescue Training.

This course focuses on five main areas: child care-giving, first aid, injury prevention, leadership, and business skills. Youth learn through interactive, fun activities, and problem-solving scenarios and practice. Participants receive the Canadian Red Cross Babysitter’s Manual, which includes key information on caring for kids of different ages, as well as an emergency contact form, sample resumes, business cards, glossary and more. Participants receive a wallet card that confirms they have completed the course.

PARTICIPANTS WILL LEARN:

How to be responsible and demonstrate leadership. • How to make good decisions and manage difficult behaviours. • Information on children’s developmental stages, and specific strategies for each stage. • How to feed, diaper, dress, and play with children and babies. • How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours. • First aid skills. • The business of babysitting.

Military & PSP Plan **\$75 + GST**

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



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.



COMMITMENT TO QUALITY

Our programs promote positive experiences by caring leaders

Our programs foster friendships

Our programs present opportunities for play

Our programs teach skill development & mastery

Our programs encourage participation

Our programs welcome diversity and uniqueness

Our programs protect participants in a safe & secure environment

**OUR PROGRAMS MATTER
TO THE 17 WING WINNIPEG COMMUNITY**



BIRTHDAY PARTIES

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.

OUR POOL IS SHUT-DOWN UNTIL FURTHER NOTICE DUE TO REPAIRS AND MAINTENANCE.

17wingbirthdayparties@gmail.com

PSP Plan • Non-PSP Plan
\$150 + GST • **\$190 + GST**



KIDS CAMP

JULY & AUGUST

▶ 6 - 12 YEAR OLDS

Check at www.CFMWS.ca in the Spring for more information!

DAY CAMP MARCH BREAK

MARCH 25 to MARCH 28
 NO CAMP MARCH 29 – GOOD FRIDAY

0730 - 1600 hrs • Bldg 33

Drop-off 0730 - 0900 hrs / Pick-up 1600 - 1700 hrs

▶ 6 - 13 YEAR OLDS

Fun-filled days of gym, movie & activities!

Military • PSP Plan • Non-PSP Plan
\$80+ GST • **\$107.20 + GST** • **123.20 + GST**



IN-SERVICE DAYS

FRIDAY, FEBRUARY 2
MONDAY, FEBRUARY 19 LOUIS RIEL DAY
FRIDAY, MARCH 15
FRIDAY, APRIL 19

Activities • 0730 - 1600 hrs

Before care 0700 - 0900 hrs / After care 1600 - 1700 hrs

▶ 6 - 12 YEAR OLDS

School's out for the day but we're not! Send your children for a day full of fun and games with us.

PSP Plan • Non-PSP Plan
\$25 + GST • **\$30 + GST**

NEW!
STRATEGY GAMING PROGRAM

THURSDAYS

JANUARY 4 to APRIL 25

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 **FREE** • Vets **\$8** • PSP Plan & Non-PSP Plan **\$20 + GST**

SPORTS STORES EQUIPMENT RENTALS

AVAILABLE FOR MILITARY MEMBERS

FREE WINTER EQUIPMENT
Cross Country Skis & Snow Shoes

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



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



BOARD GAME NIGHT

TUESDAY, JANUARY 16
TUESDAY, MARCH 12

1800 hrs • ~~Officers' Mess Pub~~
FREE



THE **WOBBLY PROP**

ALL RANKS' PUB

Located on the west upper floor of Building 61, across from the Combined Kitchen.

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



PAINT NIGHT

TUESDAY, FEBRUARY 13

~~Officers' Mess Pub~~
 More into to follow



TRIVIA NIGHT

THURSDAY, JANUARY 25
 MARVEL VS. DC UNIVERSE

THURSDAY, FEBRUARY 29
 ULTIMATE TV COMEDIES

Friends, the Office, Schitt's Creek, Seinfeld, Simpsons, How I Met Your Mother, etc.

THURSDAY, MARCH 28
 THEME TBD

THURSDAY, APRIL 25
 THEME TBD

1900 hrs start time • **Wobbly Prop**

▶ 18+ EVENT

REGISTER YOUR TEAM ON BOOKING.
 Teams can consist of up to 6 players.

