



PSP Program Guide

2026-27

FALL/WINTER

17 WING DETACHMENT
DUNDURN



PSPDUNDURN



<https://cfmws.ca/central-saskatchewan>

FOLLOW US on Instagram and Facebook

PSP Dundurn Current Offerings





THE PREFERRED CHOICE FOR SPORTS, FITNESS AND RECREATION

Strengthening the culture of fitness in the CAF is a priority. Personnel Support Programs (PSP), a division of CFMWS, includes fitness, sports, recreation and health promotion, which play integral roles in this endeavour.

Promoting a culture of fitness and healthy active living

Our primary focus is to ensure the operational readiness of CAF members. Whenever we have extra capacity, our fitness facilities, program and services are also available to the wider military community, including Veterans, family members and the Extended Defence team.

We offer a wide variety of programs and services so that you can stay safe and find fun ways to get active, stay connected and live better.

OUR PROGRAMS AND SERVICES



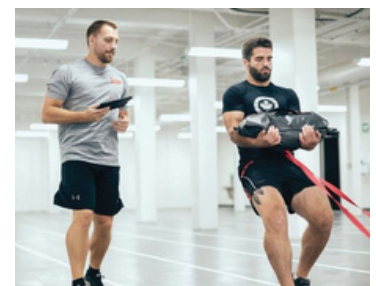
PSP PLAN MEMBERSHIP



RECREATION PROGRAMS



FITNESS TRAINING



MILITARY FITNESS EVALUATION



SPORTS



HEALTH PROMOTION



BOOKINGS & RENTALS



CLUBS

BUILDING 39 • 17 Wing Detachment Dundurn

Location

20 minutes south of Saskatoon off Highway 11.

Note: Avoid using Highway 219, as that entrance is now permanently closed.

Google Maps

“Camp Dundurn”



BUILDING 39 HOURS

	Open	Close
MONDAY	07:30	19:00
TUESDAY	07:30	19:00
WEDNESDAY	07:30	19:00
THURSDAY	07:30	19:00
FRIDAY	07:30	17:00
SATURDAY	09:00	13:00
SUNDAY	CLOSED	



Hours

Gym Closed for Stats

September

7 - Labour Day

30 - Truth and Reconciliation Day

October

12 - Thanksgiving

November

11 - Remembrance Day

December

25 - Christmas

26 - Boxing Day

January

1 - New Year's Day

Contact

Email: pspdundurn@cfmws.com

Phone: (306) 492 - 2135 ext 4102

Please follow PSP Dundurn on Facebook & Instagram for the latest information on gym hours, closures, and upcoming events.



<https://www.facebook.com/PSPDundurn>

Organization Definitions

REGULAR MEMBERS

- ▶ Currently serving CAF members (Regular & Reserve Forces) and their dependents.
- ▶ Members of Foreign Military currently serving with the CAF and their dependents.

VETERAN MEMBERS

- ▶ Former members of the CAF who have successfully completed Basic Military training and have been honourably discharged and their dependants.

ORDINARY MEMBERS

- ▶ Current Base Employees/ NPF / MFRC / DND / RCMP employees and their dependents.
- ▶ Commissionaires and other full-time contractors employed at a CF location and their dependents.

ASSOCIATE MEMBERS

- ▶ All Civilian Community Members.



Gym Prices

Gym Memberships

Organization	Duration	Single	Family
Regular	Annual	Free	\$73.50
	Monthly	Free	\$10.50
Veteran	Annual	\$44.10	\$73.50
	Monthly	\$8.40	\$10.50
Ordinary	Annual	\$94.50	\$157.50
	Monthly	\$14.70	\$21
Associate	Annual	\$315	\$525
	Monthly	\$42	\$63

Gym Drop In

Adult	Veteran, Student & Senior	Family
\$15.75	\$7.35	\$26.25

- ▶ Drop in Patrons must follow our gym guidelines and policies.
- ▶ Drop in Patrons must fill out a new client waiver form and be entered into our system.

