

2024
APR-AUG

PSP

SPRING & SUMMER PROGRAM GUIDE



Register
Online at
CFMWS.ca

About PSP

The Personnel Support Programs (PSP) division of CFMWS contributes to the operational readiness and effectiveness of the Canadian Armed Forces. Through its programs and services PSP strives to build a strong and healthy military community for all beneficiaries that make up the “One Community - One Million Strong”

Our mission is to enhance the quality of life for members within the Military community through innovative programs and amenities.

*Making a Difference in the
Military Community!*



Registration Information: Register online at [CFMWS.ca](https://www.cfmws.ca) or in-person at the 15 Wing Community Fitness Center (306-694-2873)



Refunds, Cancellation, and Transfers

If We Cancel

Full refunds are issued when PSP cancels a program. Every effort is made to cancel a course in a timely manner notifying participants of the cancellation 1-5 days prior to the course. Cancellations can be due to, but not limited to: insufficient enrollment, facility issues, or weather conditions.

If You Cancel

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, please contact the 15 Wing Recreation Centre front desk at 306-694-2873 during regular scheduled business hours. Full refunds for medical, or military related reasons will be authorized prior to program start date. After the start date refunds will be prorated. All other full refund requests must be received 5 business days prior to the start of the program. If no notice is communicated, a 10% administration fee will be applied. After the start date, refunds will be prorated. If more than 50% of the program/membership has elapsed, no refund will be issued. A \$60.00 administration fee will be implemented on indefinite credit plans cancelled less than one year of the contract. If a program advertises a required a non-refundable deposit, no refund will be issued for the deposit. In the case of a dispute, a refund decision will be made by local PSP Manager.

Transfer to a Different Program

To transfer to another program, please contact the 15 Wing Recreation Centre Front Desk 306-694-2873 during regular business hours. Transfers are subject to space availability and depend on the Coordinator's approval if a cutoff date has passed.



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Did You Know?

Who belongs to the 15 Wing Military Community?

When you see this definition, it includes any Regular Force member and their family, Foreign Forces and their families, Reserve Member and their families, Defense Partners (Public servants, NPF, and MFRC staff and families), 15 Wing Contractors (CBO, EnviroSAFE, CAE, Sodexo, Serco, Microage, NPP Concessionaires, and their families).

Select programs are open to civilian non-members and do not require a membership to enroll. These programs will have a non-member rate.

Civilians are eligible to purchase a PSP Plan membership and become part of the 15 Wing Military Community.

Facility Hours & Contact Information

Facility Hours

Monday to Friday 0600-2100
Saturday & Sunday 0800-1700

Closed Stat Holidays

29 Mar - Good Friday
1 April - Easter Monday
20 May - Victoria Day
1 July - Canada Day
5 August - Saskatchewan Day
2 September - Labour Day
30 September - National Day for Truth and Reconciliation

Contact PSP

Phone: 306-694-2873
Location: Blg 80 Nato Drive - 15 Wing Community Fitness Centre
Email: pspmoosejaw@cfmws.com



CFMWS.ca

Facility Access

Facility Dress Guidelines

- Outdoor footwear is not permitted in any of the workout rooms. Bare feet are only allowed during yoga and aquatics programming.
- Clothing that has been altered from time of purchase is not permitted.
- Clothing that reveals the midriff, chest, ribs, or buttocks while sitting, standing, or bending is not appropriate.



Failure to comply may result in a warning, temporary suspension of membership privileges, or even cancellation of membership. We, at PSP, appreciate your understanding and cooperation in helping maintain a comfortable and safe environment for everyone.

Thank you!

Outdoor Facilities

- Running Trail with Fitness Equipment
- Tennis Courts
- Beach Volleyball

Bushell Park

- Playgrounds
- Splashpad
- Outdoor Arena & Shelter

Age Access Guide to 15 Wing Recreation & Bushell Park Facilities

AGES	0-6	7-9	10-12	13-17	18+	INFANT FACILITY ACCESS PROGRAM
Fitness Areas <i>Includes weight room, combat fitness room, sauna, cardio and fitness classes</i>	 NO ACCESS ALLOWED	 NO ACCESS ALLOWED	 13+ SUPERVISION REQUIRED	 13+ SUPERVISION REQUIRED *	 FULL ACCESS	EXCEPT WEIGHT ROOM, CARDIO ROOM, COMBAT ROOM AND SAUNA 100% PARENT SUPERVISION
General Facility <i>Includes gymnasium, arena squash courts, & changerooms</i>	 ADULT SUPERVISION REQUIRED	 13+ SUPERVISION REQUIRED	 13+ SUPERVISION REQUIRED	 FULL ACCESS	 FULL ACCESS	EXCEPT ARENA AND CHANGE ROOMS (USE FAMILY ROOM) 100% PARENT SUPERVISION
Pool	 WITHIN ARMS REACH **	 16+ SUPERVISION REQUIRED	 ADULT REQUIRED ONSITE	 FULL ACCESS	 FULL ACCESS	 NO ACCESS ALLOWED
Outdoor Sports Fields <i>Includes tennis courts & sand court</i>	 ADULT SUPERVISION RECOMMENDED	 ADULT SUPERVISION RECOMMENDED	 ADULT SUPERVISION RECOMMENDED	 BOOKING REQUIRED	 BOOKING REQUIRED	 100% PARENT SUPERVISION
Outdoor Recreation <i>Includes playgrounds, splash park, disk golf, and fitness equipment</i>	 ADULT SUPERVISION RECOMMENDED	 ADULT SUPERVISION RECOMMENDED	 ADULT SUPERVISION RECOMMENDED	 FULL ACCESS	 FULL ACCESS	 100% PARENT SUPERVISION

* = Full access allowed with parental waiver & Fitness Orientation (mandatory for ages 13-14) or Fitness Consultation (mandatory for ages 15-17)

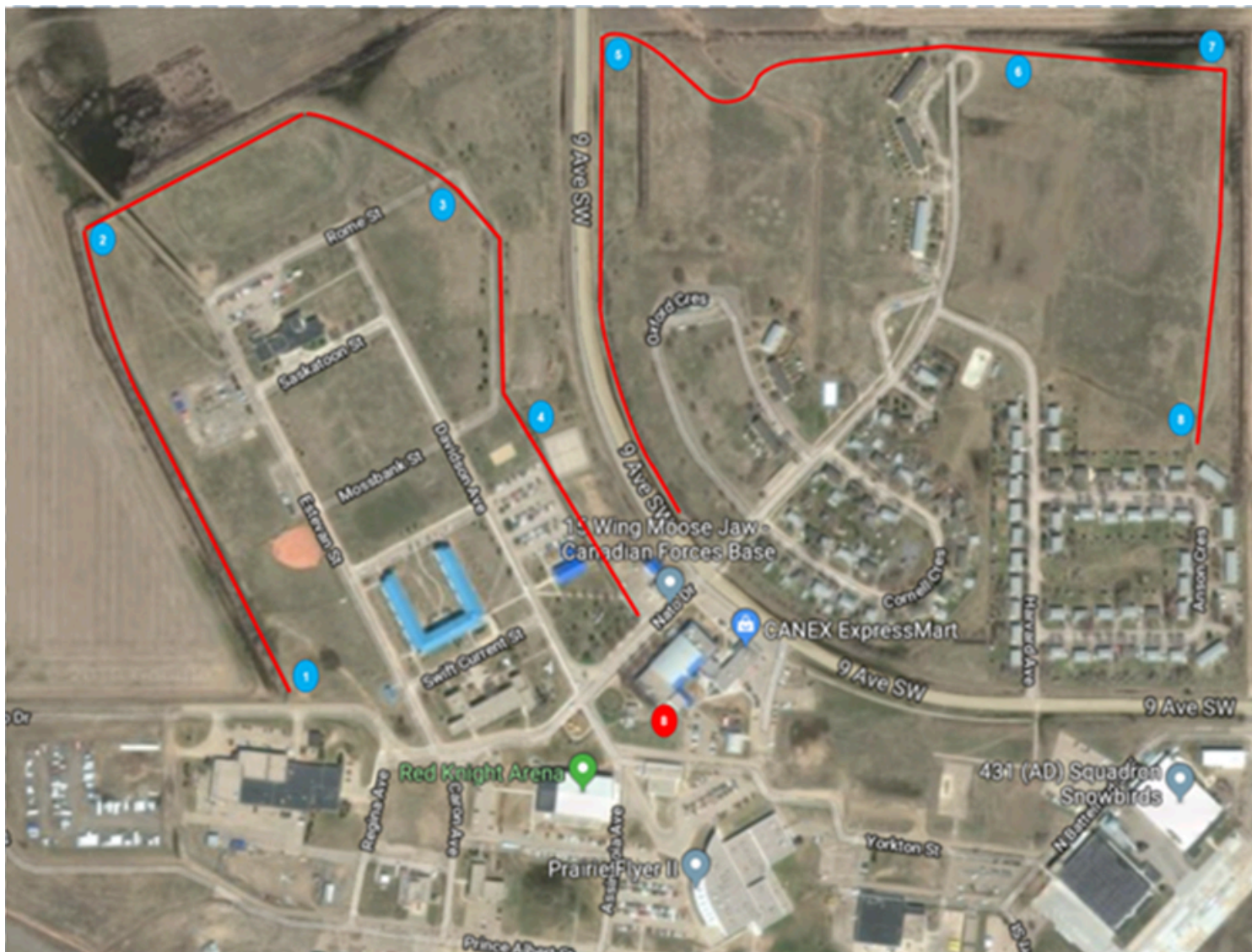
** = maximum 2 Children (ages 0-6) to 1 guardian aged 16+

Adult = responsible person aged 18+

Infant Access Program Guidelines

Must complete all paper work /waivers to get your name entered on approved list to use PSP infant play yards/mats in squash area, or gymnasium or bike stroller outdoors!

