




# SPRING 2024

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

 29 Duxford Rd., Hornell Heights

 (705) 494-2011 ext. 2610

 [cfmws.ca/north-bay](https://cfmws.ca/north-bay)

**REGISTRATION DATES:**

*Military/Veterans: April 09, 2024*

*DND/Facility Members: April 16, 2024*

*Non-Members; April 17, 2024*

**Registration opens at 0900HRS**



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

**NEW**



**Scan the QR code to access the  
facility's free Wi-Fi Network; DND-  
B23 Gym-Guest**

# 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. 2462

### Jesse Wilson - Fitness & Sports Instructor

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.



# FACILITY HOURS

## General Information

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

### FACILITY CLOSURES/REDUCED HOURS

Good Friday - March 29th: Closed

Easter Sunday - March 31st: Closed

Easter Monday - April 1st: 0800-1800 hrs

Victoria Day - May 20th: 0800-1800 hrs

### 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.**

## DROP - INS

The facility is open to non-members after 1600 hrs Monday-Friday & 0800-1800 hrs Saturday-Sunday.

**Ages 0-12: \$6.00**

**Ages 13+: \$12.00**

### **Age Restrictions for the Facility**

Children under the age of 11 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 Introduction to Weight & Cardio Course. Children under the age of 16 are not permitted unsupervised in the sauna.

### **Guests on a Military Base**

All members and guests are expected to cooperate during emergency procedures, exercises, and real world scenarios.

# 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.

# NEW!

# MEMBERSHIP PRICES



New membership packages will be available as of April 15th, 2024

Dear Valued Members,

We wanted to inform you that there will be a membership price increase effective April 15, 2024. This decision was made after careful consideration and evaluation of various factors affecting our business operations.

We understand that any change in pricing may affect our members, and we want to assure you that we remain committed to providing you with high-quality services and exceptional customer support.

We appreciate your understanding and continued support; should you have any questions or concerns regarding the price increase, please do not hesitate to reach out to [NorthBayPSPrec@gmail.com](mailto:NorthBayPSPrec@gmail.com).

Thank you for being a valued member of our community.

Regular Members	1 Month	3 Month	6 Month	12 Month
<b>Single - Dependent Youth (0-12 years)</b> 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
<b>Single - Dependent Adult (13+)</b> CF Members, Veterans, and their dependents. USAF Members and their dependents. Serving Members of the 22 Wing Band.	\$6.50	\$19.50	\$39.25	\$78.75
<b>Family - Dependents</b> Dependents of CF Members, USAF Members and Veterans. Serving Members of the 22 Wing Band.	\$10.75	\$32.00	\$64.00	\$128.25

<b>Military Pay Allotments - Active Regular Members</b> Available to active Regular Force Military Members who wish to have payroll deductions for their membership fees.	<b>Single Dependent (Adult 13+):</b> \$6.50/month <b>Single Dependent (Youth 0-12):</b> \$4.50/month <b>Family Dependents:</b> \$10.75/month
--	--

## Guests of 22 Wing North Bay

*All members and guests are expected to participate during emergency procedure exercises and real world scenarios.*

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

# NEW!

# MEMBERSHIP PRICES



New membership packages will be available as of April 15th, 2024

Ordinary Members	1 Month	3 Month	6 Month	12 Month
<b>Single Youth (0-12 years)</b> 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
<b>Single Adult (13+)</b> 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.	\$31.50	\$92.75	\$180.25	\$292.00
<b>Family</b> 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

Associate Members	1 Month	3 Month	6 Month	12 Month
<b>Single Youth (0-12 years)</b> Members of the general public ages 0-12 years.	\$32.00	\$94.25	\$182.75	\$307.25
<b>Single Student</b> Members of the general public who are 13 years or older with a valid ID or a Post-secondary student with valid ID.	\$49.25	\$145.25	\$282.25	\$379.80
<b>Single Adult (13+)</b> Members of the general public and civilian service personnel.	\$59.25	\$173.75	\$337.50	\$522.60
<b>Single Senior (55+)</b> Members of the general public and civilian personnel who are 55 years or older.	\$49.50	\$145.25	\$282.25	\$379.80
<b>Family</b> 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

## Guests of 22 Wing North Bay

**All members and guests are expected to participate during emergency procedure exercises and real world scenarios.**

**Military Restricted Times:  
Monday-Friday 0600-0900 hrs  
Weight and Cardio Room Only:  
Monday-Friday 1200-1400 hrs**





