


FALL 2024

**FITNESS, SPORTS, RECREATION
& AQUATICS SERVICES**

 29 Duxford Rd., Hornell Heights

 (705) 494-2011 ext. 2610

 cfmws.ca/north-bay

 @NorthBayPSP

REGISTRATION DATES:

Military/Veterans: August 12 2024

Aquafit: August 14 2024

DND/Facility Members: August 19 2024

Non-Members: August 20 2024

Registration opens at 0900HRS

DIRECTORY

RECREATION

Reception - General Inquiries

northbaypsprec@gmail.com | 705-494-2011 ext. 2610

Mack Joseph - Community/Recreation Administrative Assistant

Mackenzie.joseph@forces.gc.ca | 705-494-2011 ext. 2614

Emily Silver - Community/Recreation Supervisor

Emily.Silver@forces.gc.ca | 705-494-2011 ext. 2617

Lindsay Seguin - Community/Recreation Coordinator

Lindsay.Seguin@forces.gc.ca | 705-494-2011 ext. 2613

FITNESS

Paul Best - Manager Fitness, Sports & Recreation

Paul.Best@forces.gc.ca | 705-494-2011 ext. 2241

Haley French - Acting Fitness Coordinator

Haley.French@forces.gc.ca | 705-494-2011 ext. 2290

Jesse Wilson - Fitness & Sports Instructor

Jesse.Wilson2@forces.gc.ca | 705-494-2011 ext. 2290



SPORTS & AQUATICS

Marc Desroches - Sports & Facility Coordinator/ Aquatic Supervisor

Marc.Desroches@forces.gc.ca | 705-494-2011 ext. 2240

Penny Lecour - Aquatic Programmer

Penny.Lecour@forces.gc.ca | 705-494-2011 ext. 2611

Erika Lewis - Fitness, Sports and Facilities Assistant

Erika.Lewis@forces.gc.ca | 705-494-2011 ext. 2242

HEALTH PROMOTION

Lucas DeMarco - Health Promotion Manager

Lucas.Demarco@forces.gc.ca | 705-494-2011 ext. 2350

Trevor Monahan - Administrative Assistant to Health Promotion

Trevor.Monahan@forces.gc.ca | 705-494-2011 ext. 2612





FACILITY POLICIES

These rules and regulations have been designed to keep the centre clean, organized and safe. Please observe and follow all established rules. Disregarding these rules may result in the suspension of membership privileges.

General

- Facility members and guests must enter and exit the building through the main entrance only. All members must present their photo membership card upon each visit at the information desk when first entering the Fitness Centre.
- A replacement card fee will be charged for replacing lost membership cards.
- The J.J.P. Legault Fitness & Wellness Centre is not responsible for lost or stolen items. *Please lock all items in the lockers provided and ensure you have brought your own lock.* Lockers are for daily use only.
- No open food or beverages (other than water) is permitted in the Weight & Cardio Room or Gymnasium. However, we recommend that you bring a towel and a water bottle while you workout.
- Gym bags, coats or equipment are not permitted in the Weight & Cardio Room. Usage of lockers is recommended. No personal belongings will not be stored at the Front Desk.
- Use of electronic devices such as cell phones, iPads, and tablets are not permitted in the changerooms.
- Unauthorized recordings or pictures of participants, staff or guests are forbidden within the facility.
- The J.J.P. Legault Fitness & Wellness Centre retains the right to schedule any or all of the facilities for military activities, special events, programs or activities. Advance notice will be posted throughout the facility.
- Spitting in the facility will result in suspension of membership privileges.
- Appropriate footwear must be worn in training facilities at all times. *Outdoor shoes, socks or bare feet are not permitted.*
- All participants are responsible for ensuring that they have a spotter during free weight exercises.
- Conducting or soliciting of personal business is prohibited in the J.J.P. Legault Fitness & Wellness Centre. Only PSP employees may conduct personal training.
- When using the Weight & Cardio Room, all equipment used must be returned to their proper storage area after completion of your workout.
- We recommend that all squash players wear APPROVED eye protection. All squash players must wear non-marking footwear.
- We recommend that proper footwear be worn in the shower and change areas.
- Facility Members must wear "appropriate" attire, display proper etiquette, courtesy, and language while in the J.J.P. Legault Fitness & Wellness Centre.
- Participants must wear appropriate athletic/active clothing and clean athletic footwear. *Clothing must not have offensive wording and mid-sections must be covered at all times.*
- Facility Members will abide by other rules and regulations posted throughout the facility or as they are advised by the J.J.P. Legault Fitness & Wellness Centre staff. Failure to do so may result in immediate and/or loss of facility privileges.

Safety

- The J.J.P. Legault Fitness & Wellness Centre staff are First Aid/CPR/AED Certified.
- Basic first aid supplies are located at the Reception Desk.
- The J.J.P. Legault Fitness & Wellness Centre is equipped with two (2) AED.

Hygiene Policies

- All workout clothing must be clean and odour free prior to the start of your workout.
- Many people suffer from various allergies and respiratory distress, perfumes and other products may aggravate their condition. Please do not wear perfume, cologne, strongly scented lotion or deodorant in the facility.
- The user must clean all equipment immediately after use. Paper towels and spray bottles are available in all areas.

MEMBERSHIPS



Terms & Conditions

MEMBERSHIP PAYMENT OPTIONS

Clients may purchase a PSP PLAN (single or family) for a set fee for the length of term: 1 month, 3 months, 6 months, 12 months.

Set fees are not subject to change during the course of the PLAN and must be paid in full up front. These plans do not automatically renew and expire from the appropriate length of time from the date of purchase.

Associate members must renew their membership within 30 days of the expiration date.

Access to the facility with an expired membership is not permitted without paying a drop-in fee. Drop-in fees are only available Monday through Friday after 1600 hr and anytime on the weekend.

MEMBERSHIP CANCELLATION (REFUND) POLICY

All membership cancellations are subject to a 10% administrative fee.

Month-to-month memberships are not valid for refunds.

Refund requests must be submitted in writing to the Community/Recreation Coordinator for consideration and approval. Refunds must be requested in writing at least 7 days prior to the date that the member wishes to deactivate their membership.

PROGRAM CANCELLATION (REFUND) POLICY

- 1) If a program advertises a required non-refundable deposit, no refund will be issued for the deposit.
- 2) If more than 50% of the program has elapsed, no refund will be issued.
- 3) Requests for refunds before 50% of the program has lapsed will incur a 10% administrative fee which will be deducted from the final refund value.
- 4) Full refunds for medical emergencies or military operational reasons will be authorized prior to program start date, after the start date refunds will be prorated. Documentation will be required.
- 5) There will be no refunds issued for swim lessons, considerations with regards to clause 4 will be considered.

