

4 Wing PSP Recreation

January 2026 Programs & Events



Advanced Aquatic Courses

- National Lifeguard
- Prerequisites: 15 years of age, Bronze Cross, and an Alberta workplace approved Intermediate First Aid
- DND- \$330.00 Non-DND- \$380.00

Bus Trip to Edmonton Oilers VS Tampa Bay Lightning

Join us for an exciting trip to watch the Edmonton Oilers take on the Tampa Bay Lightning on March 21, 2026!

Experience the thrill of NHL hockey as we travel together by bus for a stress-free ride and an unforgettable game night.

Registrations open to the entire community on December 6!

Let's cheer loud for our favorite team!

RV Compound

For more information on how to request, renew or withdraw from a site, please use the QR Code below:

Priority 1 - Occupants of Single Quarters (SQs)

Priority 2 - Military Members living in Residential Housing Units (RHUs)

Priority 3 - DND and NPF Employees of 4 Wing living in RHUs

Priority 4 - Military Members Employed at 4 Wing who are not occupants of RHUs or SQs

Priority 5 - DND and NPF Employees of 4 Wing who are not occupants of RHUs or SQs

Priority 6 - Retired Military members who are residing in the geographical area of Cold Lake

Craft & Create



Join us on Thursday, January 29, 2026, from 6:30 - 8:30pm at the All Ranks' Mess for an evening of sips and style at Sip & Sign! Enjoy a relaxing beverage as you design your own custom welcome sign. Whether you're a seasoned crafter or trying something new, this is the perfect chance to spark creativity and connect with others in a friendly, welcoming space.

Open Play

Start your morning with meaningful playtime at our Open Play program, designed for children ages 7 & under. Offered Monday to Thursday and Saturdays from 9:00am to 12:00pm at the Mackenzie Arts & Community Centre. This parent-supervised, drop-in program provides a welcoming space for families to connect and explore together. Kids can enjoy the gym area, climb and slide on the play structure, and engage in open-ended play. A designated area for babies ensures a safe and comfortable experience for our youngest participants.

DND - Free (with Identification) Non-DND- \$6 Drop In (per child),
5 pass \$25, 12 pass \$50

No School Day Camp

Looking for something fun and engaging for your child on NLPS no-school days? Our No School Day Camp offers a full day of exciting activities including games, crafts, and hands-on STEM projects—all in a safe and welcoming environment. Camps run from 7:00AM to 5:00PM, giving parents peace of mind and kids a day packed with creativity and fun. Next session is February 11 – 13, 2026.
DND - \$40 Non-DND- \$50

Craft & Create

Upcoming Sip & Signs

Jan - Office Signs
Feb - Candle Painting
Mar - Military Home Signs

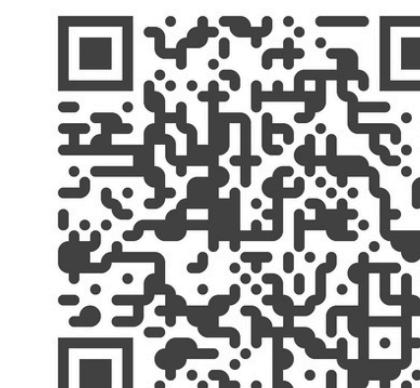


Upcoming Craft Cafes

Feb - Coffee & Cake
Apr - Mosaic Pots

Aquatic Leadership Courses

Scan the QR code for more details.



Bus Trip to Jasper



All aboard! The Jasper Bus Trip is BACK! Join us on January 23–25, 2026 for an unforgettable adventure to Jasper! Hit the slopes at Marmot Basin Ski Hill or take in the beautiful scenery of this mountain town!

Registration includes your lift pass!

Pricing:

Military & Dependents: Adult \$100 | Youth \$75 |
Junior \$30

Defence Team & Dependents: Adult \$132 | Youth
\$106 | Junior \$47

Civilians: Adult \$182 | Youth \$156 | Junior \$97
Not Skiing?

Military, Defence Team & Dependents: \$50 deposit
Civilians: \$50 for the bus ride! (Non-refundable)

A special group rate at Tonquin Inn will be
available after registration!

Spots are limited—don't wait!



Sips of Zen



Join us on Thursday, January 22, 2026, from 6:00 - 8:00pm for an evening that blends movement and flavor. Sips of Zen offers a gentle yoga flow led by a certified instructor, paired with curated tasting pauses throughout the session. Begin with a welcome beverage, then relax and refresh as each sip is thoughtfully matched to the moment. Reserve your spot today—space is limited!

We are hiring!
Scan the QR code for more details.



