

19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

7 April—30 June 2026



@19WingComoxPSP
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Hours of Operation (Beginning April 1, 2026)

Defence Team Only Mon- Fri 6am-8:30am

Everyone Welcome Mon - Fri 8:30am-10pm

Sat & Sun 7am-9pm

CLOSED: Fri 3 April, Mon 6 April, 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 3:30-5pm	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
Aqua Cardio (Military Only)				7:30—8:15am			
Homeschool Swim			1-2:30pm				
Swim Lessons 11 Apr - 20 Jun			5:15-6:30pm			8:30am-12pm	

GYMNASIUM (7 April—30 June)

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

Schedule is subject to change 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 FREE for Military & DND	Combat (Gymnasium)	Spin (Multi-purpose Room)	Yoga (Multi-purpose Room)	Bootcamp (Gymnasium)	Speed Agility & Quickness
2:30-3:30pm Military Only	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 *no class 15 June	**Gentle Hatha Flow Yoga (Multi-purpose Room)				

**New! Now Free for Military and Family Pass Members . Must be 16 years & older to attend.