17 WING WINNIPEG

PSP Program GUIDE

FALL 2026

FACILITY CALENDAR

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

VOXAIR www.17wingvoxair.com

FOLLOW US **@pspwinnipeg**

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

BUILDING 90 HOURS

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

BUILDING 90 REDUCED HOURS

SEPTEMBER 7	0900	1500
SEPTEMBER 30	CLOSED	
OCTOBER 12	0900	1500
NOVEMBER 11	CLOSED	
DECEMBER 11	0630	1200
	1600	2100
DECEMBER 24	0600	1400
DECEMBER 25	CLOSED	
DECEMBER 26	CLOSED	
DECEMBER 31	0600	1500
JANUARY 1	CLOSED	

BUILDING 90 • 680 WIHURI RD.

FOR MORE INFORMATION PLEASE CONTACT ▸
BUILDING 90 FRONT DESK 204-833-2500 EXT. 257-5139

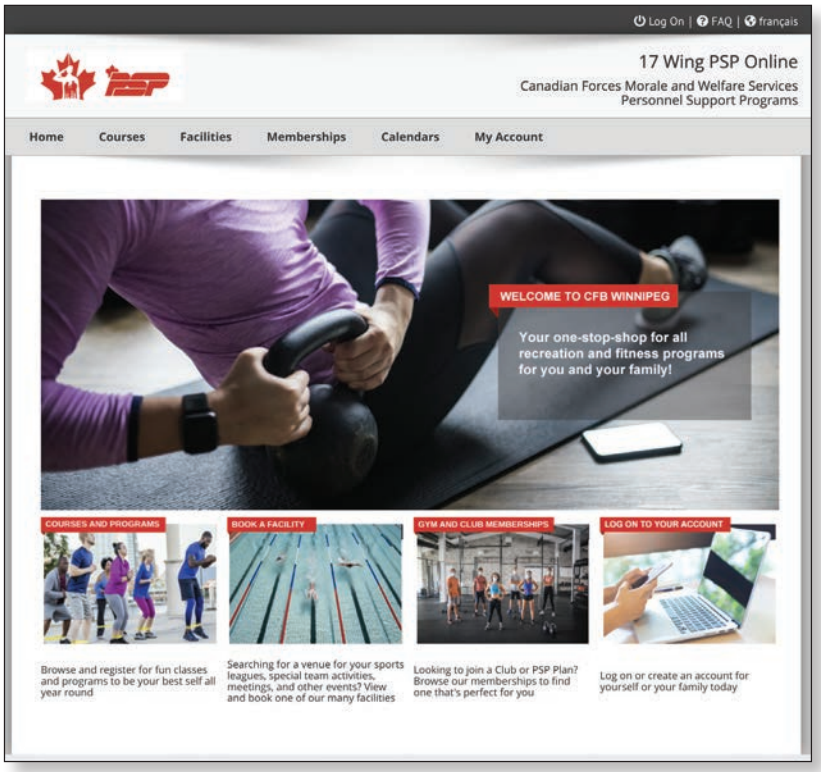
HOW TO REGISTER FOR PROGRAMS

Registration can be completed on-line.

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

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

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



FALL SESSION

REGISTRATION OPENS

PRIORITY PROGRAM REGISTRATION

MILITARY, VETERANS & FAMILIES

WEDNESDAY, AUGUST 12

•

GENERAL PROGRAM REGISTRATION

ASSOCIATE & ORDINARY

WEDNESDAY, AUGUST 19

Amex, Mastercard, Visa accepted

PLEASE REVIEW THE NATIONAL PRIORITY REGISTRATION POLICY ON WWW.CFMWS.CA

DUE TO THE NATURE OF OUR MILITARY FACILITY THERE MAY BE UNFORESEEN INTERRUPTIONS AND/OR CLOSURES THEREFORE PROGRAMMING/FACILITIES MAY BE CANCELLED.

CATEGORIES OF MEMBERSHIPS

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

PSP Plans now include family up until their 26th 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.

NEW PRICING WILL BE IN EFFECT STARTING 01 SEPTEMBER 2026.

Check out 17WINGVOXAIR.com for the most up-to-date pricing.