# Spring Pool Schedule

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

### FACILITY CLOSURE/REDUCED HOURS:

GOOD FRIDAY - MARCH 29TH: CLOSED  
 EASTER SUNDAY - MARCH 31ST: CLOSED  
 EASTER MONDAY - APRIL 1ST: 0800-1800 HRS  
 VICTORIA DAY - MAY 20TH: 0800-1800 HRS

## DROP-IN FEES

\*\*DROP-INS ARE ONLY WELCOME FOR PROGRAMS AFTER 1600 HRS MONDAY-FRIDAY OR FROM 0800-1800 HRS SATURDAY-SUNDAY.

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

### **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.

# AQUATICS

**\*\*NO LESSONS  
MONDAY MAY 20, 2024**



Activity	Course Dates & Description	Fees
<p><b>Aquafit</b></p>	<p><b>0930-1030 hrs &amp; 1030-1130 hrs Monday, Wednesday &amp; Friday, April 29 - June 21</b></p>	<p>Military/Veterans: \$100.00 Defence Staff/Associates/Seniors: \$125.00 Non-Members: \$150.00 Drop-Ins: \$12.00 <b>Please note that a \$12.00 drop-in fee may be purchased to attend this class</b></p>
<p><b>Swimming Lessons</b> Ages 0-6</p>	<p><b>*See Schedule Below</b> 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 &amp; Tot, Shrimp, Jellyfish, Sea Horse, Alligator, Barracuda, Clownfish, Dogfish, Eel</p>	<p>Military/Veterans: \$60.00 Defense Staff/Associates: \$70.00 Non-Members: \$85.00</p>
<p><b>Swimming Lessons</b> Ages 6+</p>	<p><b>*See Schedule Below</b> 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. <b>Note: Swimmer 3 and above are 45-minute classes</b></p>	<p><b>Swimmer 1 &amp; 2</b> Military/Veterans: \$60.00 Defense Staff/Associates: \$70.00 Non-Members: \$85.00  <b>Swimmer 3, 4, 5, and 6</b> Military/Veterans: \$65.00 Defense Staff/Associates: \$75.00 Non-Members: \$90.00</p>
<p><b>Private Lessons</b></p>	<p>Subject to availability - please ask about our waiting list</p>	<p>Military/Veterans: \$150.00 Defense Staff/Associates: \$180.00 Non-Members: \$200.00</p>
<p><b>Swim Instructors</b> Must be 15 years &amp; and have Bronze Cross</p>	<p>They will acquire proven teaching methods, evaluating skills and a variety of stroke development drills and correction techniques.</p>	<p>Military/Veterans: \$150.00 Defence Staff/Associates: \$170.00 Non-Members: \$195.00 <b>Manual: \$70.00</b></p>
<p><b>Bronze Star</b></p>	<p><b>Mondays from April 22 - June 17, 1630-1730 hrs</b> They will learn CPR and develop life saving skills.</p>	<p>Military/Veterans: \$150.00 Defense Staff/Associates: \$170.00 Non-Members: \$195.00</p>
<p><b>Bronze Medallion</b> Must be 13 years of age</p>	<p><b>Mondays from April 22 - June 17, 1630-1730 hrs</b> 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>Military/Veterans: \$80.00 Defence Staff/Associates: \$105.00 Non-Members: \$135.00 <b>Manual: \$55.00</b></p>