SUSPENSIONS

Breach of facility rules and regulations may result in the PSP PLAN being suspended for an individual, family or single member of a family plan. During the suspension the individual does not have access to the facilities services or discounts linked to the plan and a refund cannot be requested.

ADMITTANCE

Children under the age of 11 must be directly supervised by a guardian 17 years or older.

Children 11 years or older may use the facility unsupervised, youth access (13-17 years) to the weight and cardio rooms must be in accordance with the Youth Introduction to Weight and Cardio Training Facility Policy.

POLICIES OR FACILITY RULES

If any PSP PLAN holder or guest violates any Policies or Rules, PSP employees reserve the right to ask the person to stop and/or ask them to leave without a refund. A member's violation of any policies or rules may also cause PSP, in its sole discretion, to terminate that person's membership and/or other agreements.

PSP PLAN holders must follow the specific rules that are posted regarding the use of each facility within the Fitness, Sports and Recreation Complex as it pertains to:

- Equipment Use
- Time Restrictions
- Appropriate Dress
- Locker Use
- Solicitation
- Guest Use/Drop-in Fees
- Services and Benefits included with PSP PLAN
- Masks/Face Coverings (when applicable)

CONDUCT

While in PSP facilities PSP does not permit and will not tolerate any inappropriate conduct. Such conduct includes (without limitation), using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members, guests or PSP employees.

PROHIBITED ACTIVITIES

PSP does not permit smoking, alcohol, or illegal drugs in any of its facilities, or access to its facility under the influence of the aforementioned substances.

No client may train another client for compensation. If PSP determines that such training occurs in one of its facilities the trainer and/or the trainee may lose their membership without refund.

No photography, videotaping, filming or audio recording is permitted in PSP facilities without prior written permission from management.

MEMBERSHIP PRICES



Regular Members	1 Month	3 Month	6 Month	12 Month
Dependent Youth (0-12 years) CF Members, Veterans, and their dependents, USAF Members and their dependents. Serving Members of the 22 Wing Band.	\$4.50	\$13.50	\$27.00	\$54.00
Dependent Adult (13+) CF Members, Veterans, and their dependents. USAF Members and their dependents. Serving Members of the 22 Wing Band. Note: Intro to Weight & Cardio course needed for ages 13-17 to use our weight room	\$6.50	\$19.50	\$39.25	\$78.75
Family - Dependents Dependents of CF Members, USAF Members and Veterans. Serving Members of the 22 Wing Band.	\$10.75	\$32.00	\$64.00	\$128.25

Military Pay Allotments - Active Regular Members Available to active Regular Force Military Members who wish to have payroll deductions for their membership fees.	Dependent (Adult 13+): \$6.50/month Dependent (Youth 0-12): \$4.50/month Family Dependents: \$10.75/month
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Ordinary Members	1 Month	3 Month	6 Month	12 Month
Youth (0-12 years) Dependents of Current DND Public Servants, NPF, MFRC, DRDC and DCC, Janitorial Staff and their dependents. RCMP, Current serving Honorary Colonels and their dependents. Former Staff of NPF and RCMP receiving a pension and their dependents. Dependents of serving 22 Wing Band Members.	\$21.75	\$63.75	\$123.75	\$208.00
Adult (13+) Current DND Public Servants, NPF, MFRC, DRDC and DCC, Janitorial Staff and their dependents. RCMP, Current serving Honorary Colonels and their dependents. Former Staff of NPF and RCMP receiving a pension and their dependents. Dependents of serving 22 Wing Band Members. Note: Intro to Weight & Cardio course needed for ages 13-17 to use our weight room	\$31.50	\$92.75	\$180.25	\$292.00
Family Dependents of Current DND Public Servants, NPF, MFRC, DRDC and DCC, Janitorial Staff and their dependents. RCMP, Current serving Honorary Colonels and their dependents. Former Staff of NPF and RCMP receiving a pension and their dependents. Dependents of serving 22 Wing Band Members.	\$66.75	\$196.25	\$381.00	\$687.50

Only Active military and their spouses can use the facility Monday-Friday 0600-0900 hrs

MEMBERSHIP PRICES



Associate Members	1 Month	3 Month	6 Month	12 Month
Youth (0-12 years) Members of the general public ages 0-12 years.	\$32.00	\$94.25	\$182.75	\$307.25
Student (13+) Members of the general public who are 13 years or older with a valid ID or a Post-secondary student with valid ID. Note: Intro to Weight & Cardio course needed for ages 13-17 to use our weight room	\$49.25	\$145.25	\$282.25	\$379.80
Adult (13+) Members of the general public and civilian service personnel. Note: Intro to Weight & Cardio course needed for ages 13-17 to use our weight room	\$59.25	\$173.75	\$337.50	\$522.60
Senior (55+) Members of the general public and civilian personnel who are 55 years or older.	\$49.50	\$145.25	\$282.25	\$379.80
Family Members of the general public and civilian service personnel. Can be Up to 8 people, must be living in the same household and considered a dependent.	\$148.00	\$435.75	\$846.25	\$1198.80

DROP-IN FEES

***DROP-INS ARE AFTER 1600 HRS MONDAY-FRIDAY OR ANYTIME SATURDAY & SUNDAY.**

Ages 0-12: \$6.00
Ages 13+: \$12.00

Age Restrictions for the Facility

- Children under the age of 12 years must be directly supervised by a guardian who is a minimum age of 17 years.
- Participants between the ages of **13-17 years** may use the Weight & Cardio Room once they have successfully completed the Intro to Weight & Cardio Course.

Age Restrictions: Aquatics

- Children under the age of 6 years must be accompanied in the water (within arm's reach) by a parent or legal guardian.
- Children under the age of 10 years must be supervised by someone 16 years or older in the pool area.
- Children under the age of 16 are not permitted **unsupervised** in the sauna. (Guardian must be in the sauna)



FACILITY HOURS

General Information

Weekday	Military & Military Spouses	Veterans/ Defence Team	Civilian Members	Non-Members
Monday-Friday	0600-2100 hrs	0900-2100 hrs	0900-1200 hrs 1400-2100 hrs	1600-2100 hrs
Saturday & Sunday	0800-1800 hrs	0800-1800 hrs	0800-1800 hrs	0800-1800 hrs

FACILITY CLOSURES/REDUCED HOURS

Labour Day - Sept 2: **Closed**

National Day of Truth & Reconciliation - Sept 30: **Closed**

Thanksgiving - Oct 14: **Closed**

Remembrance Day - Nov 11: **Closed**

Christmas Day - Dec 25: **Closed**

Boxing Day - Dec 26: **Closed**

MILITARY RESTRICTED TIMES : MONDAY - FRIDAY

0600-0900 hrs Military & Spouses only.

We ask that members wait in the lobby until 0900 hrs.

