

PSP PLAN MEMBERS



WINTER 2025 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 5.

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



Trivia
Night

PSP UPDATES

SPORTS!

Are you interested in playing in some of the local leagues? Below is a list of all sports we support and who to contact to get some playing time.

Indoor Soccer Contact:

Ioannis.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?

Remember to 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

NEW FLOAT DOCK HOURS OF OPERATIONS

Reminder that PSP hours of operation for Rental Pick up and Drop off at the Float Dock are now;

1700 MONDAY TO FRIDAY
NO WEEKEND AVAILABILITY

GREENSTONE OFFICE HOURS OF OPERATIONS

Mondays: 0900 - 1530
Tuesdays: 1000 - 1530
Wednesdays: 0900 - 1530
Thursdays: N/A
Friday: 0930 - 1530

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

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**



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

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 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)



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. Follow the steps below to book your rental equipment.

- 1** Pay your \$100 deposit fee through the courses module on booking
- 2** Book your rentals through the facilities module on booking
- 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
- Ruth Inch Memorial Pool

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 will need to show your PSP Plan card as proof of membership within some facilities. Please contact 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)

Movie & WEM Passes can also be purchased through the MFRC

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

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! 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 30 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: \$30.00
 - Drive your own Dog Team Passes: \$40.00

****Limited quantity on hand****

****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.

****All passes can be purchased through the FSR Coordinators in the PSP office on the 2nd floor Greenstone building starting 06 Jan 2025****



MEMBER BENEFITS

REIMBURSEMENTS

- Ragged Riders Snowboarding membership (50% reimbursement)
- Yellowknife Shooting Club (\$50.00 reimbursement)
- Yellowknife Curling Club (\$150.00 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 either whaley.ariel@cfmws.com or tibbles.matthew@cfmws.com

- A copy of the receipt of purchase
- a Void Cheque from your banking institution
- your current residential address



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

Chief Instructor: Maj MacDonald jeremy.macdonald@forces.gc.ca

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: Ruth Inch Memorial Pool

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

FAMILY EVENTS

POOL PARTY!

Are you missing summer as much as the PSP staff are? Well, here is an event for you to get your summer fix in! Come swim, float, or dive with us at the Ruth Inch Memorial Pool. Weather you swim or you just hangout, you're bound to have a splashing good time!

Registration: 13 Jan - 24 Jan 2025

Date: Saturday 01 Feb 2025

Time: 1830-1930

Location: Ruth Inch Memorial Pool

Cost: FREE

Ages: ALL AGES WELCOME

MOVIE NIGHT

Bring out the whole family to our Movie night! You will get the chance to help pick what movie we will be showing! Put your favourite type of movie in your registration! (Comedy, Drama, Sing-a-long, etc)
Popcorn and snacks will be provided

Registration: 03 March - 21 March

Date: Tuesday 25 March 2025

Time: 1730-1930 (Estimated)

Film: Vote on your registration

Location: Combined Mess

Cost: FREE

SEASONAL EVENTS FOR ALL

SNOWKING CASTLE & BBQ

Do you and your family want to visit the Snowking's Castle without the buzzing 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, juice, and water

Registration: 17 Feb - 07 March

Date: Thursday 13 March 2025

Time: 1700-2000

Location:

BBQ: Float Dock

Snowking Castle

A shuttle between the Float Dock and Castle will be provided

Cost: FREE

AGES: ALL AGES WELCOME

200 Spots Available

ADULT EVENTS

TRIVIA NIGHT

This event is for those who want to show off their trivia skills! This event will have food included, 3-4 rounds of trivia, and a prize for the overall winner. PSP Plan Members are invited to bring a plus one or two.

****Cost covers pizza and prizes****

Registration: 06 Jan - 24 Jan

Date: Wednesday 29 Jan 2025

Time: 1800-2100

Location: Combined Mess

Cost for PSP Plan members: \$10.00

Cost for Non PSP Plan members:
\$20.00

Ages: 19+

COCKTAILS AND CRAFTS

During this event you will have the opportunity to learn about making a cocktail, make a custom cocktail, and paint 2 glass from these options; stemless wine glass, wine glass, or tumbler. No experience required!

Registration: 03 Feb - 19 Feb

Dates: Saturday 22 Feb 2025

Time: 1800-2100

Location: Combined Mess

Cost for PSP Plan members: \$25.00

Cost for Non PSP Plan members:
\$50.00

Ages: 19+

20 slots available

PAINT NIGHT'S

Paint Nights are back! We will be running 2 workshops with local artist Nicole Loubert! The theme will be the beautiful Aurora Borealis! Participants will get to paint a 12X16 mounted canvas either for yourself or to give as a gift! Get ready to put on your crafty hat and paint your heart away!

8 spots per timing

Registration: 10 Feb - 26 Feb

Dates & Times:

Sun 02 March, 1300-1630

Sun 09 March, 1300-1630

Location: 10 Calder Crescent

Cost for PSP Plan members: \$60.00

Cost for Non PSP Plan members:
\$125.00

Ages: 19+



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

MONTHLY PROGRAMMING

ADULT HIKING/SNOWSHOEING PROGRAM

This on-going program will run through January, February, and March to provide members with the opportunity to try some new trails! This program welcomes you to bring out none members to attend hikes. All skill levels are welcome to attend.

Snowshoes provided

Information regarding hike emailed out 3 days in advance

Registration: no registration required

Date: Third Sunday of every month

- 19 Jan 2025
- 16 Feb 2025
- 16 March 2025

Time: 1030-1200 (approx)

Location: Starts at the Float Dock (3513 Macdonald Drive)

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!
Or keep up to date at CFMWS.CA



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/events?

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 all information?

CFMWS.ca