Gym Rental Rates (Parties or Sports)

	Regular	Ordinary	Associate
Pricing Per Hour	\$30.00	\$35.00	\$55.00

Available evenings and weekends with access to the full gymnasium. This includes all the different games and sports equipment for your enjoyment! Table and chairs also available to use during your event.

Sports Membership

A wide variety of equipment is available for rental from PSP!

Sport membership required, all members must sign our Sport Membership waiver

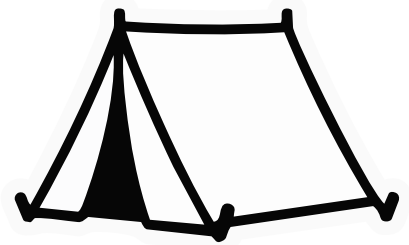
	Annual Fee	Rental Fee	Late Fee (per item per day)
Regular	\$20	Free	\$15
Ordinary	\$25	For a Fee	\$15



BIKES



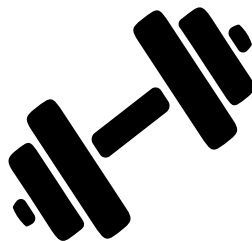
MARINE



CAMPING



SPORTS



FITNESS



WINTER

For more details:

Visit cfmws.ca/central-saskatchewan/psp/current-offerings/sports

or visit the PSP office to check out our sport store binder

Disc Golf Course



Located just west of Building 39, the course is
open **May-October**.

Download the **UDisc App** and enjoy interactive disc golf on the CFD Dundurn Disc Golf Course. Check out reviews, snaps, and the latest vibes. Never get lost with step-by-step directions. Navigate with nifty maps to ace every hole and tee off like a champ.

Review your game history and level up your skills. Scope out your averages and ace shots on each hole. Dive into your putting, driving, and ninja-like scrambling stats. Brag about your scorecards with buddies. Climb the ranks on course leaderboards.

Keep tabs on your discs and fine-tune your throws in the field. Master your driving precision and share your victories with pals.

**ALL PATRONS MUST SIGN IN AT THE FRONT DESK AT BLDG. 39.
DISCS CAN BE SIGNED OUT DURING OPEN HOURS, INQUIRE AT FRONT DESK.
GYM MEMBERSHIP OR DROP IN REQUIRED**

Body Scan Membership

InBody Body Composition Scanner

Base Employees:

\$100/year (4 scans)

Civilian:

\$150/year (4 scans)

CAF:

2 free scans/year

(can purchase \$100 membership if you want more scans)



\$50 for single scan

BY APPOINTMENT ONLY

- Body Mass Index
- Body Fat Percentage
- Muscle-Fat Analysis
- Skeletal Muscle Mass

PSP DUNDURN

BIRTHDAY PARTY PACKAGES

Discover the ideal party package that suits your needs.

All packages come with tables and chairs for your guests as well as on site access to a fridge and washrooms.



THE RUN WILD

- ✓ 2 hour facility access
- ✓ 30 min early access for set up
- ✓ Available year round
- ✓ Access to youth gym equipment:
Hula Hoops, Hockey Sticks, Skipping Ropes, Agility Equipment, Balls & Nets

\$170/2 HOURS

HERO HANGOUT

- ✓ 2 hour facility access
- ✓ 30 min early access for set up
- ✓ Access to all PlayCare equipment
- ✓ Seasonal availability
- ✓ Indoor/Outdoor seating
- ✓ Hero Obstacle Course (10 years +)

\$270/2 HOURS

COMING SOON

PROGRAM LEADER

- ✓ Trained Program Leader
- ✓ Activity set up and clean up included
- ✓ Supplies included
- ✓ 1 hour min guided activities
- ✓ Options Include: Story time, art, physical fitness activities and games

\$150/HOUR

ADDONS

- ✓ Omnikin Ball - \$40.00 - Indoor only
- ✓ Laser Tag - 8 Players - \$40.00
- ✓ Parachute - \$20.00
- ✓ Outdoor Slackline Set up - \$20.00
- ✓ Spike Ball - \$20.00
- ✓ Video Projector - \$20.00 - Gym Only
- ✓ Foam Blocks (12") - \$40.00 - Inc in Annex
- ✓ Sportime Split Donut - \$40.00 - Inc in Annex

MILITARY?

