

A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT

ACTIVITY GUIDE

2021

AUGUST - DECEMBER



Look inside for programs
and special events
for the whole family!





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WHO WE ARE: The Esquimalt Military Family Resource Centre (MFRC) is an independent non-profit, charitable organization that supports the military community. The MFRC is here to support the unique parts of the military lifestyle. This includes deployments, joining a new community, and providing social and mental wellness services so that families can stay well and military members can focus on their mission.



WHO WE ARE: Personnel Support Programs (PSP) in CFB Esquimalt is a dynam-

ic organization encompassing a wide spectrum of responsibilities: Fitness, Sports, Recreation, Health Promotion, Sponsorship and Donation and Look-out Newspaper and Publishing House. It's primary responsibilities are to "Serve those who Serve" by defining, assessing and providing fitness and sport's needs, recreational needs, internal communication, health, well-being and overall quality of life for the military community and their families.



On the Cover

Meet Radar, the MFRC's new mascot. Keep a look out for him at upcoming events!

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LEGEND

CPAC - Colwood Pacific Activity Centre PSP - Personnel Support Programs
MFRC - Military Family Resource Centre SH - Signal Hill MFRC
NAC - Naden Athletic Centre



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and support,
wherever you're based.*

Registration & Cancellation

Registration Information

Registration for programs and/or services is important as we strive to provide quality programming. Registration helps us determine the number of participants to prepare for. Registration is on a first-come first-served basis and, at times programs fill up, so register early. Programs/Events that have a fee attached to them require payment at the time of registration. Payment can be made by cash, debit or credit card (during normal business hours and/or online at www.cafconnection.ca/esquimalt).

Cancellation Policy

IF WE CANCEL

Full refunds are issued when the MFRC/ PSP cancels a program. Every effort is made to cancel courses in a timely manner (1-5 days prior to start date).

IF YOU CANCEL

MFRC programs: Full refunds will be processed by contacting the MFRC at 250-363-2640 a minimum of 3 days prior to the program start date.

PSP programs: Full refunds (minus a 10% cancellation fee per program) will be processed by contacting PSP at 250-363-1009 a minimum 2 weeks prior to the program start date. 50% refund (minus a 10% cancellation fee) will be issued one week prior to start of programming. Less than one week's notice will be on a case by case basis. Please note cancellations after the required dates will be subject to approval and are subject to an administrative fee. Once a program has started, refunds will not be provided. Refunds for Club memberships will not be granted unless approval from club has been received.

In the event you are cancelling due to COVID-19 symptoms or exposure please provide us with as much notice as possible. Full refunds will be provided pending the program has not started. If the program has already begun and is less than 50% over you will receive a refund for the remainder of the program. Should the event be over 50%

completed no refund will be provided.

In the event of a medical/emergency circumstance prorated refunds may be granted for programs with multiple sessions (i.e. workshop series).

Refund Process

MFRC programs: If paid by credit card, the money is refunded back to your card. If paid with a debit card at the Signal Hill location, the amount can be refunded back to your debit card. If paid by cash or debit card at the CPAC location, a cheque will be issued. Please allow 2 weeks for processing.

PSP programs: All refunds will be given back to the individual by the method they paid. If the payment was completed by cash we will refund by Manual Cheque Request.

CONTACTS

Personnel Support Programs

Senior Manager PSP.....	250-363-8487
Deputy Manager PSP	250-363-8485
Special Events Coordinator	250-363-3672
PSP Manager Administrative Assistant.....	250-363-8338

Fitness & Sports

Naden Athletic Centre Kiosk	250-363-5677
Manager Fitness & Sports	250-363-4067
Facilities Coordinator / Bookings	250-363-4213
Sports Coordinator	250-363-4068
Sports & Athletics Assistant	250-363-4069
Sports Stores	250-363-4072
Fitness Coordinator	250-363-4495
FORCE Booking	250-363-4412
Dockyard Fitness & Wellness Centre	250-363-2074
Naden Athletic Centre Fitness Office	250-363-4485
Wurtele Arena	250-363-4297

Recreation

Colwood Pacific Activity Centre Kiosk	250-363-1009
Manager, Community Recreation / Clubs	250-363-1008
Community Rec Coordinator / Programs	250-363-2989
Community Rec Coordinator / RV Storage/ Front Desk	250-363-2648
Aquatic Supervisor	250-363-4070

Health Promotion Programs

Manager	250-363-5680
Specialists.....	250-363-5532/5567
Administrative Assistant.....	250-363-5621

Lookout Newspaper & Creative Services & Sponsorship

CFN Manager / Sponsorship & Donations.....	250-363-3372
Advertising / Classifieds	250-363-3372

Military Family Resource Centre

MFRC Information Line	250-363-2640
Toll free	1-800-353-3329

Websites and Social Media:

Lookout	www.lookoutnewspaper.com www.facebook.com/LookoutNewspaperNavyNews twitter@Lookout_news
MFRC	www.esquimaltmfrc.com www.facebook.com/esquimaltmfrc www.twitter.com/esquimaltmfrc
Naden Athletic Centre.....	www.facebook.com/pspesquimaltnaden
Navy Run	www.navyrunesquimalt.com
Personnel Support Programs.....	CAFConnection.ca/esquimalt
PSP Recreation	www.facebook.com/pspesquimaltspac recreationcpac@forces.gc.ca
PSP Recreation Online Registration.....	https://bkk.cfmws.com/esquimaltpub/
Swim Team	www.navymasters.com

FALL 2021 ACTIVITY GUIDE

Views and opinions in this guide are not necessarily those of the Department of National Defence. Mailed under Publication Mail

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Victoria B.C.

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Facilities



PLEASE NOTE: Due to the COVID-19 pandemic, all MFRC and PSP programs and services are subject to change. We are sorry for any inconvenience this may cause.



Military Family Resource Centre (MFRC)

Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

Hours of Operation

Mon-Fri: 8:30am-4:30pm

Closed daily for lunch 11:45am-12:45pm

Closed on statutory holidays

Subject to change (check esquimaltmfrc.com for up-to-date hours)

Phone: 250-363-2640

Fax: 250-363-2677

Email: emfrc@shaw.ca

MFRC Out of School Care

720 Galiano Crescent, Belmont Park, Colwood

Signal Hill MFRC (SH)

1505 Esquimalt Road, Esquimalt

Hours of Operation

Mon-Fri: 8:30am-4:30pm

Closed daily for lunch from Noon-1pm

Closed on statutory holidays

Subject to change

(check esquimaltmfrc.com for up-to-date hours)

Phone: 250-363-3050

Fax: 250-363-3108

Email: emfrc@shaw.ca



Personnel Support Programs (PSP)

Fleet Fitness and Wellness Centre (Dockyard)

Building 22, Dockyard

Hours of Operation

Mon to Fri: 6:00am – 6:00pm

Facility includes

- Weight Room & Cardio Equipment
- Change Rooms
- Showers
- Day Lockers & Rental Lockers (Ladies only)
- Flex/ Stretch space

The facility is following closely to PHO order and guideline.

Patrons may require to provide name and phone number upon entering the facility for tracking purposes.

Patrons must respect all facility policies:

PLEASE see Naden Athletic Center (NAC)

The Fitness and Wellness Centre has a well-equipped facility and fitness programs for military and DND employees. See PSP Staff for updated schedules or call 250-363-2074 or email pspgymnac@gmail.com. Schedules may change without notice.

Please also check: <https://www.cafconnection.ca/Esquimalt/Facilities/Dockyard-Fitness-Centre.aspx>

Colwood Pacific Activity Centre (CPAC)

2610 Rosebank Road, Colwood (off Ocean Blvd)

CPAC is a community driven multi-purpose facility designed to accommodate our military and civilian communities. Our centralized location allows us to offer a large range of rental opportunities, from structured birthday parties to large conferences and weddings.

Hours of Operation

(Subject to change – check www.cafconnections.com/esquimalt for most up to date information)

September – December * subject to change

Monday – Friday: 10:00pm – 4:00pm

Closed all Statutory Holidays

Facility Includes:

- A large (dividable) auditorium & 12 ft. viewing screen (seating up to 250)
- Varied size multi-purpose rooms, designed to accommodate groups from 10-40 people
- Conference Room (up to 12 people)
- Fully Equipped Kitchen

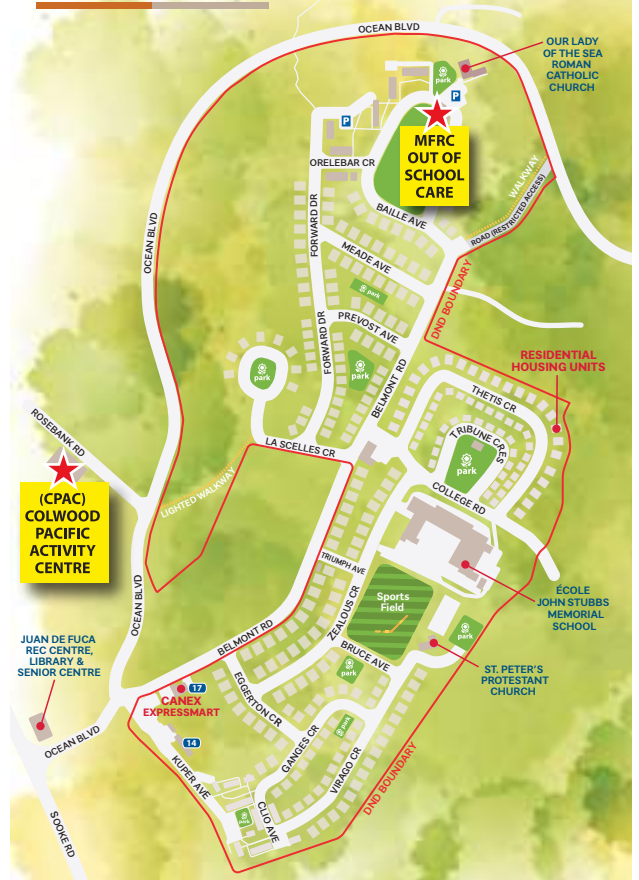
To inquire about a facility booking for your group, please contact 250-363-1008.

**Note: prices are subject to change without notice.*

DOCKYARD - SIGNAL HILL



BELMONT PARK



CPAC FACILITY RENTAL RATES

ROOM	CAPACITY / SET UP	RATES **3 Hour Minimum**	MILITARY PRICE
MCDV Multi-Purpose Auditorium/ Gymnasium	<ul style="list-style-type: none"> Full Capacity: 350 People theatre layout (Full Capacity) Half Capacity: 100 People theatre layout Wedding / Banquet: 280 People layout 	\$70/hr	Free During Regular Business Hours (some exceptions apply)
WINNIPEG Multi-Purpose	<ul style="list-style-type: none"> Seminar Layout: 40 People (Full Capacity) Classroom Layout: 30 People 	\$42/hr	
HURON Conference Room	<ul style="list-style-type: none"> 12 Person Boardroom Table 	\$28/hr	
REGINA / PROTECTEUR Multi-Purpose Rooms	<ul style="list-style-type: none"> Seminar Layout: 30 People Classroom Layout: 20 People 	\$28/hr	
KITCHEN	<ul style="list-style-type: none"> Some kitchen supplies available upon request 	\$28/hr	

*** FULL PAYMENT AND REFUNDABLE DAMAGE DEPOSIT REQUIRED AT TIME OF BOOKING ***

\$ 2 Million Liability Insurance required for all contracts
 \$50 Contract fee applied to ALL Provision of Service contracts
Damage/Cleaning Deposits:
 Deposit: \$600

Equipment Rental Rates:

- Projector with DVD Player: \$50/event
- LCD Projector (Laptop not included): \$100/event

*Note: when renting CPAC facility space, it is the user group's responsibility to clean-up after the event and ensure the building is left the way it was found.

FACILITIES

Naden Athletic Centre (NAC)

Building 88, Naden

Hours of Operation

Mon to Thu: 5:30am - 9:30pm

Fri: 5:30am - 7:30pm

Sat, Sun: 8:00am - 6:00pm

All Statutory Holidays the facility will be open from 8:00am-1:00pm

**Schedule may change without notice.

Patrons must respect all facility policies including, but not limited to:

- Valid ID must be shown to facilities staff
- Do not come to the gym if you are feeling unwell
- Masks policy where applicable
- Hands must be sanitized or washed upon entry to the facility.
- Patrons are responsible for sanitizing equipment before and after use, with products supplied, this will include lockers and shower knobs.

It is expected that all patrons will respect PSP staff and the directions they provide while in the facility.

If you have any questions relating to gym access you can contact the Naden Athletic Centre front desk at 250-363-5677 during operational hours or email pspgymnac@gmail.com

The Naden Athletic Centre has numerous facilities and programs for military personnel, their families and DND employees.

Facility includes

- One large gym floor
- One smaller gym floor
- Five-lane swimming pool (25 meter)
- Leisure wading pool
- One steam room
- Large hot tub
- Two weight-training rooms
- Cardio theatre
- Three squash courts
- Three softball diamonds
- One soccer pitch
- Two outdoor volleyball courts
- One CAF FORCE evaluation centre

Please also check: <https://www.cafconnection.ca/Esqimalt/Facilities/Naden-Athletic-Centre.aspx>

Sports Equipment

Military personnel may sign out equipment for most sports from the sports store, please contact the Sports Stores Person, Dan Peakman by email (Daniel.Peakman@forces.gc.ca) or call 250-363-4072 or call NAC Kiosk 250-363-5677

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator by e-mail (Minako.Gardner@forces.gc.ca). Note: military training takes priority on all bookings. For all other inquiries, call the NAC Kiosk at 250-363-5677.