1200-1400 hrs Military, Veterans, DND staff and their families in the **weight & cardio room only.**

Attention Guests on a Military Base

All members and guests are expected to cooperate with PSP staff and Military Personnel during emergency procedures, exercises, and real world scenarios.

GYMNASIUM FLOOR SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<u>Military & Members</u> Open Gym	0900-1130 hrs 1300-1600 hrs	1300-1400 hrs	0900-1130 hrs 1300-1400 hrs	1300-1600 hrs	0900-1130 hrs 1300-1600 hrs	
<u>All Participants</u> Open Gym	1600-2045 hrs		1800 - 2045 hrs		1600-2045 hrs <i>*Kids Night Out may affect these hours</i>	Saturday 0800-1745 hrs Sunday 0800-1745 hrs <i>*Other programs may affect these hours</i>
<u>Military PT</u>		1400-1600 hrs	1400-1600 hrs			
<u>22 Wing Military Sports</u>	Military Sports 1600-1800 hrs	Military Sports 1600-1745 hrs	Military Sports 1600-1800 hrs	Military Sports 1600-1745 hrs		
<u>Programs</u>	Strength & Conditioning 1200-1230 hrs	HIIT 1200-1230 HRS Rockwall 1800-2100 hrs Rec Night 1800-2000 hrs Nov 26, Dec 3 & Dec 10		HIIT 1200-1230 HRS Group Bookings 1800-2000 hrs	FORCE Prep 1200-1230 hrs Kids Night Out 1730-2030 hrs <i>*Aug 30th, Sept 20th, Oct 25th, Nov 29th</i>	Saturday Group Bookings 1300-1500 hrs Sunday Parties 1300-1500 hrs

Use of the gymnasium will be restricted from 1200-1245 hrs Monday-Friday for our noon hour classes

Schedules are subject to change without notice, based on operational requirements.

Participant Etiquette

- Return all used equipment back to the equipment room or to the Front Desk.
- All members are asked to be mindful that Open Gym is a shared facility for all members and guests.
- Open Gym time is granted on a first-come basis but no group is permitted exclusive use of the gym floor for extended periods of time.
- Music being played during Open Gym is at the discretion of the PSP Staff. Participants are expected to respect the shared facility and may be asked to turn their music off at any time.
- Any participant requiring assistance with equipment are to report to the Front Desk.
- Participants are expected to act in accordance with posted signage in the gymnasium. Failing to do so, may result in suspension from the facility for the day without a refund.
- Shoes and shirts must be worn at all times while in the gymnasium.
- No food or drinks are permitted on the gym floor aside from water.

Contact the front desk for additional scheduling!

705-494-2011 Ext. 2610

FACILITY CLOSURES/REDUCED HOURS:

Labour Day - Sept 2: **Closed**
 National Day of Truth & Reconciliation - Sept 30: **Closed**
 Thanksgiving - Oct 14: **Closed**
 Remembrance Day - Nov 11: **Closed**
 Christmas Day - Dec 25: **Closed**
 Boxing Day - Dec 26: **Closed**



FITNESS

Class Information

Registration is not required for our Fitness Classes and are open to all Members.

Class

Strength & Conditioning

Monday 1200-1245 hrs

Work it! Strength and Conditioning is an all-levels fitness class that uses features of Functional Fitness. Daily workout challenges and a huge gambit of various types of equipment. No experience necessary - come out if you want a great workout and you're sure to learn something new!

HIIT

Tuesday & Thursday 1200-1230 hrs

High Intensity Interval Training. Short on time, high on goals? Come out for HIIT - This class aims to give you a great workout in a short period of time. No fuss, no muss!

Yoga

Wednesday 1200-1245 hrs

Learn how to stretch, strengthen and build resiliency in our all-levels yoga class. Our classes are Vinyasa in style, so you know you will get a GREAT workout, but we also encompass relaxation and lots of gentle stretches so everyone gets a bit of what they want out of each class. Classes fill up quickly, and are filled on a first-come, first-serve basis.

FORCE Prep

Friday 1200-1245 hrs

Run, Lift, Carry, Drag. Focused on improving your operational readiness while preparing you to demolish your next FORCE Evaluation. PSP Fitness Professionals will coach you through four rigorous workouts focusing on improving your physical capacity at successfully completing the FORCE Evaluation.

To book a FORCE Test contact:
Fitness Department
705-494-2011 ext. 2290

Alternative days can be accommodated
if needed

Military Unit PT & FORCE Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Military PT	0600-0900 hrs	0600-0900 hrs 1400-1600 hrs	0600-0900 hrs 1400-1600 hrs	0600-0900 hrs	0600-0900 hrs
FORCE TEST		0900-1000 hrs		0900-1000 hrs	

RECREATION PROGRAMS



Youth

<p>Kids Night Out Ages 6-13 years</p>	<p>Friday 1730-2030 hrs Aug 30, Sept 20, Oct 25 & Nov 29</p> <p>Join us for a monthly youth extravaganza where participants embark on a fun-filled night of games, crafts, and themed activities! From space adventures to superhero showdowns, each month brings a new and exciting theme to spark creativity and imagination. Don't miss out on the chance for your child to connect with friends and make unforgettable memories in a dynamic and engaging environment!</p>	<p>Military/Veterans: \$15.00 Defence Staff/Associates: \$25.00 Non-Members: \$30.00</p>
<p>Youth Rockwall Ages 6-12 years</p>	<p>Tuesdays 1800-1930 hrs Sept 10-Nov 12 2024</p> <p>Participants will have the opportunity to climb the wall and work towards their weekly goals, play games between climbs and work on functional movements that promote rock climbing essentials. Kids will learn holds, moves and climbing techniques as well as strengthen their abilities while making new friends.</p>	<p>Register for the session: Military/Veterans: \$70.00 Defence Staff/Associates: \$100.00 Non-Members: \$120.00</p> <p>Weekly Rates: Military/Veterans: \$8.00 Defence Staff/Associates: \$12.00 Non-Members: \$14.00</p> <p>Price per class</p>
<p>Rec Night Ages 6-12 years</p>	<p>Tuesdays 1800-2000 hrs Nov 26, Dec 3 & Dec 10 2024</p> <p>A 2 hour program that will incorporate a variety of fun activities (Lego, Nerf, obstacle courses, crafts and more) while participants meet new friends and expend some of that energy right before the holidays.</p>	<p>Military/Veterans: \$8.00 Defence Staff/Associates: \$12.00 Non-Members: \$14.00</p> <p>Price per class</p>

