

ACTIVITY GUIDE

A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT

JANUARY TO APRIL

2021



winter

Due to COVID-19 physical distancing measures, the MFRC and PSP departments have developed some creative, virtual programs to keep you engaged and connected. Discover their programs on the pages inside this guide!

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Please go to
support.esquimaltmfrc.com



Come say hi!
**WE ARE A CAF
VETERAN-OWNED
BUSINESS**

Victoria has a new gourmet Donut Shop

- Irene's Bakery and Dynamite Donuts are **Veteran owned** by Aaron Daley and Sarah Bethune
- Victoria's newest gourmet donuts are at Uptown Mall in Victoria.
- Great selection of gourmet and classic donut flavours including our very own Dynamite Bites.
- Located in the Uptown Mall courtyard across from Starbucks

Foodies can now get their dessert fix at Uptown Mall. Dynamite Donuts offers a bang-up selection of gourmet donuts that will impress everyone. Irene's Bakery, a Victoria baking institution since 1984, is proud to announce the opening of Dynamite Donuts at Uptown Mall.

The donuts are made fresh every day at our bakery on Carey Rd at Glanford.

Dynamite Donuts offers a delicious assortment of gourmet donuts including our own creations like Pina Colada, Cookies and Cream, PB & J, as well as gourmet standards like the Maple Bacon and the strawberry dip (aka the Classic Homer). Come in and see our amazing street art mural and take a selfie in front of it for a chance to win free donuts.

An early 5 Star Google review from Jeremy W. said: "Amazing Donuts!!!!...I've had Voodoo Donuts in Portland and to be honest Dynamite Donuts is much better!"

Find Dynamite Donuts on Instagram @dynamite.donuts.yyj and on Facebook.



This program guide is brought to you by:



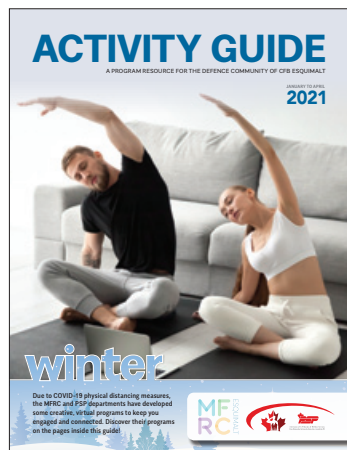
WHO WE ARE: The Esquimalt Military Family Resource Centre (MFRC) is an independent non-profit, charitable organization that supports the military community. The MFRC is here to support the unique parts of the military lifestyle. This includes deployments, joining a new community, and providing social 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



Due to COVID-19 physical distancing measures, the MFRC and PSP departments have developed some creative, virtual programs to keep you engaged and connected. Discover their programs on the following pages.

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LEGEND

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



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www.schc.ca | info@schc.ca



**Sunshine Coast
Health Centre**
A Non 12-Step Program

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

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: Full refunds will be processed by contacting the MFRC at 250-363-2640 a minimum of 3 days prior to the program start date.

PSP programs: Full refunds will be processed by contacting PSP at 250-363-1009 a minimum 2 weeks prior to the program start date. 50% refund 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: If paid by credit card, the money is refunded back to your card. If paid with a debit card at the Signal Hill location, the amount can be refunded back to your debit card. If paid by cash or debit card at the CPAC location, a cheque will be issued. Please allow 2 weeks for processing.

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 Cell	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.....	CAFCconnection.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

WINTER 2021 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.

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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: 9am-4pm
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

Tues-Fri: 9am-4pm
Closed daily for lunch from Noon-1pm
Closed on statutory holidays
Subject to change
(check esquimaltmfrc.com for up-to-date hours)

Phone: 250-363-2640

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

The facility has a restricted capacity so there may be wait times to access the gym. Patrons will need to provide name and phone number upon entering the facility for tracking purposes.

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

11am-3pm for administration hours.

Appointments for hours outside of this can be made by emailing recreationcpac@forces.gc.ca

Sunday by request

Closed all Statutory Holidays

Facility Includes:

- A large (dividable) auditorium with stage & 12 ft. viewing screen (seating up to 300)
- Varied size multi-purpose rooms, designed to accommodate groups from 10-60 people
- Conference Room (up to 12 people)
- Fully Equipped Kitchen

To inquire about a facility booking for your group, please contact 250-363-4213.

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

FACILITIES

DOCKYARD - SIGNAL HILL



BELMONT PARK



CPAC FACILITY RENTAL RATES

ROOM	CAPACITY / SET UP	RATES **3 Hour Minimum**	MILITARY PRICE
MCDV Multi-Purpose Auditorium/ Gymnasium	- 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	- Seminar Layout: 40 People - Classroom Layout: 30 People	\$39/hr	
HURON Conference Room	12 Person Boardroom Table	\$26/hr	
REGINA / PROTECTEUR Multi-Purpose Rooms	- Seminar Layout: 30 People - Classroom Layout: 20 People	\$26/hr	
KITCHEN	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.



PLEASE NOTE: Currently the gym is not open for general use. Stay tuned for more information on the Naden Athletic Centre at www.cafconnection.com/esquimalt and www.facebook.com/NadenAthleticCentre

FACILITIES

Purchased your membership before COVID? When the facility reopens for longer hours and to the public your memberships will be extended the length of the closure.

NADEN ATHLETIC CENTRE MEMBERSHIP 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	\$52.50	\$31.50	\$21.00	\$10.50
		Veteran Youth ** (13-18) - must be living at home	\$75.00	\$58.50	\$34.50	\$11.50
		Veteran Spouse/Dependant dependant must be under the age of 19 and living in the home (unless a student, then 26)	\$89.25	\$63.00	\$35.70	\$12.60
		Veteran Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$124.95	\$88.20	\$50.00	\$17.75
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	\$80.85	\$56.70	\$31.50	\$11.55
		Youth (13-18) ** must be living at home	\$132.00	\$78.00	\$45.00	\$30.00
		Spouse/ Dependant dependant must be under the age of 19 and living in the home (unless a student, then 26)	\$156.50	\$110.25	\$63.00	\$22.00
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$237.30	\$167.00	\$95.00	\$33.50
		Individual	\$372.50	\$241.50	\$131.25	\$52.50
Associate	Anyone who does not qualify in the above categories including Federal Government not specified above, Contractors, and Board of MFRC	Youth (13-18) **	\$216.00	\$228.00	\$90.00	\$40.00
		Family Maximum 5 persons living at home, children are under the age of 19 (unless a student, then 26)	\$670.95	\$434.70	\$236.25	\$94.50

10 Punch Pass

Adult	\$55.00
Youth (13-18) **	\$47.50
Family	\$120.00
Drop-In Fees	
Adult	\$6.00
Youth (13-18) **	\$5.00
Family	\$12.00

* 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 during regular business hours.

Prices are subject to change without notice.

For specific gym membership questions contact the front desk @250-363-5677 or email NAC Kiosk @ pspgymnac@gmail.com

** Youth Memberships require proof of a weight room orientation prior to youth being able to use the weight room facility. To book call Matt Carlson at 250-363-2989 or email @ matthew.carlson@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.

We are open for dine-in service and take out orders, with 10% off

Breakfast All Day • Great Kid's Menu

COVID protocols in place, please call ahead for hours.

To all military personnel, thank you for your continued support.

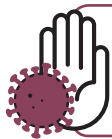
In Admirals Walk Shopping Centre

1501 Admirals Road • 250-595-1422



Apple Tree
FAMILY RESTAURANT

FACILITIES



PLEASE NOTE: Programming, hours, and availability of these facilities have changed due to COVID-19. Please email the facility manager for the most current information: Matthew.Kingstone@forces.gc.ca

Wurtele Arena

Building 100, Naden

Across the street from the Naden Athletic Centre is the Wurtele Arena.

Hours of Operation (Subject to change)

Drop In Skate:

Mon, Tues, Thurs & Sat: 1100 - 1200 hrs

Friday 1300 - 1400 hrs

- Drop in Skate is open to military members, DND employees, Staff of Non Public Funds and military families, with a valid gym membership (free with MFRC ID card) only
- As the base is currently closed to anyone outside of these categories, we cannot accept any other users in the facility.
- All Skaters are advised to wear CSA helmets, however, children, 5 and under are required 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 for those who feel comfortable skating with one.

All Arena Covid-19 Safety protocols will be observed.

Maximum on ice capacity **20**.



Parents & Kids Sticks& Pucks:

Sunday: 1300 - 1400 hrs (Happening Now)

- **Who:** Military Members and their children 12 and under (Maximum of 3 children must be accompanied by an active Canadian Armed Force member and possess a Naden Athletic Centre membership, free with your Military Family Identification Card from the MFRC).
- **What:** This Family oriented program is for parents/guardians and children to put on their skates and to work on their skating and stick handling skills. No shooting is permitted during this program.

Equipment required:

- **Children:** CSA approved Helmet with face shield (Bike helmets not permitted) - Neck Guard, Stick, Gloves
- **Parent:** Stick- Gloves - Helmet strongly recommended

Physical Distancing is required during this program (groups from the same house hold may be within 2 m of each other).

All Arena Covid-19 Safety protocols will be observed.

Maximum on ice capacity **20**.

Adult Development Hockey:

Wednesday: 1100 - 1200 hrs (Beginning 18 Nov 2020)

- **Who:** 18+ Years - CAF members, DND Employees, NPF Staff, Military Family (with Naden Athletic Centre membership, Free with Military Family Identification Card from MFRC)
- **What:** This Adult Development Hockey session is your chance to get out on the ice and work on your skating and stick handling skills. No shooting permitted during this program.

Equipment required:

- Helmet, Neck guard, Elbow pads, Stick, Gloves

Physical Distancing is required during this program. No contact is permitted.

All Arena Covid-19 Safety protocols will be observed.

Maximum on ice capacity **20**.

For more info please call Arena Administration: 250-363-4297

PLEASE NOTE: No skate rentals. No skate sharpening available.



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250.478.8590

Downtown
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250.383.3638

Eagle Creek
29 Helmcken Rd
250.478.8280





Special Events

All Ages Programming

■ = MFRC ■ = PSP

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).

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

Ski Mt Washington

Get amazing deals with us!

Register for our upcoming PSP Recreation ski trips – You will meet the PSP Recreation Ski Trip Chaperone at Mt. Washington Alpine Resort on the dates listed below to receive your heavily discounted lift and lift and lesson alpine tickets!

Thursday January 28, 2021

Code: OUT202115002

Thursday February 25, 2021

Code: OUT202115003

Thursday March 25, 2021

Code: OUT202115004

PRICES	LIFT TICKET	LIFT & LESSON
Adult	\$69.00	\$117.00
Youth (13-17)	\$59.00	\$107.00
Child (7-12)	\$39.00	\$89.00
Senior (65+)	\$56.00	\$105.00

SPECIAL EVENTS



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out CAFCONNECTION.CA/Esquimalt for the most up to date information on programming.

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 unless specified otherwise

Time: 6:30-8:00pm

Cost: \$5.00 per person

February 13	Minute to Win It Game show	GAM20219001E
March 6	Basketball	GAM20219001F
April 10	Disc Golf (Saanich disc golf course)	GAM20219001G

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!

Location: CPAC Gym

Time: 6:00pm-8:00pm

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

January 23	Escape Room	GAM20219002A
February 20	Bowling	GAM20219002B
March 13	Mini Golf	GAM20219002C

Family Easter Event

The Easter Bunny sometimes stops by CPAC leaving little gifts behind. Bring your basket and you might just be able to fill it up with some surprises! Bring the family to dye and decorate eggs, play some fun games and decorate some Easter baskets.

Location: CPAC Gym

HOL202111002

Date: Saturday, April 3

Time: Session 1: 10:00am-11:30am

Session 2: 12:00pm-1:30pm

Cost: \$5.00 per person

Story Book Walks:

Join PSP in exploring the world of imagination and exploration one book at a time. We are excited to present the Story Book walk once again. We will have stories posted during the timeframes posted below. We ask that you please respect the posts and pages and let us know if anything is missing so we replace it for all others to experience the fun. Books will be placed in a walking circle in both Belmont Park and in Esquimalt!

February 8 - 14

March 15 - March 21

March 22 - March 28

March 29 - April 5

Location: Belmont Park and Esquimalt

Cost: Free

Please see our Facebook page for a complete map of the story book walk at each location

School Age and Youth Programming:

School Age Biking Skills (5-7 years)

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. We will enjoy the local JDF bike track as well as venture on the galloping goose to some parks and other fantastic surprises!

Location: CPAC

Code: W202117B1

Date: Saturday, March 6

Time: 10:00am - 12:00pm

Cost: \$10.00 per person

Youth Park Bike Skills (9-14 years)

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 as we venture to the JDF bike park as well as other local parks for a 2 hour session introducing the skills needed to ride the track!

