

PSP PLAN MEMBERS



FALL 2026 NEWSLETTER

The days are getting shorter, the weather is getting colder, but our programs are getting hotter. With a new season on the rise, that means new programming and events to attend!

There will be a number of activities offered to our PSP Plan members over the Fall season. Flip to pages 7, 8 and 9 to find all of our events and programs.

Wondering what local discounts you can get as a PSP Plan Member? Turn to page 4 and 5 to read more.

The goal of the PSP Plan Membership is to help members and their families experience Yellowknife. It is open to all Regular Force members, Reserve members, Retired members, DND Civilian/NPF employees, and their families. If you know someone who's not a member just yet but has an interest in becoming a member, have them contact a PSP recreation staff member.

~ Your Friendly PSP Staff



PSP CORNER

SPORTS!

Are you interested in playing in some of the local leagues? Below is a list of all sports we support financially and who to contact to get some playing time.

Hockey Contact

Andrew.walsh@forces.gc.ca

Volleyball Contact

Timothy.Turner2@forces.gc.ca

Curling:

PSP PLAN MEMBERS are encouraged to organize teams on their own. Players will get a \$150.00 reimbursement.

Any questions please reach out to FSR Manager, Matthew Tibbles at Tibbles.Matthew@cfmws.com

NEW TO BEING A PSP PLAN MEMBER?

Come on into the PSP Office on the 2nd floor of the Greenstone Building to pick up your PSP Plan Membership card.



WANT TO DO ANY OF THE BELOW? SCAN THE QR CODE!

REGISTER FOR A PROGRAM OR EVENT



KEEP UP TO DATE THROUGH CFMWS.CA

HOURS OF OPERATION GREENSTONE OFFICE

Monday – Friday
0900 - 1600

****All dates exclude the lunch hour from 1200-1300****

FLOAT DOCK

Reminder that PSP hours of operation for Rental Pick up and Drop off at the Float Dock are:

**1700 MONDAY TO FRIDAY
NO WEEKEND AVAILABILITY**

RENTAL PROGRAM

Your PSP Plan membership allows you to rent a variety of equipment during the Fall season. Reminder that PSP Plan members are eligible to rent the following equipment for **FREE**!

**SCAN HERE
TO RENT
EQUIPMENT**



- **Fat bikes**
- **Kayaks**
- **Canoes**
- **Stand up paddle boards**
- **Bicycles**
- **Camping equipment**
- **Golf clubs**
- **Towing toboggans**
- **Snowcoaches**
- **Ice fishing equipment (tent, auger)**
- **Snowshoes**
- **Games (cornhole, can jam, etc)**

IMPORTANT INFO

- All rentals are picked up & dropped off at the Float Dock (3513 MacDonald Drive)
- Rentals will **NOT** be filled if requested for pick up is put in on the same day
- Rentals are deemed late once 30 minutes has elapsed past your drop off time
- 7 days is a maximum rental time (unless email requested)



All rental gear is **FREE** to rent for all PSP Plan Members.
NO RENTAL DEPOSIT REQUIRED.

Follow the steps below to book your rental equipment.

- 1** Book your rentals through the facilities module (book service) on Univerus Rec
- 2** Wait for email confirmation from a recreation staff on your rental pick up and drop off time
- 3** Pick up rental equipment at the time indicated in your confirmation email
- 4** Enjoy your rental equipment!
- 5** Return your rental equipment at the time indicated in your confirmation email

FACILITY ACCESS

Your PSP Plan membership gives you and your family members access to the following facilities around the City:

- Fieldhouse Track ****FREE TO ALL YELLOWKNIFE RESIDENTS****
- Multiplex Mezzanine Gym (Second Floor Multiplex) ****Access code required****
- City Drop in Programs (ex. lane swimming, Aquafit, public skating, pickleball, rock climbing wall)
- Aquatic Centre

When using the Aquatic Centre facility, you will need to sign in at the front desk. **Please sign in ALL participants who are accessing the facility that are PSP Plan members.** You **MUST** show your PSP Plan card as proof of membership. Please contact our Administrative Assistant to pick up your PSP Plan membership card in the PSP Office in the Greenstone Building.



PASSES/TICKETS



Cetana Float passes	\$43/pass
Cetana Infrared Sauna	\$25/pass
West Edmonton Mall Choice Pass	\$45/pass
Yellowknife 9-hole Golf Club Pass	\$15/pass
Taiga Yoga drop-in class	\$7.25/pass
Skate Sharpening	\$5.50/pass
YK Clean Sport Gear Cleaning	\$15/pass
YK Clean Sport Gear Cleaning- GOALIE	\$20/pass
Arctic Duchess Cold Plunge and Sauna Pass	\$55/pass
Overlander Sports 3-Punch Skate Rental	\$24.00
Overlander Sports 3-Punch Ski Rental	\$36.00
Overlander Sports 10-Punch Ski Rental	\$110.00

All passes can be purchased through the PSP office on the 2nd floor in the Greenstone building