15 Wing Trail Map



Fitness Trail Equipment

- 1.Parallel Bars
- 2.Jump Bars
- 3.Horizontal Bars
- 4.Push-up Bars
- 5.Parallel Bars
- 6.Horizontal Bars
- 7.Jump Bars
- 8.Push-up Bar

Fitness Centre

Gymnasium
Cardio Room
Weight Room
Combat Fitness Room
Squash Courts (2)
Dry Sauna
Pool
Meeting Rooms

Outdoor Facilities

Running Trail and Outdoor
Fitness Equipment
Tennis Courts (2)
Beach Volleyball Court
Playgrounds (2)
Splash Park
RV Compound

Red Knight Arena

Ice in operation: October to April
Cement pad: June to September

NEW

C+C Concession NOW OPEN!

Red Knight Galley - Upstairs
Lunch Monday to Friday 1100-1400
Homemade soup every day, plus full
selection of menu items.
Phone 306-694-2232

Iron Style House

15 Wing Community Fitness Centre - main floor
0930-1700 Tuesday to Friday
Walk-ins Welcome or book an appointment at
ironstylehouse.ca
Phone 306-694-2691 // Text 306-631-2108

Book a Facility

Contact PSP Sports & Facilities Coordinator
rouault-gibson.chantelle@cfmws.com



PSP Plan

Becoming a PSP Plan member gives you access to so much more that PSP has to offer.

Discover the Benefits:

- Access to the Ticket Kiosk
- Access to the Kinsmen Sportsplex and Yara Centre at no additional cost
- Discounts on registered programs PSP offers
- Access to Equipment Loans
- And much MORE...

NOW INCLUDES CITY OF
MOOSE JAW FITNESS
CLASSES AT YARA
CENTRE!

Membership Fees:

Regular: \$71.75 (individual) ~ \$98.33 (family)

Ordinary: \$95.17 (individual) ~ \$138.81 (family)

Ordinary Contractor*: \$200.88 (individual) ~ \$462.69 (family)

Associate: \$573.95 (individual) ~ \$1156.73 (family)

*Restrictions apply ~ visit CFMWS.ca/moose-jaw
for full list of eligible contractors

*Prices subject to GST charges

*Prices subject to change with limited notice

Locker Rental

Locker rental available in the Men's and Women's changerooms.

Military \$24 annually

PSP Plan members \$36 annually

Ticket Kiosk

Open only to PSP Plan members, the ticket kiosk offers discounted access to local attractions. Become a member today and enjoy the following activities for less:

- Temple Garden Mineral Spa (pool; Monday to Thursday)
- Cineplex Movie Packages

Equipment Rental

Sport and Recreation equipment is available for loan and rental from the 15 Wing Community Fitness Centre front desk. A complete list of rental equipment is visible online at CFMWS.ca/moose-jaw.

Some of our rental equipment includes:

- Mountain Bikes (Fat Tire for Winter)
- Canoes & Kayaks
- Stand up Paddleboards
- Snowshoes & Snowfeet
- Select fitness equipment
- Lawn games
- Camping gear (tents, camp kitchens, etc.)
- Provincial Park Passes
- and more!

****Summer Only**

Equipment can be rented for a day, three day (weekend), and weekly increments. (Maximum rental increment 2-weeks)

Fitness

A variety of fitness classes are offered daily to military members and PSP Plan members. Register to save your space at CFMWS.ca/moose-jaw

Fitness Classes PSP Offers:

- Strength and Conditioning
- Force Test Preparation
- Core/ Mobility

Personal training and Youth Weightroom Orientation Tours are also available.

Start your membership today!
Visit the 15 Wing Community Fitness Centre Front Desk and our staff would be happy to help you take the first step towards your fitness goals.

City of Moose Jaw

Military and civilian PSP Plan members have access to the City of Moose Jaw's Kinsmen Sportsplex and Yara Centre.

How to Access:

1. Create an account at
cityofmoosejaw.perfectmind.com
2. Contact the Yara Centre or Kinsmen Sportsplex to activate your account as a 15 Wing Member.
Yara Centre 306-694-4560
Kinsmen Sportplex 306-694-4483
3. Book your times online.

Important Notes:

- All members 3 years and older are required to have their own membership card.

Pool Schedule: **See Aquatics Section*

Kinsmen Sportsplex and Phyllis Dewar Outdoor Pool schedules change seasonally. Check online for the most up to date schedule available.

Yara Centre Schedule:

PSP Plan members are only eligible to utilize the indoor track, drop in turf, and toddler turf time. Weight room access is unavailable to PSP Plan members.

Monday to Friday 0600-2200

Saturday Sunday 0800-1800

*Finess classes and fitness centre is not included as a perk of the PSP Plan membership.



15 Wing RV Storage

Secure RV storage is located on the Wing for Military Members and 15 Wing Contractors.

Spots are allocated for a 1-year term. All vehicles must have valid registration or insurance to be permitted inside the compound.

Visit CFMWS.ca/moose-jaw for the WSOs and the application form. If you have any questions, call the 15 Wing Community Fitness Centre at 306-694-2873

Storage Rates:

Military Member: \$120.00/ year

15 Wing Contractors: \$240.00 /year

*Prices subject to GST charges



Sports

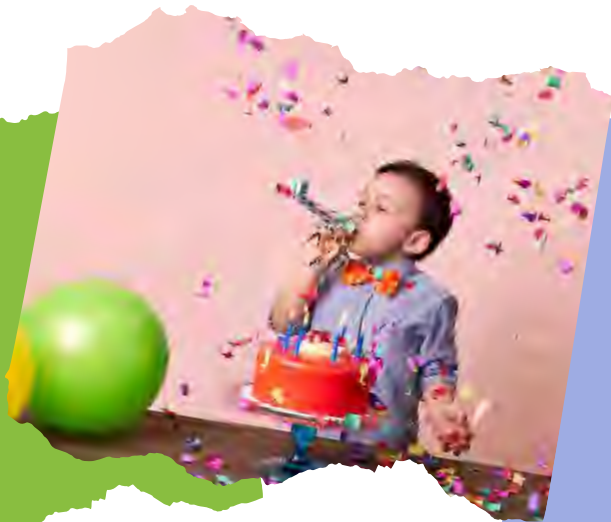
Sports for all ages are available at 15 Wing Moose Jaw. Join a league sport, a Rec-Sport for leisurely competition, or borrow equipment to try something new.

Sports available include: Squash, Badminton, Basketball, Volleyball, Soccer, Hockey, Ball Hockey, and Beach Volleyball.

To borrow sports equipment visit the front desk of the 15 Wing Community Fitness Centre. For a full list of what equipment is available visit CFMWS.ca/moose-jaw

Contact rouault-gibson.chantelle@cfmws.com if you are interested in CAF or CISIM Sports opportunities.

Contact may.tessa@cfmws.com if you are interested in weekly recreation sports.



Birthday Parties

Book your birthday party or other special event with PSP. Let our staff help create an extra special day for your children. Each package includes themed decorations, games, craft, treat bags, and a card for the birthday child all bundled into one package so that you can enjoy the day too. Bring your own cake and food.

Beach Birthday

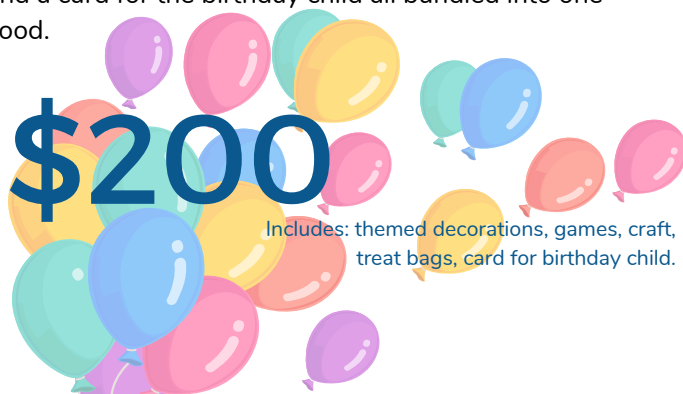
Celebrate your child's birthday in style with our Beach Birthday Package! Enjoy a picturesque beach setting, vibrant decorations, and exciting activities for the party goers.

Space Adventure Party

Blast off into an unforgettable birthday celebration with our Space Adventure Party Package! Explore the wonders of the cosmos as your little ones embark on an intergalactic journey filled with cosmic games, stellar decorations, and out-of-this-world excitement and create memories that are truly stellar.

Jungle Expedition

Embark on a wild adventure with our Jungle Expedition Birthday Package! Swing through thrilling games, and a PAWsome craft. Book for a roaring good time and make your child's birthday truly epic!



