

# PSP PLAN MEMBERS



## SUMMER 2026 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 through 10 for more details on all events!**

**Flip to Pages 3, 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

### SUMMER SPORTS INTEREST!

Are you interested in playing in some of the local sports leagues? Make sure to reach out to the team contact to get your name on the roster.

#### Slo-Pitch Contacts:

[Jason.Johnston2@forces.gc.ca](mailto:Jason.Johnston2@forces.gc.ca)  
[LEE.MORRISSEY@forces.gc.ca](mailto:LEE.MORRISSEY@forces.gc.ca)

**Other Sports:** Are you playing a sport that maybe we don't cover yet? Reach out to request for potential financial coverage. Any questions please reach out to Matt at [Tibbles.Matthew@cfmws.com](mailto: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 get your PSP Plan Membership card printed

**\*PSP Plan card reprints are now \$5 per card reprint\***

**\*\*This card must be presented when accessing the Aquatic Centre\*\***



### 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 Summer season. Reminder that PSP Plan members are eligible to rent the following equipment for **FREE!**

**SCAN HERE  
TO RENT  
EQUIPMENT**



### ITEMS FOR RENT

- 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)
- 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)

**FREE**

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 & PRICES

Cetana Float passes .....	\$43/pass
Cetana Infrared Sauna .....	\$25/pass
West Edmonton Mall Passes .....	\$45/pass
Yellowknife 9-hole Golf Club passes .....	\$15/pass
Taiga Yoga drop-in classes .....	\$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 Passes .....	\$55/pass

**\*All passes can be purchased through the PSP office on the 2nd floor 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)

### DISCOUNTS

- 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](mailto: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)\*\***



## 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 2<sup>nd</sup> 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](mailto:collin.stockwell@forces.gc.ca)

**Vice President/ Secretary:** Capt Lemelin [vincent.lemelin@forces.gc.ca](mailto:vincent.lemelin@forces.gc.ca)

**Treasurer:** MWO Desmerais [frederic.desmerais@forces.gc.ca](mailto: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.

## SUMMER FAMILY EVENTS

### 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: 13 July - 12 August**

**Date:** Thursday 20 August 2026

**Time:** 1730-2000

**Location:** Fred Henne Beach

**Cost:** FREE

**ALL AGES WELCOME**

### PSP WELCOME BBQ AT FRED HENNE

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

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

**Registration: 04 Aug - 26 Aug**

**Date:** Thursday 03 Sept 2026

**Time:** 1800-2100

**Location:** Fred Henne Day Use Area, Picnic Shelter 1

**ALL AGES WELCOME**

**Cornhole tournament**

**Prizes to be won!**

### MEDICINE WALK: SPILL THE TEA

Join PSP in conjunction with Ever Good Medicine on a Medicine Walk to learn about the world of plant medicines in the NWT. Hosted by Shuhtagot'ine guide, Carl Jr. Kodakin-Yakeleya, you will be led on a medicine walk to learn about Dene values and protocols as well a variety of medicinal plants to treat everything from bug bites to the flu bug. Learn more about his work at [www.evergoodmedicine.com](http://www.evergoodmedicine.com)

**Registration: 04 Aug - 28 Aug**

**Date:** Sunday 13 September 2026

**Time:** 1300-1500

**Starting Location:** City Hall

**Cost per PSP Plan Members:**  
\$35.00

**ALL AGES WELCOME**

**\*\*All participants will receive a gift of tea and a booklet with all the information your learned about\*\***

**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS VISIT  
[BKK.CFMWS.COM/YELLOWKNIFEPUB/](http://BKK.CFMWS.COM/YELLOWKNIFEPUB/)**

## SUMMER ADULTS ONLY EVENTS

### CHATELING PROGRAM (PADDLE AND CHAT)

Do you enjoy paddling? Do you enjoy chatting with friends? Do you want to spend time on the water this summer season? Then the CHATEL program is for you! This multi-day adults only program will have you out on the water every Tuesday evening for the months of July and August!

After every session there will be an option to socialize at the Float Dock area from 1830-1900. Participants are encouraged to bring their own dinner/snack for this portion.

