

MAY TO AUGUST 2021

ACTIVITY GUIDE

A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT



Get ready, get set for PSP summer camps! Discover more inside.

summer

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charitable organization that
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by pledging to the MFRC.

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Please go to
support.esquimaltmfrc.com

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- ✓ We've Got It.
- ✓ Come Get It!

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 dynamic 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 the MFRC and PSP have developed some creative, virtual and in-person programs to keep you engaged, connected, and safe. Discover their programs on the following pages. Check out the summer camps as well!

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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	

**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

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

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

completed no refund will be provided.

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

Refund Process

MFRC programs: 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/pspesquimaltspac recreationcpac@forces.gc.ca
PSP Recreation Online Registration.....	https://bkk.cfmws.com/esquimaltpub/
Swim Team.....	www.navymasters.com

SPRING / SUMMER 2021 ACTIVITY GUIDE

Views and opinions in this guide are not necessarily those of the Department of National Defence. Mailed under Publication Mail

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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

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

May-June: Monday to Friday: 11:00am – 3:00pm

July – August: Monday – Friday: 1:00pm – 5:00pm

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

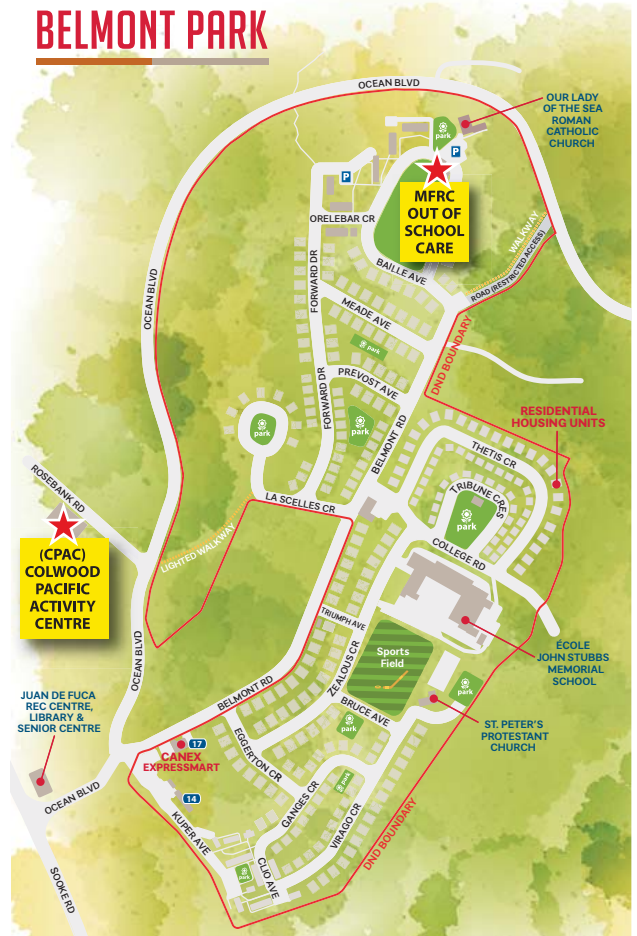
To inquire about a facility booking for your group, please contact 250-363-4213.

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

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	\$70/hr	Free During Regular Business Hours (some exceptions apply)
WINNIPEG Multi-Purpose	- Seminar Layout: 40 People (Full Capacity) - Classroom Layout: 30 People	\$42/hr	
HURON Conference Room	12 Person Boardroom Table	\$28/hr	
REGINA / PROTECTEUR Multi-Purpose Rooms	- Seminar Layout: 30 People - Classroom Layout: 20 People	\$28/hr	
KITCHEN	Some kitchen supplies available upon request	\$28/hr	

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

\$ 2 Million Liability Insurance required for all contracts
 \$50 Contract fee applied to ALL Provision of Service contracts
Damage/Cleaning Deposits:
 Deposit: \$600

Equipment Rental Rates:

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

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

FACILITIES



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

The health and safety of the Defence Community and our staff are our top priorities at Naden Athletic Centre. We are following the direction of Provincial Health Orders. Rules are subject to change and will be updated as needed. Those disregarding rules may be refused access to the facilities. We encourage you to check our website for most updated information.

Naden Athletic Centre (NAC)

Building 88, Naden

The NAC gym currently only open to Military members, Military family members, NPF, CFMWS and DND employees. Please call NAC Kiosk for any updates.

Hours of Operation

Mon: 6:00am - 8:00pm

Tues to Fri: 6:00am - 6:00pm

Sat: 8:00am - 6:00pm

Sun: 8:00am - 1:00pm

All Statutory Holidays the facility will be open from 8:00am-1:00pm

**Schedule may change without notice.

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 including, but not limited to:

- Masks must be worn at all times in the facility.
- Social distancing must be adhered to at all times.
- Hands must be sanitized or washed upon entry to the facility.
- Patrons are responsible for sanitizing equipment before and after use, with products supplied, this will include lockers and shower knobs.
- Health screening questions will be asked by the facilities staff upon entrance to the facility.
- Valid ID must be shown to facilities staff.
- Patrons must adhere to individual room / area capacity restrictions as posted.
- Patrons are asked not to congregate or linger in the facility, please conduct your workout and depart the building.

If you need to talk to a PSP staff member in their office, please respect capacity restrictions and be cognizant of other people in shared offices.

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

- Drop in sports are not available at this time.
- Do not come to the gym if you are feeling unwell.

If you have any questions relating to gym access you can contact the Naden Athletic Centre front desk at 250-363-5677 during operational hours or email pspgymnac@gmail.com

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

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

Facility includes

- One large gym floor

- One smaller gym floor
- Five-lane swimming pool (25 meter)
- Leisure wading pool
- One steam room
- Large hot tub
- Two weight-training rooms
- Cardio theatre
- Three squash courts
- Three softball diamonds
- One soccer pitch
- Two outdoor volleyball courts
- One CAF FORCE evaluation centre

Please also check: <https://www.cafconnection.ca/Esqumalt/Facilities/Naden-Athletic-Centre.aspx>

Sports Equipment

Military personnel may sign out equipment for most sports from the sports store, please call 250-363-4072 or call NAC Kiosk 250-363-5677

Swimming Pool

For Pool Schedule, see Aquatics section.

To Rent a Space

To make a booking for any Base Facility (i.e. sports fields, pool, gym) a written request is required. Please contact the Facilities Coordinator by e-mail (Minako.Gardner@forces.gc.ca) or fax 250-363-4315 a minimum of 12 weeks prior to the event. Note: military training takes priority on all bookings. For all other inquiries, call the NAC Kiosk at 250-363-5677.





