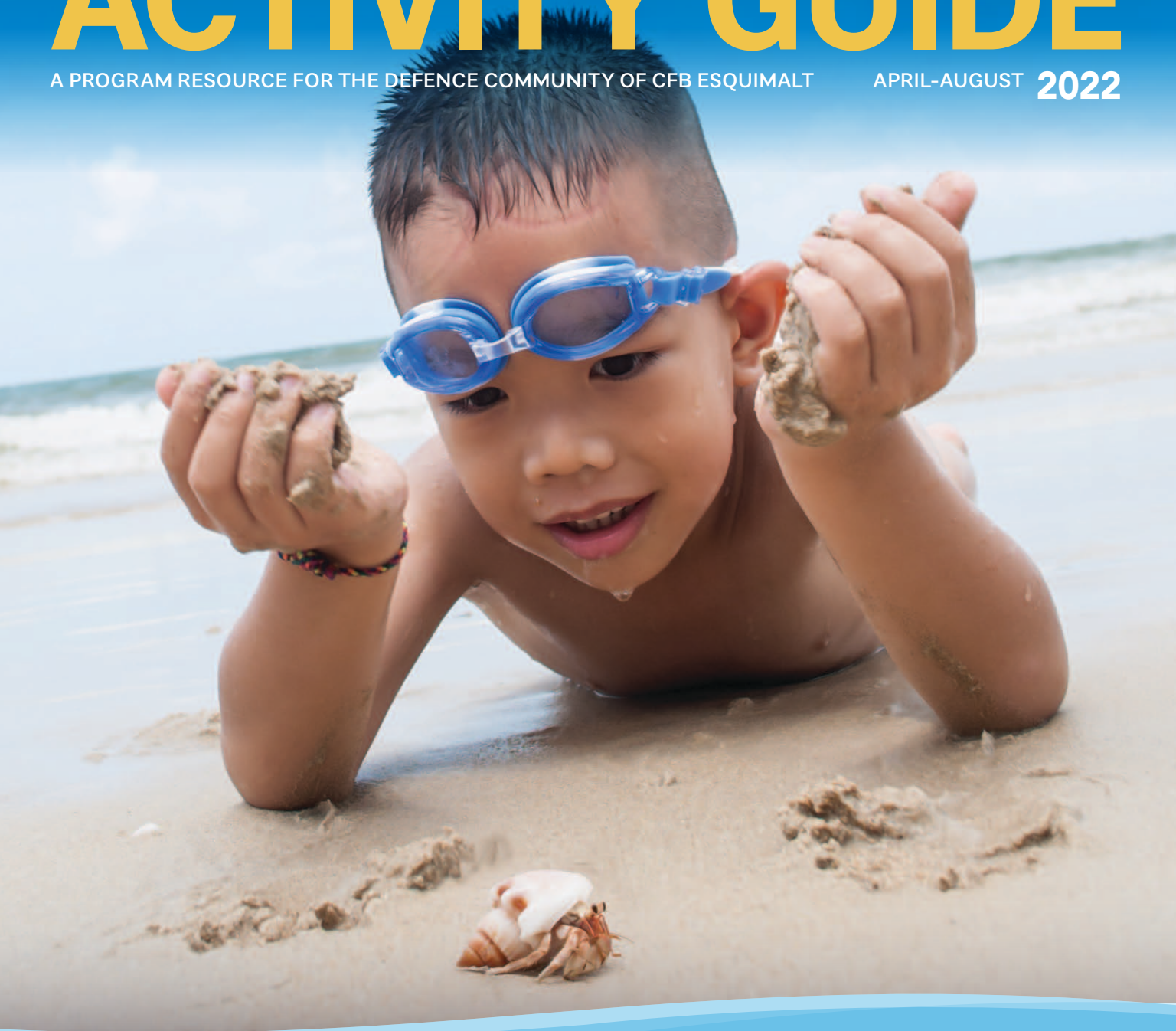


Spring & Summer

ACTIVITY GUIDE

A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT

APRIL-AUGUST 2022



Look inside for PSP's Summer and Pro D Day camps for children of all ages, plus activities and special events for the whole family!



MFRC
ESQUIMALT

**NOW
AVAILABLE**

2022 Veterans Benefits GUIDE

Do **YOU** qualify for
disability coverage
or a pension?

The 2022 guide includes
helpful, up-to-date
information on eligibility,
applying, coverage
+ MUCH MORE!

Go to: legionmagazine.com/guide
Download your **FREE** digital guide today!

FREE
for all
veterans
and their
families

Veterans Benefits GUIDE

Your key to maximizing
disability coverage
& pension

PLUS

Navigating the process
Helpful tools
Handy rates snapshot
Terms to know

Tips on
eligibility, applying,
+ MUCH MORE!

A
value of
\$19.99!

LEGION
CANADA'S MILITARY HISTORY MAGAZINE

PUBLISHED BY
CANVET



READY TO LEAVE YOUR DEBT BEHIND YOU?

ZERO Upfront Fee

Your initial consultation is Free, and there is no obligation.

Licensed & Certified

We are Licensed Insolvency Trustees,
the only way to gain legal protection under
The Bankruptcy and Insolvency Act.

Personalized Service

We operate with respect, compassion, confidentiality and
integrity to provide custom tailored expert advice.

Vancouver Island's Local Trustee

We started in Victoria, BC in 2005 and have helped
over 5,000 people gain their financial FreshStart since.

WAGE GARNISHMENTS

TAX DEBT

STUDENT LOANS

CREDIT CARD DEBT

COLLECTION CALLS

CANADA REVENUE

TAX DEBT

Monday – Friday

8:30am – 4:30pm

Closed on Holidays



Live Debt Free – understand the difference between a consumer proposal vs bankruptcy.

FREE CONSULTATION CALL
250-360-4003

www.freshstartbc.com

104 – 732 Cormorant Street
Victoria, BC V8W 4A5

This program guide is brought to you by:



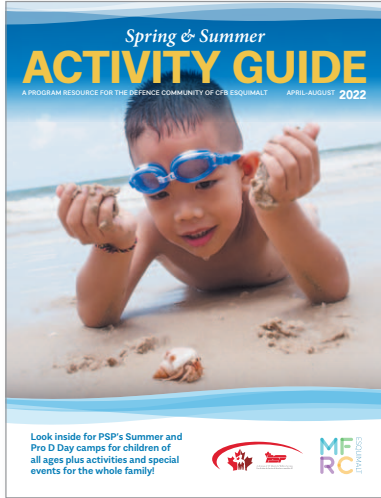
WHO WE ARE: The Esquimalt Military Family Resource Centre (MFRC) is an independent non-profit, charitable organization that supports the military community. The MFRC is here to support the unique parts of the military lifestyle. This includes deployments, joining a new community, and providing social and mental wellness services so that families can stay well and military members can focus on their mission.



WHO WE ARE: Personnel Support Programs (PSP) in CFB Esquimalt is a dynam-

ic organization encompassing a wide spectrum of responsibilities: Fitness, Sports, Recreation, Health Promotion, Sponsorship and Donation and Look-out Newspaper and Publishing House. It's primary responsibilities are to "Serve those who Serve" by defining, assessing and providing fitness and sport's needs, recreational needs, internal communication, health, well-being and overall quality of life for the military community and their families.

On the Cover



Check out PSP summer and Pro D Day camps for kids and discover MFRC and PSP programs for the whole family on the following pages.

Contents

ACTIVITY PROGRAMS

- Registration/Contacts..... 1
- Facilities.....2
- Special Events.....7
- Get Involved.....9
- PSP Birthday Parties..... 11
- Early Years..... 13
- School Age..... 17
- Youth.....23
- PSP Camps.....27
- Shotokan Karate37
- Adult.....39
 - Art Programs.....39
 - Health and Fitness 40
 - MFRC Resources and Services During Absences.....42
 - MFRC Community Integration..... 44
 - MFRC Community Integration Services 44
 - MFRC Social and Mental Wellness45
 - MFRC Social and Mental Wellness Resources and Services.....46
 - MFRC Francophone.....47
 - MFRC Veterans48
 - PSP Health Promotion49
- Aquatics 51
- PSP Sports.....55
- PSP Fitness.....60
- PSP Clubs.....65

EDITORIAL

- Sewing up a heartfelt thanks to veterans62

LEGEND

- CPAC - Colwood Pacific Activity Centre
- MFRC - Military Family Resource Centre
- NAC - Naden Athletic Centre
- PSP - Personnel Support Programs
- SH - Signal Hill MFRC

CELEBRATING 25 YEARS IN BUSINESS!

GOOD & BAD CREDIT WELCOME RATES FROM 4.59% O.A.C.

SALES & SERVICE
The working folks car and truck store

250-478-1128 • 1658 Old Island Hwy
Take Hwy. 1 to Colwood Exit. First car lot on the right

Get social with us

Shop & apply online
car-corrall.com

Three Time BBB Torch Award Winner



It's never too late to change careers

WCCMT Victoria spoke with former CAF Member Allan Kobayashi. Allan decided to pursue a second career as a RMT after serving nearly 21 years in the Army. We chatted with him about his service:

Allan joined the Canadian forces (PPCLI) two weeks after graduating high school. After operational tours in Kosovo and Afghanistan, multiple natural disasters, and other deployments, Allan transferred to the RCN in 2004. During his service, Allan endured multiple injuries including broken bones, knee surgeries, and multiple concussions. He suffered additional injuries while

competing in high level sports, also during his service. As a result of those injuries, Allan discovered the benefits of Massage Therapy firsthand as a patient.

"I had been diagnosed with syndromes, chronic this and or that, and it was suggested that I try a session with an RMT. Historically, relief of pain after rehabilitation had eluded me; with great trepidation I agreed to try Massage Therapy. I received an extensive 90-minute treatment and I recognized the benefits immediately, both physically and mentally, adding monthly treatments to my training regime.

Allan's decision to pursue a career in Massage Therapy was easy for him to make – all it took was 90 minutes of hands-on experience to inspire him: "The thought of being able to directly help someone, to improve their quality of life invokes incredible feelings of happiness."

Allan's story is unique, but many of WCCMT's students enrol for the same basic reason – to help others. If helping your community inspires you, a career in Massage Therapy might be the right path.

For more stories and inspiration visit our WCCMT Facebook Page and website.

BECOME A REGISTERED MASSAGE THERAPIST HEALTHCARE PROFESSIONAL 20 MONTH PROGRAM



West Coast College of **MASSAGE** Therapy

Contact Admissions
by phone

250-381-9800 ext 227

or email

vicadmissions@collegeofmassage.com

www.collegeofmassage.com

DND DISCOUNT

**20% OFF
MASSAGE
TREATMENTS**

BOOK YOUR MASSAGE NOW!

Phone: 250-381-9800 ext 221

or visit victoriacollegeofmassage.janeapp.com

100-818 BROUGHTON STREET, VICTORIA

Registration & Cancellation

Registration Information

Registration for programs and/or services is important as we strive to provide quality programming. Registration helps us determine the number of participants to prepare for. Registration is on a first-come first-served basis and, at times programs fill up, so register early. Programs/Events that have a fee attached to them require payment at the time of registration. Payment can be made by cash, debit or credit card (during normal business hours and/or online at www.cafconnection.ca/esquimalt).

Cancellation Policy

IF WE CANCEL

Full refunds are issued when the MFRC/PSP cancels a program. Every effort is made to cancel courses in a timely manner (1-5 days prior to start date).

IF YOU CANCEL

MFRC programs: For refunds please contact Krista Granger at 250-363-3590.

PSP programs: Full refunds (minus a 10%

cancellation fee per program) will be processed by contacting PSP at 250-363-1009 a minimum 2 weeks prior to the program start date. 50% refund (minus a 10% cancellation fee) will be issued one week prior to start of programming. Less than one week's notice will be on a case by case basis. Please note cancellations after the required dates will be subject to approval and are subject to an administrative fee. Once a program has started, refunds will not be provided. Refunds for Club memberships will not be granted unless approval from club has been received.

In the event you are cancelling due to COVID-19 symptoms or exposure please provide us with as much notice as possible. Full refunds will be provided pending the program has not started. If the program has already begun and is less than 50% over

you will receive a refund for the remainder of the program. Should the event be over 50% completed no refund will be provided.

In the event of a medical/emergency circumstance prorated refunds may be granted for programs with multiple sessions (i.e. workshop series').

Refund Process

MFRC programs: For all MFRC program cancellations and refunds please contact Krista Granger at 250-363-3590.

PSP programs: All refunds will be given back to the individual by the method they paid. If the payment was completed by cash we will refund by Manual Cheque Request.

CONTACTS

Personnel Support Programs

Senior Manager PSP.....	250-363-8487
Deputy Manager PSP	250-363-8485
Special Events Coordinator	250-363-3672
PSP Manager Administrative Assistant.....	250-363-8338

Fitness & Sports

Naden Athletic Centre Kiosk	250-363-5677
Manager Fitness & Sports	250-363-4067
Facilities Coordinator / Bookings	250-363-4213
Sports Coordinator	250-363-4068
Sports & Athletics Assistant	250-363-4069
Sports Stores	250-363-4072
Fitness Coordinator	250-363-4495
FORCE Booking	250-363-4412
Dockyard Fitness & Wellness Centre	250-363-2074
Naden Athletic Centre Fitness Office	250-363-4485
Wurtele Arena.....	250-363-4297

Recreation

Colwood Pacific Activity Centre Kiosk	250-363-1009
Manager, Community Recreation / Clubs	250-363-1008
Community Rec Coordinator / Programs	250-363-2989
Community Rec Coordinator / RV Storage/ Front Desk	250-363-2648
Aquatic Supervisor	250-363-4070

Health Promotion Programs

Manager	250-363-5680
Specialists.....	250-363-5532/5567
Administrative Assistant.....	250-363-5621

Lookout Newspaper & Creative Services & Sponsorship

CFN Manager / Sponsorship & Donations.....	250-363-3372
Advertising / Classifieds	250-363-3372

Military Family Resource Centre

MFRC Information Line	250-363-2640
Toll free	1-800-353-3329

Websites and Social Media:

Lookout	www.lookoutnewspaper.com www.facebook.com/LookoutNewspaperNavyNews twitter@Lookout_news
MFRC	www.esquimaltmfrc.com www.facebook.com/esquimaltmfrc www.twitter.com/esquimaltmfrc
Naden Athletic Centre.....	www.facebook.com/pspesquimaltnaden
Navy Run	www.navyrunesquimalt.com
Personnel Support Programs.....	CAFConnection.ca/esquimalt
PSP Recreation	www.facebook.com/pspesquimaltcreationcpac recreationcpac@forces.gc.ca
PSP Recreation Online Registration.....	https://bkk.cfmws.com/esquimaltpub/
Swim Team	www.navymasters.com

SPRING/SUMMER 2022 ACTIVITY GUIDE

Views and opinions in this guide are not necessarily those of the Department of National Defence. Mailed under Publication Mail Agreement # 40064821 Victoria B.C.

This product was produced by
Lookout Newspaper &
Creative Services

Facilities



PLEASE NOTE: Due to the COVID-19 pandemic, all MFRC and PSP programs and services are subject to change. We are sorry for any inconvenience this may cause.



Military Family Resource Centre (MFRC)

Colwood Pacific Activity Centre MFRC (CPAC)

2610 Rosebank Road, Colwood

Hours of Operation

Mon-Fri: 8:30am-4:30pm

Closed daily for lunch 11:45am-12:45pm

Closed on statutory holidays

Subject to change
(check esquimaltmfrc.com
for up-to-date hours)

Phone: 250-363-2640

Fax: 250-363-2677

Email: emfrc@shaw.ca

MFRC Out of School Care

720 Galiano Crescent, Belmont Park,
Colwood

Signal Hill MFRC (SH)

1505 Esquimalt Road, Esquimalt

Hours of Operation

Mon-Fri: 8:30am-4:30pm

Closed daily for lunch from Noon-1pm

Closed on statutory holidays

Subject to change
(check esquimaltmfrc.com
for up-to-date hours)

Phone: 250-363-3050

Fax: 250-363-3108

Email: emfrc@shaw.ca



Personnel Support Programs (PSP)

Fleet Fitness and Wellness Centre (Dockyard)

Building 22, Dockyard

Hours of Operation

Mon to Fri: 6:00am – 6:00pm

Facility includes

- Weight Room & Cardio Equipment
- Change Rooms
- Showers
- Day Lockers & Rental Lockers (Ladies only)
- Flex/ Stretch space

Please provide Military/DND ID, wearing masks and proof of vaccination(POV) for access the facility. The POV requirement is in place until January 31, 2022 and could be extended.

Patrons must respect all facility policies: Please see Naden Athletic Center (NAC)

The Fitness and Wellness Centre has a well-equipped facility and fitness programs for military and DND employees. See PSP Staff for updated schedules or call 250-363-2074 or email pspgymnac@gmail.com. Schedules may change without notice.

Please also check: <https://www.cafconnection.ca/Esquimalt/Facilities/Dockyard-Fitness-Centre.aspx>

Colwood Pacific Activity Centre (CPAC)

2610 Rosebank Road, Colwood (off Ocean Blvd)

CPAC is a community driven multi-purpose facility designed to accommodate our military and civilian communities. Our centralized location allows us to offer a large range of rental opportunities, from structured birthday parties to large conferences and weddings.

Hours of Operation

(subject to change – check www.cafconnections.com/esquimalt for most up to date information)

Monday – Friday: 10:00pm – 4:00pm

Closed for Lunch daily from 1:00pm – 1:30pm

Closed all Statutory Holidays

Facility Includes

- A large (dividable) auditorium & 12 ft. viewing screen (seating up to 250)
- Varied size multi-purpose rooms, designed to accommodate groups from 10-30 people
- Conference Room (up to 12 people)
- Kitchen

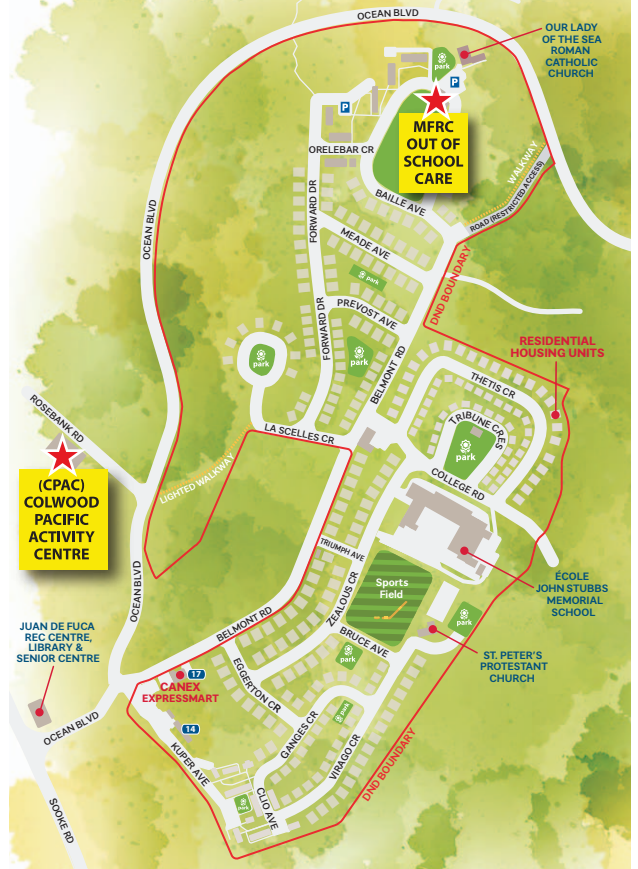
To inquire about a facility booking for your group, please contact 250-363-1008.