**All experience levels welcome. Participants are welcome to bring their own water crafts.**

**Registration: 15 June - 05 July and on going throughout the program**

**Dates: 07, 14, 21, & 28 JULY  
04, 11, & 18 AUGUST**

**Paddle Time: 1715-1830**

**Social Time: 1830-1900**

**Location: Float Dock**

**Cost for PSP Plan members: FREE**

**Cost for Non-PSP Plan members:  
\$70 for the whole course  
\$10 per night**

**Ages: ADULTS ONLY 19+**

**Boats available: 5 canoes, 2 2-pers  
kayaks, 3 Kayaks, 4 SUPs**

**\*20 SPOTS AVAILABLE\***

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

### WET YOUR WHISTLES!

Whether you're a social butterfly, a beer consumer, or a food lover, this beer tasting event will have you trying all locally brewed beers and tasty food. We'll have a Brew Master from the NWT Brewery on site to answer all beer related questions you might have! PSP Plan members over the age of 19 are invited out to this event! Want to bring a friend with you? Go for it! A slightly higher cost will be charged for non-PSP Plan Members.

**Registration:  
13 July - 07 Aug**

**Date:**

Wednesday 26 August 2026

**Time: 1600-1815**

**Location: The Woodyard**

**Cost for PSP Plan members: \$75**

**Cost for Non-PSP Plan members: \$142**

**Ages: ADULTS ONLY 19+**

**\*Cost covers 1 flight of beer (2 regular  
& 2 seasonal) and 1 menu item\***

**\*\*35 spots available\*\***



## SUMMER ADULTS ONLY EVENTS

### SIP N' SIGN

Sip N' Signs are back! We are bringing in local artist Kerri Knolting for a sign making workshop! All registrants will be creating a "Where the Military Sends Me" sign. Whether you're on your first posting or your sixth, you will get to create a unique way to show all the travel you've experienced.

**\*\*Registration includes snack foods and 2 location sign\*\***

**\*\*Extra location signs can be ordered through your registration at an extra cost\*\***

**Registration: 20 July - 12 August**

**Date: Saturday 29 August 2026**

**Time: 1400-1700**

**Location: Combined Mess**

**Cost for PSP members: \$ 25.00**

**Cost for Non PSP members: \$55.00**

**Cost per extra sign: \$12.50**

**Ages: ADULTS ONLY 19+  
\*20 slots available\***



## FLOAT ON THE ROCKS CANOE RENTALS

One of the biggest benefits of having a PSP Plan Membership is having access to boat rental all summer long. One event that happens every year on the Thursday leading up to Folk on The Rocks weekend is FLOAT on The Rocks! This year PSP will be renting out their canoes to PSP Plan members for this event.

**\*\*ONLY PSP Plan members can take advantage of this\*\***

**\*\*PSP Plan members are only allocated enough boats per members on their plan\*\***

**Registration: 29 June - 12 July**

**Date: Thursday 16 July 2026**

**Boat Pick up Time: 1830**

**Location: Float Dock (3513 MacDonald Drive)**

**Boat Drop off Time: 2230**

**\*All above timings are subject to change based on the event\*\***

**\*20 Canoes Available\***

**On your registration please only register the person who will be picking up the canoe.**

## 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:** 22 June - Day prior to each hike

**Dates:**

- 12 July 2026 (Rainey Hill)
- 09 August 2026 (Cameron Falls)
- 06 Sept 2026 (Big Hill)

**Time:** 1030-1200 (approx)

**Location:** changes monthly

**Cost:** FREE

**Ages:** 16 and up

## PSP/ NPF STAFF CONTACTS

**PSP Operations Manager – Tina Schauerte ext 766-6868**

**Email:** [schauerte.tina2@cfmws.com](mailto:schauerte.tina2@cfmws.com)

**FSR Manager – Matthew Tibbles ext 766-6123**

**Email:** [tibbles.matthew@cfmws.com](mailto:tibbles.matthew@cfmws.com)

**FSR Coordinator – Ariel Whaley ext 766-6122**

**Email:** [whaley.ariel@cfmws.com](mailto:whaley.ariel@cfmws.com)



**Admin Assistant - Samantha Burnett ext 766-6786**

**Email:** [burnett.samantha@cfmws.com](mailto:burnett.samantha@cfmws.com)

**PSP Main Office:** 2nd Floor, Greenstone Building



**Mess Manager – Stephanie Barber ext 7666-6779**

**Email:** [barber.stephanie2@cfmws.com](mailto:barber.stephanie2@cfmws.com)

**PSP Mess Manager Office:** JTFN Building room 125



**NPF Accounting Manager– Melissa McFarlan**

**Email:** [mcfarlan.melissa@cfmws.com](mailto:mcfarlan.melissa@cfmws.com)

## 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

### **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 MacDonald Drive.

### **How do I purchase discounted passes?**

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

### **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

### **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\*\*