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

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

10 Punch Pass

Adult	\$54.00
Youth (13-18) **	\$45.00
Family	\$108.00
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 or Naden Athletic Centre during regular business hours. For Military Families an MFID card is required to gain free access. Prices are subject to change without notice.

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

**** Youth Memberships require proof or 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+A18:F36.



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DENTAL CENTRE

DR. PAUL HENN

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Open 6 days a week with evening appointments available.

Call to book an appointment (250) 386-3044

#14 Esquimalt Plaza, 1153 Esquimalt Road

www.anchordentalcentre.ca



FACILITIES

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: POSTPONED Until further notice

Parents & Kids Sticks & Pucks: POSTPONED Until further notice

Adult Development Hockey: POSTPONED Until further notice

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

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

Wurtele Arena Dry Floor:

Hours of Operation (Subject to change)

- Dry floor will be available Mid-April to end of August

Usage subject to Provincial Health Order and Base Commander approval. Users will require to wear CSA approved Helmets and face shields (for Military) as well as shin pads and gloves. Sessions will be a 60 min long with a sanitizing period of 30 mins following each group.

Patrons will be able to access the dry floor and dressing room areas 15 mins prior to your session. No spectators allowed unless provincial policies change.



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

Colville Soccer Field

The field is available from approx. 0700 – 2000 hrs depending on darkness as lighting for twilight hours is not available. Patrons can access the fields via the keylock affixed to the gate upon arrival, codes will be given out, upon provincial and base protocols being updated. There is no alcohol and smoking is not permitted on the soccer fields benches or playing area. Violations can lead to loss of contract or suspension of use. Dogs are not allowed on DND Property at anytime unless it is a licensed Service dog only. There are two nets affixed to the fields with 4 practice nets available upon request.

- Available for Military Personnel, subject to Provincial Health Orders.
- Non-Military User Groups please contact Facilities Coordinator at Minako.Gardner@forces.gc.ca

Colville Softball Fields

The ball diamonds will have access for Military use during normal working hours with provincial and Base protocols. Non Military user groups may be allowed access after 1800 hrs on weekdays as well as weekends 0800-2000 hrs approx. depending on daylight. Diamond 1 is equipped with lighting for extended hours not to exceed 2100 hrs. Parking is limited to the diamond side of the road. Patrons parking on the street in front of the housing areas may be subject to tow or ticket from iaw city bylaws.

Colville Ball diamonds offer 3 quality playing fields that are groomed and lined daily, not on weekends. Diamond 1 has lighting to play in darker time frames while diamonds 2 and 3 have no lighting available. Access can be made with a contract agreement and keys will be in a lock box with combination supplied and will be attached to the entry gate for ease of access. There are normally 4 portal potties available for use. There is no alcohol and no smoking permitted on the ball diamonds with the exception of one area by the main gate. Smoking is not allowed in benches or playing field areas. Violations can lead to loss of contract or suspension of use. Dogs are not allowed on DND Property at anytime unless it is a licensed Service dog only.

- Available for Military Personnel, subject to Provincial Health Orders.
- Non-Military User Groups please contact Facilities Coordinator at Minako.Gardner@forces.gc.ca

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





Special Events

■ = 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/>

Father's Day Contest

June is a great month to celebrate dads! Watch for our announcement of our virtual Father's Day Contest! The MFRC is creating new ways to celebrate while keeping you (covid) safe! We will posting a photo of a jar full of ju jubes at esquimaltmfrc.com and on our social media! Simply guess the number in the jar! You could win one of several fabulous prizes! This contest is open to everyone! Are you a dad, have a dad, dad to a fur child, a grandfather, a father figure ... you want to honour dad's ... then this is for you!

Mother's Day Contest

May is a great month to celebrate moms! Watch for our announcement of our virtual Mother's Day Contest! The MFRC is creating new ways to celebrate while keeping you (covid) safe! We will be posting a photo of a jar full of chocolates at esquimaltmfrc.com and on our social media! Simply guess how many items are in the jar! You could win one of several fabulous prizes! This contest is open to everyone! Are you a mom, have a mom, mom to a fur child, a grandmother, a mother figure ... you want to honour moms ... then this is for you!

SPECIAL EVENTS

All Ages Programming

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!

May 3-7
June 14-18
July 12-16
August 9-13

Location: Belmont Park and Esquimalt
Cost: Free
Please see our Facebook page for a complete map of the story book walk at each location.



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.

Teddy Bear Picnic

More information to follow! For updates please see our website and CFB Esquimalt Community Recreation Facebook page.



Pandem-Pocalypse BYOB Nerf Battles

Next level "Bring Your Own Blaster" Nerf Battles hosted by IRL Battle Arena. We will play a range of games including RvB capture the flag, pandemic, and battle royale.

All personal blasters must arrive with all magazines, clips and/or hoppers fully loaded with standard Elite-compatible darts or approved Rival-compatible balls, and may leave the event equally loaded.

In accordance with PHO health orders all participants must be age 21 or under. Minimum age 7 years. Players must bring and wear their own mask and safety glasses while indoors.

Class C-"Spring Class" Nerf Battles

Only blasters shooting standard Elite-compatible Darts or Rival-compatible balls permitted. NO MOTORIZED OR MODIFIED BLASTERS. Players may borrow one of our clean and sanitized dart blasters for free, or bring their own unmodified spring-powered blasters that shoot darts or balls.

Location: CPAC Cost: \$15 per player

Class A-"Open Class" Nerf Battles

All players can use our clean and sanitized Rival Helios blasters with spare clip, OR they can bring their own "Open-Class" blasters and ammo. Motorized and legally modified blasters shooting Elite-compatible darts or Rival-compatible foam balls are permitted!!

Location: CPAC

Cost: \$15 per player

More details: <https://irlbattlearena.com/games/#nerf-battles>



Laser Tag in the Forest

Ready! Set! Pew Pew Pew!! Brought to you by IRL Battle Arena. Let's blow off some steam with our pandemic friendly laser tag games. Played outdoors on our forest course (or indoors in the gym if it rains) these games are safe, contactless fun for all ages.

Location: CPAC

Cost: \$15 per player ages 14-21

More details:

<https://irlbattlearena.com/games/#laser-tag>

More information to follow! For updates see our website and CFB Esquimalt Community Recreation Facebook page.

** DISCLAIMER: all games contingent on minimal enrollment.*

Age categories and time slots may change without notice to balance play and accommodate everyone.

*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

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.

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May 30th 2021.*





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/>

**Please phone to see if Provincial Health orders will allow gatherings such as birthday parties: 250-363-1009.*

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

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

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

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.

