



CAF FAMILY HOLIDAY PASSES

December 16th to January 6th, CAF members and their dependents will be able to bring their visiting family members to the facility by showing their NDI 20 or CF one card to get a temporary holiday pass. Take a family time out and come enjoy the facility!

FITNESS & SPORTS

Sport stores will be closed from December 19th to January 2nd. The last FORCE evaluation session of the year will take place on December 19th at 0900HRS.



JOLLY DAYS Movie Marathon Presents



Monday 16 - Santa Clause

Tuesday Dec 17- Santa Clause 2

Wednesday Dec 18- Santa Clause 3

Held in the theater at the MCpl J.J.P Legault Fitness & wellness Centre, 1800HRS



Winter Brochure now available



Holiday Swim Schedule

	Dec 23	Dec 24	Dec 25/26	Dec 27	Dec 28/29
Lane Swim	1130-1300 HRS	1130-1300 HRS	Closed	1130-1300 HRS	1230-1330 HRS
Public Swim	1830-1930 HRS		Closed		1345-1500 HRS
	Dec 30	Dec 31	Jan 2	Jan 3	Jan 4/5
Lane Swim	1130-1300 HRS	1130-1300 HRS	1130-1300 HRS	1130-1300 HRS	1230-1330 HRS
Public Swim	1830-1930 HRS		1315-1530 HRS		1345-1500 HRS

There is no military lane swim Tuesdays and Thursdays at 0700-0800HRS from Dec 16th - Jan 6th



POOL WILL BE CLOSED FOR SEASONAL MAINTENANCE FROM JAN 6TH-19TH



MCPL J.J.P.LEGAULT FITNESS & WELLNESS CENTRE

2024 | 2025

Holiday Brochure

HOURS OF OPERATION

Dec. 16-20	0700-2100HRS
Dec. 21-22	0800-1600HRS
Dec. 23	0700-2100HRS
Dec. 24	0700-1600HRS
Dec. 25-26	CLOSED
Dec. 27	0700-2100HRS
Dec 28-29	0800-1600HRS
Dec. 30	0700-2100HRS
Dec. 31	0700-1600HRS
Jan. 1	CLOSED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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RESTRICTED TIMES IN THE WEIGHT AND CARDIO ROOM HAVE BEEN WAIVED FOR MEMBERSHIP HOLDERS FROM DECEMBER 16-31.

OPEN GYMNASIUM TIMES IN RED FONT ARE APPLICABLE TO MILITARY MEMBERS AND MEMBERSHIP HOLDERS ONLY.

DROP-IN PASSES ARE AVAILABLE FOR THE GENERAL PUBLIC AFTER 1600 HRS FROM MONDAY - FRIDAY AND ALL DAY ON WEEKENDS.

