

# 4 Wing PSP Recreation

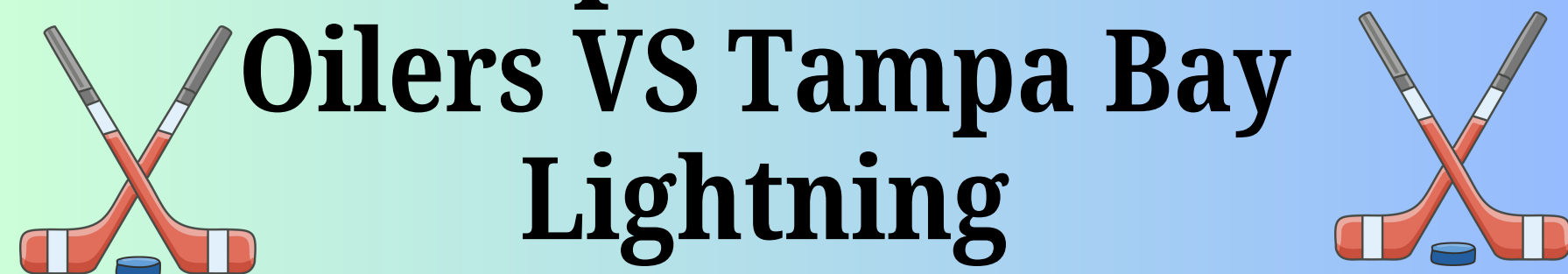
## January 2026 Programs & Events



### 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!

### Craft & Create

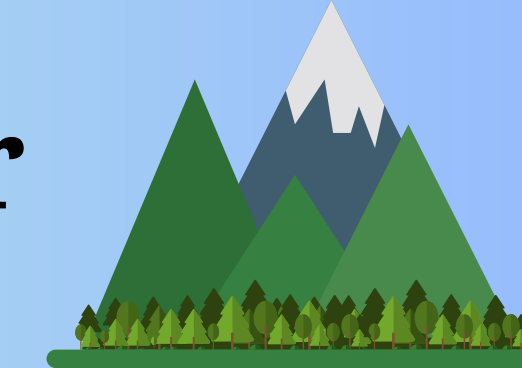


Join us on Thursday, January 29, 2026, from 6:30 - 8:30pm at the All Ranks' Mess for an evening of sips and style at Sip & Sign! Enjoy a relaxing beverage as you design your own custom welcome sign. Whether you're a seasoned crafter or trying something new, this is the perfect chance to spark creativity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

### 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

### 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 & Dependants: Adult \$100 | Youth \$75 | Junior \$30

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

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

Military, Defence Team & Dependants: \$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!

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



### 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

### Craft & Create

#### Upcoming Sip & Signs

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



#### Upcoming Craft Cafes

Feb - Coffee & Cake  
Apr - Mosaic Pots

### 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



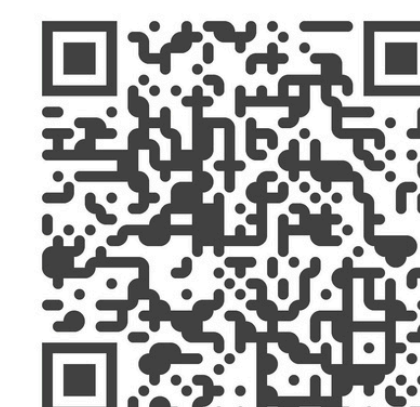
### Aquatic Schedule

Visit the QR Code for the most up to date aquatic schedule and pool information!



### Aquatic Leadership Courses

Scan the QR code for more details.



### 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!



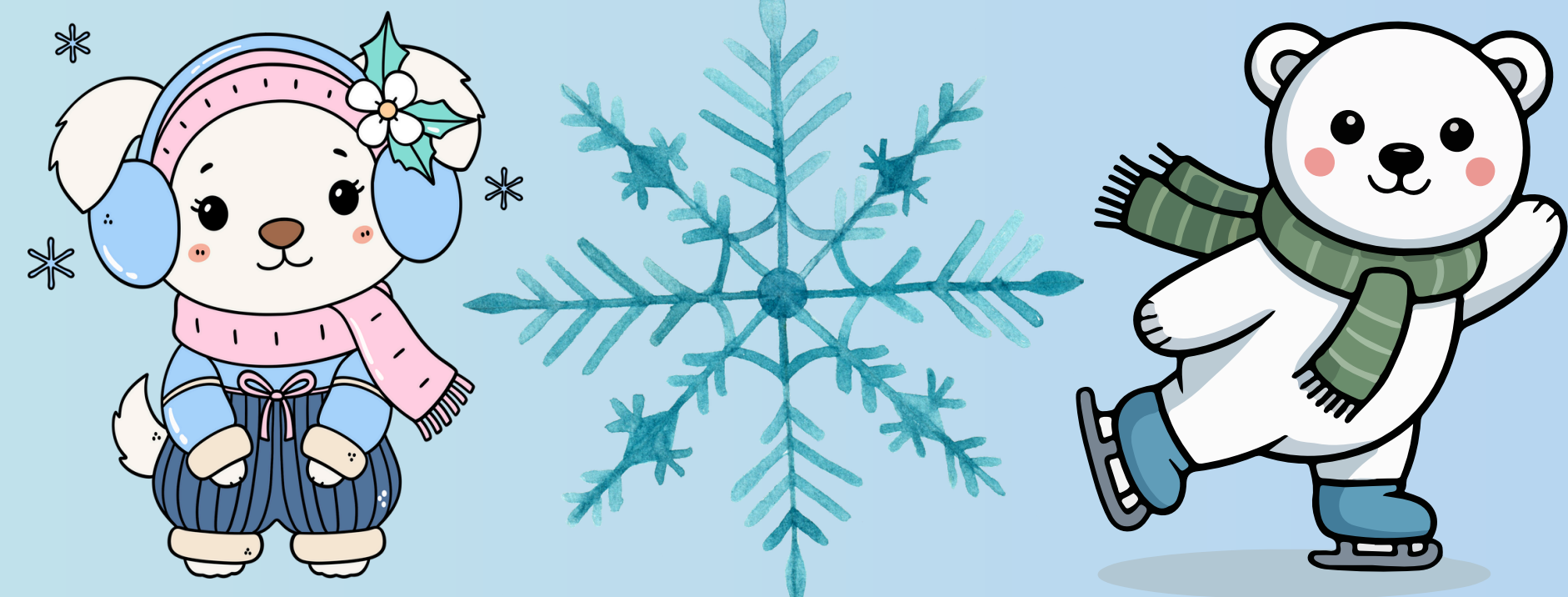
Register for Programs or Events with Univerus!