Add an extra hour to your booking time at no additional cost.

HERO

Hangout

EQUIPMENT

**CORNER COLOSSUS****CLIMBING WALL****READING NOOK****WARP WALL****LARGE FOAM BLOCKS****SLIDE****FUN TUBE TUNNEL****SLANT STEPS****MAGNETIC
BUILDING TILES****HERO CUBE****HOPSCOTCH MAT****SPLIT DONUT**

**PROGRAM LEADER**

PROGRAM PACKAGES

STORY TIME

Enjoy stories, music and fun! Choose a theme (or leave it up to me!) and relax while listening to 3-4 books, singing along to music, and participating in Leader-lead dancing. Craft related to theme optional.

Age ranges – 0-2, 3-5, 5-7 (different ages require different stories)

If your child loves to create masterpieces, this one is right for you!

ARTS AND CRAFTS

From watercolours and cross stitching, to friendship bracelets, macramé, beading buddies and more, this option is for the craft lover!

The birthday child can choose a craft to learn/do or the craft can be a surprise.

For the child who never stops moving and LOVES all things active.

RUN, SKIP AND JUMP!

This option provides an outlet for the never-ending energy kiddos. With races, skill tests and prizes, Run, Skip, and Jump is a high-energy always on the go experience.

BOARD/CARD GAMES

For the ones who love playing board games, or want to learn a new one! Choose from a vast list of games for all ages and spend your party battling monsters, building stories or owning the whole street!

**Contact for a full list of games available, or be surprised when you arrive.*

Types of games include:

A specialized, one session, D&D game (All ages!), Monopoly, Trash, Yahtzee, Dungeon Mayhem, Patchwork, Ticket to Ride And so much more!



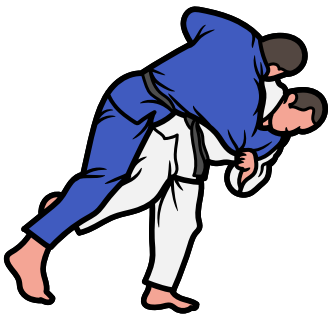
Fitness Classes



**Tuesday
Afternoon
Force Test**

**Friday
Morning
Force Test**

Force test overdue and need to be tested? Book with our Sports & Fitness Coordinator today!
clark.sydney@cfmws.com



MILITARY GRAPPLING

MONDAY : GI TRAINING

WEDNESDAY : NO-GI FUNDAMENTALS TRAINING

FRIDAY : NO-GI ADVANCED TECHNIQUE TRAINING

15:00-16:00

All skill levels welcome and free to participate!
Opportunities to compete in CAF competitions!



YOGA

Keep an eye out for future yoga programming!

Recreation Clubs

Recreation Clubs and programs are self-governing, authorized recreation activities operating under the terms and conditions of a constitution. Military/Veterans/DND/Civilians may join clubs.

Pricing Varies



Currently under renovation

GARDEN

Monthly

Yearly

\$10

\$120



**Project Bay
\$100/month**

AUTO HOBBY

Monthly

Yearly

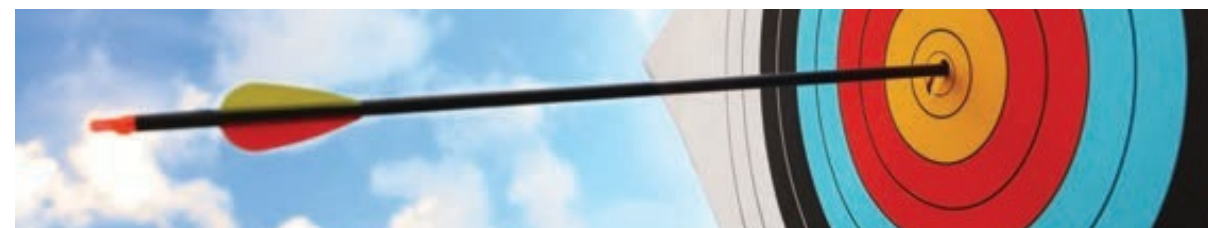
\$10

\$120



WOOD HOBBY

Pricing Varies



Email:

DundurnRGAClub@gmail.com

ROD, GUN & ARCHERY

**Any questions regarding clubs?
EMAIL: PSPDundurn@cfmws.com**

THE ALL RANKS MESS

Mess Executive Team

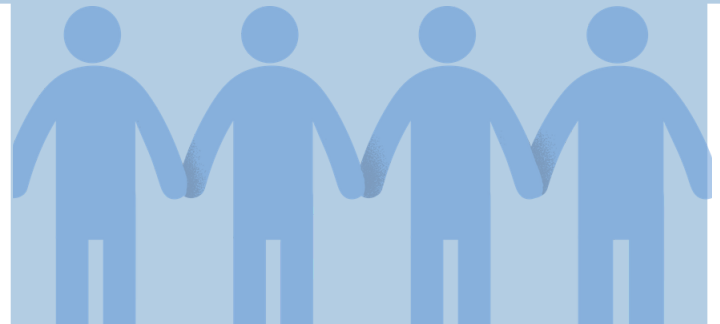
PMC:	WO Doug Klingible
Vice President:	Cpl. Brendon Torres
Secretary:	MCpl. Owen Westerhof
Treasurer:	Sgt. Mikael Kovacs
Entertainment Reps:	Cpl Gabriel Thibault-Fiset Cpl. Willow McKeith
Food Rep:	Cpl. Kathy Dumont

Coffee Break



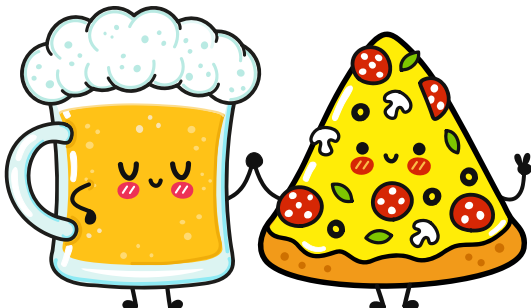
Wednesdays 0930-1030

The All-Ranks Mess, known as the Flightline, provides a warm and inviting space for CAF members. It's a place to unwind, connect, celebrate, and foster a strong sense of community.



TGIT

Thursdays 1500-1900



Food & Snacks Provided

ARM Admin

Mess Manager: **Georgia Bayer**

Mess Supervisor: **Sharon Grady**

Please contact our admin or manager for any booking needs!!

THE

ALL RANKS MESS

Reserve the venue for a variety of events.

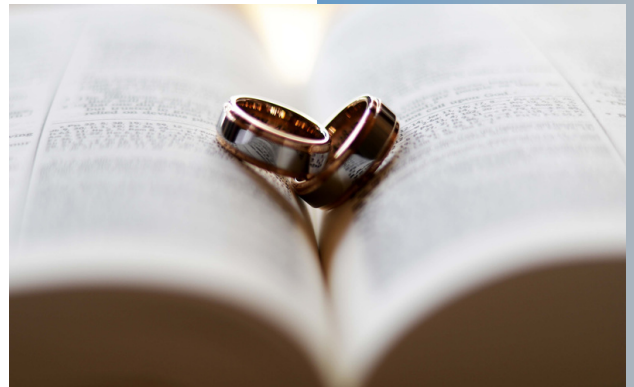
Meeting/Training

Establish a formal environment for hosting in-person or remote meetings or training sessions. The focal point is a sizable projector screen at the center, flanked by tables and chairs. Adjacent televisions offer additional display capabilities. Comprehensive audiovisual equipment, ranging from wireless microphones to background music systems, caters to diverse requirements.



Weddings/Vow Renewals

Make lasting memories with your guests at our intimate venue nestled on the prairies. Host both ceremony and reception, or reception only. Warm tones and multiple lighting options ensure the perfect photo backdrop and ambiance for your special day. The marble tables and black chairs allow you to keep decorating needs to a minimum. The two wings provide extra space for your guests and the lit patio courtyard enables your event to last into the night.