Pastel Party

Dive into a dreamy world of enchantment with our Pastel Party Package, customizable to your choice of mermaid, unicorn, or fairytale theme! Immerse yourself in a whimsical atmosphere adorned with soft pastel hues, sparkling decorations, and magical accents that will transport your child and their guests to a fairytale realm. Participate in themed activities, and create cherished memories in a pastel wonderland that will leave everyone feeling like royalty, mythical creatures, or underwater adventurers.

Want to do your own thing? No problem, rent the space for your birthday party and you can set up and play as you wish. Request additional equipment at time of booking.

Special events receive 20% off of the regular hourly rental rate.

Special events have a 2-hour minimum with additional time being available as space allows at an additional charge.

Gymnasium (1 hour gym; 1 hour party room) - full use of the gym with loaner sports equipment of your choice. Party room for crafts, cake, and presents.

PSP Plan Member \$80

Ice Rental (1 Hour Ice; 1 Hour Galley) - Skate or sticks and pucks on ice, and then head to the gallery banquet room for cake and presents.

PSP Plan Member \$108.80

Pool Rental (1 Hour Pool; 1 Hour Party Room) - Swim with Lifeguard on Duty, and then head to the Party room for cake and presents.

PSP Plan Member \$120.00

Children's Programs

CULINARY KIDS

This exciting and interactive culinary adventure is specially designed for chefs aged 8-12. Taught by a certified chef, this is a program where they will embark on a delectable journey into the world of fusion cooking. All classes include the fundamentals of Canadian food safety standards, varieties of cooking and meal preparation techniques. The focus of the class is to create delicious dishes from scratch and socialize with family and friends. From savory meals to sweet treats from different countries, children will gain valuable culinary skills, foster creativity and develop a lifelong love for cooking. Join us for a flavorful journey that will nurture young talents and inspire a passion for quality and healthy cuisines!

Tuesdays 1800-1930

April 9 & 23

May 7 & 28

June 11 & 25

***Register for individual dates**

Military Family with PSP Plan \$15
Military Family without PSP Plan \$20
PSP Plan Member \$25
Non-Member \$30

SUPER MOVERS

This dynamic and engaging program is specifically designed based on the Long-Term Athlete Development Model to empower children with the fundamental movement skills necessary for a lifetime of active and healthy living. Geared towards kids aged 3 to 8, our instructors will guide participants through a diverse range of activities, games, and challenges that focus on enhancing their agility, coordination, balance, and flexibility all in a fun and engaging environment. Participants will develop their physical literacy skills of running, jumping, and throwing to dancing, hopping, bounding and much more. Our program, that is grounded in play, fosters a holistic approach to physical development while nurturing confidence and self-expression. Join us as we inspire a love for movement, lay the foundation for a strong and active lifestyle, and watch your child's physical literacy flourish!

Children who are physically literate have the competence, confidence, and motivation to accomplish a variety of sport, physical activities, and daily tasks.

Thursdays - 2 May to 20 June

1700-1800

(3-5 years & 6-8 years)

Military Family with PSP Plan \$50
Military Family without PSP Plan \$60
PSP Plan Member \$75
Non-Member \$90



Register:

In person at the Community Fitness Centre PSP Front Desk

Over the Phone at 306-694-2873

Online at bkk.cfmws.com/moosejawpub

CFMWS.ca



ACTIVE ACADEMY

Active Academy is a specially curated fitness program tailored for homeschooled children! We understand the importance of physical activity in a child's overall development, and our engaging and inclusive classes aim to provide a fun and energetic environment for kids to stay active, socialize, and build essential physical literacy skills. Sports and games are broken down into developmentally appropriate skills so that children reach success and have an opportunity for challenge. Join us for an enriching and physical journey that will boost confidence, energy levels, and bring smiles to their faces!

WONDERCRAFT SCIENCE & MECHANICS

Inviting all our science and mechanics enthusiasts.

In this fun and practical activity, families will learn the basics of all fields of science but in an interactive and fun way. Have you ever wondered how the sound is produced when you snap your fingers? Do you want to learn how the mechanics of a drone works?

We will build sports and recreation related mechanics like how to make a crossbow, slingshots, pea shooter, rockets, AND MORE.

This program will involve understanding the theoretical science behind everyday things.

School PD Days Non-School Day Programs

Our program for children during non-school days is designed to provide an enriching and engaging experience that fosters both learning and fun. Tailored for children of various age groups, our program offers a diverse range of activities to stimulate their curiosity and creativity. From educational activities and hands-on experiments to outdoor games and arts and crafts sessions, we strive to create a nurturing environment where children can explore their interests and develop new skills outside of school. Safety is our utmost priority, and our team of experienced and compassionate instructors ensure that every child feels comfortable and supported throughout the program. We believe in promoting teamwork, critical thinking, and problem-solving abilities, empowering children to grow into confident individuals. As we cultivate a sense of wonder and enthusiasm, our goal is to leave a positive and lasting impact on each child's life, making their non-school days not only enjoyable but also meaningful and inspiring.

Fall program guide will release in August with details on 2024-2025 school PD dates.

Ages: 6-10

Monday 1045-1145
8 April to 24 June (No lesson 20 May)

Military Family with PSP Plan \$50
Military Family without PSP Plan \$60
PSP Plan Member \$70
Non-Member \$80

Ages: 8-12

28 April
26 May
23 June
1100-1300

Military Family with PSP Plan \$15
Military Family without PSP Plan \$20
PSP Plan Member \$25
Non-Member \$30

K to Grade 4 & Grade 5 to 8

Spring PD Days

2-5 April
17 May

0730-1630

Military Family with PSP Plan \$25
Military Family without PSP Plan \$30
PSP Plan Member \$35
Non-Members \$40

Register at CFMWS.ca

Summer Camp

**Important
Dates**

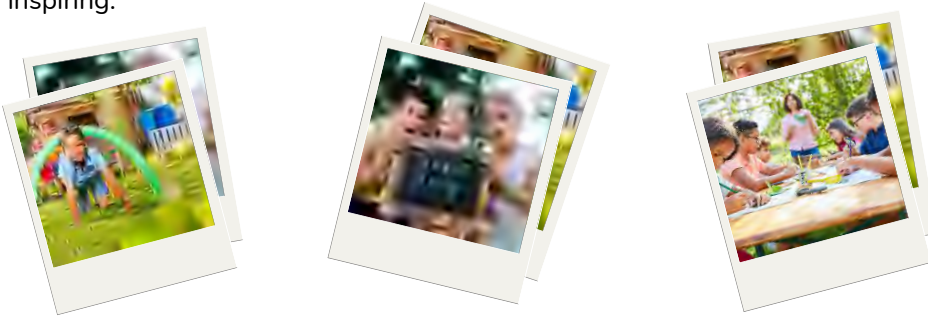
Registration Open Dates

2 April - Military Families

9 April - Defence Partners & PSP Plan Members

16 April - All others & Non-Members

Summer camp is an exciting opportunity for children to embark on a journey of exploration and fun during their non-school days. Our program is thoughtfully designed to provide an enriching and engaging experience that fosters growth and enjoyment. Tailored for children of various age groups, our diverse range of activities includes educational adventures, hands-on experiments, outdoor games, and arts and crafts sessions, igniting curiosity and creativity in every child. With safety as our utmost priority, our experienced and compassionate instructors ensure that every child feels comfortable and supported throughout the program. We focus on promoting teamwork, critical thinking, and problem-solving abilities, empowering children to grow into confident individuals. Join us as we cultivate a sense of wonder and enthusiasm, leaving a positive and lasting impact on each child's life, making their summer days not only enjoyable but also meaningful and inspiring.



**K to Grade 4
& Grade 5 to 8**

0730-1630

Military Family with PSP Plan \$25

Military Family without PSP Plan \$30

PSP Plan Member \$35

Non-Members \$40

SUMMER CAMP OPEN HOUSE

**Saturday 22 June ~ 1400-1600hrs
Youth and Teen Centre**

Check out the space for summer camp, get to know the leaders, familiarize yourself with the flow of each day before camp starts. If you've got little ones that need time to adjust to a new routine or just want to help smooth the transition, no matter when you've registered or thinking of registering for summer camp, join us for the open house.

Register at CFMWS.ca ~ In person ~ or call 306-694-2873

SUPPORT OUR TROOPS NATIONAL SUMMER CAMPS PROGRAM

Support Our Troops kicks off its 11th year of providing funding to military families for children to attend accredited residential or day camps of their choice.

Families with eligible dependents may be reimbursed up to a maximum of \$700.

*While funding is available.

**See full eligibility and restrictions at supportourtroops.ca



Family Programs

Register online at CFMWS.ca or in person at the 15 Wing Community Centre Front Desk.

Creative Community Program

Join the Creative Community Program and unlock your family's creativity through crafting! Engage in a variety of fun and inspiring craft activities, guided by PSP staff, to create unique masterpieces together. No prior experience is needed – our program is designed for families of all skill levels. Experience the joy of crafting, bond with your loved ones, and make lasting memories.

Let's ignite our imaginations and unleash our artistic talents as a community!

14 April

12 May

9 June

1100-1300

Hosted at the Outdoor Rink in Bushell Park

Registration required to participate.

