



PSP Program Guide

2025-26

FALL/WINTER

17 WING DETACHMENT
DUNDURN



<https://cfmws.ca/central-saskatchewan>



FOLLOW US on Instagram and Facebook



PSP Dundurn Current Offerings




www.cfmws.ca/sport-fitness-rec


THE PREFERRED CHOICE FOR SPORTS, FITNESS AND RECREATION

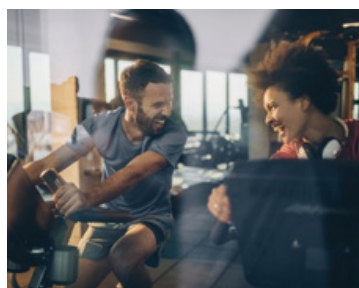
Strengthening the culture of fitness in the CAF is a priority. Personnel Support Programs (PSP), a division of CFMWS, includes fitness, sports, recreation and health promotion, which play integral roles in this endeavour.

Promoting a culture of fitness and healthy active living

Our primary focus is to ensure the operational readiness of CAF members. Whenever we have extra capacity, our fitness facilities, program and services are also available to the wider military community, including Veterans, family members and the Extended Defence team.

We offer a wide variety of programs and services so that you can stay safe and find fun ways to get active, stay connected and live better.

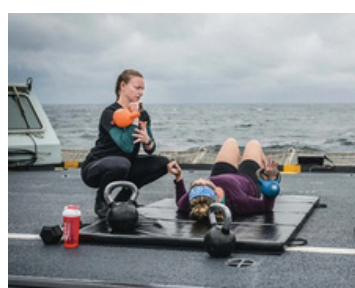
OUR PROGRAMS AND SERVICES



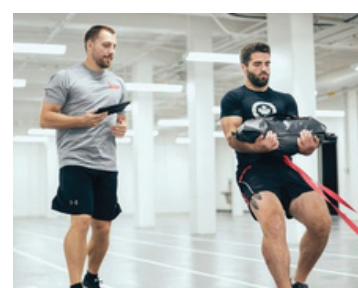
PSP PLAN MEMBERSHIP



RECREATION PROGRAMS



FITNESS TRAINING



MILITARY FITNESS EVALUATION



SPORTS



HEALTH PROMOTION



BOOKINGS & RENTALS



CLUBS

BUILDING 39 • 17 Wing Detachment Dundurn

Location

Google Maps
"Camp Dundurn"



20 minutes south of Saskatoon off Highway 11.

Note: Avoid using Highway 219, as that entrance is now permanently closed.

BUILDING 39 HOURS

	AM	PM
MONDAY	7:30	7:00
TUESDAY	7:30	7:00
WEDNESDAY	7:30	7:00
THURSDAY	7:30	7:00
FRIDAY	7:30	4:00
SATURDAY	9:00	1:00
SUNDAY	Closed	Closed



Hours

Gym Closed for Stats

September

1 - Labour Day

October

13 - Thanksgiving

November

11 - Remembrance Day

December

25 - Christmas

26 - Boxing Day

January

1 - New Year's Day

February

16 - Family Day

Contact

Email: pspdundurn@gmail.com

Phone: (306) 492 - 2135 ext 4102

Please follow PSP Dundurn on Facebook & Instagram for the latest information on gym hours, closures, and upcoming events.



<https://www.facebook.com/PSPDundurn>

Gym Membership Pricing

REGULAR MEMBERS

- ▶ Currently serving CAF members (Regular & Reserve Forces) and their dependants.
- ▶ Members of Foreign Military currently serving with the CAF and their dependants.
- ▶ Veterans (former members of the CAF who have successfully completed Basic Military training and have been honourably discharged) and their dependants.

ORDINARY MEMBERS

- ▶ Current Base Employees/ NPF / MFRC / DND / RCMP employees and their dependants.
- ▶ Commissionaires and other full-time contractors employed at a CF location and their dependants.

ASSOCIATE MEMBERS

- ▶ All Civilian Community Members.