Celebrations

Whether it is a formal banquet or a family party, The Flightline is ready to make your milestone memorable from birthdays, anniversaries, graduations, farewells, games, tournaments and more. We offer a flexible space jam-packed with features to make your special day come to life. The bar on site can cater to all your cocktail or mocktail needs, while the catering kitchen enables meal service, BBQs and more.



PSP Health Promotion

Programs are **FREE** and available to **all** CAF members, civilian employees of the Defence Team and their adult family members.

» ESSENTIAL NUTRITION

This interactive, 0.5 day, training provides practical ways to eat healthy even in challenging environments. It explains the science of nutrition, and covers topics like food budgeting, tips for easy meal planning, healthy recipes and much more!

» Alcohol, Other Drugs, Gambling, Gaming Awareness Training (AODGGA)

The goal of this course is to prepare personnel in leadership positions to deal with issues of problematic use in regards to alcohol, other drugs, gambling and/or gaming within their Units. Participants will learn about misuse, warning signs, effective interviewing skills, active listening skills, enabling and how to challenge and change unhealthy workplace cultures.



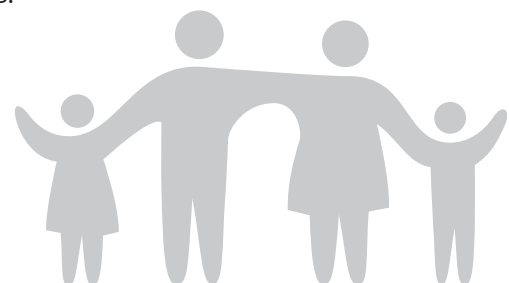
» Stress-Less Tools

This course will help participants develop an understanding of the stress reaction based on their individual life stressors. Participants will learn tools and select coping mechanisms that they can use in everyday life to make changes and manage their stress levels.

» Suicide Awareness Training

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

» Family Violence Awareness & Prevention Training



Local Sports Tickets



Flex tickets will available in the PSP office for the Blades and Rush

CAF MEMBERS ONLY

Limited amount available per CAF member



Leisure Passes

Saskatoon has six indoor Leisure Centres located throughout the city, plus the Terry Fox Track. Each Centre is unique and feature amenities like swimming pools, waterslides, indoor tracks, gymnasiums, sport courts, fitness and weight rooms, child minding and even a skating rink and wave pool! Check out the current Leisure Guide here.



2026-2027 Leisure Passes Availability

Military and DND affiliates only

Indoor Facilities

Single - 2 free per CAF member per week
(not applicable to family members)

Family - \$20

Outdoor

Single - \$10

Family - \$20

**Stop by the PSP
office to pick
up your passes.**

PSP REBATE PROGRAMS



1 | SUPPORT TO SPORTS GRANT

Eligibility

All applicants must:

- Be a Canadian Armed Forces Regular or Reserve Forces member
- Be supported and recognized ON DUTY to be eligible for the Support to Sports Participation Grant
- Have valid FORCE Test for the duration of the event
- Have NO history of disciplinary or misconduct within the CAF Sports Program to which you have not been pardoned.
- Submit the online application form at least 30 days prior to the event & complete the Support to Sports Participation Grant survey with photos no later than 30 days after the event.
- Grant doesn't cover meal, transportation, or for members participating in a local league
- Grant doesn't cover non-competitive fitness-based activities such as yoga, Pilates, Zumba, self-defense classes or fitness camps/clinics
- Grant doesn't provide support to cover participation in sporting events or activities organized by the CAF or units

MORE INFO



QR Code scans to below site:

<https://cfmws.ca/sport-fitness-rec/sports/caf-sports-grant-program>

Apply Now



Applications Currently Closed

2 | COMMUNITY INTERGRATION

Want to try something new or need a bit of support with Camps, Programs, Workshops, Courses, Learning, New Skills?

NEW!

\$100 per CAF Member per year

This is for you to get out there and do something!

\$100 per dependant (spouse & kids) per year

Max \$200 for Dependants

3 | REC & FITNESS REBATE

\$200 per CAF Member per year

You spoke, we listened!