**Aquatics Department Contact:**

**Penny Lecour**

**Aquatics Programmer**

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

# AQUATICS

**\*\*NO LESSONS  
MONDAY MAY 20, 2024**



Activity	Course Dates & Description	Fees
<p><b>Bronze Cross</b> Must have Bronze Medallion</p>	<p><b>Mondays from April 22 - June 17, 1630-1930 hrs</b> 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>Military/Veterans: \$100.00 Defence Staff/Associates: \$130.00 Non-Members: \$160.00 <b>Use Bronze Medallion Manual</b></p>
<p><b>National Lifeguard - Pool</b> Must be 15 Years + Bronze Cross &amp; Standard First Aid with CPR-C</p>	<p><b>Mondays from April 22 - June 17, 1630-2000 hrs</b> 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/Associates: \$170.00 Non-Members: \$195.00 <b>Manual: \$55.00</b></p>
<p><b>National Lifeguard - Pool Re-certification</b> Must have NLS pool</p>	<p><b>Inquire within</b> 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 Facility Members: \$85.00 Non-Members: \$85.00</p>
<p><b>National Lifeguard - Waterfront</b> Must have NLS pool</p>	<p><b>Friday, May 31, June 7, and June 14, 1600-2000 - JLP Pool Saturday, June 15 &amp; Sunday June 16, 1100-1600 - Birchaven Beach (Cove)</b> This Course is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The National Lifeguard Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in waterfront environments. All participants are asked to bring a pen/pencil, paper, Alert manual, bathing suit, a towel, mask and snorkel.</p>	<p>Military/Veterans: \$150.00 Defense Staff/Associates: \$170.00 Non-Members: \$195.00</p>
<p><b>National Lifeguard - Waterfront Re-certification</b></p>	<p><b>June 15 at Birchaven Beach 1100-1600 hrs</b> For Situational Evaluations Core Skills will be evaluated separately at an agreed upon time, prior to the re-cert date. All participants are asked to bring a pen/pencil, paper, Alert manual, bathing suit, a towel, mask and snorkel.</p>	<p>Military/Veterans: \$85.00 Facility Members: \$85.00 Non-Members: \$85.00</p>
<p><b>Standard First Aid &amp; CPR-C</b></p>	<p><b>Inquire within</b> All Participants are asked to bring a pen/pencil, paper and their manual. Wear comfortable clothes and note that there will be simulations where fake blood is used.</p>	<p>Military/Veterans: \$90.00 Defence Staff/Associates: \$126.00 Non-Members: \$160.00 <b>Manual: \$20.00</b></p>
<p><b>Standard First Aid &amp; CPR-C Re-certification</b></p>	<p>All Participants are asked to bring a pen/pencil, paper and their manual. Wear comfortable clothes and note that there will be simulations where fake blood is used.</p>	<p>Military/Veterans: \$75.00 Facility Members: \$75.00 Non-Members: \$75.00</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
- Front float - chin in
- Back float - ears in
- Relaxed floats
- Some arm movement (aids)
- Kicking on front & back

A  
A  
P  
A

### Jellyfish

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

A P  
A  
A  
A

### Sea Horse

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

A  
P  
A  
A  
A  
A  
A

### Alligator

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

A  
A  
A  
P

### Barracuda

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

P  
P  
P  
P

### Clownfish

- Jump into deep water & return to side
- Sideways entry
- 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)

P  
P

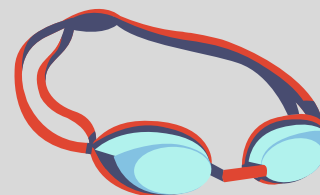
### Dog Fish

- Jump into deep water & return to side
- Sideways entry
- 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)
- Glide on side (3m)
- Front crawl (5m)
- Flutter kick: front (7m), back (7m), side (5m)

P  
P  
P

### 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
- Tread water (30s)
- 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)
- Front crawl (5m)
- Lateral rolls front-back, back-front
- Flutter kick on back & front (5m each)

P  
P  
P

### Swimmer 2

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

P  
P

### 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

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



PLEASE NOTE: THERE WILL BE NO REFUNDS OFFERED FOR SWIMMING LESSONS

Swim Lesson Level	Tuesday Apr 30 - Jun 18	Wednesday May 01 - Jun 19	Thursday May 02 - Jun 20	Saturday Apr 27 - Jun 22	Sunday Apr 28 - Jun 23
Parent & Tot	1630-1700 hrs			0900-0930 hrs	
Shrimp	1630-1700 hrs	1800-1830 hrs	1700-1730 hrs	0930-1000 hrs	0900-0930 hrs
Jellyfish	1700-1730 hrs	1730-1800 hrs	1730-1800 hrs	0930-1000 hrs	0930-1000 hrs
Sea Horse	1730-1800 hrs	1700-1730 hrs	1800-1830 hrs	1000-1030 hrs	1000-1030 hrs
Alligator	1800 - 1830 hrs	1630-1700 hrs	1630-1700 hrs	1000-1030 hrs	1030-1100 hrs
Barracuda	1800-1830 hrs	1700-1730 hrs	1630-1700 hrs	1030-1100 hrs	1100-1130 hrs
Clown Fish	1700-1730 hrs		1730-1800 hrs	1030-1100 hrs	1030-1100 hrs
Dog Fish	1730-1800 hrs		1800-1830 hrs	1030-1100 hrs	1000-1030 hrs
Eel	1730-1800 hrs		1800-1830 hrs	1030-1100 hrs	1000-1030 hrs
Swimmer 1	1700-1730 hrs	1730-1800 hrs	1630-1700 hrs	1000-1030 hrs	0930-1000 hrs
Swimmer 2	1730-1800 hrs	1800-1830 hrs	1700-1730 hrs	0930-1000hrs	0900-0930 hrs
Swimmer 3	1630-1715 hrs		1800-1845 hrs	0900-0945 hrs	
Swimmer 4	1715-1800 hrs		1845-1930 hrs	0945-1030 hrs	
Swimmer 5	1800-1845 hrs		1630-1715 hrs	1030-1115 hrs	
Swimmer 6	1845-1930 hrs		1715-1800 hrs	1115-1200 hrs	