REGULAR PRICING PSP PROGRAM GUIDE

Organization	Single	Family
Regular		
Annual	Free	\$70
Monthly	Free	\$10
Veteran		
Annual	\$42	\$70
Monthly	\$8	\$10
Ordinary		
Annual	\$90	\$150
Month	\$14	\$20
Associate		
Annual	\$300	\$500
Month	\$40	\$60



ALL PRICES ARE BEFORE TAX
DEBIT, MASTERCARD, VISA ACCEPTED

Other Pricing

RECREATION SPORT MEMBERSHIP

	REGULAR	ORDINARY	ASSOCIATE
1-YEAR MEMBERSHIP	\$20	\$25	\$45
Pickleball	INCLUDED	INCLUDED	INCLUDED
Disc Golf	INCLUDED	INCLUDED	INCLUDED
Sport Rental	INCLUDED	FOR A FEE	NOT INCLUDED



***Not sure you want to commit to a sport membership?**

Try a one-time drop in for only \$5!

DROP IN PATRONS

- Drop in Patrons must follow our gym guidelines and policies.
- Drop in Patrons must fill out a new client waiver form and be entered into our system.

GYMNASIUM DROP IN PRICING

	ADULT	STUDENT & SENIOR	FAMILY
Gym	\$15	\$7	\$25

Available evenings and weekends with access to the full gymnasium. This includes all the different games and sports equipment for your enjoyment! Table and chairs also available to use during your event.



GYM RENTAL RATES (Parties or Sports)

	REGULAR	ORDINARY	ASSOCIATE
Pricing Per Hour	\$30	\$35	\$55

ALL PRICES ARE BEFORE TAX

DEBIT, MASTERCARD, VISA ACCEPTED

Fitness Classes



Tuesday Afternoon Force Test

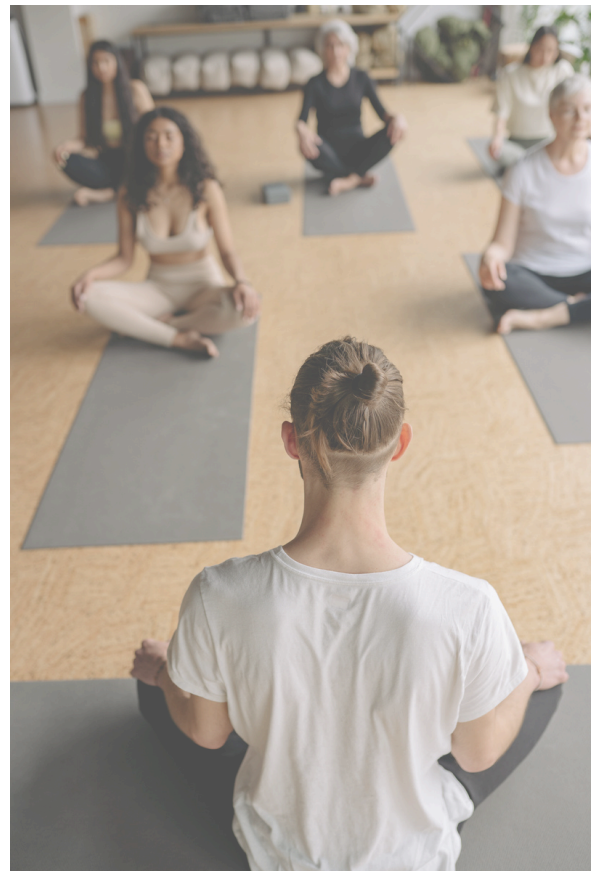
Friday Morning Force Test

Join us for our weekly force tests every Tuesday at 13:30 and Friday at 08:30. Need to be tested? Book with our Sports & Fitness Coordinator today!!

Wednesday Yoga with Sam

Friday Yoga with Derek

Take a break and find your zen during our lunch time yoga sessions on Wednesday with Sam and Friday with Derek. Perfect for flexibility, stress relief, and overall wellness!



Sports Store



DROP IN PATRONS

Open during regular Gym Hours
Drop in Patrons must follow our gym guidelines and policies.

Drop in Patrons must fill out a new client waiver, Physical Activity Readiness Questionnaire (Par-Q) and be entered into our system.



DROP IN PICKLEBALL

Pickleballs & Paddles Supplied!

\$5 drop in OR free with gym membership



Located just west of building 39, the Course is open **May-October**.