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**	**$121.62**
Tier 2 Annual – Vets	**$86**	**$121.62**

ORDINARY MEMBERS	SINGLE	FAMILY
Annual	**$119**	**$191.55**

ASSOCIATE MEMBERS	SINGLE	FAMILY
Annual	**$421.60**	**$625**
6 Month	**$219**	**$345**
Monthly	**$43.92**	**$76.85**

PSP PLAN CLUB MEMBERSHIP

More Info on page 10

CLUB ACCESS ONLY, INDIVIDUAL CLUB DUES APPLY	SINGLE	FAMILY
Regular Members Tier 1	**FREE**	**$51**
Regular Members Tier 2	**$35**	**$51**
Ordinary Members	**$51**	**$74**
Associate Members	**$119**	**$170**

SPORTS REC LEAGUE MEMBERSHIP

$25 / person (Includes Tax)

More info on page 18

DAILY DROP-IN FEES

FAMILY

$12 / family (Includes Tax)

ADULT 18+ years

$7 / person (Includes Tax)

YOUTH 15-17 years

$4 / person (Includes Tax)

CHILDREN 14 years & younger

$3 / person (Includes Tax)

CANCELLATION, REFUND & TRANSFER POLICIES

CANCELLATIONS

- All activities are subject to cancellation if there is insufficient registration.
- Please note, due to the nature of our Military facility there may be unforeseen interruptions and/or cancellation of activities.
- Should it be necessary to cancel an activity, every attempt will be made to 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 heelies must be carried while entering the facility.
- All gym bags etc. must be stored in lockers. We are not responsible for lost or stolen items.
- Please bring a lock for daily use lockers.

CARDIO & WEIGHT ROOM RULES

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

GYMNASIUM FLOOR RULES

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

SQUASH COURT RULES

- All children 12 yrs and under must be accompanied and closely supervised by a parent or legal guardian.
- Courts must be reserved no earlier than two days in advance at the front desk (local 257-5139).
- 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.

DUE TO THE NATURE OF OUR MILITARY FACILITY THERE MAY BE UNFORESEEN INTERRUPTIONS AND/OR CLOSURES THEREFORE PROGRAMMING/FACILITIES MAY BE CANCELLED.

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

MOVIE NIGHTS

PSP PLAN – FREE • NON-PSP PLAN – $6

SNACKS AVAILABLE FOR PURCHASE

FRIDAY
SEPTEMBER 18
WUTHERING HEIGHTS
(2026)

FRIDAY
OCTOBER 23
SMILE 2

DOORS OPEN 1800 hrs • SHOW TIME 1830 hrs

FRIDAY
NOVEMBER 20
ANACONDA
(2025)

FRIDAY
DECEMBER 4
CHRISTMAS WITH THE KRANKS

DOORS OPEN 1830 hrs • SHOW TIME 1900 hrs

FAMILY AFTERNOON MOVIES

DOORS OPEN 1500 hrs • SHOW TIME 1530 hrs

PSP PLAN – FREE • NON-PSP PLAN – $6

SNACKS AVAILABLE FOR PURCHASE

SUNDAY
SEPTEMBER 20
SUPER MARIO GALAXY

SUNDAY
OCTOBER 25
HALLOWEEN TOWN

SUNDAY
NOVEMBER 22
MOANA
(LIVE ACTION)

SUNDAY
DECEMBER 6
HAPPY FEET

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

CANADIAN MILITARY Wives Choirs WINNIPEG

Chorales des Épouses MILITAIRES CANADIENNES

All women in the military community are welcome.
No experince in singing or music is required.
It's more than a choir its a community!

WEDNESDAYS 18:30 - 20:00
Starting September 16, 2026

17 WING SPIRITUAL CENTRE
2235 SILVER AVE.

"Providing a supportive network for women in the Canadian Military Community through music."

Canadian Military Wives Choirs Winnipeg
cmwc.winnipeg@gmail.com
www.canadianmilitarywiveschoirs.com

FALL OPEN HOUSE & KIDS EVENT

THURSDAY, SEPTEMBER 24

1400 - 1800 hrs • Bldg 90 & 33

Free!

BOUNCERS, GLITTER TATTOOS, PSP CLUBS & INFO AND MORE!

MORE INFO TO COME!

DEER MEADOW FARMS

FRIDAY, OCTOBER 2

1800 - 2100 hrs ▶ ALL AGES!

CORN MAZE, PETTING ZOO, MINI GOLF, S'MORES, WAGON RIDE & MORE!

MEET AT **DEER MEADOW FARMS**
21155 SPRINGFIELD ROAD

*** TRANSPORTATION NOT PROVIDED**

Ages 13+ **$16** + GST
Ages 4-12 years **$14** + GST
3 and under **FREE**

REGISTRATION REQUIRED.

