

19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

2 April - 30 June 2024



Facebook @19WingComoxPSP
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Hours of Operation:

Mon-Fri Military only hours: 6am-8:30am
Everyone Welcome 8:30am-9pm

Sat & Sun 7am-6pm

**CLOSED: Friday 29 March, Monday 1 April,
Monday 20 May & Monday 01 July**

POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-8:30am 11am-12:30pm	3-4pm	10am-12pm 3-4pm
Open Swim	5-7pm	6-7:30pm		6-7:30pm		1-3pm	1-3pm
Swim Lessons Apr 3 - 8 June			5:15-6:30pm			8:30am-12pm	

*All swim times are available to general public, Military only time does not apply to the pool.
Schedule is subject to change on short notice for military training, practices, and events;

GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball			11:30am-12:30pm				
Drop-in Pickleball							2:30-4:30pm
Open Gym	1-2:30pm	11:30am-1pm	1-2:30pm	6-9pm	1-2:30pm	7-10am 5-6pm	7-10am 5-6pm
Drop-in Jiu Jitsu							

Hours may vary, if the gym is not in use outside of these hours, it is available for drop-in;
Schedule is subject to change on short notice for military training, practices, and events;
Children under 13yrs must be supervised by an adult 19yrs and over.

FITNESS CLASSES 2 April - 28 June

	Monday	Tuesday	Wednesday	Thursday
11:45am-12:45pm FREE for Military & DND	Combat (Gymnasium)	Spin (Multi-purpose Room)	Yoga (Multi-purpose Room)	Barbell Blast (Multi-purpose Room)
2:30-3:30pm Military Only	Force Foundations		Force Foundations	
4-5pm Apr 8 - May 22	**Aqua Groove (shallow water)		**AquaFit (deep water)	
7-8pm	**Trauma Sensitive Yoga			

**Courses led by non-PSP instructors are not free for military or defense team and may be cancelled due to low enrollment;
Must be 16 years & older to attend classes