



PSP Program

GUIDE

17 WING WINNIPEG

SPRING/ SUMMER 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 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

Bldg 90 Weight Rooms are CLOSED for cleaning from 1300 - 1330 hrs Monday to Friday

*** STARTING MAY 1
THURSDAY 0600 - 2100**

BUILDING 90 REDUCED HOURS

MARCH 29	CLOSED	JULY 1	CLOSED
MARCH 31	CLOSED	AUGUST 5	0900 1500
APRIL 1	0900 1500	SEPTEMBER 2	0900 1500
MAY 20	0900 1500	SEPTEMBER 30	CLOSED

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 bkk.cfmws.com/winnipegpub and follow the directions.

The screenshot shows the '17 Wing PSP Online' website. At the top, there are links for 'Log On', 'FAQ', and 'français'. The main header includes the Canadian Forces logo and the text 'Canadian Forces Morale and Welfare Services Personnel Support Programs'. A navigation menu lists 'Home', 'Courses', 'Facilities', 'Memberships', 'Calendars', and 'My Account'. The main content area features a large image of a person using a kettlebell with the text 'WELCOME TO CFB WINNIPEG' and 'Your one-stop-shop for all recreation and fitness programs for you and your family!'. Below this are four smaller images with captions: 'COURSES AND PROGRAMS', 'BOOK A FACILITY', 'GYM AND CLUB MEMBERSHIPS', and 'LOG ON TO YOUR ACCOUNT'. Each caption provides a brief description of the respective service.

REGISTRATION OPENS

MONDAY, APRIL 8

for currently serving CAF members & Veterans

WEDNESDAY, APRIL 10

for PSP Plan

WEDNESDAY, APRIL 17

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.
- ▶ Commissionaires and other full-time contractors employed at a CF location and their dependants.

ASSOCIATE MEMBERS

- ▶ All others

EFFECTIVE 1 APRIL 2024

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	\$234
Monthly	\$42	\$55

PSP PLAN CLUB MEMBERSHIP More Info on page 19

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 20

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.

THE POOL IS CURRENTLY CLOSED

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 – \$2

SNACKS AVAILABLE FOR PURCHASE



FRIDAY

APRIL 19

FREELANCE

Rated PG-13



FRIDAY

MAY 10

AQUAMAN
AND THE LOST KINGDOM

Rated PG-13



**SPA
NIGHT
MOVIE**

TUESDAY
JUNE 11

THE GREATEST SHOWMAN

Rated PG

DOORS OPEN • 1830 hrs

MOVIE • 1900 - 2045 hrs

More information on page 7



FRIDAY

JUNE 14

I.S.S.

Rated R

BLDG 90 THEATRE

FAMILY AFTERNOON MOVIES

DOORS OPEN 1500 hrs • SHOW TIME 1530 hrs

PSP PLAN – FREE • NON PSP PLAN – \$2

SNACKS AVAILABLE FOR PURCHASE



SUNDAY

APRIL 21

WISH

Rated PG



SUNDAY

MAY 12

MIGRATION

Rated PG



SUNDAY

JUNE 16

KUNG FU PANDA 4

Rated PG

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



RENT A GARDEN PLOT

MAY 17 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.

PSP Plan **\$42 + GST + \$65 deposit**

Non-PSP Plan **\$65 + GST + \$70 deposit**

GARDEN PROGRAMS OUR MASTER GARDENER LOIS MACLENNAN WILL LEAD THESE COURSES.

In a fun, interactive format, participants will learn the basics of sowing, growing, harvesting and cleaning up a vegetable garden.

The **MAY & JUNE** courses will combine theory and work in the vegetable garden. In **JULY & AUGUST**, participants will rotate between weeding and watering the garden. In **SEPTEMBER**, the courses will combine theory and work in the vegetable garden.

All participants will be able to enjoy the 'vegetables' of their labour, and will take home a variety of vegetables grown in their own garden.



LITTLE GREEN THUMBS

TUESDAYS
MAY 28 to SEPTEMBER 10

1830 - 1930 hrs

Bldg 33 – MPR / Garden plot

▶ 6 - 12 YEAR OLDS

Military & PSP Plan **\$65 + GST**

Non-PSP Plan **\$70 + GST**



SQUARE FOOT VEGETABLE GARDEN

TUESDAYS
MAY 28 to SEPTEMBER 10

1945 - 2045 hrs

Bldg 33 – MPR / Garden plot

▶ ADULTS
An adult must accompany ages 14 - 17 years

Military & PSP Plan **\$65 + GST**

Non-PSP Plan **\$70 + GST**

PAINT NITE

TUESDAY, JULY 16

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**

DIY SPA NIGHT

TUESDAY, JUNE 11

1800 - 2045 hrs • Bldg 33 – MPR

▶ **ADULTS**

An adult must accompany ages 14 - 17 years

Come solo, as a couple or with a group. ALL ARE WELCOME!