Military & dependants /
 Vets & dependants
FREE

• PSP Plan &
 Non-PSP Plan
\$5 per person

FREE WEEK! MONDAY, JANUARY 8 to SUNDAY, JANUARY 14, 2024

REGULAR CLASSES RUN MONDAY, JANUARY 15 to SUNDAY, APRIL 28, 2024

PUNCH CARDS – Valid for 6 months from date of purchase .

PSP PLAN – Fitness 10 Class Punch Card **\$60** • PSP PLAN – Fitness 20 Class punch card **\$105**

NON-PSP PLAN – Fitness 10 Class Punch Card **\$120** • NON-PSP PLAN – Fitness 20 Class punch card **\$147**

DAILY DROP-IN – Fitness class daily drop-in.

MILITARY PERSONNEL / PSP PLAN – **\$9** • NON-PSP PLAN – **\$11**

	TIME	CLASS	INSTRUCTOR
MONDAY	1800-1900 hrs	TOTAL BODY CONDITIONING	Laura Wiebe
WEDNESDAY	0645-0730 hrs	YOGA	Bryann Mazur
	1800-1900 hrs	ABS, GLUTES & THIGHS	Laura Wiebe
SATURDAY	0930-1030 hrs	MUSCLE BOOT CAMP	Tricia Klassen
	1045-1145 hrs	INDOOR CYCLE	Tricia Klassen
SUNDAY	1000-1100 hrs	YOGA	Bryann Mazur

TOTAL BODY CONDITIONING • Total Body Conditioning class goes at a slower pace with the use of free weights and flex bands. The push and pull muscle groups are engaged in order to improve activities of daily living and overall health.

YOGA • Increase your body awareness, develop strength, balance and flexibility, and learn to relax and re-energize. An active and flowing yoga class.

ABS, GLUTES & THIGHS • Strengthening the core is the main focus in this class. Although this is a slower paced class, you'll still get your cardio in, with the use of your own body weight and some equipment, our instructor will show proper techniques to engage the large core muscle groups.

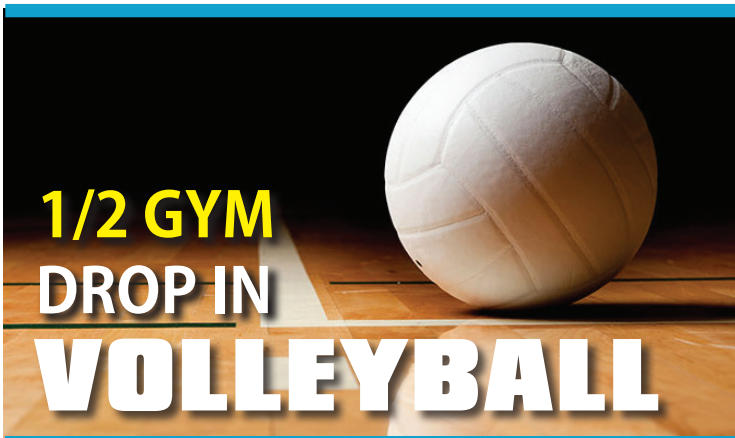
MUSCLE BOOT CAMP • This is a fun and fast-paced full body resistance workout using mats, dumbbells, BOSU and other apparatus. The focus is on toning and strengthening abs, butts, and thighs, and developing upper body strength and endurance. Suitable for all levels.

INDOOR CYCLE • Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.

ADULT PROGRAMMING

FREE WEEK! MONDAY, JANUARY 8 to SUNDAY, JANUARY 14, 2024

REGULAR CLASSES RUN MONDAY, JANUARY 15 to SUNDAY, APRIL 28, 2024



1/2 GYM DROP IN VOLLEYBALL

MONDAY • 1815 - 1945 hrs

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



1/2 GYM DROP IN BADMINTON

MONDAY • 1815 - 1945 hrs

THURSDAY • 2000 - 2130 hrs

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



DROP IN PICKLEBALL

TUESDAYS • 1815 - 1945 hrs

THURSDAYS • 1815 - 1945 hrs

SUNDAYS • 0915 - 1045 hrs

Bring your own Pickle balls & paddles!