Deadline is the Thursday before the program.

Family Sport & Fitness Time!

Half of the Gymnasium will be allocated for sports and the other half for fitness activities.

Sports: Youth 13+ can supervise 7-12 year olds

Fitness: Adult supervision required for children up to 12 years of age. Unsupervised age is 13-17.

PSP staff will be present for assistance.

Ask about our infant facility access program that helps parents train while still parenting.

Borrow equipment to help you workout while keeping children safe. More info in page 29.

Saturdays 6 April - 29 June

No Class 2 & 16 March

1000-1200

Free to PSP Plan

Members

Youth Programs

Ages: 10-15



Youth Nights (Drop In)

Youth Night, the ultimate event for young adults aged 10-15 to unwind, connect, and have a blast! These nights are a safe and inclusive space where everyone can come together to enjoy a night filled with fun activities, entertainment, and memorable experiences. From hands on projects to interactive games and challenges, there's something for everyone.

Youth Night also offers a platform for creative expression through story writing and art showcases. Our staff ensure a positive and supervised environment, where youth can freely socialize, make new friends, and create lasting memories.

Keep an eye out on the PSP Facebook page for special event advertising within Youth Nights!

April 12 & 26

May 10 & 24

June 7 & 21

1800-2000

PSP Members: Free

Non-Member: \$8

Register online at CFMWS.ca or in person at the 15 Wing Community Centre Front Desk.



Spring & Summer Workshops

Adult Recreation

Adult programs are open only to members 18+
Workshops are open to youth 14+ when participating with a parent.

Register online
at CFMWS.ca/moose-jaw

Do you have a unique skill that you'd like to share? Email pspmoosejaw@cfmws.com to volunteer with Community Recreation to teach a workshop!

Walk & Roll

15 April to 24 June (No session 20 May) 1045-1145

Get ready to WALK AND ROLL!

Explore your vibrant community and a pathway to enhanced fitness. Families can bond and connect while staying active. Join us as we explore our neighborhoods, forging lasting friendships and sharing stories along the way. Our leader has interactive resources for every age to engage with your surroundings and learn something each walk.

Take that first step now by visiting CFMWS.ca or contacting us in person or by phone. Let's hike, explore, and create unforgettable memories together! Say goodbye to stress and hello to a healthier, happier lifestyle. Come walk, roll, and embrace the joy of community fitness with us today!

Well-behaved pet friendly.



Military Family with PSP Plan \$0
Military Family w/o PSP Plan \$15
PSP Plan Member \$20
Non-Member \$25

Group Ride

Embark on a journey of exploration and camaraderie with our Group Ride, where cyclists of all skill levels come together to experience the beauty of our local bike trails. Join us as we pedal through some of the Moose Jaw trails discovering hidden gems and enjoying the freedom of the open road. Whether you're a seasoned rider or just starting out, our program offers a welcoming environment for everyone to connect, learn, and grow.

With designated routes and experienced guides, safety is our top priority, allowing you to focus on the thrill of the ride. Don't miss out on this opportunity to join a vibrant community of cyclists and discover the wonders of our local trails.

Sign up for our Group Ride Program today and let the adventure begin!

21 April
5 May
16 June

1100-1230

Don't have a bike?

Check out our Spring & Summer Rental Equipment for daily, multi-day, and seasonal rentals.

Culinary Delights Workshop (18+)

At Community Fitness Centre

Whether you are a beginner or a seasoned cook, this hands-on experience is designed to inspire and elevate your culinary skills. Learn to cook while socializing with your friends and families and journey into the world of culinary delights!

Taught by a certified chef in this workshop you will learn essential cooking techniques, explore diverse world flavors and discover that art of creating delicious and healthy cuisines from scratch.

Join us for a gastronomic adventure that will ignite your passion for cooking and leave your taste buds craving for more! Each participants creates samples in class and enough to take home.

Register for individual classes

Military Family with PSP Plan \$35

Military Family w/o PSP Plan \$40

PSP Plan Member \$45

Non-Member \$50

30 April

14 May

18 June

1830-2000

Register online at CFMWS.ca/moose-jaw

Sushi Making Workshop

At Mitsu Cafe

Discover the art of sushi making in an interactive workshop! Join us at Mitsu Cafe for an unforgettable culinary experience as you are guided through the steps of crafting delicious sushi rolls. Learn insider tips and techniques while socializing with fellow sushi enthusiasts and then enjoy dinner together.

Wednesday 22 May

Wednesday 12 June

1800-1930

\$50/ person

Home Made Body Care

At Mitny Refillery

Learn the art of crafting luxurious skincare products using natural ingredients in a welcoming community setting. Discover the secrets to creating personalized lotions, scrubs, and balms. Join us for a hands-on workshop where you'll leave feeling refreshed, rejuvenated, and empowered to care for your skin naturally.

Date - TBD

Stay tuned for details



Community Events

June is Recreation Month

Day at the Museum

Saturday 15 June

Spend an afternoon at the Western Development Museum. See cars, trains, and planes from the past. Enjoy the self guided tour, scavenger hunt, and wander the museum at your own pace. Open to all members of the 15 Wing Military Community.

**For those that live with sensory processing challenges and would like access to the sensory backpack program to help make the visit to the museum more enjoyable, please advise at time of registration.*

CONTEST: Photo Scavenger Hunt

1-30 June

Get out in your community this year. The June is Recreation Month Contest is all about where you play. Join the Sunshine and Smiles photo contest by finding our secret location. Snap a pic and post it to our contest page for your chance to win weekly prizes. There's incentive to be the first. New clues go out on Monday, pics posted on Monday count as 5 entries and decrease each day until Sunday (5, 4, 4, 3, 2, 1, 1).

Drowning Prevention Week

21 to 27 July

Pick up your drowning prevention week activity book. Learn about water safety and have fun this summer with our activity book. Resources available for all ages.

Drowning is preventable and learning about water safety is the first step.

Family Day

Saturday 24 August

1000-1400

Family day is open to the ENTIRE 15 Wing Family! Bring your friends and loved ones to the Wing for a day of fun and games.

Activities for all ages, snacks, and much more. Register in advance at the 15 Wing Community Fitness Centre Front Desk

Coming soon
June date TBD

Drag
Bingo



Where: Social Centre
Who: Open to all members of the Military Community, friends, and family. (19+ event)
When: June 8 or 15th, TBD

Celebrate Pride Month in style at our Drag Bingo extravaganza! Get ready for a night of dazzling performances, fabulous prizes, and unapologetic fun with talented drag queens. As we honor love, diversity, and inclusion, join us in embracing the spirit of Pride while enjoying an evening of fabulous fun and fierce competition. Wear your rainbow attire, bring your A-game, and prepare for an entertaining night like no other.

Don't miss out on the glitz, glam, and good times at our Drag Bingo event!



15 WING CAMPING PROGRAM

Your adventure starts here

About the Program

The 15 Wing Camping Program is to provide Military members, Military Families, and members of the 15 Wing Military Community an opportunity to have a fun and safe vacation relaxing in the great outdoors. The program is designed to remove the barriers and stress that camping can cause. The trailers are fully loaded with everything you need (except food, water, and bedding) to create a stress free enjoyable outdoor experience with your friends and family.

Booking restrictions apply to ensure that everyone has access to the program;

- As of 15 April, each household may book up to 4 individual bookings.
- Only one booking up to a maximum of 2 weeks.
- As of the 1st of each month, no restrictions in place, unlimited booking.



What's in the Trailer?

Each trailer is stocked with:

- Pots, pans, bowls, BBQ, cooking utensils
- Dishware, stemware, and cutlery
- Chairs and Tables
- Two full 30lb propane tanks
- Water and sewer service
- Park and Camping Pass for one vehicle
- Kayaks, Canoes, SUPs, and bicycles
- Axe
- Broom
- Extension cords
- First Aid Kit
- Flashlight
- Vacuum
- Roasting sticks
- Fridge
- Stove
- Microwave
- Hammock
- And More...

**Book your
site starting
15 April**



Nightly Rates

Military with PSP Plan	\$75.00
Military no PSP Plan	\$80.00
PSP Plan Member	\$90.00
Non-Member	Not eligible

Park activities

- Birding/ wildlife watching
- Canoeing
- Children's Activities¹
- Cycling
- Disc Golf
- Fishing (bring your own gear)
- Geocaching
- Hiking
- Mini golf (\$)
- Swimming²

¹Children's and family activities hosted by Buffalo Pound Provincial Park are not part of CFMWS Recreation Programs and follow their own program standard.

²Swimming - swimming passes are for use by persons renting out Site #15 or #16 as part of the 15 Wing Camping Program. You are able to swim in the lake during certain times of the year, see the special note on Blue-Green Algae in the Camper's Guide when you book.

Swimming Lessons

Swimming Lessons have returned to 15 Wing Moose Jaw. Check out your last report card before registering. If you don't know which level to register for please reach out to pspmoosejaw@cfmws.com or sign up for a free swimming lesson level assessment.