Download the **UDisc App** and enjoy interactive disc golf on the CFD Dundurn Disc Golf Course. Check out reviews, snaps, and the latest vibes. Never get lost with step-by-step directions. Navigate with nifty maps to ace every hole and tee off like a champ. Review your game history and level up your skills. Scope out your averages and ace shots on each hole. Dive into your putting, driving, and ninja-like scrambling stats. Brag about your scorecards with buddies. Climb the ranks on course leaderboards. Keep tabs on your discs and fine-tune your throws in the field. Master your driving precision and share your victories with pals.

Keep your phone snug in your pocket and focus on the game without distractions.

ALL PATRONS MUST PRE-REGISTER AT THE FRONT DESK AT BLDG. 39. DISCS CAN BE SIGNED OUT DURING OPEN HOURS. FOR AN INTERACTIVE COURSE EXPERIENCE, CHECK OUT THE UDISC DISC GOLF APP.

Sports Membership

By Appointment Only. Sport membership fee is required for all rentals.

Email: PSPDundurn@cfmws.com



FREE FOR MILITARY WITH SPORT MEMBERSHIP

**BASE EMPLOYEES ALSO PAY THE SPORT
MEMBERSHIP BUT THE FOLLOWING
ADDITIONAL FEES APPLY FOR EACH RENTAL:
Daily \$ 15 Weekends \$ 45 Weekly \$ 100**





Recreation Clubs

Recreation Clubs and programs are self-governing, authorized recreation activities operating under the terms and conditions of a constitution.

Military/Veterans/DND/Civilians may join clubs.

Pricing Varies

Garden Helper \$15/yearly

Email:
PSPDundurn@cfmws.com

GARDEN

seasonal



Monthly

Yearly

\$10

\$110

Email:
PSPDundurn@cfmws.com

AUTO HOBBY



Monthly

Yearly

\$10

\$110

Email:
PSPDundurn@cfmws.com

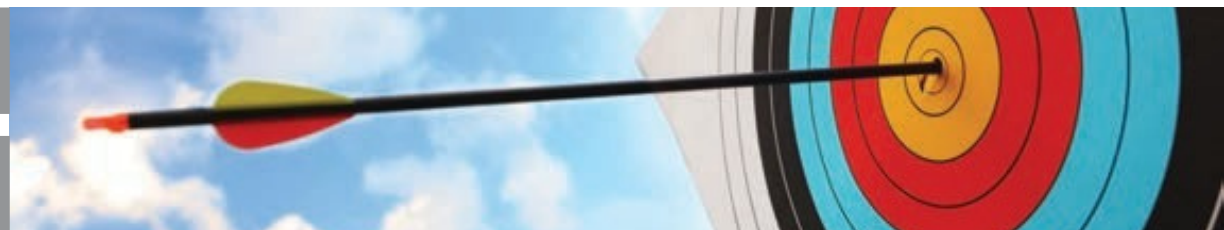
WOOD HOBBY



Pricing Varies

Email:
DundurnRGAClub@gmail.com
PSPDundurn@cfmws.com

ROD, GUN & ARCHERY



ALL ^{THE} RANKS MESS

Mess Executive Team

President of the Mess:

PO2. Bedard

Vice President:

MCpl. Tremblay

Secretary:

MCpl. Thibodeau

Treasurer:

MCpl. Westerhof

Ent. & Sports Rep:

Pte. Faurschou

Cpl. McKeith

Food Rep:

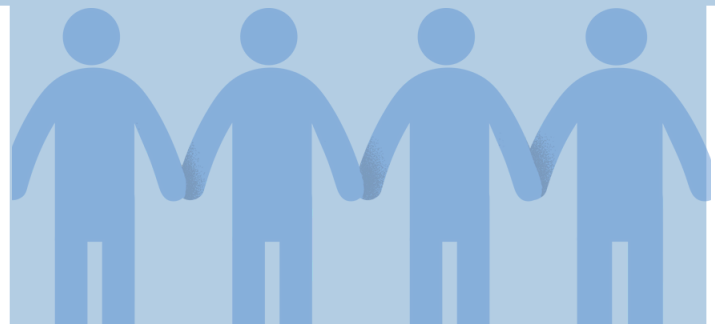
Cpl. Dumont

Coffee Break



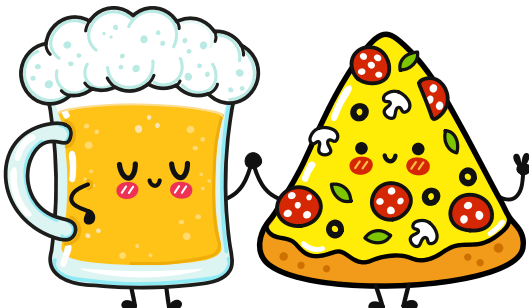
Wednesdays 0930-1030

The All-Ranks Mess, known as the Flightline, provides a warm and inviting space for CAF members. It's a place to unwind, connect, celebrate, and foster a strong sense of community.



TGIT

Thursdays 1500-1900



Food & Snacks Provided

ARM Admin

Mess Manager: **Georgia Bayer**

Mess Admin: **Meghan Folnovic**

Please contact our admin or manager for any booking needs!!



ALL *THE* RANKS MESS

Reserve the venue for a variety of events.

Meeting/Training

Establish a formal environment for hosting in-person or remote meetings or training sessions. The focal point is a sizable projector screen at the center, flanked by tables and chairs. Adjacent televisions offer additional display capabilities. Comprehensive audiovisual equipment, ranging from wireless microphones to background music systems, caters to diverse requirements.



Weddings/Vow Renewals

Make lasting memories with your guests at our intimate venue nestled on the prairies. Host both ceremony and reception, or reception only. Warm tones and multiple lighting options ensure the perfect photo backdrop and ambiance for your special day. The marble tables and black chairs allow you to keep decorating needs to a minimum. The two wings provide extra space for your guests and the lit patio courtyard enables your event to last into the night.



Celebrations

Whether it is a formal banquet or a family party, The Flightline is ready to make your milestone memorable from birthdays, anniversaries, graduations, farewells, games, tournaments and more. We offer a flexible space jam-packed with features to make your special day come to life. The bar on site can cater to all your cocktail or mocktail needs, while the catering kitchen enables meal service, BBQs and more.



PSP Health Promotion

Programs are **FREE** and available to **all** CAF members, civilian employees of the Defence Team and their adult family members. *Tentatively booked for early Feb.*

» ESSENTIAL NUTRITION

This interactive, 0.5 day, training provides practical ways to eat healthy even in challenging environments. It explains the science of nutrition, and covers topics like food budgeting, tips for easy meal planning, healthy recipes and much more!

» Alcohol, Other Drugs, Gambling, Gaming Awareness Training (AODGGA)

The goal of this course is to prepare personnel in leadership positions to deal with issues of problematic use in regards to alcohol, other drugs, gambling and/or gaming within their Units. Participants will learn about misuse, warning signs, effective interviewing skills, active listening skills, enabling and how to challenge and change unhealthy workplace cultures.



» Stress-Less Tools

This course will help participants develop an understanding of the stress reaction based on their individual life stressors. Participants will learn tools and select coping mechanisms that they can use in everyday life to make changes and manage their stress levels.

» Suicide Awareness Training

Designed specifically for the CAF, MFSA is aimed at helping to increase awareness of suicide, and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.

» Family Violence Awareness & Prevention Training



Local Sports Tickets



September 20 - Prince Albert

October 3 - Red Deer

October 7 - Vancouver

October 11 - Kamloops

October 19 - Edmonton

November 7 - Moose Jaw

November 8 - Calgary

November 21 - Swift Current

November 22 - Brandon

November 28 - Medicine Hat

December 7 - Regina

December 12 - Lethbridge

December 14 - Prince Albert

December 17 - Kelowna

December 27 - Regina

January 3 - Brandon

January 9 - Edmonton

January 14 - Brandon

January 16 - Swift Current

January 21 - Victoria

January 23 - Medicine Hat

February 1 - Prince Albert

February 3 - Calgary

February 7 - Lethbridge

February 11 - Regina

February 25 - Penticton

February 27 - Prince George

March 4 - Red Deer

March 6 - Moose Jaw

March 13 - Swift Current

March 18 - Brandon

March 21 - Prince Albert

CAF GET **2 FREE TICKETS**

PER HOME GAME

Tickets available to base employees for purchase.