****All above prices do NOT include GST****

MEMBER BENEFITS

REIMBURSEMENTS

- Ragged Riders Snowboarding membership (50% reimbursement)
- Yellowknife Shooting Club (\$50.00 reimbursement)
- Yellowknife Curling Club (\$150.00 reimbursement)

REIMBURSEMENT PROCESS

To receive of the above reimbursements, please submit the following documents to PSP via email at whaley.ariel@cfmws.com

- A copy of the receipt of purchase
- A Void Cheque from your banking institution
- Your current residential address

**** This all needs to be submitted within the Fiscal year it was purchased in (01 April 2026 - 31 March 2027)****



DISCOUNTS

- Skate and ski rentals Punch Passes for Overlanders Sports
- Collective Soul Space drop-in classes (\$5/ class)
- The b@ Class at Bella Dance (\$5/ class)
- 15% OFF at Kingpin Bowling Centre
- 10% OFF at MY WORLD
- 10% OFF ALL Cetana Services with discount code
- 20% OFF ALL Taiga Yoga workshops
- 10% OFF at Makerspace Membership
- 10% OFF at Cetana
- Family membership discount at the **Yellowknife Ski Club**
- \$50/ month gym memberships to **Anytime Fitness** (purchase from the gym facility directly)
- 20% OFF on all gym memberships at Stanley Fitness and Boxing
- 10% OFF on all gym memberships at **Fox Den**

****Contact PSP for Discount Codes****



PSP SCUBA CLUB



Are you a qualified scuba diver or looking to become one? You're in the right place!

Did you know that the North boasts its very own Scuba Club, complete with a certified Scuba Instructor offering training for all skill levels?

Our club is active year-round, with regular summer diving adventures in the lakes around Yellowknife, under ice diving in the winter, and community initiatives like local lake cleanups.

CERTIFIED?

Join us for unique diving adventures right here in Yellowknife. The club fees are an annual membership fee of:

- \$25.00 for Regular members, Ordinary members, and Associate members

****Pay your membership fee in the PSP Office on the 2nd floor Greenstone Building****

We also offer rental equipment, including BCDs, regulators, fins, masks, and snorkels. Additionally, we've partnered with YK Divers Inc., which has exposure suits available for rent, and more advanced training!

CONTACT AN EXECUTIVE MEMBER

President: Maj Stockwell collin.stockwell@forces.gc.ca

Vice President/ Secretary: Capt Lemelin vincent.lemelin@forces.gc.ca

Treasurer: MWO Desmerais frederic.desmerais@forces.gc.ca

Chief Instructor: Jeremy MacDonald

NOT CERTIFIED?

If you're not yet a certified diver, don't worry! Thanks to our partnership with YK Divers Inc., we offer monthly certification courses that are not only convenient but also much more affordable than what you'd find at resorts down south. By getting certified here, you'll be ready to dive straight into those incredible warm-water destinations without wasting any time on training. Imagine arriving at your dream location and diving right in, ready to create unforgettable memories from the moment you hit the water!

Courses Available to members and their spouses

Location: Aquatic Centre

Fees may vary per course. Contact the club for course prices.

FALL FAMILY EVENTS

COOKING WITH MEL

Come on out and cook with Mel in the fall themed class. Throughout class, children will build confidence as they learn the basics of food preparation. Mel will guide them through simple, fun recipes that encourage independence in the kitchen.

Registration: 28 Sept - 16 Oct

Date: Saturday 24 Oct 2026

Time: 1230-1430

Location: MFRC (5124 54 Street)

Cost: FREE

Ages: 7-15

12 spots available

HAUNTED HOUSE



This event is for those who enjoy a good spook! This event will give families a chance to celebrate Halloween, show off their best costume, and collect some sweet treats! Get yourself ready for a spooktacular walk!

Registration: 05 Oct - 25 Oct

Date: Saturday 31 Oct 2026

Time: 1100-1400, families will register for 60 minute time slots that will run every hour on the hour

Location: MFRC (5124 54 Street)

Cost: FREE

Ages: ALL AGES

Dressing up STRONGLY encouraged

FAMILY HOLIDAY ORNAMENT MAKING WORKSHOP



This holiday ornament making workshop will have you working as a team with your family to create a variety of beautiful ornaments to put on your Christmas tree this holiday season! Whether you're an artist or not, you'll come home with beautiful ornaments to either keep for yourself or to give as presents to family and friends.

Registration: 19 Oct -08 Nov

Date: Sunday 22 Nov 2026

Time: 1400-1630

Location: Combined Mess

Cost per family: \$40.00

Ages: ALL AGES

20 Family Slots available

**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS VISIT
BKK.CFMWS.COM/YELLOWKNIFEPUB/**

FALL FAMILY EVENTS CONT'D

FAMILY HOLIDAY PARTY: LUNCH WITH SANTA

PSP invite's all families to our annual Family Holiday Party! This year's event will be a Lunch with Santa. It will feature Games, Crafts, Facepainting, Photos with Santa, and much more!

Lunch will be provided by Domino's Pizza. There will be a variety of pizza flavours, veggies, fruit and drinks provided to all. Please select your food order on your registration. Indicate any allergies.