Teens & Adults

<p>Teen/Adult Rockwall Ages 13+ years</p>	<p>Tuesday 1930-2030 hrs Sept 10-Nov 12 2024</p> <p>Participants will have 1 hour to climb the rock walls and to improve their climbing skills.</p>	<p>Military/Veterans: \$8.00 Defence Staff/Associates: \$12.00 Non-Members: \$14.00</p> <p>Price per class</p>
<p>Squash League</p>	<p>September 14 - December 14 Wednesday 1600-2045 hrs & Saturday 0800-1615 hrs Contact: 22wingsquashleague@gmail.com</p> <p>Our inclusive co-ed league welcomes all skill levels. It's a great opportunity to try a new sport, find a competitive outlet, and meet new people. League matches are scheduled every Wednesday and Saturday, with opportunity to play friendly matches anytime.</p> <p>September 1-10: Registration intake September 12 - October 2: Late registration intake. September 14: Open house 8:30 to 14:00</p>	<p>Membership is required to participate</p>
<p>Spin</p>	<p>Tuesdays 1730-1815 hrs</p> <p>Let's hit the bike together and jam to some good music! A 45-minute instructor led class where go at your own pace and listen to your body. All fitness levels welcomed.</p> <p>*Starts September 10 2024</p>	<p>Membership Holder: Free Non-Member: \$12.00</p>

RECREATION COURSES

<p>Intro to Weight & Cardio Ages 13+ years</p>	<p>Please contact the Front Desk to be added to a Waitlist</p> <p>Join our comprehensive Intro to Weight and Cardio course where participants learn essential gym etiquette, facility regulations, and the proper and safe utilization of equipment. Designed as a prerequisite for teenagers eager to access our weight and cardio facilities, this course ensures a foundation of knowledge and skills for a confident and injury-free workout experience. Empower yourself with the know-how to navigate the gym floor with confidence and achieve your fitness goals safely!</p>	<p>Military/Veterans: \$27.00 Defence Staff/Associates: \$30.00 Non-Members: \$35.00</p>
<p>Stay Safe!</p>	<p>Please contact the Front Desk to be added to a Waitlist</p> <p>The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety.</p>	<p>Military/Veterans: \$55.00 Defence Staff/Associates: \$65.00 Non-Members: \$75.00</p>
<p>Babysitter</p>	<p>Please contact the Front Desk to be added to a Waitlist</p> <p>The Red Cross Babysitting course is designed for youth aged 11-15, providing them with the skills and knowledge to care for infants and young children safely and responsibly. This comprehensive program covers essential topics such as basic first aid, emergency preparedness, child behavior management, and the fundamentals of running a babysitting business, ensuring young babysitters are well-equipped to handle various caregiving scenarios.</p>	<p>Military/Veterans: \$65.00 Defence Staff/Associates: \$75.00 Non-Members: \$85.00</p>



RECREATION PROGRAMS

Party Packages

Celebrate in style at our facility with a range of party options tailored to thrill guests of all ages! Choose from our exciting party packages featuring access to our state-of-the-art gymnasium, thrilling rock wall adventures, splash-tastic pool fun, or action-packed NERF battles. Let us take care of the entertainment while you enjoy a memorable and hassle-free party experience!

Parties run on Sundays from 1300 - 1500 hrs, includes a Party Host to help set up, clean up and entertain and up to 15 children (\$5.00 charge for additional children, up to 20).

Parties are welcome and encouraged to bring decorations for our designated party room as well as cake, if you wish.

*Candles are not permitted, however flameless candles are an option.

OPTION #1 Rockwall	OPTION #2 Gym Party (Nerf option available)	OPTION #3 Pool Party
Military/Veterans: \$250.00 Defence Staff/Associate Members: \$280.00 Non-Members: \$315.00	Military/Veterans: \$140.00 Defence Staff/Associate Members: \$175.00 Non-Members: \$205.00 *Additional \$75 for Nerf Party	Military/Veterans: \$140.00 Defence Staff/Associate Members: \$175.00 Non-Members: \$205.00
1 hr on the rock wall 1 hr in the private room	1 hr in the gymnasium 1 hr in the private room	1 hr in the pool 1 hr in the private room

A \$50.00 non-refundable deposit is required at the time of booking and bookings will be considered with at least 2 weeks notice, prior to your desired party date.

**To book your party, contact us today:
northbaypsprec@gmail.com
705-494-2011 Ext. 2610**



NEW!

RECREATION GROUP BOOKINGS

If you are looking to use the rock wall or have a nerf battle or just want exclusive use of our gym for 2 hours, then this program is for you.

Book one of our Group Booking time slots where one of our staff will help cater to your group's needs in our gymnasium with a range of possible activities/sports and equipment options.

Group Bookings run on Thursday from 1800 - 2000 hrs and on Saturdays from 1300 - 1500 hrs.

The program includes a PSP staff to set-up/tear-down, ref, play and monitor your groups activities (and belay if your group's using the rock wall). Dates are available with a minimum of 2 weeks notice, prior to your booking date.

Any Group Booking requests outside of the pre-determined days and times can be requested through the Community/Recreation Coordinator Lindsay Seguin:

Lindsay.Seguin@forces.gc.ca

705-494-2011 ext. 2613

Group Booking Rockwall Option

***While participants are climbing the wall other participants can enjoy another activity on the other half of the gym floor.**

1-10 Participants (1 staff provided)

Military/Veterans: \$250.00
Defence Staff/Members: \$280.00
Non-Members: \$315.00

11-20 Participants (2 staff provided)

Military/Veterans: \$300.00
Defence Staff/ Members: \$350.00
Non-Members: \$400.00

21-30 Participants (3 staff provided)

Military/Veterans: \$350.00
Defence Staff/Associate Members: \$450.00
Non-Members: \$450.00

***Requests for more than 30 Participants can be arranged through the Community/Recreation Coordinator:
Lindsay.Seguin@forces.gc.ca**

Group Booking Gym Activity Option (Nerf option available)

1 - 30 Participants

Military/Veterans: \$140.00
Defense Staff/Associate Members: \$175.00
Non-Members: \$205.00

***Additional \$75 for Nerf option**

***Requests for more than 30 Participants can be arranged through the Community/Recreation Coordinator:
Lindsay.Seguin@forces.gc.ca**

Pool Schedule



Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Military Only Lane Swim		0700-0800 hrs		0700-0800 hrs		
AquaFit	0930-1030 hrs 1030-1130 hrs		0930-1030 hrs 1030-1130 hrs		0930-1030 hrs 1030-1130 hrs	
Lane Swim	1130-1300 hrs 1930-2030 hrs	1130-1300 hrs	1130-1300 hrs 1930-2030 hrs	1130-1300 hrs	1130-1300 hrs	1230-1330 hrs
Swim Lessons		1630-1930 hrs	1630-1830 hrs	1630-1930 hrs		0900-1200 hrs
Public Swim	1830-1930 hrs		1830-1930 hrs			1345-1500 hrs

FACILITY CLOSURES

Labour Day - Sept 2: Closed

National Day of Truth & Reconciliation - Sept 30: Closed

Thanksgiving - Oct 14: Closed

Remembrance Day - Nov 11: Closed

Christmas Day - Dec 25: Closed

Boxing Day - Dec 26: Closed

AQUAFIT

Mondays, Wednesdays & Fridays

**September 9th - December 10th
0930-1030 & 1030-1130**

Whether you are just starting out or looking to add some variety to your exercise routine, we have a class for you. Challenge your cardiovascular system, tone muscles & improve overall fitness in a water aerobic workout.