**Penny Lecour**  
Aquatics Programmer

**705-494-2011 EXT. 2611**  
**PENNY.LECOUR@FORCES.GC.CA**

# RECREATION PROGRAMS



## Youth

<p><b>Youth Rockwall</b> Ages 6-12 years</p>	<p><b>Tuesdays 1800-1930 hrs</b></p> <p>Get ready to scale new heights with our indoor rock climbing program. Under the guidance of experienced instructors, kids will learn essential climbing techniques and safety skills in a supportive and engaging environment. Whether they're beginners or budding climbers, this program offers an exciting opportunity for young adventurers to challenge themselves and build confidence while having fun!</p> <p><b>Starts April 23</b></p>	<p>Military/Veterans: \$9.00 Defence Staff/Associates: \$13.00 Non-Members: \$16.00</p> <p><b>Price per class</b></p>
<p><b>Kids Night Out</b> Ages 6-13 years</p>	<p><b>April 26, May 31 and June 28 1730-2030 hrs</b></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>

## Teens & Adults

<p><b>Intro to Weight &amp; Cardio</b> Ages 13+ years</p>	<p><b>Please contact the Front Desk to be added to a Waitlist</b></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><b>Teen/Adult Rockwall</b> Ages 13+ years</p>	<p><b>Tuesday 1930-2030 hrs</b></p> <p>Embark on an adventure with our indoor rock wall session for teens and adults! Whether you're a novice climber or seasoned enthusiast, our expert instructors will help you through thrilling ascents, fostering confidence and camaraderie as you conquer new heights.</p> <p><b>Starts April 23</b></p>	<p>Military/Veterans: \$9.00 Defence Staff/Associates: \$13.00 Non-Members: \$16.00</p> <p><b>Price per class</b></p>
<p><b>Spin</b></p>	<p><b>Tuesdays 1730-1815 hrs</b></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>Membership Holder: Free Non-Member: \$12.00</p>
<p><b>First Aid</b></p>	<p><b>Saturday May 25th, 0900-1700 hrs</b></p> <p>Enroll in the Canadian Red Cross Standard First Aid course to gain vital skills in emergency response and life-saving techniques. Led by certified instructors, this comprehensive program covers essential first aid principles, including CPR, AED usage, wound care, and more, equipping participants with the confidence and capability to respond effectively in various medical emergencies. Prepare yourself to be a crucial link in the chain of survival and make a difference in your community with this nationally recognized certification.</p>	<p>Military/Veterans: \$80.00 Defence Staff/Associates: \$105.00 Non-Members: \$120.00</p>

# RECREATION PROGRAMS

## Summer Camp

# KIDS SUMMER CAMP



Join us for an unforgettable summer camp experience packed with excitement and adventure! Our camp offers a wide range of activities to keep you entertained all summer long. Challenge yourself on our indoor rock-climbing wall, test your skills in thrilling games, and cool off with dips in the pool. Excursions to the park, soccer field, baseball diamond and the 22 Wing Aerospace Museum. Don't miss out on the ultimate summer camp experience! For youth aged 6 - 12 years old.

**Monday to Friday 0800 - 1600 HRS**

July 8 - July 12  
July 15 - July 19  
July 22 - July 26

July 29 - August 2  
August 12 - August 16  
August 19 - August 23  
August 26 - August 30

Before and after care available for \$3.00/session.  
Before camp from 07:30 - 08:00 HRS and after camp from  
16:00 - 16:30 HRS.