Enjoy a fun evening of relaxation & entertainment with our Do It Your Way Spa Night and movie.

Attendees can pamper themselves with a facial, mini-manicure and mini-pedicure. We will also have the movie "The Greatest Showman" (rated PG) along with snacks and a non-alcoholic cocktail .

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

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



TUESDAY, APRIL 30

1830 - 2030 hrs • Bldg 33 – MPR

▶ **ADULTS**

An adult must accompany ages 10 - 17 years

We have partnered with Elaine Hepburn – Creative Memories.

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 **\$45 + GST**

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

TRADITIONAL SCRAPBOOKING WORKSHOP

WEDNESDAY, JUNE 5

1800 - 2030 hrs • Bldg 33 – MPR

▶ **ADULTS**

An adult must accompany ages 14 - 17 years

**We have partnered with Marilyn Whatman -
Scrapbookers Anonymous and more.**

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

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

The program cost per participant covers all material including a photo album, the equipment and instructions.

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.



YOUR PETS HOME AWAY FROM HOME

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- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA
- SEPERATE CAT FACILITIES
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Phone: 204-633-2629

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**COMMUNITY
BBQ &
LAWN
GAMES**

THURSDAY, JUNE 6

1700 - 1900 hrs • Bldg 90 – Front lawn

Come together with the community for some old-fashioned fun including lawn games and a barbecue.

ALL ARE WELCOME!

Military & PSP Plan **\$5 + GST**

Non-PSP Plan **\$7 + GST**

CHALLENGER BASEBALL TEAM

“CHALLENGER BASEBALL” IS A 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.



AGES 5 - 99 YEARS



17 Wing Winnipeg is the first CFB in Canada to join Challenger Baseball Canada.

SATURDAYS

**MAY 4 to
JUNE 22**

NO GAME ON SATURDAY, MAY 18

1000 - 1130 hrs

\$35 MILITARY / VETERANS / AND THEIR DEPENDANTS

REGISTRATION OPEN: MONDAY, FEBRUARY 26 - MONDAY, APRIL 1

REGISTER IN BOOKING





LEARN-TO-PADDLE

WEDNESDAY, JUNE 19

1900 - 2100 hrs • FortWhyte Alive

- ▶ **ADULTS**
Ages 14 - 17 years must be accompanied by an adult

We have partnered with Kendricks Outdoor Adventures at FortWhyte Alive.

Join us for a two-hour learn-to-paddle lesson.

The program cost per participant covers the instructor, the lesson and time on the water, a pfd, canoe or kayak or paddleboard, paddles and a safety kit.

Learn to paddle on the lakes in the city at FortWhyte Alive with Kendrick's Outdoor Adventure. Choose to learn to paddle in a kayak or a canoe or a stand-up paddleboard. Enjoy summer on the water while trying something new or brushing up on your paddling skills.

Military & PSP Plan **\$30 + GST**

Non-PSP Plan **\$35 + GST**



FORTWHYTE ALIVE DAY

SATURDAY, AUGUST 17

1300 - 1500 hrs • FortWhyte Alive

- ▶ **OPEN TO ALL AGES**
An adult must accompany children under 18 years.

We have partnered with FortWhyte Alive.

Come and enjoy an afternoon at FortWhyte Alive, where a variety of activities are being offered are pedal boat, canoeing, kayaking, stand-up paddle board, cruiser biking, walking poles, fishing, self-guided scavenger hunts, net dipping and binoculars to view nature.

Military & PSP Plan **0-2 yrs FREE**
3-17 yrs \$6 + GST • 18 yrs + \$8 + GST

Non-PSP Plan **0-2 yrs FREE**
3-17 yrs \$7 + GST • 18 yrs + \$9 + GST



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

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





STANDARD FIRST AID & CPR-C WITH AED

SATURDAY, JUNE 1 & SUNDAY, JUNE 2

0930 - 1730 hrs • Bldg 33 – MPR ▶ ADULTS (14+)

We are Partnering with PACE First Aid & Rescue Training.