Location: CPAC

Code: W202117B2

Date: Saturday, March 6

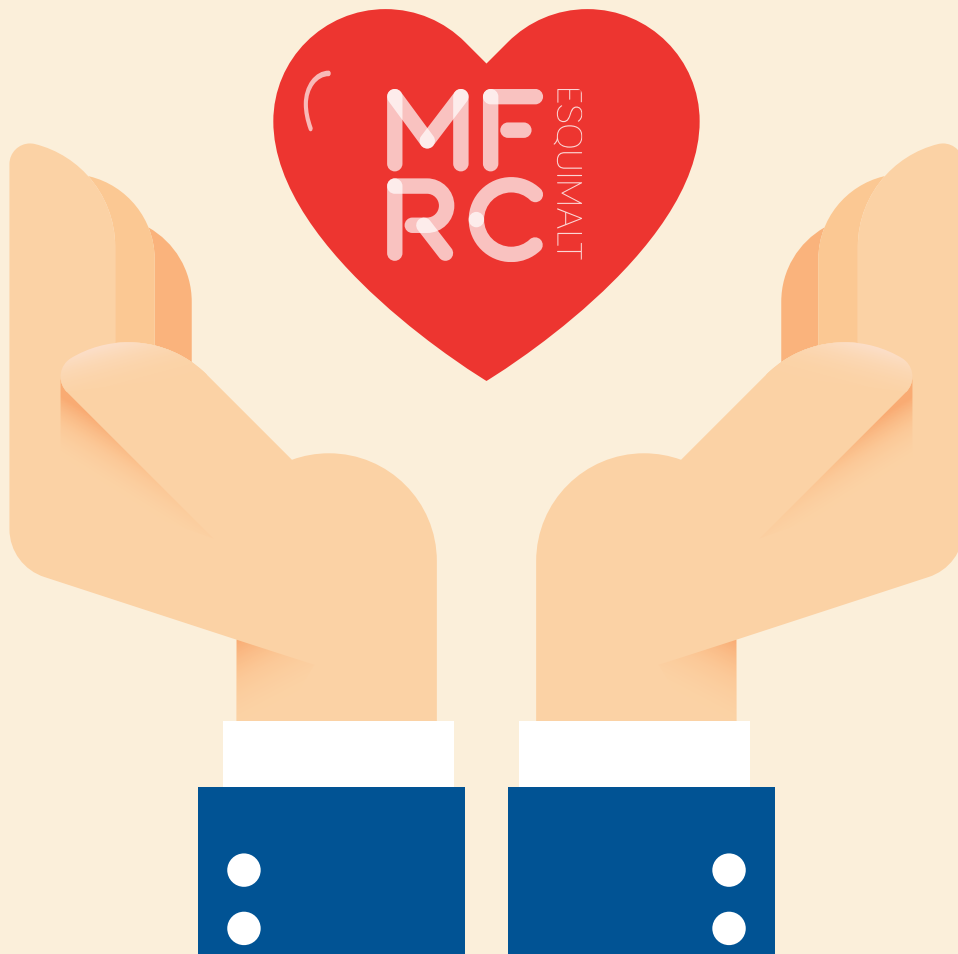
Time: 1:00pm - 3:00pm

Cost: \$10.00 per person



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

Volunteering



Some recent volunteer roles at the MFRC:

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

JOIN THE MFRC'S VOLUNTEER TEAM TODAY!

**View the latest volunteer opportunities at
www.esquimaltmfrc.com**

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



#104-800 Kelly Rd.,
Langford
250.590.6960
westshore@oakbaybikes.com

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www.cap-it.com





Birthday Parties

Book your 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 from 1:00-3:00pm, 3:30-5:30pm, or 6:00-8:00pm. 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.

**Avoid disappointment
BOOK EARLY!**

*Parties are booking 2+ months in advance.

For details on our various party options and available dates

CALL 250-363-1009
or **REGISTER ONLINE** at
<https://bkk.cfmws.com/esquimaltpub/>

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), are subject to additional fees.

Cancellations:

Please provide two weeks' notice in the event of a cancellation to receive a full refund.

- 2 week notice - full refund
- 1 week notice - 50% refund
- Less than 1 week notice - no refund

BIRTHDAY PARTIES

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: \$155

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: \$155

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: \$155



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: \$105



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: \$155

NEW!!!! Roller Skating Party (8-14 Years)

We have teamed up with Roller Skate Victoria to provide you with roller skating birthday parties! Each 2 hour birthday party comes with rental skates, wristguards, kneepads, a certified skating instructor who will give everyone a learn to skate lesson in the gym AND our PSP Recreation Leaders are there to ensure the party rolls smoothly. Roller skating is making a comeback all around the world and is the hottest new birthday party activity in town!

IMPORTANT: this party option is only available on Saturdays, 1:00-3:00pm, 3:30-5:30pm and 6:00-8:00pm. Booking confirmation is subject to availability of Roller Skate Victoria. Participants are required to bring in their own helmets. Participants will use only non skid roller skates provided BY Roller Skate Victoria.

Cost for 10 children: \$215

Cost for 5 extra kids (15 total participants): \$290



Early Years

Children's Programs

■ = MFRC ■ = PSP

Register for any of the following PSP Early Years Programs

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

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

123 Music & Me

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 by calling the MFRC at 250-363-2640. Please note: maximum 2 children per adult participating in program. Space is limited due to COVID-19 restrictions so please register early.

For parents and their child up to 24 months

Location: CPAC

MFRC Wed Jan 13-June 23, 9-9:30am

Location: CPAC

MFRC Fri Jan 15-June 25, 9-9:30am

For parents and their child 2 to 5 years

Location: CPAC

MFRC Wed Jan 13-June 23, 9:30-10am

Location: CPAC

MFRC Wed Jan 15-June 25, 9:30-10am



Growing Parents

A supportive and educational group for new and expecting parents. There will be guest speakers and discussions 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 fun, interactive facilitated group. Come to one or all of the sessions! Topics include sleep, starting solids, self-care, comfort measures, infant safety and much more. Register by emailing intake@emfrc.com.

Location: Online

MFRC Tues Jan 19-Mar 9, 10:30-11:30am

Stay & Play

A parent and tot program best suited to children 12 months to 5 years! Join us for a morning of fun interaction with your child in a preschool style setting. We will sing songs, do crafts and most of all play. This is also a great opportunity to meet other parents living the military lifestyle. Bring your favourite travel mug to pour yourself a coffee! Note: this program is not designed for child care providers bringing multiple children. Registration required due to COVID-19 restrictions so please call the MFRC at 250-363-2640 to confirm your attendance or for more information.

Location: MFRC Out of School Care (720 Galiano Crescent)

MFRC Thur Jan 14-Mar 11, 10:30am-Noon



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

EARLY YEARS

■ = MFRC ■ = PSP



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment.

Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out CAFCONNECTION.CA/Esqumalt for the most up to date information on programming.

Dance for Little Ones (3-4 years)

In this class your little ones will learn basic movements, coordination, and introductory technique to jazz and ballet. This will be done through dancing games, creative movement, and short combinations of choreography. This class is all about learning the primary principles of dance, while having lots of fun! Please wear clothing that allows easy movement, socks or bare feet (ballet/jazz shoes are not required).

Instructor – Lauren Awalt

Location: CPAC (virtual if COVID requires it)

Time: 9:00am-9:30am

Cost: \$45 Regular / \$50 Ordinary / \$55 Associate

Session 1: January 23 – February 27
(Showcase March 6)

DAN202118001

Session 2: April 10 – May 15
(Showcase May 22)

DAN202118002

Jazz and Hip Hop Dance (5-6 years)

This class is an introduction to the fundamentals of both jazz and hip-hop. Classes include warm-up exercises, stretching, and a choreographed routine. We will explore jazz, street jazz, grooving, popping, and locking through creative movement. Games and fun are included! Please wear clothing that allows easy movement, socks or bare feet (ballet/jazz shoes are not required).

Instructor – Lauren Awalt

Location: CPAC (virtual if COVID requires it)

Time: 9:45am-10:15am

Cost: \$45 Regular / \$50 Ordinary / \$55 Associate

Session 1: January 23 – February 27
(Showcase March 6)

DAN202118003

Session 2: April 10 – May 15
(Showcase May 22)

DAN202118004

RESOURCES AND SERVICES EARLY YEARS

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.

Ages 6-18 months

Location: CPAC

MFRC Tues-Fri, 9am-noon

Gradual entry required for new children

\$15 per 3-hour session

Call 250-363-2674 to book

Ages 18 months-5 years

Location: CPAC

MFRC Tues & Thur, 9am-noon & 1-4pm

Fri 9am-noon

\$12 per 3-hour session

Call 250-363-2674 to book

Priority spaces are reserved for families experiencing a deployment. This schedule is subject to change based on staff availability, and direction from Island Health Authority regarding COVID-19 protocols.

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 and are available 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.

Parenting from Afar

Stay connected with your child during deployment. Grab a *Children's Deployment Workbook* and a *Parent Guide* at any MFRC location, and the *Parenting from Afar* booklet. Also available online at esquimaltmfrc.com.

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. Sign up on our waitlist at www.esquimaltmfrc.com/mfrc-daycare. We offer quality care with an understanding of the military family lifestyle.

MFRC Daycare Waitlist

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

PARENTING FROM AFAR



MFRC
ESQUIMALT

QUICK TIPS TO
STAY CONNECTED

EARLY YEARS DEPLOYMENT

Deployment

Children's Deployment Workshops

Help your young child adjust to a parent being away on deployment. Kids interact with other children who are going through the same experience. These workshops will help validate your child's feelings about deployment. Register your child by calling the Military Family Resource Centre at 250-363-2640. Space is limited, please register your child in advance.

Age 3-5 years

Location: CPAC

MFRC Tues Feb 16-Apr 6, 9:30-10:45am

Location: Online

MFRC Thur Feb 18-Apr 8, 9:30-10:30am

Location: CPAC

MFRC Tues Apr 27-June 15, 9:30-10:45am

Location: Online

MFRC Thur Apr 29-June 17, 9:30-10:30am

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

Deployment Corner

A program for parents and children 18 months to 5 years that will explore all things deployment! Join us for fun crafts, games and activities to help your child adjust to a parent being away. Also a great opportunity to meet others who may be preparing for or going through a deployment as well. Bring your favourite travel mug to pour yourself a coffee! Note: this program is not designed for child care providers bringing multiple children. Call 250-363-2640 to register.

Location: MFRC Out of School Care

MFRC Thur January 14-Mar 11, 11-11:45am

Deployment Services

Deployment Respite Child Care

Funded by donations to the MFRC, respite child care is available at no cost when a military parent is deployed 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. 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.

Age 6-18 months

Location: CPAC

MFRC Tues-Fri, 9am-noon

Age 18 months-5 years

Location: CPAC

MFRC Tues & Thur, 9am-noon & 1-4pm
Fri, 9am-noon

Call 250-363-2674 to reserve.

Book up to 8 days in advance if deployed.

**Additional sessions are available at a rate of \$15 per 3 hour session per child for those between 6-18 months in age and \$12 per 3 hour session for those 18 months to 5 years old.*

Contests

Colouring Contest

The MFRC is running a monthly colouring contest online at esquimaltmfrc.com. All ages are welcome. Once you have completed the colouring sheet, scan it or snap a picture and email it to info@esquimaltmfrc.com. Be sure to include your name, your age category, your military member's name and the name of their unit. All entries will be entered into a monthly draw for several gift cards or certificates. All entries will be forwarded on to the Units for their viewing pleasure.

Where's the Bear Contest

Theodore Bearington has gone missing and we need your help! If you have any information on his whereabouts (known in the bear world as bear-abouts), please let us know. Tell us where the bear is located in the photograph each month on social media and you could win a prize. Email Teddy's location to info@esquimaltmfrc.com.

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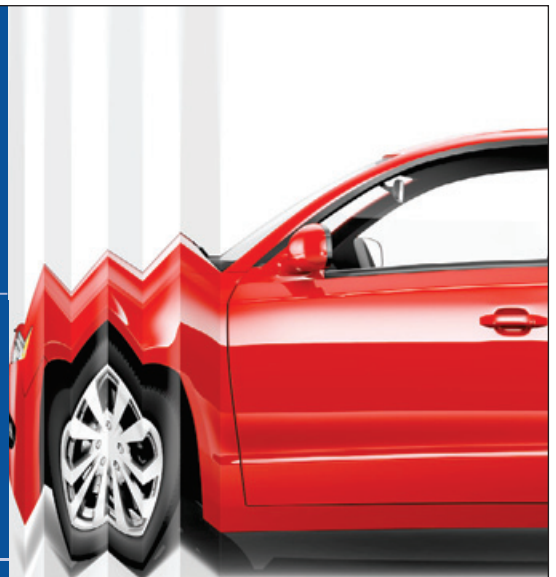
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School Age

■ = MFRC ■ = PSP

Register for any of the following PSP School Age Programs

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

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

Children's Services

Out of School Care

Located in Belmont Park in Colwood, the MFRC provides Before and After School Care for children from Kindergarten to Grade 6. Drop-off and pick-up is available at École John Stubbs Elementary School. Children attending Victor Brodeur can also attend, if bus arrangements have been made. The program runs 7am to 5pm during school days only (including early dismissals). Space may still be available for the school year or we are taking names for our waitlist. Register online at www.esquimaltmfrc.com/out-of-school-care.