For parents and their child up to 24 months

Location: Online

MFRC Wed May 5-June 23, 9-9:30am

Location: Online

MFRC Fri May 7-June 25, 9-9:30am

For parents and their child 2 to 5 years

Location: Online

MFRC Wed May 5-June 23, 9:30-10am

Location: Online

MFRC Fri May 7-June 25, 9:30-10am

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/Esquimalt](https://www.cafconnection.ca/esquimalt) for the most up to date information on programming.



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 May 4-Aug 31, 10:30-11:30am

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 – Olivia Anacleto

Location: CPAC

Course Code: FIN212207200

Date: Mondays May 31-Monday June 28, 5:00pm-5:30pm

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

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 – Olivia Anacleto

Location: CPAC

Course Code: FIN212207201

Date: Wednesday June 2-June 30, 5:00pm-5:30pm

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



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RESOURCES AND SERVICES EARLY YEARS

Children's Resources and Services

Casual Child Care

Re-opening May 1, 2021

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

Due to COVID-19, we cannot offer this service for children between 6-18 months at this time.

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, licensing guidelines 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.

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.



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: Online

MFRC Tues Apr 27-June 15, 5:30-6:15pm

Location: Online

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

Location: Online

MFRC Thur July 15-Sept 2, 9:30-10:30am

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

**Please register for the Parent Info Session listed in the Adult section to get full benefit of these workshops.*



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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 (including pre-sail quarantine). 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

Due to COVID-19, we cannot this service for children age 6-18 months. The MFRC may be able to provide some respite care upon assessment. Call the MFRC at 250-363-2640 to learn more.

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 affordable rates through our Casual Child Care service.*

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.

Great cycling starts at Fort Street!

New 2021 Bikes and Gear arriving every week!
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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 2020-21

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

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: Online

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

Location: Online

MFRC Thur July 15-Sept 2, 3:30-4:30pm

Age 9-12 years

Location: Online

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

Location: Online

MFRC Mon July 12-Aug 30, 6-7pm

Kindergarten-12 years

Location: Online

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

Location: Online

MFRC Wed July 14-Sept 1, 3:30-4:30pm

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

**Please register for the Parent Info Session listed in the Adult section to get full benefit of these workshops*

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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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

Time: 6:15pm - 8:00pm

Cost: \$8.00 per child

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

DATE	MOVIE	COURSE CODE
May 14	Garfield a Tail of Two Kitties	FIN212207800
May 28	Raya and the Last Dragon	FIN212207801
June 11	The SpongeBob Movie – Sponge on the Run	FIN212207802
June 25	Penguins of Madagascar The Movie	FIN212207803
July 16	Soul	FIN212207804
August 13	Tom and Jerry – The Movie	FIN212207805

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

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME	COURSE CODE
May 7	Spa Night	WEL212217900
June 4	Cookies, Cupcakes and Cakes	WEL212217901
July 9	Exploding Experiments	WEL212217902
August 20	It's a Ninja Night	WEL212217903

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 above

Date: Fridays

Time: 6:00pm-8:00pm

Cost: \$15.00 per person

DATE	THEME	COURSE CODE
May 21	Board Game Cafe	WEL212217904
June 18	Arcade	WEL212217905
July 23	All Fun Western Speedway	WEL212217906
August 6	Bowling	WEL212217907

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

Time: 5:00pm – 6:00pm

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

DATE	THEME	COURSE CODE
Tuesday 6-May 11	April Italian	COO212202900
Thursday 8-May 13	April Italian	COO212202901

Dance

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 – Olivia Anacleto

Location: CPAC

Course Code: FIT212208900

Date: Monday May 31- Monday June 28

Time: 5:45pm-6:15pm

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

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 – Olivia Anacleto

Location: CPAC

Course Code: FIT212208901

Date: Wednesday June 2- Wednesday June 30

Time: 5:45pm-6:15pm

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

General Programming

PSP Yoga Hive (5-9 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.

Dates: Saturday May 22 – Saturday June 19

Location: CPAC

Time: 9:00am-9:45am

Course Code: WEL212217100

Instructor – Megan Westbury

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

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



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\$29⁹⁵

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Includes: 1 Small Butter Chicken,
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\$54⁹⁵

+ TAX

Includes: 1 Large Butter Chicken, 1 Large Korma, 1 Large Steamed Rice, 4 Plain Naan, 1 Large Chana Masala, 1 lb of Vegetable Mix Pakora

Some restrictions apply. Pick up only. Cannot be combine with other offers. No cash value. Discount not applicable to beverages. Delivery extra.

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22

CFB ESQUIMALT / MARPAC ACTIVITY GUIDE

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:

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!

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

Location: CPAC

Time: 5:00-6:00pm

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

Course Code: WEL212217101



NEW PROGRAMMING!

After-School Laser Tag (7-12 years)

Ready! Set! Pew Pew Pew!! Brought to you by IRL Battle Arena. Let your child blow off some steam with our pandemic friendly laser tag games. Played outdoors on our forest course when the weather is nice, or indoors in the gym when it rains, these games are safe, contactless fun for all ages.

Dates: Session 1: Wednesday May 5 – Wednesday May 26

Session 2: Wednesday June 2 – Wednesday June 23

Location: CPAC (outdoors when not raining)

Time: 4:00pm-5:00pm

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

Instructor: Derek Madson IRL Battle Arena

Course Code: WEL212217102

More Details: <https://irlbattlearena.com/games/#laser-tag>



CFSA Youth Sailing Team (7-19)

Develop your sailing skills and rain for regattas and higher level competition under the supervision of experienced Sail Canada coaches. We sail Optimists, 420's and Lasers. Ages 7 and up are welcome with a CANSail 2 qualification or higher.

Location: CFSA

Times: Wednesday 4:30-6:30 and Saturday 11-2 rain or shine

Dates: April 7 to June 27 & September to November

Cost: \$150 per month

Course Code: OUT212215300 / OUT212215301 / OUT212215302



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A relaxing retreat at Wilson Creek for those who serve

■ PETER MALLET, STAFF WRITER

Krista and Sgt (Retired) Ron Lyver want first responders and their families to truly unwind at their new campsite Wilson Creek Retreat.

The campground caters to current and former military members, police, ambulance workers, and firefighters, and their families.

It is just a five-minute walk from the shores of Slocan Lake, and is in the Selkirk Mountain Range in Rosebery near New Denver, B.C. To ensure a safe and stress-free vacation, there are only five fully powered camping stalls.

