

19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

7 April—30 June 2026



@19WingComoxPSP
www.cfmws.ca/Comox/FCC
 250-339-8211 ext 252-8315
 19W-FSR@forces.gc.ca

Hours of Operation

Defence Team Only Mon- Fri 6am-8:30am
 Everyone Welcome Mon - Fri 8:30am-10pm
 Sat & Sun 7am-9pm

CLOSED: Mon 18 May

POOL (Effective 11 April 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7:30-9:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 3:30-4:30	7:30-9:30am 11am-12:30pm	3-4pm	10am-12pm 3-4pm
Open Swim	5-7pm	6-7:30pm		5—6:30pm		1-3pm	1-3pm
Homeschool Swim 15 Apr - 24 Jun			1-2:30pm				
Swim Lessons 11 Apr - 20 Jun			5:15-6:30pm			8:30am-	

GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym <i>Call ahead for last minute availability!</i>	7-10pm	11:30-1pm	11:30-1pm 5-6:15pm Volleyball / Badminton	4-6pm 7-10pm		7-9am 4:30-9pm	7-9am 4:30-9pm
Military & Family Drop-in <i>*Actively serving Military & their dependants only</i>	5—7pm				5-7pm	2-4pm	

Hours may vary, if the gym is not in use outside of these hours, it is available for drop-in; Schedule is subject to change on short notice for military training, practices, and events; Children under 13yrs must be supervised by an adult 19yrs and over.

FITNESS CLASSES 7 Apr - 20 Jun

	Monday	Tuesday	Wednesday	Thursday	Friday
11:45am-12:45pm <i>FREE for Military & DND</i>	Combat (Gymnasium)	Spin (Multi-purpose Room)	Flex & Core (Multi-purpose Room)	Bootcamp (Gymnasium)	Speed Agility & Quickness
2:30-3:30pm <i>Military Only</i>	Force Foundations (Gymnasium)		Force Foundations (Gymnasium)		
4-5pm 13 April - 24 June	**AquaFit (Deep or Shallow Water)		**AquaFit (Deep or Shallow Water)		
7-8pm 13 April - 29 June	**Gentle Hatha Flow Yoga (Multi-purpose Room)				

****Courses led by non-PSP instructors are not free for military or defence team and may be cancelled due to low enrollment; Must be 16 years & older to attend classes;**