This course meets legislation requirements for provincial / territorial worker safety and insurance boards. It includes the latest first aid, CPR guidelines and training in the use of an automated external defibrillator (AED).

COURSE CONTENT INCLUDES:

The Red Cross, preparing to respond, the EMS system, check-call-care, airway emergencies, breathing and circulation emergencies, first aid for respiratory and cardiac arrest, wound care, head-neck-spinal injuries, bone-muscle-joint injuries, sudden medical emergencies, environmental illnesses and poisons.

It also includes how to respond to circulatory emergencies, respond to obstructed airways conscious and obstructed airways unconscious, do CPR on an adult-child-infant alone and two-person CPR with AED, how to use an AED. The course includes any other content required by specific legislation

Completion of this course is based on the ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% minimum passing grade on a written, closed book knowledge evaluation and adherence to the Fundamental Principles.

Upon successful completion, participants will receive a digital CPR certificate.

Military / Veterans / PSP Plan **\$125 + GST** • Non-PSP Plan **\$130 + GST**



RE-CERTIFICATION FOR STANDARD FIRST AID & CPR-C WITH AED



SUNDAY, MAY 26

0930 - 1630 hrs

Bldg 33 – Mini gym ▶ ADULTS (14+)

We are Partnering with PACE First Aid & Rescue Training.

Participants must have a CURRENT CERTIFICATION for the Standard First Aid and CPR-C with AED and present to course conductor.

This course meets legislation requirements for provincial / territorial worker safety and insurance boards. It includes the latest first aid, CPR guidelines and training in the use of an automated external defibrillator (AED).

Completion of this course is based on the ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% minimum passing grade on a written, closed book knowledge evaluation and adherence to the Fundamental Principles.

Military/Veterans/PSP Plan **\$95 + GST**

Non-PSP Plan **\$100 + GST**



BABYSITTING COURSE

SUNDAY, JUNE 9

0930 - 1730 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 caregiving, 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/Veterans/PSP Plan **\$75 + GST**

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

BIRTHDAY PARTIES

SATURDAYS & SUNDAYS • **MAY, JUNE, JULY & AUGUST**

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.

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

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

17 Wing Events



www.17WingVoxair.com

@Voxair



Stay up to date with the latest events and activities.

Visit the "Events" page on Voxair to know more.



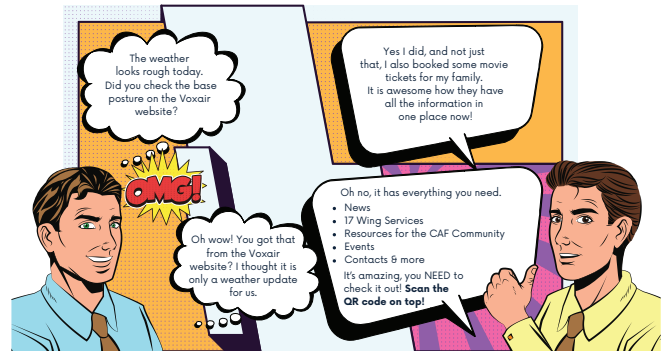
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NEW!
STRATEGY GAMING PROGRAM

THURSDAYS

MAY 2 to AUGUST 29

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
FREE • \$8 + GST • \$20 + GST



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 out "Try it Tuesdays" on page 25.

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.



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



SUMMER CAMP

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

• **GAMES** • **CRAFTS** • **FUN** • **SPORTS** • **SCIENCE** •

FULL WEEK CAMPS

JULY 8 to 12

AUGUST 12 to 16

AUGUST 19 to 23

NO CAMPS JULY 15 to 19 AND AUGUST 5 to 9

Military / Veteran with PSP Plan **\$100 + GST**

Military / Veteran Non-PSP Plan **\$140 + GST**

PSP Plan **\$160 + GST** • Non-PSP Plan **\$190 + GST**

SPECIAL CAMP

JULY 23 to 25

Special Instructor: 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**

CAMP DAYS

JULY 30, 31

AUGUST 1, 27, 28 & 29

Military / Veteran with PSP Plan **\$20 + GST PER DAY**

Military / Veteran Non-PSP Plan **\$28 + GST PER DAY**

PSP Plan **\$32 + GST PER DAY** • Non-PSP Plan **\$38 + GST PER DAY**

Payment plans available, if required contact kelly.nadine@cfmws.com



IN-SERVICE DAYS

FRIDAY, APRIL 19

FRIDAY, MAY 3

FRIDAY, JUNE 14

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

Activities

0730 - 1600 hrs

Before care 0730 - 0900 hrs

After care 1600 - 1630 hrs

NEW FITNESS CLASSES – ALL CLASSES ARE REGISTERED PROGRAMS CLASSES RUN APRIL 29 TO JUNE 27



PILATES

MONDAYS (no class May 20)