**Note: prices are subject to change without notice.*

DOCKYARD - SIGNAL HILL



BELMONT PARK



CPAC FACILITY RENTAL RATES

ROOM	CAPACITY / SET UP	RATES **3 HOUR MINIMUM**	MILITARY PRICE
MCDV Multi-Purpose Auditorium/ Gymnasium	<ul style="list-style-type: none"> Full Capacity: 350 People theatre layout (Full Capacity) Half Capacity: 100 People theatre layout Wedding / Banquet: 280 People layout 	\$65/hr	Free During Regular Business Hours (some exceptions apply)
WINNIPEG Multi-Purpose	<ul style="list-style-type: none"> Seminar Layout: 40 People (Full Capacity) Classroom Layout: 30 People 	\$39/hr	
HURON Conference Room	<ul style="list-style-type: none"> 12 Person Boardroom Table 	\$26/hr	
REGINA / PROTECTEUR Multi-Purpose Rooms	<ul style="list-style-type: none"> Seminar Layout: 30 People Classroom Layout: 20 People 	\$26/hr	
KITCHEN	<ul style="list-style-type: none"> Some kitchen supplies available upon request 	\$26/hr	

*** FULL PAYMENT AND REFUNDABLE DAMAGE DEPOSIT REQUIRED AT TIME OF BOOKING ***

** \$ 2 Million Liability Insurance required for all contracts **
* \$50 Contract fee applied to ALL Provision of Service contracts *

Damage/Cleaning Deposits:
Deposit: \$600

Equipment Rental Rates:

- Projector with DVD Player: \$50/event
- LCD Projector (Laptop not included): \$100/event

*Note: when renting CPAC facility space, it is the user group's responsibility to clean-up after the event and ensure the building is left the way it was found.

FACILITIES

Naden Athletic Centre (NAC)

Building 88, Naden

Hours of Operation

Mon to Thu: 5:30am - 9:30pm

Fri: 5:30am - 8:00pm

Sat & Sun: 8:00am - 6:00pm

Stat: 8:00am - 1:00pm

**Schedule may change without notice.

Patrons must respect all facility policies including, but not limited to:

- Valid ID must be shown to facilities staff.
- The proof of vaccination (POV) for 12 year old and over* is mandatory to access the facility. The POV requirement is in place until January 31, 2022 and could be extended.
- Masks policy where applicable.
- Hands must be sanitized or washed upon entry to the facility.
- Patrons are responsible for sanitizing equipment before and after use, with products supplied, this will include lockers and shower knobs.

It is expected that all patrons will respect PSP staff and the directions they provide while in the facility.

If you have any questions relating to gym access as well as *the detail about the exemption of POV, please contact the Naden Athletic Centre front desk at 250-363-5677 during operational hours or email pspgymnac@gmail.com

Please note that **masks** are required to access all DND facilities, as per CDS directive issued Sept. 24 2020.

The Naden Athletic Centre has numerous facilities and programs for military personnel, their families and DND employees.

Facility includes

- One large gym floor
 - One smaller gym floor
 - Five-lane swimming pool (25 meter)
 - Leisure wading pool
 - One steam room
 - Large hot tub
 - Two weight-training rooms
 - Cardio theatre
 - Three squash courts
 - Three softball diamonds
 - One soccer pitch
 - Two outdoor volleyball courts
 - One CAF FORCE evaluation centre
- Please also check: <https://www.cafconnection.ca/Esqumalt/Facilities/Naden-Athletic-Centre.aspx>

Sports Equipment

Military personnel may sign out equipment for most sports from the sports store, please contact the Sports Stores Person, Dan Peakman by email (Daniel.Peakman@forces.gc.ca) or call 250-363-4072 or call NAC Kiosk 250-363-5677

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator by e-mail (Matthew.Kingstone@forces.gc.ca) a minimum of 4 weeks prior to the event. Note: military training takes priority on all bookings. For all other inquiries, call the NAC Kiosk at 250-363-5677.



NADEN ATHLETIC CENTRE GYM MEMBERSHIP/DROP-IN FEES

CATEGORY	PERTAINS TO:	TYPE	12 MONTHS	6 MONTHS	3 MONTHS	1 MONTH
Regular	Canadian Forces Members Currently serving Reg and Res Forces and Cadets Foreign Military Currently serving with the CAF Veterans Former CAF members that have completed BMQ/BMOQ and have been honourably discharged	Regular Serving Member/Families	\$0	\$0	\$0	\$0
		Veteran	\$84.00	\$48.00	\$27.00	\$10.00
		Veteran Youth ** must be under the age of 19 and living in the home (unless a student, then 26)	\$90.72	\$51.84	\$29.16	\$10.80
		Veteran Spouse	\$96.60	\$55.20	\$31.05	\$11.50
		Veteran Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$207.69	\$118.68	\$66.76	\$24.73
Ordinary	DND Employees * Public Service; Staff of the Non Public Funds; Staff of MFRC; Staff of DRDC & DCC; and Retirees with 10+years of service with DND RCMP Currently serving or retired Canadian Coast Guard currently serving Honourary Colonels/Captains (Lieutenants) Currently serving or retired. *DND employees have free access with DND ID 5:30am-6pm, Monday -Friday	Employee	\$92.40	\$52.80	\$29.70	\$11.00
		Youth (13-18) must be under the age of 19 and living in the home (unless a student, then 26)	\$138.60	\$79.20	\$44.55	\$16.50
		Spouse	\$161.70	\$92.40	\$51.98	\$19.25
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$317.63	\$181.50	\$102.09	\$37.81
		Individual	\$462.00	\$264.00	\$148.50	\$55.00
Associate	Anyone who does not qualify in the above categories including Federal Government not specified above, Contractors, and Board of MFRC	Youth (13-18) must be under the age of 19 and living in the home (unless a student, then 26)	\$231.00	\$132.00	\$74.25	\$27.50
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$808.50	\$462.00	\$259.88	\$96.25

10 Punch Pass

Adult	\$54.00
Youth (6-18) **	\$45.00
Family	\$108.00
Drop-In Fees	
Adult	\$6.00
Youth (6-18) **	\$5.00
Family	\$12.00

Punch Passes are valid for one year from time of purchase. Note Drop in Fees are valid for 4 hours from time of purchase.

Youth must be 13 years of age to access fitness facilities.

Full Time Students under the age of 26 can still qualify regardless of where they live.

Membership can be purchased the Colwood Pacific Activity Centre or Naden Athletic Centre during regular business hours. For Military Families an MFID card is required to gain free access.

Prices are subject to change without notice.

For specific gym membership questions contact the front desk @250-363-5677 or email RecreationCPAC@forces.gc.ca

For updated schedules and information checkout the following resources: www.facebook.com/NadenAthleticCentre or www.cafconnection.com/esquimalt.

All Gym Memberships/ Drop-In Fees INCLUDE tax.

SERVING CFB ESQUIMALT FOR 33 YEARS

- Tune-ups, oil changes, brakes & alignments
- Lifetime Walker Mufflers
- Guaranteed work
- Government inspection facility
- Driveability & Computer diagnostics
- Towing available

LYALL STREET SERVICE

www.lyallstreetservice.com

1480 Lyall Street

250-382-0015



FACILITIES

Wurtele Arena

Building 100, Naden – Across the street from the Naden Athletic Centre is the Wurtele Arena.

Hours of Operation (Subject to change)

For schedule, please visit at Wurtele Arena (cafconnection.ca)

- There are no skate rental, no skate sharpening and no concession available at the arena.

Drop In Skate:

- All Skaters are advised to wear CSA helmets, however, children, 5 and must to wear CSA approved helmets. Please be advised that bike helmets are not permitted.
- There are no pucks allowed at any time, sticks are optional however no individual drills or aggressive skating is permitted.
- Skating aids are available upon request.

Shinny:

- Come practice skills and/or engage in scrimmage sessions with other users if desired.
- This program is available to Adults over the age of 18.
- There are no restrictions on your ability.

Equipment Requirement:

- All users must wear appropriate protective equipment which includes full gear, CSA approved full face protection and a CSA approved neck guard please note, half visors are not permitted.
- Goalies are encouraged to wear neck shields when participating in these sessions. See arena staff if any more information is required.

Parents & Kids Sticks & Pucks:

- A family skate where parents and children 13 and under can practice their hockey skating and stick handling skills together.
- There are no nets and the puck is to remain on the ice during play time. No shooting is permitted during this program.
- No games are to be organized during this program.

Equipment requirement

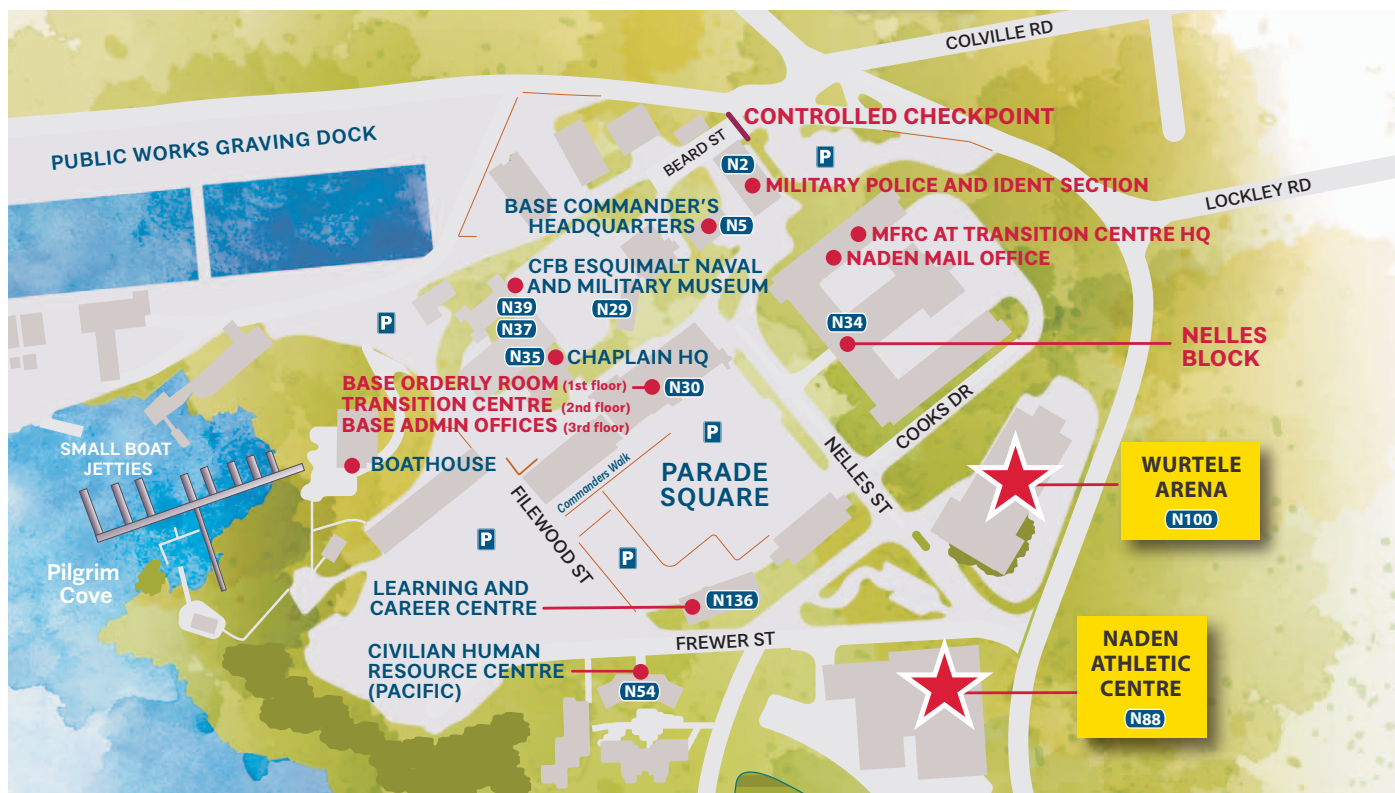
- CSA approved Helmet with face shield for children 13 and under (Bike helmets not permitted)- Neck guard, Stick, Gloves are required. Adults CSA Hockey helmets are mandatory with sticks and gloves

PLEASE NOTE: There are no skate rentals, no skate sharpening and no concession available.

Arena Administration: 250-363-4297

To reserve the ice or for more information, call the Facility Coordinator at 250-363-4213.

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator by e-mail (Matthew.Kingstone@forces.gc.ca) a minimum of 4 weeks prior to the event. Note: military training takes priority on all bookings. For all other inquiries, call the NAC Kiosk at 250-363-5677.





Special Events

PSP Special Events and Programs

REGISTER for any of the following Special Events or Programs by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

■ = MFRC ■ = PSP

BACK BY POPULAR DEMAND! **Family Pizza BINGO Night**

Bring the family to this fun and prize filled evening. Grab a slice of pizza while goofing off with the entire family. Compete to win awesome prizes and have a few laughs!

Location: CPAC Gym

Date: Saturday, May 21

Time: 6:00pm - 8:00pm

Cost: \$25.00 for a family of 4 (\$7.50 per person after 4 people)

SPECIAL EVENTS

Family Night Out

Take the family out with PSP! Fun for the whole family at an affordable cost. Everyone will meet at the location provided below, cost of the program will cover the costs associated with the booking of the space. Come meet other families who may live near you and have some light competitive fun for all!

Time: 6:00pm-8:00pm

Cost: \$25.00 per family of 4 additional people is \$6.50

DATE	THEME	COURSE CODE
Saturday April 23	Board Game Cafe	WEL222317152AZ
Saturday June 18	Year end BBQ and Movie	WEL222317152BZ

Parent vs Kids Night

The night we've all been waiting for! Why let the kids have all the fun? Bring the whole family for a couple hours of fun as the adults take on the kids in some hilarious and fun games. Included in the cost of registration is pizza!

Location: CPAC

Time: 6:00pm-8:00pm

Cost: \$25.00 per family of 4 additional people is \$6.50

DATE	THEME	COURSE CODE
Saturday May 7	Field Day	WEL222317152CZ
Saturday June 4	Forest Capture the Flag	WEL222317152DZ

Kids Bike Skills

This program will help give your child the confidence to ride their bikes to and from school safely. It will give you the peace of mind that they know the rules of the road. This 2-hour course will have your child biking through our mini obstacle course, learning the rules of the road, handling skills for biking and much more.

Location: CPAC

Date: Saturday, May 28, 2022

Time: 1:00pm - 3:00pm

Cost: \$16.00 per person

Course Code: WEL222317152EZ



Youth Free Ride Park Bike Skills

Do you have an older child who is looking for a space to push the boundaries of their biking skills? Or perhaps a child who loves to pop a wheelie and go downhill fast? Come join us at the Saanich Free Ride Park for a 2 hour session introducing the skills needed to ride the pump track!

Location: CPAC (Biking to bike park)

Date: Saturday, June 4, 2022

Time: 1:00pm - 3:00pm

Cost: \$16.00 per person

Course Code: WEL222317152FZ

Reconnect. IN THE HEART OF NATURE

TIGH-NA-MARA
SEASIDE SPA RESORT & CONFERENCE CENTRE

CALL TO BOOK: MILITARY MEMBERS ARE ELIGIBLE FOR DISCOUNTED RATES
1-800-663-7373

Subject to availability at time of booking

TIGH-NA-MARA.COM
1155 RESORT DRIVE, PARKSVILLE, BC

Get Involved



Volunteer at the MFRC

*Learn new skills, meet new people
and give back to the community!
Join the MFRC's volunteer team today!*

The MFRC also offers personal enrichment opportunities to our volunteer team. Here are some examples of volunteer roles we fill:

- 50/50 Ticket Seller
- Deployment Child Care Assistant
- Family Network Representative
- MFRC Board Member
- Photographer
- Special Events Assistant



Purchase a Commemorative Brick – Homecoming Statue



Support military families by buying a brick to honour your loved one's service at the Homecoming Statue in Victoria, BC. "The Homecoming" by sculptor Nathan Scott captures that magical and special moment when a sailor returns home to family and community. Each memorial brick celebrates our gratitude for the tens of thousands of Canadians who answered both the call of their country and of the sea through the first century of Canada's Naval Service. Dedicate a brick today. Call the MFRC at (250) 363-2640 for more information or order it directly from our website.

Family Network Volunteer Opportunities

Have fun while making connections with your community by becoming a Family Network Volunteer! Plan and facilitate Family Network events, and help keep others informed during deployments and work-related absences. Share your knowledge and experience while learning new skills.

Interested? We are currently seeking volunteers for several networks. For more information and to apply, check out the Get Involved section on our website.

MFRC Unit Liaison

Are you a military member looking for an opportunity to support members of your unit and their families? Consider becoming an MFRC Unit Liaison!

Relocation and work-related absences can be difficult at times for a family with military serving members, it can impact lifestyle, wellbeing and resilience. The Unit Liaison serves as an enabler to facilitate communication between units and the MFRC. The goal of the program is to keep units informed about MFRC programs and services and for units to provide feedback to the MFRC. As a Unit Liaison, you are in a unique position to interact with all levels of unit structure, from the most junior personnel to Command Leadership. In this capacity you are expected to serve as ambassador on behalf of the MFRC by providing information about our programs, services and also promote family activities. If you are interested in this role, please discuss and submit your request through your Chain of Command.

For further inquiries please contact
Sylvain Jaquemot, MFRC Base and Fleet Liaison
at sylvainjaquemot@emfrc.com

View the latest volunteer opportunities at
www.esquimaltmfrc.com

Volunteer orientation sessions are scheduled on-demand. Apply online today to become a MFRC volunteer.

Treatment Shouldn't Feel Like Punishment

Addiction, Mental Health & Trauma Treatment

Powell River-based Sunshine Coast Health Centre and the Georgia Strait Womens Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

Services include 24 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



**Sunshine Coast
Health Centre**

A Non-12 Step Mental Health Program

Admissions Toll Free
1.866.487.9010

schc.ca

Georgia Strait

WOMENS CLINIC

Admissions Toll Free
1.866.487.9040

georgiastraitwomensclinic.ca



Birthday Parties

Avoid disappointment
BOOK EARLY!

Book your birthday party with PSP Recreation

Book your child/youth's next Birthday Party with PSP Recreation. We offer a number of theme parties to choose from. Most of our Parties take place on Saturday or Sunday, however, there are a few parties with flexibility. Check out the variety of themed parties available!

PLEASE NOTE: Our Birthday Parties take place at CPAC on Saturdays and Sundays. Contact us at 250-363-1009 to organize your party. We may be able to accommodate other requests, subject to availability. All party bookings require payment at the time of booking and we require your booking be a minimum of 2 weeks prior to the party date. Parties book up quickly so please plan at least two months in advance.

PSP Provides:

Rec Leaders as party hosts who will assist you with your set up, provide activities, games and equipment for the party participants and the space.

Parents Provide:

The set-up and clean up, cutlery, napkins, tableware, decorations, the party food, drinks, and cake. Don't forget a lighter or matches for the candles.

Additional Time/Participants:

Over the 2 hour party time frame or requesting additional participants to attend (over the listed maximum of 20), are subject to additional fees.

Cancellations:

Please provide two weeks' notice in the event of a cancellation to receive a full refund (minus a 10% admin fee).

- 2 week notice - full refund (minus a 10% admin fee)
- 1 week notice - 50% refund (minus a 10% admin fee)
- Less than 1 week notice - no refund

For details on our various party options and available dates
CALL 250-363-1009
or **REGISTER ONLINE** at
<https://bkk.cfmws.com/esquimaltpub/>

BIRTHDAY PARTIES

Bouncy Castle Birthday (All Ages)

Definitely our MOST popular, this party provides two hours of bouncy fun directed by two Rec Leaders and can accommodate up to 20 participants! Party also includes use of our kitchen and our multipurpose room for cake and presents. Also available is our AWESOME Obstacle Course Bouncy Castle!

BOUNCY CASTLE CHOICES	
Obstacle Course	\$ 160.00
Large Bouncy Castle	\$ 155.00
Small Bouncy Castle	\$ 155.00
Combo 1: Obstacle Course and Bouncy Castle	\$ 190.00
Combo 2: Large and Small Bouncy Castle	\$ 190.00

Dodge in the Dark (7-14 Years)

Run, duck, dive and dodge the Glow in the Dark balls as they fling by! This exciting fast paced game will have the party go'ers running up an appetite! Follow up the fun with the snack food, drinks and cake you provide and you have a winning party! This is a fast paced party that can accommodate up to 20 youth and includes two Rec Leaders, use of our gymnasium, kitchen and party room. Recommended time for this party is 6:00 – 8:00pm due to levels of light in the facility.