No sessions Monday, Sept. 30, Oct. 14, Nov. 11

Military/Veterans: \$100.00

Defence Staff/membres/Seniors: \$125.00

Non-Members: \$150.00

Please note that a \$12.00 drop-in fee may be purchased to attend this class

AQUATICS

Swimming programs

****No lessons
Oct. 12 & 13
Oct. 31**



Activity	Course Dates & Description	Fees
<p>Swimming Lessons Ages 0-6</p>	<p>See schedule on page 17 & 18</p> <p>For every child to have fun, play, learn introductory swimming skills, and learn how to stay safe in, on, and around the water. Create a nurturing, positive environment that promotes learning. Reinforce the importance of play as a learning tool for this age group. Young swimmers learn swimming skills through fun and games. Parent & Tot, Shrimp, Jellyfish, Sea Horse, Alligator, Barracuda, Clownfish, Dogfish, Eel</p>	<p>Military/Veterans: \$60.00 Defense Staff/membre: \$70.00 Non-Members: \$85.00</p>
<p>Swimming Lessons Ages 6+</p>	<p>See schedule on page 17 & 18</p> <p>For every child to have fun, play, learn introductory swimming skills, and learn how to stay safe in, on, and around the water. Create a nurturing, positive environment that promotes learning. Reinforce the importance of play as a learning tool for this age group. Designed to develop strong, fit swimmers with excellent technique. Swimmer 1, 2, 3, 4, 5 and 6.</p> <p>Note: Swimmer 3 and above are 45-minute classes</p>	<p>Swimmer 1 & 2 Military/Veterans: \$60.00 Defense Staff/Membres: \$70.00 Non-Members: \$85.00</p> <p>Swimmer 3, 4, 5, and 6 Military/Veterans: \$65.00 Defense Staff/Membres: \$75.00 Non-Members: \$90.00</p>
<p>Private Lessons</p>	<p>Subject to availability please ask about our waiting list</p>	<p>Military/Veterans: \$150.00 Defense Staff/Membres: \$180.00 Non-Members: \$200.00</p>
<p>Bronze Star</p>	<p>Mondays from Sept 9 - Nov 18 1630 - 1730 hrs</p> <p>They will learn CPR and develop lifesaving skills.</p>	<p>Military/Veterans: \$70.00 Defense Staff/Membres: \$80.00 Non-Members: \$95.00</p>

Aquatics Department Contact:

Penny Lecour

Aquatics Programmer

705-494-2011 ext. 2611 | Penny.Lecour@forces.gc.ca

AQUATICS



Activity	Course Dates & Description	Fees
<p>Swim Instructors Must be 15 years & and have Bronze Cross</p>	<p>Sept 9 - Nov 18 1630 - 2000 hrs</p> <p>They will acquire proven teaching methods, evaluating skills and a variety of stroke development drills and correction techniques.</p> <p>**No class Sept. 30, Oct 14, Nov, 11</p>	<p>Military/Veterans: \$150.00 Defence Staff/Membres: \$170.00 Non-Members: \$195.00 Manual: \$70.00</p>
<p>Bronze Medallion Must be 13 years of age</p>	<p>Sept 9 - Nov 18 1630 - 1930 hrs</p> <p>Participants can develop an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 400 metre timed swim.</p> <p>**No class Sept. 30, Oct 14, Nov, 11</p>	<p>Military/Veterans: \$80.00 Defence Staff/Membres: \$105.00 Non-Members: \$135.00 Manual: \$55.00</p>
<p>Bronze Cross Must have Bronze Medallion</p>	<p>Sept 9 - Nov 18 1630 - 1930 hrs</p> <p>For lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 400 metre swim.</p> <p>**No class Sept. 30, Oct 14, Nov, 11</p>	<p>Military/Veterans: \$100.00 Defence Staff/Membre: \$130.00 Non-Members: \$160.00 Use Bronze Medallion Manual</p>
<p>National Lifeguard - Pool Must be 15 Years + Bronze Cross & Standard First Aid with CPR-C</p>	<p>Tuesdays from Sept 3 - Nov 12 1600 - 2000 hrs</p> <p>NLS is designed to develop an understanding of Lifeguard principles and skills, good judgement and a responsible attitude toward the role of Lifeguard. All participants are asked to bring a pen/pencil, paper, Alert manual, bathing suit and a towel.</p>	<p>Military/Veterans: \$150.00 Defence Staff/Membres: \$170.00 Non-Members: \$195.00 Manual: \$55.00</p>
<p>National Lifeguard - Pool Re-certification Must have NLS pool</p>	<p>Tuesday Nov 12 1600 - 2000 hrs</p> <p>For Situational Evaluations Core Skills will be evaluated separately at an agreed upon time, prior to the re-cert date</p>	<p>Military/Veterans: \$85.00 Members: \$85.00 Non-Members: \$85.00</p>

Aquatics Department Contact:

Penny Lecour

Aquatics Programmer

705-494-2011 ext. 2611 | Penny.Lecour@forces.gc.ca

AQUATICS

SWIM LEVEL STAGES AND THE SKILLS REQUIRED TO PASS

Shrimp

- Comfortable with water on face **A**
- Front float - chin in **A**
- Back float - ears in **P**
- Relaxed floats **A**
- Some arm movement (aids) **A**
- Kicking on front & back **A**

Jellyfish

- Sitting entry & return to edge **A P**
- Blow bubbles on & under water **A**
- Face fully submerged **A**
- Attempt to recover objects below surface with hands **A**
- Front float - face in **A**
- Back float **A**
- Kicking on front & back **A**

Sea Horse

- Jump into water & return to edge **A**
- Jump into water & float **P**
- Sitting entry, face fully submerged **A**
- Hold breath under water
- Attempt to recover object underwater with hands and face submerged
- Starfish floats front & back **A**
- Pencil floats front & back **A**
- Kicking on front & back

Alligator

- Jump into chest deep water **A**
- Face fully submerged
- Controlled exhalation underwater
- Relaxed floats front & back (3 sec) **A**
- Streamlined glides front & back (3m) **A**
- Swim - forwards, backwards, sideways **P**