SCHOOL AGE

■ = MFRC ■ = PSP



Contests

Colouring Contest

The MFRC is running a monthly colouring contest online at esquimaltmfrc.com. All ages are welcome. Once you have completed the colouring sheet, scan it or snap a picture and email it to info@esquimaltmfrc.com. Be sure to include your name, your age category, your military member's name and the name of their unit. All entries will be entered into a monthly draw for several gift cards or certificates. All entries will be forwarded on to the Units for their viewing pleasure.

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Deployment

Children's Deployment Workshops

Help your child adjust to a parent being away on deployment. Kids interact with other children who are going through the same experience. These workshops will help validate your child's feelings about deployment. There are sessions for school age children ages 5-8 and 9-12, and another session for school age children age 5-12. Register your child by calling the Military Family Resource Centre at 250-363-2640. Space is limited, please register your child in advance.

Age 5-8 years

Location: CPAC

MFRC Tues Feb 16-Apr 6, 3:30-4:45pm

Location: Online

MFRC Thur Feb 18-Apr 8, 3:30-4:30pm

Location: CPAC

MFRC Tues Apr 27-June 15, 3:30-4:45pm

Location: Online

MFRC Thur Apr 29-June 17, 3:30-4:30pm

Age 9-12 years

Location: CPAC

MFRC Mon Feb 22-Mar 29, 3:30-4:45pm

Location: Online

MFRC Mon Feb 22-Mar 29, 6-7pm

Location: CPAC

MFRC Mon Apr 26-June 14, 3:30-4:45pm

Location: Online

MFRC Mon Apr 26-June 14, 6-7pm

Kindergarten-12 years

Location: CPAC

MFRC Wed Feb 17-Apr 7, 6-7:15pm

Location: Online

MFRC Wed Feb 17-Apr 7, 3:30-4:30pm

Location: CPAC

MFRC Wed Apr 28-June 16, 6-7:15pm

Location: Online

MFRC Wed Apr 28-June 16, 3:30-4:30pm

*There are workshops for children age 3-5 listed in the Early Years section.

HEALTH PROTOCOLS IN PLACE. BY APPOINTMENT ONLY.

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SERVICES FOR PARENTS & FAMILIES

- Child care information & referrals
- Assistance with the "new" Affordable Child Care Benefit
- Resources to assist you with your parenting

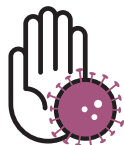
SERVICES FOR CHILD CARE PROVIDERS

**Call or Email for
Service Information**

Contact: Victoria 250-382-7000; Ask us about the Affordable Child Care Benefit,
new funding to help more families afford child care



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



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out CAFCONNECTION.CA/Esquimalt for the most up to date information on programming

Friday Night Activities

Movie Nights (5-12 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, 6:15pm - 8:00pm

Cost: \$7.50 per child

Family Rate: \$5.00 for each additional child in the same family

DATE	MOVIE	COURSE CODE
January 8	Sonic The Hedgehog	DRA2021051010
January 22	The Croods – A New Age	DRA2021051011
February 5	Connected	DRA2021051012
February 19	Cars 3	DRA2021051013
March 5	Ice Age: Dawn of the Dinosaurs	DRA2021051014
March 19	The Boss Baby	DRA2021051015
April 2	Wreck it Ralph	DRA2021051016
April 16	Finding Nemo	DRA2021051017
April 30	How to Train Your Dragon	DRA2021051018

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

Fantastic Fridays! (5-12 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, 6:30pm - 8:00pm

Cost: \$7.50 per child

DATE	THEME	COURSE CODE
January 15	Glow in Dark Dance Party	EDU202106008
February 12	Chocolate Making	EDU202106009
March 12	Slime Night	EDU202106010
April 9	Outdoor Mania	EDU202106011

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!

***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.*

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

Date: Fridays, 6:00pm-8:00pm

Cost: \$15.00 per person

DATE	THEME	COURSE CODE
January 29	Langford Lanes Bowling	CIT202119001
February 26	Ninja Gym	CIT202119002
March 26	Mini Golf	CIT202119003
April 23	WildPlay	CIT202119004

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. For an additional cost we can create a to-go package for the food needed for that session. Please contact us for more details.

You will receive a list of supplies needed for the session and the Zoom link/code the week prior to the session.

Location: Online Zoom – will receive the zoom code the week prior to the session

Date: Tuesdays OR Thursdays, 5:00pm – 6:00pm

Cost: Regular \$50.00 / Ordinary \$55.00 / Associate \$60.00

DATE	THEME	COURSE CODE
Tuesday: January 12 – February 16	Mexican Fiesta	COO202102001
Thursday: January 14 – February 18	Mexican Fiesta	COO202102002
Tuesday: April 6 – May 11	Italian	COO202102003
Thursday: April 8 – May 13	Italian	COO202102004

Dance

Learn to Roller Dance for Kids (5-12 years)

In this four week semester, kids will learn to skate from the ground, up! From falling down properly and standing up safely, all the way up to skating forward and backwards, and doing crossovers and transitions. Possible intro to roller dance at the end of each hour if time permits. Helmets are mandatory for ALL students. Other safety gear is optional but highly recommended. Rental skates are included with the above price.

Location: CPAC Gym Full Gym

Instructors: Roller Skate Victoria

Date: Saturdays, 10:00-11:00am

Cost: \$47.25 Regular / \$49.00 Ordinary / \$52.50 Associate

Session 1: January 9 –30 (3 sessions no Jan 17)	DAN202118009
Session 2: February 6 – February 27 (4 sessions)	DAN202118010
Session 3: March 6 – March 27 (4 sessions)	DAN202118011
Session 4: April 3 – April 24 (4 sessions)	DAN202118012

Lyrical/Jazz Dance (7-9 years)

This class will teach the basics of lyrical and jazz, with a focus on coordination and foundational technique. Classes will have warm up exercises, stretching, turns, jumps, games, and a choreographed routine. This class explores movement through creative expression and allowing the lyrics to guide the dance moves. Please wear clothing that allows easy movement, socks or bare feet (ballet/jazz shoes are not required).

Instructor – Lauren Awalt

Location: CPAC (online if COVID requires it)

Time: 10:30am-11:15am

Cost: \$50 Regular / \$55 Ordinary / \$60 Associate

Session 1: January 23 – February 27
(Showcase March 6) DAN202118005

Session 2: April 10 – May 15
(Showcase May 22) DAN202118006





Hop-Hop Dance (7-9 years)

This class is an introduction to the hip-hop dance genre. Classes include warm-up exercises, stretching, and a choreographed routine. We will explore grooving and isolations, as well as several street styles such as popping, locking, waving, tutting, and house. This class is also filled with fun tunes and games! . Please wear clothing that allows easy movement.

Instructor – Lauren Awalt

Location: CPAC (online if COVID requires it)

Time: 11:30am-12:15pm

Cost: \$50 Regular / \$55 Ordinary / \$60 Associate

Session 1: January 23 – February 27 (Showcase March 6)	DAN202118007
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Session 2: April 10 – May 15 (Showcase May 22)	DAN202118008
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General Programming

PSP Yoga Hive (5-7 years)

Exploring the practice of yoga from an early age allows kids to find time to connect with their minds and bodies, allowing them to de-stress (yes, kids get stressed too!), cultivate strength, flexibility and stability, gain confidence, move their bodies and most importantly have fun! Yogis will be guided through various sequences, poses and games/activities throughout each class, focusing on a new theme each week! Your children will have fun making smoothies, sand gardens, mandala bracelets, and much much more to help them explore their mindfulness.

Instructor – Megan Westbury

Location: CPAC (online if COVID requires it)

Time: 9:00am-9:45am

Cost: \$40 Regular / \$45 Ordinary / \$50 Associate

Drop in: \$8 Regular / \$10 Ordinary / \$12 Associate

Session 1: January 23 – February 20	WEL202117004
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Session 2: March 13 – April 10	WEL202117005
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SCHOOL AGE

STEM Programs (5-8 years)

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:

Mondays January 11 - February 1

Theme: The Science Lab

Bring your science loving child to this 4 week program exploring the science of explosions! Each week they will work on perfecting their explosions and making their incredible end project of their very own volcano scene. They will also get their hands on a unique explosive experiment weekly as well as a weekly take away item! Cost will cover all supplies needed in this program, your child may be asked to bring recyclable materials for their project.

Location: CPAC/YAC TBD

Time: 3:30pm-4:30pm

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

Session 2:

Mondays February 8 - March 1

Theme: Stich by Stich

Do you have a child who loves sewing, fabric manipulation, designing clothing and accessories? Boy this program is just for them. Exploring the ideas surrounding designing, patterning, sewing and completing 1 small project per week with the idea of completing one larger project by the end of the 4 weeks. Scrunchies, patches, headbands, shirts, wallets and more, the sky is the limit! Cost of the program covers fabric options, needles, and program costs.

Location: CPAC/YAC TBD

Time: 3:30pm-4:30pm

Cost: \$57 Regular / \$62 Ordinary / \$67 Associate

Session 3:

Monday March 8 - March 29

Theme: Soap Box Derby Car Building

Ready, Set, Go! Join PSP in building your very own Soap Box Derby Car. Each week will work on improving, building, examining the speed, draft and drag of the car to make it as fast as it can be. Get ready to race for the prize on week 4 with the PSP Soap Box Derby Classic. Program cost covers the cost of all building materials for the session.

Location: CPAC/YAC TBD

Time: 3:30pm-4:30pm

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

Session 4:

Monday April 12 - May 3

Theme: Design Hub

Technology crazed kids? It's time to let their imaginations run free while utilizing their technological skills and devices. PSP staff will teach your child how to develop stop motion animation, digital drawings, movies and more.

Each week will see kiddos learn a new skill and work on their final work project. A device to work on is required for this program.

Location: CPAC/YAC TBD

Time: 3:30pm-4:30pm

Cost: \$50 Regular / \$55 Ordinary / \$60 Associate

Session 5:

Monday May 10 - June 7 (no session May 17)

Theme: Ready, Set, Grow

PSP is looking to expand its green thumb and it needs your kiddos help! We are going to not only build but tend to and nurture our very own PSP community garden. Each child will get to learn about how to build and transform dirt into a beautiful lush garden. They will get take home items each week to help their own garden box grow. Program costs will cover the cost of materials, seeds, plants and more! At the end of the season participants will be asked back to harvest the fruits of their labor in a fun harvest party!

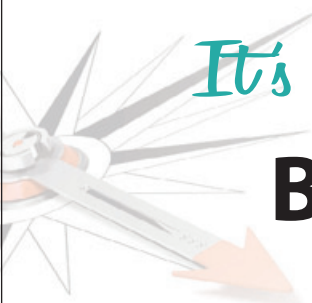
Location: CPAC/YAC TBD

Time: 3:30pm-4:30pm

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



Mondays January 11 - February 1	The Science Lab	R \$55 / O \$60 / A \$65	EDU202106012
Mondays February 8 - March 1	Stich by Stich	R \$57 / O \$62 / A \$67	EDU202106013
Monday March 8 - March 29	Soap Box Derby Car Building	R \$60 / O \$65 / A \$70	EDU202106014
Monday April 12 - May 3	Design Hub	R \$50 / O \$55 / A \$60	EDU202106015
Monday May 10 - June 7 (no session May 17)	Ready, Set, Grow	R \$55 / O \$60 / A \$65	EDU202106016



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Youth

Register for any of the following PSP Youth Programs

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

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

MFRC Youth Programs

The MFRC is committed to supporting youth and family wellness. Staff at the centre work with youth between the ages of 12-19 years old who are experiencing mental health, social, and emotional challenges. The Esquimalt MFRC provides a variety of services for youth and their families including:

- Individual counselling
- Family counselling
- Groups and workshops
- Support navigating mental health systems
- Referrals
- Resources

Additionally, the MFRC works with local community partners to provide opportunities for youth and families. These include:

- Presentations/workshops: FamilySmart 'In the know' presentations offered monthly to parents, providing information on various topics pertaining to youth mental health
- Volunteering: Volunteer opportunities with the MFRC and other local organizations.