Cost: \$160.00

Movie Theatre Party (All Ages)

You bring the DVD (child and parent approved), the popcorn, the food, drinks and decorations and we'll set up our big screen projector and mats on the floor for your own private movie theatre! Parties are encouraged to bring their own blankets and pillows too! This party is 2.5 hours to support watching the movie (averaged at a 1.5 hr movie) AND have time to open presents and eat cake! This party can accommodate up to 20 kids and includes one Rec Leader, use of our gymnasium, kitchen, and party room.

Cost: \$160.00

Sports Spectacular (All Ages)

This party is for the sports enthusiast with a passion for indoor soccer or floor hockey. We aim to have the kids tired out, no matter how much cake they've had! Your Sports Spectacular party package includes two Rec Leaders, full use of our kitchen, a large gymnasium with equipment, and a room to eat and open presents. Eye wear is required when playing floor hockey, so we recommend you bring your own pair if you have them, or use the ones we provide.

Cost: \$160.00

Party Theme by You (All Ages)

Have a great theme idea for your child's party? Are you the type who likes to organize it all? This is a parent facilitated birthday party in which you provide the theme, organize the games, and bring the food, the decorations, and the cake. We provide the space and staff person to help with the equipment you might need (i.e.: tables, chairs, basic toys and/or sports equipment). Included is full use of our large gymnasium, kitchen, and multi-purpose room to eat, play, and open presents. Remember, this is a parent facilitated birthday party.

Cost: \$115.00

Nerf Gun Wars Party (7-14 Years)

Have a child who loves to play with nerf guns? What better way to celebrate their birthday than with the Nerf Gun Birthday Party. We have targets, challenges, missions, shields and more. We will provide you with 20 nerf guns and the bullets. Children can bring their own nerf guns but we ask that all bullets be kept at home. Children must wear protective eyewear while playing. Protective eyewear is provided, but you are free to bring your own.

Cost: \$160.00

Master Chef Party (7-14 Years)

This party is perfect for those kids who love to cook! They will learn the basic knowledge surrounding cooking and baking. This small group will cook an appetizer, main meal and dessert – there will be two options for each to choose from. Our leader will pass their Food Safe knowledge on as they supervise the cutting, chopping, blending and mixing of ingredients in this jammed packed birthday extravaganza. This party is 2.5hrs to accommodate the length of time for cooking.

Appetizer Options: Fruit or Veggie

Entrée Options: Pizza or Pasta

Dessert Options: Cupcake Decorating or Ice Cream Sundaes

Cost: 5 Kids – \$150.00

10 Kids - \$200.00



Early Years

Children's Programs

■ = MFRC ■ = PSP

Register for any of the following MFRC Early Years Programs

by visiting
www.esquimaltmfrc.com

Register for any of the following PSP Early Years Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

123 Music & Me (0-5 years)

Have fun with music! This is one of our most popular programs, very lively and will be very enjoyable for you and your child. Through a partnership with Victoria Conservatory of Music, you and your child will listen to an Early Childhood Music Educator and have a chance to make your own music with a variety of instruments. Register on our website!

For parents and their babies under 2 years of age

Location: CPAC

MFRC	Weds Apr 6-Jun 22, 1-1:30pm	Free
	or	
MFRC	Fri Apr 8-Jun 24, 9-9:30 am	Free

For parents and their child 2 to 5 years

Location: CPAC

MFRC	Weds Apr 6-Jun 22, 1:30-2pm	Free
	or	
MFRC	Fri Apr 8-Jun 24, 9:30-10am	Free

EARLY YEARS



Tiny Tots (0-18 months)

This drop-in style program provides parents of babies 18 months or younger an opportunity to connect with one another in a safe, warm, and caring environment. Bring your favourite travel mug to pour yourself a coffee and we will chat about the first year of life with your baby, share resources and play! Watch our website and social media for more details.

Growing Parents Baby Group

(Pregnancy-18 months)

Join us for a fun, supportive and educational group for new and expecting parents. Guest speakers and topics related to pregnancy and parenting babies up to 18 months of age. Make connections with other parents, share information and learn about community resources in this interactive, facilitated group discussion. Please watch for registration information on our website and social media. This registered program is for military connected families who are pregnant or parenting a child up to 18 months.

Stay & Play (18 months – 5 years)

This is a parent & tot program open to all military families! Join us for a morning of fun interaction with your child in a preschool-style setting. We will create art, spend time outside, and most of all, play. This is also a great opportunity to meet other parents living the unique military lifestyle. This program is best suited to children 18 months to 5 years (though younger babies with siblings in this age range are always welcome). Bring your favourite travel mug to pour yourself a coffee! Please register weekly on our website www.esquimaltmfrc.com.

If your family is experiencing any kind of work-related absence, we will also be offering a chance for your child(ren) to attend our Supporting Children Through Absence Corner! You can let us know you would like your child to be a part of this when you register.

**This program is not designed for child care providers bringing multiple children.*

Location: Out of School Care Building, 720 Galiano Cres

MFRC Thurs May 5-Jun 23, 10:30-Noon FREE

Registration required due to COVID-19 restrictions. Please check our website www.esquimaltmfrc.com for registration information.

Supporting Children Through Absence Corner at Stay & Play (18 months to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. If your child is under 3 years, parent participation is required. To participate in this program, weekly registration through Stay & Play is required on our MFRC website www.esquimaltmfrc.com

**This program is not designed for child care providers bringing multiple children.*

Supporting Children Through Absence*

(3-5 years)

***Formerly Children's Deployment Workshops**

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or any other work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about a parent being away. This program will provide activities suitable for preschoolers, children aged 3-5 years old. Check out our website at www.esquimaltmfrc.com for sessions offered and to register. Space is limited.

**Note there are workshops for children aged 5-12 listed in the School Age section.*

***It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops!**

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. *Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.*

Supporting Children through Absence: Parent Orientation Session*

*Formerly Children's Deployment Workshop: Parent Orientation Session

The MFRC has deployment workshops for children 3 to 12 years of age offered in-person and virtually. If you want more information or will be signing your children up for this series, please attend this session to meet the program facilitators. Connect with other parents experiencing a deployment or work-related absence, and learn ways to keep your child connected to the deployed parent. All parents are welcome at this session.

Register on our website www.esquimaltmfrc.com

Location: Virtual

MFRC

Mon Jun 6, 6-7pm FREE

Kindergym (All Ages)

Join us for an hour of fun! The gym will be full of our toys, scooters, and our bouncy castle. Bring your coffee, friends and the kids to play inside away from the rain.

Location: CPAC

Time: 9:30am-10:30am

Cost: \$3.00 per child

DATE	COURSE CODE
Thursday April 7, 2022	WEL212217481D
Thursday April 21, 2022	WEL212217481E
Thursday May 5, 2022	WEL222317481A
Thursday May 19, 2022	WEL222317481B

Art Sparks (Ages 4-7)

"The artist is not a special kind of person; rather each person is a special kind of artist."

– Amanda Coomaswamy

This art class session is to provide young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. We will explore different materials; discuss techniques, use of tools and try to find out where do artists get their inspiration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Along the way we will talk about artists and history of art, our local community art installations and how we can use our creative skills to make this community even better.

Instructor: Irina Mielecka

Location: CPAC

Dates: Session 1: May 3-24

Session 2: May 31 - June 21

Time: 4:00pm-5:30 pm

Cost per session: R: \$65.00 O: \$70.00 A: \$75.00

Course Code Session 1: FIN2122078153A

Course Code Session 2: FIN2122078153B



Children's Resources and Services

Casual Child Care

Parents need a break! Try Casual Child Care for a few hours of respite or to get things done without your "little helper." Take the time to de-stress yourself! Book up to 1 week in advance, maximum 2 times per week. Punch cards are available! Please pay the front desk at the CPAC MFRC prior to entering program. Call 250-363-2674 to book

Ages 6-17 months

Location: CPAC

MFRC Tue-Fri, 9am-noon

Cost: \$15 per 3-hour session

Gradual entry required for new children

Ages 18 months-5 years

Location: CPAC

MFRC Tue, Thurs, Fri, 9am-noon

Tue, Thurs, 1-4pm

Cost: \$12 per 3-hour session

- *Casual Respite Childcare schedule is subject to change based on staff availability, licensing guidelines and direction from Island Health Authority regarding COVID-19 protocols.*
- *Priority spaces are reserved for children of members who are deployed or going through a work-related absence. Please see Respite Child Care During Absence section on page 42 for more information on free sessions.*
- *Every effort will be made by the MFRC to offer this service based on the above schedule.*
- *For up-to-date information on this program and current schedule, please refer to our website at <https://esquimaltmfrc.com/parent-child/casual-child-care/>*

Casual Child Care Punch Cards

Casual Child Care Punch Cards are available! Save a few dollars when you buy a \$65 card good for 6 sessions of child care. Cards are available at the MFRC for children over 18 months of age.

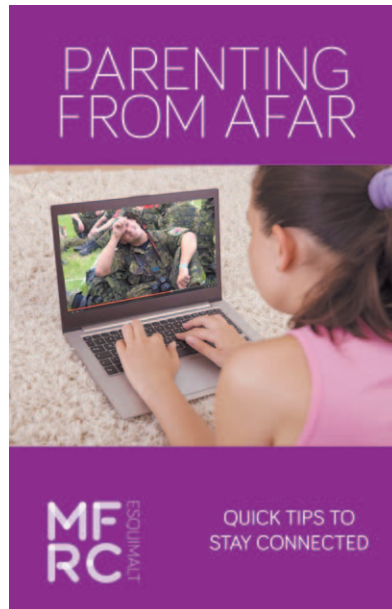
Imagination Library

Funded by donations, this program enhances literacy and develops resilience in children as they experience the challenges of the military lifestyle. Families with babies born within the last 12 months to serving regular force members and class B/C reservists at CFB Esquimalt are eligible to register. Children will receive one book per month by mail until their fifth birthday. Please contact the MFRC for more information.

"Welcoming Your Baby" Kit

Expectant parents at CFB Esquimalt can receive this free "Welcome Baby" kit from the Military Family Resource Centre. Included in the kit is a sleep sack designed to promote safe sleeping as well as a special infant toy. The MFRC has also included resources with each package such as details on programs and activities, tips on parenting in the military lifestyle, an emergency child care plan, magnets for important resources, and information on breastfeeding and safe sleeping habits. This kit is for expectant parents and babies 6 months and younger.

To receive your FREE baby kit, drop by the MFRC at the Colwood Pacific Activity Centre or Signal Hill with military ID or military family ID card. Call 250-363-2640 for more information.



Parenting from Afar

Want to learn more about parenting in the military lifestyle? Learn how to maintain an active and vital role in the life of your child/youth from afar with this easy-to-read handbook. Discover strategies to help support the connection between the parent/caregiver at home and the parent who is away so that you can continue to parent together while you are apart. Pick up a copy from our CPAC MFRC location or download from our website.

MFRC Daycare

Every day is an adventure in learning at the MFRC Daycare – where imagination, fun and experiencing are always at the top of the agenda! Join us at our Colwood (CPAC) Daycare. Our bright facility offers both an Infant/Toddler and a 3 to 5 Year Old program. Call the MFRC 363-2640 for more information or check out our website www.esquimaltmfrc.com to join the waitlists. We offer quality care with an understanding of the military family lifestyle.

Every day is an adventure in learning at the MFRC Daycare – where imagination, fun and experiencing are always at the top of the agenda! Join us at our Colwood (CPAC) Daycare. Our bright facility offers both an Infant/Toddler and a 3 to 5 Year Old program. Call the MFRC 363-2640 for more information or check out our website www.esquimaltmfrc.com to join the waitlists. We offer quality care with an understanding of the military family lifestyle.

Important MFRC Daycare Waitlist Information

Our MFRC Day Care is a small, cozy centre that is licenced for 24 children - 16 spaces for 3-5 years old and 8 spaces for Infant & Toddlers. The program typically sees 6 to 8 openings per year as a result of children moving on into kindergarten and postings. Due to the size of our care, low turnover of children and extensive waitlist, it may take a minimum of 18 month to 2 years on our list before a family is offered a day care space – so get on our list early (prenatal is suggested)! Please be aware that we are not always able to predict when a spot will open to families on our waitlist.



School Age

■ = MFRC ■ = PSP

Register for any of the following MFRC School Age Programs

by visiting
www.esquimaltmfrc.com

Register for any of the following PSP School Age Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Children's Services

Out of School Care 2022-2023

Located in Belmont Park, we provide Before & After School Care with both drop-off and pick-up at École John Stubbs Elementary School. We can also accommodate children attending Victor Brodeur if bus arrangements have been done. The program runs 6:30am to school drop-off and pick-up to 5:30pm during open school days only, including early dismissals. Spaces may still be available for current year or we are taking names for our waitlist.

To place your child on our waitlist simply visit our website at <https://connect.esquimaltmfrc.com/childcare/osc.php>

SCHOOL AGE

Supporting Children Through Absence*

**Formerly Children's Deployment Workshops*

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or any other work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about a parent being away. This program will provide activities suitable for various school aged children (see programs below). Check out our website at www.esquimaltmfrc.com for sessions offered and to register. Space is limited.

School Age programs offered are for:

- 5 to 8 years
- Kindergarten to 12 years
- 9 to 12 years

**Note there are workshops for younger and older children listed in the Early Years and Youth Sections*

**It is recommended that Parents access the Parent Orientation session to get the full benefit from these workshops!*

Supporting Children through Absence: Parent Orientation Session*

**Formerly Children's Deployment Workshop: Parent Orientation Session*

The MFRC has deployment workshops for children 3 to 12 years of age offered in-person and virtually. If you want more information or will be signing your children up for this series, please attend this session to meet the program facilitators. Connect with other parents experiencing a deployment or work-related absence, and learn ways to keep your child connected to the deployed parent. All parents are welcome at this session.

Register on our website www.esquimaltmfrc.com

Location: Virtual

MFRC **Mon Jun 6, 6-7pm** **FREE**

Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. *Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.*

Friday Night Activities

Movie Nights (5-9 years)

Back by popular demand! Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Each movie night runs from 6:30pm - 8:00pm with drop off at 6:15pm. Bring pillows and blankets for each child so they are super comfy during the movie.

Location: CPAC Gym

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$8.00 per child

Family Rate: \$6.00 for each additional child in the same family

DATE	MOVIE	COURSE CODE
May 6, 2022	Encanto	FIN222307956A
May 27, 2022	Turning Red	FIN222307956B
June 3, 2022	Rumble	FIN222307956C
June 24, 2022	The Mitchells vs The Machines	FIN222307956D
July 8, 2022	The Bad Guys	FIN222307956E
August 5, 2022	Lightyear	FIN222307956F

**If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!*



Fantastic Fridays!

(5-9 years)

Let those kiddos loose, burn off some energy, and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive frozen juice boxes in this program.

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child



DATE	THEME	COURSE CODE
May 13, 2022	Robots	WEL222317555A
June 10, 2022	Fairy and Gnome Gardens	WEL222317555B
July 22, 2022	Forest Games	WEL222317555C
August 19, 2022	Start Gazing	WEL222317555D

Splash and Swim (5-9 years)

Have a kiddo you can never get out of the water, this program is for them! Drop the kids off at the pool for 1.5 hours of splish splash-ing fun! After enjoying the fun in the water we will walk back to CPAC for a snack and games in time for pick up to go straight to bed. Pack a dinner for them and we will have a dedicated time for a quick meal.

Location:

Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Date: Fridays

Time: 5:15pm-8:00pm

Cost: \$9.50 per person

DATE:	COURSE CODE
May 20, 2022	WEL222314555A
June 17, 2022	WEL222314555B
July 15, 2022	WEL222314555C
August 12, 2022	WEL222314555D

***Check out our youth section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

What are you waiting for?

ALL SYSTEMS GO!

Qwanoes 2022

FEATURING
 Summer Camps
 Leadership Programs
 Family Retreats
 Summer Staff

SCHOOL AGE



Cooking

Mini Master Chef (6-8 years)

This program offers our young, future chefs a chance to gain age appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

Location: CPAC

Date: Tuesdays OR Thursdays

Time: 5:00pm - 6:00pm

Cost: R: \$75.00/ O: \$80.00/ A: \$90.00

DATE	THEME	COURSE CODE
Tuesday: April 5 – May 10, 2022	Asian Style Cooking	COO212202512C
Thursday: April 7 – May 12, 2022	Asian Style Cooking	COO212202512D
Tuesday: May 24 – June 28, 2022	BBQ Flavors	COO222302512A
Thursday: May 26 – June 30, 2022	BBQ Flavors	COO222302512B

General Programming

City Adventures (5-9 years)

Are your kiddos jealous of their older siblings getting all the urban adventure fun? Well this is there chance and opportunity to play with the big kids in their own customized urban fun. Join us by dropping your child off at the below location for a couple hours of uninterrupted, supervised fun! All costs of the program are covered by the below price, what a steal!

Location: Drop off and pick up at Out Trip Location listed below

Date: Saturdays

Time: 10:00am-12:00pm

Cost: \$16.50 per person

***Check out our youth section for the corresponding older age program. All children will be separated into age groups for the duration of the program to ensure all kids are with their peers.*

DATE	THEME	COURSE CODE
April 30, 2022	Beacon Hill Petting Zoo and Ice Cream	WEL212217555L
May 14, 2022	Blenkinsop Mini Golf and Driving Range	WEL222317555A
May 28, 2022	Boardgame Cafe	WEL222317555B
June 11, 2022	Wildplay	WEL222317555C
June 25, 2022	Bike Park Adventures	WEL222317555D

SCHOOL AGE

Art Sparks (Ages 4-7)

"The artist is not a special kind of person; rather each person is a special kind of artist."

– Amanda Coomaraswamy

This art class session is to provide young participants with different tools and mediums to create unique art pieces, through process of experimentation and collaboration. We will explore different materials; discuss techniques, use of tools and try to find out where do artists get their inspiration. The focus will be on trying something new, growing creative skills and simply enjoying making something beautiful. Projects will include painting on different surfaces, working with clay, creating multi-media collages, 3D sculptures, self-portraits from loose parts, etc.

Along the way we will talk about artists and history of art, our local community art installations and how we can use our creative skills to make this community even better.

Instructor: Irina Mielecka

Location: CPAC

Dates: Session 1: May 3-24

Session 2: May 31 - June 21

Time: 4:00pm-5:30 pm

Cost per session: R: \$65.00 O: \$70.00 A: \$75.00

Course Code Session 1: FIN2122078153A

Course Code Session 2: FIN2122078153B



Your Community's Best Source of Child Care Information & Resources

SERVICES FOR PARENTS & FAMILIES

- ▶ Child care information & referrals
- ▶ Assistance with the Affordable Child Care Benefit
- ▶ Toys and resources for you and your child

SERVICES FOR CHILD CARE PROVIDERS

- ▶ Curbside delivery of toys and materials
- ▶ Virtual workshops
- ▶ Virtual support with a consultant

Contact: Victoria 250-382-7000;

Ask us about the Affordable Child Care Benefit, new funding to help more families afford child care.

HEALTH PROTOCOLS IN PLACE.



Victoria:
250-382-7000
www.ccrr.bc.ca

We make physio fun!

Our mission is to provide the care needed for ALL kids to reach their maximum physical potential and 100% recover from injury.

Book an appointment now online at

kidsphysio.ca

250.590.1033
202 - 3550 Saanich Road,
Victoria, BC V8X 1X2



Kids
PHYSIO GROUP





SUMMER AT SYLVAN In centre or online...

Sylvan Learning has your back...

Want to raise their grades? A Summer at Sylvan can make all the difference in the Fall. Make sure your child is not getting left behind. At Sylvan we offer both in-centre support and live online support across all subjects. Boost confidence and skills and keep your child on track for success this year and next.

Military Discount 10% OFF Monthly Tuition

With Military ID. 10% OFF monthly fees and Club Sylvan membership fee only. Does not apply to prepayment packages. At participating locations only.

Sylvan of Vancouver Island
Serving, Victoria, Westshore, Duncan (online), Nanaimo
1-800-EDUCATE

Covid protocols in place for in-centre sessions. Masks now optional.

SYLVANLEARNING.COM

■ = MFRC ■ = PSP



STEM Programs (5-8 years) Science, Technology, Engineering and Math

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. See the descriptions below and pricing for each 4 week block focusing on a different theme.