Barracuda

- Jump into chest deep water & return to side **P**
- Entire body submerged
- Controlled exhalation underwater x3 with entire body underwater
- Relaxed floats front & back (3sec) **P**
- Streamlined glides front & back (3m) **P**
- Lateral rolls front-back & back-front **P**
- Flutter kick on back with aid

Clownfish

- Jump into deep water & return to side **P**
- Sideways entry **P**
- Hold breath underwater 3 sec. with entire body submerged
- Controlled exhalation underwater 5 times with entire body underwater
- With hands & face in water, recover object off bottom (waist deep)
- Back float, roll to front, and swim 3m
- 5s front & back floats
- 3m Streamlined glides, front & back
- Lateral rolls, front-back & back-front
- Flutter kick on back & front (5m each)

Dog Fish

- Jump into deep water & return to side
- Sideways entry **P**
- Tread water for 10s
- Open eyes under water
- With hands & face underwater, recover object from bottom (chest deep)
- Deep water: sideways entry, tread (15s), swim/kick (5m) **P**
- Glide on side (3m)
- Front crawl (5m) **P**
- Flutter kick: front (7m), back (7m), side (5m)

Eel

- Forward roll entry
- Tread water (10s)
- Submerge & hold breath (5s)
- With hands & feet off bottom, recover object off bottom (chest deep)
- Deep water: Sideways entry, tread (20s), swim/kick (10m)
- Vertical whip kick with aid (20s)
- Front crawl (5m)
- Back crawl (5m)



Swimmer 1

- Jump into chest deep water
- Jump into deep water **P**
- Tread water (30s) **P**
- Hold breath underwater, entire body submerged (5s)
- Controlled exhalation underwater x5 with entire body underwater
- Open eyes under water
- Float front & back (5s)
- Glides: side, front & back (3m each) **P**
- Front crawl (5m)
- Lateral rolls front-back, back-front
- Flutter kick on back & front (5m each)

Swimmer 2

- Jump into deep water & return
- Sideways entry (PFD) **P**
- Tread water (15s)
- With hands & face in water, recover object off bottom (chest deep)
- Jump into deep water, tread water (30s), swim/kick (15m) **P**
- Vertical whip kick with aid (30s)
- Flutter kick on back & side (10m each)
- Front crawl & back crawl (10m each)

Swimmer 3

- Kneeling dive
- Front roll entry
- Tread water (30s)
- Handstand - shallow
- Front somersault in water
- Jump into deep water - tread water (30s), swim/kick (25m)
- Whip kick on back (10m)
- Flutter kick on back (5); reverse direction & flutter kick on front (5m)
- Flutter kick on front (5m); reverse direction & flutter kick on back (5m)
- Front crawl & back crawl (15m each)

Swimmer 4

- Standing dive
- Tread water (1 min)
- Swim underwater (5m)
- Roll entry into deep water - tread (1 min), swim (50m)
- Whip kick on front (15m)
- Breaststroke arms drill with proper breathing (15m)
- Front crawl & back crawl (25m each)

Swimmer 5

- Shallow dive
- Cannonball
- Jump into deep water and tread (2 min)
- Stationary eggbeater kick (30 sec)
- Back somersault
- Roll entry into deep water - tread (90 sec), swim (75m)
- Breaststroke (25m)
- Front crawl & back crawl (50m each)
- Head-up front crawl (10m)

Swimmer 6

- Stride entry
- Compact jump
- Vertical legs only (45 sec)
- Swim underwater (10m) to recover object
- Eggbeater kick on back (15m)
- Scissor kick (15m)
- Breaststroke (50m)
- Front crawl & back crawl (100m each)
- Head-up swim (25m)

A Assisted

P With use of a PFD

Still unsure on what level to register your child?

Book a swim assessment NOW!

705-494-2011 Ext. 2611



AQUATICS

Swim Lesson Schedule

*Starts September 10

****NO LESSONS
OCTOBER 12 & 13
OR
OCTOBER 31**



Swim lesson levels	Tuesday Sept 10-Oct 29	Wednesday Sept 11 - Oct 30	Thursday Sept 12 - Nov 7	Saturday Sept 14 - Nov 9	Sunday Sept 15 - Nov 10
Parent & Tot		1630 - 1700		0900-0930	
Shrimp	1630 - 1700	1700 - 1730	1630-1700	0900-0930	0900-0930
Jellyfish	1700 - 1730	1730 - 1800	1700-1730	0930-1000	0930-1000
Sea Horse	1730 - 1800	1700-1800	1730-1800	1000-1030	1000-1030
Alligator	1800 - 1830	1630-1700	1800-1830	1030-1100	1030-1100
Barracuda		1730-1800	1730-1800	0930-1000	1030-100
Clown Fish		1800-1830	1700-1730	1000-1030	1100-1130
Dog Fish		1630-1700	1630-1700	1000-1030	1000-1030
Eel		1630-1700	1630-1700	1000-1030	1000-1030
Swimmer 1	1830-1900	1700-1730	1630-1700	0930-1000	0930-1000
Swimmer 2	1900-1930	1730-1800	1700-1730	0900-0930	0900-0930
Swimmer 3	1630-1715	1630-1715	1630-1715	0900-0945	0900-0945
Swimmer 4	1715-1800	1715-1800	1715-1800	0945-1030	0945-1030
Swimmer 5	1800-1845		1800-1845		1030-1115
Swimmer 6	1845-1930		1800-1845		1115-1200
Swimmer 7			1845-1930		
Private Lessons					

**THERE WILL BE NO REFUNDS OFFERED
FOR SWIMMING LESSONS.**

**ALL LESSONS AND TIMINGS ARE SUBJECT TO
CHANGE BASED ON REGISTRATION NUMBERS,
AND AVAILABILITY.**

AQUATICS

Swim Lesson Schedule

*Starts November 19th 2024



Swim lesson levels	Tuesday & Thursday Nov 19 - Dec 12	Saturday & Sunday Nov 23 - Dec 15
Parent & Tot	1630-1700	
Shrimp	1700-1730	0900-0930
Jellyfish	1730-1800	0930-1000
Sea Horse	1800-1830	1000-1030
Alligator	1830-1900	1030-1100
Barracuda	1900-1930	1100-1130
Clown Fish	1900-1930	1130-1200
Dog Fish	1900-1930	
Eel	1900-1930	
Swimmer 1	1800-1830	0900-0930
Swimmer 2	1830-1900	0930-1000
Swimmer 3	1630-1715	1000-1045
Swimmer 4	1630-1715	1045-1115
Swimmer 5	1515-1800	1130-1215
Swimmer 6	1515-1800	1115-1200
Private Lessons	Penny Lecour - Programmeur aquatique Penny.Lecour@forces.gc.ca 705-494-2011 ext 2611	

**THERE WILL BE NO REFUNDS OFFERED
FOR SWIMMING LESSONS.**

**ALL LESSONS AND TIMINGS ARE SUBJECT TO
CHANGE BASED ON REGISTRATION NUMBERS,
AND AVAILABILITY.**

SPORTS EQUIPMENT

Available for Active Members of the CAF & USAF
and Members of the Defence Team

Equipment available

Canoes
Kayaks* (1 or 2 person)
SUP Boards*

*Water rentals available until October 11 2024

Mountain Bikes**
Fat Bike**

SCAN TO ACCESS REQUEST FORM



Phone: 705-494-2011 Ext. 2290 or 2610
Email: 22Wingfacilities@gmail.com

*INCLUDES PADDLE(S), LIFEJACKET(S), AND BAIL KIT.