STRATEGY GAMING PROGRAM

THURSDAYS

SEPTEMBER 3 to DECEMBER 17

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.

Military **FREE** • Vets & PSP Plan **$10** + GST • Non-PSP Plan **$30** + GST

REGISTRATION REQUIRED.

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HALLOWEEN HOWL

SUNDAY, OCTOBER 25

1300 - 1500 hrs • Bldg 90 & 33 ▶ ALL AGES!

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

Non-PSP Plan **$9 + GST per child**

REGISTRATION REQUIRED.
https://bkk.cfmws.com/winnipegpub

HALLOWEEN COSTUMES ENCOURAGED!

- HAUNTED HOUSE
- SOCK HOP • CRAFTS
- TRICK OR TREATING
- COSTUME PARADE
- HALLOWEEN BINGO

Questions? 204-833-2500 ext. 257-5139

HAUNTED HOUSE

BLDG 33

$2 PER PERSON

All proceeds go to the National Defence Workplace Charitable Campaign

COME FOR A SCARE

in support of the National Defence Workplace Charitable Campaign!

OCT 26 **1730-1930 HRS**
OCT 28 **1730-1930 HRS**
OCT 30 **1130-1330 HRS**
OCT 31 **1130-1330 HRS**

Group/unit bookings can be made at alternative times through 17 Wing Front Desk at 17wingb90frontdesk@cfmws.com

KIDS CAMP

- **TUESDAY 8 SEPTEMBER**
- **MONDAY 5 OCTOBER**
- **FRIDAY 23 OCTOBER**
  Trip to Uptown Alley in the morning & swimming in the afternoon
- **WEDNESDAY 28 OCTOBER**
  Trip to the Zoo in the morning & swimming in the afternoon.
- **FRIDAY 30 OCTOBER**
  Trip to the Children's Museum in the morning & swimming in the afternoon.
- **FRIDAY 13 NOVEMBER**
- **FRIDAY 20 NOVEMBER**

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

▶ 6 - 12 YEAR OLDS

Activities 0900 - 1600 hrs

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

OCT 5, NOV 13 & NOV 20 – COST PER DAY

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

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

PSP Plan **$28 + GST**

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

OCT 23, OCT 28 & OCT 30 – COST PER DAY

Military & Vets with PSP Plan **$36 + GST**

Military & Vets Non-PSP Plan **$41 + GST**

PSP Plan **$44 + GST**

Non-PSP Plan **$46 + GST**

***MINIMUM OF 5 CHILDREN REGISTERED TO RUN CAMP**

LEGO PROGRAM

WEDNESDAYS

SEPTEMBER 16, OCTOBER 14, NOVEMBER 18 & DECEMBER 9

1830 - 2030 hrs • Bldg 33 – MPR

▶ ADULTS – Ages 18+

Meet other adult Lego fans, share your creations, bring your own building materials and create something new!

Military	Vets & Military Family	PSP Plan & Non-PSP Plan
FREE	**$2.50 + GST**	**$10 + GST**

REGISTRATION REQUIRED.

FAMILY DROP IN PROGRAM

TUESDAYS & THURSDAYS

1815 - 1915 hrs • Bldg 90 Full Gym

SATURDAYS

0900 - 1100 hrs • Bldg 90 East Side

▶ AGES – FOR FAMILIES WITH CHILDREN 16 YEARS & UNDER

Membership required or Drop-in Rates apply.

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TEEN PROGRAM

► 13 - 19 YEAR OLDS

Crafts & board games

FRIDAY, NOVEMBER 13
FRIDAY, DECEMBER 11

1830-2030 hrs • Bldg 33

REGISTRATION REQUIRED.

TWEEN PROGRAM

► 10 - 14 YEAR OLDS

Crafts & board games

WEDNESDAY, NOVEMBER 18
WEDNESDAY, DECEMBER 9

1830-2030 hrs • Bldg 33

REGISTRATION REQUIRED.

PAINT NIGHT

WEDNESDAY, NOVEMBER 18 1830 - 2130 hrs • Wobbly Prop

► ADULTS – An adult must accompany ages 14 - 17 years

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!

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

Military & PSP Plan **$45** + GST **(per person)**

Non-PSP Plan **$70** + GST **(per person)**

REGISTRATION REQUIRED.

