

# PSP PLAN MEMBERS



## SPRING 2026 NEWSLETTER

**Another winter is slowly coming to an end, which means a new season is on the rise and so is our programming! As you begin to retire the parkas, mittens, and toques, start thinking about what programming you and/or your family want to attend this season.**

**There will be a number of activities offered to our PSP Plan members over the spring season. Flip to pages 7, 8, and 9 to see what's happening!**

**The goal of the PSP Plan Membership is to help members and their families experience Yellowknife by staying active. 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 leagues? Registration for the below sports will be opening soon. 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

Mondays - 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 Spring season. Reminder that PSP Plan members are eligible to rent the following equipment for **FREE!**

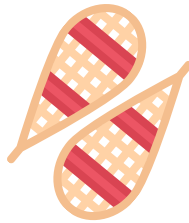
**\*\*A \$100.00 DEPOSIT FOR THE SEASON IS TO BE PAID BEFORE YOUR FIRST RENTAL\*\***

**SCAN HERE  
TO RENT  
EQUIPMENT**



### ITEMS FOR RENT

- **Snowshoes and Ice fishing gear (weather dependent)**
- **Fat bikes**
- **Bicycles**
- **Kayaks**
- **Canoes**
- **Stand up paddle boards**
- **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. 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 October 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 (ex. lane swimming, public skating, pickleball, rock climbing wall)
- Aquatic Centre (CLOSED 02 April - 05 May)

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 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](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!

**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

## SPRING FAMILY EVENTS

### MOTHERS DAY PETALS & PASTELS

We invite all families to come out and enjoy a crafting afternoon focused on creating a unique and personalized Mother's Day gift. This event will provide participants with the opportunity for each child to create a unique set of flowers with caring words to gift to their Mother's on Mother's Day.

**\*\*When registering, please only register 1 family member (ideally, mom or dad) and complete the questions for us to know how many family members are attending\*\***

**\*Snacks will be provided\***

**Registration:** 13 April - 02 May

**Date:** Saturday 09 May 2026

**Time:** 1300 - 1500

**Location:** Combined Mess

**Cost:** \$10.00 per family

**Ages:** ALL AGES WELCOME

### FATHER'S DAY GAME DAY

Bring out the whole family to this fun filled Game Day event in celebration of Father's Day! This event will have backyard mini games such as cornhole, washer toss, can jam, and more.

Participants will have the option to either compete as a family or play games of Father's versus children. The final Game in this event will be a father versus's kids soccer game! (30 minutes in duration)

After the game a lunch will be served and participants are welcome to socialize and tell their best dad jokes!

**Registration:** 19 May - 14 June

**Date:** Sunday 21 June 2026

**Time:** 1030-1300

**Location:** Fred Henne Day Use Area

**Cost:** FREE

**Ages:** ALL AGES WELCOME



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

## SPRING 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!

**Registration:** 07 - 21 April  
**Date:** Wednesday 22 April 2026  
**Time:** 1830-2100  
**Location:** Combined Mess  
**Cost:** FREE  
**Ages:** 19 and up  
**\*Pizza and movie theatre style snacks will be provided\***

## SEASONAL EVENTS FOR ALL

### RCAF RUN

The RCAF Run provides a unique opportunity to continue to generate excitement for the RCAF's bright future, and connect current and former military and their families with Canadians, at home or abroad, through sport and fitness. We welcome participants of ALL abilities and fitness levels to achieve your fitness goals at your own pace! We invite you to Earn Your Wings with us!

This year the Yellowknife RCAF run will offer a 3k, 5k, 10k, or half Marathon option. All abilities are welcome to participate in this event. All CAF members, CAF Families, and residents of Yellowknife are welcome to participate.

**Registration:** 15 March- 21 June  
**Date:** Saturday 27 June 2026  
**Start Time:** 0900  
**Start/Finish Location:** Somba K'e Civic Plaza  
**Cost:** \$25.00  
 Registration payment covers a tote bag and finisher's medal  
**Optional RCAF Run Products for purchase:**  
 Shirts, Hats, & Socks  
**Ages:** ALL AGES WELCOME  
**\*Open to the general public\***

To find the registration portal, scan the QR Code



## FOLK ON THE ROCKS TICKET SALES

One of the biggest benefits of having a PSP Plan Membership is getting the opportunity to purchase discounted tickets to the biggest music festival Yellowknife has to offer! Folk On The Rocks is an annual music festival on the shores of Long Lake that offers more than 35 hours of programming on six different stages, including a children's area and a beer garden.

**Tickets are ONLY available to PSP Plan members.** Tickets are limited to the following:

**Single Plan Members:** 1 adult ticket

**Family Plan Members:** 1 ticket per person on your plan (e.g if your plan has 1 adult and 2 children, you will be eligible for 1 adult and 2 youth tickets)

**\*\*All PSP Plan Members must be listed as a Dependent as per PSP Plan Policies. Please reach out to PSP for the policy for further questions\*\***

### **Ticket sales begin:**

Monday 25 May till Thursday  
28 May at the Mess between  
1145-1300

Friday 29 May and onward  
they will be available in the  
PSP Office 2nd floor  
Greenstone 1000-1500

**Adult weekend pass (19+) with warm  
the rocks: \$119.00**

**Youth weekend pass (age 13-18)  
\$55.00**

**Kid (12 and under) weekend pass  
FREE**

**PAYMENT WITH CREDIT CARD ONLY**

**\*ALL ABOVE PRICES DO NOT INCLUDE  
GST\***

**\*\*\*limited tickets 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 via email at  
whaley.ariel@cfmws.com to get your ad in next  
seasons newsletter!**

## 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** - Samantha Burnett ext 766-6786  
**Email:** burnett.samantha@cfmws.com  
**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

Mondays – Friday  
0900 - 1600

**\*\*All dates exclude  
the 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 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. 766-6786 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 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