<p>1</p> <p>Open Gymnasium 0800-1800 HRS</p>	<p>2</p> <p>Open Gymnasium 0900-1130 HRS 1300-1400 HRS 1800-2045 HRS</p> <p>Strength & Conditioning 1200-1245 HRS</p> <p>Military Volleyball 1800-2045 HRS</p>	<p>3</p> <p>Open Gymnasium 1300-1400 HRS</p> <p>HIIT 1200-1230 HRS</p> <p>Spin 1730-1815 HRS</p> <p>Military Basketball 1600-1745 HRS</p> <p>Rec Night 1800-2000 HRS</p>	<p>4</p> <p>Open Gymnasium 0930-1130 HRS 1300-1400 HRS</p> <p>Yoga 1200-1245 HRS</p> <p>Military Volleyball 1600-1745 HRS</p> <p>Racquet Night 1800-2045 HRS</p>	<p>5</p> <p>Open Gymnasium 1300-1400 HRS 2000-2045 HRS</p> <p>HIIT 1200-1230 HRS</p> <p>Military Basketball 1600-1745 HRS</p> <p>Birthday Party 1800-2000 HRS</p>	<p>6</p> <p>CAF Sports Day 0800-1430 HRS</p> <p>Open Gymnasium 1600-2045 HRS</p>	<p>7</p> <p>Gym Booking 0800-1300HRS</p> <p>Birthday Party 1300-1500 HRS</p> <p>Open Gym 1500-1800HRS</p>
<p>8</p> <p>Open Gymnasium 0800-1245 HRS 1500-1800 HRS</p> <p>Birthday Party 1300-1500</p>	<p>9</p> <p>Open Gymnasium 0900-1130 HRS 1300-1600 HRS 1600-1800 HRS</p> <p>Strength & Conditioning 1200-1245 HRS</p> <p>Military Volleyball 1800-2045 HRS</p>	<p>10</p> <p>Open Gymnasium 1300-1600 HRS</p> <p>HIIT 1200-1230 HRS</p> <p>Spin 1730-1815 HRS</p> <p>Military Basketball 1600-1745 HRS</p> <p>Rec Night 1800-2000 HRS</p>	<p>11</p> <p>Open Gymnasium 0930-1130 HRS 1300-1600 HRS</p> <p>Yoga 1200-1245 HRS</p> <p>Military Volleyball 1600-1745 HRS</p> <p>Racquet Night 1800-2045 HRS</p>	<p>12</p> <p>Open Gymnasium 1300-1600 HRS 2000-2045 HRS</p> <p>HIIT 1200-1230 HRS</p> <p>Military Basketball 1600-1745 HRS</p> <p>Birthday Party 1800-2000 HRS</p>	<p>13</p> <p>Open Gymnasium 0900-1130 HRS 1300-1600 HRS 1600-2045 HRS</p> <p>FORCE Prep. 1200-1245 HRS</p>	<p>14</p> <p>Open Gymnasium 0800-1245 HRS 1500-1800 HRS</p> <p>Birthday Party 1300-1500 HRS</p>
<p>15</p> <p>Open Gymnasium 0800-1245 HRS</p> <p>Birthday Party 1300-1730HRS</p>	<p>16</p> <p>Open Gymnasium 0700-1600 HRS 1600-1745 HRS</p> <p>Military Volleyball 1800-2045 HRS</p>	<p>17</p> <p>Open Gymnasium 0700-1000 HRS 1000-2045 HRS</p>	<p>18</p> <p>Open Gymnasium 0700-1600 HRS 1800-2045HRS</p> <p>Military Volleyball 1600-1745 HRS</p>	<p>19</p> <p>Open Gymnasium 0700-1600 HRS 1600-2045 HRS</p>	<p>20</p> <p>Open Gymnasium 0700-1600 HRS 1600-2045 HRS</p>	<p>21</p> <p>Open Gymnasium 0800-1245 HRS 1500-1545 HRS</p> <p>Birthday Party 1300-1500 HRS</p>
<p>22</p> <p>Open Gymnasium 0800-1600 HRS</p>	<p>23</p> <p>Open Gymnasium 0700-1600 HRS 1600-2045 HRS</p>	<p>24</p> <p>Open Gymnasium 0700-1600 HRS</p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Open Gymnasium 0700-1600 HRS 1600-2045 HRS</p>	<p>28</p> <p>Open Gymnasium 0800-1600 HRS</p>
<p>29</p> <p>Open Gymnasium 0800-1600 HRS</p>	<p>30</p> <p>Open Gymnasium 0700-1600 HRS 1600-2045 HRS</p>	<p>31</p> <p>Open Gymnasium 0700-1600 HRS</p>	<p>1</p> <p>CLOSED</p>	<p>2</p> <p>Open Gymnasium 0700-1600 HRS 1600-2045 HRS</p>	<p>3</p> <p>Open Gymnasium 0900-1130 HRS 1300-1600 HRS 1600-2045 HRS</p> <p>FORCE Prep. 1200-1245 HRS</p>	<p>4</p> <p>Open Gymnasium 0800-1800 HRS</p>