

19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

3 September - 22 December 2024



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 Sept, Mon 30 Sept, Mon 14 Oct,
Mon 11 Nov, Wed 25 Dec, & Thu 26 Dec**

POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	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
Open Swim	5-7pm	6-7:30pm				1-3pm	1-3pm
Homeschool Swim 18 Sept - 20 Nov			1-2:30pm				
Swim Lessons 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
Drop-in Basketball			11:30am-12:30pm				
Open Gym Call ahead for last minute availability!	1-2:30pm		1-2:30pm			7-9am 4-6pm	7-10am
Goaltimate 4 Nov - 16 Dec, 18yrs+	7:30-9pm						
Pickleball 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
11:45am-12:45pm 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)
2:30-3:30pm Military Only	Force Foundations		Force Foundations		
4-5pm 9 Sept - 11 Dec	**AquaFit (Deep or Shallow Water)		**AquaFit (Deep or Shallow Water)		
7-8pm 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
 250-339-8211 ext 252-8314
 19W-FSR@forces.gc.ca

GLACIER GARDENS ARENA SCHEDULE

3 September - 22 December 2024

ARENA | ARÈNE

3 Sept - 22 Dec 3 sept - 22 déc	Tuesday mardi	Thursday jeudi	Friday vendredi	Sunday dimanche
Defence Team & Rec Pass Skate Équipe de défense et patinage à la passe	10:30am-12pm			
U7 Skate (formerly Parent & Tot) U7 Patinage (auparavant Parent & Tot)		9:30-11am		
Noon Hour Hockey Defence Team Only Hockey du midi Équipe de défense uniquement			11:30am-12:30pm	
Open Skate Open to the General Public! Patinage ouvert Ouvert au grand public !				10:45-11:45am

THEMED SKATES | PATINS À THÈMES

Defence Community Only | Communauté de défense uniquement

Silly Skate Patinage ridicule Fri 30 Aug ven 30 août 3:30-4:30pm	Costume Skate Patinage costumé Wed 30 Oct mer 30 oct 4-5:15pm	Skate with Santa Patinage avec le Père Noël Wed 18 Dec mer 18 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 22 décembre 2024

f @19WingComoxPSP
 www.sbmfc.ca/Comox/Arena-fr
 250-339-8211 L252-8314
 19W-FSR@forces.gc.ca

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.