Session 1:

Theme: Structural Engineering

Have a kiddo that loves building with Lego, or maybe building forts and other things around the house? Take those skills and apply them to this course! Young builders will learn what it takes to build bridges, buildings and more. The challenge that their structure will withstand the elements, weight and other forces will be put to the test. Builders will be challenged with how to build a bridge with just toothpicks and marshmallows and will also be challenged to build a structure that will hold the most weight before collapsing.

Dates: Monday May 2 – May 30 (no class May 23)

Location: CPAC

Time: 5:00-6:00pm

Cost: \$60 Regular/ \$65 Ordinary/ \$70 Associate

Course Code: FIN222307571A

Session 2:

Theme: Egg Drop Challenge

This four week course will see young engineers build and perfect the perfect house for an egg, making sure that when it is sent up into space and comes flying down that egg will not break. Using the skills of design, robotics, engineering and the science of forces your child will come home with the perfect launching device to protect their most precious belongings.

Dates: Monday June 6 – June 27

Location: CPAC

Time: 5:00-6:00pm

Cost: \$55 Regular/ \$60 Ordinary/ \$65 Associate

Course Code: FIN222307571B



Youth

Friday Night Activities

■ = MFRC ■ = PSP

Register for any of the following PSP Youth Programs

by contacting PSP Recreation at 250-363-1009 or in-person at the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks. You can also save time by registering online.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Movie Nights (9-12 years)

Back by popular demand! Parents, do you want an hour or two to yourself? Drop your children off at CPAC for a movie, pizza, popcorn, and juice! Each movie night runs from 6:30pm - 8:00pm with drop off at 6:15pm. Bring pillows and blankets for each child so they are super comfy during the movie.

Location: CPAC Gym

Date: Fridays

Time: 6:15pm - 8:00pm

Cost: \$8.00 per child

Family Rate: \$6.00 for each additional child in the same family

DATE	MOVIE	COURSE CODE
May 6, 2022	Encanto	FIN222307956A
May 27, 2022	Turning Red	FIN222307956B
June 3, 2022	Rumble	FIN222307956C
June 24, 2022	The Mitchells vs The Machines	FIN222307956D

If movie is longer than the time frame allocated, pick-up will be later or you can join in for the ending!

YOUTH

Fantastic Fridays! (9-12 years)

Let those kiddos loose, burn off some energy, and get their bodies and minds moving with this awesome Friday program. Drop your kids off for an hour and a half of fun while you relax, grab a bite to eat, or catch up with some friends. Each night has something new and exciting which will be sure to keep your kids occupied! Kids will also receive frozen juice boxes in this program.

Location: CPAC Gym

Date: Fridays

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME	COURSE CODE
May 13, 2022	Robots	WEL222317555A
June 10, 2022	Fairy and Gnome Gardens	WEL222317555B
July 22, 2022	Forest Games	WEL222317555C
August 19, 2022	Start Gazing	WEL222317555D

Splash and Swim (9-14 years)

Have a kiddo you can never get out of the water, this program is for them! Drop the kids off at the pool for 1.5 hours of splash splashing fun! After enjoying the fun in the water we will walk back to CPAC for a snack and games in time for pick up to go straight to bed. Pack a dinner for them and we will have a dedicated time for a quick meal.

Location: Drop Off: Juan de Fuca Pool

Pick Up: CPAC

Date: Fridays

Time: 5:15pm-8:00pm

Cost: \$9.50 per person

DATE:	COURSE CODE
May 20, 2022	WEL222317820A
June 17, 2022	WEL222317820B
July 15, 2022	WEL222317820C
August 12, 2022	WEL222317820D



General Programming

Youth Excursions (9-14 years)

Are your kiddos jealous of their older siblings getting all the urban adventure fun? Well this is their chance and opportunity to play with the big kids in their own customized urban fun. Join us by dropping your child off at the below location for a couple hours of uninterrupted, supervised fun! All costs of the program are covered by the below price, what a steal!

Location: drop off and pick up at Out Trip Location listed above

Date: Saturdays

Time: 10:00am-12:00pm

Cost: \$16.50 per person

DATE	THEME	COURSE CODE
April 30, 2022	Beacon Hill Petting Zoo and Ice Cream	WEL212217530H
May 14, 2022	Blenkinsop Mini Golf and Driving Range	WEL222317530A
May 28, 2022	Boardgame Cafe	WEL222317530B
June 11, 2022	Wildplay	WEL222317530C
June 25, 2022	Bike Park Adventures	WEL222317530D

Installation, Sales, & Service of all things Key, Lock & Safe



TRUSTED SINCE 1895

All Military Discounts honoured on hardware



Direct Service Line

250-384-4105

www.PricesLock.com

Saanich

#8-601 Boleskine Road
250-384-4105

Downtown

1119 Blanshard Street
250-940-1626

Westshore

120-2806 Jacklin Road
250-391-5557

STEM Programs (9-14 years)

Science, Technology, Engineering and Math

This program provides excellent experiential learning opportunities for your kids. They get to work for 4 weeks on a project, see the ideas being developed into a hard product they get to take home. See the descriptions below and pricing for each 4 week block focusing on a different theme.

Session 1:

Theme: Structural Engineering

Have a kiddo that loves building with Lego, or maybe building forts and other things around the house? Take those skills and apply them to this course! Young builders will learn what it takes to build bridges, buildings and more. The challenge that their structure will withstand the elements, weight and other forces will be put to the test. Builders will be challenged with how to build a bridge with just toothpicks and marshmallows and will also be challenged to build a structure that will hold the most weight before collapsing.

Dates: Monday May 2 – May 30 (no class May 23)

Location: CPAC

Time: 5:00-6:00pm

Cost: \$60 Regular / \$65 Ordinary / \$70 Associate

Course Code: FIN222307571A

Session 2:

Theme: Egg Drop Challenge

This four week course will see young engineers build and perfect the perfect house for an egg, making sure that when it is sent up into space and comes flying down that egg will not break. Using the skills of design, robotics, engineering and the science of forces your child will come home with the perfect launching device to protect their most precious belongings.

Dates: Monday June 6 – June 27

Location: CPAC

Time: 5:00-6:00pm

Cost: \$55 Regular / \$60 Ordinary / \$65 Associate

Course Code: FIN222307571B

Cooking

Master Chef (9-14 years)

This program offers our young, future chefs a chance to gain age appropriate experience working with some super tasty foods all while exploring meal prep, simple recipes, and baking.

Location: CPAC

Date: Tuesdays OR Thursdays

Time: 6:30pm-8:00pm

Cost: R: \$80.00 / O: \$85.00 / A: \$95.00

DATE	THEME	COURSE CODE
Tuesday: April 5 – May 10	Asian Style Cooking	COO212202512C
Thursday: April 7 – May 12	Asian Style Cooking	COO212202512D
Tuesday: May 24 – June 28	BBQ Flavors	COO222302512A
Thursday: May 26 – June 30	BBQ Flavors	COO222302512B



Leadership

Red Cross Babysitter's Course (Ages 11+)

Red Cross babysitting and child care courses can help you provide quality care to children of all ages. Topics included are such as choosing age-appropriate activities, basic child care, like bottle feeding, child behavior, leadership, professionalism, safety, starting a babysitting business, and more.

Please note: Red Cross child care classes are not intended for those seeking certification licensed child care providers and does not meet all requirements for such certification.

Date: May 7, 2022

Time: 9am-4pm

Location: CPAC

Instructor: Irina Mielecka

Home Alone Course

Is your child ready to stay home alone? The program helps children and their families get ready for their child's first steps towards independence and being without adult supervision for short periods of time. Basic first aid skills, safety in the kitchen, internet and home as well as how to handle emergencies and prevent accidents are all covered.

Date: June 11, 2022

Location: CPAC

Instructor: Irina Mielecka

Jr. Leader Program

(Ages 12+ after completion of Leader in Training Program)

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! Join us for our summer camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gaining experience in leading a group through games and activities, learning policies and procedures and of course having fun doing it all.

Cost: \$25.00 per day

Cost covers out-trips, staff shirt, swimming and additional resources

Time: 9:00am-4:00pm

Location: TBD on which camp they are with

Please contact Children and Youth Program Supervisor Katie Fast if interested in this program. Katie.fast@forces.gc.ca

SD62 Blended Learning Program

Full-time Grades 6-8

- SD62 Full Credit Summer Learning
- Free Adult Graduation Programs
- Free Adult 10-12 Upgrading Courses

Register online www.westshorecentre.com

Register NOW for 2022-23



WestShore
Centre for Learning & Training

Arrange to meet our academic advisor today!

250-391-9002

Email: westshore@sd62.bc.ca



SOOKE 62
SCHOOLS
Blended Learning

101-814 GOLDSTREAM AVE., VICTORIA, BC • WESTSHORE CENTRE & JDFDL ARE SCHOOLS OF SCHOOL DISTRICT #62 (SOOKE)

Creating Beautiful Smiles for the Whole Family



SERVICES WE OFFER:

- Dentistry for All Ages
- Cerec Crowns • Implants
- Cosmetic Dentistry
- Orthodontics
- Invisalign/ClearDent
- IV Sedation/Oral Sedation
- Zoom Bleaching

**Westshore
DentalCentre**
Creating Beautiful Smiles

www.westshoredental.com

250-474-2296

2945 Jacklin Road (Westshore Mall)

Hours: Mon-Thur 7:30am - 7:00pm,
Fri 7:30am - 5:00pm, Saturday 8:00am - 5:00pm,
Now Open Sundays 9:00am - 4:00pm

Dr. Jas Sidhu Dr. Brin MacMillan
Dr. Shreya Gakhar Dr. Cleve Kim
Dr. Lien Neale Dr. Harsabib Sandhu
Dr. Sabrina Ma Dr. Amber Lipsett



Camps

Register for any PSP Camp Programs

by contacting PSP Recreation at 250-363-1009 or by stopping into the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks..

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Join PSP for Pro D Days and a summer camps full of adventures, laughter, fun and learning. There are plenty of themes to choose from plus out-trips and activities to fit your child. Your kids will have so much fun that they'll want to come back all summer long!



A Division of CF Moral & Welfare Services
Une division des Services de bien-être et moral des FC

CAMPS PRO D DAY

Sun Seekers Pro-D Day Camps

(5-7 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

Daily rates subject to change based on out trip activities for the day. Call for more details.



DATE	THEME	COURSE CODE	TIME	COST
SD 62 May 13, 2022	Celebration of Nations	CAM222303003I	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$9 Ordinary / \$12 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$9 Regular / \$11 Ordinary / \$11 Associate
SD 61, Francophone SD May 20, 2022	Wind and Sea	CAM222303003Z		

Fun Seekers Pro-D Day Camps (7-9 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

Daily rates subject to change based on out trip activities for the day. Call for more details.

DATE	THEME	COURSE CODE	TIME	COST
SD 62 May 13, 2022	Celebration of Nations	CAM222303003I	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$9 Regular / \$11 Ordinary / \$12 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$9 Regular / \$11 Ordinary / \$12 Associate
SD 61, Francophone SD May 20, 2022	Wind and Sea	CAM222303003Z		

Adventure Seekers Pro-D Day Camps (9-14 Years)

Days off of school are for days filled with fun. Each camp day explores a new theme with activities, games and crafts to match! These days include various things, some of which may include surprise out-trips, swimming, outdoor play, or guests appearances.

Location: CPAC

Daily rates subject to change based on out trip activities for the day. Call for more details.

DATE	THEME	COURSE CODE	TIME	COST
SD 62 May 13, 2022	Celebration of Nations	CAM222303003I	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$9 Regular / \$11 Ordinary / \$12 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$9 Regular / \$11 Ordinary / \$12 Associate
SD 61, Francophone SD May 20, 2022	Wind and Sea	CAM222303003Z		

*Please note that if there are not sufficient numbers for each camp we will be merging age groups to ensure the program will run.



CORE SUMMER CAMPS



Daily rates subject to change based on out trip activities for the day. Call for more details.

Sun Seekers Summer Camp! (5-7 Years)

Join us for a summer full of adventures, laughter, fun and learning. Each week is matched with a theme with out-trips and activities to fit. Children will explore with crafts, games, outdoor play, weekly swimming, Thetis Thursday and bus & walking out-trips. Every week will provide your kids with so much fun that they'll want to come back all summer long!

Please stay tuned for more detailed weekly schedules and Out-Trips closer to the start of Camp dates. Please be aware Drop in rates will change in price pending on the activity planned for that week.

Cancellation fees will apply to all courses. Exclusions may apply.

Time: 9:00am-4:00pm

Before Care: 7:00am-9:00am

After Care: 4:00pm-5:30pm

Location: CPAC

WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 1 – June 27-30	Fingerprint – What Makes Me Unique	CAM222303001A	\$130 Regular \$136 Ordinary \$146 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 2 – July 4-8	How Stuff Works	CAM222303001AB	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 3 – July 11-15	Things That Go	CAM222303001AC	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 4 – July 18-22	Curious Cavepeople	CAM222303001AD	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 5 – July 25-29	Sharktacular Shenanigans	CAM222303001AE	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 6 – August 2-5	Dino Discovery	CAM222303001AF	\$130 Regular \$136 Ordinary \$146 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 7 – August 8-12	Starveyours Space Camp	CAM222303001AG	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 8 – August 15-19	Snowflakes in Summer	CAM222303001AH	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 9 – August 22-26	Dragons, Unicorns and Llamacorns	CAM222303001AI	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 10 – August 29-September 2	Super Spy	CAM222303001AJ	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

CAMPS CORE SUMMER

Fun Seekers Summer Camp! (7-9 Years)

Join us for a summer full of adventures, laughter, fun and learning. Each week is matched with a theme with out-trips and activities to fit. Children will explore with crafts, games, outdoor play, weekly swimming and bus & walking out-trips. Every week will provide your kids with so much fun that they'll want to come back all summer long!

Please stay tuned for more detailed weekly schedules and Out-Trips closer to the start of Camp dates. Please be aware Drop in rates will change in price pending on the activity planned for that week.

Cancellation fees will apply to all courses. Exclusions may apply.

Time: 9:00am-4:00pm

Before Care: 7:00am-9:00am

After Care: 4:00pm-5:30pm

Location: YAC or CPAC

Daily rates subject to change based on out trip activities for the day. Call for more details.

WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 1 – June 27-30	Deep Sea Dive	CAM222303001B	\$130 Regular \$136 Ordinary \$146 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 2 – July 4-8	Mythbusters	CAM222303001BA	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 3 – July 11-15	Jedi Arts	CAM222303001BB	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 4 – July 18-22	The King's and Queen's Quest	CAM222303001BC	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 5 – July 25-29	Eager Entrepreneurs	CAM222303001BD	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 6 – August 2-5	Choose Your Own Adventure Week	CAM222303001BE	\$130 Regular \$136 Ordinary \$146 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 7 – August 8-12	Tinker Lab	CAM222303001BF	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 8 – August 15-19	Go for Gold	CAM222303001BG	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 9 – August 22-26	Ninja Zone	CAM222303001BH	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 10 – August 29-September 2	Out of This World	CAM222303001BI	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

CORE SUMMER CAMPS

Adventure Seekers Summer Camp! (9-14 Years)

This camp is jammed packed with daily out trips and escapades. Each day campers will get to experience new and exciting activities especially picked for some of our older adventurers. Your youth will be bound to have a fantastic time. Each week youth will swim and go on bus and daily walking out trips. Past adventures have included: rock climbing, flying squirrel, bowling, laser tag and more!

Please stay tuned for more detailed weekly schedules and Out-Trips closer to the start of Camp dates. Please be aware Drop in rates will change in price pending on the activity planned for that week. Cancellation fees will apply to all courses. Exclusions may apply.

Time: 9:00am-4:00pm
Before Care: 7:00am-9:00am
After Care: 4:00pm-5:30pm
Location: CPAC Stage

**Daily rates
subject to change
based on out trip
activities for the day.
Call for more
details.**



WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 1 – June 27-30	Spontaneous Surprises	CAM212203001C	\$146 Regular \$156 Ordinary \$161 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 2 – July 4-8	Always Adventuring Anywhere Anytime	CAM212203001CA	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 3 -- July 11-15	Food Truck Frenzy	CAM212203001CB	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 4 – July 18-22	On the Hunt	CAM212203001CC	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 5 – July 25-29	To the Xtreme	CAM212203001CD	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 6 – August 2-5	Choose Your Own Adventure	CAM212203001CE	\$146 Regular \$156 Ordinary \$161 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 7 – August 8-12	Mythbusters 2.0	CAM212203001CF	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 8 – August 15-19	Explore Outdoors	CAM212203001CG	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 9 – August 22-26	Digital Designs	CAM212203001CH	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 10 – August 29-September 2	Blast From the Past	CAM212203001CI	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

CAMPS CORE SUMMER

Top Chef Camp (Varying Ages see below)

This week will give your children the opportunity to cook away the day. Each day will be filled with basic knowledge surrounding cooking and baking. This small group will cook everything from dessert, to hot meals to snacks they can eat on the go. Our leader will pass their Food Safe knowledge on as they supervise the cutting, chopping, blending and mixing of ingredients in this jammed packed week. Children will also join in on weekly swimming and weekly out trips to round out an amazingly awesome week! Cancellation fees will apply to all courses. Exclusions may apply.

Camp: 9:00am-4:00pm

Before Care: 7:00am-9:00am

After Care: 4:00pm-5:30pm

Location: CPAC

Daily rates subject to change based on out trip activities for the day.
Call for more details.



WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 1 – June 27-30 Ages: 9-14	Street Eats	CAM212203001D	\$141 Regular \$149 Ordinary \$162 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 2 – July 4-8 Ages: 7-9	Cookies, Cakes, Cupcakes and Pies	CAM212203001DA	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 3 – July 11-15 Ages: 5-7	Classic Creations with a Twist	CAM212203001DB	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 4 – July 18-22 Ages: 5-7	Sweet, Savory and Sour	CAM212203001DC	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 5 – July 25-29 Ages: 9-14	Around the World in 20 Recipes or More	CAM212203001DD	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 6 – August 2-5 Ages: 9-14	Culinary Chemistry	CAM212203001DE	\$141 Regular \$149 Ordinary \$162 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 7 – August 8-12 Ages: 7-9	Chocolate	CAM212203001DF	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 8 – August 15-19 Ages: 9-14	Mini Eats – Same great food packing the same punch in a mini form	CAM212203001DG	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 9 – August 22-26 Ages: 5-7	Pasta-Pasta-Pasta	CAM212203001DH	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 10 – August 29-September 2 Ages: 7-9	Cooking with the Colors of the Rainbow	CAM212203001DI	\$165 Regular \$170 Ordinary \$180 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

SPECIALTY SUMMER CAMPS

Sports and Splash Camp (Varying Ages see below)

This camp provides your child with a fun filled week of sports, sports and more sports! Indoor sports such as floor hockey, dodgeball, ice hockey, and water play. Outdoor sports such as golf, soccer, Frisbee golf, biking and more. This camp will also go on walking out-trips, bus out-trips as well as daily water play and pool play to keep the kids nice and cool.

Cancellation fees will apply to all courses. Exclusions may apply.

Time: 9:00am-4:00pm
Before Care: 7:00am-9:00am
After Care: 4:00pm-5:30pm
Location: Naden Side (Field and Arena)

Daily rates subject to change based on out trip activities for the day. Call for more details.

WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 1 – June 27-30 Ages: 7-9	Sports and Splash	CAM212203001E	\$141 Regular \$149 Ordinary \$162 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 3 – July 11-15 Ages: 7-9	Sports and Splash	CAM212203001EA	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 5 – July 25-29 Ages: 7-9	Sports and Splash	CAM212203001EB	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 7 – August 8-12 Ages: 9-14	Sports and Splash	CAM212203001EC	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 9 – August 22-26 Ages: 9-14	Sports and Splash	CAM212203001ED	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

**More Dates Available This Summer! Nature Adventurers (Varying Ages see below)

This camp is for the kiddos who love the slimy and crawlies, the woods and the beach. They will use the outside surroundings including forests, beaches and parks as their program space to learn all about nature. Games, crafts and activities will all be centered on the fun that is had in the great outdoors. Children will also join in on weekly swimming and weekly out trips to round out an amazingly awesome week!

Cancellation fees will apply to all courses. Exclusions may apply.