Parent & Tot	If your child is under 3 years of age:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
	Is under 3 years old with no previous lesson experience	n/a	Parent & Tot 1
	Is 4 to 12 months old and ready to learn to enjoy the water with parent	Starfish	Parent & Tot 1
	Is 12 to 24 months old and ready to learn to enjoy the water with parent	Duck	Parent & Tot 2
	Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent & Tot 3
Preschool	If your child is 3-5 years old and can:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
	Is 3 to 5 years with no previous lesson experience	n/a	Preschool 1
	Is 3 to 5 years and just starting out on their own	Sea Otter	Preschool 1
	<input type="checkbox"/> Can jump into chest-deep water assisted <input type="checkbox"/> float and glide on front and back assisted <input type="checkbox"/> blow bubbles and get face wet unassisted	Salamander	Preschool 2
	<input type="checkbox"/> Can jump into chest-deep water unassisted <input type="checkbox"/> Submerge and exhale underwater 3 times <input type="checkbox"/> float on front and back wearing a PFD for 3 seconds	Sunfish	Preschool 3
	<input type="checkbox"/> Can jump into deep water wearing a PFD <input type="checkbox"/> Hold breath underwater for 3 seconds <input type="checkbox"/> Front and back floats for 5 seconds <input type="checkbox"/> Glide and kick on front and back for 5 metres (all skills performed unassisted)	Crocodile	Preschool 4
	<input type="checkbox"/> Can jump into deep water <input type="checkbox"/> Side glide 3 metres <input type="checkbox"/> Front float, roll to back float, and then swim 5 metres <input type="checkbox"/> Flutter kick on front and on back 7 metres <input type="checkbox"/> Front crawl wearing a PFD for 5 metres	Whale	Preschool 5

Swimmer	If your child is 6 years of age or older and can:		Has Completed Red Cross Swim:	Then register in Lifesaving Society:
	Is 6 to 12 years with no previous lesson experience		n/a	Swimmer 1
	Is 6 to 12 years old with some lesson experience		Swim Kids 1, Sea Otter, Salamander, or Sunfish	Swimmer 1
	<input type="checkbox"/> Jump into chest-deep water unassisted and into deep-water wearing a PFD <input type="checkbox"/> Open eyes, hold breath, and exhale underwater	<input type="checkbox"/> Float, kick and glide on front and back	Swim Kids 2 or Crocodile	Swimmer 2
	<input type="checkbox"/> Jump into deep water and do a sideways entry wearing a lifejacket <input type="checkbox"/> Support self at the surface for 15 sec	<input type="checkbox"/> Do whip kick in vertical position <input type="checkbox"/> Swim 10 m on front and back	Swim Kids 3 or Whale	Swimmer 3
	<input type="checkbox"/> Tread for 30 sec <input type="checkbox"/> Do kneeling dives and <input type="checkbox"/> Front somersaults	<input type="checkbox"/> 10 m whip kick on back <input type="checkbox"/> Swim 15 m front crawl and back crawl	Swim Kids 4 or Swim Kids 5	Swimmer 4
	<input type="checkbox"/> Complete the Swim to Survive Standard: <input type="checkbox"/> Roll – Tread (1 min.) – Swim (50 m) <input type="checkbox"/> Dive <input type="checkbox"/> Swim underwater	<input type="checkbox"/> 15 m whip kick on front <input type="checkbox"/> Breaststroke arms with breathing <input type="checkbox"/> Swim front and back crawl 25 m	Swim Kids 6	Swimmer 5
	<input type="checkbox"/> Do shallow dives and cannonballs <input type="checkbox"/> Eggbeater and scissor kick <input type="checkbox"/> Swim 50 m front and back crawl	<input type="checkbox"/> Breaststroke for 25 m <input type="checkbox"/> Sprint 25 m	Swim Kids 7	Swimmer 6
	<input type="checkbox"/> Do stride entries and compact jumps <input type="checkbox"/> Legs only surface support for 45 seconds <input type="checkbox"/> Sprint 25 m breaststroke;	<input type="checkbox"/> Swim 100 m of front crawl and back crawl and <input type="checkbox"/> 300 m workout	Swim Kids 8	Rookie Patrol
			Swim Kids 9	Ranger Patrol
			Swim Kids 10	Star Patrol

If you have questions about what level to register your child for swimming lessons please contact us at 306-694-2222 x 2279 (Aquatic Supervisor) or 5521 (Recreation Coordinator) or email pspmoosejaw@cfmws.com

Still not sure where to register: email pspmoosejaw@cfmws.com to set up a quick in water swim level assessment. Free for Military and PSP Plan members.



Swimming Lessons

Wednesdays ~ 10 April - 12 June
(10 Lessons)

1615	Preschool 2/3 \$75.00 2: AQU232401100P 3: AQU232401101P
1630	
1645	
1645	Parent & Tot 2/3 \$75.00 2: AQU232401102P 3: AQU232401103P
1700	
1715	
1715	Swimmer 1 \$75.00 AQU232401200P
1730	
1745	
1745	Swimmer 4 \$85.00 AQU232401201P
1800	
1815	
1830	Rookie/Ranger/Star \$100.00 1: AQU232401300P 2: AQU232401301P 3: AQU232401302P
1830	
1845	
1900	
1915	
1930	

Don't see your level?
Register for
Wednesday or
Saturday open lesson
and we will see what
class we can add to
accommodate.



Saturdays ~ 20 April - 29 June
(No lesson 18 May)
(10 Lessons)

0900	Preschool 1 \$75.00 AQU232401104P
0915	
0930	
9030	Parent & Tot 1 \$75.00 AQU232401105P
0945	
1000	
1000	Swimmer 2 \$75.00 AQU232401202P
1015	
1030	
15 minute break	
1045	Swimmer 3 \$75.00 AQU232401203P
1100	
1115	
1115	Swimmer 5/6 5: \$85.00 6: \$100.00 5: AQU232401204P 6: AQU232401205P
1130	
1145	
1200	
All lessons end at 1200	



Registration closes Wednesday April 3rd (Wednesday Lessons) and
Saturday April 13th (Saturday Lessons).

Please know that unfilled classes or classes that do not meet the minimum
participant roster will be cancelled. Minimum participants for Parent & Tot
to Swimmer 3 = 2 participants; Swimmer 4+ = 3 participants.

Classes that do not meet the minimum that have participants enrolled will
be contacted to discuss alternate options for classes.

Fall Lessons will
open for
registration in
August and start in
September

15 Wing Lane Swim Schedule

Effective until 30 June, 2024

15 Wing Moose Jaw Pool					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
0600-0800 Lane Swim 1100-1300 Lane Swim		1100-1300 Lane Swim		1100-1300 Lane Swim	1200-1500 Open Swim
	1600-1800 Lane Swim 1815-2000 Open Swim		1600-1800 Lane Swim 1815-2000 Open Swim		

TUESDAY, THURSDAY, AND SUNDAY OPEN SWIM is open to all ages of the military community.

Please remember the following rules for public swim:

- One parent or guardian for two under 6 year old children.
- Children under 6 years need to be within arms reach of a parent or guardian at all times.
- Parent or guardian needs to be 16 years of age to supervise children in the pool.
- Children under 10 years of age require a parent or guardian to be on deck or in the water with them at all times

City of Moose Jaw - Kinsmen Sportsplex					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
0600-0800 Lane Swim		0600-0800 Lane Swim		0600-0800 Lane Swim	
0900-1130 Public Swim		0900-1130 Public Swim		0900-1130 Public Swim	1300-1600 Public Swim
1900-2100 Public Swim		1900-2100 Public Swim		2115-2300 FREE Teen Swim	1900-2100 Public Swim*

Please note that only select times are included with the PSP Plan membership.
These times are subject to availability and change without notice.

Accessing City of Moose Jaw Swim Times

1. Make sure that you have a PSP Plan Membership and City of Moose Jaw Perfect Minds Account .
2. Contact the City of Moose Jaw to activate your membership, reference 15 Wing Moose Jaw
3. Book your times online
4. Each member of your family requires their PSP Plan Membership Card (not Military ID) to gain access for the time booked.
5. Enjoy your swim.

Summer Kinsmen Sportsplex and Phyllis Dewar pool schedule is unavailable at time of printing, please check CFMWS.ca for the most up to date swim schedule.

Spring/ Summer Equipment Rentals

Explore this summer with our equipment rental program! Whether you're a seasoned cycling enthusiast or a first-time adventurer, we have everything you need to make the most of the summer season. Bikes, fat-tire bikes, camping kits, and lawn games galore, we've got you covered. Summer is almost here – gear up and let the adventures begin! Book your equipment today and let us help you create the best summer ever.

Rentals are an easy way to try out an activity before you invest in your own gear. Try out a new activity this season!

Rental equipment is available to all Military Family and PSP Plan members.

*Camping kit rentals area available all year round as many Provincial parks offer winter camping.



Boat Rentals:
Daily Rental \$15
3-day Rental \$25
Weekly Rental \$60

Bike Rentals:
Monthly \$15
Season \$75

Equip Rental Rates:
Daily Rental \$10
3-day Rental \$20
Weekly Rental \$40

**Book at the
15 Wing
Community
Fitness Centre
Front Desk**



Camping Kits - Camping requires a lot of equipment. Being posted from one place to another means that sometimes you are missing items. PSP rents out camping kits that have everything you need to enjoy the weekend.
*Kits have been updated for the 2024 season

Provincial Park Passes - Feed your wild side and explore any Saskatchewan Provincial Park. If you're only going for a few weekends borrow a Park Pass from PSP for as little as \$5.