"Having both experienced the stresses of being a first responder and military member, we understand the value of having a safe location where you can relax with your friends and family and also bond with others who share common experiences," says Ron Lyver.

He is a retired RCMP officer who also served with Princess Patricia's Canadian Light Infantry. Krista is also a former police officer and army reservist.

The property was previously owned by

Ron's father, a long-time resident of the area who said he was excited about the concept.

The campsite site is nearing the final stages of construction. The couple will welcome their first campers in May, with bookings until November (weather permitting). Each camp stall is approximately 12 x 15 metres, which fits most units comfortably, and includes a fire pit, picnic table, power post, water outlet, and gravel pad.

The other advantages lay in the surrounding landscape.

"We designed the campground as a place where you can be confident in knowing your neighbour has faced the same challenges you have," says Krista. "Together, you can relax with your family and friends, share some stories, and forge new friendships."

Anyone interested in booking a camp stall should do it now, noting the campsite has only one spot remaining for the Canada Day long weekend.

Pets are welcome as long as they are on a leash and secured.



Krista and Sgt (Retired) Ron Lyver, owners of Wilson Creek Retreat.



For more information on the campsite, rules, and regulations and how to book your spot visit:

www.wilsoncreekretreat.ca

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paula-whitehorn@mollymaid.ca



Alistair is a strong advocate for agriculture and lives in the Cowichan Valley with his family on a small farming property. He currently serves as the NDP's Critic for Agriculture, Rural Economic Development, and as Deputy Critic for Justice.

Alistair MacGregor

MEMBER OF PARLIAMENT - COWICHAN-MALAHAT-LANGFORD

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Youth

Register for any of the following PSP Youth Programs

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

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

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



What is it?

A Backyard Bungalow is a small house on your property. They are generally between 400 and 1,000 square feet, but can be smaller or bigger. They are known as garden suites, guest suites, carriage houses, guest cottage, coach houses, laneway houses, granny flats, accessory dwelling units, detached accessory dwelling units, etc. Certain existing garages/structures can also be converted into suites.

Can I Have One?

Most municipalities/cities in the Greater Victoria area allow some form of backyard bungalow. Each municipality has their own regulations and bylaws. Backyard Bungalow can provide complimentary property assessments so you know if you can build one, and how big it could be.

- We know municipal bylaws, policies, and guidelines
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www.backyardbungalows.ca

It is a 4 stage simple process

Initial Property Assessment Meeting

Every municipality has their own bylaws, policies, and design considerations that govern garden suites. We'll do a complimentary preliminary assessment of your property to determine if a suite can be built on your property, the maximum size permitted, and other considerations specific to your property and situation.

Design Stage

At this stage, we work together to design your perfect backyard bungalow. We'll start with our designs and layouts and customize them to your specific wants, needs, and property.

Build Stage

With your perfect backyard bungalow designed and permits in place, we begin the build phase. With our project and construction management overview and efficient scheduling, we'll ensure a fast and pleasant build experience.

Follow Up

Once your build has been completed, we provide you with an overview of your new home - from smart thermostats to tankless hot water to audio visual electronics - we review all your systems with you to ensure maximum efficiency from all units. In addition, we provide comprehensive information documents for your home, and offer maintenance packages.

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

Time: 6:15pm - 8:00pm

Cost: \$8.00 per child

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



DATE	MOVIE	COURSE CODE
May 14	Garfield a Tail of two Kitties	FIN212207800
May 28	Raya and the Last Dragon	FIN212207801
June 11	The SpongeBob Movie – Sponge on the Run	FIN212207802
June 25	Penguins of Madagascar The Movie	FIN212207803
July 16	Soul	FIN212207804
August 13	Tom and Jerry – The Movie	FIN212207805

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

Time: 6:30pm - 8:00pm

Cost: \$8.00 per child

DATE	THEME	COURSE CODE
May 7	Spa Night	WEL212217900
June 4	Cookies, Cupcakes and Cakes	WEL212217901
July 9	Exploding Experiments	WEL212217902
August 20	It's a Ninja Night	WEL212217903

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YOUTH

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
May 21	Board Game Cafe	WEL212217908
June 18	Arcade	WEL212217909
July 23	All Fun Western Speedway	WEL212217910
August 6	Bowling	WEL212217911

General Programming

STEM Programs (9-12 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:

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!

Dates: Monday May 10 – Monday June 7

(no session May 17)

Location: CPAC

Time: 6:15-7:15pm

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

Course Code: WEL212217912



NEW PROGRAMMING!

After-School Laser Tag

(7-12 years)

Ready! Set! Pew Pew Pew!! Brought to you by IRL Battle Arena. Let your child blow off some steam with our pandemic friendly laser tag games. Played outdoors on our forest course when the weather is nice, or indoors in the gym when it rains, these games are safe, contactless fun for all ages.

Dates: Session 1: Wednesday May 5 – Wednesday May 26

Session 2: Wednesday June 2 – Wednesday June 23

Location: CPAC (outdoors when not raining)

Time: 4:00pm-5:00pm

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

Instructor: Derek Madson IRL Battle Arena

Course Code: WEL212217913

More Details: <https://irlbattlearena.com/games/#laser-tag>



BYOBA Rival Stock-Class Nerf Wars (9-14 years)

Next level BYOBA (Bring Your Own Blaster & Ammo)

"Class-B" Nerf Battles hosted by IRL Battle Arena.

We will play a range of games including RvB capture the flag, team death match and battle royale. All players can use our clean and sanitized Rival Helios blasters with spare clip, OR they can bring their own "Stock-Class" (unmodified) blasters that shoot Rival or approved Rival-compatible foam balls (motorized Rival blasters permitted, no mods, NO DARTS OR OTHER AMMO TYPES ALLOWED).

All personal blasters must arrive with all magazines, clips and/or hoppers fully loaded with Rival or approved Rival-compatible rounds and may leave the event equally loaded. All players must bring their own protective eye-wear (regular glasses don't count unless they offer 100% protection). A limited supply of safety glasses will be on hand for a nominal price.

Dates: Session 1: Wednesday May 5 – Wednesday May 26

Session 2: Wednesday June 2 – Wednesday June 23

Location: CPAC Gym

Time: 5:30pm-6:30pm

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

Instructor: Derek Madson IRL Battle Arena

Course Code: WEL212217914

More Details: <https://irlbattlearena.com/games/#laser-tag>

Youth Combat Archery (15-21 years)

Hosted by IRL Battle Arena. Real 25# recurve bows shooting foam-tipped safety arrows. Full-face safety masks cleaned and sanitized after every use. Like a cross between dodgeball and paintball with bows and arrows, without the welts!