NADEN ATHLETIC CENTRE MEMBERSHIP FEES

CATEGORY	PERTAINS TO:	TYPE	12 MONTHS	6 MONTHS	3 MONTHS	1 MONTH
Regular	Canadian Forces Members* Currently serving Reg and Res Forces and Cadets Foreign Military Currently serving with the CAF Veterans Former CAF members that have completed BMQ/BMOQ and have been honourably discharged	Regular Serving Member/Families	\$0	\$0	\$0	\$0
		Veteran	\$84.00	\$48.00	\$27.00	\$10.00
		Veteran Youth ** must be under the age of 19 and living in the home (unless a student, then 26)	\$90.72	\$51.84	\$29.16	\$10.80
		Veteran Spouse	\$96.60	\$55.20	\$31.05	\$11.50
		Veteran Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$207.69	\$118.68	\$66.76	\$24.73
Ordinary	DND Employees * - Public Service; Staff of the Non Public Funds; Staff of MFRC; Staff of DRDC & DCC; and Retirees with 10+years of service with DND RCMP - Currently serving or retired Canadian Coast Guard currently serving Honourary Colonels/Captains (Lieutenants) - Currently serving or retired. *DND employees have free access with DND ID 5:30am-6pm, Monday -Friday	Employee	\$92.40	\$52.80	\$29.70	\$11.00
		Youth (13-18) ** must be under the age of 19 and living in the home (unless a student, then 26)	\$138.60	\$79.20	\$44.55	\$16.50
		Spouse	\$161.70	\$92.40	\$51.98	\$19.25
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$317.63	\$181.50	\$102.09	\$37.81
Associate	Anyone who does not qualify in the above categories including Federal Government not specified above, Contractors, and Board of MFRC	Individual	\$462.00	\$264.00	\$148.50	\$55.00
		Youth (13-18) ** must be under the age of 19 and living in the home (unless a student, then 26)	\$231.00	\$132.00	\$74.25	\$27.50
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$808.50	\$462.00	\$259.88	\$96.25

10 Punch Pass

Adult	\$54.00
Youth (13-18) **	\$45.00
Family	\$108.00
Drop-In Fees	
Adult	\$6.00
Youth (13-18) **	\$5.00
Family	\$12.00

Full Time Students under the age of 26 can still qualify regardless of where they live.

Membership can be purchased the Colwood Pacific Activity Centre or Naden Athletic Centre during regular business hours. For Military Families an MFID card is required to gain free access. Prices are subject to change without notice.

For specific gym membership questions contact the front desk @250-363-5677 or email RecreationCPAC@forces.gc.ca

**** Youth Memberships require proof or a weight room orientation prior to youth being able to use the weight room facility. To book call Matt Carlson at 250-363-2989 or email @ matthew.carlson@forces.gc.ca**

For updated schedules and information checkout the following resources: www.facebook.com/NadenAthleticCentre or www.cafconnection.com/esquimalt. All Gym Memberships/ Drop-In Fees INCLUDE tax+A18:F36.



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FACILITIES

Wurtele Arena

Building 100, Naden - Across the street from the Naden Athletic Centre is the Wurtele Arena.

Hours of Operation

Mon to Sun: 7:00am - 11:30pm (Subject to change)

The Arena staff have an up-to-date schedule.

Shinny:

Mon, Wed: 1130-1250 and Fri: 1:00 - 2:20pm

Casual Skate:

Tues & Thur: 11:30am - 12:50pm and Sun: 2:30 - 3:45pm

Parents & Kids Sticks & Pucks:

Sat: 2:30 - 3:45pm

Administration: 250-363-4297

To reserve the ice or for more information, call the Facilities Coordinator at 250-363-4213.

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator by e-mail (Minako.Gardner@forces.gc.ca). Note: military training takes priority on all bookings.

No skate rentals.

No skate sharpening available.



For more info please call Arena and Field Administration: 250-363-4297





Photo credit GolfBC Group

Special Events

■ = MFRC ■ = PSP

PSP Special Events and Programs

REGISTER for any of the following Special Events or Programs by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC).

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Base Commander's Golf Tournament

Tee up for a round of golf and fun this September with the Annual Base Commander's Golf Tournament taking place at Olympic View. The shot-gun style tournament includes green fees, practice balls, power cart, dinner and a day of fun on and off the course.

Location: Olympic View

Code: SPO202116001

Date: Wednesday, 22 September

Shotgun Start at 8:30am

Cost: \$80 Regular / \$87 Ordinary / \$115 Associate



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out CAFCONNECTION.CA/Esquimalt for the most up to date information on programming.

SPECIAL EVENTS



Forbes Pharmacy Flu Clinic

Forbes Pharmacy and the Military Family Resource Centre will hold their 3rd Flu Clinic. The clinic is open to Military Families, DND employees and their families and veterans. There will be an eligibility list to qualify for a free vaccine. Information will be posted on our website closer to the date.

Location: CPAC

MFRC Sept or Oct (TBD)

Military Family Appreciation Day

The third Friday in September, every year, Canada celebrates Military Family Appreciation Day. In 2019 parliament unanimously passed a motion to "recognize the sacrifices Canadian military families make on a daily basis, the contribution of these families to the fabric of our society, and show appreciation for their ongoing commitment to the safety and security of Canada." The Esquimalt Military Family Resource Centre invites you to celebrate this special day with us. This day is about you! Join us at the Esquimalt Lagoon for a BBQ hot dog and drink! bring the whole family! (weather permitting). See you there!

We will be located near the washrooms and will serve the first 100 military families!

Location: Esquimalt Lagoon

MFRC Fri Sept 17, 5:30pm

MFRC Annual General Meeting

Join the MFRC Board of Directors at the Annual General Meeting. The business meeting will review the 2020/21 fiscal year and present the new directors for the coming year. For more information, contact the MFRC at 250-363-2640 (toll free: 1-800-353-3329).

Location: CPO's Mess

MFRC Wednesday Sept 29, 6:30 - 8:30 pm

Orange Shirt Day

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools.

It is an opportunity to create meaningful discussions about the effects of Residential Schools and the legacy they have left behind. This is a day for survivors to be reaffirmed that they matter, and so do those that have been affected. The Esquimalt Military Family Resource Centre ask you to join us in a ceremony to remember those affected by the Residential Schools and for those who did not make it home. Every Child Matters

Location: CPAC

MFRC Thur Sept 30





Volunteering

*Learn new skills, meet new people
and give back to the community!
Join the MFRC's volunteer team today!*

The MFRC also offers personal enrichment opportunities to our volunteer team. Here are some examples of volunteer roles we fill:

- 50/50 Ticket Seller
- Deployment Child Care Assistant
- Family Network Representative
- MFRC Board Member
- Photographer
- Special Events Assistant



JOIN THE MFRC'S VOLUNTEER TEAM TODAY!

**View the latest volunteer opportunities at
www.esquimaltmfrc.com**

Volunteer orientation sessions are scheduled on-demand.
Apply online today to become a MFRC volunteer.

Family Network Volunteers

Become a vital part of a successful deployment by getting involved as a Family Network Volunteer. Have fun while making connections with your community. Enhance your group facilitation skills, provide information and support to your fellow military families, and gain experience with communications and organizing special events. Share your skills and knowledge.

Interested? You will need to commit approximately five to ten hours per month. We are currently seeking volunteers for several networks. Check out the Family Network Volunteer job description at esquimaltmfrc.com/get-involved/volunteer.





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BRAMPTON
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500 Elbern Markell Drive

NORTH BRAMPTON
Louise Arbour Secondary School
365 Father Tobin Road

REGISTRATION NOW OPEN!

**Register today for Saturday School Program:
September 2021-June 2022**

E-Mail: info@reidmountdiscovery.ca



Birthday Parties

Avoid disappointment

BOOK EARLY!

Book your birthday party with PSP Recreation

Book your child/youth's next Birthday Party with PSP Recreation. We offer a number of theme parties to choose from. Most of our Parties take place on Saturday or Sunday, however, there are a few parties with flexibility. Check out the variety of themed parties available!

PLEASE NOTE: Our Birthday Parties take place at CPAC on Saturdays and Sundays from 1:00-3:00pm, 3:30-5:30pm, or 6:00-8:00pm. Contact us at 250-363-1009 to organize your party. We may be able to accommodate other requests, subject to availability. All party bookings require payment at the time of booking and we require your booking be a minimum of 2 weeks prior to the party date. Parties book up quickly so please plan at least two months in advance.

PSP Provides:

Rec Leaders as party hosts who will assist you with your set up, provide activities, games and equipment for the party participants and the space.

Parents Provide:

The set-up and clean up, cutlery, napkins, tableware, decorations, the party food, drinks, and cake. Don't forget a lighter or matches for the candles.

Additional Time/Participants:

Over the 2 hour party time frame or requesting additional participants to attend (over the listed maximum), are subject to additional fees.

Cancellations:

Please provide two weeks' notice in the event of a cancellation to receive a full refund.

- 2 week notice - full refund
- 1 week notice - 50% refund
- Less than 1 week notice - no refund

For details on our various party options and available dates

CALL 250-363-1009

or **REGISTER ONLINE** at

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

BIRTHDAY PARTIES

Bouncy Castle Birthday (All Ages)

Definitely our MOST popular, this party provides two hours of bouncy fun directed by two Rec Leaders and can accommodate up to 20 participants! Party also includes use of our kitchen and our multipurpose room for cake and presents. Also available is our AWESOME Obstacle Course Bouncy Castle!

BOUNCY CASTLE CHOICES	
Obstacle Course	\$ 160.00
Large Bouncy Castle	\$ 155.00
Small Bouncy Castle	\$ 155.00
Combo 1: Obstacle Course and Bouncy Castle	\$ 190.00
Combo 2: Large and Small Bouncy Castle	\$ 190.00

Dodge in the Dark (7-14 Years)

Run, duck, dive and dodge the Glow in the Dark balls as they fling by! This exciting fast paced game will have the party go'ers running up an appetite! Follow up the fun with the snack food, drinks and cake you provide and you have a winning party! This is a fast paced party that can accommodate up to 20 youth and includes two Rec Leaders, use of our gymnasium, kitchen and party room. Recommended time for this party is 6:00 – 8:00pm due to levels of light in the facility.

Cost: \$160.00

Movie Theatre Party (All Ages)

You bring the DVD (child and parent approved), the popcorn, the food, drinks and decorations and we'll set up our big screen projector and mats on the floor for your own private movie theatre! Parties are encouraged to bring their own blankets and pillows too! This party is 2.5 hours to support watching the movie (averaged at a 1.5 hr movie) AND have time to open presents and eat cake! This party can accommodate up to 20 kids and includes one Rec Leader, use of our gymnasium, kitchen, and party room.

Cost: \$160.00

Sports Spectacular (All Ages)

This party is for the sports enthusiast with a passion for indoor soccer or floor hockey. We aim to have the kids tired out, no matter how much cake they've had! Your Sports Spectacular party package includes two Rec Leaders, full use of our kitchen, a large gymnasium with equipment, and a room to eat and open presents. Eye wear is required when playing floor hockey, so we recommend you bring your own pair if you have them, or use the ones we provide.

Cost: \$160.00

Party Theme by You (All Ages)

Have a great theme idea for your child's party? Are you the type who likes to organize it all? This is a parent facilitated birthday party in which you provide the theme, organize the games, and bring the food, the decorations, and the cake. We provide the space and staff person to help with the equipment you might need (i.e.: tables, chairs, basic toys and/or sports equipment). Included is full use of our large gymnasium, kitchen, and multi-purpose room to eat, play, and open presents. Remember, this is a parent facilitated birthday party.

Cost: \$115.00

Nerf Gun Wars Party (7-14 Years)

Have a child who loves to play with nerf guns? What better way to celebrate their birthday than with the Nerf Gun Birthday Party. We have targets, challenges, missions, shields and more. We will provide you with 20 nerf guns and the bullets. Children can bring their own nerf guns but we ask that all bullets be kept at home. Children must wear protective eyewear while playing. Protective eyewear is provided, but you are free to bring your own.

Cost: \$160.00

Master Chef Party (7-14 Years)

This party is perfect for those kids who love to cook! They will learn the basic knowledge surrounding cooking and baking. This small group will cook an appetizer, main meal and dessert – there will be two options for each to choose from. Our leader will pass their Food Safe knowledge on as they supervise the cutting, chopping, blending and mixing of ingredients in this jammed packed birthday extravaganza. This party is 2.5hrs to accommodate the length of time for cooking.

Appetizer Options: Fruit or Veggie

Entrée Options: Pizza or Pasta

Dessert Options: Cupcake Decorating or Ice Cream Sundaes

Cost: 5 Kids – \$150.00

10 Kids – \$200.00





Early Years

Art Programs

■ = MFRC ■ = PSP

Register for any of the following PSP Early Years Programs

by contacting PSP Recreation at
250-363-1009 or in-person at the
Colwood Pacific Activity Centre (CPAC)
or Naden Athletic Centre Kiosks.
You can also save time by registering online.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Art Sparks (Ages 4-7)

"The artist is not a special kind of person; rather each person is a special kind of artist."

– Amanda Coomaraswamy

This art class session is to provide young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. We will explore different materials; discuss techniques, use of tools and try to find out where do artists get their inspiration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Along the way we will talk about artists and history of art, our local community art installations and how we can use our creative skills to make this community even better.

Instructor: Irina Mielecka

Location: CPAC

Dates: Session 1: Tuesdays September 21 – October 26

Session 2: Tuesdays November 8 – November 13

Time: 4:00pm-5:30 pm

Cost per session: R: \$65.00 / O: \$70.00 / A: \$75.00

Course Code: FIN212207814I

Children's Programs

123 Music & Me

Have fun with music! This is one of our most popular programs, very lively and will be very enjoyable for you and your child. Through a partnership with Victoria Conservatory of Music, you and your child will listen to an Early Childhood Music Educator and have a chance to make your own music with a variety of instruments. Register by calling the MFRC at 250-363-2640.

