

PSP PLAN MEMBERS



SUMMER 2025 NEWSLETTER

Start marking your calendars for our summer programming. All of this programming is looking as hot as our northern sun!

Events you can look forward to include Family Events, Paddling Courses, and much more! See pages 7, 8, & 9 for more details on all events!

Flip to Page 4 and 5 to see all member benefits!

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

VOLUNTEERS!

Got some spare time on your hands?
Do you enjoy helping out at events?
Do you have a teenager who needs to
get volunteers for their high school
diploma?

PSP would love your help running any
or all upcoming events! Please reach
out to Ariel via email at
whaley.ariel@cfmws.com to get on
the email distribution list so you
don't miss out on volunteering within
our amazing community!

Reminder that more hands make for
light work!

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

REGISTER FOR A
PROGRAM OR
EVENT



KEEP UP TO DATE
THROUGH
CFMWS.CA

FLOAT DOCK HOURS OF OPERATIONS

Reminder that PSP hours of
operation for Rentals **starting**
03 July 2025 will be as follows;
1700-1900 TUESDAY OR
THURSDAY

Special requests can be made

GREENSTONE OFFICE HOURS OF OPERATIONS

Mondays: 0900 - 1600

Tuesdays: 1000 - 1600

Wednesdays: 0900 - 1600

Thursdays: N/A

Friday: 0930 - 1600

****All of the above exclude the
lunch hour from 1200-1300****

NEW TO BEING A PSP PLAN MEMBER?

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



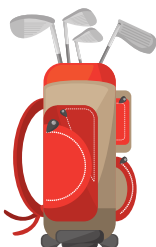
RENTAL PROGRAM

Your PSP Plan membership allows you to rent a variety of equipment during the summer 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**



IMPORTANT INFO

- All rentals are picked up & dropped off at the float dock (3513 MacDonald Drive) on **Tuesday OR Thursday between 1700-1900 starting 03 July 2025**
- Rentals will **NOT** be filled if requested for pick up on the same day
- 7 days is a maximum rental time (special requests can be made via email)

FREE

All rental gear is **FREE** to rent for all PSP Plan Members. **There will be a seasonal deposit fee of \$100.00 that will need to be paid prior to your first rental of the season.** This rental deposit will be refunded at the end of the season as of 01 October 2025. Follow the steps below to book your next rental.

- 1** Pay your \$100 deposit fee through the courses module on Univerus Rec
- 2** Book your rentals through the facilities module on Univerus Rec
- 3** Wait for email confirmation from FSR Coordinator on your rental pick up and drop off time
- 4** Pick up rental equipment
- 5** Enjoy your rental equipment!
- 6** Return your rental equipment

FACILITY ACCESS

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

- Fieldhouse Track
- Multiplex Mezzanine
- City Drop in Programs
- ***NEW*** Aquatic Centre

When using all of the above facilities, 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 either FSR Coordinators to pick up your PSP Plan membership card in the PSP Office in the Greenstone Building.



PASSES/TICKETS

- Cetana Float passes (\$40/ pass)
- Cetana Infrared Sauna (\$20/pass)
- Capitol Theatre Movie tickets (\$5/ ticket)
- West Edmonton Mall Passes (\$30/pass)
- Yellowknife 9-hole Golf Club passes (\$12.50/ pass)
- Taiga Yoga drop-in classes (\$5/ pass)
- Skate Sharpening (\$5/pass)
- YK Clean Sport Gear Cleaning (\$15/pass)
- YK Clean Sport Gear Cleaning- GOALIE (\$20/pass)

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

**Movie & WEM
Passes can also
be purchased
through the
MFRC**

MEMBER BENEFITS

REIMBURSEMENTS

- Ragged Riders Snowboarding membership (50% reimbursement)
- Yellowknife Shooting Club (\$50.00 reimbursement)
- Yellowknife Curling Club (\$100.00 reimbursement)

DISCOUNTS

- Skate rentals from Overlanders Sports (\$7.00/ day)
- Ski rentals from Overlanders Sports (\$10.00/ day)
- 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
- 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****

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 2025 - 31 March 2026)****



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 a one-time payment of:

- \$50 for Regular members
- \$55 for Ordinary members
- \$60 for Associate members

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!

Monthly Courses Available to members and their spouses

Location: Aquatic Centre

Cost: \$450. Cost includes the pool portions of the course and your equipment rental

Lifetime Membership Fee: \$50.00, Paid to PSP directly prior to your course

SUMMER FAMILY EVENTS

CREATIVE STONES

Join PSP in making your own stepping stones! Every child per family will get to make their own unique concrete stepping stone to show off in their garden or backyard.

All supplies provided

Stones will be picked up at a future date after for drying time

Registration: 16 June - 06 July

Date: Saturday 12 July 2025

Time: 1030-1300

Location: Float Dock (3513 Macdonald Drive)

Cost per Family (PSP Plan members): \$30

Cost for Family Non-PSP Plan members: \$60

ALL AGES WELCOME

ONLY 15 Family Spots Available

FUN IN THE SUN BEACH PARTY

Are you looking for one last chance to get some sun this summer? Join PSP to celebrate one final Hoorah before the summer ends and school starts. Come and enjoy a variety of outdoor summer games and/or a swim in Long Lake at our Beach Party. This is open to all military families.