Dates: Session 1: Wednesday May 5 – Wednesday May 26

Session 2: Wednesday June 2 – Wednesday June 23

Location: CPAC Gym

Time: 7:00pm-8:30pm

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

Instructor: Derek Madson IRL Battle Arena

Course Code: WEL212217915

More Details: <https://irlbattlearena.com/games/#laser-tag>

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: Reg \$50.00 / Ord \$55.00 / Assoc \$60.00

DATE	THEME	COURSE CODE
Tuesday: April 6 – May 11	Italian	COO212202903
Thursday: April 8 – May 13	Italian	COO212202904





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Camps

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

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/>

Support Our Troops Funding

There is summer camp funding available through Support Our Troops for military families. For more information on eligibility and to apply, visit: www.supportourtroops.ca/Get-Support/Camps.

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.

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.





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

Pro D Day Camps

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

R = Regular O = Ordinary A = Associate

DATE	THEME	COURSE CODE	TIME	COST
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 R / \$8 O / \$9 A \$38 R / \$42 O / \$47 A \$5 R / \$6 O / \$7 A
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 R / \$8 O / \$9 A \$38 R / \$42 O / \$47 A \$5 R / \$6 O / \$7 A

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
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 R / \$8 O / \$9 A \$38 R / \$42 O / \$47 A \$5 R / \$6 O / \$7 A
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 R / \$8 O / \$9 A \$38 R / \$42 O / \$47 A \$5 R / \$6 O / \$7 A

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

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
May 14	International Explorations	CAM0320210043	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 R / \$8 O / \$9 A \$38 R / \$42 O / \$47 A \$5 R / \$6 O / \$7 A
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 R / \$8 O / \$9 A \$38 R / \$42 O / \$47 A \$5 R / \$6 O / \$7 A

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 (TOGETHER WITH BOTH DISTRICTS)	TIME	COST
May 21	Magicians Lair	Sun: CAM0320210034 Fun: CAM0320210039 Adven: CAM0320210044	Before care - 7:00-9:00am Camp Day - 9:00-4:00pm After care - 4:00-5:30pm	\$7 R / \$8 O / \$9 A \$38 R / \$42 O / \$47 A \$5 R / \$6 O / \$7 A

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



Core Summer Camps

Sun Seekers Summer Camp! (5-7 Years)

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

Please stay tuned for more detailed weekly schedules and Out-Trips closer to the start of Camp dates. Please

be aware Drop in rates will change in price pending on the activity planned for that week. Cancellation fees will apply to all courses. Exclusions may apply.

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

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



R = Regular O = Ordinary A = Associate

FULL WEEK					
WEEK/ DATE	THEME	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
WEEK 1 Jun 28- Jul 2	Toon Town	CAM212203001AA	\$130 R / \$136 O / \$146 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 2 Jul 5-9	Clowning Around	CAM212203001BA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 3 Jul 12-16	Life on the Farm	CAM212203001CA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 4 Jul 19-23	Going Green	CAM212203001DA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 5 Jul 26- 30	A Pirate's Life	CAM212203001EA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 6 Aug 2-6	Go-Go Gadget Time	CAM212203001FA	\$130 R / \$136 O / \$146 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 7 Aug 9-13	Planet Earth	CAM212203001GA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 8 Aug 16-20	Western Week	CAM212203001HA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 9 Aug 23-27	Animal Planet	CAM212203001IA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 10 Aug 30- Sep 3	Rainbow Week	CAM212203001JA	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A

PARTIAL WEEK / DROP-IN					
WEEK/ DATE	THEME	COURSE CODE	RATE/DAY	BEFORE CARE	AFTER CARE
WEEK 1 Jun 28- July 2	Toon Town	CAM212203001AA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 2 Jul 5-9	Clowning Around	CAM212203001BA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 3 Jul 12-16	Life on the Farm	CAM212203001CA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 4 Jul 19-23	Going Green	CAM212203001DA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 5 Jul 26- 30	A Pirate's Life	CAM212203001EA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 6 Aug 2-6	Go-Go Gadget Time	CAM212203001FA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 7 Aug 9-13	Planet Earth	CAM212203001GA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 8 Aug 16-20	Western Week	CAM212203001HA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 9 Aug 23-27	Animal Planet	CAM212203001IA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 10 Aug 30- Sep 3	Rainbow Week	CAM212203001JA	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

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

Fun Seekers Summer Camp! (7-9 Years)

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

Please stay tuned for more detailed weekly schedules and Out-Trips closer to the start of Camp dates. Please be aware Drop in

rates will change in price pending on the activity planned for that week.

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

Time: 9:00am-4:00pm

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

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

Location: YAC or CPAC

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



R = Regular O = Ordinary A = Associate

FULL WEEK					
WEEK/ DATE	THEME	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
WEEK 1 Jun 28-July 2	How to train Dragons & everything in between	CAM212203001AB	\$130 R / \$136 O / \$146 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 2 Jul 5-9	Discovery Week	CAM212203001BB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 3 Jul 12-16	Castaways	CAM212203001CB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 4 Jul 19-23	Discover the world of Walt Disney	CAM212203001DB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 5 Jul 26- 30	It's a Candyland Adventure	CAM212203001EB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 6 Aug 2-6	Turn Back Time	CAM212203001FB	\$130 R / \$136 O / \$146 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 7 Aug 9-13	Everything Bugs	CAM212203001GB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 8 Aug 16-20	Fun at the Circus	CAM212203001HB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 9 Aug 23-27	Flash to the Future	CAM212203001IB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 10 Aug 30- Sep 3	Sticky, Wet and Wild	CAM212203001JB	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A

PARTIAL WEEK / DROP-IN					
WEEK/ DATE	THEME	COURSE CODE	RATE/DAY	BEFORE CARE	AFTER CARE
WEEK 1 June 28-July 2	How to train Dragons & everything in between	CAM212203001AB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 2 July 5-9	Discovery Week	CAM212203001BB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 3 July 12-16	Castaways	CAM212203001CB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 4 July 19-23	Discover the world of Walt Disney	CAM212203001DB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 5 July 26- 30	It's a Candyland Adventure	CAM212203001EB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 6 Aug 2-6	Turn Back Time	CAM212203001FB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 7 Aug 9-13	Everything Bugs	CAM212203001GB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 8 Aug 16-20	Fun at the Circus	CAM212203001HB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 9 Aug 23-27	Flash to the Future	CAM212203001IB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 10 Aug 30- Sept 3	Sticky, Wet and Wild	CAM212203001JB	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

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

CAMPS

Adventure Seekers Summer Camp! (9-14 Years)