For parents and their babies under 2 years of age

Location: CPAC

MFRC Wednesdays, Sept 15 – Dec 15
9:00-9:30 am

Free

or

MFRC Fridays, Sept 17 – Dec 17
9:00-9:30 am

Free

For parents and their child 2 to 5 years

Location: CPAC

MFRC Wednesdays, Sept 15 – Dec 15
9:30-10:00 am

Free

or

MFRC Fridays, Sept 17 – Dec 17
9:30-10:00 am

Free

Stay & Play

This is a parent & tot program open to all military families! Join us for a morning of fun interaction with your child in preschool style setting. We will sing songs, do crafts and most of all play. This is also a great opportunity to meet other parents and parents living the unique military lifestyle. This program is best suited to children 18 months to 5 years. Bring your favourite travel mug to pour yourself a coffee!

**This program is not designed for child care providers bringing multiple children.*

Location: Out of School Care Building, 720 Galiano Cres

MFRC Thursdays, Sept 16 – Dec 16
10:30-Noon

Free

Registration required due to COVID-19 restrictions. Please check our website www.esquimaltmfrc.com for registration information.

Tiny Tots

This drop-in style program provides parents of babies 18 months or younger an opportunity to connect with one another in a safe, warm and caring environment. Bring your favourite travel mug to pour yourself a coffee and we will chat about the first year of life with your baby, share resources and play!

Location: CPAC

MFRC Thursdays, Sept 16 – Dec 16
9:00-10:00am

Registration required due to COVID-19 restrictions. Please check our website www.esquimaltmfrc.com for registration information.

Growing Parents

Join us online for a fun, supportive and educational group for new and expecting parents. Guest Speakers and topics related to pregnancy and parenting babies up to 18 months of age. Make connections with other parents, share information and learn about community resources in this interactive facilitated group discussion. This program is for military connected families who are pregnant or parenting a child up to 18 months. Attend from the comfort of your own home! Please check out our website for registration details!

Location: Zoom

MFRC Tuesdays, Sept 14-Dec 14
10:30-11:30am

Children's Deployment Workshops

Children's Deployment Workshops help children adjust to a parent being away on deployment. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about deployment. Programs are designed for Preschool (age 3-5yrs). Check out our website at www.esquimaltmfrc.com for sessions offered this fall and registration information. Space is limited, please register your child in advance.

**It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops!*

Children's Deployment Workshop: Parent Orientation Session

The MFRC has deployment workshops for children 3 to 12 years of age offered in-person and virtually. If you want more information or will be signing your children up for this series, please attend this session to meet the program facilitators. Connect with other parents experiencing a deployment this year, and learn ways to keep your child connected to the deployed parent. All parents are welcome at this session.

Register online at esquimaltmfrc.com.

Location: Online - ZOOM

MFRC Thursday, Sept. 9
9:00-10:00am or 7:00-8:00pm

Free

Children's Resources and Services

Casual Child Care

Parents need a break! Try Casual Child Care for a few hours of respite or to get things done without your "little helper." Take the time to de-stress yourself! Book up to 1 week in advance, maximum 2 times per week. Punch cards are available! Please pay the front desk at the CPAC MFRC prior to entering program.

Ages 6-17 months

Location: CPAC

MFRC Tue-Fri 9am-noon
Gradual entry required for new children
\$15 per 3-hour session
Call 250-363-2674 to book

Ages 18 months-5 years

Location: CPAC

MFRC Tue, Thurs, Fri 9am-noon
Tue, Thurs, 1-4pm
\$12 per 3-hour session
Call 250-363-2674 to book

- Casual Respite Childcare schedule is subject to change based on staff availability, licensing guidelines and direction from Island Health Authority regarding COVID-19 protocols.
- Priority spaces are reserved for children of Deployed Members. Please see Deployment Respite section for more information on free session.
- Every effort will be made by the MFRC to offer this service based on the above schedule.
- For up-to-date information on this program and current schedule, please refer to our website at <https://esquimaltmfrc.com/parent-child/casual-child-care/>

Casual Child Care Punch Cards

Casual Child Care Punch Cards are available! Save a few dollars when you buy a \$65 card good for 6 sessions of child care. Cards are available at the MFRC and are available for children over 18 months of age.

Deployment Respite Child Care

Funded by donations to the MFRC, respite child care is available at no cost when a military parent is deployed for 21 consecutive days or more. You can receive one continuous 3-hour session per week up to a maximum of 4 free sessions per month in our Casual Child Care (see schedule in this section). Punch cards keep track of family usage. Parents must complete registration forms and follow established guidelines. If you have unique child care needs, call the MFRC at 250-363-2640.

Call 250-363-2674 to reserve. Book up to 8 days in advance if deployed. Additional sessions are available at Casual Child Care rates.

Imagination Library

Funded by donations, this program enhances literacy and develops resilience in children as they experience the challenges of the military lifestyle. Families with babies born within the last 12 months to serving regular force members and class B/C reservists at CFB Esquimalt are eligible to register. Children will receive one book per month by mail until their fifth birthday. Please contact the MFRC for more information.

"Welcoming Your Baby" Kit

Expectant parents at CFB Esquimalt can receive this free "Welcome Baby" kit from the Military Family Resource Centre. Included in the kit is a sleep sack designed to promote safe sleeping as well as a special infant toy. The MFRC has also included resources with each package such as details on programs and activities, tips on parenting in the military lifestyle, an emergency child care plan, magnets for important resources, and information on breastfeeding and safe sleeping habits. This kit is for expectant parents and babies 6 months and younger.

To receive your FREE baby kit, drop by the MFRC at the Colwood Pacific Activity Centre or Signal Hill with military ID or military family ID card. Call 250-363-2640 for more information.

MFRC Daycare

Every day is an adventure in learning at the MFRC Daycare – where imagination, fun and experiencing are always at the top of the agenda! Join us at our Colwood (CPAC) Daycare. Our bright facility offers both an Infant/Toddler and a 3 to 5 Year Old program. Call the MFRC 363-2640 for more information or check out our website www.esquimaltmfrc.com to join the waitlists. We offer quality care with an understanding of the military family lifestyle.

Important MFRC Daycare Waitlist Information

Our MFRC Day Care is a small, cozy centre that is licenced for 24 children - 16 spaces for 3-5 years old and 8 spaces for Infant/Toddlers. The program typically sees 6 to 8 openings per year as a result of children moving on into kindergarten and postings. Due to the size of our care, low turnover of children and extensive waitlist, it may take a minimum of 18 month to 2 years on our list before a family is offered a day care space – so get on our list early (prenatal is suggested)! Please be aware that we are not always able to predict when a spot will open to families on our waitlist.

Parenting from Afar

Stay connected with your child during deployment. Grab a Children's Deployment Workbook and a Parent Guide at any MFRC location, and the Parenting from Afar booklet.



It's never too late to change careers

WCCMT Victoria spoke with former CAF Member Allan Kobayashi. Allan decided to pursue a second career as a RMT after serving nearly 21 years in the Army. We chatted with him about his service:

Allan joined the Canadian forces (PPCLI) two weeks after graduating high school. After operational tours in Kosovo and Afghanistan, multiple natural disasters, and other deployments, Allan transferred to the RCN in 2004. During his service, Allan endured multiple injuries including broken bones, knee surgeries, and multiple concussions. He suffered additional injuries while

competing in high level sports, also during his service. As a result of those injuries, Allan discovered the benefits of Massage Therapy firsthand as a patient.

"I had been diagnosed with syndromes, chronic this and or that, and it was suggested that I try a session with an RMT. Historically, relief of pain after rehabilitation had eluded me; with great trepidation I agreed to try Massage Therapy. I received an extensive 90-minute treatment and I recognized the benefits immediately, both physically and mentally, adding monthly treatments to my training regime.

Allan's decision to pursue a career in Massage Therapy was easy for him to make – all it took was 90 minutes of hands-on experience to inspire him: "The thought of being able to directly help someone, to improve their quality of life invokes incredible feelings of happiness."

Allan's story is unique, but many of WCCMT's students enrol for the same basic reason – to help others. If helping your community inspires you, a career in Massage Therapy might be the right path.

For more stories and inspiration visit our WCCMT Facebook Page and website.

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School Age

Children's Services

■ = MFRC ■ = PSP

Register for any of the following PSP School Age Programs

by contacting PSP Recreation at
250-363-1009 or by stopping into the
Colwood Pacific Activity Centre (CPAC).

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Out of School Care 2021-2022

Located in Belmont Park, we provide Before & After School Care with both drop-off and pick-up at École John Stubbs Elementary School. We can also accommodate children attending Victor Brodeur and Crystal View Elementary only if bus arrangements have been done. The program runs 7:00am to school drop-off and pick-up to 5:00pm during open school days only, including early dismissals. Spaces may still be available for current year or we are taking names for our waitlist. To place your child on our waitlist simply visit our website at <https://connect.esquimaltmfrc.com/childcare/osc.php>

Children's Deployment Workshops

Children's Deployment Workshops help children adjust to a parent being away on deployment. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about deployment. Programs are designed School Age (age 5-8yrs) and Preteen (age 9-12yrs). Check out our website at www.esquimaltmfrc.com for sessions offered this fall and registration information. Space is limited, please register your child in advance.

**It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops!*

SCHOOL AGE

Friday Night Activities

■ = MFRC ■ = PSP

Movie Nights (5-12 years)

Back by popular demand! Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Each movie night runs from 6:30pm - 8:00pm with drop off at 6:15pm. Bring pillows and blankets for each child so they are super comfy during the movie.

Location: CPAC Gym

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$8.00 per child

Family Rate: \$5.00 for each additional child in the same family

DATE	MOVIE	COURSE CODE
September 10	Cruella	FIN212207806A
September 24	The Peanuts Movie	FIN212207807B
October 8	Peter Rabbit 2 The Runaway	FIN212207808C
October 22	Minions: The Rise of Gru	FIN212207809D
November 5	Norm of the North: Keys to the Kingdom	FIN212207810E
November 19	The Boss Baby 2: Family Business	FIN212207811F
December 3	Wonder Park	FIN212207812G
December 17	Encanto	FIN212207813H

If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!

Fantastic Fridays! (5-12 years)

Let those kiddos loose, burn off some energy, and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive frozen juice boxes in this program.

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME	COURSE CODE
September 17	Projectile Projects	WEL212217222A
October 1	PSP Treasure Hunt	WEL212217223B
November 12	Dodge in the Dark	WEL212217224C
December 10	Games Galore	WEL212217224D

City Adventures (5-9 years)

Are your kiddos jealous of their older siblings getting all the urban adventure fun? Well this is their chance and opportunity to play with the big kids in their own customized urban fun. Join us by dropping your child off at the below location for a couple hours of uninterrupted, supervised fun! All costs of the program are covered by the below price, what a steal!

***Check out our youth section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

Location: drop off and pick up at Out Trip Location listed above

Date: Fridays

Time: 6:00pm-8:00pm

Cost: \$16.00 per person

DATE	THEME	COURSE CODE
September 3	Flying Squirrel Ropes Course	WEL212217224E
October 15	Boulder House	WEL212217224F
November 26	Flying Squirrel Bouldering	WEL212217224G

Cooking

Mini Master Chef (6-8 years)

This program offers our young, future chefs a chance to gain age appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

Location: CPAC

Date: Tuesdays OR Thursdays

Time: 5:00pm - 6:00pm

Cost: R: \$70.00 / O: \$80.00 / A: \$90.00

DATE:=	THEME	COURSE CODE:
Tuesday September 14 – October 19	Breakfast	COO202102005
Thursday September 16 – October 21	Breakfast	COO202102006
Tuesday November 9 – December 14	Finger Food	COO202102007
Thursday November 4 – December 16 (no class November 11)	Finger Food	COO202102008

General Programming

PSP Yoga Hive (5-9 years)

Exploring the practice of yoga from an early age allows kids to find time to connect with their minds and bodies, allowing them to de-stress (yes, kids get stressed too!), cultivate strength, flexibility and stability, gain confidence, move their bodies and most importantly have fun! Yogis will be guided through various sequences, poses and games/activities throughout each class, focusing on a new theme each week! Your children will have fun making smoothies, sand gardens, mandala bracelets, and much much more to help them explore their mindfulness.

Dates: Wednesdays September 8-October 6

Location: CPAC

Time: 5:00pm-6:00pm

Course Code: WEL21221701A

Instructor – Megan Westbury

Cost: \$40 Regular / \$45 Ordinary / \$50 Associate

Drop in: \$8 Regular / \$10 Ordinary / \$12 Associate

Art Sparks: (Ages 4-7)

"The artist is not a special kind of person; rather each person is a special kind of artist."

– Amanda Coomaraswamy

This art class session is to provide young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. We will explore different materials; discuss techniques, use of tools and try to find out where do artists get their inspiration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Along the way we will talk about artists and history of art, our local community art installations and how we can use our creative skills to make this community even better.

Instructor: Irina Mielecka

Location: CPAC

Dates: Session 1: Tuesdays September 21 – October 26

Session 2: Tuesdays November 8 – November 13

Time: 4:00pm-5:30 pm

Cost per session:

\$65.00 Regular / \$70.00 Ordinary / \$75.00 Associate

Course Code: FIN212207814I

SCHOOL AGE

STEM Programs (5-8 years)

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. See the descriptions below and pricing for each 4 week block focusing on a different theme.

Session 1:

Back By Popular Demand- Stitch By Stitch

Do you have a child who loves sewing, fabric manipulation, designing clothing and accessories? Boy this program is just for them. Exploring the ideas surrounding designing, patterning, sewing and completing 1 small project per week with the idea of completing one larger project by the end of the 4 weeks. Scrunchies, patches, headbands, shirts, wallets and more, the sky is the limit! Cost of the program covers fabric options, needles, and program costs.