When the Rec Rebate wasn't enough money or your fitness activity wasn't covered in the sport rebate, we heard you, combined them and added more money! Same things but with more flexibility!



RULES

- All Rebates run April 1 - Feb 28 yearly.
- Cannot be combined with PSP programs
- Rebates submitted must be in the same fiscal year as the program
- Spouse/Dependants must be on your MPRR to qualify for dependant programs
- Only open to both Reg Force and Reservists posted to Dundurn, including lodger units
- Alcohol related events do not qualify ie. Tasting events

Below Items DO NOT Qualify:

- Equipment Rentals or purchases, Team Shirts/Jerseys
- Fuel/Parking, Childcare, Gym Memberships
- Alcohol/Food/Drink, Hotels, Gift cards





MEET OUR TEAM

For general inquiries: PSPDundurn@cfmws.com

Deputy Manager PSP

Georgia Bayer

306-492-2135 Ext. 4176
Bayer.Georgia@cfmws.com

I was born in Saskatoon and I have lived in the Dundurn area for over 25 years. I spent most of my career working in aviation as a Flight attendant and customer service agent before moving to Namibia, Africa with my family. Upon returning to Canada, I changed careers and have been employed with PSP Dundurn since 2014. I love the outdoors, fitness and staying active so Personnel Support Programs is my dream job!

Facility Clerk

Des Engensperger

306-492-2135 Ext. 4102
Engensperger.Desirae@cfmws.com

I am a military spouse from British Columbia. Me and my husband have 3 amazing children, 2 boys and a young daughter. We enjoy spending time together as a family and being outdoors as much as we can. I love the mountains (even though they are very hard to find here). I enjoy making candles and selling them in my free time. My favourite thing about my job is learning new things and the awesome group of people I work with.

Fitness, Sport & Recreation Coordinator

Sydney Clark

306-492-2135 Ext. 4270
Clark.Sydney@cfmws.com

Originally from Campbell River, BC, I spent some time in Northern Manitoba before relocating to Saskatoon. Upon earning my Kinesiology degree from the University of Saskatchewan, I began my career as an exercise therapist specializing in chronic disease management. In my free time, I enjoy coaching and competing in judo. Additionally, I am passionate about volunteering with the Saskatoon Dog Rescue and exploring new experiences.

Community Recreation Supervisor

Jackie Stack

306-492-2135 Ext. 4103
Stack.Jackie@cfmws.com

On leave until September, direct any questions to PSPDundurn@cfmws.com.

I'm proud to work with Canadian Forces Morale and Welfare Services (CFMWS), where I have the privilege of creating recreation programs and events that bring military members, veterans, and their families together. As a military spouse, I understand both the challenges and the incredible sense of community that come with military life. I'm also a proud mom to two beautiful, fun-loving kiddos who make every day an adventure.

NPF Admin & Positive Space Ambassador

Samantha Woods

306-492-2135 Ext. 4188
Woods.Samantha@cfmws.com

In a serendipitous turn, I found myself working for PSP in Dundurn after moving from Edmonton, AB. With a background in Hospitality Management, a decade in finance at ATB and Yoga Teacher training. I relocated for love and was encouraged to apply for the NPF Admin position. As a foster parent with Saskatoon Dog Rescue, I share a busy home with my partner, three kids, and a dog. I enjoy gardening, crocheting, playing D&D, and creating projects with my partner, who makes film props. At PSP, I welcome newcomers, share information about programs and local attractions, and recommend the best burger in Saskatoon, the Skirt Burger at The Thirsty Scholar.

Mess Supervisor

Sharon Grady

Grady.Sharon@cfmws.com

Originally from Saskatoon I moved to Dundurn in 1999 (Hopefully you started singing Prince's 1999) and still live there with my little blended family of 5 that includes kids from 16 to my oldest being 29. As well, I'm a super proud Nana to one beautiful grandbaby. I've always been in the customer service industry in some way or another. When I finished high school I went straight to university, and when I was only 6 credits away from getting my degree, I was offered a management job making serious cash back in 1994. I couldn't pass up on the opportunity. Then kids came along and a few career changes until Big Mur's Tavern. I worked there from 2006 until we sold it in 2025. Then the mess supervisor job became available, and I have been here since Dec 2025. I love this community and the people here have made me feel right at home!