0930 - 1030 hrs • Bldg 33 – MPR

PSP Plan **\$56 + GST** • Non-PSP Plan **\$70 + GST**



PILATES

THURSDAYS

1730 - 1830 hrs • Bldg 33 – MPR

PSP Plan **\$72 + GST** • Non-PSP Plan **\$90 + GST**



TOTAL BODY CONDITIONING

MONDAYS (no class May 20)

1800 - 1900 hrs • Bldg 33 – Mini Gym

PSP Plan **\$42 + GST** • Non-PSP Plan **\$54 + GST**



ABS, GLUTES & THIGHS

WEDNESDAYS

1800 - 1900 hrs • Bldg 33 – Mini Gym

PSP Plan **\$54 + GST** • Non-PSP Plan **\$81 + GST**



MUSCLE BOOTCAMP

SATURDAYS (no class May 18 & June 29)

0930 - 1030 hrs • Bldg 90 – West Gym

PSP Plan **\$42 + GST** • Non-PSP Plan **\$54 + GST**



INDOOR CYCLE

SATURDAYS (no class May 18 & June 29)

1045 - 1145 hrs • Bldg 90 – Spin Room

PSP Plan **\$42 + GST** • Non-PSP Plan **\$54 + GST**



YOGA

SUNDAYS (no class May 19 & June 30)

1000 - 1100 hrs • Bldg 33 – MPR

PSP Plan **\$42 + GST** • Non-PSP Plan **\$54 + GST**

REGISTER NOW ON BOOKING!

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

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

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**

BLDG 90 OPEN GYM



WEDNESDAYS • 1800 - 2045 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**



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.

OUR PROGRAMS AND SERVICES



PSP PLAN MEMBERSHIP



RECREATION PROGRAMS



FITNESS TRAINING



MILITARY FITNESS EVALUATION



SPORTS



HEALTH PROMOTION



BOOKINGS & RENTALS



CLUBS

»» 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	MOBIITY	BLDG 33 • MPR
FRIDAY	BOOT CAMP	BLDG 21 (starting March 15)

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** Kevin Roy • ext. 4833
 - Aerobic Award of Excellence** . . Antoni Kieloch • 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



17 WING
SLO-PITCH
TOURNAMENT

COMING IN JUNE!

Lots of Prizes!
Lots of Fun!



MORE INFORMATION TO COME!



17 WING WINNIPEG
RCAF RUN 2024

RCAF CENTENNIAL
100

5 KM WALK / RUN
10 KM RUN

LET'S GET STARTED



FRIDAY / 31 MAY

More information coming soon!



HEALTH & PHYSICAL FITNESS FOR LIFE!

TOONIE

3 KM WALK 5 KM RUN

WEDNESDAY
AUGUST 28 2024

MORE INFORMATION TO COME!

IN SUPPORT OF **GCWCC**

WEIGHT TRAINING 101

WEIGHT TRAINING 101

WEIGHT TRAINING 101

Increase your strength and Skill
IN 12 WEEKS
with PSP Professionals

SIGN UP NOW!



For CAF Women of all ages

Starting March 15th,
1100 - 1200 hrs, on Fridays.



REGISTER NOW

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



THE

WOBBLY PROP

ALL RANKS' PUB

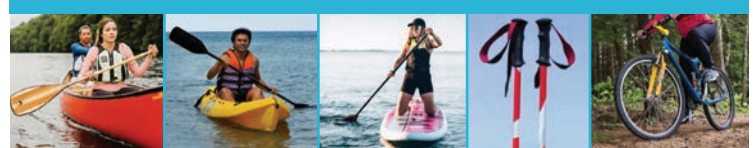
WE'RE MOVING! As of April 1st please join us downstairs at Building 61.

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



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

AVAILABLE TO SIGN OUT FOR FREE
to military members, veterans, DND,
CFMWS & PSP Plan.

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



YOUR AIR FORCE

Celebrate the RCAF 2024 Centennial In MB

Join the celebrations by attending local events
commemorating the RCAF Centennial.