**Support tomorrow's
leaders today.**

**Give to the Quadra
Education Foundation**



Carrying on a family tradition at HMCS Quadra

Talia Krishna is the third generation in her family to attend HMCS QUADRA Cadet Training Centre in Comox: grandfather, Raymond Hill, in the 1970s; mother, Alana, in the 1990s; and more recently, sister, Tayne, and her have spent several summers there.

So, it was appropriate that Krishna, a first-year arts student at the Université de Saint-Boniface in Winnipeg, received the inaugural Richard McLaren Memorial Scholarship from the Quadra Education Foundation.

This \$1,000 scholarship was named in honour of Able Seaman Richard ("Dick") McLaren, who joined the Royal Naval Canadian Volunteer Reserve in 1914. He was one of the first 100 sailors to enrol in Canada's infant navy. During World War One, he served aboard HMCS SHEARWATER, HMCS NIOBE, and HMCS RAINBOW.

Like Krishna, HMCS QUADRA runs strong through the McLaren family. Richard's son, also named Richard, went there in the 1950s, in one of the first cadet intakes; grandson, Dan, attended in the early 1980s; great-grandson, Sam,

who now serves in the Army Reserve, was baptized aboard in 1999.

"Being awarded a memorial scholarship brings with it such a feeling of pride and I am so grateful to be chosen as a recipient," said Krishna, who currently serves as the cadet coxswain of Royal Canadian Sea Cadet Corps JOHN TRAVERS CORNWELL VC in Winnipeg. "It is such an honour that Mr. McLaren's legacy continues and can afford cadets like myself the opportunity to better our lives with the gift of education, and for that I am forever grateful."

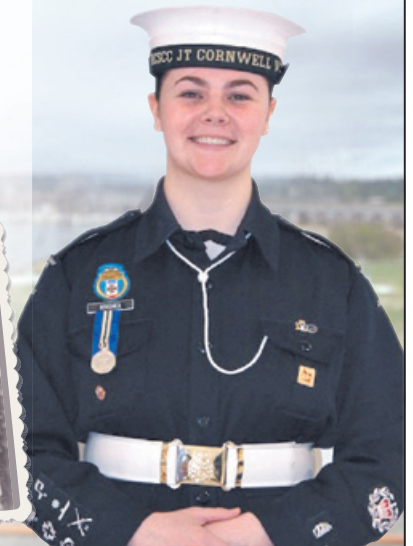
The Quadra Education Foundation thanks the McLaren family for their generosity in carrying on a proud family tradition by supporting the next generation of leaders.

To support another future leader like Talia Krishna, please visit www.quadraeducationfoundation.com to give.

This feature was made possible through generous support from Dan McLaren, Commonwealth Group of Companies and HMCS QUADRA alum.

Right: Talia Krishna

Below: 1914 - The McLaren boys join the RNCVR. AB Walter McLaren (L) and AB Richard McLaren (R).



QuadraEducationFoundation.com

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Dr. Brin MacMillan
Dr. Melinda Mo (Orthodontics)
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Dr. Victor Kasianov
Dr. Cleve Kim

Friday Activities

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. 6:15pm - 8:00pm

Cost: \$7.50 per child

Family Rate: \$5.00 for each additional child in the same family

DATE	MOVIE	COURSE CODE
January 8	Sonic The Hedgehog	DRA2021051010
January 22	The Croods – A New Age	DRA2021051011
February 5	Connected	DRA2021051012
February 19	Cars 3	DRA2021051013
March 5	Ice Age: Dawn of the Dinosaurs	DRA2021051014
March 19	The Boss Baby	DRA2021051015
April 2	Wreck it Ralph	DRA2021051016
April 16	Finding Nemo	DRA2021051017
April 30	How to Train Your Dragon	DRA2021051018

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

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, 6:30pm - 8:00pm

Cost: \$7.50 per child

DATE	THEME	COURSE CODE
January 15	Glow in Dark Dance Party	EDU202106008
February 12	Chocolate Making	EDU202106009
March 12	Slime Night	EDU202106010
April 9	Outdoor Mania	EDU202106011



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out [CAFCONNECTION.CA/Esquimalt](https://caconnection.ca/Esquimalt) for the most up to date information on programming

Youth Excursions (9-14 years)

These great adventures are guaranteed fun for your child. Drop your kids off for some off the charts fun with a new, exciting outing each month. Pick up and drop off locations to be determined. Please call for more information.

Location: Drop off and pick up at the locations provided above

Time: 6:00pm - 8:00pm

Cost: \$15.00 per child

DATE	THEME	COURSE CODE
January 29	Langford Lanes Bowling	DRA202105003
February 26	Ninja Gym	DRA202105004
March 26	Mini Golf	DRA202105005
April 23	WildPlay	DRA202105006a



Other Programs

STEM Programs (9-14 years)

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: Mondays January 11- February 1

Theme: The Science Lab

Bring your science loving child to this 4 week program exploring the science of explosions! Each week they will work on perfecting their explosions and making their incredible end project of their very own volcano scene. They will also get their hands on a unique explosive experiment weekly as well as a weekly take away item! Cost will cover all supplies needed in this program, your child may be asked to bring recyclable materials for their project.

Location: CPAC/YAC TBD

Time: 5:30pm-6:30pm

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

Session 2: Mondays February 8- March 1

Theme: Stich by Stich

Do you have a child who loves sewing, fabric manipulation, designing clothing and accessories? Boy this program is just for them. Exploring the ideas surrounding designing, patterning, sewing and completing 1 small project per week with the idea of completing one larger project by the end of the 4 weeks. Scrunchies, patches, headbands, shirts, wallets and more, the sky is the limit! Cost of the program covers fabric options, needles, and program costs.

Location: CPAC/YAC TBD

Time: 5:30pm-6:30pm

Cost: \$57 Regular / \$62 Ordinary / \$67 Associate

Session 3: Monday March 8 – March 29

Theme: Soap Box Derby Car Building

Ready, Set, Go! Join PSP in building your very own Soap Box Derby Car. Each week will work on improving, building, examining the speed, draft and drag of the car to make it as fast as it can be. Get ready to race for the prize on week 4 with the PSP Soap Box Derby Classic. Program cost covers the cost of all building materials for the session.

Location: CPAC/YAC TBD

Time: 5:30pm-6:30pm

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

Session 4: Monday April 12 – May 3

Theme: Design Hub

Technology crazed kids? It's time to let their imaginations run free while utilizing their technological skills and devices. PSP staff will teach your child how to develop stop motion animation, digital drawings, movies and more. Each week will see kiddos learn a new skill and work on their final work project. A device to work on is required for this program.

Location: CPAC/YAC TBD

Time: 5:30pm-6:30pm

Cost: \$50 Regular / \$55 Ordinary / \$60 Associate

Session 5: Monday May 10 – June 7 (no session May 17)

Theme: Ready, Set, Grow

PSP is looking to expand its green thumb and it needs your kiddos help! We are going to not only build but tend to and nurture our very own PSP community garden. Each child will get to learn about how to build and transform dirt into a beautiful lush garden. They will get take home items each week to help their own garden box grow. Program costs will cover the cost of materials, seeds, plants and more! At the end of the season participants will be asked back to harvest the fruits of their labor in a fun harvest party!

Location: CPAC/YAC TBD

Time: 5:30pm-6:30pm

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

Mondays	January 11 – February 1	The Science Lab	R \$55 O \$60 A \$65	EDU202106017
Mondays	February 8- March 1	Stich by Stich	R \$57 O \$62 A \$67	EDU202106018
Monday	March 8 – March 29	Soap Box Derby Car Building	R \$60 O \$65 A \$70	EDU202106019
Monday	April 12 – May 3	Design Hub	R \$50 O \$55 A \$60	EDU202106020
Monday	May 10 – June 7 (no session May 17)	Ready, Set, Grow	R \$55 O \$60 A \$65	EDU202106021



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. For an additional cost we can create a to-go package for the food needed for that session. Please contact us for more details.

You will receive a list of supplies needed for the session and the Zoom link/code the week prior to the session.

Location: Online Zoom – will receive the zoom code the week prior to the session

Date: Tuesdays OR Thursdays

Time: 6:30pm - 8:00pm

Cost: Regular \$50.00/Ordinary \$55.00/Associate \$60.00

DATE	THEME	COURSE CODE
Tuesday: January 12 – February 16	Mexican Fiesta	COO202102009
Thursday: January 14 – February 18	Mexican Fiesta	COO202102010
Tuesday: April 6 – May 11	Italian	COO202102011
Thursday: April 8 – May 13	Italian	COO202102012

Leadership

Jr. Leader Program: (12-14 years old)

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 Pro D Day 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.

Location: Drop off at CPAC

Date: Camps as Posted in Camps Section

Time: 9:00am-4:00pm

Cost: \$ 25.00 per Pro D Day - \$75.00 for each week of Spring Break Camp

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

Please contact Sr. Recreation Leader Katie Fast if interested in this program. Katie.fast@forces.gc.ca





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Camps



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given. Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out [CAFCONNECTION.CA/Esquimalt](https://cafconnection.ca/esquimalt) for the most up to date information on programming.

Register for any PSP Camp Programs

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

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

Cancellation Policy

If we cancel

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

If you cancel

Full refunds will be processed by contacting PSP at 250-363-1009 a minimum 2 weeks prior to the program start date. 50% refund will be issued one week prior to start of camp. 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.

Inclusion Workers

Have a camper requiring a little bit of extra support in programming? Please contact us for more information on how to best support your child.

If you have funding through Queen Alexandra Centre for Children's Health we are happy to provide you with an inclusion worker for your child when one is available.



CAMPS



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

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

DATE	THEME	COURSE CODE	TIME	COST
February 12	Out of this World	CAM0320210030	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
April 19	Creepy, Crawly, Critters	CAM0320210032	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
May 14	Into the Unknown	CAM0320210033	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
May 21	Spies in Disguise	CAM0320210034 (TOGETHER WITH BOTH DISTRICTS)	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate

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

DATE	THEME	COURSE CODE	TIME	COST
February 12	Out of this World	CAM0320210035	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
April 19	Creepy, Crawly, Critters	CAM0320210037	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
May 14	Into the Unknown	CAM0320210038	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
May 21	Spies in Disguise	CAM0320210039 (TOGETHER WITH BOTH DISTRICTS)	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate

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



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

DATE	THEME	COURSE CODE	TIME	COST
February 12	PSP Mystery	CAM0320210040	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
April 19	Sit Back, Relax, and Enjoy the Show	CAM0320210042	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
May 14	International Explorations	CAM0320210043	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
May 21	Enter the Extreme Zone	CAM0320210044 (TOGETHER WITH BOTH DISTRICTS)	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate

Francophone School District Pro-D Day Camps (5-14 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

DATE	THEME	COURSE CODE	TIME	COST
February 19,	Time Travel	Sun: CAM0320210031 Fun: CAM0320210036 Adven: CAM0320210041	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate
May 21	Magicians Lair	Sun: CAM0320210034 (TOGETHER WITH BOTH DISTRICTS) Fun: CAM0320210039 (TOGETHER WITH BOTH DISTRICTS) Adven: CAM0320210044 (TOGETHER WITH BOTH DISTRICTS)	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 Regular / \$8 Ordinary / \$9 Associate \$38 Regular / \$42 Ordinary / \$47 Associate \$5 Regular / \$6 Ordinary / \$7 Associate

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

For more information please see the Sun, Fun and Adventure Seekers Pro D Day Camps
as they are the same dates this year!

CAMPS

Sun Seekers Spring Break Camp! (5-7 Years)

Join us for a spring break 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!

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.

Location: CPAC



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



WEEK/ DATE	THEME	COURSE CODE	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 March 15-19	World of Mario and Friends	CAM202103030a	\$155 Reg \$160 Ord \$170 Assoc	\$35 Reg \$37 Ord \$39 Assoc	\$25 Reg \$27 Ord \$29 Assoc	\$37 Reg \$40 Ord \$45 Assoc	\$9 Reg \$11 Ord \$12 Assoc	\$7 Reg \$9 Ord \$11 Assoc
Week 2 March 22-26	Nature Scientists	CAM202103031b	\$155 Reg \$160 Ord \$170 Assoc	\$35 Reg \$37 Ord \$39 Assoc	\$25 Reg \$27 Ord \$29 Assoc	\$37 Reg \$40 Ord \$45 Assoc	\$9 Reg \$11 Ord \$12 Assoc	\$7 Reg \$9 Ord \$11 Assoc

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

Fun Seekers Spring Break Camp! (7-9 Years)

Join us for a spring break 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!

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.

