

PSP PLAN MEMBERS



WINTER 2026 NEWSLETTER

New year, new programs, and new events!

With the weather getting colder, our programs are only getting hotter. Take a read through all of our upcoming programs and events to attend this season on pages 8 through 10.

Wondering what winter deals we have set up for you? Head on over to page 7.

Want to rent equipment this season? Flip to page 3 to find out what we have and how to rent!

The goal of the PSP Plan Membership is to help members and their families experience Yellowknife in as many different ways as possible! 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.

Indoor Soccer Contact:

loannis.Labrakis@forces.gc.ca

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 Matt 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

Mondays: 0900 - 1530

Tuesdays: 0900 - 1530

Wednesdays: 0900 - 1530

Thursdays: 0930-1530

Friday: 0900 - 1530

****All of the above 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 Winter season. Reminder that PSP Plan members are eligible to rent the following equipment for **FREE!**

****A \$100.00 DEPOSIT FOR THE SEASON IS TO BE PAID BEFORE YOUR FIRST RENTAL****

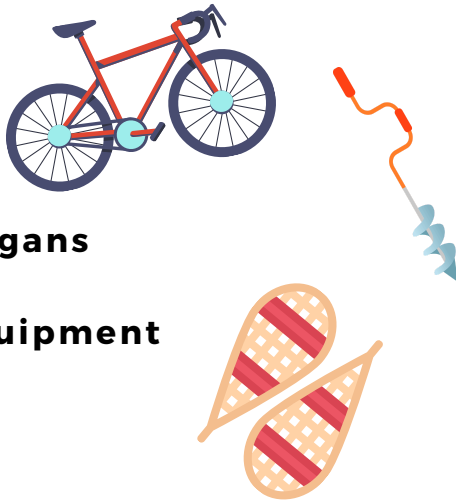
**SCAN HERE
TO RENT
EQUIPMENT**



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)

- **Fat bikes**
- **Bicycles**
- **Towing toboggans**
- **Snowcoaches**
- **Ice fishing equipment (tent, auger)**
- **Snowshoes**



FREE

All rental gear is **FREE** to rent for all PSP Plan Members. There is a seasonal deposit fee of \$100.00 that must be paid prior to your first rental for the season. Seasons are Fall/Winter and Spring/Summer. This rental deposit will be refunded at the end of the season (31 March 2026). Follow the steps below to book your rental equipment.

- 1 Pay your \$100 deposit fee through the courses module on Univerus Rec (Seasonal Deposit)
- 2 Book your rentals through the facilities module on Univerus Rec
- 3 Wait for email confirmation from either of our FSR Coordinators on your rental pick up and drop off time
- 4 Pick up rental equipment at the time indicated in your confirmation email
- 5 Enjoy your rental equipment!
- 6 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 (example lane swimming, public skating)
- 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 our Administrative Assistant 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 (\$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 2025 - 31 March 2026)****



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****



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

WINTER DEALS!

For this winter season PSP has put together some hot deals that are bound to heat up your car in under 10 minutes! All of these go on sale **15 Dec 2025** and are on sale until out stock runs out!

The deals for this season include the following:

- **Arctic Duchess Cold Plunge and Sauna Passes:** \$40.00 (includes the towel and plush robe rental) *only 40 in stock*
- **Cetana 40 minute Infrared Sauna Passes:** \$20.00
- **Skate rentals from Overlanders Sports:** \$7.00/ day
- **Ski rentals from Overlanders Sports:** \$10.00/ day
- **Dog Sledding Passes at Aurora Wonderland Tours:**
 - Traditional Dog Sledding Passes: \$40.00
 - Drive your own Dog Team Passes: \$50.00

**On sale
15 Dec
2025**

****Reminder when booking Traditional Dog Sled timings, the sleds hold 6-8 people (dependent on weight). There is a chance you could be sharing a sled with people you do not know if you book as a smaller group (4 or less). PSP would recommend coordinating with friends and/or other families to make the experience more enjoyable!****

All of the above prices are with GST in. Limited quantity available.

****All passes can be purchased through the PSP Administrative Assistant in the PSP office on the 2nd floor Greenstone building starting 15 Dec 2025****



WINTER FAMILY & YOUTH EVENTS

COOKING WITH MEL

Come on out and cook with Mel. In this 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: 05 Jan - 23 Jan

Date: Saturday 31 Jan 2026

Time: 1230-1430

Location: MFRC (5124 54 Street)

Cost: FREE

Ages: 7-15

12 spots available

SOUND TRACK BINGO

Bring out the whole family to this fun filled Sound Track Bingo! We're bringing sing along and Bingo together! Participants will get to fill out their bingo card based on movie sound tracks being played. This event is bound to get the whole family singing and dancing!