DID YOU KNOW! Many provincial parks offer winter / spring camping? 2023 Park passes are still valid until the new season in May 2024. Try winter/ spring camping this year!

Ticket Kiosk

Your local discounts to fun for the whole family

The ticket kiosk is only open to those with a PSP Plan membership. Discounted tickets to local attractions are available through the 15 Wing Community Fitness Centre Front Desk.

Note that all tickets are subject to GST charges.

*Temple Gardens
Mineral Spa - Pool*
\$9.52+GST

Single entry adult tickets (Monday to Thursday only). Tickets are generously dated into the future. Tickets will not be replaced after purchase.

Cineplex Movie Tickets

Great Escape - 2 general admission (13+ yrs); 1 regular popcorn.	\$22.52
Child Adventure - 1 child general admission, 1 mini-combo snack	\$13.30
Admit One - 1 general admission (13+ yrs)	\$9.90

Military Sports

Military Sports are open only to active-duty military members.

Grappling

Date (s): No start/ end date - continuous program

Times (s): Tuesdays & Thursdays 1515-1700

Details: Grappling is open to military members only. Free to participate.

Registration required and can be done through the 15 Wing Community Fitness

Centre Front Desk or online at CFMWS.ca/moose-jaw

Canadian Armed Forces Sports Championships 2024

Open to active military members only, submit your submit your name/SN/Unit with sport(s) of interest to PSP Sports and Facilities Coordinator:

Rouault-Gibson.Chantelle@cfmws.com

Regional Sports

Canadian Armed Forces Canada West Championships

Golf	June 2024	Edmonton
Slo-pitch (W & M)	July 2024	Edmonton
Soccer (M)	August 2024	Comox
Soccer (W)	August 2024	Esquimalt
Grappling	September 2024	Edmonton

National Sports

Running	24-26 May	Ottawa
Triathlon	6 July	Gatineau
Golf	10-15 August	Shilo
Slo-pitch (W & M)	8-12 September	Borden
Soccer (M)	22-27 September	Borden
Soccer (W)	22-27 September	Borden
Grappling	N/A	N/A

Find our more about CAF Sports at CFMWS.ca or inquire with the [PSP Sports and Facilities Coordinator](#)

If 15 Wing is unable to field a full team, participants may be approved to attend as floaters assigned to other participating bases by random draw.



Adult Sport Court Sports

Basketball

Date(s): 04 April - 27 June 2024

Time(s): **Thursdays**

1900-2100 - Open Basketball Time

Details: Weekly basketball time open to military members and community members. This time is intended for 15 Wing and community members to shoot around, play small games (if numbers allow) and connect with the 15 Wing basketball community. Players 16+

Register online at CFMWS.ca or in person at the 15 Wing Community Fitness Centre Front Desk



Volleyball

Date(s): 03 April - 26 June 2024

Time(s): **Wednesdays 1930-2100**

Details: Fun and social environment for players 16+. We provide a competitive and thrilling experience for players to hone their skills and make new friends. Our league includes a variety of skill levels, ranging from beginner to advanced.

Basketball & Volleyball
Active Military - FREE
PSP Plan - \$15
Non-Member - \$40

15 Wing Golf Tournament

June/ July - Date TBD

Come join us for the 15 Wing Golf Tournament! Enjoy a fun day of golfing, food, and prizes at Deer Ridge 18-hole golf course.

Register at the front desk of the 15 Wing Community Fitness Centre.

Contact the PSP Sports and Facilities Coordinator for more information at rouault-gibson.chantelle@cfmws.com



Sport Spark

Have you ever wanted to join a league but aren't sure how to play the sport? Join one of our learn to workshops where you will learn the fundamentals of the sport to build your confidence.

Register today to save your spot.

These adult workshops are open to teens 14+ when participating with a parent or guardian.

Wednesdays 1800-1930

17 April & 29 May (Ultimate Frisbee)
24 April & 5 June (Futsal)
1 May & 12 June (Volleyball - Indoor)
8 May & 19 June (Squash)
15 May & 26 June (Ultimate Frisbee)

Price per session
Military with PSP Plan: Free
Military no PSP Plan: \$5
PSP Plan Member: \$10
Non-Members: \$15

Racquet Sports

Squash

Date(s): 03 April - 29 June 2024

**Time(s): Monday & Wednesday 1900-2100
Saturday 1030-1230**

Details: Opportunity for organized games for competitive and recreational players to play, improve, and connect with the greater squash community. Designated court times as listed for registrants only. Open to all ages 13+.

Badminton

Date(s): 02 April - 30 June 2024 (Unavailable 12 & 14 April)

**Time(s): Tuesday & Friday 1900-2100
Sunday 1100-1300**

Details: Opportunity for organized games for competitive and recreational players to play, improve, and connect with the greater badminton community. Open to ages 13+.

Pickleball

Date(s): 02 April - 29 June

Time(s): Tuesday 1700-1900 & Saturday 1400-1600

Details: Opportunity for organized games for competitive and recreational players to play, improve, and connect with the greater pickleball community. Open to ages 13+.

Racquet Sports Rates

Active Military: FREE

PSP Plan Members: \$15.00

Non-Member: \$40.00

*Prices are per person, per season, per sport, and subject to applicable taxes.

**Equipment loan available from 15 Wing Community Fitness Centre Front Desk at no additional charge.

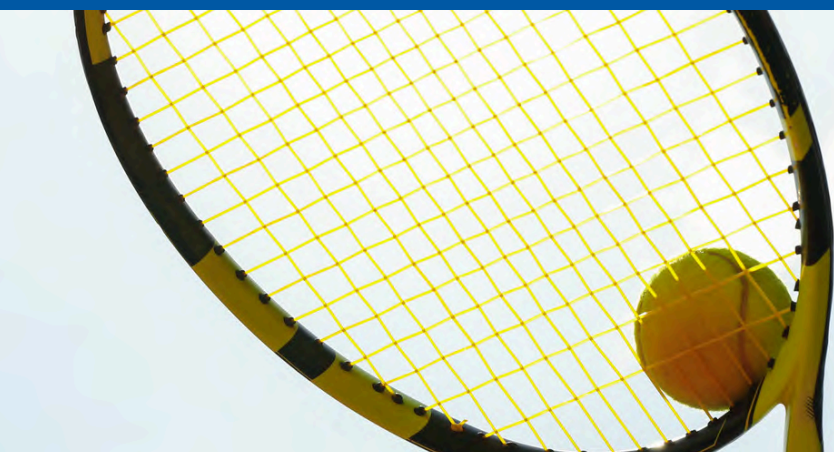
Register online at CFMWS.ca/moose-jaw

Recreation Sport Tournaments

Recreation Sports Tournaments are open to everyone at any skill levels – including youth participants. Draws will be created based on skill levels, all draws and schedules are based on registration numbers. Mixing of levels within the draws may happen depending on numbers.

Dates and times are subject to change due to staff and facility needs, more details to follow!

ATTENTION: We are looking for a draw master volunteer with adequate squash knowledge to create the draw in advance and take on calling out next available courts on-site at the event for the Badminton and Squash tournaments! Please contact may.tessa@cfmws.com if you are interested!



About the 15 Wing Sports Program

15 Wing Sports Programs include opportunities through recreation sports for all skill levels, as well as for military members to train and compete at Canadian Armed Forces Regional and National Competitions.

The following programs may be subsidized with available funds through-out the year, contact local PSP Sports Coordinator for details and application form.

By Email:

rouault-gibson.chantelle@cfmws.com

By Phone: 306-694-2222 ext. 5520

In Person: at 15 Wing Recreation Centre

OFFICIALS TRAINING

CAF Sports maintains a database of officials across the country for assignments to Regional and National Competitions. Add your qualifications to the database through your local PSP Sports Coordinator.

Training subsidies are also available for military members interested in pursuing officials certification.

COACHING CERTIFICATION

Training subsidies are available for military members interested in pursuing coaching certification through the National Coaching Certification Program. Your local PSP Sports Coordinator can assist in identifying upcoming training opportunities in your sport of interest.

CIVILIAN SPORTS COMPETITIONS

Application for approval to participate in a civilian sports competition procedure is in place for your benefit and acts as a request for funding.

Fitness Classes

REGISTRATION REQUIRED

Classes requires minimum 3 participants to run; register at bkk.cfmws.com/moosejawpub

By registering for your classes, you are helping the instructors tailor the workout to the group size as well as helping PSP Fitness Team to determine what classes to keep and which to retire so that we can offer classes that best suit your schedule.

STRENGTH AND CONDITIONING

Each class offers a variety of training options so come in ready for ANYTHING! If you are looking to become a healthier you this is the perfect class. Strength & Conditioning will provide you with cardiovascular conditioning, muscular strength, endurance, power, and flexibility training. This class is suitable for all levels of fitness. Open to CAF and PSP members.

STRENGTH (in Combat room)

A 40 minutes cross training, full body structured class focused on a variety of different components of health including: strength, hypertrophy, muscular endurance and cardiovascular conditioning in a high-intensity interval training structure.