**INCLUDES HELMET.

NOTE: OUR STAFF CANNOT ASSIST WITH THE PLACING OF EQUIPMENT IN OR ON VEHICLES NOR THE
SECURING OF THE EQUIPMENT FOR TRANSPORT.

THERE MAY BE LIMITED QUANTITIES OF EQUIPMENT AVAILABLE.

Sports Store Hours:

Monday, Wednesday, Friday
1030-1200 hrs

**Please contact Erika Lewis at Ext. 2242
before coming by or for any other sport
equipment inquiries**

Alternate appointment times available by request.



INTERSECTION SPORTS

Active Military & DND members

INTERSECTION HOCKEY

See you on the ice! Participants compete on the ice for Hockey supremacy at PETE PALANGIO ARENA. All skill levels are welcome. Equipment is available through Sports Stores for those who need it. (Note: Skates/Helmets/Sticks are NOT available). Registration is required.



22 WING WOMEN IN SPORT



22 Wing Women In Sport Initiative

This initiative aims to promote women's leadership, to close the gap in investment in women's sport in the CAF and promote women's equal participation.

THE OBJECTIVES ARE TO:

- Optimize CAF Women's social, mental and physical health and wellness and the development of their core military competencies
- Holistically design programs to meet their psycho-social and physical needs to increase their participation and retention in sport and physical activity

BY SUPPORTING SPORT PARTICIPATION AMONGST WOMEN ACROSS B/W, THE CAFSO IS ENABLING OPPORTUNITIES FOR CAF MEMBERS TO LEVERAGE THE POWER OF SPORT.

THIS PROGRAM IS ABOUT:

- Reimagining how CAF women access sports
- Retaining CAF Women in sports
- Facilitating CAF women access, support, or funding they need to fully participate in sport and physical activity
- Reducing barriers to participation

EVENTS TO FOLLOW

For more information reach out to Marc Desroches, Sports & Facilities Coordinator, marc.desroches@forces.gc.ca



SPORTS PROGRAMS

22 Wing Sports Events - 2024/25

INTERESTED IN PARTICIPATING IN THE CAF SPORTS PROGRAM, AND REPRESENT THE 22 WING WHILE COMPETING AT CANADIAN ARMED FORCES ONTARIO REGIONAL SPORTS CHAMPIONSHIPS?

UPCOMING ONTARIO REGION CHAMPIONSHIPS AND TOURNAMENTS

Sport	Championship Dates	Championship location	Practices	22 Wing Team Contact
Men's Hockey	January 2025	Garrison Petawawa	TBD	Sgt Tyler Jansen tyler.jansen@forces.gc.ca Marc Desroches Marc.Desroches@forces.gc.ca
Women's Hockey	January 18-19 2025	CFB Borden	TBD	Marc Desroches Marc.Desroches@forces.gc.ca
Oldtimer's Hockey	January 2025	8 Wing Trenton	TBD	Darren Guitard darren.guitard@forces.gc.ca Marc Desroches marc.desroches@forces.gc.ca
Men's Volleyball	February 17-21 2025	CFB Kingston	TBD	Marc Desroches Marc.Desroches@forces.gc.ca
Women's Volleyball	February 17-21 2025	CFB Kingston	TBD	Marc Desroches Marc.Desroches@forces.gc.ca
Basketball	March 2025	Garrison Petawawa	TBD	MCpl Garrett Thompson garrett.thompson@forces.gc.ca Marc Desroches Marc.Desroches@forces.gc.ca

DATES AND LOCATIONS ARE SUBJECT TO CHANGE

HEALTH PROMOTION

STRENGTHENING THE ENERGISER LES FORCES

PSP Health Promotion staff envision a healthy, equitable, diverse, and operationally ready CAF where all members can thrive. We bring this vision to life by working collaboratively with the CAF community and other stakeholders to take action on the determinants of health.

We empower the organization, its communities, and individuals within it to address barriers to health and wellness. We undertake policy, structural, and environmental changes to support a healthy culture.

Our services are evidence-informed, and based on content and best practices developed by subject matter experts from Canadian Forces Health Services and the Sexual Misconduct Support and Resource Centre.

Health Promotion courses are available to all CAF members. Where space and resources permit, or where necessary to support the health of a CAF member, invitations to participate in certain aspects of the program may be extended to the immediate family of CAF members and other members of the Defence Team.

Health promotion activities

Health Promotion activities including, but not limited to:

- addictions awareness and prevention, including alcohol, other drugs, gambling and tobacco;
- injury prevention and promotion of active living;
- nutritional wellness, including healthy eating, performance nutrition and weight management;
- social wellness, including stress management, anger management, family violence awareness and prevention, healthy relationships, and mental fitness and suicide awareness; and
- promotion of healthy lifestyles.

HEALTH PROMOTION

FALL / WINTER COURSES 2024

Course	Serial	Date	Time
Essential Nutrition Course	002	4 Sessions: 20 September 27 September 4 October 11 October	1000-1200 hrs **Must complete all 4 sessions to receive a completion certificate.
Respect in the CAF	068	25 & 26 September 2 half-day format	0800-1130 hrs **Must complete both half days to receive a completion certificate and HRMS code.
Respect in the CAF	069	21 November Full-day format	0800-1600 hrs **Must complete the full day to receive a completion certificate and HRMS code.
Mental Fitness & Suicide Awareness	033	02 October Full-day format	0900-1600 hrs **Must complete the full day to receive a completion certificate and MITE code.
Mental Fitness & Suicide Awareness	034	04 & 05 December 2 half-day format	0900-1200 hrs **Must complete both half days to receive a completion certificate and MITE code.
STRESS: Take Charge!	022	4 Sessions: 30 October 06 November 13 November 20 November	1300-1500 hrs **Must complete all 4 sessions to receive a completion certificate and HRMS code.
Alcohol, Other Drugs, Gaming and Gambling Awareness	012	26 & 27 November 2 half-day format	0800-1200 hrs **Must complete both half days to receive a completion certificate and MITE code.