Registration: 16 Nov - 08 Dec

Date: Sunday 13 Dec 2026

Time: 1000-1300

Location: Multiplex Gymnasium

Cost: FREE

Ages: ALL AGES

****All children will receive a gift from Santa and All families will get a photo with Santa****

Registration will be completed through Univerus Rec.

****Only 65 family slots are available****

HOLIDAY SKATE

This event is for families or individuals who want to enjoy a free skate before the busy holiday season starts. Holiday treats will be provided.

**** Skates will NOT be provided. If you are a PSP Plan Member, Overlander Sports 3-Punch Skate Rental passes can be purchased at the PSP Office****

****All youth under the age of 16 must wear a helmet****

Registration: 01 Dec - 18 Dec or just drop in!

Date: Tuesday 22 Dec 2026

Time: 1400-1600

Location: Shorty Brown Arena (in the Multplex)

Cost: FREE

Ages: ALL AGES



**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS
VISIT BKK.CFMWS.COM/YELLOWKNIFE PUB/**



FALL ADULT EVENTS

TRIVIA NIGHT: MUSIC, MOVIES, AND MORE

This event is for those who want to show off their trivia skills! This event will have food included, 3 rounds of trivia, and a prize for every round. PSP Plan Members are invited to bring a plus one, two or three!

****Cost covers: pizza and prizes****

Registration: 13 Oct - 03 Nov

Date: Wednesday 04 Nov 2026

Time: 1800-2000

Location: Combined Mess

Cost for PSP Plan members: \$10.00

Cost for Non PSP Plan members:
\$20.00

Ages: 19+, Bar will be open

MONTHLY PROGRAMS

ADULT HIKING PROGRAM

This on-going program will run through October, November, and December to provide members with the opportunity to try some new trails this Fall season! This program welcomes you to bring out none members to attend hikes. All skill levels are welcome to attend.

No hiking gear is provided

Registration: 05 Oct - Thursday prior to each hike

Dates:

- 18 Oct 2026 (Prelude)
- 15 Nov 2026 (Frame Lake)
- 20 Dec 2026 (Prospectors)

Time: 1030-1200 (approx)

Location: changes monthly

Cost: FREE

Ages: 16 and up

**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS VISIT
BKK.CFMWS.COM/YELLOWKNIFEPUB/**

PSP/ NPF STAFF CONTACTS

PSP Operations Manager – Tina Schauerte ext 766-6868

Email: schauerte.tina2@cfmws.com

FSR Manager – Matthew Tibbles ext 766-6123

Email: tibbles.matthew@cfmws.com

FSR Coordinator – Ariel Whaley ext 766-6122

Email: whaley.ariel@cfmws.com

Admin Assistant – ext 766-6786

Email:

PSP Main Office: 2nd Floor, Greenstone Building



Mess Manager – Stephanie Barber ext 7666-6779

Email: barber.stephanie2@cfmws.com

PSP Mess Manager Office: JTFN Building room 125

NPF Accounting Manager– Melissa McFarlan

Email: mcfarlan.melissa@cfmws.com



HOURS OF OPERATION

GREENSTONE OFFICE

Monday – Friday

0900 - 1600

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lunch hour from 1200-
1300****

FLOAT DOCK

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FREQUENTLY ASKED QUESTIONS

How do I rent equipment?

To rent equipment you have to go to Univerus Rec, Sign in, click on Facilities, then click on request/book facility, and finally make sure you are on "book service" and select you dates and item(s) you wish to rent. **Always set times to 5:00pm to 5:00pm**

Where do I pick up and drop off my rental?

All rental pick ups and drop offs are completed at the Float Dock located at 3513 McDonald Drive.

What if I complete a rental request incorrectly? Can I edit that request?

Unfortunately you cannot edit your request once it has been submitted. A recreation staff will reach out via email to confirm if the request is correct and make all applicable changes as required.

How do I purchase discounted passes?

You can purchase all our discounted passes at the PSP office 2nd Floor Greenstone building through any of our staff.

How do I register a friend for a PSP event that is not a PSP Plan Member?

You will have to add them to your account as a "Group Member". To do this follow these steps. Sign In → Click My Account → Click Group Members → Click add new group member → Fill in their information → Click add group member at the bottom of the page. Then complete your registration for a program/event and register any of the group members on your plan.

How do I register for PSP courses/programs?

You will have to access the Univerus Rec website → log into your account → select the "Courses" tab → select the correct filters (season) → select the course you wish to register for → select the "Register Now" button → select all family members you wish to enroll (if applicable) → select "continue" → select the payment that applies to you (PSP plan member or non member) → select "continue" → complete your payment using credit card → enjoy the course/event

What is the website link where I can find all information?

CFMWS.ca → Make sure to select your community Yellowknife

What are PSP's Office hours?

The PSP Greenstone Office is open Monday through Friday 0900-1600

****Please note that our office does close on short notice due to unexpected taskings. We recommend that you make an appointment when planning to visit the office****