

# 19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

3 September - 20 December 2024



[www.cfmws.ca/Comox/FCC](https://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-9pm  
Sat & Sun 7am-6pm

**CLOSED: Mon 02 September, Mon 30 September,  
Mon 14 October & Mon 11 November**

## POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b>	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm	7:30-8:30am 11am-12:30pm	3-4pm	10am-12pm 3-4pm
<b>Open Swim</b>	5-7pm	6-7:30pm				1-3pm	1-3pm
<b>Homeschool Swim</b> 18 Sept - 20 Nov			1-2:30pm				
<b>Swim Lessons</b> 14 Sept - 28 Nov			5:15-7pm			8am-12pm	

\*All swim times are available to general public, Defence Team Only time does not apply to the pool.  
Schedule is subject to change on short notice for military training, practices, and events;

## GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Drop-in Basketball</b>			11:30am-12:30pm				
<b>Open Gym</b> Call ahead for last minute availability!	1-2:30pm		1-2:30pm			7-9am 4-6pm	7-10am
<b>Goaltimate</b> 4 Nov - 16 Dec, 18yrs+	7:30-9pm						
<b>Pickleball</b> 20 Oct - 22 Dec							2:30-4:30pm

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>11:45am-12:45pm</b> FREE for Military & DND 16 Sept - 13 Dec	Combat (Gymnasium)	Spin (Multi-purpose Room)	Yoga (Multi-purpose Room)		BLT - Barbell & Lifting Techniques (Studio Weight Room)
<b>2:30-3:30pm</b> Military Only	Force Foundations		Force Foundations		
<b>4-5pm</b> 9 Sept - 11 Dec	**AquaFit (Deep or Shallow Water)		**AquaFit (Deep or Shallow Water)		
<b>7-8pm</b> 9 Sept - 9 Dec	**Gentle Hatha Flow Yoga (Multi-purpose Room)				

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



[f @19WingComoxPSP](#)

[www.cfmws.ca/Comox/Arena](http://www.cfmws.ca/Comox/Arena)

250-339-8211 ext 252-8314

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## GLACIER GARDENS ARENA SCHEDULE

### 3 September - 20 December 2024

#### ARENA | ARÈNE

<b>3 Sept - 20 Dec</b> <b>3 sept - 20 déc</b>	<b>Tuesday</b> <b>mardi</b>	<b>Thursday</b> <b>jeudi</b>	<b>Friday</b> <b>vendredi</b>	<b>Sunday</b> <b>dimanche</b>
<b>Defence Team &amp; Rec Pass Skate</b> <b>Équipe de défense et patinage à la passe</b>	10:30am-12pm			
<b>U7 Skate</b> (formerly Parent & Tot) <b>U7 Patinage</b> (auparavant Parent & Tot)		9:30-11am		
<b>Noon Hour Hockey</b> <b>Defence Team Only</b> <b>Hockey du midi</b> <b>Équipe de défense uniquement</b>			11:30am-12:30pm	
<b>Open Skate</b> <b>Open to the General Public!</b> <b>Patinage ouvert</b> <b>Ouvert au grand public !</b>				10:45-11:45am

#### THEMED SKATES | PATINS À THÈMES

**Defence Community Only | Communauté de défense uniquement**

<b>Silly Skate</b> <b>Patinage ridicule</b> Fri 30 Aug   ven 30 août 3:30-4:30pm	<b>Costume Skate</b> <b>Patinage costumé</b> Wed 30 Oct   mer 30 oct 4-5:15pm	<b>Skate with Santa</b> <b>Patinage avec le Père Noël</b> Wed 11 Dec   mer 11 dec 4-5pm
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\*Children 12yrs & under must wear a CSA approved helmet, Children 4yrs & under must be supervised by an adult (19yrs+).

\*Schedule subject to change on short notice for Military training, practices or events.

\*Les enfants de 12 ans et moins doivent porter un casque homologué CSA. Les enfants de 4 ans et moins doivent être surveillés par un adulte (19 ans et plus). \*L'horaire peut être modifié à court terme en raison de l'entraînement militaire

## HORAIRE DE L'ARÉNA DE GLACIER GARDENS

### 03 septembre au 20 décembre 2024

[f @19WingComoxPSP](#)

[www.sbmfc.ca/Comox/Arena-fr](http://www.sbmfc.ca/Comox/Arena-fr)

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#### Facility Drop In Payment Options

Pay by Cash, Debit, & Credit Card at the 19 Wing Fitness and Community Centre. This receipt provides access to BOTH the Fitness Centre and the Arena for Open Skate, valid on the day of purchase only! User must bring receipt to the Arena as proof of payment to gain access.

CASH ONLY at the Arena at this time. This option does not provide access to the Fitness Centre.

Rec Pass, Military or DND ID provides access to Arena programming.

#### Options de paiement

Payez en espèces, par carte de débit ou de crédit au centre de conditionnement physique et communautaire de l'Escadre 19. Ce reçu donne accès aux DEUX centres de conditionnement physique et à l'aréna pour le patinage libre, valide le jour de l'achat seulement !

L'utilisateur doit apporter le reçu à l'aréna comme preuve de paiement pour obtenir l'accès.

Pour l'instant, l'argent liquide est le seul moyen d'accéder à l'aréna. Cette option ne donne pas accès au centre de conditionnement physique.

Le laissez-passer récréatif, la carte d'identité militaire ou la carte d'identité du MDN donnent accès à la programmation de l'aréna.