Time: 9:00am-4:00pm
Before Care: 7:00am-9:00am
After Care: 4:00pm-5:30pm
Location: Meet at YAC – Will be outside all day

Daily rates subject to change based on out trip activities for the day. Call for more details.

WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 1 – June 27-30 Ages: 5-7	Into The Woods	CAM222303001F	\$130 Regular \$136 Ordinary \$146 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 6 – August 2-5 Ages: 7-9	Creatures of The Night	CAM222303001FA	\$130 Regular \$136 Ordinary \$146 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 7 – August 8-12 Ages: 5-7	The Great Outdoors	CAM222303001FB	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 8 – August 15-19 Ages: 5-7	Earth and Dirt	CAM222303001FC	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 9 – August 22-26 Ages: 7-9	Wild Reptile Adventure	CAM222303001FD	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 10 – August 29-September 2 Ages: 5-7	Foreign Ecosystems	CAM222303001FE	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

CAMPS SPECIALTY SUMMER

Science and Splash Camp (Varying Ages see below)

Have a child that just can't get enough of science? Are they always asking you questions that you can't answer? We'll have them join us in discovering what makes our world tick. Explore each week's theme through experiments, crafts, games and so much more. We will be bringing in guests that will lead our scientists through a new experience every day. This camp will also go on walking out-trips, bus out-trips as well as daily water play and pool play to keep the kids nice and cool. Cancellation fees will apply to all courses. Exclusions may apply.

Time: 9:00am-4:00pm

Before Care: 7:00am-9:00am

After Care: 4:00pm-5:30pm

Location: Naden Side (Field and Arena)



WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 2 – July 4-8 Ages: 5-7	Grossology	CAM212203001G	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 4 – July 18-22 Ages: 7-9	Bricks, Bots and Beakers	CAM212203001GA	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 6 – August 2-5 Ages: 5-7	Science of Superheroes	CAM212203001GB	\$141 Regular \$149 Ordinary \$162 Associate	\$28 Regular \$30 Ordinary \$32 Associate	\$20 Regular \$22 Ordinary \$24 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$12 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 8 – August 15-19 Ages: 7-9	Science of Explosions	CAM212203001GC	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 10 – August 29-September 2 Ages: 5-7	Super Silly Science	CAM212203001GD	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

MORE DATES AVAILABLE THIS SUMMER! Movie Makers

(Varying Ages see below)

Cancellation fees will apply to all courses.

Exclusions may apply.

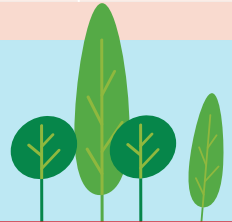
Time: 9:00am-4:00pm

Before Care: 7:00am-9:00am

After Care: 4:00pm-5:30pm

Location: CPAC

Daily rates subject to change based on out trip activities for the day. Call for more details.



WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 4 – July 18-22 Ages: 9-14	Movie Makers	CAM212203001H	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 7 – August 8-12 Ages: 9-14	Movie Makers	CAM212203001HA	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 9 – August 22-26 Ages: 7-9	Movie Makers	CAM212203001HB	\$180 Regular \$185 Ordinary \$195 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.



SPECIALTY SUMMER CAMPS

MORE DATES AVAILABLE THIS SUMMER!

Bike Camp

(Varying Ages see below)

Cancellation fees will apply to all courses.
Exclusions may apply.

Time: 9:00am-4:00pm
Before Care: 7:00am-9:00am
After Care: 4:00pm-5:30pm
Location: CPAC

Daily rates subject to change based on out trip activities for the day. Call for more details.

WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 2 – July 4-8 Ages: 7-9	Bike Camp	CAM212203001I	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 5 – July 25-29 Ages: 5-7	Bike Camp	CAM212203001IA	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 8 – August 15-19 Ages: 7-9	Bike Camp	CAM212203001IB	\$160 Regular \$170 Ordinary \$175 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$38 Regular \$42 Ordinary \$47 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

NEW CAMP! STEM Camp (Science, Technology, Engineering and Math)

(Varying Ages see below)

Cancellation fees will apply to all courses.
Exclusions may apply.

Time: 9:00am-4:00pm
Before Care: 7:00am-9:00am
After Care: 4:00pm-5:30pm
Location: CPAC



WEEK/DATE	THEME	COURSE CODE	FULL WEEK			PARTIAL WEEK		
			COST FOR WEEK	BEFORE CARE WEEK COST	AFTERCARE WEEK COST	DROP-IN RATE/DAY	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Week 3 – July 11-15 Ages: 7-9	Game Makers	CAM222303001J	\$170 Regular \$175 Ordinary \$185 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 6 – August 2-5 Ages: 5-7	Toy Makers	CAM222303001JA	\$170 Regular \$175 Ordinary \$185 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Week 10 – August 29- September 2 Ages: 9-14	Really Robotic	CAM222303001JB	\$170 Regular \$175 Ordinary \$185 Associate	\$35 Regular \$37 Ordinary \$39 Associate	\$25 Regular \$27 Ordinary \$29 Associate	\$42 Regular \$47 Ordinary \$52 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

** Registration for Drop in Rates can be done in person or over the phone ONLY.

CAMPS

LEADERSHIP

Leader in Training (Ages 11+)

Do you have an interest in working for PSP Recreation in the future? Do you want to have a blast like Adventure Seekers but learn all that it means to be a Jr. Leader? Join our Leader in Training program! This 2 week program has all the fun of our Adventure Seekers camp with out-trips, games, activities but the added bonus of learning about leadership, programming and safety. This program prepares each individual during week 1 and in week 2 we will have our leaders enter other camps and help lead activities and work amongst our amazing staff.

All leaders in training will graduate from the program with letter of recommendation and feedback. This program must be completed to be a Jr. Leader in our programming in the future. Your kids can do this program all summer if they want as they will learn and have fun with new games, themes and activities each session.



WEEK/ DATE	COURSE CODE	COST FOR 2 WEEKS	BEFORE CARE 2 WEEK COST	AFTERCARE 2 WEEK COST	BEFORE CARE DROP-IN RATE	AFTER CARE DROP-IN RATE
Session 1: Week 2: July 4-8 Week 3: July 11-15	CAM222303001K	\$320 Regular \$325 Ordinary \$330 Associate	\$70 Regular \$74 Ordinary \$78 Associate	\$50 Regular \$54 Ordinary \$58 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate
Session 2: Week 4: July 18-22 Week 5: July 25-29	CAM222303001KA	\$320 Regular \$325 Ordinary \$330 Associate	\$70 Regular \$74 Ordinary \$78 Associate	\$50 Regular \$54 Ordinary \$58 Associate	\$9 Regular \$11 Ordinary \$13 Associate	\$7 Regular \$9 Ordinary \$11 Associate

Jr. Leader Program

(Ages 12+ after completion of Leader in Training Program)

Want to gain more experience with working with children and youth? Have a passion for helping others? Need volunteer hours for school? This program is for you! Join us for our summer camps in a leadership role. You will learn what it takes to be a PSP Recreation Leader, gaining experience in leading a group through games and activities, learning policies and procedures and of course having fun doing it all.

Cost: \$75.00 per week

*Cost covers our-trips, staff shirt, swimming each week and additional resources

Time: 9:00am-4:00pm

Location: TBD on which camp they are with

Please contact Children and Youth Program Supervisor Katie Fast if interested in this program. Katie.fast@forces.gc.ca



SHOTOKAN KARATE

Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands. The aim of the Karate program is to teach traditional Shotokan Karate and to foster the development of karate through seminars, tournaments, and exposure to world-class karate and other martial arts instructors. Such benefits of this karate program include:

- Many different training times and two different locations;
- Affordable way to learn or practice your karate skills;
- A fun way to work on your cardio, flexibility, coordination, stress relief, and quicken your reflexes while training in a safe and supervised environment.

Beginners are accepted throughout the year. All karate members are required to register through Karate BC

Naden Athletic Centre
Combo Class (Adults and Children 7 years and older)
Monday/Wednesdays, 6:30pm - 8:00pm

Training Sessions: May 2 – July 6, 2022
(No class May 23)
Course Code: MAR222312707C

Cost: Unlimited classes May-July
Adult - \$145 Regular / \$160 Ordinary / \$175 Associate
Child - \$115 Regular / \$130 Ordinary / \$145 Associate

Senior Belts Only
Fridays, 6:00pm-7:30pm (No class July 1)
Saturday, 8:00am-9:00am

Colwood Pacific Activity Centre
Combo Class (Adult and Children 7 years and older)
Tuesday/Thursday, 6:30pm - 8:00pm

Spring/Summer training Session: – May 3 – June 16
Course Code: MAR222312707D
Tuesday/Thursday, 6:30pm - 8:00pm

Cost: Unlimited classes May-July
Adult - \$125 Regular / \$140 Ordinary / \$155 Associate
Child - \$95 Regular / \$110 Ordinary / \$125 Associate

Register for PSP's Shotokan Karate

REGISTER for Shotokan Karate by contacting PSP Recreation at 250-363-1009 or in-person through the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration

<https://bkk.cfmws.com/esquimaltpub/>



Outdoor **NASKart** Experience

1460 SPRINGHILL ROAD
PARKSVILLE, BC

CHECK OUR WEBSITE FOR
HOURS OF OPERATION

**KARTING,
AXE THROW,
BULLSEYE
ARCHERY**



**NEW!
LASER
TAG**

Comes with Gun Recoil
and Scorpion Shock
Band (optional)



BOOK ONLINE WWW.FASTTIME.CA OR CALL 250-586-9797



DID YOU KNOW?

Mark's Commercial and DND – Maritime Forces Pacific partner each year to provide you with our **Pay-As-You-Go workwear program**.

We've worked together with Mark's stores so you only need to **show your employee ID**. Mark's stores will recognize your employee ID's and they will have your program information on-hand.

10% DISCOUNT ON REGULAR PRICED MERCHANDISE AT ANY MARK'S STORE

Valid at any Mark's store. Not to be combined with any other offer.

Questions?

Please don't hesitate to contact Lisa Tonner, Corporate Sales Manager if you have any questions.



Lisa Tonner | Corporate Sales Manager | Mark's Commercial
250.661.0754 | lisa.tonner@marks.com

NOW HIRING

**VOTED #1
IN VICTORIA**

**NO APPOINTMENT
NECESSARY**

**CANADIAN MILITARY
& DND DISCOUNT**

10%



VICTORIA
2353 Douglas St

LANGFORD
872 Langford Pkwy

DUNCAN
2752 Beverly St

MILLSTREAM
705 Treanor Ave



Adult

Arts Programs

Register for any of the following PSP Adult Programs

by contacting PSP Recreation at 250-363-1009 or by stopping into the Colwood Pacific Activity Centre (CPAC) or Naden Athletic Centre Kiosks.

PSP Recreation Online Registration
<https://bkk.cfmws.com/esquimaltpub/>

Paint it!

Are you interested in having fun and learning a new skill at the same time? We have a strong belief that anyone can learn how to paint. Join us and enjoy the satisfaction of creating an art piece with step by step instruction. This is an adult learning experience and suitable for all skill levels.

Location: Chief and Petty Officer's Mess

Instructor: Behni Moosavi-Shalmani

Dates: Fridays

Time: 6:00pm - 8:00pm

Cost: \$30 per session

DATE	COURSE CODE
May 13	FIN22230712A
May 27	FIN22230713B

**** Paint it! is also available for Unit team building art sessions within the Defence Team Community. If you or your Unit is interested in privately booking a Paint it! night with Behni, please contact PSP Recreation Coordinator, Stefie Gray at 250-363-2989*

ADULT HEALTH AND FITNESS

Yoga for Every Body

Do you think you can't do yoga? Then this class is for you! In this light-hearted, fun, body positive class, we will be modifying poses for all bodies, levels, and abilities. Taught by a large-bodied woman, this joyful movement practice is accessible and inclusive. Questions during practice are encouraged. Suitable for everybody and every body. All bodies welcome and celebrated in this space.

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317433N

Dates: Thursdays May 5-June 30

Time: 6:30-7:30pm

Cost: \$89 Regular / \$99 Ordinary / \$108 Associate

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Dates: Thursdays, July 7-August 25 (no class July 28)

Course code: WEL222317434P

Time: 6:30-7:30pm

Cost: \$69 Regular / \$77 Ordinary / \$84 Associate

Yoga Nidra (iRest®)

Created for the military community, iRest Yoga Nidra combines the ancient teachings of Yoga Nidra with Western psychology and neuroscience. This practice is simple to learn and accessible to all, regardless of experience with meditation. iRest is suitable for everyone, but is proven especially beneficial for folks living with post-traumatic stress, chronic pain, anxiety, and insomnia, affording its practitioners a profound sense of peace and well-being.

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317436Q

Dates: Thursdays May 5-June 30

Time: 7:45-8:45pm (after Yoga for Every Body)

Cost: \$89 Regular / \$99 Ordinary / \$108 Associate

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317439E

Dates: Thursdays, July 7-August 25 (no class July 28)

Time: 7:45-8:45pm (after Yoga for Every Body)

Cost: \$69 Regular / \$77 Ordinary / \$84 Associate

Outdoor Yoga

Start the weekend off right by connecting with nature through a gentle outdoor yoga practice. Feel your bare feet on the grass, the sunshine on your face, and the warm breeze on your skin as you breathe in fresh air in a beautiful outdoor setting. Variations to poses will be offered to ensure accessibility for all bodies, levels, and abilities. Suitable for all nature lovers.

Location: CPAC

Instructor: Sonia Gray RYT, Water and Earth Yoga

Course code: WEL222317418A

Dates: Saturdays, July 9 – August 27 (no class July 2 & August 6)

Time: 10:00-11:00am

Cost: \$69 Regular / \$77 Ordinary / \$84 Associate (7 week series)

Summer Run Clinic

Challenge yourself in a four week run clinic led by top level Canadian runner Mariah Kelly, New Balance sponsored athlete.

This is a run program built for people of all levels. The focus of this program is to enhance running performance but also to offer exercises designed to improve individual movement patterns and help prevent injuries.


Location: Naden Athletic Centre Track

Mondays, 6:00 PM – 7:00 PM

August 22- September 12

Course code: WEL22231603V

Cost: \$49.99 Regular / \$52.00 Ordinary / \$54 Associate



POPEYE'S
VICTORIA
SUPPLEMENTS LOWEST PRICES
www.popeyescanada.com

**MILITARY MEMBERS
14% OFF***

Must present Military ID at time of purchase.
*10% Off + Popeye's Bucks! Discount can only be applied to regular priced products.

2500 DOUGLAS STREET (AT BAY STREET) 250-474-3883
MON-FRI 10AM-7PM · SAT 10AM-6PM · SUN 11AM-5PM



ADULT HEALTH AND FITNESS

Personal Training

Personal Training Packages

Register for our personal training packages and jump start your fitness program. Personal Training is designed using a 'results based' approach to help you achieve your fitness goals. Our qualified fitness trainers can customize a program to meet your needs whether you are a beginner, have specific training goals or a seasoned athlete. Choose from private sessions or book semi-private sessions for you and a friend or family member.

FIT2222308102Z

One on One Private Training Sessions (1hr)

\$50 for 1 session

\$150 for 3 sessions

\$225 for 5 sessions

\$399 for 10 sessions

Have a small group that want to work out together? You pick the time, date, and style of workout you're looking for and we will connect you with a trainer.

FIT2222308102G

Semi-Private Training Sessions (1hr) 2 - 6 people

\$36 p/person for 1 session

\$108 p/person for 3 sessions

\$170 p/person for 5 sessions

\$299 p/person for 10 sessions



One-Stop Barber & Spa Services for Men!



- Barber Cuts & Fades
- Beard Shaping & Line-Ups
- Men's Waxing & Manscaping
- Massage/Body Treatments
- Facial & Skin Care
- Hand & Foot Care
- Spa Packages

Layrite

HAIR GROOMING
PRODUCTS



www.NuMangroomed.com

BY APPOINTMENT ONLY:

CALL / TEXT

514-577-5371

FREE PARKING

453 HEAD STREET, ESQUIMALT

ADULT RESOURCES & SERVICES DURING ABSENCES

Resources & Services During Absences

Family Networks

Family Networks are a great way to connect with other families going through the same experience. Participate in social activities and get the latest information and updates on your military member's deployment or work-related absence. Let the MFRC know who you are by registering with us through the Family Network section on our website at esquimaltmfrc.com!

Family Network Volunteer Opportunities

Have fun while making connections with your community by becoming a Family Network Volunteer! **Interested?** We are currently seeking volunteers for several Networks. Visit our website's Get Involved section for more information and to apply.

Sending Mail to Deployed Members

Did you know you could send morale mail to your deployed member for free? The MFRC will accept letters and care packages at both our CPAC and Signal Hill locations. For more information, visit the How to Send Morale Mail section on our website or call the Fleet Mail Office at 250-363-2176.

Monthly Information Sessions for Deployed Ships

Get the latest information and updates about your military member's deployment with live Zoom updates from the ship's Command Team. Senior members of the Canadian Fleet Pacific Staff and the MFRC will be on hand to answer questions, address concerns, and provide updates on workshops and activities. Watch your Family Network page on our website for details and registration information. Please note that these sessions are for selected deployments and/or operations.

The Everything Binder

The Everything Binder is a great tool to have on-hand anytime, especially when preparing for a deployment or work-related absence. With versions specific to single members, pets and kids, the easy to complete worksheets will help you keep track of EVERYTHING you may need at a moment's notice. Interested in building your own binder? Download a copy from our website!

Deployment Support Handbook

If you have a loved one deploying or away on a work-related absence out of CFB Esquimalt, this handbook is for YOU! With versions for sea, land, and submarine deployments, these handbooks contain tips, resources, and information specific to pre-deployment, deployment, and post-deployment periods. Pick up a copy from our CPAC MFRC location or download from our website. *Les livres de soutien au déploiement sont également disponibles en Français.*

MFRC Deployment App

Download the MFRC Deployment App to receive tips to guide you through all stages of your deployment or work-related absence. Customize your experience with tips, checklists, and a countdown clock. Downloads available for iOS and Android devices via the Apple App Store and Google Play.



The Military Lifestyle Podcast

Hosted by the Esquimalt MFRC, this podcast explores deployments, postings, transitions and more through interviews with MFRC staff, experts in the community, military members and military-connected family members. Listen via your favourite podcasting app: Apple Podcasts, Google Podcasts, Spotify, iHeartRADIO, and Stitcher.

Respite Child Care During Absences

Funded by donations to the MFRC, respite child care is available at no cost when a military parent is away on a work-related absence for 21 consecutive days or more. You can receive one continuous 3-hour session per week up to a maximum of 4 free sessions per month in our Casual Child Care (see schedule in this section). Punch cards keep track of family usage. Parents must complete registration forms and follow established guidelines. If you have unique child care needs, call the MFRC at 250-363-2640.

Call 250-363-2674 to reserve. Book up to 8 days in advance if deployed. Additional sessions are available at Casual Child Care rates.

Supporting Children Through Absence*

**Formerly Children's Deployment Workshops*

Supporting Children Through Absence helps children adjust to a parent being away on a deployment or work-related absence. Workshops offer an opportunity for children to interact with other children who are going through the same experience. Visit our website for sessions offered and to register.

Supporting Children Through Absence: Parent Orientation Session*

**Formerly Children's Deployment Workshop: Parent Orientation Session*

Interested in signing your child(ren) up for the Supporting Children Through Absence workshop series? Attend this session to meet the program facilitators and connect with other parents experiencing a work-related absence. For more information and to register, visit our website.

Location: CPAC

Date: Mon Jun 6, 6-7pm Free

ADULT RESOURCES AND SERVICES DURING ABSENCES



Children's Deployment Workbooks and Parent Guide

Would you like to better support your child(ren) throughout their parent's deployment or work-related absence? The MFRC has workbooks for children 3 to 12 years of age and an easy-to-use parent guide for the at-home parent that includes tips and activities for the away parent. Pick up a copy from our CPAC MFRC location or order online through our website. Ces cahiers de travail pour les enfants et le guide d'accompagnement des parents sont disponibles en français.

Supporting Children Through Absence Corner at Stay & Play (18 months to 5 years)

Join us for fun crafts, games and activities to help your child(ren) adjust when their parent is away. This is also a great opportunity to meet others who may be preparing for or going through a deployment or work-related absence. For more information and to register, visit the Stay & Play page on our website.