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



DROP IN BASKETBALL

FRIDAYS • 1600 - 1800 hrs

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



BLDG 90 1/2 GYM OPEN GYM

THURSDAYS • 1600 - 1800 hrs



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**

»» PSP FITNESS DEPARTMENT ««

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

»» NOON FITNESS

DAY	CLASS TYPE	LOCATION
MONDAY	BOOT CAMP	BLDG 90 • GYM FLOOR
TUESDAY	SPIN	BLDG 90 • SPIN ROOM
WEDNESDAY	BOOT CAMP	BLDG 90 • GYM FLOOR
THURSDAY	YOGA	BLDG 33 • MPR
FRIDAY	BOOT CAMP	BLDG 90 • GYM FLOOR

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

»» 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

- CONTACTS**
- Fitness Instructors' Office** ext. 2455 • ext. 4833
 - Personal Fitness Programs** . . . Sean Kochalyk • ext. 2455
 - FORCE Rewards program** ext. 2455
 - Aerobic Award of Excellence** . . ext. 2455
 - Unit PT Classes** Stefan Dowhayko • ext. 4833
 - FORCE testing** contact your unit FORCE Coordinator to book **or** Leeona Bond • ext. 2056
 - 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
 MWO BRUCE DAVIDSON
bruce.davidson@forces.gc.ca

»» 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
- ▶ 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 TOURNAMENTS

»» NATIONAL SPORTS

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

- ▶ RUNNING
- ▶ SWIMMING
- ▶ TRIATHLON

POSITIVE SPACE PROGRAM

The objective of this program is to foster the creation of a safe and inclusive work environment for everyone, including members of the Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and Intersex communities. The Positive Space program offers volunteer and peer-based support groups for Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex (2SLGBTQI+) and non-2SLGBTQI+ community members, where they can create networks and seek information, support, and assistance from Positive Space Ambassadors.

Positive Space Ambassadors help create inclusivity in the Defence Team while respecting confidentiality. They are a resource for information and can suggest appropriate resources to those who reach out for support.

POSITIVE SPACE AMBASSADOR TRAINING • 2 DAY TRAINING

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

February 27 to 28 • 0800 - 1600 hrs



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

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



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



MOVIE NIGHTS

BLDG 90 THEATRE

DOORS OPEN 30 MINS BEFORE SHOW TIME

Snacks available for purchase.

PSP Plan **FREE** • Non-PSP Plan **\$2**



FRIDAY

JANUARY 19

OPPENHEIMER (R)

1830 HRS SHOW TIME



FRIDAY

FEBRUARY 16

BARBIE (PG-13)

1900 HRS SHOW TIME



FRIDAY

MARCH 15

KILLERS OF THE FLOWER MOON (R)

1830 HRS SHOW TIME



FRIDAY

APRIL 19

DUNE - PART 2 (PG-13)

1830 HRS SHOW TIME

REGISTRATION REQUIRED

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



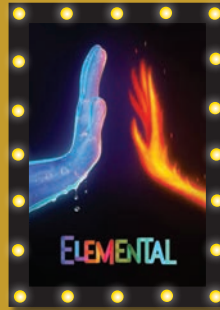
FAMILY AFTERNOON MOVIES

BLDG 90 THEATRE

DOORS OPEN 1500 hrs • SHOW TIME 1530 hrs

Snacks available for purchase.

PSP Plan **FREE** • Non-PSP Plan **\$2**



SUNDAY

JANUARY 21

ELEMENTAL (G)



SUNDAY

FEBRUARY 18

WONKA (PG)



SUNDAY

MARCH 17

WISH (PG)



SUNDAY

APRIL 21

TEENAGE MUTANT NINJA TURTLES: MUTANT MAYHEM (PG)

REGISTRATION REQUIRED

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



Open to PSP Plan and the CAF Community

On sale Sept 1 for Oct to Dec tickets

On sale Dec 1 for Jan to Apr tickets

FOR PURCHASE AT BLDG 90 FRONT DESK
FIRST COME FIRST SERVE

Only \$80+ GST per ticket • Section 215

All tickets are final sale

Must be purchased in groups of 2



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 redeemed at time
of purchase for any game.