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

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

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

Time: 9:00am-4:00pm

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

After Care: 4:00pm-5:45pm

Location: CPAC Stage

R = Regular O = Ordinary A = Associate

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



FULL WEEK					
WEEK/ DATE	THEME	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
Week 1 Jun 28- Jul 2	Beach Party Adventures	CAM212203001AC	\$146 R / \$156 O / \$161 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
Week 2 Jul 5-9	Glowing Mysteries	CAM212203001BC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 3 Jul 12-16	Throwback Week	CAM212203001CC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 4 Jul 19-23	Photogenic Photographers	CAM212203001DC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 5 Jul 26- 30	Welcome to the Shark Tank	CAM212203001EC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 6 Aug 2-6	Outrageous Painters	CAM212203001FC	\$146 R / \$156 O / \$161 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
Week 7 Aug 9-13	Gamers Galore	CAM212203001GC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 8 Aug 16-20	Sugar Rush: Adventure Edition	CAM212203001HC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 9 Aug 23-27	Haunted Halloween Week	CAM212203001IC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 10 Aug 30- Sep 3	Explosive Adventures	CAM212203001JC	\$180 R / \$185 O / \$195 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A

PARTIAL / DROP-IN WEEK					
WEEK/ DATE	THEME	COURSE CODE	DROP-IN RATE/DAY	BEFORE CARE	AFTER CARE
Week 1 Jun 28- Jul 2	Beach Party Adventures	CAM212203001AC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 2 Jul 5-9	Glowing Mysteries	CAM212203001BC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 3 Jul 12-16	Throwback Week	CAM212203001CC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 4 Jul 19-23	Photogenic Photographers	CAM212203001DC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 5 Jul 26- 30	Welcome to the Shark Tank	CAM212203001EC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 6 Aug 2-6	Outrageous Painters	CAM212203001FC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 7 Aug 9-13	Gamers Galore	CAM212203001GC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 8 Aug 16-20	Sugar Rush: Adventure Edition	CAM212203001HC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 9 Aug 23-27	Haunted Halloween Week	CAM212203001IC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 10 Aug 30- Sep 3	Explosive Adventures	CAM212203001JC	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

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

MORE DATES THAN EVER!

Top Chef Camp (Varying Ages see below)

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

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

Camp: 9:00am-4:00pm

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

After Care: 4:00pm-5:45pm

Location: CPAC

R = Regular O = Ordinary A = Associate

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



FULL WEEK					
WEEK/ DATE	THEME	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
WEEK 1 - Ages 10-14 Jun 28- Jul 2	Farm to Table	CAM212203001AG	\$141 R / \$149 O / \$157 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 2 - Ages 7-9 Jul 5-9	Sizzling Snacks	CAM212203001BG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 3 - Ages 10-14 Jul 12-16	Camping	CAM212203001CG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 4 - Ages 5-7 Jul 19-23	Beat it, Batter, Bake	CAM212203001DG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 5 - Ages 10-14 Jul 26- 30	It's all about Italy	CAM212203001EG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 6 - Ages 7-9 Aug 2-6	Flaming Flavors	CAM212203001FE	\$141 R / \$149 O / \$157 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 7 - Ages 10-14 Aug 9-13	Sweet Sensations	CAM212203001GG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 8 - Ages 5-7 Aug 16-20	Fun with Food	CAM212203001HG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 9 - Ages 10-14 Aug 23-27	Mexican Fiesta	CAM212203001IG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 10 - Ages 7-9 Aug 30- Sep 3	Working with Dough	CAM212203001JG	\$165 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
PARTIAL / DROP-IN WEEK					
WEEK/ DATE	THEME	COURSE CODE	DROP-IN RATE/DAY	BEFORE CARE	AFTER CARE
WEEK 1 - Ages 10-14 Jun 28- Jul 2	Farm to Table	CAM212203001AG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 2 - Ages 7-9 Jul 5-9	Sizzling Snacks	CAM212203001BG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 3 - Ages 10-14 Jul 12-16	Camping	CAM212203001CG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 4 - Ages 5-7 Jul 19-23	Beat it, Batter, Bake	CAM212203001DG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 5 - Ages 10-14 Jul 26- 30	It's all about Italy	CAM212203001EG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 6 - Ages 7-9 Aug 2-6	Flaming Flavors	CAM212203001FE	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 7 - Ages 10-14 Aug 9-13	Sweet Sensations	CAM212203001GG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 8 - Ages 5-7 Aug 16-20	Fun with Food	CAM212203001HG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 9 - Ages 10-14 Aug 23-27	Mexican Fiesta	CAM212203001IG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 10 - Ages 7-9 Aug 30- Sep 3	Working with Dough	CAM212203001JG	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

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

Specialty Summer Camps

Sports and Splash Camp (Varying Ages see below)

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

Time: 9:00am-4:00pm
Before Care: 7:00am-9:00am
After Care: 4:00pm-5:45pm
Location: TBD

R = Regular O = Ordinary A = Associate

FULL WEEK					
WEEK/ DATE	THEME	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
WEEK 1 – Jun 28- Jul 2 Ages 10-14	Sports and Splash	CAM212203001AD	\$141 R / \$149 O / \$157 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 3 – Jul 12-16 Ages 7-9	Sports and Splash	CAM212203001BD	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 5 – Jul 26- 30 Ages 10-14	Sports and Splash	CAM212203001CD	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 7 – Aug 9-13 Ages 7-9	Sports and Splash	CAM212203001DD	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 9 – Aug 23-27 Ages 10-14	Sports and Splash	CAM212203001ED	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
PARTIAL WEEK / DROP-IN					
WEEK/ DATE	THEME	COURSE CODE	DAILY RATE	BEFORE CARE	AFTER CARE
WEEK 1 – Jun 28- Jul 2 Ages 10-14	Sports and Splash	CAM212203001AD	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 3 – Jul 12-16 Ages 7-9	Sports and Splash	CAM212203001BD	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 5 – Jul 26- 30 Ages 10-14	Sports and Splash	CAM212203001CD	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 7 – Aug 9-13 Ages 7-9	Sports and Splash	CAM212203001DD	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 9 – Aug 23-27 Ages 10-14	Sports and Splash	CAM212203001ED	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
** Registration for Drop in Rates can be done in person or over the phone ONLY.					

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

MORE DATES THAN EVER!