- Apr — **2nd:** City of Winnipeg Engagement & Flyover (Winnipeg)
- May — **31st:** RCAF Run (17 Wing)
- Jun — **12th:** Centennial Flightline Dinner (17 Wing)
- Aug — **3rd/4th:** Manitoba Airshow (Southport)
- Oct — **5th:** Night at the Museum (RAMWC)

Programs are **FREE** and available to **all** CAF members, civilian employees of the Defence Team and their adult family members. **REGISTER ON BOOKING.** Updated information is available at www.cfmws.ca/winnipeg.

»» INJURY REDUCTION STRATEGIES

APRIL 5 • 0800 - 1200 hrs

During this ½ day workshop, members will explore ways to reduce injuries including proper lifting techniques, benefits of stretching and fine-tuning training practices.

»» RESPECT IN THE CAF

APRIL 9 • 0800 - 1600 hrs ▶ MAY 23 • 0800 - 1600 hrs ▶ JUNE 18 • 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

APRIL 12 • 0900 - 1100 hrs ▶ JUNE 5 • 0800 - 1000 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.

»» STRESSED? TAKE CHARGE

APRIL 18 & 19 • DAY ONE – 0800 - 1600 hrs & DAY TWO – 0800 - 1200 hrs

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.

»» POSITIVE SPACE AMBASSADOR TRAINING

MAY 1 & 2 • 0800 - 1600 hrs ▶ JULY 10 & 11 • 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.

»» MENTAL FITNESS & SUICIDE AWARENESS TRAINING

MAY 14 • 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.



WOMEN & HEALTH SERIES

FRIDAYS

1300 - 1500 hrs • Bldg 75 – main lounge

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

APRIL 12 • PHYSICAL FITNESS MYTH BUSTERS. We receive a lot of information about physical fitness from a lot of sources. This workshop is about sorting through the information to provide you with the most up-to-date research.

MAY 10 • PELVIC FLOOR HEALTH. Get the lowdown on Pelvic Floor Physiotherapy. Learn about what it can and cannot help with. The range of issues it can address may surprise you.

JUNE 7 • MENOPAUSE. We will debunk some myths and learn what to expect with menopause from the Menopause Society.

Registration is required on BookKing.



24/7 SELF CARE DAY

WEDNESDAY, JULY 24

0730 - 0930 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 an early morning gratitude walk, followed by an art session and finishing off with meditative yoga. 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.



YOGA ON THE GRASS

FRIDAY, JUNE 21

0730 - 0815 hrs • Bldg 90 – Front Lawn

JUNE 21 IS INTERNATIONAL YOGA DAY.

To celebrate, we invite you to join us for a sunrise Yoga session. Start the day out with a relaxing stretch. In case of rain, the location will be Bldg 33, Mini Gym.

Registration is required on BookKing.



BIKE WEEK!

JUNE 10 - 15

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

PIT STOP HOURS • 0630 - 0900 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.

**TUESDAY, JUNE 11
BIKE MAINTENANCE**

IN FRONT OF BLDG 90 • 1100 hrs

This week's Try-it Tuesday is about 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.

**THURSDAY, JUNE 13
RULES OF THE ROAD**

1100 hrs • 30 MIN DISCUSSION ON SAFE CYCLE

FOLLOWED BY A **1 HOUR** GROUP BIKE RIDE

What are the rules that apply to cyclists? How can you ensure that you are cycling safely through the city.



COMMUTER CHALLENGE

JUNE 2 - 8

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



DISC GOLF TOURNAMENT

FRIDAY, AUGUST 23

CLINIC • 0815 hrs

SHOTGUN START • 0900 hrs

WE INVITE YOU TO PARTICIPATE IN OUR 3RD 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 Booking by Thursday, August 15



30 ON THURSDAYS

THURSDAYS until the end of August

1100-1130 hrs CST • 30 min info sessions

In person at the Canex Bldg, Room 220 **or** online virtually.

Take away tools you can use right away!

TOPICS:

- JUNE 6** • How to Actively Commute to CFB Winnipeg from Surrounding Communities
- JUNE 13** • Cycling: Rules of the Road
* **Optional group ride to follow at 1130 hrs**
- JUNE 20** • Hydration
- JUNE 27** • Having Difficult Conversations
- JULY 4** • Heat Stress
- JULY 11** • Salad in a Jar
- JULY 18** • Goal Setting
- JULY 25** • Gratitude
- AUGUST 1** • Managing Anger
- AUGUST 8** • Self-Talk
- AUGUST 15** • Stress Management Tools
- AUGUST 22** • Time Management

WELLNESS BREAKS

MAY IS MENTAL HEALTH AWARENESS MONTH.

