

19 WING FITNESS & COMMUNITY CENTRE

DROP IN SCHEDULE

5 January - 20 March 2026



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

Hours of Operation

Defence Team Only	Mon- Fri	6am-8:30am
Everyone Welcome	Mon - Fri	8:30am-9pm

Sat & Sun 7am-6pm

POOL

	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
Swim Lessons 17 Jan—11 March			5:15-6:30pm			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
Open Gym Call ahead for last minute availability!					3-5pm	7-9am 4:30-6pm	7-9am 4:30-6pm
Military & Family Drop-in *Actively serving Military & their dependants only	5:30-7pm				5:30-7pm	2-4pm	
Drop-in Basketball			11:30-12:30				
Disc Golf Putting League 19 Jan —16 March	7-9pm						
Pickleball	7:30 - 9pm 19 Jan						2-4pm 18 Jan

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Children under 13yrs must be supervised by an adult 19yrs and over.

FITNESS CLASSES 5 Jan—20 March

	Monday	Tuesday	Wednesday	Thursday	Friday
11:45am-12:45pm FREE for Military & DND	Combat (Gymnasium)	Spin (Multi-purpose Room)	Flex and Core (Multi-purpose Room)	Bootcamp (Gymnasium)	Speed Agility & Quickness (Gymnasium)
2:30-3:30pm Military Only	Force Foundations (Gymnasium)		Force Foundations (Gymnasium)		
4-5pm 5 Jan—23 March	**AquaFit (Deep or Shallow Water)		**AquaFit (Deep or Shallow Water)		
7-8pm 5 Jan - 16 March	**Gentle Hatha Flow Yoga				

**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;