Location: CPAC

WEEK/ DATE	THEME	COURSE CODE	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 March 15-19	World of Mario and Friends	CAM202103031a	\$155 Reg \$160 Ord \$170 Assoc	\$35 Reg \$37 Ord \$39 Assoc	\$25 Reg \$27 Ord \$29 Assoc	\$37 Reg \$40 Ord \$45 Assoc	\$9 Reg \$11 Ord \$12 Assoc	\$7 Reg \$9 Ord \$11 Assoc
Week 2 March 22-26	Nature Scientists	CAM202103031b	\$155 Reg \$160 Ord \$170 Assoc	\$35 Reg \$37 Ord \$39 Assoc	\$25 Reg \$27 Ord \$29 Assoc	\$37 Reg \$40 Ord \$45 Assoc	\$9 Reg \$11 Ord \$12 Assoc	\$7 Reg \$9 Ord \$11 Assoc

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

Adventure Seekers Spring Break 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.

Location: CPAC

WEEK/ DATE	THEME	COURSE CODE	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 March 15-19	Slime Seekers	CAM202103032a	\$175 Reg \$180 Ord \$190 Assoc	\$35 Reg \$37 Ord \$39 Assoc	\$25 Reg \$27 Ord \$29 Assoc	\$42 Reg \$45 Ord \$50 Assoc	\$9 Reg \$11 Ord \$12 Assoc	\$7 Reg \$9 Ord \$11 Assoc
Week 2 March 22-26	The PSP Hunger Games	CAM202103032b	\$175 Reg \$180 Ord \$190 Assoc	\$35 Reg \$37 Ord \$39 Assoc	\$25 Reg \$27 Ord \$29 Assoc	\$42 Reg \$45 Ord \$50 Assoc	\$9 Reg \$11 Ord \$12 Assoc	\$7 Reg \$9 Ord \$11 Assoc

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

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).

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



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out CAF-CONNECTION.CA/Esquimalt for the most up to date information on programming.

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 at <https://www.trackie.com/online-registration/register/2017-18-karate-bc-individual-membership/18360/> and ShotoCanada (Adult \$35 and Child \$25) directly.

Colwood Pacific Activity Centre - Combo Class (Adult and Children)

Winter Training Session: January 5 – March 30

Course Code: MAR202112002

Tuesday/Thursday, 6:30pm - 8:00pm

Adult - \$125 Regular / \$140 Ordinary / \$155 Associate

Child - \$95 Regular / \$110 Ordinary / \$125 Associate

Spring/Summer Training Session: April 6 – June 29

Course Code: MAR202112003

Tuesday/Thursday, 6:30pm - 8:00pm

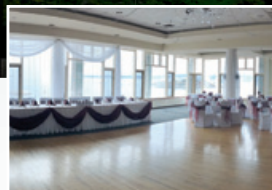
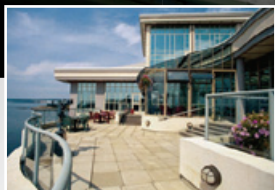
Adult - \$125 Regular / \$140 Ordinary / \$155 Associate

Child - \$95 Regular / \$110 Ordinary / \$125 Associate





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Adult

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).

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



Programming has been reduced to ensure the safety of our participants. We are only offering programming that will allow for social distancing and proper sanitization of the equipment. Whenever possible, events and programming will switch to a virtual platform when in person is not recommended. If this is possible, no refund will be given.

Please see Cancellation policy should you need to cancel and if you require any additional information regarding our processes during COVID-19 call us at 250-363-1009. Make sure to check out [CAFCONNECTION.CA/Esquimalt](https://www.cafconnection.ca/Esquimalt) for the most up to date information on programming



ADULT PROGRAMS

Art Programs

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: CPAC – Regina Room
Instructor: Behni Moosavi-Shalmani
Dates: Fridays, 6:00pm - 8:00pm
Cost: \$30 per session
*Virtual through Zoom if COVID requires it

Jan 15	FIN202107100
Feb 12	FIN202107101
March 12	FIN202107102
April 9	FIN202107103

Location: Chief and Petty Officer's Mess
Instructor: Behni Moosavi-Shalmani
Dates: Fridays, 6:00pm - 8:00pm
Cost: \$30 per session
*Virtual if COVID requires it

Jan 29	FIN202107104
Feb 26	FIN202107105
March 26	FIN202107106
April 23	FIN202107107

If the Paint it! program needs to be adjusted to comply with Provincial/Base COVID health guidance restrictions, refunds will not be offered as this program will then be facilitated through Zoom and painting supplies will be picked up at the Colwood Pacific Activity Centre in advance.



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Health and Fitness

4 Week Winter Run Clinic

Challenge yourself in a four week run clinic led by two top level Canadian runners, Erin Teschuk, 2016 Olympian and 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.

Erin Teschuk was a member of Canada's 2016 Olympic team and specializes in the Steeplechase, 3,000m, 1500m, and five-kilometre races. She represented Canada at the 2015 Pan American Games and competed in the International Amateur Athletics Association (IAAF) World Championships that same year. The two-time Canadian track and field champion is also a professional runner sponsored by ASICS.

Mariah Kelly is a professional middle-distance runner and is currently ranked 57th in the world in the women's 1500m event. Kelly signed a professional contract with New Balance in 2017. She won a bronze medal at the Canadian World Trials in the women's 1500m. That puts her in the running to join Canada's World Indoor team. She was also put on the runners up selection list for this year's Olympic Games.

Code: FIT202108004

Wednesdays, 6:00-7:00pm

Date: To be confirmed, likely in March 2021 due to Erin and Mariah's Olympic team training schedule

Location: OFF BASE – locations of runs will be sent out in advance

Cost: \$49.99 Regular / \$52.00 Ordinary / \$54.00 Associate



*F.I.T. New You
Beginner Boot Camp
Instructor, Starla Klinger*

F.I.T New You - Beginners Boot Camp

Would you like support and encouragement as you work towards your health and fitness goals? Maybe you are starting out or need some motivation to continue moving forward with your fitness.

If you answered yes, then this bootcamp is for you!

Each boot camp class is created without the use of major gym equipment; all you need is a set of 3lb or 5lbs dumbbells and a yoga mat. *Please note due to covid 19 measures we will not be providing equipment on site.

Starla is a certified fitness coach who has seen great success in her clients who have attended her PSP boot camps and that have done personal training with her. She is passionate about walking with others on their fitness journey to create and maintain an active and healthy lifestyle.

Code: FIT202108009

Saturdays, 8:45am-9:45am

Date: January 9 - February 27 (8 sessions)

Location: CPAC Gym (virtual if COVID requires it)

Cost: \$75 Regular / \$80 Ordinary / \$85 Associate



Introduction to 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 class is accessible and inclusive. Questions during practice are welcomed and encouraged. Suitable for everybody and every body.

Location: CPAC - Regina Room (virtual if COVID requires it)

Code: WEL20217100

Instructor: Sonia Gray, Water and Earth Yoga

Thursday, 6:30-7:30pm

Date: January 28, 2020

Cost: \$5 for all

Yoga for Warriors

Reduce physical and mental stress with dynamic movement followed by deep stretching and relaxation. Taught by an ex-military member with Yogafit for Warriors® and Warriors at Ease training, this accessible class is suitable for all genders, and perfect for those rehabilitating from and/or looking to prevent injuries. No previous yoga experience required.

Program session #1

Location: CPAC – REGINA ROOM (virtual if COVID requires it)

Code: WEL20217101

Instructor: Sonia Gray, Water and Earth Yoga

Wednesdays, 6:30-7:30pm

Dates: Wednesday, February 3 – February 24 (4 sessions)

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Program session #2

Location: CPAC - REGINA ROOM (virtual if COVID requires it)

Code: WEL20217102

Instructor: Sonia Gray, Water and Earth Yoga

Wednesdays, 6:30-7:30pm

Dates: run Wednesdays, March 3 – March 31 (5 sessions)

Cost: \$49 Regular / \$55 Ordinary / \$60 Associate

Program session #3

Location: CPAC – REGINA ROOM (virtual if COVID requires it)

Code: WEL20217103

Instructor: Sonia Gray, Water and Earth Yoga

Wednesdays 6:30-7:30pm

Dates: run Wednesdays April 7 – April 28 (4 sessions)

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

ADULT PROGRAMS

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, classes are accessible and inclusive, and approach movement from a Health at Every Size® perspective. Questions during practice are welcomed and encouraged. Suitable for everybody and every body.

Program session #1

Location: CPAC – REGINA ROOM (virtual if COVID requires it)

Code: WEL20217104

Instructor: Sonia Gray, Water and Earth Yoga

Thursday, 6:30-7:30pm

Dates: run Thursday, February 4 – February 25 (4 sessions)

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Program session #2

Location: CPAC – REGINA ROOM (virtual if COVID requires it)

Code: WEL20217105

Instructor: Sonia Gray, Water and Earth Yoga

Thursday, 6:30-7:30pm

Dates: run Thursday, March 4 – March 25 (4 sessions)

Cost: \$39 Regular / \$44 Ordinary / \$48 Associate

Program session #3

Location: CPAC – REGINA ROOM (virtual if COVID requires it)

Code: WEL20217106

Instructor: Sonia Gray, Water and Earth Yoga

Thursday, 6:30-7:30pm

Dates: run Thursday, April 1 – April 29 (5 sessions)

Cost: \$49 Regular / \$55 Ordinary / \$60 Associate

Weekend Yoga

Unwind after a long week with gentle movement, stretching, and meditation to promote rest and relaxation. Modifications to poses will be offered to ensure accessibility for all bodies, levels, and abilities. This class is taught through a trauma-informed lens, and is suitable for new and advanced yogis alike.

Location: CPAC – REGINA ROOM (virtual if COVID requires it)

Code: WEL20217107

Instructor: Sonia Gray, Water and Earth Yoga

Saturdays, 10:00-11:00am

Dates: February 6th – Saturday, March 13th (6 sessions)

Cost: \$59.99 Regular / \$66 Ordinary / \$72 Associate



Entrepreneurship 101 - 1st Steps to Success

This 1Hour program is designed for busy people looking to START their own business and is packed full of practical information relevant now or years from now. Whether you are a veteran or transitioning from Active Duty to becoming a Veteran soon or years from now; or you are a partner at home during long deployments, or any adult that might be considering turning a hobby into a business or just want to create something special; this course is for you. In ONE HOUR attendees will receive a practical starting point along with important information that will help them decide whether or not starting a business is their best option. The program was also created to help boost morale and self-confidence by highlighting opportunities yet to be explored in an inclusive environment that will not only give attendees the basics but the START needed to build their own business now and embrace the many opportunities they might not realize are available to them, any time. Course materials provided.

Code: WEL202117005

Date: Saturdays, 10:00am-11:00am

January 9- April 24 2021

Location: CPAC – HURON ROOM and offered virtually through Zoom (link will be provided to registered participants)

Cost: \$10 Regular / \$12 Ordinary / \$14 Associate

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Deployment

Build Your Own Everything Binder

Prepare for everything deployment with this 90-minute workshop. You'll be guided through building your binder with the information you may need at a moment's notice. Keep track of everything – from important phone numbers to who to call if the car or washing machine breaks down to when each and every bill is due. Register online at esquimaltmfrc.com/byob.

Location: Online

MFRC Thur Jan 28, 10:30am-noon

Location: Online

MFRC Thur Jan 28, 7:30-9pm

Children's Deployment Workshop: Parent Info 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 facilitator. Connect with others parents experiencing a deployment this year, and learn ways to keep that child connected to the deployed parent. Both the at-home caregiver and deploying parent are welcome at this session. Register online at esquimaltmfrc.com/cdw.

Location: Online

MFRC Tues Feb 2, 10:30am-noon

Location: Online

MFRC Tues Feb 2, 7:30-9pm

Children's Deployment Workshops

Children's Deployment Workshops help children adjust to a parent being away on deployment. Workshops offer children the chance to interact with other children who are going through the same experience. These workshops will help validate your child's feelings about deployment. Programs are designed for Preschool (age 3-5yrs), School Age (age 5-8yrs) and Preteen (age 9-12yrs). If you are interested in registering your child for one of the following workshops, call 250-363-2640 for more information. See full schedule in the Early Years and School Age sections.

Delicious Deployment Dinners

Who wouldn't like some new dinner ideas? Is cooking for one a challenge? Or are you trying to cook a meal that you and children will enjoy? Trying to find time to shop, prep and cook healthy meals while dealing with having your military member away? Have ideas to share? This monthly series will explore these questions and more. Specific topics will be announced at least one week in advance. Watch your Family Network Facebook Group for each month's topic. Register online at esquimaltmfrc.com/dinners.