All tickets are final sale

1 voucher per seat



Winter FEST

SATURDAY
MARCH 9

AT CAMP MANITOU
1100 - 1500 HRS

◦ ACTIVITIES FOR ALL AGES! ◦

- ▶ **RESPECT IN THE CAF** • JANUARY 18 • 0800-1600 hrs • 1 Day Course
 - FEBRUARY 20 • 0800-1600 hrs • 1 Day Course
 - MARCH 13 • 0800-1600 hrs • 1 Day Course

This workshop is designed to foster a sustained change in attitudes and behaviours in order 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.

- ▶ **STRESSED? TAKE CHARGE!** • JANUARY 30 & 31 • 0800-1600 hrs • 1.5 Day Course

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.

- ▶ **MENTAL FITNESS & SUICIDE AWARENESS** • FEBRUARY 8 • 0800-1600 hrs

Designed specifically for the CAF, MFSA is aimed at assisting in the understanding and maintenance of 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.

- ▶ **ALCOHOL, OTHER DRUGS, GAMBLING & GAMING AWARENESS** • FEBRUARY 13 & 14 • 0800-1600 hrs • 1.5 Day Course

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.

- ▶ **TOP FUEL FOR TOP PERFORMANCE** • FEBRUARY 22 & 23 • 0800-1600 hrs • 1.5 Day Course

In this 1.5 day course that helps CAF personnel to choose the amount and type of fluid and food they need to balance energy requirements in varied situations through their lives and to optimize health and physical performance.

- ▶ **POSITIVE SPACE AMBASSADOR TRAINING** • FEBRUARY 27 & 28 • 0800-1600 hrs • 2 Day Course

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

- ▶ **MANAGING ANGRY MOMENTS** • MARCH 4 & 6 • 0800-1600 hrs • 1.5 Day Course

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.

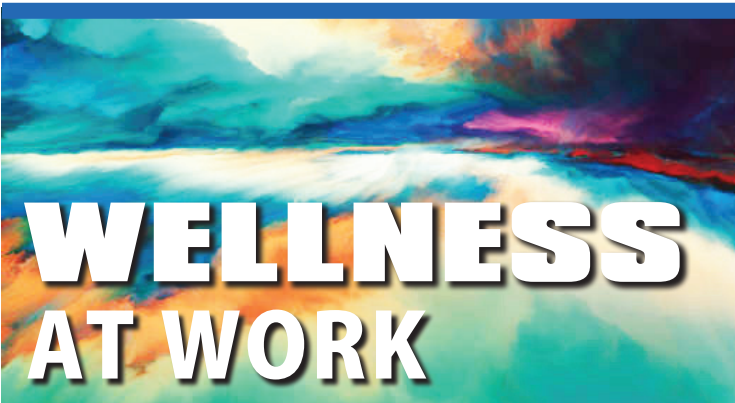
- ▶ **POWER OF WELLNESS** • Begins MARCH 18 • 9 Week Course – Mondays over lunch • 1130-1330 hrs

In the Power of Wellness (POW) program you will take part in courses on healthy eating, injury prevention and training principles as well as instructor-led PT sessions! While coached throughout this program the objective is to become equipped with the tools to work out safely on your own and make the right choices to lead a healthy and active life.

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

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



WELLNESS AT WORK

Health Promotion is offering customized wellness breaks in your workplace. Choose one or two activities from our list for a 15-30 minute wellness break within your unit lines.

Health Promotion will come to you and supply all the necessary equipment.

WELLNESS BREAKS CAN OCCUR ANYTIME FROM 0700 - 1530 HRS, MONDAY TO FRIDAY, JANUARY 22 TO 26.

So whether you need an early morning wake-up, lunch recharge or end of day reset, let us guide you to improved wellness.

Choose one or two from the following list:

- **Stretch Break**
- **Guided meditation**
- **Visualization exercise**
- **Sound Therapy**
- **Rock Painting**
- **Origami**
- **Gratitude practice**
- **Mocktail bar**
- **5-minute stress busters**
- **Health Promotion choice**



HEALTH & WELLNESS CHALLENGE

**Have you registered for the challenge yet?
Is your unit participating?**

The Wing Commander is offering a health and wellness challenge supported by the Personnel Support Programs (PSP). The Wellness Challenge is a nine-month challenge from September to May inclusive.