Dates: Monday October 4 - October 25

Location: CPAC

Time: 5:00-6:00pm

Cost: \$55 Regular / \$60 Ordinary / \$65 Associate

Course Code: FIN212207815J

Session 2:

Back By Popular Demand- Soap Box Derby Car Building

Ready, Set, Go! Join PSP in building your very own Soap Box Derby Car. Each week will work on improving, building, examining the speed, draft and drag of the car to make it as fast as it can be. Get ready to race for the prize on week 4 with the PSP Soap Box Derby Classic. Program cost covers the cost of all building materials for the session.

Dates: Monday November 8 - November 29

Location: CPAC

Time: 5:00-6:00pm

Cost: \$55 Regular / \$60 Ordinary / \$65 Associate

Course Code: HOB212210001A



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Youth

■ = MFRC ■ = PSP

Register for any of the following PSP Youth Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks. You can also save time by registering online.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

MFRC Youth Programs

The MFRC is committed to supporting youth and family wellness. Staff at the centre can assist with navigating mental health systems, helpful referrals and resources.

Looking for Military Youth!

Need volunteer hours to graduate? Would you like to meet youth in your community? Want to help out? Come to volunteer at Esquimalt MFRC to help with child minding and various projects.

Not a registered volunteer yet? Follow 3 steps to join:

- Apply online <https://connect.esquimaltmfrc.com/volunteering/>
- Attend volunteer orientation
- Participate in 2-hour training

You must be at least 13 years of age to volunteer at the Esquimalt MFRC. Please contact the MFRC at (250) 363-2640 for more information

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General Programming

STEM Programs (9-12 years)

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. See the descriptions below and pricing for each 4 week block focusing on a different theme.

Session 1:

Back By Popular Demand - Stitch By Stitch

Do you have a child who loves sewing, fabric manipulation, designing clothing and accessories? Boy this program is just for them. Exploring the ideas surrounding designing, patterning, sewing and completing 1 small project per week with the idea of completing one larger project by the end of the 4 weeks. Scrunchies, patches, headbands, shirts, wallets and more, the sky is the limit! Cost of the program covers fabric options, needles, and program costs.

Dates: Monday October 4 2021-October 25 2021

Location: CPAC

Time: 6:15pm-7:15pm

Cost: \$55 Regular / \$60 Ordinary / \$65 Associate

Course Code: FIN212207815J

Session 2:

Back By Popular Demand- Soap Box Derby Car Building

Ready, Set, Go! Join PSP in building your very own Soap Box Derby Car. Each week will work on improving, building, examining the speed, draft and drag of the car to make it as fast as it can be. Get ready to race for the prize on week 4 with the PSP Soap Box Derby Classic. Program cost covers the cost of all building materials for the session.

Dates: Monday November 8 2021-November 29 2021

Location: CPAC

Time: 6:15pm-7:15pm

Cost: \$55 Regular / \$60 Ordinary / \$65 Associate

Course Code: HOB212210001A

Babysitter's Course

Participants will gain leadership skills, learn about childhood behaviours, creating safe environments and preventing injury, First Aid emergencies and procedures. This course includes learning about job-search, interviews, personal safety and more.

We will also discuss age-appropriate activities for children, rhymes, finger games, songs, etc.

Cost: \$50 Regular /

\$55 Ordinary /

\$60 Associate

Time: 9:00am-4:00pm

Location: CPAC

Session 1: October 16

Session 2: November 20



Cooking

Master Chef (9-14 years)

This program offers our young, future chefs a chance to gain age appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

Location: CPAC

Date: Tuesdays OR Thursdays

Time: 6:30pm-8:00pm

Cost: \$70 Regular / \$80 Ordinary / \$90 Associate

DATE	THEME	COURSE CODE
Tuesday: September 14 – October 19	Breakfast	COO202102009A
Thursday: September 16 – October 21	Breakfast	COO202102010B
Tuesday: November 9 – December 14	Finger Food	COO202102011C
Thursday: November 4 – December 16 (no class November 11)	Finger Food	COO202102012D



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YOUTH

Friday Activities

Movie Nights (9-12 years)

Back by popular demand! Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Each movie night runs from 6:30pm - 8:00pm with drop off at 6:15pm. Bring pillows and blankets for each child so they are super comfy during the movie.

Location: CPAC Gym

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$8.00 per child

Family Rate: \$5.00 for each additional child in the same family

DATE	MOVIE	COURSE CODE
September 10	Cruella	FIN212207806A
September 24	The Peanuts Movie	FIN212207807B
October 8	Peter Rabbit 2 The Runaway	FIN212207808C
October 22	Minions: The Rise of Gru	FIN212207809D
November 5	Norm of the North: Keys to the Kingdom	FIN212207810E
November 19	The Boss Baby 2: Family Business	FIN212207811F
December 3	Wonder Park	FIN212207812G
December 17	Encanto	FIN212207813H

If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!

Fantastic Fridays! (9-12 years)

Let those kiddos loose, burn off some energy, and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive frozen juice boxes in this program.

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME	COURSE CODE
September 17	Projectile Projects	WEL212217222A
October 1	PSP Treasure Hunt	WEL212217223B
November 12	Dodge in the Dark	WEL212217224C
December 10	Games Galore	WEL212217224D

Youth Excursions (9-14 years)

These great adventures are guaranteed fun for your child. Drop your kids off for some off the charts fun with a new, exciting outing each month. Pick up and drop off locations to be determined. Please call for more information.

Location: Drop off and pick up at the locations provided above

Time: 6:00pm - 8:00pm

Cost: \$15.00 per child

DATE	THEME	COURSE CODE
September 3	Flying Squirrel Ropes Course	WEL212217997A
October, 15	Boulder House	WEL212217998B
November 26	Flying Squirrel Bouldering	WEL212217999C

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Camps

Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. When-



ever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out [CAFCONNECTION.CA/Esquimalt](https://bkk.cfmws.com/esquimaltpub/) for the most up to date information on programming.

Register for any PSP Camp Programs

by contacting PSP Recreation at 250-363-1009 or by stopping into the Colwood Pacific Activity Centre (CPAC).

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Cancellation Policy

If we cancel

Full refunds are issued when PSP cancels a Camp program. Every effort is made to cancel courses in a timely manner (1-5 days prior to start date).

If you cancel

Full refunds (minus a 10% cancellation fee per program) will be processed by contacting PSP at 250-363-1009 a minimum 2 weeks prior to the program start date. 50% refund (minus a 10% cancellation fee) will be issued one week prior to start of programming. Less than one week's notice will be on a case by case basis. Please note cancellations after the required dates will be subject to approval and are subject to an administrative fee. Once a program has started, refunds will not be provided.

Inclusion Workers

Have a camper requiring a little bit of extra support in programming? Please contact us for more information on how to best support your child. If you have funding through Queen Alexandra Centre for Children's Health we are happy to provide you with an inclusion worker for your child when one is available.

CAMPS

Pro D Day Camps

Sun Seekers Pro-D Day Camps (5-7 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

Daily rates
subject to change
based on out trip
activities for the day.
Call for more
details.



DATE	THEME	COURSE CODE	TIME	COST
September 27	Upside Down World	CAM212203002A	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
October 22	Into the Unknown	CAM212203002B	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
November 19	Spies in Disguise	CAM212203002C	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate

Fun Seekers Pro-D Day Camps (7-9 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	THEME	COURSE CODE	TIME	COST
September 27	Upside Down World	CAM212203002D	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
October 22	Into the Unknown	CAM212203002E	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
November 19	Spies in Disguise	CAM212203002F	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate



Adventure Seekers Pro-D Day Camps (9-14 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	THEME	COURSE CODE	TIME	COST
September 27	International Explorations	CAM212203002G	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
October 22	Enter the Extreme Zone	CAM212203002H	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
November 19	Flying High	CAM212203002I		

Francophone School District Pro-D Day Camps (5-14 years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

DATE	THEME	COURSE CODE	TIME	COST
TBD	Magicians Lair	CAM212203002J	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate

For more information please see the Sun, Fun and Adventure Seekers Pro D Day Camps as they are the same dates this year!



Jr. Leader Program

(Ages 12+ after completion of Leader in Training Program)

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! Join us for our summer camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gaining experience in leading a group through games and activities, learning policies and procedures and of course having fun doing it all.

Cost: \$25.00 per day

*Cost covers out-trips, staff shirt, swimming and additional resources

Time: 9:00am-4:00pm

Location: TBD on which camp they are with

Please contact Children and Youth Program Supervisor Katie Fast if interested in this program. Katie.fast@forces.gc.ca

SHOTOKAN KARATE

Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands. The aim of the Karate program is to teach traditional Shotokan Karate and to foster the development of karate through seminars, tournaments, and exposure to world-class karate and other martial arts instructors. Such benefits of this karate program include:

- Many different training times and two different locations;
- Affordable way to learn or practice your karate skills;
- A fun way to work on your cardio, flexibility, coordination, stress relief, and quicken your reflexes while training in a safe and supervised environment.

Beginners are accepted throughout the year. All karate members are required to register through Karate BC at <https://www.trackie.com/online-registration/register/2017-18-karate-bc-individual-membership/18360/> and ShotoCanada (Adult \$35 and Child \$25) directly.

Naden Athletic Centre
Combo Class (Adults and Children)
Monday/Wednesdays, 6:30pm - 8:00pm

Training Sessions:
September 13 – December 22
Course Code: MAR212212006

Senior Belts Only
Fridays, 6:00pm-7:30pm
Saturday, 8:00am-9:00am

Adult - \$130 Regular / \$145 Ordinary / \$160 Associate
Child - \$100 Regular / \$115 Ordinary / \$130 Associate

Colwood Pacific Activity Centre
Combo Class (Adult and Children)
Tuesday/Thursday, 6:30pm - 8:00pm

Fall Training Session:
September 14 - December 21, 2021
Course Code: MAR212212005
Tuesday / Thursday, 6:30pm - 8:00pm

Adult - \$130 Regular / \$145 Ordinary / \$160 Associate
Child - \$100 Regular / \$115 Ordinary / \$130 Associate

Register for PSP's Shotokan Karate

REGISTER for Shotokan Karate by contacting PSP Recreation at 250-363-1009 or in-person through the Colwood Pacific Activity Centre.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>



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Adult

Arts Programs

Paint it!

Are you interested in having fun and learning a new skill at the same time? We have a strong belief that anyone can learn how to paint. Join us and enjoy the satisfaction of creating an art piece with step by step instruction. This is an adult learning experience and suitable for all skill levels.

Register for any of the following PSP Adult Programs

by contacting PSP Recreation
at 250-363-1009
or by stopping into the Colwood Pacific
Activity Centre (CPAC).

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Location: Virtual
Instructor: Behni Moosavi-Shalmani
Dates: Fridays
Time: 6:00pm - 8:00pm
Cost: \$30 per session
Paintbrushes are available for purchase at \$5 extra.

October 1	FIN212207223A
October 29	FIN212207224B
November 26	FIN212207225C
December 17	FIN212207226D

Location: Chief and Petty Officer's Mess
Instructor: Behni Moosavi-Shalmani
Dates: Fridays
Time: 6:00pm - 8:00pm
Cost: \$30 per session
Paintbrushes are available for purchase at \$5 extra.

September 17	FIN212207227E
October 15	FIN212207228F
November 12	FIN212207229G

**** Paint it! is also available for Unit team building art sessions within the Defence Team Community. If you or your Unit is interested in privately booking a Paint it! night with Behni, please contact PSP Recreation Coordinator Matthew Carlson at Matthew.Carlson@forces.gc.ca*

Health and Fitness

Yoga for Every Body

Do you think you can't do yoga? Then this class is for you! In this light-hearted, fun, body positive class, we will be modifying poses for all bodies, levels, and abilities. Taught by a large-bodied woman, classes are accessible and inclusive, and approach movement from a Health at Every Size® perspective. Questions during practice are welcomed and encouraged. Suitable for everybody and every body.

Location: CPAC and Virtual
Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221700A

Dates: September 9-30 (no class September 2)

Time: 6:30-7:30pm

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual
Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Dates: Thursdays, October 7-28

Course code: WEL21221701B

Time: 6:30-7:30pm

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC or Virtual
Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221702C

Dates: Thursday, November 4-25

Time: 6:30-7:30pm

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC or Virtual
Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221703D

Dates: - December 2-16 (no class December 23 & 30)

Time: 6:30-7:30pm

Cost: \$29 Regular / \$33 Ordinary / \$36 Associate

Weekend Yoga

Rest, relax, and rejuvenate after a long week with a floor practice of gentle movement and stretching (no up and down off the mat!). Modifications to poses will be offered to ensure accessibility for all bodies, levels, and abilities. Suitable for everyone.

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221704E

Dates: Saturdays, September 11-25 (no class September 4)

Time: 10:00-11:00am

Cost: \$29 Regular / \$33 Ordinary / \$36 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221705F

Dates: October 2-23 (no class October 30)

Time: 10:00-11:00am

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221706G

Dates: November 6-27

Time: 10:00-11:00am

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221707H

Dates: December 4-18 (no class December 25)

Time: 10:00-11:00am

Cost: \$29 Regular / \$33 Ordinary / \$36 Associate





All Levels Yoga Flow

Looking for a bit more of a challenge? In this fun, energizing, body positive class we will sync fundamental yoga poses with breath, followed by deep stretching and relaxation. Adaptations to poses will be offered for all body types. No previous yoga experience required.

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221708I

Dates: Wednesdays, September 8-29

Time: 6:30-7:30pm

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221709J

Dates: Wednesdays, October 6-27

Time: 6:30-7:30pm

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221710k

Dates: Wednesdays, November 3-24

Time: 6:30-7:30pm

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221711L

Dates: Wednesdays, December 1-22 (no class December 29)

Time: 6:30-7:30pm

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Yoga Nidra (iRest®)

Created for the military community, iRest® Yoga Nidra combines the ancient teachings of Yoga Nidra with Western psychology and neuroscience. This practice is simple to learn and accessible to all, regardless of experience with meditation. iRest® Yoga Nidra is suitable for everyone, but is proven to be especially beneficial for folks living with PTSD, chronic pain, and sleep challenges, affording its practitioners a profound sense of peace and well-being.