Important Policies & Procedures

FRONT GATE PROCEDURE

- Upon arrival, you must show your ID to the commissionaires at the front gate and tell them you are going to the gymnasium.

GYMNASIUM FLOOR, CARDIO AREA & WEIGHT ROOM RULES

- Patrons are required to wipe down equipment after use.
- All equipment to be put away after use and all weights must be returned to proper weight racks after each use.
- Spotters are required if there is any uncertainty with a lift.
- Slamming or dropping of weights is prohibited.
- No equipment shall be altered or leave the facility for any reason.
- Equipment must be treated respectfully and returned in the condition in which it was found.
- Proper eyewear must be worn at all times while playing floor hockey.
- Youth ages 12-15 are permitted to use the weight room and machines with parent or guardian supervision.
- Members must be 16 or older to utilize the weight room and machines without supervision.



CANCELLATIONS

All activities are subject to cancellation if there is insufficient registration. Please note, due to the nature of our Military facility, there may be unforeseen interruptions and/or cancellation of activities. Should it be necessary to cancel an activity, every attempt will be made to reschedule. However, if we cancel an activity, you are entitled to a prorated refund based on the event/ program/ duration that has been completed. Register early to avoid activity cancellations.

REFUNDS

- A refund requested less than 14 days prior to the program start date may be subject to an administrative fee of 5%.
- Requests received 14 business days prior to the start of the activity will not have an administrative fee applied.
- Refunds for medical reasons with a doctor's note, or a Military posting with validation, will not have an admin fee applied.
- Should a refund be requested after the start date, an admin fee of 5% will be charged, the refund will be prorated.
- If an activity advertises a non-refundable deposit, no refund will be issued for the deposit.
- Contact the Community Recreation Supervisor with all refund requests.
- In the case of a dispute, refund decisions will be made by the Deputy PSP Manager.

Facility Rules

- Members of the PSP Plan must sign in for every visit, unless fobbed in.
- Military members need to present their military ID card.
- No photography, videotaping, filming or audio recording in PSP facilities without prior written permission of the management. Cellphone use is not permitted in the locker rooms.
- Headphones are encouraged as noise levels are to be kept to a minimum to allow enjoyment of all Gymnasium attendees; there is a speaker that can be used upon request. Any music played aloud must be respectful and appropriate for our all-ages facility.
- Participants may access facilities consistent with their gender identity. Private or universal changing options are available to any participant seeking additional privacy.
- Visitors without a PSP gymnasium membership or Military ID must pay a drop-in fee and show photo ID each visit.
- Children under 12 years old must be supervised at all times by an adult (18+)
- Children aged 12-15 are permitted to use the gym floor.
- Youth ages 12-15 are permitted to use the weight room and machines with parent or guardian supervision.
- Members must be 16 or older to utilize the weight room and machines without supervision.
- Proper attire is mandatory, including wearing a shirt at all times and suitable clean, dry, and non-marking indoor footwear must be worn (no open toed shoes, sandals or sock feet are permitted). In addition, no outdoor footwear is allowed inside the Gymnasium. Sandals, cowboy boots and hiking shoes are not allowed.
- Food, glass containers, and drinks other than water are not allowed.
- PSP does not permit smoking, vaping, alcohol, or illegal drugs, including steroids, in any of its facilities.
- PSP does not permit access under the influence of illegal drugs or alcohol.
- Please store personal belongings, including gym bags, in the provided daytime-use lockers. Please bring your own lock. The facility is not responsible for lost, stolen, or unattended items
- Showers and change room facilities are available for your convenience. Please spray shower areas after use
- Non-military members, including military family and veterans, must complete the "Get Active" questionnaire and PSP liability waiver.
- Due to the nature of our Military facility there may be unforeseen interruptions and/or cancellation of activities.
- PSP Plans holders are granted facility access during building hours.



**Indoor, non-marking
sneakers are mandatory.**