Nature Adventurers (Varying Ages see below)

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

Time: 9:00am-4:00pm

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

After Care: 4:00pm-5:45pm

Location: Meet at YAC – Will be outside all day

R = Regular O = Ordinary A = Associate

CAMPS

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



FULL WEEK					
WEEK/ DATE	THEME	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
Week 1 – Jun 28- Jul 2 Ages 5-7	Creepy Crawlies	CAM212203001AF	\$130 R / \$136 O / \$146 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
Week 3 – Jul 12-16 Ages 7-9	Out of the Wild: Tracks and Traces	CAM212203001BF	\$155 R / \$160 O / \$165 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 6 – Aug 2-6 Ages 5-7	All about Water	CAM212203001CF	\$130 R / \$136 O / \$146 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
Week 9 – Aug 23-27 Ages 7-9	Backwoods Explorer	CAM212203001DF	\$155 R / \$160 O / \$165 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
Week 10- Aug 30- Sep 3 Ages 5-7	Scales and Slime	CAM212203001EF	\$155 R / \$160 O / \$165 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
PARTIAL WEEK / DROP-IN					
WEEK/ DATE	THEME	COURSE CODE	DAILY RATE	BEFORE CARE	AFTER CARE
Week 1 – Jun 28- Jul 2 Ages 5-7	Creepy Crawlies	CAM212203001AF	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 3 – Jul 12-16 Ages 7-9	Out of the Wild: Tracks and Traces	CAM212203001BF	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 6 – Aug 2-6 Ages 5-7	All about Water	CAM212203001CF	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 9 – Aug 23-27 Ages 7-9	Backwoods Explorer	CAM212203001DF	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 10- Aug 30- Sep 3 Ages 5-7	Scales and Slime	CAM212203001EF	\$37 R / \$42 O / \$47 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
** Registration for Drop in Rates can be done in person or over the phone ONLY.					



CAMPS

NEW PROGRAM!

Science and Splash Camp

(Varying Ages see below)

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

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

Time: 9:00am-4:00pm

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

After Care: 4:00pm-5:45pm

Location: TBD



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



R = Regular O = Ordinary A = Associate

FULL WEEK					
WEEK/ DATE	THEME	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
WEEK 2 - Jul 5-9 Ages 7-9	Science of the sea	CAM212203001AE	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 4 - Jul 19-23 Ages 5-7	Science of the sky	CAM212203001BE	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 6 - Aug 2-6 Ages 7-9	Backyard Science	CAM212203001CE	\$141 R / \$149 O / \$157 A	\$28 R / \$30 O / \$32 A	\$20 R / \$22 O / \$24 A
WEEK 8 - Aug 16-20 Ages 5-7	Forest science	CAM212203001DE	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 10- Aug 30- Sep 3 Ages 7-9	Science of slime	CAM212203001EE	\$160 R / \$170 O / \$175 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
PARTIAL WEEK / DROP-IN					
WEEK/ DATE	THEME	COURSE CODE	DAILY RATE	BEFORE CARE	AFTER CARE
Week 2 - Jul 5-9 Ages 7-9	Science of the sea	CAM212203001AE	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 4 - Jul 19-23 Ages 5-7	Science of the sky	CAM212203001BE	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 6 - Aug 2-6 Ages 7-9	Backyard Science	CAM212203001CE	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 8 - Aug 16-20 Ages 5-7	Forest science	CAM212203001DE	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
Week 10- Aug 30- Sep 3 Ages 7-9	Science of slime	CAM212203001EE	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

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



Half Day Camps

NEW PROGRAM! Bike Camps

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



R = Regular O = Ordinary A = Associate

FULL WEEK				
WEEK/ DATE	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTERCARE
WEEK 2 - July 5-9 Ages 7-9	CAM212203001AI	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 4 - July 19-23 Ages 10-14	CAM212203001BI	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A

PARTIAL WEEK / DROP-IN				
WEEK/ DATE	COURSE CODE	DAILY RATE	BEFORE CARE	AFTER CARE
WEEK 2 - July 5-9 Ages 7-9	CAM212203001AI	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 4 - July 19-23 Ages 10-14	CAM212203001BI	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

Dance Camps

FULL WEEK				
WEEK/ DATE	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTERCARE
WEEK 3 - Jul 12-16 Ages 5-6	CAM212203001AJ	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 5 - Jul 26- 30 Ages 7-8	CAM212203001BJ	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 6 - Aug 2-6 Ages 9-10	CAM212203001CJ	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 8 - Aug 16-20 Ages 5-6	CAM212203001DJ	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A

PARTIAL WEEK / DROP-IN				
WEEK/ DATE	COURSE CODE	DAILY RATE	BEFORE CARE	AFTER CARE
WEEK 3 - Jul 12-16 Ages 5-6	CAM212203001AJ	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 5 - Jul 26- 30 Ages 7-8	CAM212203001BJ	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 6 - Aug 2-6 Ages 9-10	CAM212203001CJ	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 8 - Aug 16-20 Ages 5-6	CAM212203001DJ	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

Movie Makers Camps

R = Regular O = Ordinary A = Associate

FULL WEEK				
WEEK/ DATE	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
WEEK 7 - Aug 9-13 Ages 10-14	CAM212203001AK	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 10 - Aug 30- Sep 3 Ages 8-9	CAM212203001BK	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
PARTIAL WEEK / DROP-IN				
WEEK/ DATE	COURSE CODE	DAILY RATE	BEFORE CARE	AFTER CARE
WEEK 7 - Aug 9-13 Ages 10-14	CAM212203001AK	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 10 - Aug 30- Sep 3 Ages 8-9	CAM212203001BK	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

Afternoon Adventurers Camps

FULL WEEK				
WEEK/ DATE	COURSE CODE	COST FOR WEEK	BEFORE CARE	AFTER CARE
WEEK 2 - Jul 5-9 Ages 7-9	CAM212203001AL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 3 - Jul 12-16 Ages 5-6	CAM212203001BL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 4 - Jul 19-23 Ages 10-14	CAM212203001CL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 5 - Jul 26- 30 Ages 7-8	CAM212203001DL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 6 - Aug 2-6 Ages 9-10	CAM212203001EL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 7 - Aug 9-13 Ages 10-14	CAM212203001FL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 8 - Aug 16-20 Ages 5-6	CAM212203001GL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
WEEK 10- Aug 30- Sep3 Ages 8-9	CAM212203001HL	\$85 R / \$90 O / \$95 A	\$35 R / \$37 O / \$39 A	\$25 R / \$27 O / \$29 A
PARTIAL WEEK / DROP-IN				
WEEK/ DATE	COURSE CODE	DAILY RATE	BEFORE CARE	AFTER CARE
WEEK 2 - Jul 5-9 Ages 7-9	CAM212203001AL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 3 - Jul 12-16 Ages 5-6	CAM212203001BL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 4 - Jul 19-23 Ages 10-14	CAM212203001CL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 5 - Jul 26- 30 Ages 7-8	CAM212203001DL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 6 - Aug 2-6 Ages 9-10	CAM212203001EL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 7 - Aug 9-13 Ages 10-14	CAM212203001FL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 8 - Aug 16-20 Ages 5-6	CAM212203001GL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
WEEK 10- Aug 30- Sep 3 Ages 8-9	CAM212203001HL	\$42 R / \$47 O / \$52 A	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A

Leadership

NEW PROGRAM!