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221712M

Dates: Thursdays, September 9-30 (no class September 2)

Time: 7:45-8:45pm (after Yoga for Every Body)

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221713O

Dates: Thursdays, October 7-28

Time: 7:45-8:45pm (after Yoga for Every Body)

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Location: CPAC and Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Course code: WEL21221714P

Dates: Thursdays, December 2-16 (no class December 23 & 30)

Time: 7:45-8:45pm (after Yoga for Every Body)

Cost: \$29 Regular / \$33 Ordinary / \$36 Associate

ADULT HEALTH AND FITNESS

Fall Run Clinic

Challenge yourself in a four week run clinic leading up to the Royal Victoria Marathon October 2021 Event led by top level Canadian runner Mariah Kelly, New Balance sponsored athlete.

This is a run program built for people of all levels. The focus of this program is to enhance running performance but also to offer exercises designed to improve individual movement patterns and help prevent injuries.

Location: Naden Athletic Centre Track or another location to be determined

Wednesdays, 6:00 PM - 7:00 PM

September 15-October 6

Cost: \$49.99 Regular / \$52.00 Ordinary / \$54.00 Associate



Mariah Kelly

Personal Training

Personal Training Packages

Register for our personal training packages and jump start your fitness program. Personal Training is designed using a 'results based' approach to help you achieve your fitness goals. Our qualified fitness trainers can customize a program to meet your needs whether you are a beginner, have specific training goals or a seasoned athlete. Choose from private sessions or book semi-private sessions for you and a friend or family member.

Course Code: FIT212208953A

One on One Private Training Sessions (1hr)

\$50 for 1 session

\$150 for 3 sessions

\$225 for 5 sessions

\$399 for 10 sessions

Have a small group that want to work out together? You pick the time, date, and style of workout you're looking for and we will connect you with a trainer.

Course Code: FIT212208953B

Semi-Private Training Sessions (1hr)

2 - 6 people

\$36 p/person for 1 session

\$108 p/person for 3 sessions

\$170 p/person for 5 sessions

\$299 p/person for 10 sessions



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Men's Therapy Centre

The Men's Therapy Centre is a non-profit organization serving men* over the age of 16 who have experienced childhood or adult trauma.

Sexual assault impacts the entire community - in partnership with the Department of National Defence, the Victoria Men's Therapy Centre is launching free pilot programs and services to active and inactive male survivors of sexual assault, their families, and their communities. What impacts one impacts the many, and our understanding of what and how trauma shows up is continuing to grow. Here's how we hope to begin tackling trauma for change:

- Active and inactive male survivors of sexual assault are invited to receive EMDR sessions free of charge. Eye Movement Desensitization and Reprocessing is a powerful and proven method of working with trauma that is different from traditional talk therapy. In these sessions, a therapist works with you to identify key traumatic moments and through bilateral stimulation quickly and effectively helps you to resolve them.

- In addition to EMDR these members are also invited to join a 10-week in-person trauma group, or a 10-week online counselling group.
- To support active and inactive members in the community, we are offering a 10-week online Psychoeducational training on trauma. Beginning with the nervous system we will set out to better understand what trauma is from a biological perspective, how it shows up in others, and how we can learn to support each other when

trauma arises. This program aims to equip community and active members in supporting each other and redefining our understanding of trauma and how we begin to resolve it. This training program is hands-on, skills and knowledge-based, and requires active participation in learning.

- Registration is now open for all services, with programs beginning early Fall. To register or find out more contact Christa at christa@menstherapycentre.ca or call (250) 381-6367.

OUR SERVICES INCLUDE

- Victim Services
- Individual Counselling
- Group Counselling
- Youth Trauma Counselling
- Community Outreach

HOW TO BOOK AN INTAKE APPOINTMENT

CALL 250-381-6367

DROP-IN ... 9 am – 5 pm

EMAIL info@menstherapycentre.ca

Intakes are completed either over the phone or in-person.
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Vancouver Island Crisis Line: 1-888-494-3888



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250-381-6367

info@menstherapycentre.ca

Mon-Fri 9 am - 5 pm; Extended hours Wed 9 am - 7 pm;
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* man/male/boy includes cis, gay, bi-sexual, trans, non-binary, 2spirit, queer, gender fluid+

ADULT DEPLOYMENT



Deployment

Deployment Programming

Deployment can be a time of challenges and opportunities for the person going away and for those remaining behind. At your MFRC, we know firsthand the physical and emotional demands placed on partners, children and extended family as a result of deployment or extended duty. We believe deployment support doesn't begin when a member leaves and doesn't end when a member comes home – it's an ongoing process. Are you experiencing a Deployment in 2021-2022? Check out the MFRC Deployment Programs to see what fits for you. All Deployment offerings require registration at least 5 days in advance of session or workshop date. For upcoming activities and events please visit www.esquimaltmfrc.com/events.

Discounts for PSP Adult Recreation Programs for those Experiencing a Deployment

As loved ones of a deployed member, it can often seem as though time is passing by at a snail's pace, especially when you are on your own or solo parenting while maintaining the home front. We know that trying new things and meeting new people, getting connected and being connected to your community can make the whole experience a more positive one, full of personal growth. To assist you with that, we are offering discounts to a variety of PSP Adult Programs throughout the year! In some cases, childcare may be provided so that you can attend the activity or workshop. Connect with your MFRC Deployment team or Family Network for all the details and a list of current eligible programs. You won't be sorry!

FAMILY NETWORK EMAIL ADDRESSES

443 MH SQUADRON	MH443.family@esquimaltmfrc.com
HMCS CALGARY	calgary.family@esquimaltmfrc.com
HMCS OTTAWA	ottawa.family@esquimaltmfrc.com
HMCS REGINA	regina.family@esquimaltmfrc.com
HMCS VANCOUVER	vancouver.family@esquimaltmfrc.com
HMCS WINNIPEG	winnipeg.family@esquimaltmfrc.com
MCDVs	mcdv.family@esquimaltmfrc.com
MV ASTERIX	asterix.family@esquimaltmfrc.com
SUBMARINES	subs.family@esquimaltmfrc.com
TERRA FIRMA DEPLOYED	terrafirma.deployed.family@esquimaltmfrc.com

Family Networks

Family Networks are a great way to keep connected with other families. Get the latest information and updates about your loved one's deployment, participate in social activities, and get mutual support from others who are going through the same experience. Check out the Family Network webpage at esquimaltmfrc.com/deployment/family-networks. Each Unit has a Family Network dedicated to them. Let the MFRC know who you are by filling out the Family Information Form found on our website or in the Deployment App. Information you provide is kept strictly confidential.

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Deployment Resources and Services

Children's Deployment Workbooks and Parent Guide

The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the deployed parent. Stop by any MFRC location to pick up your copy today or order online through the MFRC website. Deployment staff can assist you throughout the deployment via email support.

Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.

Deployment App

Are you experiencing a deployment or soon to be? With the MFRC Deployment App, you can receive tips to guide you through all stages of your work-related separation, use checklists to keep track of your to-do lists, receive reminders of mail dates, search for your closest MFRC location and see how far you've come with a customizable countdown clock. Downloads available for iOS and Android devices via the Apple App Store and Google Play. Learn more at www.esquimaltmfrc.com/deployment/app.



Deployment Support Books

These booklets contain information to make deployment easier for military families. Pick up your booklet at any MFRC location, online, or request that one be mailed to your loved one!

Ces ressources sont également disponibles en français.

Mail Drop Off Locations

Did you know that you may be able to send letters and parcels to your deployed member for free? The MFRC is an approved drop off site for the Fleet Mail Office for Units with published mail dates or for any land-based deployment outside of Canada. Visit www.esquimaltmfrc.com for addresses, cut off dates and guidelines. Wrapping stations at the MFRC may not be available due to COVID restrictions. International Customs Forms are available at each MFRC location.

Please note: If your military member is away on a course or imposed restriction (IR), you must mail your letters or parcels through Canada Post.

Parenting from Afar

Stay connected with your child during deployment. Grab a Children's Deployment Workbook and a Parent Guide at any MFRC location, and the Parenting from Afar booklet.

Tips for Preparing for a Deployment

- Attend your Unit's Pre-Deployment Briefing
- Download the new MFRC Deployment App!
- Join your unit's Family Network – meet other families with similar experiences.
- Pick up your MFRC Deployment Handbook – It is full of helpful information.
- Attend the MFRC's R2MR Dealing with and Preparing for Deployment Workshop Series
- Include children in planning activities while their parent is away.
- If you have children, sign them up for the Children's Deployment Workshops.
- Volunteer – check out our many Volunteer Opportunities online!

Check out the emotional cycle of deployment online at www.esquimaltmfrc.com – It is full of helpful information.

Check out the Preparing for Deployment section of the MFRC website at www.esquimaltmfrc.com – It is full of helpful videos, presentations, tools and checklists.

Sending Mail to Deployed Members

Did you know you could send mail and parcels to your deployed member for free? The MFRC will accept parcels and letters for deployed members at any of their locations. Call 250-363-2640 for information and guidelines.

Tips for Preparing for a Homecoming

- Attend the MFRC's Return and Reintegration R2MR.
- Share your feelings and expectations with one another
- Try to think realistically about the homecoming, rather than building a fantasy in your head.
- Connect with your unit's Family Network – meet other families with similar experiences.
- Check out the emotional cycle of deployment online at www.esquimaltmfrc.com – It is full of helpful information.
- Plan family time with the children.
- Remember that everyone will likely be anxious about obvious changes and will need reassurance of acceptance.
- Include children in planning activities for homecoming.
- Ignore rumors and try to wait patiently for official information concerning your partner's return.
- Avoid scheduling too many homecoming activities; the normal routine of a busy household may be challenging enough for a returning military member.

ADULT COMMUNITY INTEGRATION

Community Integration

English as a Second Language

Do you want to learn English? Do you feel the need to improve your English to better communicate with your partner? The MFRC offers courses to CAF adult family members. The classes, guided by a professional, incorporate conversation, culture, grammar and writing to facilitate your integration into your community. The class consist of an online learning component in addition to a weekly in class session with our ESL teacher. Call 250-363-2640 to register.

Location: CPAC

MFRC Thur Sept 9-Dec 9 6-8pm

French as a Second Language – Rosetta Stone

Are you posted to a bilingual base or Francophone community? Do you feel the need to develop your second language to better communicate with your partner? The MFRC offers the opportunity to access online Rosetta Stone language training to CAF adult family members. Rosetta Stone uses a method that combines listening, reading, speaking and writing. Call 250-363-2640 (toll free: 1-800-353-3329) to enquire about the current availability of licenses.

Greater Victoria Military Family Scavenger Hunt

If you are new to Esquimalt military family community and have not explored your neighbourhood yet, join us for Greater Victoria Military Family Scavenger Hunt! Get your family together, pack some water and snacks and get around town. Find your favourite sites and earn some awesome prizes! Find out how to register at 250-363-2640 or <https://esquimaltmfrc.com>

Location: around the city

MFRC Sept 27-Oct 22

Free

Community “Meet & Greet” Cafés

Are you new to CFB Esquimalt or is your military member away on a work-related separation? Looking for an opportunity to get a break from the routine with an evening out? Join us for coffee and stimulating conversation while getting connected to your community and meeting new people! These evenings are provided as an informal social opportunity for people to connect and share over a cup of Java! MFRC Staff and Volunteers will be on hand to provide any requested information about programs and services in our area. Please note, this on-site program is subject to BC Health COVID guidelines. Check our event calendar for session updates: esquimaltmfrc.com/events.

Deployed families can access free childcare to attend, with requests made at least 7 days in advance by calling the MFRC at 250-363-2640.

Location: CPAC

MFRC	Wed Sept 29	6:30-8:00pm	Free
MFRC	Wed Oct 27	6:30-8:00pm	Free
MFRC	Wed Dec 1	6:30-8:00pm	Free

How to Apply for Public Sector Positions

Applying for employment with both the provincial and federal government can be a daunting process. This workshop will lead you through the process of applying for government positions and give you the knowledge and tools to navigate these systems. Check out our website www.esquimaltmfrc.com to register.

Location: CPAC or virtual

MFRC	Thur Nov 4	6-8pm	Free
MFRC	Fri Nov 5	10am-12pm	Free

Networking to Access the Hidden Job Market with WorkLink BC

Are you looking for work? Please join us to learn how to access a job market beyond vacancy postings. The workshop provided by the partner agency.

Location: CPAC or virtual

MFRC	Oct TBD	Free
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ADULT COMMUNITY INTEGRATION SERVICES

Community Integration Services

Employment and Education Support

If you need employment assistance related to being a military family member new to the area, the MFRC has trained staff to provide guidance on gaining meaningful employment. There are also employment workshops and employer information sessions hosted at the Colwood Pacific Activity Centre. Call 250-363-2640 for more information.

MFRC Information Line

MFRC staff members are ready to take your call. They can answer your questions, provide assistance or do the research to find the information you need. Call 250-363-2640 (toll free: 1-800-353-3329).

Military Family ID Card

It takes just 10 minutes to get this valuable

ID card. The card is available to all regular and reserve Class B&C military family members age 10 years and up. Use it to access base services such as the Naden Athletic Centre, to access Dockyard and Colwood by vehicle for pickups and drop-offs, and to receive discounts from local businesses. The CAF member must be present to sign the card at the time of issue and present their MPRR. The MFID is available at Signal Hill MFRC and CPAC MFRC.

Welcome Resources

When you arrive in Victoria, be sure to pick up your Welcome Bag from either MFRC location. In it, you will receive:

- The MFRC's Welcome Book – a comprehensive guide to CFB Esquimalt and Greater Victoria
- Accessing Health Care Book
- Area maps including bike and trail maps
- Visitor guides for the Greater Victoria area
- MFRC swag and more!