SIGN UP AT THE GYM WITH



Leisure Passes

Saskatoon has six indoor Leisure Centres located throughout the city, plus the Terry Fox Track. Each Centre is unique and feature amenities like swimming pools, waterslides, indoor tracks, gymnasiums, sport courts, fitness and weight rooms, child minding and even a skating rink and wave pool! Check out the current Leisure Guide [here](#).



2025-2026 Leisure Passes Availability

Military and DND affiliates only

Indoor Facilities

Single - 2 free per CAF member per week (not applicable to family members)

Family - \$20

**Stop by the
Gymnasium to
pick up your
passes.**

Outdoor

Single - \$10

Family - \$20

Military Rebates

SPORTS REBATE

100% rebate max of
\$200 per CAF member
per year.

The Saskatoon Leisure Center
Membership is available under this
rebate.

Non Eligible Expenses for all programs:

- Equipment Rentals
- Team Shirts/Jerseys
- Fuel/Parking
- Childcare
- Equipment Purchases
- Gym Memberships
- Alcohol/Food/Drink
- Hotels
- Gift cards

REC REBATE



\$150 per CAF member per year.

Examples:

Movie Theatre Tickets
Mini-Golf, Bowling
Hunting & Fishing License
Museum and/or Art Gallery
Camping and Blackstrap Glamping
included!

FAMILY REBATE

\$100/dependent (spouse & kids)
per year to a max of \$300/family.



This rebate can be used for
different lessons such as dance,
sport, swimming, and more!

PROVINCIAL PARK PASS REBATE

\$75 provincial park pass
rebate for the year.

National Parks are free daily admission
for CAF, vets & their families.

Present your CF One card with CF, CF-F,
V or V-F designation at the entry gate,
visitor centre, or reception desk.

Rebates cannot be used for PSP programs or PSP registered leagues.

All Rebates run April 1-Feb 28 Fiscal Year

Contact: woods.samantha@cfmws.com



MEET OUR TEAM

For general inquiries: PSPDundurn@cfmws.com

Deputy Manager PSP

Georgia Bayer

306-492-2135 Ext. 4176
Bayer.Georgia@cfmws.com

I was born in Saskatoon and I have lived in the Dundurn area for over 25 years. I spent most of my career working in aviation as a Flight attendant and customer service agent before moving to Namibia, Africa with my family. Upon returning to Canada, I changed careers and have been employed with PSP Dundurn since 2014. I love the outdoors, fitness and staying active so Personnel Support Programs is my dream job!

Fitness, Sport & Recreation Coordinator

Sydney Clark

306-492-2135 Ext. 4270
Clark.Sydney@cfmws.com

Originally from Campbell River, BC, I spent some time in Northern Manitoba before relocating to Saskatoon. Upon earning my Kinesiology degree from the University of Saskatchewan, I began my career as an exercise therapist specializing in chronic disease management. In my free time, I enjoy coaching and competing in judo. Additionally, I am passionate about volunteering with the Saskatoon Dog Rescue and exploring new experiences.

NPF Admin & Positive Space Ambassador

Samantha Woods

306-492-2135 Ext. 4188
Woods.Samantha@cfmws.com

In a serendipitous turn, I found myself working for PSP in Dundurn after moving from Edmonton, AB. With a background in Hospitality Management, a decade in finance at ATB and Yoga Teacher training. I relocated for love and was encouraged to apply for the NPF Admin position. As a foster parent with Saskatoon Dog Rescue, I share a busy home with my partner, three kids, a dog, and a cat. I enjoy gardening, crocheting, playing D&D, and creating projects with my partner, who makes film props. At PSP, I welcome newcomers, share information about programs and local attractions, and recommend the best burger in Saskatoon, the Skirt Burger at The Thirsty Scholar.

Facility Clerk

Des Engensperger

306-492-2135 Ext. 4102
Engensperger.Desirae@cfmws.com

Desirae is a military spouse from British Columbia. She and her husband have 3 amazing children, 2 boys and a young daughter. They enjoy spending time together as a family and being outdoors as much as they can. She loves the mountains (even though they are very hard to find here). She enjoys making candles and selling them in her free time. Her favourite thing about her job is learning new things and the awesome group of people she works with.

