




# SUMMER 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: June 17th 2024*

*Aquafit: June 19th, 2024*

*DND/Facility Members: June 24th, 2024*

*Non-Members: June 25th, 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

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
<b>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>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>Dependent (Adult 13+):</b> \$6.50/month <b>Dependent (Youth 0-12):</b> \$4.50/month <b>Family Dependents:</b> \$10.75/month
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Ordinary Members	1 Month	3 Month	6 Month	12 Month
<b>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>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

**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
<b>Youth (0-12 years)</b> Members of the general public ages 0-12 years.	\$32.00	\$94.25	\$182.75	\$307.25
<b>Student (13+)</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>Adult (13+)</b> Members of the general public and civilian service personnel.	\$59.25	\$173.75	\$337.50	\$522.60
<b>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

# DROP-IN FEES

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

<p><b>Ages 0-12: \$6.00</b> <b>Ages 13+: \$12.00</b></p>	<p><b>Age Restrictions for the Facility</b></p> <ul style="list-style-type: none"> <li>• Children under the age of 12 years must be directly supervised by a guardian who is a minimum age of 17 years.</li> <li>• Participants between the ages of <b>13-17 years</b> may use the Weight &amp; Cardio Room once they have successfully completed the Intro to Weight &amp; Cardio Course.</li> </ul> <p><b>Age Restrictions: Aquatics</b></p> <ul style="list-style-type: none"> <li>• Children under the age of 6 years must be accompanied in the water (within arm's reach) by a parent or legal guardian.</li> <li>• Children under the age of 10 years must be supervised by someone 16 years or older in the pool area.</li> <li>• Children under the age of 16 are not permitted <b>unsupervised</b> in the sauna. (Guardian must be in the sauna)</li> </ul>
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# FACILITY HOURS

General Information

Weekday	Military	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**

Canada Day - July 01, 2024: Closed  
Civic Holiday - Aug 05, 2024: Closed  
Labour Day - Sept 02, 2024: 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.**

### **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
<b><u>Military &amp; Members</u></b>	0900-1130 hrs 1300-1600 hrs	1300-1400 hrs	0900-1130 hrs 1300-1400 hrs	1300-1400 hrs	0900-1130 hrs 1300-1600 hrs	
<b><u>All Participants Open Gym</u></b>	1600-2045 hrs	1600-2045 hrs	1600 - 2045 hrs	1745 - 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
<b><u>Military PT</u></b>		1400-1600 hrs	1400-1600 hrs			
<b><u>22 Wing Military Sports</u></b>				Military Sports 1600-1730 <i>*Basketball</i>		
<b><u>Programs</u></b>	<b>Kids Summer Camp</b> Monday - Friday <i>*May affect open gym hours</i>				Kids Night Out 1730-2030 <i>*July 26 &amp; August 30 only</i>	

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

Contact the front desk for additional scheduling!  
705-494-2011 Ext. 2610

## 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:

Canada Day - July 01, 2024: Closed  
Civic Holiday - Aug 05, 2024: Closed  
Labour Day - Sept 02, 2024: 0800-1800 hrs





# 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**  
**Defence Staff/Associates**  
**Non-Members**

**WEEKLY**  
\$200  
\$235  
\$270

**DAILY**  
\$47  
\$54  
\$61



# RECREATION PROGRAMS



## Youth

<p><b>Kids Night Out</b> Ages 6-13 years</p>	<p><b>July 26 and August 30 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>
<p><b>Babysitter</b> Ages 11-15 years</p>	<p><b>Please contact the Front Desk to be added to a Waitlist</b></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>

## 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>First Aid</b></p>	<p><b>Please contact the Front Desk to be added to a Waitlist</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>

# 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		0930-1030 hrs		0930-1030 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>	1030-1130 hrs 1300-1600 hrs 1630-1830 hrs	0930-1130 hrs 1300-1600 hrs 1630-1930 hrs	1030-1130 hrs 1300-1600 hrs 1630-1830 hrs	0930-1130 hrs 1300-1600 hrs 1630-1930 hrs	1030-1130 hrs 1300-1600 hrs	0900-1200 hrs
<b>Public Swim</b>	1830-1930 hrs		1830-1930 hrs			1345-1500 hrs

## **FACILITY CLOSURE/REDUCED HOURS:**

Canada Day - July 01, 2024: Closed

Civic Holiday - Aug 05, 2024: Closed

Labour Day - Sept 02, 2024: 0800-1800 hrs

# AQUAFIT

## **Mondays, Wednesdays & Fridays**

**July 3 - Aug 30**

**0930-1030 (25 classes)**

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 session Monday, August 05, 2024**

Military/Veterans: \$100.00

Defence Staff/Associates/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**  
**MONDAY AUGUST 5TH, 2024**



Activity	Course Dates & Description	Fees
<p><b>Swimming Lessons</b> Ages 0-6</p>	<p><b>*See Schedules on Page 15 &amp; 16</b></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 &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 Schedules on Page 15 &amp; 16</b></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><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</p> <p><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  <b>please ask about our waiting list</b></p>	<p>Military/Veterans: \$150.00                      Defense Staff/Associates: \$180.00                      Non-Members: \$200.00</p>
<p><b>Bronze Star</b></p>	<p><b>Monday-Thursdays</b>  <b>Aug 2- 15 &amp; Aug 19-22</b>  <b>1300-1400</b></p> <p>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>