Registration: 09 Feb - 04 March

Date: Saturday 07 March 2026

Time: 1500-1630

Location: Combined Mess

Cost: FREE

Ages: ALL AGES WELCOME

SEASONAL EVENTS FOR ALL

SNOWKING CASTLE & BBQ

Do you and your family want to visit the Snowking Castle without the hustle and bustle of the public there? This event is for you then! This event will provide you and your family with the chance to enjoy a BBQ at the Float Dock and then a fun visit at the Snowking Castle.

Registration will include choice of a hot dog or hamburger, chips, and choice of hot chocolate or water

Registration: 09 Feb - 06 March

Date: Thursday 19 March 2026

Time: 1700-2000

Location:

BBQ: Float Dock (3513 McDonald Drive)

Snowking Castle

A shuttle between the Float Dock and Castle will be provided

Cost: FREE

Ages: ALL AGES WELCOME

200 Spots Available

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

FEBRUARY MAKER'S MONTH

This month is dedicated to providing members with different opportunities to make a variety of items. All workshops will have you taking home a hand-crafted item. Members will have the option to register for multiple events at the same time. No experience required. Enjoy card making, beading, sand-blasting, and leather crafting.

**** Registration for all workshops opens 0600 05 Jan 2026 - 04 Feb 2026 ****

VALENTINE CARD WORKSHOP

Valentine's day is right around the corner and who doesn't like giving out hand made cards! Learn how to make hand crafted cards to give out to all of your friends and family!

Date: Saturday 07 Feb 2026

Time: 1330-1530

Location: MFRC (5124 54 Street)

Cost: FREE

Ages: ALL AGES WELCOME

OLD TOWN GLASSWORKS

During this workshop you will learn how to sand-blast your glass and create a beautiful piece of glassware.

Date: Saturday 14 Feb 2026

Time: 1200-1400 OR 1430-1630

Location: Old Town Glassworks

Cost for PSP Plan members: \$40.00

Cost for Non PSP Plan members: \$80.00

Ages: 10 and up

8 spots available per session

BEADING WORKSHOP

Learn how to bead a Poppy with our very own, Denise Zoretich! Denise has a love for crafting and wants to share her passion with our community.

Date: Saturday 21 Feb 2026

Time: 1000-1300 OR 1330-1630

Location: MFRC (5124 54 Street)

Cost for PSP Plan members: \$20.00

Cost for Non PSP Plan members: \$30.00

Ages: 13 and up

10 spots available per session

A NIGHT WITH RUPERTSLAND

This leather making workshop will give you the opportunity to learn a new craft along with making a personalized wallet to take home!

Date: Saturday 28 Feb 2026

Time: 1800-2130

Location: Combined Mess

PSP Plan Members: \$40.00

Non PSP Plan Members: \$80.00

Ages: 16 and up

12 spots available

WINTER ADULTS EVENTS

MOVIE NIGHT

PSP is bringing the movie theatre experience to you through the Mess! Bring a friend out to our movie night! You will get the chance to help pick what movie we will be showing! Put your favourite movie genre in your registration and wait to vote on what movie will be playing!

Bar will be open

Pizza and movie theatre style snacks will be provided

Registration: 01 Jan - 18 Jan

Date: Wednesday 21 Jan 2026

Time: 1830-2100

Location: Combined Mess

Cost: FREE

Ages: 19 and up

ICECAVE TOUR AND SUNDOG

Looking to get out on a hike this winter season? Join PSP on a hike across Back Bay to the Ice Caves. After the Hike we will visit Sundog Trading post for a warm drink and social time!

****Drinks (Non-Alcoholic) included in Registration****

****Food NOT included****

Registration: 02 March - 25 March

Date: Saturday 28 March 2026

Time: 1045-1330

Starting Location: Float Dock (3513 McDonald Drive)

Cost: FREE

Ages: 19 and up

20 spots available

GET YOUR AD HERE!

Do you own a local business that wants to partner with PSP to create more opportunity for our members?

**Contact FSR Coordinator Ariel Whaley @
whaley.ariel@cfmws.com to get your ad in next
seasons newsletter!**

PSP/ NPF STAFF CONTACTS

PSP Operations Manager – Tina Schauerte ext 6868

Email: schauerte.tina2@cfmws.com

FSR Manager – Matthew Tibbles ext 6123

Email: tibbles.matthew@cfmws.com

FSR Coordinator – Ariel Whaley ext 6122

Email: whaley.ariel@cfmws.com



Admin Assistant - Samantha Burnett ext 6786

Email: burnett.samantha@cmfws.com

PSP Main Office: 2nd Floor, 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



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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 make sure you are on "book service" and select your dates and item(s) you wish to rent. Always set time 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 the PSP Office at 867 873 0700 ext. 6786 to complete payment over the phone

Option 2: Visit FSR Coordinator Ariel 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 website link where I can find any and all information?

CFMWS.ca