HOLIDAY KIDS CAMP

SATURDAY, NOVEMBER 21

0900 - 1500 hrs ▶ 5 - 12 YEAR OLDS

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

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

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

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

PSP Plan **$28 + GST**

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

REGISTRATION REQUIRED.

JOLLY DAYS

SUNDAY, DECEMBER 6

1300 - 1500 hrs • Bldg 90

▶ ALL AGES!

JOIN US FOR FUN ACTIVITIES!

Bouncers, crafts, glitter tattoos, and more!

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

Non-PSP Plan **$9 + GST per child**

REGISTRATION REQUIRED.

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

ADAM BELAIRE & DAVE STORY
contact-9330@toastmastersclubs.org

WOOD HOBBY

MAJ BLAIR TURNER • **blair.turner@forces.gc.ca**

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BIRTHDAY PARTIES

SATURDAYS & SUNDAYS

SEPTEMBER to DECEMBER

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**

PSP Community Recreation HIGH FIVE®

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.

VOXAIR Since 1952 17 Wing Winnipeg Military Community

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!

www.17WingVoxair.com

NEWS • SERVICES • EVENTS

17wingcorporateservices@cfmws.com

AVAILABLE UNTIL OCTOBER 13

CANOES, KAYAKS AND PADDLEBOARDS

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

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

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

TO INQUIRE ABOUT CANOE, PADDLEBOARD OR KAYAKS PLEASE CALL – BUILDING 90 • EXT. 257-5139

SPORTS STORES EQUIPMENT SIGN OUT

AVAILABLE FOR MILITARY MEMBERS

FREE WINTER EQUIPMENT
Cross Country Skis & Snowshoes

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

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

BIKES & FAT BIKES

TREKKING POLES

SNOWSHOES

CHILDREN'S CROSS COUNTRY SKIS

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

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

To inquire about signing out equipment call:
Bldg 90 Front Desk • ext. 257-5139

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HANGAR 17

BANJO BOWL
BLUE BOMBERS BUS
SATURDAY, SEPTEMBER 12

HANGAR 17 GMM
THURSDAY, SEPTEMBER 24

6TH ANNUAL
BEER FEST
SATURDAY, OCTOBER 17

HALLOWEEN GAMES
& POKER NIGHT
FRIDAY, OCTOBER 30

HANGAR 17 BINGO
SATURDAY, NOVEMBER 14

GO TO BOOKKING OR THE VOXAIR
www.17wingvoxair.com/messes
FOR INFORMATION & REGISTRATION FOR THE LATEST HANGAR 17 EVENTS & RAFFLES TAKING PLACE!
Questions? Email: 17.wing.messes@cfmws.com

THE WOBBLY PROP

ALL RANKS' PUB

HOURS

MONDAY - FRIDAY
1500 - 2100 hrs

CLOSED ON WEEKENDS & STATUTORY HOLIDAYS

HOURS SUBJECT TO CHANGE

LOCATED DOWNSTAIRS IN BLDG. 61

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.

ALL WING PERSONNEL ARE WELCOME!

For more information go to
www.17wingvoxair.com/messes

For group reservations
call the Asst. Mess Manager
204-833-2500 ext. **257-5291**

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!

NO REGISTRATION REQUIRED.

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

EAST SIDE DROP IN BADMINTON

MONDAYS • 1915 - 2045 hrs

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

DROP IN BASKETBALL

FRIDAYS • 1600 - 2045 hrs

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

DROP IN PICKLEBALL

TUESDAYS • 1915 - 2045 hrs
THURSDAYS • 1915 - 2045 hrs
SUNDAYS • 0915 -1115 hrs

Bring your own Pickleballs & paddles!

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

DROP IN NOON YOGA

SEPTEMBER 17 to DECEMBER 10

THURSDAYS • 1200 - 1245 hrs

Bldg 33 – Multi-Purpose Room

13 CLASSES 45 minute class

NO REGISTRATION REQUIRED.