Community Recreation Supervisor

Katie Elke

306-492-2135 Ext. 4103
Elke.Katie@cfmws.com

Katie was born and raised in Saskatoon, SK. With a background in recreation and tourism management, Katie is passionate about building community through inclusive, engaging programs that support military members and their families. Katie has led everything from large-scale events to outdoor adventures and is always looking for ways to bring people together. Outside of work, she is a mom of two, an outdoor enthusiast, and a big fan of puzzles and games.

Mess Admin

Meghan Folnovic

306-492-2135 Ext. 4259
Folnovic.Meghan@cfmws.com

Meghan Folnovic was born and raised in Regina, SK and moved to Saskatoon in 2010. She has a Bachelor of Arts in International Studies with a focus on cooperation and conflict topics. Her schooling supplements her over a decade of experience in customer service, operations and food services. She enjoys doing yoga, bird watching, and hosting dinner parties when not serving the patrons on 17 Wing at The Flightline.

IMPORTANT POLICIES & PROCEDURES

FRONT GATE PROCEDURE

- Upon arrival, you must show your ID to the commissionaires at the front gate and tell them you are going to the gymnasium.

CARDIO & WEIGHT ROOM RULES GYMNASIUM FLOOR RULES

- Patrons are required to wipe down equipment after use.
- All weights must be returned to proper weight racks after each use.
- Spotters are required if there is any uncertainty with a lift.
- Slamming or dropping of weights is prohibited.
- No equipment shall be altered or leave the facility for any reason.
- Equipment must be put away after use, i.e. free weights.
- Proper eyewear must be worn at all times while playing floor hockey.
- Children, 12 - 15, cannot be on the gym equipment without adult supervision
- Children under 12 cannot be on the gym equipment.



CANCELLATIONS

- All activities are subject to cancellation if there is insufficient registration. Please note, due to the nature of our Military facility, there may be unforeseen interruptions and/or cancellation of activities. Should it be necessary to cancel an activity, every attempt will be made to reschedule. However, if we cancel an activity, you are entitled to a prorated refund based on the event/ program/ duration that has been completed. Register early to avoid activity cancellations.

REFUNDS

- A refund requested less than 14 days prior to the program start date may be subject to an administrative fee of 5%.
- Requests received 14 business days prior to the start of the activity will not have an administrative fee applied.
- Refunds for medical reasons with a doctor's note, or a Military posting with validation, will not have an admin fee applied.
- Should a refund be requested after the start date, an admin fee of 5% will be charged, the refund will be prorated.
- If an activity advertises a non-refundable deposit, no refund will be issued for the deposit.
- Contact the Community Recreation Supervisor with all refund requests.
- In the case of a dispute, refund decisions will be made by the Deputy PSP Manager.

Gymnasium / Building 39 FAQs

- Members of the PSP Plan must sign in at the front desk for every visit.
- Military members need to present their military ID card.
- Cell Phones cannot be used in the locker rooms.
- Headphones are encouraged, there is a speaker that can be used.
- Water bottle station at the front entrance.
- Visitors without a PSP gymnasium membership or Military ID must pay a drop-in fee and show photo ID each visit.
- Children under 12 years old must be supervised at all times.
- Children aged 12-15 are permitted to use the gym floor.
- Youth ages 12-15 are permitted to use the weight room and machines with parent or guardian supervision.
- Members must be 16 or older to utilize the weight room and machines.
- Proper attire is mandatory, including wearing a shirt at all times and suitable non-marking indoor footwear. Sandals and hiking shoes are not allowed.
- Food, glass containers, and drinks other than water are not allowed.
- Smoking and vaping are prohibited on the premises.
- Personal items such as gym bags must be stored in lockers. The facility is not liable for lost or stolen items. Please bring a lock for daily use lockers.
- Lockers and showers are provided for use, with lockers designated for daytime use. Remember to bring your lock and spray showers after use.
- Non-military members must complete the "Get Active" questionnaire and PSP liability waiver.
- Masks are optional. Members are free to wear a mask if they prefer.



Indoor, non-marking sneakers are mandatory.