During the month of May units/sections can choose one or two activities from our list for a 15-30 min wellness break in your workplace. 5-minute stress busters, gratitude practice, mindfulness, visualization, sound therapy, yoga, tapping, breathing, origami, rock painting, or Health Promotion choice.

REGISTER FOR YOUR UNIT ON BOOKING.



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 • Self-care & recovery

15 minutes of stretching, foam rolling or self-massage every day.

TRY-IT TUESDAYS

JUNE - AUGUST • 1215 hrs • Canex Building, Room 220 (unless otherwise stated)

Over the summer months, Health Promotion is offering a series of short workshops. Whether you join us in person or try it yourself at your workplace, the **TRY-IT TUESDAYS** are meant to encourage you to get out and try something new or renew a practice.

JUNE 4 • BLDG 90 • 0730 hrs Official map unveiling – As part of the Commuter Challenge, Health Promotion has developed a walking map of CFB Winnipeg. This unique map shows the time that it takes to walk to the various buildings on base from Building 90. We encourage you to park at Building 90, **check out the new map and then walk to work.**

JUNE 11 • BLDG 90 • 1100 hrs – It's Bike week! This week's Try-it Tuesday is about **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 18 • MEET AT START OF FIT TRAIL • NOON – Have you tried Disc Golf yet? Our 18-basket course is always open. We will have staff available to explain the game and get you started.

JUNE 25 – Need a moment to relax? **Today we are going to try sound therapy.** Sound therapy uses aspects of music to improve physical and emotional health & well-being.

JULY 2 – Building on last week's Try-it, this week we are going to try some **mindfulness practices**. How do we eat mindfully, can we walk and be mindful? Join us to find out more.

JULY 9 • MEET AT START OF FIT TRAIL • NOON – Have you tried Disc Golf yet? Our 18-basket course is always open. We will have staff available to explain the game and get you started.

JULY 16 – Origami is an ancient art form from Japan. Taking time to fold paper and create something unique can reduce stress and brighten your day.

JULY 23 – Getting in touch with our breath is a quick and easy way to reduce the feelings of stress and anxiety. Today, our focus is on our breath as we practice a few easy exercises to reduce stress and increase a feeling of calm.

JULY 30 – Visualization is a tool that may be used to control your body's reaction to difficult things and calm your mind. Spend some time with us as we try visualization.

AUGUST 6 – Need a moment to relax? **Today we are going to try sound therapy.** Sound therapy uses aspects of music to improve physical and emotional health & well-being.

AUGUST 13 – Today we are **outside playing lawn games**. We have ladder ball, bocce ball and other games that are quick and easy to set up and fun to play. Rediscover your inner child.

AUGUST 20 • MEET AT START OF FIT TRAIL • NOON – Our disc golf tournament is this Friday, so **why not try Disc Golf?** Our 18-basket course is always open. We will have staff available to explain the game, get you started, and ready for the tournament.

AUGUST 27 – Gratitude can help to calm stressful moments. **Today we are going on a gratitude walk.** We hope you can join us.

LUNCH & LEARNS

THURSDAYS • 1200 - 1245 hrs
 Mynarski Hall , 1 CAD

Health Promotion offers monthly lunch & 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.

You can bring your lunch from home or purchase lunch from the cafeteria.

Register on Booking.

APRIL 11 • SLEEP

In conjunction with our CFB Wellness Challenge bonus challenge this month, we are going to look at sleep. How can we set ourselves up for success with our sleep? We will examine barriers and ways to overcome those barriers.

MAY 15 • PLANNING YOUR GARDEN

It is May, time to get out and plant. Our discussion today will focus on what plants to plant, what plants like to grow together and other strategies to ensure a bountiful garden.

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- Resources for CAF Community
- Events
- Contacts & more

  @Voxair

17wingcorpserVICES@cfmws.com



www.cfmws.ca/winnipeg

REGISTRATION

CURRENTLY SERVING CAF MEMBERS & VETERANS

WEDNESDAY, AUGUST 7

PSP PLANS

FRIDAY, AUGUST 9

NON-PSP PLANS

MONDAY, AUGUST 19

FALL 2024

SESSION RUNS

SEPTEMBER 16 to DECEMBER 15