Military & Veterans **FREE**

PSP Plan **$4** + GST • Non-PSP Plan **$7** + GST

www.cfmws.ca/winnipeg

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

CLASSES RUN SEPTEMBER 14 TO DECEMBER 13

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 **$10** + GST • Non-PSP Plan **$14** + GST

MONDAYS NO CLASS OCT 12

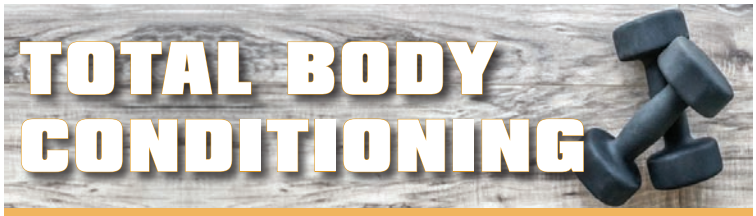
1630 - 1715 hrs • Bldg 33 **45 minute class**

SESSION FEE – 12 classes
Military, Vets & Dependants **$54** + GST
PSP Plan **$84** + GST • Non-PSP Plan **$120** + GST

WEDNESDAYS NO CLASS SEPT 30 & NOV 11

1630 - 1715 hrs • Bldg 33 **45 minute class**

SESSION FEE – 11 classes
Military, Vets & Dependants **$49.50** + GST
PSP Plan **$77** + GST • Non-PSP Plan **$110** + GST



MONDAYS NO CLASS OCT 12 **45 minute class**

1730 - 1815 hrs • Bldg 33 – Mini Gym

SESSION FEE – 12 classes *No Military rate
PSP Plan **$84** + GST • Non-PSP Plan **$120** + GST

WEDNESDAYS NO CLASS SEPT 30 & NOV 11

1730 - 1815 hrs • Bldg 33 – Mini Gym

SESSION FEE – 11 classes
PSP Plan **$77** + GST • Non-PSP Plan **$110** + GST

SATURDAYS NO CLASS OCT 10

0930 - 1030 hrs • Bldg 90 – West Gym

SESSION FEE – 12 classes
PSP Plan **$84** + GST • Non-PSP Plan **$120** + GST

SUNDAYS NO CLASS OCT 11

1100 - 1200 hrs • Bldg 33 – MPR

SESSION FEE – 12 classes
PSP Plan **$84** + GST • Non-PSP Plan **$120** + GST

OPEN SWIM

WEDNESDAYS • 1630-1930 hrs
SATURDAYS • 1400-1700 hrs

REGISTER ON BOOKKING.

MILITARY LAP SWIM

WEDNESDAYS • 1130-1300 hrs
FRIDAYS • 1130-1300 hrs

REGISTER ON BOOKKING.

PUBLIC LAP SWIM

THURSDAYS • 1130-1300 hrs

REGISTER ON BOOKKING.

FAMILY SWIM

FRIDAYS • 1630-1930 hrs

REGISTER ON BOOKKING.

SWIMMING LESSONS

TUESDAYS • 1630-1800 hrs
2, 45 minute blocks

THURSDAYS • 1630-1800 hrs
2, 45 minute blocks

SATURDAYS • 1000-1300 hrs
4, 45 minute blocks

SWIMMING LESSON INFORMATION AVAILABLE IN THE POOL GUIDE.

Coming soon!

REGISTER ON BOOKKING.

We offer online registration through **BookKing** that you can do from a computer at any time!
https://bkk.cfmws.com/winnipegpub

DUE TO THE NATURE OF OUR MILITARY FACILITY THERE MAY BE UNFORESEEN INTERRUPTIONS AND/OR CLOSURES THEREFORE PROGRAMMING/FACILITIES MAY BE CANCELLED.

Fitness Coordinator – STEFAN DOWHAYKO
stefan.dowhayko@forces.gc.ca *or* dowhayko.stefan@cfmws.com • 204-833-2500 ext. 257-2056

DROP IN NOON FITNESS • BOOTCAMP

WEDNESDAYS 1200 - 1300 hrs • 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:

Fitness Instructors' Office . . . . Vanessa Taylor • ext. 257-2455 • vanessa.taylor@forces.gc.ca

Personal Fitness Programs . . . Anna Shewchuk-Taylor • ext. 257-6046 • Annastasia.Shewchuk-Taylor@forces.gc.ca

FORCE Rewards program . . . . Cristian Molina • ext. 257-2455 • cristian.molina@forces.gc.ca

Aerobic Award of Excellence . . Dave Chung • ext. 257-2455 • david.chung2@forces.gc.ca

Unit PT Classes . . . . . Stefan Dowhayko • ext. 257-2056

FORCE Evaluations . . . . . Please contact your Unit FORCE coordinator to book your evaluation

Reconditioning Manager . . . . Leeona Bond • ext. 257-4626
leeona.bond@forces.gc.ca *or* bond.leeona@cfmws.com
Requires referral from Medical professional or Physiotherapy