Military/Veterans: \$200/week  
Defence Staff/Associates: \$235/week  
Non-Members: \$270/week



# 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).**

**Partiers 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.**

<b>OPTION #1 Rockwall</b>	<b>OPTION #2 Gym Party (Nerf option available)</b>	<b>OPTION #3 Pool Party</b>
Military/Veterans: \$250.00 Defence Staff/Associates: \$280.00 Non-Members: \$315.00	Military/Veterans: \$140.00 Defence Staff/Associates: \$175.00 Non-Members: \$205.00 *Additional \$75 for Nerf Party	Military/Veterans: \$140.00 Defence Staff/Associates: \$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





# GYMNASIUM FLOOR SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<b><u>Military &amp; Members</u></b>	0900-1130 hrs 1300-1400 hrs	1300-1400 hrs	0900-1130 hrs 1300-1400 hrs	1300-1400 hrs	0900-1130 hrs 1300-1400 hrs	
<b><u>All Participants</u></b>	1630-1830 hrs <i>Half Gym</i> 1800 - 2045 hrs	1600-1745 hrs <i>Half Gym</i> 1930-2045 hrs <i>Half Gym</i>	1930 - 2045 hrs	1630-1745 hrs 1945 - 2045 hrs	1600-2045 hrs <i>*Kids Night Out may affect these hours</i>	<b>Saturday</b> 0800-1745 hrs <b>Sunday</b> 0800-1745 hrs <i>Parties may affect Sunday times</i>
<b><u>Military PT</u></b>	1400-1500 hrs	1400-1600 hrs	1400-1600 hrs	1400-1500 hrs		
<b><u>22 Wing Military Sports</u></b>	Military Sports 1500-1630 <i>*Ball Hockey</i>  Military Sports 1830-2000 hrs <i>*Soccer</i>			Military Sports 1500-1630 <i>*Ball Hockey</i>		
<b><u>Programs</u></b>		Spin 1730-1815 hrs  Rockwall 1800-2030 hrs				<b>**Sundays</b> Parties 1200-1600

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.

### FACILITY CLOSURES/REDUCED HOURS:

Good Friday, March 29th , 2024 - Closed  
Easter Sunday, March 31st , 2024 - Closed  
Easter Monday, April 1st, 2024 - 0800-1800 hrs  
Victoria Day, May 20th 2024 - 0800-1800 hrs



# FITNESS

## Class Information

Class	Description & Details
<b>Strength &amp; Conditioning</b> 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!
<b>Yoga</b> 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.
<b>FORCE Prep</b> 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.
<b>HITT</b> Tuesday & Thursday 1200-1245 hrs	High Interval Tactical Training. Short on time, high on goals? Come out for HITT - This class aims to give you a great workout in a short period of time. No fuss, no muss!

## Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Strength &amp; Conditioning</b> 1200-1245 hrs	<b>HITT</b> 1200-1245 hrs  <b>Spin</b> 1730-1815 hrs	<b>Yoga</b> 1200-1245 hrs	<b>HITT</b> 1200-1230 hrs	<b>FORCE Prep</b> 1200-1245 hrs

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

Drop-Ins for non-members are available after 1600 hrs, Monday-Friday and 0800-1800 hrs on weekends.



# FITNESS

CAF & USAF Members

## Military Unit PT & FORCE Schedule

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

## FORCE Test

The Fitness for Operational Requirements of Canadian Armed Forces Employment (FORCE) Evaluation reflects the minimum physical employment standard related to common defence and security duties known as the Universality of Service principle.

### 4 Components of the FORCE Evaluation

CAF members are tested annually to demonstrate their capabilities in four FORCE components.

- **20-metre rushes** - Starting from the prone position, complete two shuttle sprints (1 shuttle = 20 m there, 20 m back) dropping to the prone position every 10 m for a total of 80 m. To be completed in 51 seconds or less.
- **Sandbag lift** - 30 consecutive lifts of a 20 kg sandbag from the floor above a height of 1.0 m. The member alternates between left and right sandbags separated by 1.25 m. To be completed in 3 minutes and 30 seconds or less.
- **Intermittent loaded shuttles** - 10 consecutive shuttles (1 shuttle = 20 m there, 20 m back), alternating between loaded shuttles with a 20 kg sandbag and unloaded shuttles, totaling 400 m. To be completed in 5 minutes and 21 seconds or less.
- **Sandbag drag** - Carry one 20 kg sandbag and pull a minimum of four on the floor over 20 m without stopping. Number of sandbags being dragged depends on the type of floor.