Drinks and Snacks Provided

PFDs will be available

Registration: 21 July - 13 August

Date: Wednesday 20 August 2025

Time: 1730-2000

Location: Fred Henne Beach

Cost: FREE

ALL AGES WELCOME

PSP WELCOME BBQ AT FRED HENNE

This event is for new and returning families to meet in a fun setting! Enjoy a BBQ and a variety of outdoor summer games. There will be prizes to be won! This is open to all military members (families and singles)

Registration includes 1 drink (pop or water), choice of burger or sausage, and chips

Registration: 04 Aug - 24 Aug

Date: Thursday 04 Sept 2025

Time: 1800-2100

Location: Fred Henne Day Use Area, Picnic Shelter 3

ALL AGES WELCOME

Cornhole tournament

Prizes to be won!



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

SUMMER ADULT PROGRAM



PADDLE & DINNER DURING LE EVENING (PADDLE)

Do you enjoy paddling? Do you want to get better at paddling? Do you want to learn how to paddle? Then the PADDLE program is for you! This multi-day adults only program will have you out on the water every Wednesday evening for the month of July OR August!

Advanced paddlers are welcome to sign up for the July sessions. Use of your own water craft is permitted. 2 years or more of experience.

Beginners paddlers are welcome to sign up for the August sessions. Use of your own water craft is **NOT** permitted. 2 years or less of experience.

After every session there will be an option to socialize at the Float Dock area from 1915-2030. Participants are encouraged to bring there own dinner/snack for this portion. ***PSP will provide Chips***

ADVANCED PADDLER SESSIONS REGISTRATION

Registration: 16 June - 04 July

Dates: 09, 16, 23, & 30 JULY

Paddle Time: 1730-1915

Social Time: 1915-2030

Location: Float Dock

Cost for PSP Plan members: \$20
for the whole course

Cost for Non-PSP Plan members:
\$40 for the whole course

Ages: ADULTS ONLY 19+

Boats available: 5 canoes, 2 2-pers
kayaks, 8 Kayaks, 4 SUPs

20 SPOTS AVAILABLE

***Registration includes all use of**
PSP boats, applicable safety gear*

BEGINNER PADDLER SESSIONS REGISTRATION

Registration: 14 July - 02 Aug

Dates: 06, 13, & 27 AUGUST

Paddle Time: 1730-1915

Social Time: 1915-2030

Location: Float Dock

Cost for PSP Plan members: \$30 for
the whole course

Cost for Non-PSP Plan members:
\$60 for the whole course

Ages: ADULTS ONLY 19+

Boats available: 5 canoes, 2 2-pers
kayaks, 8 Kayaks, 4 SUPs

12 SPOTS AVAILABLE

***Registration includes all use of**
PSP boats, applicable safety gear*

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

MONTHLY PROGRAMS

ADULT HIKING PROGRAM

This on-going program will run through July, August, and September to provide members with the opportunity to try some new trails this 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: no registration required

Dates:

- 20 July 2025
- 17 August 2025
- 21 Sept 2025

Time: 1030-1200 (approx)

Location: changes monthly

Cost: FREE

Ages: 18 and up

PSP/ NPF STAFF CONTACTS

PSP Manager – Tina Schauerte ext 6868

Email: schauerte.tina2@cfmws.com

FSR Coordinator – Ariel Whaley ext 6122

Email: whaley.ariel@cfmws.com

FSR Coordinator – Matthew Tibbles ext 6123

Email: tibbles.matthew@cfmws.com

PSP Main Office: 2nd Floor of the Greenstone Building



Mess Manager – Stephanie Barber ext 6779

Email: barber.stephanie2@cfmws.com

PSP Mess Manager Office: JTFN Building room 125



NPF Accounting Manager– Melissa McFarlan

Email: mcfarlan.melissa@cfmws.com

Swing by and visit anytime!



FREQUENTLY ASKED QUESTIONS

How do I rent equipment?

To rent equipment you have to go to BookKing, 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

How do I pay for my seasonal rental deposit?

You can pay for your seasonal rental deposit in 3 ways:

Option 1: Call FSR Coordinator Ariel or Matt at 867 873 0700 ext. 6122 to complete payment over the phone

Option 2: Visit FSR Coordinator Ariel or Matt in person (2nd floor Greenstone Building)

Option 3: pay online through the courses module

Payments can only be completed using Credit Card

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.

How do I purchase discounted passes?

You can purchase all our discounted passes at the PSP office 2nd Floor Greenstone building through either of our FSR Coordinators, Ariel or Matthew or movie and WEM passes at our local MFRC at 5124 54 Street.

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.

How do I register for PSP courses/programs?

You will have to access the bookKing 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 --> 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 new website link where I can find all information?

CFMWS.ca