Physical Exercise Specialist . . . Rommel Barba • ext. 257-2664

FORCE Evaluator Course . . . . **For upcoming dates & nominations contact:** Stefan Dowhayko
stefan.dowhayko@forces.gc.ca *or* dowhayko.stefan@cfmws.com

BFTA Course . . . . . **For upcoming dates & nominations contact:** Stefan Dowhayko
stefan.dowhayko@forces.gc.ca *or* dowhayko.stefan@cfmws.com

***Military Members Only**

DROP IN FORCE CLINICS

MONDAYS & THURSDAYS
1100 - 1200 hrs • Bldg 90

DROP IN FORCE PREP CLASSES

TUESDAYS & FRIDAYS
1100 - 1200 hrs • Bldg 90

Sports Coordinator – DAWN REDAHL
dawn.redahl@forces.gc.ca • 204-833-2500 ext. 257-5511

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
- SLO-PITCH TOURNAMENT

NATIONAL SPORTS

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

- RUNNING
- SWIMMING
- TRIATHLON

OPEN TO CAF AND PSP PLAN.

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

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

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

$185+ GST for 2 tickets • Section 215

MUST BUY 2 TICKETS FOR THE SAME GAME.
ONLY 2 TICKETS AVAILABLE PER GAME.
LIMIT 1 PAIR PER DAY PER MEMBERSHIP.

All tickets are final sale.

LOCATED JUST SOUTH OF BLDG. 90

The course 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.

DUE TO THE NATURE OF OUR MILITARY FACILITY THERE MAY BE UNFORESEEN INTERRUPTIONS AND/OR CLOSURES THEREFORE PROGRAMMING/FACILITIES MAY BE CANCELLED.

WEIGHT ROOM ORIENTATION

GET FAMILIAR WITH THE WEIGHT ROOM AT BUILDING 90!

MONDAY, SEPT 21 • 1630 - 1730 hrs

THURSDAY, NOV 26 • 1000 - 1100 hrs

REGISTRATION REQUIRED ON BOOKKING

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

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.

Military Members & PSP Plan • FREE

Non-Military & Non-PSP Plan • $15

STANDARD ROOMS • FAMILY SUITES • ACCESSIBLE GUEST ROOMS

RESERVATIONS & RECEPTION

204-833-2500 ext. **257-5226** • email: **waccn@forces.gc.ca**

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!

17 WING ACCOMMODATIONS

CFB WINNIPEG MOVES

Movement & Step Challenge

SEPTEMBER 14 to NOVEMBER 14

We want to see you move!! Track all your time spent moving and/or your steps. You can also use the conversion chart to convert your movement into steps.

SETUP WILL BE ON RACE ROSTER.

BIKE to FortWhyte

SEPTEMBER 3

1130 - 1430 hrs • Meet at Bldg 90

Join us for a bike ride to FortWhyte!

Enjoy the sites and have a mindful lunch with others (bring your own or purchase from café) and then ride back to the base.

11 km each way with a 1 hour stop for lunch.

BIKES AVAILABLE TO SIGN OUT THROUGH COMM REC. See page 12 of this guide for more information.

REGISTRATION REQUIRED ON BOOKKING.

World Suicide PREVENTION DAY

SEPTEMBER 10

In honor of world suicide prevention day, we will be offering a Mental Fitness and Suicide Awareness (MFSA) Course.

0800-1600 hrs • Bldg. 61

PLEASE REGISTER ON BOOKKING.

ADDICTIONS AWARENESS CAMPAIGN

NOVEMBER 1 to 7

To acknowledge National Addictions Awareness Week, we will be offering in-unit briefings, and the "Goggles Challenge". Contact Health Promotion to book time with your unit.

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CYBER SAFETY for FAMILIES

THURSDAY, SEPTEMBER 17 – 3 SESSIONS

Navigating online has risks. Sometimes, youth may find themselves in difficult situations. We want kids of all ages to feel safe to talk to trusted adults when mistakes are made.

To help with this, educator Val Caldwell is offering 3 presentations on cyber safety for families:

ADULT SESSION

BRIDGING THE GAP

1330-1530 hrs • Bldg 90 Theatre

Bridging the Gap will provide participants with an overview of some of the most common concerns facing youth today in terms of their usage of technology and Social Media. It will also explore sexual exploitation and (more specifically) how the usage of technology (smart phones, the internet) plays a role in this issue.