**Aquatics Department Contact:**

**Penny Lecour**

**Aquatics Programmer**

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

# AQUATICS



**THESE PROGRAMS ARE CURRENTLY NOT BEING OFFERED THIS SUMMER.  
PLEASE CHECK BACK IN THE FALL!**

Activity	Course Dates & Description	Fees
<p><b>Swim Instructors</b> Must be 15 years &amp; and have Bronze Cross</p>	<p><b>Fall 2024</b> 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 Medallion</b> Must be 13 years of age</p>	<p><b>Fall 2024</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>
<p><b>Bronze Cross</b> Must have Bronze Medallion</p>	<p><b>Fall 2024</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>Fall 2024</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>Fall 2024</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>

**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 **A**
- Back float - ears in **A**
- Relaxed floats **P**
- Some arm movement (aids) **A**
- Kicking on front & back **A**

### Jellyfish

- Sitting entry & return to edge **A P**
- Blow bubbles on & under water
- Face fully submerged
- Attempt to recover objects below surface with hands
- 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

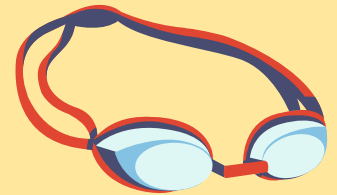
- Jump into deep water & return to side **P**
- Sideways entry **P**
- Hold breath underwater 3 sec. with entire body submerged
- Controlled exhalation underwater 5 times with entire body underwater
- With hands & face in water, recover object off bottom (waist deep)
- Back float, roll to front, and 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

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



## Swim Lesson Schedule Option #1

PLEASE NOTE:

LESSONS ARE TWICE A WEEK FOR A TOTAL OF 8 LESSONS.

Swim lesson levels	Mon & Wed Jul 3-Jul 29	Tue & Thur Jul 2 - Jul 25	Tue & Thur Jul 30-Aug 22
Parent & Tot		1630 - 1700	
Shrimp	1630 - 1700	1700 - 1730	1630 - 1700
Jellyfish	1700 - 1730	1730 - 1800	1700 - 1730
Sea Horse	1730 - 1800	1800 - 1830	1730 - 1800
Alligator	1800 - 1830		1800 - 1830
Barracuda	1800 - 1830		1830 - 1900
Clown Fish	1730 - 1800		1800 - 1830
Dog Fish			1730 - 1800
Eel			1730 - 1800
Swimmer 1	1630 - 1700	1830 - 1900	1630 - 1700
Swimmer 2	1700 - 1730	1900 - 1930	1700 - 1730
Swimmer 3		1630 - 1715	1630 - 1715
Swimmer 4		1715 - 1800	1715 - 1800
Swimmer 5		1800 - 1845	1800 - 1845
Swimmer 6		1845 - 1930	1845 - 1930
Private Lessons		930 - 1000 1000 - 1030	

THERE WILL BE NO REFUNDS OFFERED FOR SWIMMING LESSONS

# AQUATICS

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



## Swim Lesson Schedule Option #2

PLEASE NOTE:

**LESSONS ARE TWO WEEKS FOR A TOTAL OF 8 LESSONS.**

Swim lessons level	Tues - Fri (Week 1) Jul 2- Jul 5 Mon-Thur (Week 2) Jul 8 - Jul 11	Mon-Thur Jul 15 - Jul 25	Mon-Thur (Week 1) Jul 29 - Aug 1 Tues-Fri (Week 2) Aug 6 - Aug 9	Mon-Thur Aug 12 - Aug 22
<b>Parent &amp; Tot</b>		1030 - 1100	1030 - 1100	1030 - 1100
<b>Shrimp</b>	1030 - 1100	1100 - 1130	1100 - 1130	1100 - 1130
<b>Jellyfish</b>	1100 - 1130	1300 - 1330	1300 - 1330	1300 - 1330
<b>Sea Horse</b>	1300 - 1330	1330 - 1400	1330 - 1400	1330 - 1400
<b>Alligator</b>	1330 - 1400	1330 - 1400	1330 - 1400	1330 - 1400
<b>Barracuda</b>	1400 - 1430	1300 - 1330	1300 - 1330	1300 - 1330
<b>Clown Fish</b>	1430 - 1500	1100 - 1130	1100 - 1130	1100 - 1130
<b>Dog Fish</b>	1500 - 1530	1030 - 1100	1030 - 1100	1030 - 1100
<b>Eel</b>	1500 - 1530	1030 - 1100	1030 - 1100	1030 - 1100
<b>Swimmer 1</b>	1030 - 1100	1030 - 1100	1030 - 1100	1030 - 1100
<b>Swimmer 2</b>	1100 - 1130	1100 - 1130	1100 - 1130	1100 - 1130
<b>Swimmer 3</b>	1300 - 1345	1300 - 1345	1300 - 1345	1300 - 1345
<b>Swimmer 4</b>	1345 - 1430	1345 - 1430	1345 - 1430	1345 - 1430
<b>Swimmer 5</b>	1430 - 1515	1430 - 1515	1430 - 1515	1430 - 1515
<b>Swimmer 6</b>	1515 - 1600	1515 - 1600	1515 - 1600	1515 - 1600
<b>Private Lessons</b>				1030 - 1100 1100 - 1130 1300 - 1330 1330 - 1400 1400 - 1430 1430 - 1500 1530 - 1600

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



# 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>HIIT</b> (Please come prepared for outdoor activities) 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!

## Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Strength &amp; Conditioning</b> 1200-1245 hrs	<b>HIIT</b> 1200-1230 hrs	<b>Yoga</b> 1200-1245 hrs	<b>HIIT</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.



# FITNESS

CAF & USAF Members

## 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			

## 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



# SPORTS EQUIPMENT

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

## Summer Equipment available

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

SCAN TO ACCESS REQUEST FORM



Phone: 705-494-2011 Ext. 2290 or 2610  
Email: [22Wingfacilities@gmail.com](mailto: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.*



# 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

### 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	24-27 June 2024	CFB Borden	Tue/Thu	<b>Sgt Jason Leslie</b> <a href="mailto:Jason.Leslie@forces.gc.ca">Jason.Leslie@forces.gc.ca</a> <b>MCpl Kory Clermont</b> <a href="mailto:Kory.Clermont@forces.gc.ca">Kory.Clermont@forces.gc.ca</a>
Golf	7-10 July 2024	CFB Borden	Playdowns - June	<b>Marc Desroches</b> <a href="mailto:Marc.Desroches@forces.gc.ca">Marc.Desroches@forces.gc.ca</a>
Men's slo- Pitch	25-28 July 2024	CFB Borden	TBD	<b>MWO Darren Guitard</b> <a href="mailto:Darren.Guitard@forces.gc.ca">Darren.Guitard@forces.gc.ca</a>
Women's slo-pitch	25-28 July 2024	CFB Borden	Tue/Thur 22 Wing Ball Diamond	<b>Capt Gabrielle Cardin</b> <a href="mailto:Gabrielle.cardin@forces.gc.ca">Gabrielle.cardin@forces.gc.ca</a>
Men's soccer	19-23 August 2024	Garrison Petawawa	Mon/Wed 1600-1800 hrs 22 Wing Soccer Field	<b>Capt Michael Sirghe</b> <a href="mailto:Michael.Sirghe@forces.gc.ca">Michael.Sirghe@forces.gc.ca</a>
Women's soccer	TBD (August)	TBD	TBD	<b>Marc Desroches</b> <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 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



**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><b>Oct 01 - May 31</b> <b>Tuesday, Wednesday, and Thursday: 1800-2200 hrs</b> 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>
Cottage Club	<p><b>Memberships from April 01 to March 31 of the following year</b> Just 45 mins outside of North Bay Regular (Military) Off-season - \$95.00/ per night Ordinary (DND) Off Season - \$113.00/Per night <b>*Two-night minimum</b></p> <p>Regular (Military) Prime Time - \$665.00 Ordinary (DND) Prime Time - \$791.00 <b>*7 nights minimum</b></p>	<p><b>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>
Movie Club	<p><b>Sundays at 1300 hr and Thursdays at 1745 hr</b> <b>The JPL Wing Theatre</b> 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>
Shooting Club	<p><b>Wednesday nights, and Sunday afternoons</b> <b>1800-2100 hrs, 1300-1600 hrs</b> <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: Johnathon Thrasher</b> <a href="mailto:Johnathon.Thrasher@forces.gc.ca">Johnathon.Thrasher@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
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><b>President: MWO Darren Guitard</b>  <a href="mailto:Darren.Guitard@forces.gc.ca">Darren.Guitard@forces.gc.ca</a></p> <p><b>Vice President: Sgt Terry Gibbons</b>  <a href="mailto:Terry.Gibbons@forces.gc.ca">Terry.Gibbons@forces.gc.ca</a></p>
Water Sports and Recreation Club	<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>	<p><b>President: WO Scott McNicol</b>  <a href="mailto:Scott.McNicol@forces.gc.ca">Scott.McNicol@forces.gc.ca</a></p> <p><b>Secretary: MCpl Kyle Dorricott</b>  <a href="mailto:Kyle.Dorricott@forces.gc.ca">Kyle.Dorricott@forces.gc.ca</a></p>
Wood Hobby Club	<p><b>Membership Dues (12 Months)</b>                      Regular (Military) - \$100.00                      Associates (Civilians) - \$145.00</p> <p><b>Membership Dues (6 Months)</b>                      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><b>President: Capt Mark Emmerson</b>  <a href="mailto:Mark.emmerson@forces.gc.ca">Mark.emmerson@forces.gc.ca</a></p> <p><b>Vice-President: Mr. Gary Toms</b></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](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**

National Défense / 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  
Trevor Monahan (PSP) - Ext 2612

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

OCM-31128-BV

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