Many resources, including the Welcome Book, are also available for download at www.esquimaltmfrc.com/relocation.



We proudly serve the Canadian Forces Community

While you're busy keeping the country safe, let us keep your family safe with our Healthy Home Cleaning System.



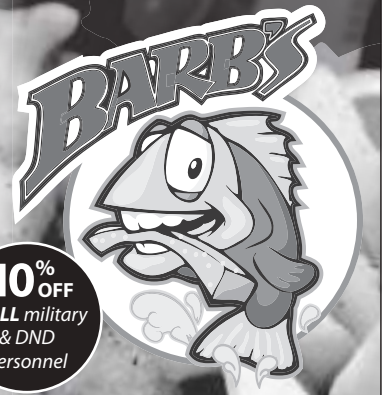
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Social and Mental Wellness Resources and Services

Emergency Family Plan

You need to plan ahead for the unexpected. If something happened to an at-home family member during a deployment, you need to have a workable emergency family plan. The MFRC can help you develop your plan, look at ways to build your support system and may be able to provide some assistance upon assessment. Call the MFRC at 250-363-2640 for details. You can also contact the MFRC intake line directly at 778-533-7736 or intake@emfrc.com.

Extra/Diverse Support Needs

The Esquimalt MFRC offers one-to-one support for Canadian Armed Forces families that have a family member with extra needs. We can work with you to:

- Navigate various community services including education, mental health, early years and health related care systems.
- Advocate for services.
- Develop a personalized support plan for children/youth/adults with extra/diverse needs including complex needs. Option to facilitate a team approach with parents/caregivers and community service providers involved with a family.
- Create a family care and support plan for upcoming deployments.
- Find services for caregivers supporting aging family members or a family member with health concerns.
- Prepare for a posting in or out of Greater Victoria.

Need assistance? Give the MFRC a call at 250-363-2640. You can also contact the MFRC intake line directly at 778-533-7736 or intake@emfrc.com.

Short-term Counselling

Individuals, couples and families can access short-term counselling sessions at the MFRC in a confidential atmosphere of support. Registered social workers and counsellors provide support with stress, relationship issues, parenting challenges, the military lifestyle plus much more. The MFRC also provides quality referrals to outside counselling resources and specialized support services. Sessions can be done on-site or virtually via your computer, smartphone or tablet. Call 250-363-2640 for details. You can also contact the MFRC intake line directly at 778-533-7736 or intake@emfrc.com.

Strongest Families

Families can self-refer or social workers/counsellors can also make a referral to "Strongest Families" on behalf of families who want to acquire parenting assistance. Supports are available for children/youth ages 3-17 who require strategies to address anxiety and behavioural issues. Additional supports can also be provided to address concerns associated with aspects of the military lifestyle. Parents can access more support through coaching by telephone. Some resources for adults are also available. See www.strongestfamilies.com or call the MFRC intake line directly at 778-533-7736 or intake@emfrc.com for more information.

Social and Mental Wellness

Growing Parents

Join us online for a fun, supportive and educational group for new and expecting parents. Guest Speakers and topics related to pregnancy and parenting babies up to 18 months of age. Make connections with other parents, share information and learn about community resources in this interactive facilitated group discussion. This program is for military connected families who are pregnant or parenting a child up to 18 months. Attend from the comfort of your own home! Please check out our website for registration details!

Location: Zoom

MFRC Tue Sept 14-Dec 14 10:30-11:30am

Wellness Wednesdays

The Family Wellness and Counselling Team is pleased to offer a monthly evening of relaxation and fun. Using mindfulness, gentle movement and creativity we will explore tips, tools and strategies to enhance our mental, physical and spiritual health in an online and interactive group setting.

Please check out our website for registration details!

Location: Zoom

What is Self-Compassion

MFRC Wed Sept 15 7:30-8:30pm

Healthy Relationships

MFRC Wed Oct 20 7:30-8:30pm

Anxiety and Worry. What helps?

MFRC Wed Nov 17 7:30-8:30pm

Managing Expectations and Overwhelm During the Holiday Season

MFRC Wed Dec 15 7:30-8:30pm

Francophone

Cours de langue seconde

Aimerez-vous apprendre l'anglais? Sentez-vous le besoin d'améliorer votre anglais pour mieux communiquer avec votre partenaire? Le CRFM offre des cours aux membres adultes de la famille des FAC. Les classes, dispensées par un professionnel, intègrent la conversation, la culture, la grammaire et l'écriture pour faciliter votre intégration dans votre communauté. Les classes consistent d'un apprentissage en ligne et d'une classe par semaine en groupe.

Lieu : Colwood Pacific Activity Centre (CPAC)

CRFM jeudi sept 9 – dec 9 18h00 à 20h00

Répertoire des ressources francophones

L'intégration à une nouvelle communauté dont la langue principale est différente de notre langue maternelle peut s'avérer être tout un défi! C'est pourquoi le Centre de ressources pour les familles des militaires souhaite mettre à la disposition des francophones une ressource supplémentaire afin de vous permettre d'obtenir des services divers dans votre langue maternelle.

Le CRFM vous propose un outil de référence pour les francophones et les francophiles à la recherche de produits et services en français dans la région de Victoria. Certains organismes dont le nom figure sur la liste offre l'ensemble de leurs services en français, tandis que d'autres n'offrent qu'une partie des services par l'entremise d'un membre du personnel ou d'un interprète. Pour obtenir une copie de ce répertoire, visitez notre site Web ou présentez-vous à l'un de nos emplacements.

FRANCOPHONE ADULT



ACTIVITÉS EN FRANÇAIS POUR TOUTE LA FAMILLE

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AUTOMNE 2021



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Veterans

Veteran Family Program

The MFRC supports medically-released veterans, medically-releasing CAF members, and their families as they transition to post-service life. There is no formal registration for this program. If you need support, call the Veteran Family Program Coordinator at the Esquimalt MFRC at 250-363-2640. There are a variety of services to meet your unique needs:

- One-to-one support navigating the civilian health care, employment, and mental health systems
- Help finding appropriate community resources for yourself and your family members
- Transition programs and workshops
- Short-term counselling and social work services



Earl (left) served with No. 18 Company, Canadian Forestry Corp. He was one of 14,000 Canadians who landed on Juno Beach. Of those 14,000, 382 were killed and more than 5,000 were wounded.

During an Awards Ceremony at Veterans Memorial Lodge, a Royal Canadian Navy sailor helped Earl by tying his tie for him.

Transition Programs and Resources

Financial Planning Workshops

To support transitioning members and their families, SISIP offers a financial planning workshop to help individuals and families plan their finances as they approach their release and prepare for their transition to post-service life. Topics may include tax planning, CAF pensions, investments, insurance coverage, and disability awards.

Mental Health First Aid

In support of the Veteran Community, a customized version of the Mental Health First Aid course is available for members of the Veteran Community. Mental Health First Aid is the assistance provided to a person who is experiencing a mental health concern or who is in a mental health crisis. Members of the Veteran Community will receive this training at no cost. This course teaches participants to understand, identify, and respond to signs of mental health and substance use concerns. Seats are limited and registration will be on a first-come, first-serve basis.

Transitions Book

Military families experience many changes in their lives from relocations to deployments to the transition out of the military. The Transitions book will teach you about the stages of transition and help you to learn how to effectively work through those changes. Get a copy at your local MFRC location or online at esquimaltmfrc.com.

Veteran Family Journal

The Veteran Family Journal is a tool designed to assist medically releasing CAF members, medically released Veterans, and their families to make a successful transition from military life to civilian life. This tool can help you and your family identify your unique needs and plan for the future. Within this journal you will find relevant information about the transition process, reference materials, worksheets, and family care plans. Pick up a copy at your closest MFRC location.

*Thank you for helping support
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HEALTH PROMOTION ADULT

Strengthening the Forces offers Health Promotion Programs designed to assist Canadian Forces members, their spouses, and civilian employees to take control of their health and well-being. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations, and contributes to a higher quality of life for everyone. Health Promotion courses are available free of charge to members of the Defence Team.

Fall Programs

Creating an Addictions Free Workplace: Supervisor's Training (Mite 117733)

This program is designed specifically for the Canadian Forces and for personnel in leadership positions (MS and above). The course is designed to assist leaders to promote an addiction free culture in their workplace. Participants learn about substance misuse, warning signs, effective interviewing skills, active listening skills, enabling, and how to challenge and change unhealthy workplace cultures.

October 25 (8:30 am – 4:00 pm) and
October 26 (8:30 am – 12 noon)
(course includes both sessions)

Managing Angry Moments (MAM)

MAM helps participants learn how to use anger constructively. It is a course intended for everyone as we all feel anger at various times. Participants gain a better understanding of their relationship with anger. This course is not anger management counselling and is not appropriate for individuals with severe anger management problems.

September 9, 16 & 23, 8:30 am – 12:00 noon
(course includes all three sessions)

Mental Fitness & Suicide Awareness for Supervisors (Mite 119531)

MF&SA has replaced the ASIST course and has been designed specifically for the Canadian Forces. The purpose of the program is to prepare personnel in leadership positions to promote mental fitness and to mitigate the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

September 21, 8:30 am – 4:00 pm OR
October 19, 8:30 am – 4:00 pm OR
November 30, 8:30 am – 4:00 pm OR
December 13, 8:30 am – 4:00 pm

Respect in the Canadian Armed Forces

Respect in the CAF is a workshop that explores sexual misconduct in the military culture and how to stop it. Three modules are covered: The nature and magnitude of sexual misconduct in the CAF; Bystander Intervention; and Victim Support.

September 8, 8:30 am – 4:00 pm OR
September 15, 8:30 am – 4:00 pm OR
September 22, 8:30 am – 4:00 pm OR
September 29, 8:30 am – 4:00 pm OR
October 6, 8:30 am – 4:00 pm OR
October 13, 8:30 am – 4:00 pm OR
October 20, 8:30 am – 4:00 pm OR
October 27, 8:30 am – 4:00 pm OR
November 3, 8:30 am – 4:00 pm OR
November 10, 8:30 am – 4:00 pm OR
November 17, 8:30 am – 4:00 pm OR
November 24, 8:30 am – 4:00 pm OR
December 1, 8:30 am – 4:00 pm OR
December 8, 8:30 am – 4:00 pm OR
December 15, 8:30 am – 4:00 pm

Stress Take Charge

Stress is the #1 workplace disability issue today and appears to be a growing problem. Stress Take Charge is a course for people who want to gain a better understanding of their stress reaction, how to increase their resiliency in stressful situations, and how to learn proven coping skills for managing their stress response more effectively.

November 1, 8, 15 & 21, 8:30 am – 12 noon
(course includes all four sessions)

Top Fuel for Top Performance

The foods you eat everyday have a great effect on your mental and physical performance and on your training. The morning session looks at everyday eating and the afternoon looks at fine tuning eating, fuel for training and recovery, and body composition and sport supplements. Participation in the full day is required.

November 2, 8:30 am – 4:00 pm and
November 4, 8:30 am – 12pm (course includes both sessions)

For more information on these courses, contact the Health Promotion Office: 250-363-5621.
To register for Health Promotion Programs you must register through your Unit Training Coordinator.



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Dr. Jas Sidhu Dr. Matt Pavlic
Dr. Shreya Gakhar Dr. Cleve Kim
Dr. Lien Neale Dr. Sophie Motet
Dr. Sabrina Ma



Aquatics

Naden Pool Schedule

MON	TUES	WEDS	THURS	FRI	SAT / SUN
Swim Club 06:00-07:30	Lap Swim 06:00-07:15	Swim Club 06:00-07:30	Lap Swim 06:00-07:15	Swim Club 06:00-07:30	Bookings Only
Military Training 07:30 – 11:00					
Reconditioning 11:00-11:45	FSI Training 11:00-11:45	FSI Training 11:00-11:45	Reconditioning 11:00-11:45		
Lap Swim 12:00-13:00	Leisure & Lane 12:00-13:00	Lap Swim 12:00-13:00	Leisure & Lane 12:00-13:00	Lap Swim 12:00-13:00	
	Aqua Fit 12:05-12:50		Aqua Fit 12:05-12:50		
Military Training 13:15-15:15pm					
Open Swim 15:30-17:30		Swim Lessons* 15:30-17:30	Open Swim 15:30-17:30	Swim Lessons* 15:30-17:30	

*SWIMMING LESSONS TO BEGIN IN OCTOBER 2021, CHECK OUR WEBSITE AND SOCIAL MEDIA FOR UPDATES.

*SCHEDULE MAY CHANGE WITH NO NOTICE, CHECK ONLINE FOR MOST UP TO DATE VERSION.

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4-17



ADULTS
17-70+

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Questions? info@gorgesoccer.ca

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NOW OPEN:

MON 10-4; TUES-FRI 8:30-5; SAT 8:30-3

AQUATICS

Swim Descriptions

Swim Club

Open to members of the Navy Swim Club, to join please contact Ryan Elborne 250-363-4068

Leisure Pool and Hot Tub open to general admission.

Lap Swim

5 Lap Lanes available in slow, medium, and fast levels. Leisure Pool and Hot Tub available.

Aqua Fit

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout.

Reconditioning

Reserved for reconditioning clients only. Must be registered in advanced.

FSI Training

Reserved for fitness and lifeguard training only. No public access.

Open Swim

Bring the family and come swim, splash, and enjoy the likes of our Main Pool, Leisure Pool, and Hot Tub. Toys and pool mats available!

Please note, children 7 years of age and under must remain within arm's reach of an adult at all times.

Swim Lessons

Priority space open to registered participants in our community swim lesson program, one lap lane and hot tub available for public use.

Military Training

For bookings please contact facility coordinator Mina Gardner 250-363-4213

Advanced Aquatic Courses

Bronze Medallion 13 YRS +

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross. 100% attendance required.