WHAT DO YOU NEED TO DO?

All you need to do is track 5 activities. You receive one point for attending an instructor-led fitness class, 1 point for PSP event or activity, 1 point for every 15 minutes of physical activity up to 12 points a day and 1 point for volunteering. In addition, there will be monthly bonus challenges featuring other healthy living markers for extra points.

HERE ARE THE UPCOMING BONUS CHALLENGES:

January – Get outside for 30min/day.

February – Practice mindfulness (10 minutes/day) or take time at the end of the day to write down 3 things you are grateful for.

March – Consume 5 servings of vegetables/day.

The next incentives date is the end of March.

More information and the tracking sheet can be found at CFMWS, MFRC Winnipeg or on SharePoint.

LET'S GET TRACKING!



WOMEN AND HEALTH SERIES

FRIDAY, MARCH 15

1300 – 1500 hrs

PSP and the DWAO are pleased to offer a series of educational workshops addressing the needs of women in the CAF.

The first in the series is Women & Nutrition. As part of the March is Nutrition Month campaign, this workshop will look at the nutritional needs of women with a focus on ensuring nutritional balance in your diet.



GROCERY STORE TOUR

MONDAY, MARCH 18

DO YOU EVER FEEL OVERWHELMED WHEN YOU GROCERY SHOP? YOU'RE NOT ALONE.

Take a grocery store tour to learn how to make heart-healthy and budget-friendly food choices for your family. Guided by Health Promotion, you will compare fresh, frozen and canned fruits and vegetables; understand pricing; and learn how to interpret in-store signage and much more.

POWER OF WELLNESS

In the Power of Wellness (POW) program you will take part in courses on healthy eating, injury prevention and training principles as well as instructor-led PT sessions!

While coached throughout this program the objective is to become equipped with the tools to work out safely on your own and make the right choices to lead a healthy and active life.

LUNCH & LEARNS

THURSDAYS • 12:00 – 1250 hrs

Canex Building • Room 220

Health Promotion is offering monthly lunch and learns on the pillars of wellness. Each month we will explore a different aspect of wellness. Join us to learn more about the positive impact that they can have on your overall health & wellness.

JANUARY 25 – In line with this month's bonus challenge, our lunch and learn is focused on hydration. How do we know we are getting enough hydration? Do our hydration needs change? We will discuss this and tips on how to increase our hydration to provide optimal performance throughout your day.

FEBRUARY 15 – The science around the importance of gratitude practices continues to grow. How can we incorporate gratitude practice into our daily routine? What does it look like? We thank you in advance for spending some time with us.

MARCH 7 – Eating a plant-based diet can improve your health and wellness. If you enjoy eating meat, you don't need to stop, but why not try to incorporate more plant-based foods into your diet. Join us to find out how easy it can be to increase your daily vegetable intake.



SAFE IN OUR HANDS.

CFMWS

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

SUNDAY
1100-1400 hrs

REGISTER
204-833-2500 ext. 5139



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.

SWIMMING

ARE YOU LOOKING TO SWIM WHILE OUR POOL IS DOWN?

MILITARY & PSP PLAN CAN SWIM FOR FREE AT

St. James Assiniboia Centennial • 644 Parkdale St.

AND

St James Civic Centre • 2055 Ness Ave.

Military Members are to present Military ID at the facility to gain access to the facility.

PSP Plan requires a monthly sticker from the front desk.

For information on our program contact the **front desk of Bldg. 90** at **204-833-2500 ext. 5139**

Schedule & Pool Rules: https://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/st_james_assiniboia.stm

<https://winnipeg.ca/cms/recreation/facilities/leisurecentres/stjamescivic.stm>

SPRING / SUMMER

2024

REGISTRATION

MONDAY, APRIL 8 • for currently serving CAF Members & Veterans

WEDNESDAY, APRIL 10 • for PSP plans

MONDAY, APRIL 18 • for Non-PSP plans

PLEASE REVIEW THE NATIONAL PRIORITY REGISTRATION POLICY ON CFMWS.CA

FREE WEEK! APRIL 29 to MAY 5

SESSION RUNS **MAY 6 to AUGUST 25**



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

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