Location: Online

MFRC Mon Mar 15 & Apr 19, 7:30-9pm

FAMILY NETWORK EMAIL ADDRESSES

443 MH SQUADRON	MH443.family@esquimaltmfrc.com
HMCS CALGARY	calgary.family@esquimaltmfrc.com
HMCS OTTAWA	ottawa.family@esquimaltmfrc.com
HMCS REGINA	regina.family@esquimaltmfrc.com
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SUBMARINES	subs.family@esquimaltmfrc.com
TERRA FIRMA DEPLOYED	terrafirma.deployed.family@esquimaltmfrc.com

Family Networks

Get the latest information and updates about your loved one's deployment, participate in social activities, and get mutual support from others who are going through the same experience. Check out the Family Network webpage at www.esquimaltmfrc.com. Fill out the Family Information Form available online at esquimaltmfrc.com/family-networks or via the Deployment App and email it to the MFRC at emfrc@shaw.ca. Information you provide is kept strictly confidential.

Family Network Volunteers

Become a vital part of a successful deployment by getting involved as a Family Network Volunteer. Enhance your group facilitation skills, provide information and support to your fellow military families, and gain experience with communications and organizing special events. You will need to commit approximately six hours per month. The MFRC is currently seeking volunteers for several networks. Extra volunteers are always needed to assist with activities, communications and planning. Learn more about volunteering at esquimaltmfrc.com/volunteer.

Music Bingo

Sit back in the comfort of your own home and enjoy an evening of laughs, connection building and fun with Virtual Music Bingo! Get ready to get your groove on and win some fun prizes! All you will need is an internet connection. Sponsored by Regroove. Register online at esquimaltmfrc.com/music-bingo.

Location: Online

MFRC Mon Mar 8, Apr 12 & May 10, 7:30-9pm

ADULT DEPLOYMENT

Mystery Mondays

Scattergories, trivia, guest speakers and much, much more. Join us for a monthly activity full of fun and surprises. Register online at esquimaltmfrc.com/mystery.

Location: Online

MFRC Mon Feb 22, Mar 22, Apr 26 & May 31, 7:30-9pm

Podcast Listening Party

Sort of like a book club but for podcast episodes related to the military lifestyle. At the January 20th session, we will decide which podcast episodes to select for the upcoming monthly discussions. You can listen to each episode on your own time or as a group before the discussion. Watch the event page for each month's selection. Register online at esquimaltmfrc.com/podcast-party.

Location: Online

MFRC Wed Jan 20, Feb 17, Mar 17, Apr 21 & May 19

Listen to Episode: 6:30-7pm

Discussion: 7-8:30pm

Preparing for Deployment (R2MR)

Is your member already away on a deployment? Or are they getting ready to deploy? Are you prepared? Are you informed of MFRC services? Would you like a chance to learn more about preparing for and dealing with a deployment? Have your questions answered by those "in the know." Register online at esquimaltmfrc.com/r2mr.

Adult Session

Location: Online

MFRC Thur Jan 21, 10:30am-noon

Location: Online

MFRC Thur Jan 21, 7:30-9pm

Parenting Session

Location: Online

MFRC Mon Jan 25, 10:30am-noon

Location: Online

MFRC Mon Jan 25, 7:30-9pm

Return and Reintegration Workshop (R2MR)

Military families have identified reunion as their most challenging time to manage. Having an understanding of the impact of transitioning back from a deployment to everyday life is essential for your entire family - including your returning loved one. Discover useful techniques and tips to have a successful homecoming. All participants are asked to register online at esquimaltmfrc.com/r2mr.

Adult Session

Location: Online

MFRC Thur Apr 29, 10:30am-Noon

Location: Online

MFRC Thur Apr 29, 7:30-9pm

Parenting Session

Location: Online

MFRC Thur May 6, 10:30am-Noon

Location: Online

MFRC Thur May 6, 7:30-9pm

Wellness Wednesdays

Join us for an informal discussion around various mindful topics with the challenges of the military lifestyle in mind. Each session will include an informal learning opportunity around health and wellness, and a short guided meditation. Topics include an Introduction to Mindfulness, Making Time for Self-Care, Mindful Eating and Mindful Movement. Register online at esquimaltmfrc.com/wellness-wednesdays.

Location: Online

MFRC Wed Feb 10, Mar 10, Apr 14 & May 12, 7:30-9pm



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A black and white advertisement for TRACKSIDE AUTO SERVICE LTD. The text "Voted Best of the City" is in a circular seal. A list of services is provided with checkmarks. Logos for WALKER, Castrol, HANKOOK, and BBB are shown. The address and phone number are at the bottom.

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DEPLOYMENT RESOURCES & SERVICES ADULT

Deployment Resources & Services

Children's Deployment Workbooks and Parent Guide

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 deployed parent. Stop by any MFRC location to pick up a copy today or order online via esquimaltmfrc.com/order-workbook. Copies of these manuals are available to deployed members on their ships and electronically upon request. Deployment staff can assist you throughout the deployment via email support.

Deployment App

Experiencing a deployment soon? With the MFRC Deployment App, you can receive tips to guide you through all stages of your work-related separation, use checklists to keep track of your to-do lists, receive reminders of mail dates, search for your closest MFRC location and see how far you've come with a customizable count-down clock. Downloads available for iOS and Android devices via the Apple App Store and Google Play. Learn more at www.esquimaltmfrc.com/deployment/app.



Deployment Support Books

These booklets contain information to make deployment easier for military families. There are versions specifically for sea, land and submarine deployments. Pick up your booklet at any MFRC location, view it online or request that one be mailed to your loved one!

Mail Drop Off Locations

Send mail and parcels to your deployed member for free! The MFRC is an approved drop-off site for the Fleet Mail Office for Units with published mail dates or for any land based deployment outside of Canada. The MFRC will accept parcels and letters for deployed members at either CPAC MFRC or Signal Hill MFRC. Visit www.esquimaltmfrc.com for addresses, mail dates and guidelines. Please note: If your military member is away on a course or imposed restriction (IR), you must mail your letters or parcels through Canada Post.

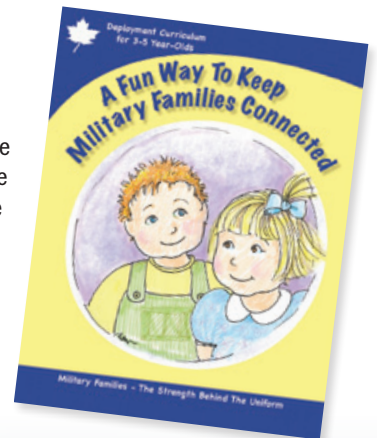
Due to COVID-19, wrapping stations are not available at MFRC locations for morale mail. Parcels must arrive wrapped and ready for mail with the exception of International Customs Declaration Forms which will be available at the MFRC. Call 250-363-2640 for information and guidelines. For further questions, please contact the Fleet Mail Office at 250-363-2176.

Parenting from Afar

Stay connected with your child during deployment. Grab a Children's Deployment Workbook and a Parent Guide at any MFRC location, and the Parenting from Afar booklet. Also available online at esquimaltmfrc.com.

Staying in Touch Service

Sign up yourself or a loved one for a "Staying in Touch" phone call or email to take place through a deployment. You will receive updates on the activities and services available to you through the Base and Community as well as updates on your member's mission. We call anywhere in Canada. To subscribe, phone us at 250-363-2640 (toll free: 1-800-353-3329) or update your MFRC Family Information Form via the MFRC website or the MFRC Deployment App.



ADULT COMMUNITY INTEGRATION

Community Integration

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

MFRC Thur Jan 14-Apr 15, 6-8pm

French as a Second Language – Rosetta Stone

Are you posted to a bilingual base or Francophone 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.



Music Bingo

Sit back in the comfort of your own home and enjoy an evening of laughs, connection building and fun with Virtual Music Bingo! Get ready to get your groove on and win some fun prizes! All you will need is an internet connection. Sponsored by Regroove. Register online at esquimaltmfrc.com/music-bingo.

Location: Online

MFRC

Mon Mar 8, Apr 12 & May 10,
7:30-9pm

Mystery Mondays

Scattergories, trivia, guest speakers and much, much more. Join us for a monthly activity full of fun and surprises. Register online at esquimaltmfrc.com/mystery.

Location: Online

MFRC

Mon Feb 22, Mar 22, Apr 26 & May 31,
7:30-9pm

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 trained staff to provide guidance on gaining meaningful employment. There are also employment workshops and employer information sessions hosted at the Colwood Pacific Activity Centre. Call 250-363-2640 for more information.

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 all regular and reserve military family members age 10 years and up. 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.

Volunteering

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

Some recent volunteer roles at the MFRC:

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

View the latest volunteer opportunities at www.esquimaltmfrc.com. Volunteer orientation sessions are scheduled on-demand. Apply online today to become a MFRC volunteer.

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.



SOCIAL AND MENTAL WELLNESS ADULT

Social and Mental Wellness

Courage to Care

It is easy to treat loved ones and friends with patience and warmth when they struggle but it can be hard to do the same to yourself. Through guided discussion and experiential activities, participants will be invited to incorporate self-compassion practices into their personal resilience plan. This four-session program is open to veteran families and families in the process of releasing from service. Call 250-363-2640 to register.

Location: TBD

Dates/Times TBD

Wellness Wednesdays

Join us for an informal discussion around various mindful topics with the challenges of the military lifestyle in mind. Each session will include an informal learning opportunity around health and wellness, and a short guided meditation. Topics include an Introduction to Mindfulness, Making Time for Self-Care, Mindful Eating and Mindful Movement. Register online at esquimaltmfrc.com/wellness-wednesdays.

Location: Online

MFRC Wed Feb 10, Mar 10, Apr 14 & May 12, 7:30-9pm

Social and Mental Wellness Resources and Services

Emergency Family Plan and Family Care Plan

You need to plan ahead for the unexpected. If something happened to an at-home family member during a deployment, you need to have a workable emergency family plan. The MFRC can help you develop your plan, look at ways to build your support system and may be 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.

Extra/Diverse Support Needs

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

- Navigate various community services including education, mental health, early years and health related care systems.
- Advocate for services.
- Develop a personalized support plan for children/youth/adults with extra/diverse needs including complex needs. 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 deployments.
- 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

Social workers/counsellors can 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. Call the MFRC and ask for the intake phone line for more information.



Parenting Support

Growing Parents

A supportive and educational group for new and expecting parents. Guest speakers and discussions 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 fun, interactive facilitated group. Come to one or all of the sessions! Topics include sleep, starting solids, self-care, comfort measures, infant safety and much more. Register by emailing intake@emfrc.com.

Location: Online

MFRC Tues Jan 19-Mar 9, 10:30-11:30am

Best-selling author engaging CAF

Peter Mallett
Staff Writer

A new virtual book club called The PSP Page Turners has launched.

There most recent book reviewed was by Jesse Thistle, Canadian author and National Best Seller of *From The Ashes*, who joined the book club on Nov. 30 via Zoom as a guest for the book club's question and answer session.

"Regardless if the book club is big or small, Jesse looks for ways to connect with his readers, and we were happy to provide that platform for him," said Diana Cao, the PSP Page Turners founder at Canadian Forces Morale and Welfare Services.

Thistle is from Northern Saskatchewan and of Métis-Cree-Scot descent. He is a Ph D. candidate in the History program at York University in Toronto. In his book, the former high school dropout discusses his youth and dealing with issues such as foster care, homelessness, addiction, Post-Traumatic Stress Syndrome, and the historic impacts of colonization on Indigenous peoples.



He hopes potential readers understand there is no "ah-ha" moment in his book like other road-to-recovery stories.

"I didn't write my book for others but rather for my own self-help. I'm not logging in to lecture people about addiction. My writing is all fact based and I don't inject my emotion into my story or try to tell people how to feel."

Turning the Page

The PSP Page Turners is open to

anyone, whether they are part of the CAF community or not.

Cao is wanting to grow the club to help mitigate the isolation people are feeling because of COVID-19. Every month, she picks three books and creates an online poll on their Facebook page for members to vote on their next novel or biography for members to read. A few weeks later they are invited to discuss the book via Zoom.

At the start of the virtual meeting, Cao poses a list of questions about the book. The end result is almost always a lively and often unpredictable discussion, she says.

"People often tie things in the book their personal lives, and the discussion usually goes a little bit off course. I welcome that because this is a great way to bring people together, make friends, and have some fun and entertainment when reacting to each individual's feelings, thoughts, and interpretations."

Cao's other job is as a Deployment Support Coordinator for Personnel Support Programs (PSP), which normally has her making travel arrangements for deployed military members to reunite with their loved ones. But widespread COVID-19 travel restrictions have greatly reduced her workload, so earlier this year she began working to develop and assist in support programs that engage Canada's military community during the social distancing restrictions of the pandemic.

Anyone is welcome to participate in the online session, whether they have read the book or not, can do so via the link below.

To join the PSP Page Turners email diana.cao@forces.gc.ca or feel join facebook.com/groups/PSPPageTurners for updates.