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

Alternative days  
can be  
accommodated if  
needed



# FITNESS

CAF & USAF Members

---

## Powerlifting

The PSP fitness staff along with help from a few military members are continuing their feat of strength, discipline, and passion for powerlifting.

Powerlifting consists of 3 main lifts:

- Squat
- Bench press
- Deadlift

The goal is to earn a total of 500, 750, or 1000lbs between the 3 lifts, with the potential to compete in the future. Our intent at 22 Wing is to welcome new or seasoned lifters who are passionate about fitness and give them the opportunity to be coached on these lifts.

The Guardian Powerlifting members will also get a program to follow, time slots to train in the functional fitness room, and coaching from PSP.

As we are working on the logistics, we kindly ask those who are interested to please reach out to Jesse Wilson from the fitness department at PSP to register and seek more info. You can contact him at [Jesse.wilson2@forces.gc.ca](mailto:Jesse.wilson2@forces.gc.ca)



**22 WING NORTH BAY**



**FRIDAY, 31 MAY 2024**

**22 WING COMMANDER/**

**RCAF CENTENNIAL RUN & WALK**

OPEN TO THE CAF COMMUNITY AND GENERAL PUBLIC

**5k**

**10k**



 **RCAF/COURSE**  
**RUN DE L'ARC**

# SPORTS EQUIPMENT RENTALS

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

## Spring Equipment Rentals

Canoes  
Kayaks\* (1 or 2 person)  
SUP Boards\*  
Mountain Bikes\*\*  
Fat Bike\*\*

\*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.

TO ARRANGE YOUR RENTAL VISIT: [CFMWS.CA/NORTH-BAY/BOOKINGS-AND-RENTALS](http://CFMWS.CA/NORTH-BAY/BOOKINGS-AND-RENTALS)

### Sports Store Hours:

Monday, Wednesday, Friday  
1030-1200 hrs

*Alternate appointment times  
available by request.*

Contact: 705-494-2011 ext. 2240



# 22 WING WOMEN IN SPORTS



## 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

### 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

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

### \*EVENTS TO FOLLOW

For more information reach out to Marc Desroches, Sports & Facilities Coordinator, [marc.desroches@forces.gc.ca](mailto:marc.desroches@forces.gc.ca)



# SPORTS PROGRAMS

## 22 Wing Sports Events - 2024

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
Ball Hockey	TBD (June)	TBD	Thursday 1500-1630 hrs JPL Fitness Centre Gym	<u>Jason Leslie</u> <a href="mailto:Jason.Leslie@forces.gc.ca">Jason.Leslie@forces.gc.ca</a> <u>Kory Clermont</u> <a href="mailto:Kory.Clermont@forces.gc.ca">Kory.Clermont@forces.gc.ca</a>
Golf	TBD (July)	TBD	Playdowns - June	<u>Marc Desroches</u> <a href="mailto:Marc.Desroches@forces.gc.ca">Marc.Desroches@forces.gc.ca</a>
Men's slo- Pitch	(TBD July)	TBD	TBD	<u>Marc Desroches</u> <a href="mailto:Marc.Desroches@forces.gc.ca">Marc.Desroches@forces.gc.ca</a>
Women's slo-pitch	22-26 July	CFB Kingston	TBD	<u>Marc Desroches</u> <a href="mailto:Marc.Desroches@forces.gc.ca">Marc.Desroches@forces.gc.ca</a>
Men's soccer	TBD (August)	TBD	Mondays 1630-1800 hrs JPL Fitness Centre Gym	<u>Capt. Michael Sirghe</u> <a href="mailto:Michael.Sirghe@forces.gc.ca">Michael.Sirghe@forces.gc.ca</a>
Women's soccer	TBD (August)	TBD	TBD	<u>Marc Desroches</u> <a href="mailto:Marc.Desroches@forces.gc.ca">Marc.Desroches@forces.gc.ca</a>

ALL DATES ABOVE ARE SUBJECT TO CHANGE

FOR MORE INFORMATION, CONTACT:  
SPORTS AND FACILITIES COORDINATOR  
MARC DESROCHES  
[MARC.DESROCHES@FORCES.GC.CA](mailto:MARC.DESROCHES@FORCES.GC.CA)  
705-494-2011 EXT. 2240