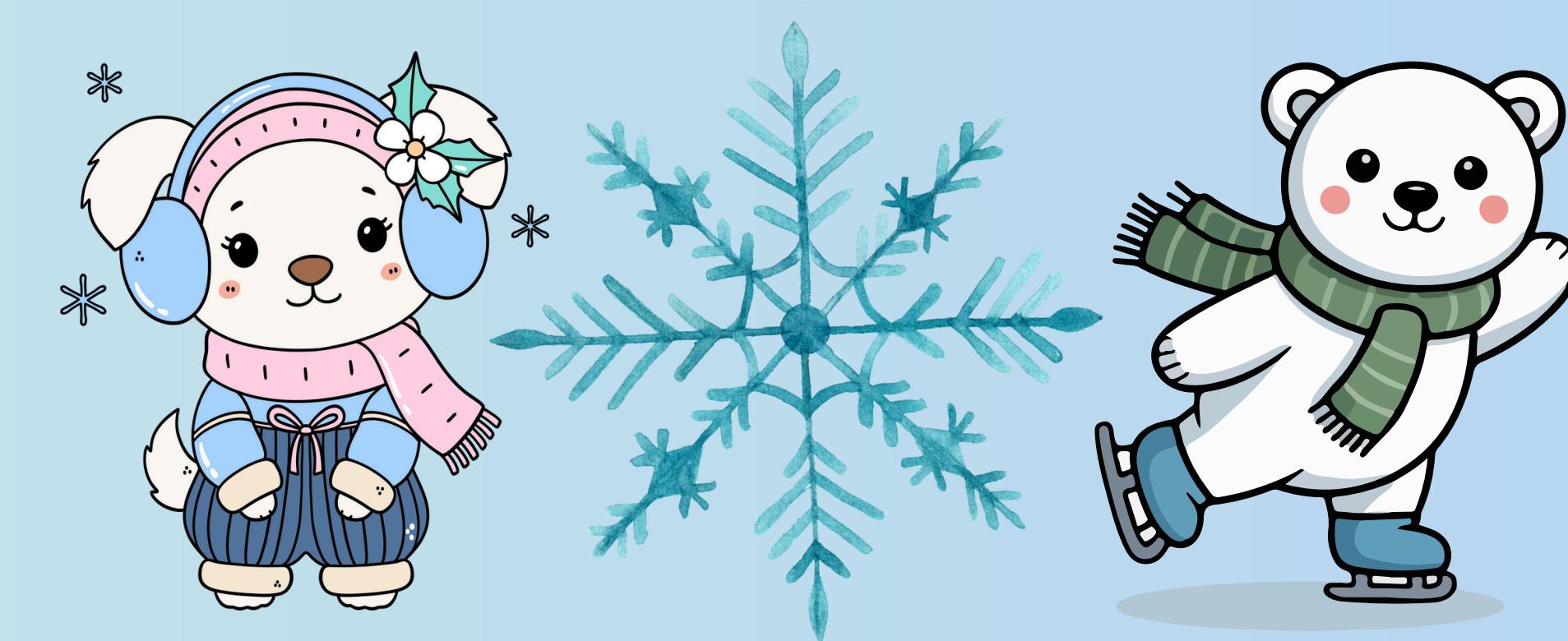
Register for Programs
or Events with
Univerus!



Keep an eye out for
more events and
programming on our
social media!



4 Wing PSP Recreation



January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

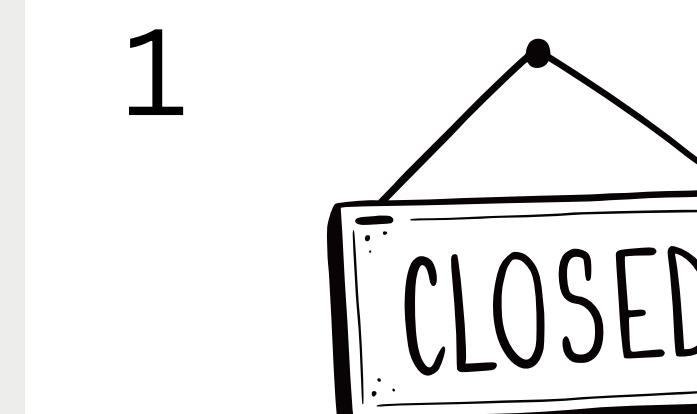
Saturday



5
Open Play
18⁺ Aquafit

6
Open Play
18⁺ Aquafit

7
Open Play
18⁺ Aquafit



2

 Facility Hours: 8am - 8pm

3

Open Play

10

Open Play

National Lifeguard

11

National Lifeguard

12
Open Play
18⁺ Aquafit

13
Open Play
18⁺ Aquafit

14
Open Play
18⁺ Aquafit

15
Open Play
18⁺ Aquafit

16

Waves & Wiggles

National Lifeguard

17

Open Play

National Lifeguard

18

Tide & Tumble

National Lifeguard

19
Open Play
18⁺ Aquafit

20
Open Play
18⁺ Aquafit

21
Open Play
18⁺ Aquafit

22
Open Play
18⁺ Aquafit
18⁺ Sips of Zen

23

Bus trip to Jasper

Waves & Wiggles

24

Open Play

18⁺ Sips & Sign

25

Tide & Tumble

26
Open Play
18⁺ Aquafit

27
Open Play
18⁺ Aquafit

28
Open Play
18⁺ Aquafit

29
Open Play
18⁺ Aquafit
18⁺ Sips & Sign

30

Waves & Wiggles

31

Open Play

Preschool Child Youth Adult Family All Ages Event Aquatics