NEW! - EMFRC Wellness Toolkit – Tools for Supporting Yourself and Your Family Through Work-Related Absences

The military lifestyle which includes deployments and other work-related absences as well as postings to new communities, can create added stressors for individuals and families. These stressors when supported, provide an opportunity for growth and development. Please join as we discuss ways in which to thrive in the military lifestyle.

Location: Virtual
MFRC

Wed May 25, 7-8:30pm FREE

Parenting from Afar

Want to learn more about parenting in the military lifestyle? Learn how to maintain an active and vital role in the life of your child/youth from afar with this easy-to-read handbook. Discover strategies to help support the connection between the parent/caregiver at home and the parent who is away so that you can continue to parent together while you are apart. Pick up a copy from our CPAC MFRC location or download from our website.

CINNZEO
BAKERY CAFÉ

"Let the good times roll!!!"

LOCATED IN HILLSIDE SHOPPING CENTRE Gift Cards Available

Proudly offering a **25% military discount** to all CAF members and Veterans

 info@cinnzeo.com
250-590-2048

The Owners and staff at Cinnzeo Bakery Cafe in Hillside Mall thank you for your service.

TALK TO A
LICENSED OPTICIAN

- Military Family Discounts
- DND RX Forms Accepted

**FULL EYE EXAMS AVAILABLE
CALL TO BOOK TODAY!**

 **eye etiquette**
OPTICAL BOUTIQUE

189-2401C Millstream Road,
Millstream Village
250-474-1941  

www.EyeEtiquetteOptical.ca

EVATIK
THE EYES HAVE IT

**STORE #2
NOW OPEN**
119-3039 Merchant Way
(Langford)
778-432-3344

Community Integration

MFRC Open House

As we move more of our programs back to in-person, we would like to welcome you and your family to come learn more about what we offer! Whether you have recently relocated to CFB Esquimalt or you will have a loved one away for RIMPAC or you just want to learn more about us – we would love to see you! This will be an evening of fun with food, activities for all ages, and a chance to meet other families from the military community while also learning more about the programs and services Esquimalt MFRC offers. We look forward to seeing you!

Location: CPAC
MFRC Wed Jun 1, 6-7:30pm FREE

WorkBC Orientation

Are you looking for work in the Greater Victoria area? Come learn more about the services that WorkBC offers to assist you in your job hunt. This is an interactive event and there will be time for any questions you might have.

Location: Virtual
MFRC Mon May 9, 1-2pm FREE

Welcome Resources

When you arrive in Victoria, be sure to pick up your Welcome Bag from either MFRC location. In it, you will receive:

- The MFRC's Welcome Book – a comprehensive guide to CFB Esquimalt and Greater Victoria
- Accessing Health Care Book
- Area maps including bike and trail maps
- Visitor guides for the Greater Victoria area
- MFRC swag and more!

Many resources, including the Welcome Book, are also available for download at www.esquimaltmfrc.com/relocation.

English as a Second Language

Do you want to learn English? Do you feel the need to improve your English to better communicate with your partner? The MFRC offers courses to CAF adult family members. The classes, guided by a professional, incorporate conversation, culture, grammar and writing to facilitate your integration into your community. The class consist of an online learning component in addition to a weekly in class session with our ESL teacher. Call 250-363-2640 to register.

Location: CPAC/Virtual
MFRC Thur Apr 7 – Jun 23, 6-8pm

French as a Second Language – Rosetta Stone

Are you posted to a bilingual base or Franco-phone community? Do you feel the need to develop your second language to better communicate with your partner? The MFRC offers the opportunity to access online Rosetta Stone language training to CAF adult family members. Rosetta Stone uses a method that combines listening, reading, speaking and writing. Call 250-363-2640 (toll free: 1-800-353-3329) to enquire about the current availability of licenses.

Community Integration Services

Employment and Education Support

If you need employment assistance related to being a military family member new to the area, the MFRC has community partners who can provide guidance on gaining meaningful employment. There are also employment workshop and employer information sessions hosted at the Colwood Pacific Activity Centre. Call 250-363-2640 for more information.

Join the Military Spousal Employment Network (MSEN)

As soon as you join, you'll get access to a list of dedicated national employers who are ready to provide you with equal employment opportunities. As a military spouse, you'll be able to connect with these national employers directly. You'll also be able to search the national employers' job openings through the MSEN job bank. The MSEN also offers virtual and in-person career fairs in multiple locations across Canada. If you are currently seeking employment, this free resource is for you.

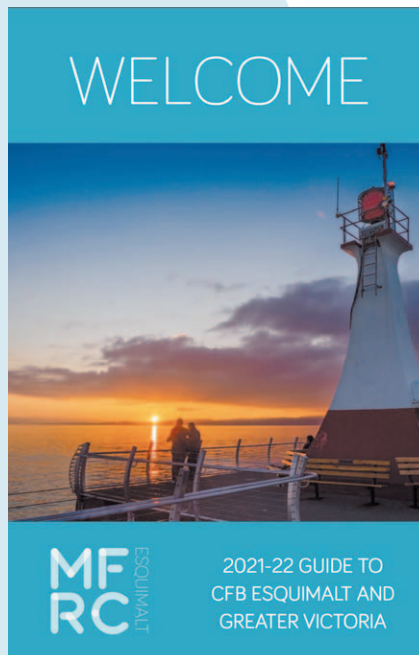
For more information visit:
<https://msen.vfairs.com/>

MFRC Information Line

MFRC staff members are ready to take your call. They can answer your questions, provide assistance or do the research to find the information you need. Call 250-363-2640 (toll free: 1-800-353-3329).

Military Family ID Card

It takes just 10 minutes to get this valuable ID card. The card is available to the dependants of all regular and Class B&C military members. Use it to access base services such as the Naden Athletic Centre, to access Dockyard and Colwood by vehicle for pickups and drop-offs, and to receive discounts from local businesses. The CAF member must be present to sign the card at the time of issue and present their MPRR. The MFID is available at Signal Hill MFRC and CPAC MFRC.





ADULT SOCIAL AND MENTAL WELLNESS

Social and Mental Wellness

NEW! - EMFRC Wellness Toolkit – Tools for Supporting Yourself and Your Family Through Work- Related Absences



The military lifestyle which includes deployments and other work-related absences as well as postings to new communities, can create added stressors for individuals and families. These stressors when supported, provide an opportunity for growth and development. Please join as we discuss ways in which to thrive in the military lifestyle.

Location: Virtual
MFRC Wed May 25, 7-8:30pm **FREE**

Wellness Wednesday

The Family Wellness and Counselling Team is pleased to offer a monthly evening of relaxation and fun. Using mindfulness, gentle movement and creativity we will explore tips, tools and strategies to enhance our mental, physical and spiritual health in an online and interactive group setting.

Location: Virtual
Self-Care through Self-Compassion
MFRC Wed May 18, 7-8:30pm **FREE**

Growing Parents Baby Group

(Pregnancy-18 months)

Join us for a fun, supportive and educational group for new and expecting parents. Guest speakers and topics related to pregnancy and parenting babies up to 18 months of age. Make connections with other parents, share information and learn about community resources in this interactive, facilitated group discussion. Please watch for registration information on our website and social media. This registered program is for military connected families who are pregnant or parenting a child up to 18 months.



Millstream SELF STORAGE

- Easy Drive Up Access
- High Tech Security
- Heated Storage Available
- Commercial & Residential
- Mail Boxes
- Competitive Rates
- Packing Supplies

Military Discount

GATE ACCESS: 7 DAYS A WEEK, 7 AM TO 10 PM
OFFICE HOURS: 9 AM TO 5 PM MON-SAT, 10 AM TO 2 PM SUN

2354 Millstream Rd. Ph: 250-478-6534 email: msstorage@shaw.ca www.millstreamselfstorage.com

ADULT SOCIAL AND MENTAL WELLNESS



Social and Mental Wellness Resources and Services

Emergency Family Plan

It's important that we plan ahead for the unexpected. If something happened to the at-home family member during a military related absence, you may need to have a workable emergency family plan. The MFRC can help you develop your plan, look at ways to build your support network and possibly able to provide some assistance upon assessment. Call the MFRC at 250 363 2640 for details. You can also contact the MFRC intake line directly at 778 533 7736 or intake@emfrc.com.

Youth & Mental Health

The MFRC is committed to supporting youth and family wellness. Staff at the centre can assist with navigating mental health systems, helpful referrals and resources.

Extra/Diverse Support Needs

The Esquimalt MFRC offers one-to-one support for Canadian Armed Forces families that have a family member with support needs. We can work with you to:

- Navigate various community services including education, mental health, early years and health related systems.
- Advocate for services.
- Develop a personalized support plan for children/youth/adults with extra/diverse needs including complex care. Option to facilitate a team approach with parents/caregivers and community service providers involved with a family.
- Create a family care and support plan for upcoming military related absences.
- Find services for caregivers supporting aging family members or a family member with health concerns.
- Prepare for a posting in or out of Greater Victoria.

Need assistance? Give the MFRC a call at 250 363 2640. You can also contact the MFRC intake line directly at 778 533 7736 or intake@emfrc.com.

Short-term Counselling

Individuals, couples and families can access short-term counselling sessions at the MFRC in a confidential atmosphere of support. Registered social workers and counsellors provide support with stress, relationship issues, parenting challenges, the military lifestyle plus much more. The MFRC also provides quality referrals to outside counselling resources and specialized support services. Sessions can be done on-site or virtually via your computer, smartphone or tablet. Call 250-363-2640 for details. You can also contact the MFRC intake line directly at 778-533-7736 or intake@emfrc.com.

Strongest Families

Families can self-refer or social workers/counsellors can also make a referral to "Strongest Families" on behalf of families who want to acquire parenting assistance. Supports are available for children/youth ages 3-17 who require strategies to address anxiety and behavioural issues. Additional supports can also be provided to address concerns associated with aspects of the military lifestyle. Parents can access more support through coaching by telephone. Some resources for adults are also available. See www.strongestfamilies.com or call the MFRC intake line directly at 778-533-7736 or intake@emfrc.com for more information.

FIVE STAR WHALE WATCHING
SINCE 1985!

30% MILITARY DISCOUNT

Call us at
250-388-7223
to book

2020 TRAVELLERS' CHOICE tripadvisor

Safe travels



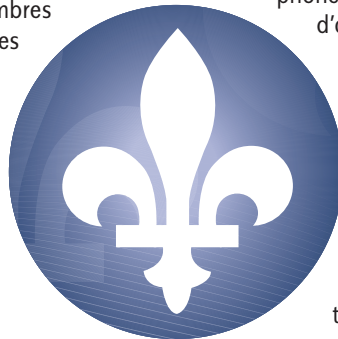
Francophone

Cours de langue seconde

Aimerez-vous apprendre l'anglais? Sentez-vous le besoin d'améliorer votre anglais pour mieux communiquer avec votre partenaire? Le CRFM offre des cours aux membres adultes de la famille des FAC. Les classes, dispensées par un professionnel, intègrent la conversation, la culture, la grammaire et l'écriture pour faciliter votre intégration dans votre communauté. Les classes consistent d'un apprentissage en ligne et d'une classe par semaine en groupe.

Lieu : Virtuel/CPAC

CRFM jeudi avril 7 – juin 23
18h00 à 20h00



Répertoire des ressources francophones

L'intégration à une nouvelle communauté dont la langue principale est différente de notre langue maternelle peut s'avérer être tout un défi! C'est pourquoi le Centre de ressources pour les familles des miliaries souhaite mettre à la disposition des francophones une ressource supplémentaire afin de vous permettre d'obtenir des services divers dans votre langue maternelle.

Le CRFM vous propose un outil de référence pour les francophones et les francophiles à la recherche de produits et services en français dans la région de Victoria. Certains organismes dont le nom figure sur la liste offre l'ensemble de leurs services en français, tandis que d'autres n'offrent qu'une partie des services par l'entremise d'un membre du personnel ou d'un interprète. Pour obtenir une copie de ce répertoire, visitez notre site Web ou présentez-vous à l'un de nos emplacements.

out shine
SALON & SPA

10% MILITARY DISCOUNT

Discount applies to all retail products and services from participating service providers.

Offering the best the beauty industry has to offer, we strive to meet our guests' needs above and beyond. We offer full hair and esthetic services by our talented team of professional stylists and skin therapists.

Call us today to book!

250-383-5598

880B Esquimalt Rd (at Head Street)

www.outshinesalonandspa.ca

ADULT VETERANS

Veterans

Veteran Family Program

The MFRC supports medically-released veterans, medically-releasing CAF members, and their families as they transition to post-service life. There is no formal registration for this program. If you need support, call the Veteran Family Program Coordinator at the Esquimalt MFRC at 250-363-2640. There are a variety of services to meet your unique needs:

- One-to-one support navigating the civilian health care, employment, and mental health systems
- Help finding appropriate community resources for yourself and your family members
- Transition programs and workshops
- Short-term counselling and social work services

Transition Programs and Resources

Financial Planning Workshops

To support transitioning members and their families, SISIP offers a financial planning workshop to help individuals and families plan their finances as they approach their release and prepare for their transition to post-service life. Topics may include tax planning, CAF pensions, investments, insurance coverage, and disability awards.

Mental Health First Aid

In support of the Veteran Community, a customized version of the Mental Health First Aid course is available. Mental Health First Aid is the assistance provided to a person who is experiencing a mental health concern or who is in a mental health crisis. Members of the Veteran Community will receive this training at no cost. This course is offered twice a year and teaches participants to understand, identify, and respond to signs of mental health and substance use concerns. Seats are limited and registration will be on a first-come, first-serve basis.

Transitions Book

Military families experience many changes in their lives from relocations to deployments to the transition out of the military. The Transitions book will teach you about the stages of transition and help you to learn how to effectively work through those changes. Get a copy at your local MFRC location or online at esquimaltmfrc.com.

Veteran Family Journal

The Veteran Family Journal is a tool designed to assist medically releasing CAF members, medically released Veterans, and their families to make a successful transition from military life to civilian life. This tool can help you and your family identify your unique needs and plan for the future. Within this journal you will find relevant information about the transition process, reference materials, worksheets, and family care plans. Pick up a copy at your closest MFRC location.



By, for, and with the military.

Delivering a personalized, consistent and familiar shopping experience because we recognize, understand, anticipate and support their needs.



CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

canex.ca

Health Promotion Programs

Strengthening the Forces offers Health Promotion Programs designed to assist Canadian Forces members, their spouses, and civilian employees to take control of their health and well-being. Maintaining a high level of health improves ones ability to perform effectively and safely on CAF operations, and contributes to a higher quality of life for everyone.

Health Promotion courses are available free of charge to adult members of the Defence Team.

Creating an Addictions Free Workplace: Supervisor's Training (Mite 117733)

This program is designed specifically for the Canadian Forces and for personnel in leadership positions (MS and above). The course is designed to assist leaders to promote an addiction free culture in their workplace. Participants learn about substance misuse, warning signs, effective interviewing skills, active listening skills, enabling, and how to challenge and change unhealthy workplace cultures.

July 11 (8:30 am – 4:00 pm) & 12 (8:30 am – 12 noon)
(course includes both sessions)

INTER-COMM: Dealing with Conflict and Improving Communication in Personal Relationships

This course is for participants who are interested in learning how to deal with conflict and improve communication in their relationships at home and at work.

August 9, 16, 23 & 30 (8:30 am – 12 noon)
(course includes all four sessions)

Managing Angry Moments (MAM)

MAM helps participants learn how to use anger constructively. It is a course intended for everyone as we all feel anger at various times. Participants gain a better understanding of their relationship with anger. This course is not anger management counselling and is not appropriate for individuals with severe anger management problems.

May 12, 19, 26 & June 2, 8:30 am – 12noon
(course includes all four sessions)

Mental Fitness & Suicide Awareness for Supervisors (Mite 119531)

MF&SA has replaced the ASIST course and has been designed specifically for the Canadian Forces. The purpose of the program is to prepare personnel in leadership positions to promote mental fitness and to mitigate the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

June 20 8:30 am – 4:00 pm OR
July 18 8:30 am – 4:00 pm OR
August 8 8:30 am – 4:00 pm

Respect in the Canadian Armed Forces

Respect in the CAF is a workshop that explores sexual misconduct in the military culture and how to stop it. Three modules are covered: The nature and magnitude of sexual misconduct in the CAF; Bystander Intervention; and Victim Support.

May 11 8:30 am – 4:00 pm OR
May 17 8:30 am – 4:00 pm OR
May 25 8:30 am – 4:00 pm OR
June 8 8:30 am – 4:00 pm OR
June 15 8:30 am – 4:00 pm OR
June 29 8:30 am – 4:00 pm OR
July 6 8:30 am – 4:00 pm OR
July 20 8:30 am – 4:00 pm OR
August 10 8:30 am – 4:00 pm OR
August 24 8:30 am – 4:00 pm

Stress Take Charge

Stress is the #1 workplace disability issue today and appears to be a growing problem. Stress Take Charge is a course for people who want to gain a better understanding of their stress reaction, how to increase their resiliency in stressful situations, and how to learn proven coping skills for managing their stress response more effectively.

July 7, 14, 21 & 28, 8:30 am – 12 noon except
January 27 which is 12:30 – 4 pm
(course includes all four sessions)

Top Fuel for Top Performance

The foods you eat everyday have a great effect on your mental and physical performance and on your training. The morning session looks at everyday eating and the afternoon looks at fine tuning eating, fuel for training and recovery, and body composition and sport supplements. Participation in the full day is required.

May 2 & 3, 8:30 am – 4:00 pm (course includes both sessions)

For more information on these courses, contact the Health Promotion Office: 250-363-5621.

To register for Health Promotion Programs you must register through your Unit Training Coordinator.



MTC VICTORIA CAF COMMUNITY INDIVIDUAL SUPPORT

MTC is offering up to 15 free online therapy sessions for individuals and their communities healing from sexualized violence. MTC specializes in trauma-informed support for masculine-identified folk.

- **FOR ALL CURRENT AND FORMER MALE* CAF SURVIVORS OF SEXUALIZED VIOLENCE**
- **CONFIDENTIAL**
- **TRAUMA FOCUSED**
- **CANADA WIDE**
- **CCC, RCC, RSW/MSW DESIGNATES SERVICE PROVIDERS**

For more information and to Register email

CHRISTA@MENSTHERAPYCENTRE.CA

or Call **250.381.6367**

* man/male/boy includes cis, gay, bi-sexual, trans, non-binary, 2spirit, queer, gender fluid+

** we are working to make EMDR sessions available nationwide





Aquatics

Spring/Summer Pool Schedule

MON	TUES	WEDS	THURS	FRI	SAT / SUN
Swim Club 06:00-07:30	Morning Lap Swim 06:00-07:30	Morning Lap Swim/Club 06:00-07:30	Morning Lap Swim 06:00-07:30	Swim Club 06:00-07:30	Bookings Only
		Military Training 07:30 – 11:00			
Afternoon Lap Swim 11:00-13:00	Leisure & Lane 11:00-13:00	Afternoon Lap Swim 11:00-13:00	Leisure & Lane 11:00-13:00		
	Aqua Fit 12:05-12:50		Aqua Fit 12:05-12:50	Lap Swim 12:05-12:50	
		Military Training 13:15-15:15pm			
			Open Swim 15:30-18:00		

*SCHEDULE MAY CHANGE WITH NO NOTICE,
CALL OUR KIOSK TO CONFIRM TIMES 250-363-5677

AQUATICS

Swim Descriptions

Swim Club

Open to members of the Masters Swim Club, to join please contact Ryan Elborne 250-363-4068

Leisure Pool, Hot Tub, and Steam Room open to general admission.

Morning Lap Swim

5 Lap Lanes available in slow, medium, and fast levels. Leisure Pool, Hot Tub and Steam Room open.

Morning Lap Swim/Clubs

One double lane open for lap swimming, remainder of lanes reserved for swim club.

Afternoon Lap Swim

11:00-12:00 – 2 lap lanes available for lap swimming. Remainder of lanes reserved for PSP programming.

12:00-13:00 – 5 Lap Lanes available in slow, medium, and fast levels.