# HEALTH PROMOTION



STRENGTHENING THE **FORCES**  
ENERGISER 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 Master Corporal  
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
<b>Auto Hobby Club</b>	<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><b>President: Maj Jason Gauthier</b></p> <p><b>Vice President: MCpl Troy Lebel</b></p> <p><b>Any Inquiries:</b>  <a href="mailto:22wgautoclub@gmail.com">22wgautoclub@gmail.com</a></p>
<b>Cottage Club</b>	<p><b>Memberships from April 01 to March 31 of the following year</b></p> <p>Just 45 mins outside of North Bay                      Regular (Military) Off-season - \$95.00/ per night                      Ordinary (DND) Off Season - \$113.00/Per night                      *Two-night minimum</p> <p>Regular (Military) Prime Time - \$665.00                      Ordinary (DND) Prime Time - \$791.00                      *7 nights minimum</p>	<p><b>President: Capt Felix Pham</b>  <a href="mailto:Felix.Pham@forces.gc.ca">Felix.Pham@forces.gc.ca</a></p> <p><b>Vice-President: Capt Robert Christie</b>  <a href="mailto:Robert.Christie2@forces.gc.ca">Robert.Christie2@forces.gc.ca</a></p> <p><b>Bookings &amp; General Inquiries:</b>  <a href="mailto:22FitWellCenter@forces.gc.ca">22FitWellCenter@forces.gc.ca</a></p>
<b>Movie Club</b>	<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><b>President: Capt. Jonathan Dargus</b>  <a href="mailto:Jonathan.Dargus@forces.gc.ca">Jonathan.Dargus@forces.gc.ca</a></p>
<b>Shooting Club</b>	<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><b>President: Terry Fortin</b>  <a href="mailto:Terry.fortin@forces.gc.ca">Terry.fortin@forces.gc.ca</a></p> <p><b>Vice President: Mr. Ken Bovair</b>  <a href="mailto:Ken.Bovair@forces.gc.ca">Ken.Bovair@forces.gc.ca</a></p>

INTERESTED IN VOLUNTEERING FOR ONE OF OUR CLUBS?

CONTACT:

[22FITWELLCENTER@FORCES.GC.CA](mailto:22FITWELLCENTER@FORCES.GC.CA)



# 22 WING COMMUNITY

## Recreation Clubs

Recreation Club	Club Details	Contact
<b>Silver Fox Softball</b>	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.	<b>President: MWO Darren Guitard</b> <a href="mailto:Darren.Guitard@forces.gc.ca">Darren.Guitard@forces.gc.ca</a> <b>Vice President: WO Terry Gibbons</b>
<b>Water Sports and Recreation Club</b>	<p><b>General Fees:</b> Regular (Military) - \$20.00 (Full Season) - \$10.00 (Half season) Ordinary (DND) - \$30.00 (Full Season)</p> <p><b>Boat Slip fees</b> Regular (Military) - \$400.00 (Full Season) - \$200.00 (Half season) Ordinary (DND) - \$500.00 (Full Season) Associates (Civilians) - \$700.00 (Full Season)</p>	<b>President: WO Scott McNicol</b> <a href="mailto:Scott.McNicol@forces.gc.ca">Scott.McNicol@forces.gc.ca</a> <b>Secretary: MCpl Kyle Dorricott</b> <a href="mailto:Kyle.Dorricott@forces.gc.ca">Kyle.Dorricott@forces.gc.ca</a>
<b>Wood Hobby Club</b>	<p><b>Annual Membership Dues</b> Regular (Military) - \$100.00 Associates (Civilians) - \$145.00</p> <p>*All new members are to undergo Safety Orientation to have their names added to the key access list.</p>	<b>President: TBA</b> <b>Vice-President: Mr. Gary Toms</b>



Interested in volunteering for one of our clubs?

Contact: [22FitWellCenter@forces.gc.ca](mailto: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**

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](http://www.canadianmilitarywiveschoirs.com) or by contacting Rosanna Matheson at [canadianmwc.northbay@gmail.com](mailto:canadianmwc.northbay@gmail.com)

**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  
Trevor Monahan (PSP) - Ext 2612

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

OCM-31128-DIV

Canada