Free! Open to CAF members, civilian DND employees and CAF dependents 18+

Registration required please visit
<https://cfmws.ca/north-bay/upcoming-courses>
Course locations to be included in joining instructions.

Supervisors / CO: In order to provide the attendees with an open and welcoming environment, the WCWO has authorized appropriate civilian dress for the full day of course (Operations permitting). Members are allowed to take the course in civilian dress and will not have to change when going back to work in the afternoon.

For more information contact Trevor Monahan, Health Promotion Admin Assistant at trevor.monahan@forces.gc.ca or extension 2612.



HEALTH PROMOTION



STRENGTHENING THE
ÉNERGISER LES **FORCES**

Health Promotion



Lucas DeMarco

Manager

Health Promotion

(705) 494-2011 Ext # 2350



Trevor Monahan

Administrative Assistant

Health Promotion

(705) 494.2011 Ext # 2612

We are located inside the MCpl J.J.P. Legault

Fitness & Wellness Centre!

Room 107 (across from the Squash courts) or

Room 235 (next to the gym floor).



22 WING COMMUNITY

Recreation Clubs

Recreation Club	Club Details	Contact
Auto Hobby Club	<p>Oct 01 - May 31 Tuesday, Wednesday, and Thursday: 1800-2200 hrs Saturday: 0900-1700 hrs Sunday 1000-1400 hrs <i>Subject to volunteer steward availability, call ahead.</i></p> <p>A fully equipped self-service garage that provides the tools and facilities to clean, service, upgrade and repair vehicles of all types.</p>	<p>President: Maj Jason Gauthier</p> <p>Vice President: MCpl Troy Lebel</p> <p>Any Inquiries: 22wgautoclub@gmail.com</p>
Cottage Club	<p>Memberships from April 01 to March 31 of the following year Just 45 mins outside of North Bay Regular (Military) Off-season - \$95.00/ per night Ordinary (DND) Off Season - \$113.00/Per night <i>*Two-night minimum</i></p> <p>Regular (Military) Prime Time - \$665.00 Ordinary (DND) Prime Time - \$791.00 <i>*7 nights minimum</i></p>	<p>President: Maj Robert Christie Robert.Christie2@forces.gc.ca</p> <p>Bookings & General Inquiries: 22FitWellCenter@forces.gc.ca</p>
Movie Club	<p>Sundays at 1300 hr and Thursdays at 1745 hr The JPL Wing Theatre Free admission Popcorn - \$3.00/\$4.00 Drinks: \$1.25</p> <p>The Movie club is always looking for volunteers to assist with the club and its operations. For more information on the movie club please contact Capt. Dargus.</p>	<p>President: Capt Jonathan Dargus Jonathan.Dargus@forces.gc.ca</p>
Shooting Club	<p>Wednesday nights, and Sunday afternoons 1800-2100 hrs, 1300-1600 hrs <i>If shop stewards are available</i></p> <p>Annual Membership Dues Regular (Military) - \$30.00 Ordinary (DND) - \$35.00 Associates (Civilians) - \$40.00</p>	<p>President: MCpl Johnathon Thrasher Johnathon.Thrasher@forces.gc.ca</p> <p>Vice President: Mr. Ken Bovair Ken.Bovair@forces.gc.ca</p>

Interested in volunteering for one of our clubs?

Contact: 22FitWellCenter@forces.gc.ca



22 WING COMMUNITY

Recreation Clubs

Recreation Club	Club Details	Contact
Silver Fox Softball	The Silver Foxes are a 22 Wing Fastball Club who is always seeking players to come out and join the team. Recruiting for the spring/summer usually commences in the late winter months but we are always looking to hear from interested participants.	<p>President: MWO Darren Guitard Darren.Guitard@forces.gc.ca</p> <p>Vice President: WO Terry Gibbins Terry.Gibbins@forces.gc.ca</p>
Water Sports and Recreation Club	<p>General Fees: Regular (Military) - \$20.00 (Full Season) - \$10.00 (Half season) Ordinary (DND) - \$30.00 (Full Season)</p> <p>Boat Slip fees Regular (Military) - \$400.00 (Full Season) - \$200.00 (Half season) Ordinary (DND) - \$500.00 (Full Season) Associates (Civilians) - \$700.00 (Full Season)</p>	<p>President: WO Scott McNicol Scott.McNicol@forces.gc.ca</p> <p>Secretary: MCpl Kyle Dorricott Kyle.Dorricott@forces.gc.ca</p>
Wood Hobby Club	<p>Membership Dues (12 Months) Regular (Military) - \$100.00 Associates (Civilians) - \$145.00</p> <p>Membership Dues (6 Months) Regular (Military) - \$50.00 Associates (Civilians) - \$75.00</p> <p>*All new members are to undergo Safety Orientation to have their names added to the key access list.</p>	<p>President: Capt Mark Emmerson Mark.Emmerson@forces.gc.ca</p> <p>Vice-President: Mr. Gary Toms</p>



Visit our CFMWS website for more club information
<https://cfmws.ca/sport-fitness-rec/clubs/local-clubs>

Interested in volunteering for one of our clubs?

Contact: 22FitWellCenter@forces.gc.ca



22 WING COMMUNITY



Canadian Forces Museum
of Aerospace Defence

Musée de la défense aérospatiale
des Forces canadiennes

Family
Info Line
1-800-866-4546



NORTH BAY

MFRC
CRFM

DE NORTH BAY



FINANCIÈRE
SISIP
FINANCIAL



CANEX

National Défense nationale

CANADIAN ARMED FORCES
FORCES ARMÉES CANADIENNES

Your voice
towards inclusion
#bettertogether

Votre voix
vers l'inclusion
#ensemblestmieux

Defence Team Pride Advisory Organization (DTPAO)
Organisation consultative de la Fierté de l'Équipe de la Défense (OCFÉD)

To know more about us/Pour en savoir plus sur nous :

email/courriel :
LGBTQ2DTPN@national-
LGBTQ2BEFD@national-
@forces.gc.ca

22 Wing DTPAO / OCFÉD
Co-Chairs / co-présidents
MCpl CE Thurston (OR) - Ext 2319

website/site web :
<http://comp-som.mil.ca/fr/soutien/suite-emploi/organisation-consultative-de-la-fierté-de-l'équipe-de-défense.page>

OCMA-31128-BVY

Canada

CANADIAN
MILITARY

Wives Choirs
NORTH BAY

Chorales des Épouses
MILITAIRES
CANADIENNES

Membership is open to any wife, fiancée or female cohabitating partner of a currently serving military member and all serving female members. This includes any of these individuals whose military connection has ended within the past 2 years.



Practices are every Monday night in the base Chapel from 7 - 9pm



More information can be found at www.canadianmilitarywiveschoirs.com or by contacting Rosanna Matheson at canadianmwc.northbay@gmail.com