Leisure Pool, Hot Tub and Steam Room open.

Leisure & Lane

11:00-12:00 – 2 lap lanes available for lap swimming. Remainder of lanes reserved for PSP programming.

12:00-13:00 – 2 lap lanes available for lap swimming. Deep end is open for leisure activity. Shallow end reserved for Aqua Fit.

Leisure Pool, Hot Tub and Steam Room open.

Aqua Fit

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout.

Open Swim

Bring the family and come swim, splash, and enjoy the likes of our Main Pool, Leisure Pool, Hot Tub, and Steam Room. Two lap lanes available in medium and fast paces. Toys and pool mats available! Please note, children under the age of 7 years must remain within arm's reach of an adult at all times.

Military Training

For bookings please contact the facility coordinator 250-363-4213

Aqua Fit

Cardio conditioning, muscular strength and endurance using buoyancy and the resistance of the water giving you a safe, effective and fun workout.

Tuesday & Thursdays 12:05-12:50





SO...IS IT TIME FOR YOU TO SELL?

Take advantage of our Free Market Evaluation service and let's figure out if the time is right for you.

GEOFF MCLEAN
PERSONAL REAL ESTATE CORPORATION



Let's Talk. 250.744.5551 geoff@mcleanrealestategroup.ca mcleanrealestategroup.ca



McLean
RE/MAX CAMOSUN
REAL ESTATE GROUP
PERSONAL REAL ESTATE CORPORATION
250.744.5551

Advanced Aquatic Courses

Bronze Medallion 13 YRS +

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross. 100% attendance required.

Cost: \$175.00 + tax

Military: \$165.00 + tax

DND Civilian: \$170.00 + tax

Dates: Summer 2022 – call our aquatic office for more information 250-363-4070

Bronze Cross 13 YRS +

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. 100% attendance required.

Cost: \$175.00 + tax

Military: \$165.00 + tax

DND Civilian: \$170.00 + tax

Dates: Summer 2022 – call our aquatic office for more information 250-363-4070

Pre-requisite: Bronze Medallion



Private Swimming Lessons

Summer 2022 – Private Swimming Lessons for Children and Adults!

Swimming lessons are not just about building techniques and endurance; it's about learning a lifesaving skill while developing confidence, and creating a positive experience that will last a life time!

For information on Private Swimming Lessons please contact our aquatics office. 250-363-4070



A Beautiful Smile needs Healthy Teeth

Open 6 days a week with evening appointments available.

Call to book an appointment (250) 386-3044
#14 Esquimalt Plaza, 1153 Esquimalt Road

www.anchor dental centre.ca





CAMPER TIE DOWNS & TOWING ACCESSORIES

- TOOL BOX
- HITCHES
- HEADACHE RACKS
- LIFT KITS
- LED LIGHTING



VICTORIA'S LARGEST TRUCK ACCESSORY SELECTION



CAP-IT VICTORIA

106-2374 Millstream Road, Victoria
250-474-7670

www.cap-it.com



Our food, like our friendships
are **real** and
enduring...

BUY SIX MILE
E-GIFT CARDS
ONLINE



Families
with minors
welcomed.

... full of **flavour**
and **texture.**



SUSTAINABLE • LOCAL • COMMUNITY est. 1855

250.478.3121 • 494 Old Island Hwy. at Six Mile Rd.



www.sixmilepub.com



Sports

Formation Sports

Esquimalt Formation Sports organizes sports teams, leagues, and tournaments from the Formation/Base level to international competition. The programs offered are:

- Intramural Sports (Unit Competition)
- Formation Teams (Canada West Regional and CAF National Championships)
- CISM (International Sports)

Formation Teams (CFB Esquimalt Tritons)

Esquimalt Formation Sports teams are comprised of Canadian Armed Forces (CAF) members that are Regular Force or Class A, B or C Reserve Force and belong to CFB Esquimalt in full capacity or are Attached Posted here. The Tritons represent CFB Esquimalt at Canada West Regional Championships for various sports, and if they win at the Canada West Regional Championship move on to represent Canada West Region at the National Championships. Full time DND or NPF civilian personnel may coach, manage, or officiate a sport with appropriate documentation. For more information contact the Formation Sports Office at 250-363-4068/4069.

Intramural Sports

Intramural Sports is a program that has grown to include both fleet and base units. The base units and fleet units will compete in a variety of sports to obtain points throughout the year. Your unit Sports Rep will be provided a schedule of events. If you do not know who your unit Sports Rep is or to register yourself as the Sports Rep for your unit please contact the PSP Sports Coordinator, Ryan Elborne at 250-363-4068

CISM (Conseil International du Sport Militaire/ International Military Sports Council)

CISM is an international sports association composed of, and open to, the armed forces of participating nations. The fundamental aim of CISM is to promote sport activity and physical education between armed forces across the globe as a means to foster world peace. This ideal is encapsulated in the CISM motto "FRIENDSHIP THROUGH SPORT." For more information about CISM events check out the official CISM website at www.cism-milspport.org or contact the Sports Office – 250-363-4068 / 4069.

Yearly Sports Overview 2022-2023

More information on the status of FY2021/22 and FY2022/23 CAF sports to come. The Formation Sports Office will continue to provide local sport opportunities for units while following Provincial Health Guidelines.

SPORT	CAN WEST REGIONAL	CAF NATIONALS
Badminton	✓	
Ball Hockey		
Basketball	✓	✓
Curling	✓	
Golf	✓	✓
Grappling	✓	
Ice Hockey	✓	✓
Rugby 7's		
Running		✓
Slo-Pitch	✓	✓
Soccer	✓	✓
Squash	✓	✓
Swimming	✓	✓
Triathlon		✓
Volleyball	✓	✓

Badminton/Squash

The Formation Badminton and Squash teams offer drop-in sessions at noon hour at the Naden Athletic Centre to prepare for the Base Play-Downs, which are conducted in January, for selection to represent CFB Esquimalt at the Canada West Regional Championships.

Contact Badminton: Lt(N) Mikail Uddin - Mikail.Uddin@forces.gc.ca

Contact Squash: CPO1 King & Lt(N) Weatherall - timothy.King2@forces.gc.ca and David.Weatherall@forces.gc.ca

Contact: PSP - Esq.sports@forces.gc.ca

Ball Hockey

The Tritons Ball Hockey Team is always looking for interested players to join the team. The team begins participation in a civilian ball-hockey league in late April to prepare for the Canada West Regional Ball Hockey Championships.

Contact: PO1 Curtis Gillies (Curtis.gillies@forces.gc.ca)
PSP - Esq.Sports@forces.gc.ca

Basketball

The Men's Tritons Basketball team practice at Naden Athletic Centre beginning in October to prepare for the Canada West Regional Championships which typically run in late January. Women's Development Camps are dependent on interest, female athletes should submit interest to the PSP Sports Office. Female athletes are welcome and encouraged to come out and practice alongside the men.

Contact: Lt(N) Kevin Chung (InSlk.Chung@forces.gc.ca)
PSP - Esq.sports@forces.gc.ca

Golf

The Canada West Regional Golf Championship typically runs in the summer months. Base Play-Downs are conducted prior to the Championship at a local course in order to determine a CFB Esquimalt golf team, which is comprised of the top 6 scoring males and top 3 scoring females.

Contact: Capt Kevin Doyle (kevin.doyle@forces.gc.ca)
PSP - Esq.Sports@forces.gc.ca

Grappling

Grappling is a new addition to the CAF sports program. Members of all experience levels are welcome to join and experienced grapplers will teach new techniques.

Contact: MS Lee Thibault (Lee.Thibault@forces.gc.ca)
PSP - esq.sports@forces.gc.ca

Rugby

Rugby 7's is a new Canada West CAF Sport! The first Regionals was scheduled to be hosted in September 2020 but was cancelled due to COVID-19. In an effort to continue gathering interest on base, all interested players are encouraged to send notices of interest to the PSP sports office, including years of playing experience.

Contact: PO1 Jay Jimmo - James.Jimmo@forces.gc.ca
PSP - esq.sports@forces.gc.ca

Slo-Pitch - Men's and Women's

The Men's and Women's Slo-Pitch teams participate in civilian league play and practice April through August in preparation for the Canada West Regional Championships. Both teams are always looking for interested players, so please contact the respective coaches.

Team Contacts: Men - CPO2 Michael (Rob) Tibbetts (michael.tibbetts@forces.gc.ca)
Women - MS Layton Theriault (Layton.theriault@forces.gc.ca)
PSP - Esq.sports@forces.gc.ca



Ice Hockey

The Esquimalt Tritons Men's, Women's, and Old-timer's teams are practicing at Wurtele Arena. Canada West Regional Championships are typically held early in the New Year, however 2022 Regionals have been cancelled. All CFB Esquimalt Ice Hockey teams are competitive in the Canada West Region.

Team Contacts: Men - PO1 Curt Gillies
(Curtis.Gillies@forces.gc.ca)

Women - Cpl Laine-Farrell
(Jenna.LaineFarrell@forces.gc.ca)

Old Timers - CPO2 Michael (Rob) Tibbetts
(michael.tibbetts@forces.gc.ca)

PSP - Esq.sports@forces.gc.ca

Soccer - Men's and Women's

The teams participate in civilian league play typically beginning in February and practice to compete at the Canada West Regional Championships in the summer. The Men's and Women's teams are currently practicing and are always looking for interested players, so please contact Coach Pat.

Contacts (Men & Women): PO1 Robbins
(patrick.robbins@forces.gc.ca)

PSP- Esq.sports@forces.gc.ca

Running

The Canadian Forces National Running Championship is typically held in Ottawa in late May. In order to qualify for the CAF Running nationals, Military runners are required to provide qualifying race times from sanctioned races (5km, 10km, half and/or full marathon) within 14 months of the national championship. Deadline for submissions is in January of the competition year, however, due to COVID-19 the status of the 2022 Running Nationals has not been determined at this time. Below are new qualifying times for 2021 season. For more information on Running qualifying times contact the Sports Office 3-4068/4069

PSP - Esq.sports@forces.gc.ca

RUNNING

DISTANCES	MARATHON		HALF MARATHON		10 KM		5 KM	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
20-24	3:15:10	3:34:57	1:32:40	1:44:17	42:24	48:09	20:37	23:26
25-29	3:15:10	3:34:57	1:32:40	1:43:30	42:24	48:09	20:37	23:26
30-34	3:15:10	3:34:57	1:32:40	1:43:31	42:24	48:09	20:40	23:26
35-39	3:16:08	3:36:34	1:33:09	1:44:31	42:48	48:30	21:03	23:26
40-44	3:20:41	3:41:37	1:35:17	1:47:04	44:00	49:35	21:46	24:04
45-49	3:28:44	3:50:41	1:39:08	1:51:23	45:46	51:30	22:34	24:57
50-54	3:37:47	4:04:22	1:43:25	1:57:42	47:42	54:23	23:25	26:13
55 & over	3:47:40	4:20:40	1:48:07	2:05:10	49:47	57:50	24:20	27:43

SPORTS

Swimming

Swimmers practice Monday, Wednesday and Friday mornings from 0600-0715hrs at the Naden Athletic Centre Pool. Formation swimmers may submit qualifying times in sanctioned swim meets in order to represent the Pacific Region at CAF Swimming Nationals in March, submissions are typically due in January of the competition year. The status of the 2022 Swimming Nationals has not been determined.

Contact: John McManus swimbikerun@hotmail.ca
PSP- Esq.sports@forces.gc.ca

Volleyball

The Men's and Women's volleyball teams have been approved to begin practicing at Naden Athletic Centre in preparation for the CAF Canada West Regional Championships and the National Championships. Due to COVID-19 the status of the 2022 Regional and National Championships has not been confirmed. In 2019 the CFB Esquimalt Men's team were Regional Champions and National Champions. Both teams are always looking for interested players to join the team, so please contact the Sports Office for more information!

Team Contacts: Women – LCdr Noelani Shore
(noelani.shore2@forces.gc.ca)
Men - PSP (esq.sports@forces.gc.ca)

Triathlon

Triathletes are required to provide qualifying race times from sanctioned races (Sprint, Olympic, Half -70.3, and Full) in order to qualify for the CAF Triathlon Nationals. Triathletes must meet their respective qualifying times within 14 months of the CAF National Triathlon Championship typically held in July. Contact the sports office for more details 3-4068/9.

Contact: LCdr David Dallin (david.dallin@forces.gc.ca)
PSP - esq.sports@forces.gc.ca

TRIATHLON QUALIFYING TIMES				
RACE DISTANCE	OLYMPIC		SPRINT	
Age Categories	Male	Female	Male	Female
20-24	2:50:00	2:59:00	1:25:00	1:30:00
25-29	2:50:00	2:59:00	1:25:00	1:30:00
30-34	2:50:00	2:59:00	1:25:00	1:30:00
35-39	2:50:00	2:59:00	1:25:00	1:30:00
40-44	3:00:00	3:10:00	1:25:00	1:30:00
45-49	3:00:00	3:10:00	1:30:00	1:35:00
50-54	3:10:00	3:20:00	1:40:00	1:45:00
55 & Over	3:20:00	3:40:00	1:50:00	1:55:00

CANWEST REGIONAL AND CF NATIONAL SPORTS CHAMPIONSHIP SCHEDULE 2022

FY2022/23 sports calendar to come soon.

For information regarding any sporting events, please contact:

PSP Sports Coordinator – Ryan Elborne: 250-363-4068

PSP Sports and Athletics Assistant – Gena Bannerman: 250-363-4069

Follow us on **Instagram @Esq_Tritons**

Visit our website: <https://www.cafconnection.ca/Esquimalt/Adults/For-Military-Personnel/Sports.aspx>

Check the **MARPAC Notice Board** and the **Sports Bulletin Board** at the Naden Athletic Centre regularly for current and upcoming sports information.



A true Victoria experience!

World Famous Fish & Chips on Fisherman's Wharf

250.384.6515

Celebrating 38 years of Great Food



10% OFF to ALL military & DND personnel

LET'S GET SOCIAL

Let your friends, family and followers in on what you do at work.



@RCN_MRC



@MARPAC_FMARP



@Maritime.Forces.Pacific

Follow, Share, Like, and Retweet!

SKAM



CAMPS, CLASSES, SHOWS, & MORE



ARE YOU IN?



Communication Breakdown?

Help a friend or family member hear what they've been missing.

Book a Free Hearing Test Today!



NexGen Hearing is proud to be a Member Benefits Program Partner with the **Royal Canadian Legion**.

Ask about our *special discounts* for Legion Members and their Families.

VIEW ROYAL 778.433.3911

130-29 Helmcken Road

VICTORIA DOWNTOWN 250.590.1121

617 Fort Street

ROYAL OAK 250.590.6569

201-4500 West Saanich Road

NEXGEN HEARING
nexgenhearing.com

WorkSafeBC and other Provincial WCB Networks, VAC, BCEA and NIHB accepted Registered under the College of Speech and Hearing Health Professionals of BC



Fitness

DOCKYARD ATHLETIC CENTRE FITNESS SCHEDULE (N88)					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOON HOUR 1205-1250	HIIT		Cardio Fit		Functional Strength

HIIT PT

This class is focused on High Intensity Interval Training where the work phases are intense bursts of exercise followed by recovery periods. Be ready to get your heart rate up while you work hard to increase your cardiovascular fitness and burn those calories!

Cardio Fit

Time to get that heart rate elevated! This class can include anything from spin, running, HIIT, skipping, whatever gets you moving, sweating and having a blast!

Functional Strength PT

Prepare for a full-body workout with a variety of movements aimed at giving you a level of athleticism in your day-to-day life. You will increase your strength and confidence through resistance training, safe lifting techniques, and core stability exercises.



NADEN ATHLETIC CENTRE FITNESS SCHEDULE (N88)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715	FORCE PT – Strength	FORCE PT – Conditioning	FORCE PT – Strength	FORCE PT – Conditioning	FORCE Familiarization
0800-0930	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL
0930-1100	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL	FORCE EVAL
*FORCE Evaluation does not run daily – tests are booked through CAF Unit FORCE Coordinators					
NOON HOUR 1205-1250	Spin	Aqua-fit	Functional Strength PT	Aqua-fit	HIIT PT

FORCE PT

Practice and receive feedback on training methods, evaluation protocols, and techniques for different components of the FORCE test. Strength days will focus on progressive resistance training and using equipment such as dumbbells, kettlebells, sandbags, and TRX. The Conditioning days will get your heart pumping with a variety of cardio training on treadmills, ellipticals, and rowing machines.

FORCE Familiarization

The first Friday of every month will be a practice FORCE test where you are able to have each test component evaluated by a PSP Fitness Staff. Other Fridays will be FORCE-specific training. Open to all personnel of all fitness levels.

Monday – Spin

Cycle your way to better health with motivating music and instruction. You control the intensity of the class through resistance adjustments on the bike. Please bring a water bottle and small towel.

Aqua-Fit

Get moving with a 45 minute, moderate level aquatic workout to improve strength, flexibility, and stamina. Work on core stability while getting an excellent cardio and strength workout. This class uses aqua-jogger belts, foam dumbbells, and pool noodles for a low-impact, high-energy workout.

Wednesday – Functional Strength PT

Prepare for a full-body workout with a variety of movements aimed at giving you a level of athleticism in your day-to-day life. You will increase your strength and confidence through resistance training, safe lifting techniques, and core stability exercises.

Friday – HIIT PT

This class is focused on High Intensity Interval Training where the work phases are intense bursts of exercise followed by recovery periods. Be ready to get your heart rate up while you work hard to increase your cardiovascular fitness and burn those calories!

Unit PT

PSP fitness instructors are offering unit PT to any groups who are looking to increase their overall levels of fitness. Sessions can be offered either at NAC or DKYD facilities. Contact PSP Fitness Coordinator at 250-363-4495 if you have confirmed interest from your unit to organize your booking time.

Limited slots available.

FORCE testing

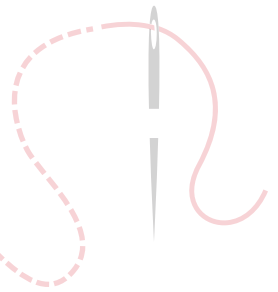
FORCE Testing is open to all CAF members with priority booking for deployment, essential training, recruitment, and those expired +1 year. CAF members will book their tests through their CAF Unit FORCE Coordinators. Drop-ins will not be allowed.

Units without a Unit FORCE Coordinator should contact pspcf-besquimalt@gmail.com or call 250-363-4412 to have a member appointed.

Online classes

Looking for ways for you and your family to remain active while at home or away from the gym? Enjoy a variety of fitness classes from mobility to FORCE prep to strength training whenever is convenient for you! Use the link below to see the extensive library of options! <https://www.cafconnection.ca/National/Virtual-Services/PSP-Virtual-Fitness-Schedule.aspx>

Sewing up a heartfelt thanks to veterans



Quilts of Valour Society Canada quilter Daphne Greig shows off one of her colourful designs with Lynn Carroll.

Photo: Quilts of Valour Society Canada

■ Peter Mallett, Lookout

A troop of dedicated quilters is providing warmth, comfort, and gratitude to Canada's injured veterans. Armed with the tools of the trade - scissors, rotary cutters, stitch rippers, and sewing machines - members of the non-profit Quilts of Valour - Canada Society (QOVC) are on a mission to wrap quilts of comfort around ill or injured Canadian military veterans.

Since commencing operations in 2006, QOVC has distributed 18,409 quilts across the country.

Nora Johnson, Service Coordinator for the Transition Centre at CFB Esquimalt, says the efforts of QOVC are very beneficial.

"I think this is a wonderful initiative that is allowing people outside of the Department of National Defence to recognize military members' contributions," she says. "They are truly beautiful gifts and a heartfelt way to recognize people who have been injured in their service."

A few years ago, QOVC on Vancouver Island teamed up with the Transition Centre at CFB Esquimalt to distribute quilts on Southern Vancouver Island. The centre is part of the Canadian Armed Forces Transition Group network and works with Veterans Affairs Canada and other partners to provide professional, personalized, and standardized transition services to discharging Canadian Armed Forces (CAF) members.

Johnson adds the gratitude is a two-way street and being recognized in this manner is a morale booster for veterans as well.