Cost: \$175.00 + tax

Military: \$165.00 + tax

DND Civilian: \$170.00 + tax

Dates: October 2021 - dates to be determined. Please contact our kiosk team for more information.



Bronze Cross 13 YRS +

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision.

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. 100% attendance required.

Cost: \$175.00 + tax

Military: \$165.00 + tax

DND Civilian: \$170.00 + tax

Dates: October 2021 - dates to be determined. Please contact our kiosk team for more information.

Pre-requisite: Bronze Medallion

National Lifeguard Course – Pool Option 15 YRS +

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool. 100% attendance required.

Cost: \$365.00 + tax

Military \$355.00 + tax

DND Civilian: \$360.00 + tax

Dates: November 2021 – dates to be determined. Please contact our kiosk team for more information.

Pre-requisite: 1) Bronze Cross 2) Standard First Aid & CPR C 4) 15 years of age by last day of course.

National Lifeguard Recert

Lifeguards must recert their National Lifeguard every 2 years, candidates review NL skills, knowledge and get provided education on new information. This promotes professional development and success.

Cost: \$125 + tax

Military: \$115.00 + tax

DND Civilian: \$120.00 + tax

Dates: Saturday October 9th 8:00am-4:30pm

Pre-requisite: National Lifeguard Pool.



AQUATICS

Water Fitness Programs

Aqua Fit

Tuesday & Thursdays
12:05-12:50

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout.



Swimming Lessons

Coming October 2021 – Swimming Lessons for Children and Adults!

Swimming lessons are not just about building techniques and endurance; it's about learning a lifesaving skill while developing confidence, and creating a positive experience that will last a life time!

For information on Swimming Lessons please visit us online or contact our aquatics office. 250-363-4070

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Sports

Formation Sports

Esquimalt Formation Sports organizes sports teams, leagues, and tournaments from the Formation/Base level to international competition. The programs offered are:

- Intramural Sports/Formation (Unit Competition)
- Formation Teams (Canada West Regional and CAF National Championships)
- CISM (International Sports)

Intramural Sports

The Formation Intramural Sports program is a program that has grown to include both fleet and base units. The base units and fleet units will compete in a variety of sports to obtain points throughout the year. Your unit Sports Rep will be provided a schedule of events. If you do not know who your unit Sports Rep is or to register yourself as the Sports Rep for your unit please contact the PSP Sports Coordinator, Ryan Elborne at 250-363-4068

****As of Summer 2021, following Public Health Orders, Intramural Sports tournaments are approved to resume. Due to the ongoing situation, scheduled Intramural Sports dates and tournaments are subject to change.***

Formation Teams (CFB Esquimalt Tritons)

Esquimalt Formation Sports teams are comprised of Canadian Armed Forces (CAF) members that are Regular Force or Class A, B or C Reserve Force and belong to CFB Esquimalt in full capacity or are Attached Posted here. The Tritons represent CFB Esquimalt at Canada West Regional Championships for various sports, and if they win at the Canada West Regional Championship move on to represent Canada West Region at the National Championships. Full time DND or NPF civilian personnel may coach, manage, or officiate a sport with appropriate documentation. For more information contact the Formation Sports Office at 250-363-4068/4069.

****CFB Esquimalt Sports is following a gradual return to sport plan, as prescribed by ViaSport. All Sports teams that wish to resume both indoor and outdoor practices must contact ryan.elborne@forces.gc.ca and provide a Return to Play Plan to the Formation Sports Office before resuming training. For more information on Return to Play plans, current sport restrictions and the status of future Regional and National tournaments, please contact the Formation Sports Office (3-4068/3-4069).***

SPORTS

CISM (Conseil International du Sport Militaire/International Military Sports Council)

CISM is an international sports association composed of, and open to, the armed forces of participating nations. The fundamental aim of CISM is to promote sport activity and physical education between armed forces across the globe as a means to foster world peace. This ideal is encapsulated in the CISM motto "FRIENDSHIP THROUGH SPORT." For more information about CISM events check out the official CISM website at www.cism-milspport.org or contact the Sports Office – 250-363-4068 / 4069.

Yearly Sports Overview 2021

Due to the ongoing situation, please contact the Formation Sports Office for up-to-date information regarding the status of future Regional and National tournaments.

SPORT	CAN WEST REGIONAL	CAF NATIONALS
Badminton	✓	
Ball Hockey	✓	✓
Basketball	✓	✓
Curling	✓	
Golf	✓	
Grapppling	✓	
Ice Hockey	✓	✓
Rugby 7's	✓	
Running		✓
Slo-Pitch	✓	
Soccer	✓	✓
Squash	✓	
Swimming	✓	✓
Triathlon		✓
Volleyball	✓	✓

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Badminton/Squash

The Formation Badminton and Squash teams offer drop-in sessions at noon hour at the Naden Athletic Centre to prepare for the Base Play-Downs, which are typically conducted in January, for selection to represent CFB Esquimalt at the Canada West Regional Championships.

Contacts: *Badminton - PO2 Stephan Girard - Stephan.Girard@forces.gc.ca*

Squash- Lt(N) Weatherall – David.Weatherall@forces.gc.ca

PSP - Esq.sports@forces.gc.ca

Ball Hockey

The Tritons Ball Hockey Team is always looking for interested players to join the team. The team begins participation in a civilian ball-hockey league in late April to prepare for the Canada West Regional Ball Hockey Championships.

Contact: *PO2 Curtis Gillies (Curtis.gillies@forces.gc.ca)*

PSP - Esq.sports@forces.gc.ca

Basketball

The Men's Tritons Basketball team practice at Naden Athletic Centre beginning in October to prepare for the Canada West Regional Championships which is normally scheduled for late January. In 2020, the Men's Basketball Team won Canada West Regionals. Women's Development Camps are dependent on interest, female athletes should submit interest to the PSP Sports Office. Female athletes are welcome and encouraged to come out and practice alongside the men.

Contact: *Lt(N) Kevin Chung InSilk.Chung@forces.gc.ca*

PSP - Esq.sports@forces.gc.ca

Golf

The Canada West Regional Golf Championship typically runs in the summer months. Base Play-Downs are conducted prior to the Championship at a local course in order to determine a CFB Esquimalt golf team, which is comprised of the top 6 scoring males and top 3 scoring females. For more information, please contact the Formation Sports Office.

Contact: *PSP - esq.sports@forces.gc.ca*

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Grappling

Grappling is a new addition to the CAF sports program; members of all experience levels are welcome to express interest to PSP Sports.

Contact: OS Connor Sher – connor.sher@forces.gc.ca

PSP – esq.sports@forces.gc.ca

Ice Hockey

The Esquimalt Tritons Men's, Women's, and Old-timer's teams compete in the Canada West Championships, typically held early in the year. All CFB Esquimalt Ice Hockey teams placed 1st in the 2019 Canada West Regional Championship.

Contacts: Men- Capt Lawson (jack.lawson@forces.gc.ca)

Women - Cpl Laine-Farrell

(Jenna.LaineFarrell@forces.gc.ca)

Old Timers - CPO2 Michael (Rob) Tibbetts

(michael.tibbetts@forces.gc.ca)

PSP- Esq.sports@forces.gc.ca

Rugby

Rugby 7's is a new Canada West CAF Sport! The first Regionals was scheduled to be hosted in September 2020 but was cancelled due to COVID-19. In an effort to continue gathering interest on base, all interested players are encouraged to send notices of interest to the PSP sports office, including years of playing experience.

Contact: PO1 Jay Jimmo – James.Jimmo@forces.gc.ca


PSP – esq.sports@forces.gc.ca

Running

The Canadian Forces National Running Championship is typically held in Ottawa in late May. In order to qualify for the CAF Running nationals, Military runners are required to provide qualifying race times from sanctioned races (5km, 10km, half and/or full marathon) within 14 months of the national championship. Deadline for submissions is typically in January of the competition year. Below are sample qualifying times from the 2019 season. For more information on Running qualifying times contact the Sports Office 3-4068/4069

Contact: CPO2 Kuyper – Charles.kuyper@forces.gc.ca

PSP - Esq.sports@forces.gc.ca



DISTANCES	MARATHON		HALF MARATHON		10 KM		5 KM	
AGE CATEGORIES	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
Under 19	3:15:10	3:35:32	1:32:40	1:45:17	42:24	48:17	20:37	23:26
20-24	3:15:10	3:34:57	1:32:40	1:44:17	42:24	48:09	20:37	23:26
25-29	3:15:00	3:34:57	1:32:40	1:43:30	42:24	48:09	20:37	23:26
30-34	3:15:10	3:34:57	1:32:40	1:43:31	42:24	48:09	20:40	23:26
35-39	3:16:08	3:36:34	1:33:09	1:44:31	42:48	48:30	21:03	23:26
40-44	3:20:41	3:41:37	1:35:17	1:47:04	44:00	49:35	21:46	24:04
45-49	3:28:44	3:50:41	1:39:08	1:51:23	45:46	51:30	22:34	24:57
50-54	3:37:47	4:04:22	1:43:25	1:57:42	47:42	54:23	23:25	26:13
55 & over	3:47:40	4:20:40	1:48:07	2:05:10	49:47	57:50	24:20	27:43

SPORTS

Slo-Pitch - Men's and Women's

The Men's and Women's Slo-Pitch teams participate in civilian league play and practice April through August in preparation for the Canada West Regional Championships. In 2018 the Men's team won Canada West Regionals and finished 3rd at Nationals. Both teams are always looking for interested players, so please contact the respective coaches.

Contacts: Men - CPO2 Michael (Rob) Tibbetts –
michael.tibbetts@forces.gc.ca

Women - S1 Allison Galambos
Allison.Galambos@forces.gc.ca

PSP - Esq.sports@forces.gc.ca

Soccer - Men's and Women's

The teams participate in civilian league play typically beginning in February and practice to compete at the Canada West Regional Championships in the summer. The Men's and Women's teams are always looking for interested players, so please contact the Men's and Women's Coach.

Contacts: Men & Women - PO1 Robbins
patrick.robbins@forces.gc.ca

PSP - Esq.sports@forces.gc.ca

Swimming

Swimmers practice Monday, Wednesday and Friday mornings from 0600-0715hrs at the Naden Athletic Centre Pool. Formation swimmers may submit qualifying times in sanctioned swim meets in order to represent the Pacific Region at CAF Swimming Nationals in March, submissions are typically due in January of the competition year.

Contact: PSP - Esq.sports@forces.gc.ca

Triathlon

Triathletes are required to provide qualifying race times from sanctioned races (Sprint, Olympic, Half -70.3, and Full) in order to qualify for the CAF Triathlon Nationals. Triathletes must meet their respective qualifying times within 14 months of the CAF National Triathlon Championship typically held in July. Below is a sample of 2019 qualifying times. Contact the sports office for more details 3-4068/9.

Contact: esq.sports@forces.gc.ca

QUALIFYING TIMES				
RACE DISTANCE	OLYMPIC		SPRINT	
Age Categories	Male	Female	Male	Female
Under 19	2.50:00	2.59:00	1.25:00	1.30:00
20-24	2.50:00	2.59:00	1.25:00	1.30:00
25-29	2.50:00	2.59:00	1.25:00	1.30:00
30-34	2.50:00	2.59:00	1.25:00	1.30:00
35-39	2.50:00	2.59:00	1.25:00	1.30:00
40-44	3.00:00	3.10:00	1.25:00	1.30:00
45-49	3.00:00	3.10:00	1.30:00	1.35:00
50-54	3.10:00	3.20:00	1.40:00	1.45:00
55 & Over	3.20:00	3.40:00	1.50:00	1.55:00

Volleyball

The Men's and Women's volleyball teams train out of Naden Athletic Centre in preparation for the CAF Canada West Regional Championships, which is typically held in March. In 2019 the CFB Esquimalt Men's team were Regional Champions and moved on to win at the National Championship. Both teams are always looking for interested players to join the team, so please contact the Sports Office for more information!

Contact: PSP - esq.sports@forces.gc.ca



CANWEST REGIONAL AND CF NATIONAL SPORTS CHAMPIONSHIP SCHEDULE 2021

More information on status of remaining FY2021/2022 sports, and the upcoming 2022/2023 season to come.

For information regarding any sporting events, please contact:

PSP Sports Coordinator – Ryan Elborne: 250-363-4068

PSP Sports and Athletics Assistant – Rebecca Coulter: 250-363-4069

Follow us on Instagram @Esq_Tritons

Visit our website: <https://www.cafconnection.ca/Esqimalt/Adults/For-Military-Personnel/Sports.aspx>

Check the **MARPAC Notice Board** and the **Sports Bulletin Board** at the Naden Athletic Centre regularly for current and upcoming sports information.



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Fitness

NADEN ATHLETIC CENTRE FITNESS SCHEDULE (N88)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715	FORCE PT – Strength	FORCE PT – Conditioning	FORCE PT – Strength	FORCE PT – Conditioning	FORCE Familiarization
0800-1130	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL
	*FORCE Evaluation does not run daily – tests are booked through CAF Unit FORCE Coordinator				
NOON HOUR 1205-1250	Bootcamp	Aqua-fit	Bootcamp	Aqua-fit	Bootcamp

FORCE PT

Practice and receive feedback on training methods, evaluation protocols, and techniques for different components of the FORCE test. Strength days will focus on progressive resistance training and using equipment such as dumbbells, kettlebells, sandbags, and TRX. The Conditioning days will get your heart pumping with a variety of cardio training on treadmills, ellipticals, and rowing machines.

FORCE Familiarization

The first Friday of every month will be a practice FORCE test where you are able to have each test component evaluated by a PSP Fitness Staff. Other Fridays will be FORCE-specific training. Open to all personnel of all fitness levels.

Aqua-Fit

Get moving with a 45 minute, moderate level aquatic workout to improve strength, flexibility, and stamina. Work on core stability while getting an excellent cardio and strength workout. This class uses aqua-jogger belts, foam dumbbells, and pool noodles for a low-impact, high-energy workout.