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VETERANS ADULT

Transition Programs and Resources

Mental Health First Aid

In support of the Veteran Community, a customized version of the Mental Health First Aid course is available for members of the Veteran Community. 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 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.

Veterans

Veteran Family Program

The MFRC's mandate now includes support to 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



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ADULT HEALTH PROMOTION

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.

At this time, Health Promotion courses are available free of charge to CAF members only and all courses are limited to six participants so that all provincial public health requirements can be met. Participants will be seated at their own tables at least two metres away from any other participant and will be required to follow a number of safety precautions that will be clearly outlined upon registration.

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.

Programs

***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.

February 8 (8:30 am – 4:00 pm) & 9 (8:30 am – 12 noon)

(course includes both sessions)

OR

April 19 (8:30 am – 4:00 pm) & 20 (8:30 am – 12 noon)

(course includes both 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.

February 11, 18, 25 & March 4, 8:30 am – 12 noon

(course includes all four sessions)

OR

April 8, 15, 22 & 29, 8:30 am – 12 noon

(course includes all four sessions)

Anger Iceberg



Anger is a lot like an
iceberg... what you see
can be deceiving.



***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.

January 18, 8:30 am – 4:00 pm OR

February 22, 8:30 am – 4:00 pm OR

April 12, 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.

January 14, 21, 28 & February 4, 8:30am – 12 pm

(course includes all four sessions) OR

March 11, 18, 25 & April 1, 8:30 am – 12 noon

(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.

March 1, 8:30 am – 4:00 pm and March 2, 8:30 am – 12pm
(course includes both sessions)

***Respect in the Canadian Armed Forces NEW WORKSHOP!**

RitCAF is a new workshop available to CAF members as part of Operation Honour. RitCAF is interactive and intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims. Three modules are covered: The nature and magnitude of sexual misconduct in the CAF; Bystander Intervention; and Victim Support.

January 13, 8:30 am – 4:00 pm OR

January 20, 8:30 am – 4:00 pm OR

January 27, 8:30 am – 4:00 pm OR

February 3, 8:30 am – 4:00 pm OR

February 10, 8:30 am – 4:00 pm OR

February 17, 8:30 am – 4:00 pm OR

February 24, 8:30 am – 4:00 pm OR

March 3, 8:30 am – 4:00 pm OR

March 10, 8:30 am – 4:00 pm OR

March 17, 8:30 am – 4:00 pm OR

March 24, 8:30 am – 4:00 pm OR

April 7, 8:30 am – 4:00 pm OR

April 14, 8:30 am – 4:00 pm OR

April 21, 8:30 am – 4:00 pm OR

April 28, 8:30 am – 4:00 pm

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hrciv-rhciv.mil.ca

TO SEE A PROFESSIONAL COUNSELLOR
1-800-268-7708



Anita Didrich
3-1535



Wendy Arthurs
3-5221



Greg Lecky
3-1990



Ken Michaels
3-7526



Bill Barnes
3-7321



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250-857-4783



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Andrew Twamley
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Nat Burgess
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Steven White
250-468-5065



Susan Johnson
250-468-5011



Linda Orman
3-5156

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Provides short-term professional counselling and follow up: 1-800-268-7708

Hearing impaired: 1-800-567-5803

EAP Coordinator Nora Johnson: 250-217-8380



Nora Johnson 250-217-8380

Aquatics



PLEASE NOTE: that hours and schedule are subject to change, please stay tuned on our Facebook page and CAFCONNECTION for any changes or updates.

Pool Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim Club 06:00-07:15	Lap Swimming 06:00-07:15am	Swim Club 06:00-07:15	Lap Swimming 06:00-07:15am	Swim Club 06:00-07:15	CLOSED	CLOSED
Military Training 0730 – 11:30 Scheduled training only. Hot tub, Steam Room and Leisure Pool closed.						
Lap Swimming 12:00 – 1:00pm	Lap Swimming 12:00 – 1:00pm Aquafit 12:05-12:50	Lap Swimming 12:00 – 1:00pm	Lap Swimming 12:00 – 1:00pm Aquafit 12:05-12:50	Lap Swimming 12:00 – 1:00pm		
Military Training 1:30-3:30pm						

- Pool will be available for Military, DND Civilians, Public and Staff of the Non-Public Funds for lap swimming Monday-Friday.
- Hot tub and leisure pool will also be available during these times, steam room is closed.
- Aquatics area capacity: 10

AQUATICS



What you need to know:

- Pool access will be on a first come, first service basis adhering to aquatics area capacity (10) and specific pool capacity (Main pool: 7/ Hot Tub: 3/ Leisure Pool 5)
- Check in with NAC Front Desk staff upon entering facility and BEFORE entering pool area – PSP Front Desk staff will confirm if there is space available
- Access the pool area through the change room after you have changed and showered (please limit time in change rooms/showers).

- Masks must be worn in facility, INCLUDING Pool deck. Masks are NOT required while in pools.
- Lifeguards will not be able assist those with mobility issues entering the pool area – please ensure you bring someone with you.
- Snorkels are PROHIBITED.
- No water fountains are available – please bring own water bottle – not glass please.
- Spitting and nose blowing in the water are PROHIBITED.
- ALL Naden Athletic Centre facility policies/processes must be adhered to at ALL times.
- Patrons MUST follow ALL directions issued by PSP staff at ALL times in the facility.
- A minimum of 2m social distance should be adhered to at ALL times
- Please note while the swim club is training the hot tub, leisure pool and steam room will remain close.
- Please be respectful and mindful of people waiting to use the change rooms, showers and hot tub/leisure pool.
- Please do not come to the pool if you are feeling unwell, if you have been in close contact with someone who has tested positive for COVID-19, or if you have travelled outside of Canada in the last 14 days.

Refer to our website for all up to date information:

<https://www.cafconnection.ca/Esquimalt/Facilities/Naden-Pool.aspx>

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Sports

Formation Sports

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

- Cock of the Walk/Formation (Unit Competition)
- Formation Teams (Canada West Regional and CAF National Championships)
- CISM (International Sports)

Cock of the Walk (COTW)

The Formation Cock of the Walk program 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

** Due to the changing situation, remaining COTW events for 2020 have been cancelled. Starting in January 2021 we will move forward with a cohort-model approach to sports on base, starting with intra-unit sports programs and tournaments followed by multi-unit sports. More information to come Jan 2021 as all sports on base are subject to change due to COVID-19*

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.



Sports currently approved to practice, contacts can be found below:

- Men's, Women's and Old Timer's Ice Hockey
- Basketball
- Volleyball
- Badminton & Squash
- Swimming

SPORTS

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 2021

** Due to COVID-19 all Regional and National sports have been cancelled for the remainder of the 2020/2021 Fiscal Year. More information on the status of FY2021/22 CAF sports will come in the New Year as the current situation continues. The Formation Sports Office will continue to provide local sport opportunities for units while following Provincial Health Guidelines.*

YEARLY SPORTS OVERVIEW		
SPORT	CAN WEST REGIONAL	CAF NATIONALS
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: PO2 Stephan Girard – Stephan.Girard@forces.gc.ca

Contact Squash: CPO2 King & Lt(N) Weatherall – timothy.King2@forces.gc.ca & David.Weatherall@forces.gc.ca

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

** Base playdowns and Regionals subject to change due to COVID-19 regulations, drop in badminton and squash are approved following return to play guidelines.*

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: PO2 Curtis Gillies (Curtis.gillies@forces.gc.ca)

Contact PSP: Esq.Sports@forces.gc.ca

** Civilian ball hockey leagues and Regionals subject to change due to COVID-19 regulations.*

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. Last year the Men's Team won CW Regionals. 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

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

** Men's Basketball have been approved to return to practice following health guidelines, Regionals are subject to change due to COVID-19.*

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 PSP: esq.sports@forces.gc.ca

** Golf Playdowns and Regionals subject to change due to COVID-19.*

Grappling

Grappling is a new addition to the CAF sports program, members of all experience levels are welcome to express interest to PSP Sports. Due to COVID-19 the grappling team is not practicing.

Contact: OS Connor Sher – connor.sher@forces.gc.ca

Contact PSP: esq.sports@forces.gc.ca

Ice Hockey

The Esquimalt Tritons Men's, Women's, and Old-timer's teams are approved to return to practice starting October 2020 at Wurtele Arena. Canada West Regional Championships are typically held early in the New Year, however 2021 Regionals for FY2020/21 have been cancelled. All CFB Esquimalt Ice Hockey teams are competitive in the Canada West Region, with all three CFB Esquimalt teams placing 1st in the 2019 Regional Championships.

Contact (Men): Capt Lawson (jack.lawson@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

***Practice status subject to change due to COVID-19.**

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. That status of 2021 Regionals has not been determined. 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

Contact 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 2021 Running Nationals has not been determined at this time. Below are sample qualifying times from the 2019 season. For more information on Running qualifying times contact the Sports Office 3-4068/4069

Contact: CPO2 Kuyper – Charles.kuyper@forces.gc.ca

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

RUNNING QUALIFYING TIMES

DISTANCES	MARATHON		HALF MARATHON		10 KM		5 KM	
Under 19	3:15:10	3:35:32	1:32:40	1:45:17	42:24	48:17	20:37	23:26
20-24	3:15:10	3:34:57	1:32:40	1:44:17	42:24	48:09	20:37	23:26
25-29	3:15:00	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

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SPORTS

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. In 2018 the Men's team won Canada West Regionals and finished 3rd at Nationals. Both teams are always looking for interested players, so please contact the respective coaches.

Contacts (Men): CPO2 Michael (Rob) Tibbetts –
michael.tibbetts@forces.gc.ca
(Women): S1 Allison Galambos
(Allison.Galambos@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 the Men's and Women's Coach.

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



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 2021 Swimming Nationals has not been determined.

Contacts: coach@navymasters.com
Contact PSP: Esq.sports@forces.gc.ca

***Practices subject to change due to COVID-19**

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. Below is a sample of 2019 qualifying times, 2021 times will be updated for future Triathlon Championships. Contact the sports office for more details 3-4068/9.

Contact: esq.sports@forces.gc.ca

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



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SPORTS



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 2021 Regional and National Championships has not been confirmed. In 2019 the CFB Esquimalt Men's team were Regional Champions and moved on to win at the National Championship. Both teams are always looking for interested players to join the team, so please contact the Sports Office for more information!

Contact PSP:

esq.sports@forces.gc.ca

**Practice times subject to change due to COVID-19*

CANWEST REGIONAL AND CF NATIONAL SPORTS CHAMPIONSHIP SCHEDULE 2021

*All Sports remaining in the 2020/2021 Fiscal year calendar have been cancelled,
more information on FY2021/2022 sports calendar to come in the New Year.*

For information regarding any sporting events, please contact:

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

PSP Sports and Athletics Assistant – Rebecca Coulter: 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.



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



Fitness

Outdoor Force PT

Come practice all 4 components of the FORCE Evaluation outside of the Naden Athletic Center! Ensuring social distancing is being adhered to as PSP staff take you through an innovative workout that will prepare you for your annual fitness evaluation.

Registration required. Military members only. Limited slots available. Timings currently 0800-0900 but may vary.

Contact Sylvain Verrier at sylvain.verrier@forces.gc.ca for details.

Outdoor Unit PT

PSP fitness instructors are offering outdoor unit PT to anybody who is looking to increase their overall levels of fitness. Limited to 20 participants, contact Sylvain Verrier at sylvain.verrier@forces.gc.ca if you have confirmed interest from your unit to organize your booking time.

Limited slots available. Timings currently 0800-0900 but may vary.

Remedial PT

Onsite group remedial PT is being offered Wednesday mornings starting 22 July, by reservation only. Onsite group PT is being offered by reservation only. For Remedial PT or Unit PT, please contact Sylvain Verrier at sylvain.verrier@forces.gc.ca or 250-363-4495.

In addition, live streamed and YouTube workouts are being posted on the Naden Athletic Facebook Page.

FORCE testing

Currently, due to COVID-19, we are mandated to only test military members if they fall within the parameters listed below.

Contact your unit FORCE coordinator to book your test. You may be asked to provide documentation proving you fall within:

- Deployment
- Recruitment
- Support of individual training (BMQ, BMOQ, DP, and BTL)
- Environmental specific Basic training
- Mission essential training

For FORCE bookings, contact your unit FORCE coordinator. In their absence, please contact Adam Roer at adam.roer@forces.gc.ca or 250-363-4412.

For troubleshooting, contact Fitness Coordinator Sylvain Verrier at sylvain.verrier@forces.gc.ca or 250-363-4495.

Check out the Naden Athletic Center Facebook page for all virtual programming offers!