Practice FORCE

Are you struggling to meet your operational demands, nervous about your next FORCE evaluation? This is a perfect time for you to practice before your scheduled FORCE evaluation! Come on first Tuesday of each month for to practice at 0745hrs in the gym (Please pre-register or email to De-Serres.Celeste@cfmws.com Open to CAF members only.

MOBILITY & CORE

This class is designed to build core muscle groups with a variety of exercises that strengthen (abdomen and back muscles) plus improving flexibility. Open to CAF and PSP members.



Force Evaluation

To book for your annual FORCE evaluation contact your Unit FORCE Coordinator or contact Fitness Coordinator

De-Serres.Celeste@cfmws.com

Basic Military Swim Standard

To schedule for your Basic Military Swim Standard (BMSS) for Specialty Trade evaluation or adventure trip - please contact Fitness Coordinator

De-Serres.Celeste@cfmws.com

PSP PLAN FITNESS CLASSES

1

Fitness Class

Community Classes will be offered at 15 Wing gym

2

Register First

Fill out the Get Active Questionnaire and Community Recreation Membership waiver (annually)

3

Check the Schedule

Take a look at the schedule to find a convenient date and time for the class online to secure your spot for each date.

Min 3 participants to run each class. This is why it is important to pre-register. This will give staff time to send a notice of cancellation if the min # is not met.

4

Join PSP Moose Jaw facebook page or go on www.cfmws.ca (click Moose Jaw for location) and download Winter program guide or pick up a copy from the gym kiosk.

5

Attend the Class

Come to the class at the designated time and location.

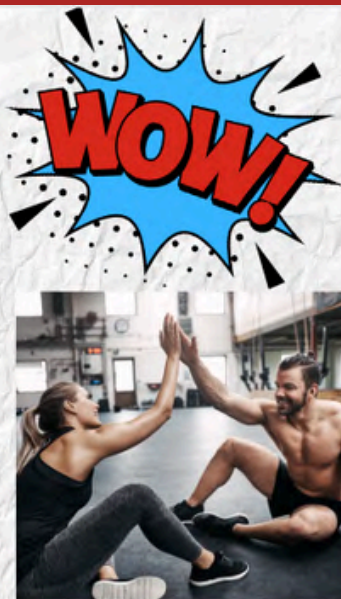


JOIN NOW

**ARE YOU A
PLAN MEMBER?**
YARA CENTRE FITNESS
CLASSES ARE NOW
INCLUDED WITH YOUR
PSP-PLAN MEMBERSHIP!

Classes included:

Step, spin, pound, yoga, cardio,
core, 55+, HIIT AND MORE!



Pre-view and register for class options
online through the City of Moose Jaw website or use the QR code

Classes fill quickly so
register online to secure
your spot! Sign in at the
Yara centre Front Desk
and show your PSP plan
membership card.



Questions?

Please contact PSP at
306-694-2873 or email
pspmoosejaw@cfmws.com
(Fitness Centre Access at
Yara Centre not included)

Not a member yet?

Check out the other perks of a PSP
Plan membership on page 5.

Member benefits include:

- Discounts on programs offered at PSP
- Access to the ticket kiosk for discounted tickets to local attractions
- Equipment rental and loan program
- Fitness, sport, and recreation programs
- Access to City of Moose Jaw facilities (Kinsmen Sportsplex, Phyllis Dewar Outdoor Pool, and Yara Centre).
- Personal training
- AND MORE!

Fitness Schedule

April 8 to June 28, 2024

Classes require minimum 3 participants to run; register at CFMWS.ca
By registering for your class you are helping the instructor tailor the workout to the group size as well as helping PSP Fitness Team to determine what classes to keep and which to retire so that we can offer classes that best suit your schedule.



Register for
your class in
advance at
CFMWS.ca or
QR code

Monday	Strength & Conditioning 0915-1000	Strength 1210-1250	WHosp PT 1430-1515	Strength & Conditioning 1615-1700
Tuesday	Practice FORCE test (1st Tuesday each month) 0745-0830	FORCE Evaluation 0930-1030	FORCE evaluation 1315-1415	Weightlifting 101 1615-1700
Wednesday			Mobility & Core 1210-1250	ATC PT 1400-1515
Thursday		Strength & Conditioning 1210-1250	WHosp PT 1415-1500	



Red Text = Open to all military and PSP Plan Members

Blue Text = Open only to Active Military Members

For questions about the classes or inquiries for personal training, contact the PSP Fitness Coordinator de-serres.celeste@cfmws.com or PSP Fitness & Sport Instructor may.tessa@cfmws.com

All members must fill out 15 Wing Moose Jaw Waiver and Get Active Questionnaires.

Unit FORCE Coordinators

Please contact your FORCE Coord to book you in for your FORCE evaluation.

15 Wing Moose Jaw	
Avr Brandon Reaburn	brandon.reaburn@forces.gc.ca
MCpl Casper Bagamery	casper.bagamery@forces.gc.ca
431Sqn	
Cpl Jasmine Francoeur	jasmine.francoeur@forces.gc.ca
MWO Tina Von Shilling	tina.vonshilling@forces.gc.ca
Reservists	
Sgt Davor Valentic	davor.valentic@forces.gc.ca
Dental	
Sgt Crystal Lockyer	crystal.lockyer@forces.gc.ca

ATC	
Cpl Norman Sigua	norman.sigua@forces.gc.ca
23 Health Service	
WO Murray MacNeil	murray.macneil@forces.gc.ca
2CFFTS	
2Lt Shaun Krosse	shaun.krosse@forces.gc.ca
Kristy Tenetuik	kristy.tenetuik@forces.gc.ca
MPs	
Cpl Holly Poirier	holly.poirier@forces.gc.ca



CAF Fitness Awards

Active CAF Members ONLY

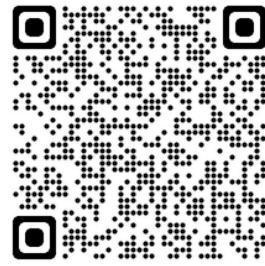
Physical Fitness Awards of Aerobic Excellence Program

The CAF Physical Fitness Awards of Aerobic Excellence program consists of seven levels with each broken down into six sub-levels (red to gold seals). Participants must complete 2000 units of aerobic exercise to obtain a seal certificate and move to the next seal. Once all six seals are obtained the member will have completed 12,000 units of aerobic exercise for that level. Completing all seven levels equates to 84,000 aerobic units. This program is designed to boost your cardiovascular fitness and keep you motivated to train on a regular basis.

Since its inception in the 1970's, the Award of Aerobic Excellence was and remains today recognition of an individual who strives for and maintains a level of fitness that brings credibility to both themselves and to the Military. These positive lifestyle changes to become more fit not only benefit the participant, but there is also a link to enhanced job performance.

As an incentive for encouraging participation into the program, the member is rewarded with cumulative and goal-oriented points or units. These recognize activities which are aerobic in nature and therefore must be performed for a required length of time. The variety of aerobic activities are extensive and participation in one or more activities is encouraged.

More information can be found at cfmws.ca/sport-fitness-rec/fitness-training/cf-physical-fitness-award-of-aerobic-excellence or by contacting the PSP Fitness Coordinator de-serres.celeste@cfmws.com



**Start
Today!**

How does it work?

- To qualify for the Canadian Forces Physical Fitness Award for Aerobic Excellence, a CAF member must accumulate a minimum of 2000 units of aerobic activity in less than two years.
- Get your logbook. Report to your local PSP Fitness and Sports personnel, or an officer delegated by the Commanding Officer.
- Obtain a minimum of one unit per exercise session to log the activity.
- Accumulate 2,000 units in less than two years by combining any of the eligible aerobic activities listed.
- Once you've logged 2,000 eligible units, you'll receive a seal.
- Note: Distance is a primary consideration in earning qualifying units. Where the distance cannot be measured because of the equipment limitations, or circumstances, times may be used in lieu of distance.

Physical Fitness Award of Aerobic Excellence - Level I



Complete all 6 seals to move on to the next level (up to seven level)



Fitness Training

Fitness Orientation

A fitness orientation (Open to PSP plans members (single and family and CF members) gives you an opportunity to enhance your physical fitness through the proper use of resistance and cardiovascular equipment. Individuals enrolled in this program will gain a working knowledge of resistance training, proper training guidelines including concepts of progression and appreciation for the potential benefits and risks associated with resistance training. This is the perfect option for Youth (age 12-17) that want to have the access to the weight room and cardio room. Please contact Fitness & Sports Instructor Tessa May (May.Tessa@cfmws.com) to book.

Please contact May.Tessa@cfmws.com for more information.

Personal Training

All Ages

Personal training is a free service for all military members.

Areas we can help: Improve your FORCE Evaluation, prepare for Specialty Trade testing, or start training for a big event (triathlon, marathon, soccer, hockey etc.).

Training plans are available for PSP Plan Members too!

PSP Plan Training Plan: starting rate \$150+ taxes.

Includes one on one consultation to discuss your goals and then a 6-week program to do on your own anywhere!



Individual Training Session: \$75.00. Includes 1 hour one-on-one personal training session. In a one-on-one setting, you can have your questions answered and our certified personal trainers will guide you through tailor made exercise routines based on your goals. We can work with/around any limitations or injuries to help maximize what you can do.