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



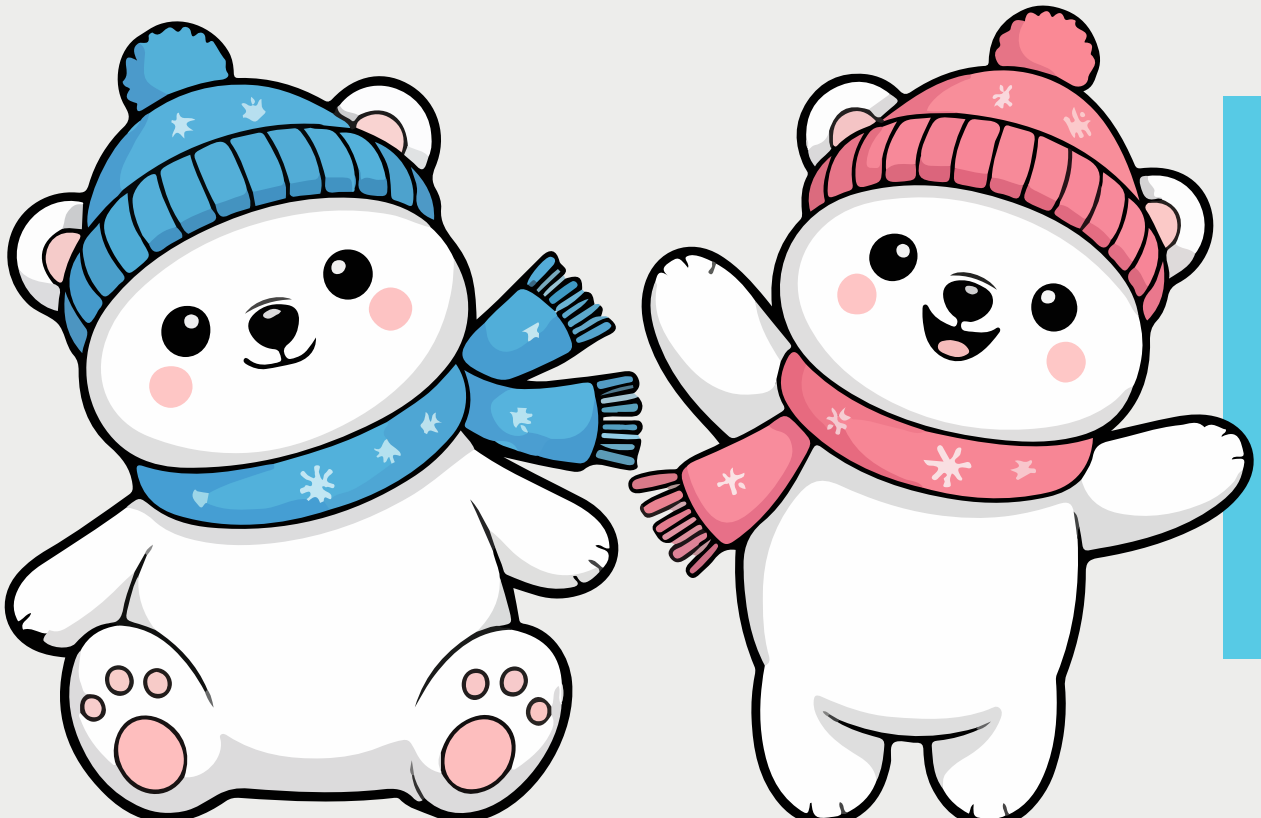
# 4 Wing PSP Recreation January 2026



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



1				2		 Facility Hours: 8am - 8pm
3		Open Play		4		
5		Open Play Aquafit		6		Open Play Aquafit
7		Open Play Aquafit		8		Open Play Aquafit
9		National Lifeguard		10		Open Play National Lifeguard
11		 National Lifeguard		12		Open Play Aquafit
13		Open Play Aquafit		14		Open Play Aquafit
15		Open Play Aquafit		16		Waves & Wiggles National Lifeguard
17		Open Play National Lifeguard		18		Tide & Tumble National Lifeguard
19		Open Play Aquafit		20		Open Play Aquafit
21		Open Play Aquafit		22		Open Play Aquafit Sips of Zen
23		Bus trip to Jasper Waves & Wiggles		24		Open Play 
25		Tide & Tumble		26		Open Play Aquafit
27		Open Play Aquafit		28		Open Play Aquafit
29		Open Play Aquafit Sips & Sign		30		Waves & Wiggles
31		Open Play		32		



Preschool   Child   Youth   Adult   Family   All Ages   Event   Aquatics