CFSA

Canadian Forces Sailing Association (CFSA) Learn To Sail Program

Learn to Sail at the Canadian Forces Sailing Association! We offer courses for Youth and Adults of all ages, from beginner to advanced. CFSA is a wonderful place to learn to sail, with favourable winds and a protected harbour.

Our instructors are nationally certified through Sail Canada and trained in how to teach sailing, as well as first aid and boat rescue. We follow the Sail Canada CANSail curriculum of instruction.

CANSail is designed to be a set of progressive learn to sail standards focused on providing sailors with a solid foundation of core skills. It allows sailors to learn and progress in any type of boat and consolidates key skills and solid experiences before adding complex skills.

You are not required to work for DND nor be a member of CFSA to take part in our Fall Race Team program, but you will probably find that you enjoy sailing so much that you will want to join and benefit from the perks of membership!



Did You Know?

High School students with 100 or more hours of Sailing Instruction can apply for 4 high school credits, ask us how!

Any Questions?

Contact our Program Coordinator:

Email: sailinginstructor@cfsaesq.ca

CF Sailing School - Esquimalt on Facebook: @esquimaltsailing

Registration is through PSP Recreation:

Phone: 250-363-1009

In Person: 2610 Rosebank Rd (Colwood: Google Map!)

Online: PSP Online - Esquimalt

OR

Naden Athletic Centre Kiosk

Phone: 250-363-5677

CFSA Contact Details:

Training Officer: training@cfsaesq.ca

Web: www.cfsaesq.ca

Phone: 250-385-8873 (leave a msg please)

Membership: membership@cfsaesq.ca

CFSA Junior Race Team (8-18 years old)

11am-2pm on Sundays and 4:30pm-6:30pm on Wednesdays

Our Race team is for sailors with a bit of sailing experience who want to work more on their skills. We welcome everyone who is still getting used to the boats, to people who are finessing their skills and competing in provincial competitions. For ages 8-12, the sailors will use the Opti boats and sail by themselves. From 12 to 18 they have a choice to sail in the doublehanded 420 or the single handed Laser boat. Both of these are great options and very competitive classes to race against.

Our coaches are looking forwards to a great season of training and the potential for some small local competitions while COVID-19 continues to affect our competition season.

The cost for the program is \$100 per month. The first practice is March 24 and the final practice is June 30, 2021.

If you have any questions, please email our Program Coordinator at: sailinginstructor@cfsaesq.ca

We love having new people on our team and growing their skills from the very basics up to a racing level!





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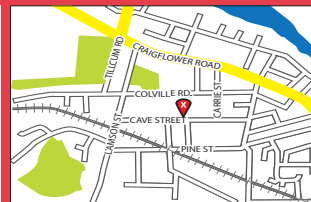
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Clubs

PSP Club Contact List

Aquarius Dive Club	Dustin Renz		info@aquariusdiveclub.com
Auto Hobby Club		250-480-0191	CFBAutoHobby@shaw.ca
Golf Association	Brian Hammond		Hammond.Brian@fleetway.ca
Kayak Club	Glen Ereaut	250-363-0604	president@pfkc.ca
Model Railroad Club	Ken Silvester	250-474-1316	
CFSA Sailing	Club House	250-385-2646	
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		daniel.lonsdale@forces.gc.ca
	Secretary (Pony Moore)		cfmetr.boatclub@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 Che-mainus, 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 traveling 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

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Whether you're a car/truck/off-road/racing/motorcycle enthusiast, or just want to save money on maintenance, the Auto Club is a great place to meet others with similar inter-

ests, learn new skills, and make friends. Club perk are connections with businesses that offer exclusive discounts, invitations to member organized and led events, assistance to dependants of deployed CAF members, and access to our workspace. We're always looking for ideas and volunteers to organize the next event or contribute to club improvement.

We have a workspace that allows members to work on their own vehicles. We can help connect you with other members that have experience and a willingness to help out. Our custodians, who have been with us for +20 years, can keep you safe and lend sage advice while you work. The shop has a variety of equipment that can help you with your projects, including:

- 3 hoists, tire machine and balancer, brake lathe, diagnostic and specialty tools;

- Welding/cutting equipment, parts cleaner, and a wide variety of power and hand tools;
- On-duty custodians to help you find tools and keep you safe;
- Hours of operation: Mon, Thu, Fri 1800-2200, Sat/Sun 0800-1600

Membership is open to active and retired CAF, DND, PSP, MFRC, RCMP, and active reservists and foreign military. Canadian Coast Guard, DFO, CRD municipal police, other government agencies, and civilians who feel they can contribute to our community are welcome to apply for associate membership.

Purchase your membership at CPAC. Arrange a workshop tour by calling the Club at 250-480-0191 during operating hours. For questions regarding Auto Club membership, operations, and events, contact the club executive at CFBAutoHobby@shaw.ca.

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 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 600 members! CFBEGA purchases corporate memberships at local golf courses and provides reduced green fees to its members. In addition, thanks to other local golf courses, CFBEGA members enjoy reduced green fee rates. Such benefits of this club include:

- Members and temporary personnel receive the benefits of club membership at a vari-

ety of courses, while the participating golf clubs receive our patronage and spin off business year-round;

- Participation in club tournaments and events;
- 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 2020/2021 year, we hold up to 16 memberships at Olympic View, and

10 at Arbutus Ridge. We also have special CFBEGA rates at the following golf courses: Bear Mountain, Cordova Bay, Gorge Vale, Cedar Hill, Cowichan, Metcho-sin, 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 keep golf course membership. Check out our web site at www.cfbega.ca for all the details or contact Brian Hammond via email at Hammond.Brian@fleetway.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 techniques 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



CLUBS

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. Our Junior Race Team starts after March Break.

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: www.cfsaesq.ca

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



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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 fishing 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:

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



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CLUBS

Model Railroad Club

The model Railway Club started as an N Scale (1/160) NTRAK modular layout in December 1997. Currently the NTRAK layout is 30 plus feet by 40 plus feet. These modules are continuously updated as new techniques and experiences are gained including Digital Command Control (DCC) systems. The N Scale layout is currently completing conversion to DCC but this does not preclude DC locomotives from being run on the layout.

The HO Scale (1/87) modular layout is also 30 plus by 40 plus feet and has completed conversion to DCC. Again this does not preclude DC locomotives from enjoying the wonders of the layout. 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. Our layout at "Christmas in the Village" is the

perennial favourite display at the Saanich Historical Artefacts Society Christmas presentation.

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.

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 Ken Silvester at 250-474-1316 or Harry Stinson at (250) 665-7113, cell (250) 213-1373.



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Local kilt makers bring breath of fresh air to classic garment making tradition

Jackson Wagner and Justin Guthrie are on a mission to bring the joy and freedom of everyday kilt wearing to men and women of all ages. They live by example, wearing kilts every day. Wagner only owns one pair of pants. Guthrie says, "It takes a certain amount of confidence to wear a kilt. When you strap a kilt around your waist you're telling the world - I don't care what you think, this is what I like. Confidence is sexy." They own North of Hadrian's Kilts and Celtic Clothing in View Royal. They are not kilt snobs. Though they will give kilt fashion advice when asked (maybe not with a cowboy hat), they encourage people to wear and accessorize their kilts anyway they like, "as long as the pleats are at the back". There are a lot of kilt snobs out there, but there are very few kilt cops, says Guthrie.

There are a number of reasons for the resurgence of interest in the pleated garment - from the current kilt romance novel trend (yes that's a thing right now!), to the hit show 'Outlander', which features the

traditional garment - kilts, kilts and more kilts! And with the current trend towards personalized weddings, many young men are looking to bring a touch of their Scottish or Irish heritage to the occasion to make their family proud. Jackson and Justin recently created custom kilts for a Victoria wedding party. The stylish groom was Duncan Polson, Assistant Manager of the well-known Victory Barbours in the Atrium in Victoria. He said, "I don't think my Dad has ever looked happier than he did seeing all his boys grown and in the MacKay green and blue. I'm especially thankful you could breathe new life into the old tartan my pops wore on his wedding day. My mother made it for him while they were just starting to date at university, and it means the world to us that it won't just be a memory on the shelf."

Wagner and Guthrie serve the traditional kilt wearing audience, such as military, pipe band musicians and highland dancers, but they are also exploring new potential markets. Last year they attended the

Vancouver Fan Convention, where they had the chance to meet William Shatner. Despite the busy autograph line up, Shatner stopped long enough to have a quick chat with them about kilts. They also attended the 2015 Victoria Pride Parade, for which they designed a custom 'pride kilt', which features the colours of the rainbow tucked inside each pleat. One brand new pride kilt customer said, "I just got the pride kilt made for me and I have to say it looks amazing. Thank you guys for convincing me that kilts are a glorious piece of clothing that my wardrobe was lacking. I can't wait to wear it."

Wagner and Guthrie find that everywhere they go, people ask to have their photo taken with 'the guys in kilts'. Wagner's wife has started telling people that he is not a tourist attraction. She's always surprised by the number of females attempting to answer the age old question, "What's under your kilt? The kilt makers don't seem to mind one bit. They just hand out their business cards.

Justin in Guthrie Kilt.



Jackson Wagner and Justin Guthrie.



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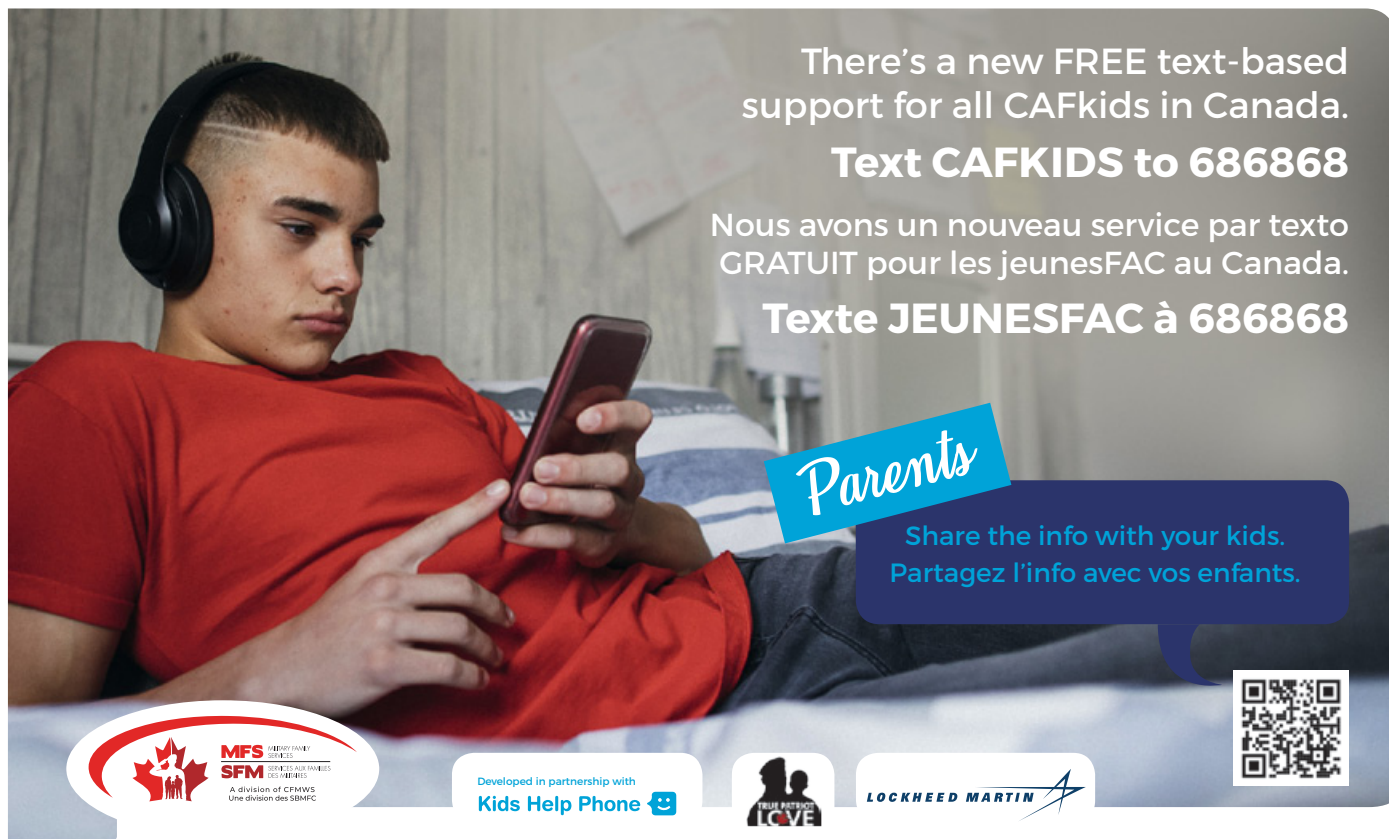


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