Bootcamp

A combination of cardiovascular, core, and muscular strength/endurance work are mixed for a high intensity, total-body workout. These classes change each week with emphasis on different components of fitness. All levels welcome. Come prepared to work indoors or outdoors.

FORCE PT and Noon Hour Classes

Registration required, create an account and sign up for the classes on Booking - <https://bkk.cfmws.com/esquimaltpub/account/index.asp>. Military members only. Timings currently 0630-0715.

To create a booking account:

- **In Person:** Colwood Pacific Activity Center (2610 Rosebank Rd. Victoria)
- **By Phone:** Community Recreation at 250-363-1009
- **By Email:** Gillian Larsen at gillian.larsen2@forces.gc.ca

Unit PT

The PSP fitness instructors are offering unit PT to any groups who are looking to increase their overall levels of fitness. Limited to 25 participants, contact Tianna Smith at tianna.smith@forces.gc.ca if you have **confirmed** interest from your unit to organize your booking time.

Limited slots available.

FORCE testing

FORCE Testing is open to all CAF members with priority booking for deployment, essential training, recruitment, and those expired +1 year. CAF members will book their tests through their CAF Unit FORCE Coordinators. Drop-ins will not be allowed. Units without a Unit FORCE Coordinator should contact Jessie Wyllie at Jessica.wyllie@forces.gc.ca or 250-363-4412 to have members appointed.

Online classes

Looking for ways for you and your family to remain active and connect with your community? Enjoy 12 hours of fitness classes from the comfort of your home. Please join our live sessions with our PSP Fitness instructors at a convenient time that works for you and get moving! Use this link: <https://www.cafconnection.ca/National/Virtual-Services/PSP-Virtual-Fitness-Schedule.aspx>



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Clubs

PSP Club Contact List

Aquarius Dive Club	Dustin Renz		info@aquariusdiveclub.com
Auto Hobby Club		250-480-0191	CFBAutoHobby@shaw.ca
Golf Association	Rick Hussey		Richard.Hussey@forces.gc.ca or www.cfbega.ca
Kayak Club	Firat Ataman		info@pfkc.ca
Model Railroad Club	Ken Silvester	250-474-1316	
CFSA Sailing	Club House	250-385-2646	sailinginstructor@cfsaesq.ca
Naden Hockey Club			nadenhockeyclub@gmail.com
CFB Esquimalt Power Boat	Club 250-360-0905		president@boatclub.ca
Work-Point Garden Club			workpointgardenclub@gmail.com
CFMETR Boat Club	President: Secretary (Pony Moore):		daniel.lonsdale@forces.gc.ca cfmetr.boatclub@gmail.com
CFB Esquimalt Sports Shooting Club	President: Patrick Rippon		esquimaltsportshootingclub@gmail.com

Please contact the club you are interested in for rates.

CLUBS

Aquarius Dive Club

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After 25 years, Aquarius has grown to become one of the largest active dive clubs in the Canadian Forces. With the Aquarius Dive Club, divers can take advantage of all the premiere dive sites Vancouver Island has to offer.

Unrestricted by geography, you can regularly find Aquarius Dive Club on the Boeing 737 sunk in Chemainus, HMCS Cape Breton and HMCS Saskatchewan in Nanaimo, HMCS Columbia in Campbell River. You will find us on our annual Labour Day weekend trek up island for a fantastic weekend of diving and good times. You can join us for our overnight camping & dive trips to China Creek, diving the water-filled missile silo in Washington and diving in other waters further afield. You can also simply enjoy one of our many wonderful local dive sites in the pristine BC waters.

As a club, we're able to take advantage of special pricing on dive charters, gear and dive



travel adventure. In the Aquarius Dive Club, you may find yourself travelling with members on our annual tropical trips to places such as the beautiful warm waters of Cozumel, Roatan and The Bahamas.

We have valuable assets such as a portable compressor and trailer, our own building as well as a great group of divers always on the

lookout of the next adventure; we make diving affordable and fun no matter what your skill levels are.


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www.aquariusediveclub.com

<https://www.facebook.com/groups/aquariusediveclub>

info@aquariusediveclub.com

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Auto Club

The CFB Esquimalt Auto Club is a communal workspace for members who want to save money on automotive maintenance, repair, and modifications. With tools for quick oil changes to engine rebuilds, we cater to a wide variety of vehicles from motorcycles to muscle, European, JDM, track, and classic cars and even trucks, 4x4 and the odd boat. Come build new friendships, learn new skills and trade stories of automotive adventures and avoidable mechanical mishaps.

Our facility is a heated and dry, well-provisioned shop which offers three indoor bay, each equipped with common tools and a car hoist, two movable motorcycle hoists and two new outdoor shelters for painting and extra work space outdoors. Specialized tools such as engine crane and support bars, car

jack, and power tools can be signed out from with the help from our custodians. If your project is taking a little longer than expected, no worries! For a fee, the facility can arrange monthly fenced off vehicle or parts storage.

Our membership takes anyone ranging from novice wrenchers to former mechanics and highly encourage to knowledge share and assist with helping others. Members are expected to perform their own maintenance and wrenching, though other members are often willing to assist if you're stuck. The facility is staffed by an on-duty custodian during business hours, who can help you find the tools and equipment you need to get the job done, arrange for vehicle storage and take payment.

Wanting a second opinion on a repair quote

from an in-town mechanic or assistance with your project? Our helpful community and custodians are willing to offer guidance if the project can be done by yourself or work best left to a professional, saving your time, money and sanity. Our custodians are happy to help with questions about tools and equipment, but their primary focus is to ensure the safety of the club members, proper operations of the equipment and collecting payments.

We're located at Work Point, behind 410 Macauley St. and open Monday, Thursday, and Friday 1800-2200, Sat and Sun 0800-1600.

Check out our web and Facebook page CFBESQAutoClub or contact us during business hours at 250-480-0191 for more information.

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CLUBS

CFB Esquimalt Golf Association

Looking to play a game in which you yell "fore," shoot seven, and write down five? Then the CFB Esquimalt Golf Association is the club for you, not that we condone dishonourable and dishonest scoring! This club boasts one of CFB Esquimalt's largest memberships with over 600 members! CFBEGA purchases corporate memberships at local golf courses and provides reduced green fees to its members. In addition, thanks to other local golf courses, CFBEGA members enjoy reduced green fee rates. Such benefits of this club include:

- Members and temporary personnel receive the benefits of club membership

at a variety of courses, while the participating golf clubs receive our patronage and spin off business year-round;

- Participation in club tournaments and events;
- Golf Canada Gold membership with benefits including maintaining a Handicap Factor, up to \$6000 in Incident Protection coverage, discounts on events and merchandise;
- Completely member funded and non-profit; and
- For the 2020/2021 year, we hold up to 16 memberships at Olympic View, and 10 at Arbutus Ridge. We also have

special CFBEGA rates at the following golf courses: Bear Mountain, Highland Pacific, Cordova Bay, Gorge Vale, Cedar Hill, Cowichan, Metchosin, and March Meadows.

CFBEGA provides the opportunity for members of the Defence Community to play golf at a number of local courses at reduced rates. CFBEGA services are particularly important to serving military members who sail or deploy, and may not be able to keep golf course membership. Check out our web site at www.cfbega.ca for all the details or contact the Club President, Rick Hussey, via email at Richard.Hussey@forces.gc.ca

Kayak Club

Do you like hanging out with seals and whales? Enjoy the benefit of living on the west coast with the CFB Esquimalt's Pacific Fleet Kayak Club! There are tons of opportunities to explore the beautiful island we live via kayaks or paddle boards!

Some of the benefits include:

- Paddle Canada courses in ocean kayaking and stand-up paddle boards with an emphasis on safety and rescue techniques including Basic Skills, Level 1 and Level 2 courses.
- Signing out a kayak or paddle board from

our fleet of 20+ at any time free of charge.

- Use of club dry suits for additional rental fee.
- Membership is IAW with the PSP policies on recreational clubs. Paddle Canada course required to use club equipment. Please contact us info@pfkca.ca



CFB Esquimalt Sports Shooting Club

The Sports Shooting Club is new to CFB Esquimalt. This club is designed for military members who have their own guns and ammunition and want to shoot on base ranges with like-minded firearms enthusiasts. For more information and to know more about the rules and regulations of the club, send an email to esquimaltsportshootingclub@gmail.com

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CFMETR Boat Club at Ranch Point Power and Sail

The CFMETR Boat Club is set in quiet Nanoose Bay, home to the Canadian Forces Maritime Experimental and Test Ranges. The Club is open to active or retired Canadian Forces members, DND or DOD civilians, and the RCMP. Club members enjoy:

- Safe and enjoyable boating;
- Beautiful scenery;
- Great fishing and

- Very affordable moorage and membership fees
- All of our 255 foot dock space is currently spoken for but changes annually. Prospective Members wishing to join the club and moor a vessel need to make an application to the executive to be added to a wait list.

For more information contact cfmetr.boatclub@gmail.com
250-228-1851 (Pony Moore - Club Secretary)

Canadian Forces Sailing Association

Come join one of the most active sailing clubs in Canada. CFSA is known as one of the friendliest and welcoming sailing clubs around, and one of the most competitive. Join now and enjoy the wind and sea.

We offer:

- Adult and junior CAN Sail approved training courses
- A Junior Racing team that participates in the BC Circuit
- Moorage for CAF and Defence Team members
- Full service and licensed Club House

- Club reciprocals with other yacht clubs around the world.
- A full calendar of social activities
- Club and inter-club racing
- Maintenance yard with bi-weekly haul outs

Our keelboat racing programme is the 'winningest club' in the Vancouver Island Race Series. Our club racing occurs on Sundays (winter) and Wednesday (summer) and we never leave willing crew on the dock – show up and sail. We have sailing dinghies available for member use as well as a Sonar Rac-

ing keelboat.

We are located at Monroe Head on the north side of Esquimalt Harbour (down the road from the Songhees Wellness Center). Our memberships are very reasonable and CFSA is a great place to get involved with sailing, a sport that will last a lifetime. Please visit the CFSA website for all the details. If you would like a tour or more information contact the Club Commodore, at commodore@cfsaesq.ca. Membership enquiries at membership@cfsaesq.ca; sailinginstructor@cfsaesq.ca or visit our website at www.cfsaesq.ca

CFB Esquimalt Power Boat Club

Are you interested in power boats, fishing or just something social to be involved with family and friends? If so consider the CFB Power Boat Club. Sign up to experience the thrill of catching some delicious Salmon or try something a bit larger with Pacific Halibut. If cruising is more your style, no problem, the Gulf and San Juan Islands, scenery is second to none, which people pay thousands of dollars to visit. All just minutes from our first rate 100 berth facilities located at Work Point. If you are new to

boating, no problem, we have centuries of experience within our club members. The benefits of being a member include:

- The use of the club house;
- Mooring slips;
- Docking ramp;
- Storage compound; and
- Fully equipped service bays with engine hoist, power tools and a paint booth.

The Club sponsors five family-oriented

fishing derbies and BBQs per year, with cash prizes and other awards. There is no entry fee for the derbies and no charge for the BBQs. Serving CF members have priority for berthing and other members are placed by seniority in the club. For further information, visit our website at www.boat-club.ca, call the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail workpointboatclub@gmail.com "Tight Lines and Happy Cruising to All"

Work Point Garden Club

HAVE YOU A GREEN THUMB? Want to grow your own organic food year round? Whether you are an enthusiast or wish to learn the basics, the Garden Club can provide you with:

1. Your own plot to work
2. Tools and equipment for working your plot
3. Fenced against deer and pets
4. On-site water
5. Available at any time of the day that suits you best

Considering joining the club but want more information? Contact the club at workpointgardenclub@gmail.com



CLUBS

Model Railroad Club



The model Railway Club started as an N Scale (1/160) NTRAK modular layout in December 1997. Currently the that layout has 31 different modules, that when attached, represents approximately 536 ft. of continuous running track. These modules are continuously updated as new techniques and experiences are gained including Digital Command Control (DCC) systems.

The HO Scale (1/87) modular layout has 29 different modules that represents approximately 270 ft of continuous running track. Both scale layouts have the ability to operate in both DCC or DC modes. Some of these modules depict logging operations, mining operations and a locomotive servicing facility.

Both of these layouts have been on public display and have won multiple awards as "Best Operating Layout", "Favourite Operating Layout"; and "Best Module" at train shows in Victoria and Nanaimo.

The Club actively participates each year in the Victoria Train Show, Nanaimo Regional Train Show, Esquimalt Buccaneer Days, MARPAC Expo, Luxton Fall Fair and the West Coast Welcome.

Our members are all rail buffs and hobbyists that are constantly

working to enhance and improve the train modules. Some members enjoy painting the backdrops, working on electronics, installing lighting or creating some form of animated scene. Other members enjoy construction of scenery while others enjoy train operations in either or both scales.

Scale model Railroading is considered to be one of the most popular hobbies worldwide and can challenge our creativity and imagination. All Active or retired military members, DND and other Government employees are welcome and invited to join the CFB Esquimalt Model Railway Club. We also are allowed limited numbers of others who do not meet the previously noted requirements as well as junior members providing the parent is an active member.

The Club currently meets every Wednesday from 1300-1630 hours and Saturday mornings from 0830-1200 hours in the basement of Building 1031 Work Point Power Boat Club.

Like us on Facebook at www.facebook.com/EsquimaltMRRC.

For further information please contact Ken Silvester at 250-474-1316 or Harry Stinson at (250) 665-7113, cell (250) 213-1373

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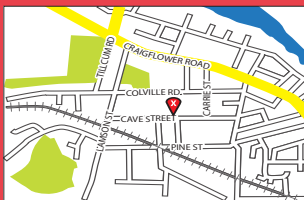
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