

KIDS NIGHT OUT

CF/Veterans: \$15.00
DND/Members: \$25.00
Non-Members: \$30.00
*Per Night

25

JULY: "JOLLY IN JULY"



22

AUGUST: "UNDER THE SEA"



19

SEPTEMBER: "SUPERHEROES"



PARTIES

Sundays from 1300-1500hrs

Gymnasium Party

Package #1: Gym Party (Nerf option available for ages 8+)
Up to 15 Children, Includes 1 hour of Gym Play, Private Room,
& 1 Party Host
*Additional \$75 for Nerf Party
Cost: CF/V: \$140.00 | DND/Members: \$175.00
Non-Members: \$205.00

Rockwall Party (Ages 5+)

Up to 15 Children, Includes 1 hour on the rockwall, Private
Room access, & 1 Party Host
Cost: CF/V: \$250.00 | DND/Members: \$280.00
Non-Members: \$315.00

Pool Party

Up to 15 Children, 1 hour Private Room, 1 hour in the pool
Includes 1 Party Host
Cost: CF/V: \$250.00 | DND/Members: \$280.00
Non-members: \$315.00

GROUP BOOKINGS

Saturdays from 1300-1500hrs

Rockwall (Ages 5+)

Option #1: 1-10 Participants (1 staff provided)
Cost: CF/V: \$250.00 | DND/Members: \$280.00
Non-Members \$315.00

Option #2: 11-20 Participants (2 Staff Provided)
Cost: CF/V: \$300.00 | DND/Members: \$350.00
Non-Members: \$400.00

Option #3: 21-30 Participants (3 Staff provided)
Cost: CF/V: \$350.00 | DND/Members: \$450.00
Non-Members: \$450.00

Gym Activity

Option: 1-30 Participants
Cost: CF/V: \$140.00 | DND/Members: \$175.00 Non-
Members: \$205.00
Additional cost of \$75.00 for Nerf option (ages 8+)

NEW Movie Rental

Option #1: 1-10 Participants (1 Staff provided)
Includes Popcorn & a drink as well as your choice
of movie (Some restrictions apply)
Cost: CF/V: \$190.00 | DND/Members: \$225.00
Non-Members: \$255.00

Option #2: 11-20 Participants (1 Staff provided)
Includes Popcorn & a drink as well as your choice
of movie (Some restrictions apply)
Cost: CF/V: \$220.00 | DND/Members: \$255.00
Non-Members: \$285.00

Option #3: 21-30 Participants (1 Staff provided)
Includes Popcorn & a drink as well as your choice
of movie (Some restrictions apply)
Cost: CF/V: \$250.00 | DND/Members: \$285.00
Non-Members: \$320.00

MCpl J.J.P Legault
Fitness & Wellness
Centre

Summer 2025



REGISTRATION DATES:

Military/Veterans: June 11
Aquafit: June 13 @ 0830hrs
DND/Facility Members: June 16
Non-Members: June 17

Registration opens at 0900Hrs

SUMMER CAMP

Monday to Friday 0800 - 1600hrs

June 30 - July 4*

July 7 - July 11

July 14 - July 18

July 21 - July 25

July 28 - August 1

August 11 - August 15

August 18 - August 22

August 25 - August 29

Camp will not run on July 1st

Before and after care available for \$3.00/session.
Before camp from 0730-0800 hrs
After camp from 1600-1630 hrs

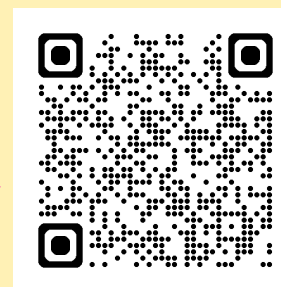
CF/Veterans: \$200.00
DND/Members: \$235.00
Non-Members: \$270.00
Per week

****Schedule subject to
change without notice.**

Active Military Only: 0600-0900hrs,
Monday-Friday

Drop-in passes are available:
After 1600hrs, Monday-Friday
Anytime Saturday-Sunday

Access camp
forms here



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT & SUN
Military & Member Open Gymnasium 0900-1130	Military Lane Swim 0700-0800	Military & Member Open Gymnasium 0900-1130	Military Lane Swim 0700-0800	Military & Member Open Gymnasium 0900-1130	Open Gymnasium 0800-1745 <small>*Other programs may affect these hours</small>
Aquafit 0930-1030 1030-1130	FORCE Test 0900-1000	Aquafit 0930-1030 1030-1130	FORCE Test 0900-1000	Aquafit 0930-1030 1030-1130	Lane Swim 1230-1330
Military & Member Lane Swim 1130-1300	Military & Member Youth Lane Swim 1030-1130	Military & Member Lane Swim 1130-1300	Military & Member Lane Swim 1130-1300	Military & Member Lane Swim 1130-1300	Public Swim 1345-1500
Strength & Conditioning 1200-1245	Military & Member Lane Swim 1130-1300	Yoga 1200-1245	HIIT 1200-1230	FORCE Prep. 1200-1245	Saturdays Youth Lane Swim 1130-1230
Military & Member Open Gymnasium 1300-1400	HIIT 1200-1230	Military & Member Open Gymnasium 1300-1430	Military & Member Open Gymnasium 1300-1430	Military & Member youth Lane Swim 1300-1400	Saturdays Group Bookings 1300-1500
Military PT 1400-1600	Military & Member Open Gymnasium 1300-1400	Military PT 1430-1600	Military PT 1500-1600	Military & Member Open Gymnasium 1300-1600	Sundays Parties 1300-1500
Open Gymnasium 1600-2045	Military PT 1400-1600	Open Gymnasium 1600-1745	Military Sports 1600-1730	Open Gymnasium 1600-2045 <small>*Kids Night Out will affect these hours; July 25, Aug 22, Sept 19</small>	
Public Swim 1830-1930	Military Sports 1600-1730	Racquet Night 1800-2045	Open Gymnasium 1730-2045	**Schedule subject to change without notice.	
Lane Swim 1930-2030	Open Gymnasium 1730-2045	Public Swim 1830-1930			
		Lane Swim 1930-2030			

FACILITY CLOSURES

Canada Day - July 1st 2025: Closed
Civic Holiday - August 4th: Closed
Labour day - September 1st 2025: Closed