YOUTH SESSIONS

FOR GRADES 5 & 6

1730-1900 hrs • Bldg 90 Theatre

FOR GRADES 7 to 12

1930-2100 hrs • Bldg 90 Theatre

We will have discussions around the potential dangers that exist on social media and gaming sites, with input and insight from the kids.

PLEASE REGISTER ON BOOKKING.

OCTOBER

The Healthy Relationships campaign for 2026 is to promote positive and healthy intimate relationships among Canadian Armed Forces (CAF) families. This campaign aims to model and demonstrate how military members and their families can adopt healthy relationship behaviours. The campaign encourages the CAF community and families to reflect on the health of their relationships and learn from others who have faced and overcome relationship challenges.

Health Promotion will be offering our Inter-Comm course as well as in-unit education. Please contact us to book time with your unit.

healthpromo@forces.gc.ca • 204-833-2500 ext. 257-4150

All Health Promotion courses 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** or through **BookKing.**

COURSES

For course dates and more information go to the Health Promotion section on BookKing.

ALCOHOL, OTHER DRUGS, GAMBLING AND GAMING AWARENESS (AODGGA) • 1.5 DAY

This 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.

MENTAL FITNESS & SUICIDE AWARENESS TRAINING (MFSA) • 1 DAY

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.

STRESSED? TAKE CHARGE! • 1 DAY

Want to increase your stress hardiness, enhance your performance, ramp up your resilience? Stress: Take Charge is a self-directed approach to stress management through stress-awareness, behaviour change and skill building. It will support participants in their identification of the strategies that they already use and those that they will begin to implement in order to optimize their stress hardiness.

PREVENT AND RESPOND TO SEXUAL MISCONDUCT (PRSM) • 1 DAY

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.

INJURY REDUCTION STRATEGIES • 1/2 DAY

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

COURSES cont...

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COURSES

For course dates and more information go to the Health Promotion section on BookKing.

ESSENTIAL NUTRITION

Developed by Dieticians, the Essential Nutrition Course provides practical ways to eat healthy even in challenging environments. It explains the science of nutrition and covers topics such as food budgeting, meal planning, healthy recipes, and more. Develop practical knowledge and skills to optimize your peak performance and become confident in your food decisions. Sign up for the whole course or individual classes.

New! INCLUSION AND RESPECT IN DEFENCE (IRD) • 1 DAY

The Inclusion and Respect in Defence (IRD) workshop enables participants to create and sustain respectful and inclusive workplaces that reflect the unique environment within the Defence Team. This interactive workshop encourages participants to engage in discussions and learning activities on the following topics: establish a foundation for respectful workplace culture; critically examine appropriate and inappropriate conduct within the Defence Team context; create an inclusive and psychologically safer work environment; and identify strategies to respond to inappropriate behaviours and provide support to affected persons through a trauma-informed approach.

INTER-COMM • 1.5 DAY

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

MANAGING ANGRY MOMENTS (MAM) • 1.5 DAY

This 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. Over the three nights, discussions will 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.

TOP FUEL FOR TOP PERFORMANCE • 1 DAY

Designed for those with an active lifestyle, TFTP presents the latest information on nutrition and how it applies to daily energy requirements. Discussion topics include everyday eating; timing of foods and fluids; body composition and weight issues; dietary issues and supplements; and fine tuning your eating and activity habits.

TRAINING

For training dates and more information go to the Health Promotion section on BookKing.

BUTT OUT

This is an ongoing program that people can request for 1 on 1 assistance with addictive behaviour change.

POSITIVE SPACE AMBASSADOR TRAINING • 2 DAY

This interactive training provides individuals the skills to be Ambassadors within their units. Ambassadors offer resources and provide peer support regarding 2SLGBTQI+ issues.

STAY UP TO DATE ON PSP EVENTS!

FOLLOW US **@pspwinnipeg**

WINTER 2027

PRIORITY PROGRAM REGISTRATION

MILITARY, VETERANS & FAMILIES » **WEDNESDAY, NOVEMBER 18, 2026**

GENERAL PROGRAM REGISTRATION

ASSOCIATE & ORDINARY » **WEDNESDAY, NOVEMBER 25, 2026**

SESSION RUNS **JANUARY to MAY**

ONLINE REGISTRATION THROUGH BOOKKING **https://bkk.cfmws.com/winnipegpub**

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