National movement

The charity was founded by Lezley Zwaal, who says its origins stem from a personal visit she made to an Edmonton hospital back in 2006. Zwaal, who now lives in Parksville, B.C., had seen the news about three CAF members recovering from wounds received in Afghanistan, and gave them each a QOV as an expression of gratitude and comfort.

"A Quilt of Valour is a hug from a grateful nation," says Zwaal.

As with any charitable organization, they couldn't do what they do without volunteers.

A determined Lynn Carroll of Cobble Hill is one of those volunteers. The retiree spearheads QOVC's efforts to recruit volunteer quilters on Southern Vancouver Island and works closely with the Transition Centre to match up the right veteran with the right quilt.

Carroll, 75, is a former secretary and cattle rancher from Alberta who joined QOVC after making her first quilt for

them in 2018. Today, she is one 55 QOVC regional representatives across the country responsible helping the organization.

Tears of Joy

After her experience of presenting a quilt to a veteran at a rescue dog training centre in Qualicum Beach, Carroll says she was instantly convinced QOVC was the charity for her. As she left the event, she was approached by the quilt recipient in the facility's parking lot, who told her he was delighted it matched the interior of his Recreational Vehicle (RV).

"He was in tears and told me you have no idea how much this quilt means to me," Carroll remembers. "Really, it is this sort of gratitude, appreciation, and positive feedback that I hear that keeps me going."

A Cottage Industry

Each quilt made needs to be authenticated, numbered, and tracked with an official Quilt of Valour label. The ID number, name of the quilt maker, and name of the recipient are then stored in the charity database. Labelling the quilt gives the recipient proof this is an authentic, handmade item.

Quilting is a time-consuming occupation. It can take up to 40 hours to make a quilt from scratch depending on the equipment available and the skill level of the quilter. Many quilts take longer. The finished product doesn't come cheap either; similar handmade quilts in retail outlets sell for \$500 to \$1,000.



Lynn Carroll (front row, third left), Quilts of Valour Society Canada representative for Southern Vancouver Island, gathers with members of the Esquimalt Transition Centre for a group photo in December 2021 after receiving a Poinsettia as recognition for her volunteerism. Carroll and her organization have teamed up with the Transition Centre to distribute hand-made quilts to injured military veterans.

Photo courtesy of Transition Centre

QOVC volunteers from across the country have been working overtime these days to make up for a backlog of quilt requests because of the COVID-19 pandemic. With the recent relaxing of provincial health guidelines on social distancing, a Quilting Bee event was held at Royal Canadian Legion Branch 134 in Shawnigan Lake.

Carroll teamed up with members of the Young Seniors Action Group (YSAG) for a day of quilting.

The gathering was a cottage industry of activity she reports, with a network of sewing machines, extension cords, ironing boards, piles of fabric and materials, and copious amounts of tea on hand as the

quilters sewed their magic.

“In the end, they we had such a good time the group has agreed to meet again in the near future for another day of quilting,” says Carroll.

For more information, request a quilt, donate, or how to get involved visit www.quiltsofvalour.ca. ■

ARE YOU POSTED?

AS A MILITARY SPOUSE AND BGRS SUPPLIER
I'M PASSIONATE ABOUT MAKING THIS TRANSITION
EASY FOR YOU AND YOUR FAMILY.

REFER A FRIEND AND RECEIVE A

\$500 BONUS

UPON COMPLETION OF A PURCHASE OR SALE.

LET ME HELP YOU MAKE YOUR NEXT MOVE.

250 882-0198

VICTORIAMODERNHOMES.COM

 COLDWELL BANKER | OCEANSIDE
REAL ESTATE
Each Office Is Independently Owned And Operated. E&OE

SOPHIA
SONG




S **SLEGG**
BUILDING MATERIALS

Slegg would like to thank the men and women of the military for their service

In appreciation we offer a **Military Discount** at all of our locations, for more information visit www.slegg.com

First Responders & Military:

Seniors	\$18
Kids	\$19
Regular	\$23

\$20 EVERY DAY!

Appointments Not Necessary

Sullivan's
BARBER SHOP

250 478 9424

756 Goldstream Ave.
NOW OPEN:
MON 10-4; TUES-FRI 8:30-5; SAT 8:30-3

There's a new FREE text-based support for all CAFkids in Canada.
Text CAFKIDS to 686868

Nous avons un nouveau service par texto GRATUIT pour les jeunesFAC au Canada.
Texte JEUNESFAC à 686868

Parents
Share the info with your kids.
Partagez l'info avec vos enfants.

Developed in partnership with **Kids Help Phone**

TRUE PATRIOT LOVE

LOCKHEED MARTIN



Clubs

PSP Club Contact List

Aquarius Dive Club	Dustin Renz		info@aquariusdiveclub.com
Auto Hobby Club		250-480-0191	CFBESqAutoClub@gmail.com
Golf Association	Steve Wist		steve.wist@forces.gc.ca
Kayak Club	Firat Ataman		info@pfkc.ca
CFB Esquimalt	Pierre Boucher	778-677-1953	p.boucher@telus.net
Model Railway Club	Ken Silvester	250-474-1316	
CFSA Sailing	Club House	250-385-2646	sailinginstructor@cfsaesq.ca
Naden Hockey Club			nadenhockeyclub@gmail.com
CFB Esquimalt Power Boat	Club	250-360-0905	president@boatclub.ca
Work-Point Garden Club			workpointgardenclub@gmail.com
CFMETR Boat Club	President Secretary (Pony Moore)	daniel.lonsdale@forces.gc.ca cfmetr.boatclub@gmail.com	
CFB Esquimalt Sports Shooting Club	President: Krista Horne		esquimaltsportshootingclub@gmail.com

Please contact the club you are interested in for rates.

CLUBS

Aquarius Dive Club

No pagers, no phones, no boss! At 90 feet it's a different kind of pressure.

After 25 years, Aquarius has grown to become one of the largest active dive clubs in the Canadian Forces. With the Aquarius Dive Club, divers can take advantage of all the premiere dive sites Vancouver Island has to offer.

Unrestricted by geography, you can regularly find Aquarius Dive Club on the Boeing 737 sunk in Chemainus, HMCS Cape Breton and HMCS Saskatchewan in Nanaimo, HMCS

Columbia in Campbell River. You will find us on our annual Labour Day weekend trek up island for a fantastic weekend of diving and good times. You can join us for our overnight camping & dive trips to China Creek, diving the water-filled missile silo in Washington and diving in other waters further afield. You can also simply enjoy one of our many wonderful local dive sites in the pristine BC waters.

As a club, we're able to take advantage of special pricing on dive charters, gear and dive travel adventure. In the Aquarius Dive Club,

you may find yourself travelling with members on our annual tropical trips to places such as the beautiful warm waters of Cozumel, Roatan and The Bahamas.

We have valuable assets such as a portable compressor and trailer, our own building as well as a great group of divers always on the lookout of the next adventure; we make diving affordable and fun no matter what your skill levels are.

Find out more: www.aquariusdiveclub.com, <https://www.facebook.com/groups/aquariusdiveclub>, info@aquariusdiveclub.com

Auto Club

The CFB Esquimalt Auto Club is a communal workspace for members who want to save money on automotive maintenance, repair, and modifications. With tools for quick oil changes to engine rebuilds, we cater to a wide variety of vehicles from motorcycles to muscle, European, JDM, track, and classic cars and even trucks, and 4x4. Come build new friendships, learn new skills and trade stories of automotive adventures and avoidable mechanical mishaps.

Our facility is a heated and dry, well-provisioned shop which offers three indoor bay, each equipped with common tools and a car hoist, two movable motorcycle hoists and two new outdoor shelters for painting and extra work space outdoors. Specialized tools such as engine crane and support bars, car jack, and power tools can be signed out from with the help from our custodians. If your project is taking a little longer than expected, no worries! For a fee, the facility can arrange monthly fenced off vehicle or parts storage.

Our membership takes anyone ranging from novice wrenchers to former mechanics and highly encourage to knowledge share and assist

with helping others. Members are expected to perform their own maintenance and wrenching, though other members are often willing to assist if you're stuck. The facility is staffed by an on-duty custodian during business hours, who can help you find the tools and equipment you need to get the job done, arrange for vehicle storage and take payment.



Wanting a second opinion on a repair quote from an in-town mechanic or assistance with your project? Our helpful community and custodians are willing to offer guidance if the project can be done by yourself or work best left to a professional, saving your time, money and sanity. Our custodians are happy to help with questions about tools and equipment, but their primary focus is to ensure the safety of the club members, proper operations of the equipment and collecting payments.

We are located at Work Point, behind 410 Macauley St. and open Monday, Thursday, and Friday 1800-2200, Sat and Sun 0900-1700.

Check out our web and Facebook page CFBESQAutoClub, email us at CFBESQAutoClub@gmail.com or contact us during business hours at 250-280-0191 for more information.

Better Training,
Safer Diving

LOCAL & EXOTIC
DIVE TRIPS

Beginners to Technical

SALES, REPAIRS, COURSES
250-478-4488
WilsonDiving@telus.net

WILSON DIVING

SCUBA & SNORKEL CENTRE
1790 ISLAND HWY, VICTORIA

WilsonDiving.com

ESQUIMALT TRADING LTD.
BUY • SELL • TRADE
PAWNBROKERS • MONEY TO LOAN

OPEN EVERY DAY
to meet all your needs

Large selection of **JEWELRY**
with in-store **SIZING and REPAIRS**

Monday - Saturday 10:00am to 6:00pm
Sundays & Holidays 12:00noon to 6:00pm

esqtrading@shaw.ca

Phone 250-388-6542 897 ESQUIMALT RD Fax 250-388-0881

CFB Esquimalt Golf Association

Looking to play a game in which you yell “fore,” shoot seven, and write down five? Then the CFB Esquimalt Golf Association (CFBEGA) is the club for you, not that we condone dishonourable and dishonest scoring! This club boasts one of CFB Esquimalt’s largest memberships with over 550 members! CFBEGA has contracts in place at two local golf courses that provide reduced green fees to its members. In addition, thanks to other local golf courses, CFBEGA members enjoy reduced green fee rates. Some benefits of this club include:



- Members receive the benefits of club membership at a variety of courses, while the participating golf clubs receive our patronage and spin off business year-round;
- Participation in multiple club tournaments and events such as our Season Opener, Road Trip, Club Championship and Fall Fiasco;
- Golf Canada Gold membership with benefits including maintaining

a Handicap Factor, up to \$6000 in Incident Protection coverage, discounts on events and merchandise;

- Completely member funded and non-profit; and

For the 2022/2023 year, our contracts at Olympic View allows between 12-20 maximum rounds per day, and Arbutus Ridge up to 10 rounds per day. We also have special CFBEGA rates at the following golf courses: Highland Pacific (Military discount), Cordova Bay, Cedar Hill, Cowichan, Metchosin, and March Meadows.

CFBEGA provides the opportunity for members of the Defence Community to play golf at a number of local courses at reduced rates. CFBEGA services are particularly important to serving military members who sail or deploy, and may not be able to maintain full golf course memberships. Check out our web site at www.cfbega.ca for all the details or contact the Club President, CPO1 Steve Wist, via email at Steve.Wist@forces.gc.ca

Kayak Club

Do you like hanging out with seals and whales? Enjoy the benefit of living on the west coast with the CFB Esquimalt’s Pacific Fleet Kayak Club! There are tons of opportunities to explore the beautiful island we live via kayaks or paddle boards!

Some of the benefits include:

- Paddle Canada courses in ocean kayaking and stand-up paddle boards with an emphasis on safety and rescue tech-

niques including Basic Skills, Level 1 and Level 2 courses.

- Signing out a kayak or paddle board from our fleet of 20+ at any time free of charge.
- Use of club dry suits for additional rental fee.
- Membership is IAW with the PSP policies on recreational clubs. Paddle Canada course required to use club equipment

Please contact us info@pfkca.ca

CFB Esquimalt Sports Shooting Club

This club is designed for military members who have their own guns and ammunition and want to shoot on base ranges with like-minded firearms enthusiasts. For more information and to know more about the rules and regulations of the club, send an email to esquimaltsportshootingclub@gmail.com



CFMETR BOAT CLUB at Ranch Point Power & Sail

The CFMETR Boat Club is set in quiet Nanoose Bay, home to the Canadian Forces Maritime Experimental and Test Ranges. The Club is open to active or retired Canadian Forces members, DND or DOD civilians, and the RCMP. Club members enjoy:

- Safe and enjoyable boating;
- Beautiful scenery;
- Great fishing and
- Very affordable moorage and membership fees

All of our 255 foot dock space is currently spoken for but changes annually. Prospective Members wishing to join the club and moor a vessel need to make an application to the executive to be added to a wait list. For more information contact cfmetr.boatclub@gmail.com 250-228-1851 (Pony Moore - Club Secretary)



Canadian Forces Sailing Association

Come join one of the most active sailing clubs in Canada. CFSA is known as one of the friendliest and welcoming sailing clubs around, and one of the most competitive. Join now and enjoy the wind and sea.

We offer:

- Adult and junior CAN Sail approved training courses
- A Junior Racing team that participates in the BC Circuit
- Moorage for CAF and Defence Team members
- Full service and licensed Club House
- Club reciprocals with other yacht clubs around the world.
- A full calendar of social activities
- Club and inter-club racing
- Maintenance yard with bi-weekly haul outs

Our keelboat racing programme is the 'winningest club' in the Vancouver Island Race Series. Our club racing occurs on Sundays (winter) and Wednesday (summer) and we never leave willing crew on the dock – show up and sail. We have sailing dinghies available for member use as well as a Sonar Racing keelboat.

We are located at Monroe Head on the north side of Esquimalt Harbour (down the road from the Songhees Wellness Center). Our memberships are very reasonable and CFSA is a great place to get involved with sailing, a sport that will last a lifetime. Please visit the CFSA website for all the details. If you would like a tour or more information contact the Club Commodore, at commodore@cfsaesq.ca. Membership enquiries at membership@cfsaesq.ca; sailinginstructor@cfsaesq.ca or visit our website at www.cfsaesq.ca



CFB Esquimalt Power Boat Club

Are you interested in power boats, fishing or just something social to be involved with family and friends? If so consider the CFB Power Boat Club. Sign up to experience the thrill of catching some delicious Salmon or try something a bit larger with Pacific Halibut. If cruising is more your style, no problem, the Gulf and San Juan Islands, scenery is second to none, which people pay thousands of dollars to visit. All just minutes from our first rate 100 berth facilities located at Work Point. If

you are new to boating, no problem, we have centuries of experience within our club members. The benefits of being a member include:

- The use of the club house;
- Mooring slips;
- Docking ramp;
- Storage compound; and
- Fully equipped service bays with engine hoist, power tools and a paint booth.

The Club sponsors five family-oriented fish-

ing derbies and BBQs per year, with cash prizes and other awards. There is no entry fee for the derbies and no charge for the BBQs. Serving CF members have priority for berthing and other members are placed by seniority in the club. For further information, visit our website at www.boatclub.ca, call the clubhouse at 250-360-0905 (Thursday forenoons are the best time to call) or e-mail workpointboatclub@gmail.com "Tight Lines and Happy Cruising to All"

Work Point Garden Club

HAVE YOU A GREEN THUMB? Want to grow your own organic food year round? Whether you are an enthusiast or wish to learn the basics, the Garden Club can provide you with:

1. Your own plot to work
2. Tools and equipment for working your plot
3. Fenced against deer and pets
4. On-site water
5. Available at any time of the day that suits you best

Considering joining the club but want more information? Contact the club at workpointgardenclub@gmail.com



Take a walk on the wild side

Owls • Bears • Eagles • Ravens • Hawks
Falcons • Turkey Vultures • Wildlife Garden & more!

FREE ADMISSION
to active and retired members of the Canadian military

Show your valid Military ID or Veteran's Service Card at the Front Desk

NORTH ISLAND WILDLIFE RECOVERY CENTRE

Open for Public Viewing
Daily 9:00 am - 4:30 pm

250.248.8534 | niwra.org
1240 Leffler Road, Errington, BC
(10 minutes West of Parksville)



Model Railroad Club

The model Railway Club started as an N Scale (1/160) NTRAK modular layout in December 1997. Currently the layout has 31 different modules, that when attached, represents approximately 536 ft. of continuous running track. These modules are continuously updated as new techniques and experiences are gained including Digital Command Control (DCC) systems. .

The HO Scale (1/87) modular layout has 29 different modules that represents approximately 270 ft of continuous running track. Both scale layouts have the ability to operate in both DCC and DC modes. Some of these modules depict logging operations, mining operations and a locomotive servicing facility. Both of these layouts have been on public display and have won multiple awards as "Best Operating Layout", "Favourite Operating Layout"; and "Best Module" at train shows in Victoria and Nanaimo. The Club actively participates each year in the Victoria Train Show, Nanaimo Regional Train Show, Esquimalt Buccaneer Days, MARPAC Expo, Luxton Fall Fair and the West Coast Welcome.

Our members are all rail buffs and hobbyists that are constantly

working to enhance and improve the train modules. Some members enjoy painting the backdrops, working on electronics, installing lighting or creating some form of animated scene. Other members enjoy construction of scenery while others enjoy train operations in either or both scales. Scale model Railroading is considered to be one of the most popular hobbies worldwide and can challenge our creativity and imagination.

All Active or retired military members, DND and other Government employees are welcome and invited to join the CFB Esquimalt Model Railway Club. We also are allowed limited numbers of others who do not meet the previously noted requirements as well as junior members providing the parent is an active member.

The Club currently meets every Wednesday from 1300-1630 hours and Saturday mornings from 0830-1200 hours in the basement of Building 1031 Work Point Power Boat Club.

Like us on Facebook at www.facebook.com/EsquimaltMRRC. For further information please contact Pierre Boucher at 778-677-1953 or Ken Silvester at 250-474-1316.



St. Anthony's Dental Clinic

Dr. Anastasia Loumbardias*

St. Anthony's Medical Centre
110-582 Goldstream Ave.
Victoria, B.C., V9B 2W7
Bus: 250-474-4322

*denotes
Corporation

We proudly serve the Canadian Forces Community

While you're busy keeping the country safe, let us keep your family safe with our Healthy Home Cleaning System.



250.744.3427
paula-whitehorn@mollymaid.ca

MFR RC ESQUIMALT

The Esquimalt MFC is an independent, non-profit charitable organization that counts on your support.

Consider giving back by pledging to the MFC.

Charitable Reg. #: 13807 0578 RR0001

Please go to support.esquimaltmfrc.com

FORMERLY BATTERY DIRECT



WE HAVE BATTERIES FOR EVERYTHING!

15% MILITARY DISCOUNT OFF EVERYTHING

YOUR ONE STOP SHOP FOR:

- | | | |
|--------------|---------------|------------------|
| ALKALINE | INSTALLATIONS | THERM OIL |
| AUTOMOTVE | MARINE/RV | SEALED LEAD ACID |
| CABLES | MOTORCYCLE | TWO WAY |
| CELLULAR | NICAD | WATCH |
| CUSTOM PACKS | PHOTO | LAPTOP |
| CAMCORDER | NIMH | INVERTERS |
| DEEP CYCLE | LITHIUM | AND MORE... |
| DIAGNOSTICS | SOLAR | |

250-361-3933

WWW.CDNRG.COM

**CLOSE TO THE BASE
791 CAVE ST.**



REGISTER TODAY FOR THE CFB ESQUIMALT

5/10KM NAVY RUN



Register today to secure your shirt and medal!

IN-PERSON

April 1 – June 12:
 \$34.65 – Active & Retired Military
 \$39.90 – DND/NPF Civilians
 \$45.15 – General Public

IN-PERSON - KIDS RUN

Feb. 1 – June 12: \$20.00

VIRTUAL - EVERYONE

April 1 – June 12: \$40.00

VIRTUAL - KIDS RUN

April 1 – June 12: \$30.00



Consider a donation to Soldier On when you register.



NAVYRUNESQUIMALT.COM

Sponsored by



**IN PERSON RACE:
JUNE 18, 2022**



Victoria City Rowing Club

5100 Patricia Bay Hwy

Victoria, B.C. V8Y 2T6

www.vcrc.bc.ca

Summer rowing is here!

Come row with us in our
Adult and Youth Learn to Rows.

From May to September