How to get started? Print and complete the Get Active Questionnaire. If the screening form indicates you require physician clearance, please book an appointment through your physician (civilians) or the MIR to obtain an unrestricted fitness training medical chit (or clearance with listed limitations, if any). Once we have your form, a Fitness & Sports Instructor will contact you to set up an appointment.

Spring Get Rec'd Challenges

Keep your fitness fun with these upcoming fitness challenges.

Get Rec'd challenges are open to all CAF military members and PSP Plan members. Full details release through **PSP Moose Jaw Facebook, posters at the front gym desk and on CFMWS.ca**

Keep an eye out for the details on the Get Rec'd challenges to participate in challenges all Spring long!

April - Hello Spring Challenge

May - Wellness Bingo

June - June is Recreation Month

July & August - Summer Passport

Weight Training 101

Learn to lift with FSI Amber Wiebe who has 8 years of experience in powerlifting and 1.5 years in coaching powerlifting!

Date & Time: 16 April to 25 June

Tuesdays at 1615-1700hrs

Location: Combat Fitness Room.

Weight training 101 will be a combination of barbell, dumbbell, and machine workouts based around proper movement patterns.

Each week will have a different focus and the aim is to educate, teach, AND have a solid workout. People attending the Tuesday evening class can expect to learn how to navigate themselves in a gym setting, plan out their own workouts and be successful in important movement patterns!

Spaces are limited so please sign up if you want a guaranteed spot! First week we kick off on April 16 with an upper body barbell focus!

More information about the class – please contact FSI Amber Wiebe (Wiebe.Amber@cfmws.com). This is open to all CAF members and PSP plan members only (16+)!

Free registration for Military and PSP Plan

Non-Members: Daily drop in rate

Register for each class separately.

Limited (12) spots available so be sure to sign up quickly!

Open at anyone 16+

Registration: Online, in person at the 15 Wing Fitness Centre Front Desk, by QR code, or by Phone at 306-694-2222.

Register
HERE



Personal Training

Personal training is a free service for all military members. Areas we can help: Improve your FORCE Evaluation, prepare for Specialty Trade testing, or start training for a big event (triathlon, marathon, soccer, hockey etc.).

Training plans are available for PSP Plan Members too!

How to get started? Contact the PSP Fitness Department and they will work with you towards your goals.



NEW

CAF Military Infant Facility Access Program

At PSP, our aim is to support you in improving your training experience by equipping you with the necessary resources as new parents. This will enable you to stay operationally ready while caring for your children.

We offer equipment such as bike stroller, play yard, playpen, and foam mats for infants to use while you work out. These items can be used on the gym floor or in the squash courts, but appointments are necessary due to limited supplies.

Parents are encouraged to join community fitness classes and have the same access to these resources while participating in class.

Resources are limited so please help us be prepared for your arrival and inform our fitness staff before you arrive. Contact De-Serres.Celeste@cfmws.com for more information or to let us know that you'll be attending with little ones.



PSP Prenatal and Postpartum program (PNP3)

The prenatal and postpartum program (PNP3) supports Canadian Armed Forces (CAF) members with targeted fitness and wellness services during the specific life stages of pregnancy, and maternal/parental leave. The program is grounded in best practice and evidence-based guidelines, and aims to provide a standardized level of service in order to best support prenatal and postpartum women in the CAF.

The goal of PNP3 is to effect positive change and improve key program outcomes of reducing susceptibility to musculoskeletal injury, and supporting women during the distinct life stages of pregnancy and maternal/parental leave. Women in the CAF have unique needs throughout their career journey from recruitment to retirement, which requires special attention. PNP3 is part of the first key deliverable of targeted programs specially designed to enhance the overall wellness and fitness of women in the CAF.



Contact the local Reconditioning Department on the lower floor of the 15 Wing Community Fitness Centre for more information on the PNP3 program.

McKay.Dustin@cfmws.com

Health Promotion Workshops

Register for any of the following Health Promotion workshops or request more information by emailing 15WgHealthPromotion@forces.gc.ca

Mental Fitness Training

The goal of this half-day workshop is to help you gain resiliency skills to stay mentally fit and to learn the skills needed to help others who are struggling.

Managing Angry Moments (MAM)

1.5-DAY WORKSHOP: Anger is something we all feel at various times in our lives. This workshop will help participants to use anger in a constructive and healthy manner. It will also help participants gain a better understanding of their relationship with anger.

Respect in the CAF (RitCAF)

This 1-day interactive workshop is intended to empower CAF members to take a stand against sexual misconduct, to support victims, and to create a culture of respect and understanding in the workplace.

Suicide Awareness Training

This half-day workshop will prepare CAF members in promoting suicide awareness and to mitigate the incidence of mental health injuries including deliberate self-harm and suicide.

Interpersonal Communication (INTER-COMM)

Communication is an important part of our daily lives and something we can all work on! This 1.5- day workshop will help you reflect on your own communication style and build new skills to deal with conflict and to improve communication in your personal relationships. This is beneficial for CAF personnel and their family members.

Alcohol, Other Drugs, Gambling & Gaming Awareness (AODGGA) - Supervisor

1.5-DAY WORKSHOP: This program is designed specifically for the Canadian Forces and for personnel in leadership positions. It is designed to assist leaders to promote an addiction free culture in their workplace and to learn the skills and techniques to help a staff member who may be dealing with an alcohol, gambling, or gaming addiction.

Stress: Take Charge! (STC)

1.5-DAY WORKSHOP: Stress is a common issue that people face! This helpful and engaging workshop will help you develop positive coping skills for effectively managing stress.



Spring & Summer Schedules

15 Wing Pool

15 Wing Moose Jaw Pool					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
0600-0800 Lane Swim					
1100-1300 Lane Swim					
		1100-1300 Lane Swim		1100-1300 Lane Swim	1200-1500 Open Swim
	1600-1800 Lane Swim		1600-1800 Lane Swim		
	1815-2000 Open Swim		1815-2000 Open Swim		

SUNDAY PUBLIC SWIM is open to all ages of the military community and PSP Plan members.

Please remember the following rules for public swim:

- One parent or guardian for two under 6-year old children.
- Children under 6 years need to be Within Arms Reach of a parent or guardian at all times.
- Parent or guardian needs to be 16 years of age to supervise children in the pool.
- Children under 10 years of age require a parent or guardian to be on deck or in the water with them at all times

Kinsmen Sportsplex

Book your swim times in advance

M	W	F	Sa/Su
6-8	6-8	6-8	
9-1130	9-1130	9-1130	1300-1600
19-2100	19-2100		1900-2100
		2115-2300	

Lane Swim Public Swim FREE Teen Swim

Accessing City of Moose Jaw Swimming

1. PSP Plan Membership and City of Moose Jaw Perfect Minds Account required.
2. Contact the City of Moose Jaw to activate your membership
3. Book your times online

Note: Each member of your family requires their PSP Plan Membership Card (not Military ID) to gain access for the time booked.

Please note that only select times are included with the PSP Plan membership. These times are subject to availability and change without notice.

15 Wing Gymnasium Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00						April - June 2024	
07:00		Open Gym 0600-0930					
08:00	Open Gym 0600-1045						
09:00		Force Evaluations 0930-1030					
10:00		Open Gym 1030-1210	Open Gym 0600-1210	Open Gym 0600-1210		Open Gym 0800-1000	Open Gym 0800-1100
11:00	Active Academy 1045-1145				Open Gym 0600-1900		
12:00		Strength & Conditioning 1210-1250	Core & Mobility 1210-1250	Strength & Conditioning 1210-1250			
13:00	Open Gym 1145-1430	Force Evaluations 1315-1415	Open Gym 1250-1400	Open Gym 1250-1415		Open Gym 1200-1400	Badminton 1100-1300
14:00	WHosp PT 1430-1515		ATC PT 1400-1515	WHosp PT 1415-1500			
15:00		Open Gym 1415-1700				Pickleball 1400-1600	Open Gym 1300-1700
16:00	Strength & Conditioning 1615-1700	Grappling 1515-1700		Grappling 1515-1700		Open Gym 1600-1700	
17:00		Pickleball 1700-1900	Open Gym 1515-1900	Open Gym 1515-1800			
18:00	Open Gym 1700-2100			Basketball Shoot Around 1800-1900			
19:00	Squash Club 1900-2100	Badminton 1900-2100	Squash Club 1900-2100	Basketball 1900-2100	Badminton 1900-2100		
20:00							

Monday Strength 1210-1250 WHosp PT 1430-1515 Strength & Conditioning 1615-1700

Tuesday Practice FORCE test (1st Tuesday each month) 0745-0830 FORCE Evaluation 0930-1030 Strength & Conditioning 1210-1250 Weightlifting 101 1615-1700

Wednesday Mobility & Core 1210-1250 ATC PT 1400-1515

Thursday Strength & Conditioning 1210-1250 WHosp PT 1415-1500

Yara Centre

PSP Plan members are only eligible to utilize the indoor track, drop in turf, and toddler turf time. Weight room access is unavailable to PSP Plan members.

Monday to Friday 0600-2200
Saturday Sunday 0800-1800

*Fitness classes and fitness centre is not included as a perk of the PSP Plan membership.



Register for all programs using this QR code.

Check for more program information online at CFMWS.ca

Red Text = Open to all military and PSP Plan Members

Blue Text = Open only to Active Military Members