Leader in Training (Ages 11+)

Do you have an interest in working for PSP Recreation in the future? Do you want to have a blast like Adventure Seekers but learn all that it means to be a Jr. Leader? Join our Leader in Training program! This 2 week program has all the fun of our Adventure Seekers camp without trips, games, activities but the added bonus of learning about leadership, programming and safety. This program prepares each individual during week 1 and in week 2 we will have our leaders enter other camps and help lead activities and work amongst our amazing staff.

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

R = Regular O = Ordinary A = Associate



2 WEEKS FULL TIME				
WEEK/ DATE	COURSE CODE	COST FOR 2 WEEKS	BEFORE CARE	AFTERCARE
SESSION 1: WEEK 1 - Jun 28 - Jul 2 WEEK 2 - Jul 5 - Jul 9	CAM212203001AH	\$240 R / \$250 O / \$260 A	\$56 R / \$60 O / \$64 A	\$40 R / \$44 O / \$48 A
SESSION 2: WEEK 4 - Jul 19 - Jul 23 WEEK 5 - Jul 26 - Jul 30	CAM212203001BH	\$240 R / \$250 O / \$260 A	\$70 R / \$74 O / \$78 A	\$50 R / \$54 O / \$58 A
SESSION 3: WEEK 7 - Aug 9 - Aug 13 WEEK 8 - Aug 16 - Aug 20	CAM212203001CH	\$240 R / \$250 O / \$260 A	\$70 R / \$74 O / \$78 A	\$50 R / \$54 O / \$58 A



Jr. Leader Program

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

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

Cost: \$75.00 per week

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

Time: 9:00am-4:00pm

Location: TBD on which camp they are with
Please contact Sr. Recreation Leader Katie Fast if interested in this program.
Katie.fast@forces.gc.ca

DROP-IN CARE RATE			
WEEK/ DATE	COURSE CODE	BEFORE CARE	AFTER CARE
SESSION 1: WEEK 1 - Jun 28 - Jul 2 WEEK 2 - Jul 5 - Jul 9	CAM212203001AH	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
SESSION 2: WEEK 4 - Jul 19 - Jul 23 WEEK 5 - Jul 26 - Jul 30	CAM212203001BH	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A
SESSION 3: WEEK 7 - Aug 9 - Aug 13 WEEK 8 - Aug 16 - Aug 20	CAM212203001CH	\$9 R / \$11 O / \$12 A	\$7 R / \$9 O / \$11 A



CFSA 2021 Sailing Program

CFSA Summer "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. Sharing a harbour with the Naval Dockyard, there are always exciting things happening in the bay. Our one and two week programs are a great way for kids, adults and families to enjoy their summer learning on the water!

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 for dinghies and the Canadian Recreational Yachting Association (CRYA) for most Keelboat training.

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. If a course isn't running when you want to register for it, please contact us and we will see if there is an equivalent or way to get you sailing that week.

You are not required to work for DND nor be a member of CFSA to take part in our summer Learn To Sail 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!

Summer Program Questions?

Contact our Program Coordinator

Email: sailinginstructor@cfsaesq.ca

Facebook: CFSA Sailing School - Esquimalt

Web: www.cfsaesq.ca

Registration is through PSP Recreation:

Phone: 250-363-1009

In Person: 2610 Rosebank Road

Online: bkk.cfmws.com/esquimaltpub

What to Expect

Expect to go sailing on your first day and every day, rain or shine. The weather can be varied on the water so please come prepared with a hat, sunscreen, wind-breaker, change of clothes, towel, lunch, snacks and plenty of drinking water. Only close-toed shoes are allowed on the docks and in the boats. Safety (i.e. bike) helmets are required for all students under 16, unless a waiver is signed by the parent. We have a few helmets available but you are encouraged to send your child with their own that fits them and they are comfortable with. PFD's are supplied, but we encourage everyone to bring the one they're comfortable with. A Parent/Guardian must attend the first class to sign necessary waivers.

Before and After Supervision

We know that summer camps often cause conflicts with work, so we offer a way to drop your kids off early and stay a little while after class. Games and other on-shore activities keep kids busy as well as few small learning opportunities while hanging out with an instructor.

If you are interested in this please email us a week before your course or talk to the Head Instructor on the first morning during registration.



CFSA 2021 SAILING PROGRAM FEES AND SCHEDULE

PROGRAM	COURSE CODE	AGE	COST	DATES	DAYS	TIMINGS
Opti Wetfeet	OUT212215018	5-7	\$280	28 Jun – 2 Jul (No camp on 1 Jul)	Mon-Wed & Fri	8:30am-4pm
Sailing Camp	OUT212215019	7-14	\$350	Jul 5-9,	Monday-Friday	8:30am-4pm
Sailing Camp	OUT212215020	7-14	\$350	Jul 12-16	Monday-Friday	8:30am-4pm
Sailing Camp	OUT212215021	7-14	\$350	Jul 19-23	Monday-Friday	8:30am-4pm
Opti Wetfeet	OUT212215022	5-7	\$350	Jul 26-30	Monday-Friday	8:30am-4pm
Sailing Camp	OUT212215023	7-14	\$280	Aug 3-6	Tuesday-Friday	8:30am-4pm
Opti Wetfeet	OUT212215024	5-7	\$350	Aug 9-13	Monday-Friday	8:30am-4pm
Sailing Camp	OUT212215025	7-14	\$350	Aug 16-20,	Monday-Friday	8:30am-4pm
Sailing Camp	OUT212215026	7-14	\$350	Aug 23-27	Monday-Friday	8:30am-4pm
Sailing Camp	OUT212215027	7-14	\$350	Aug 30-Sep 3	Monday-Friday	8:30am-4pm
Before and After Care		4-18	\$80	Per Week	Monday-Friday	30 min before & 45 min after class

NOTE:

- There is an Early Bird Discount of 10% if you register before 31 May 2021
- CFSA, as a DND club is also able to offer a 15% discount to Members (and immediate family) of CFSA and DSA. Membership in CFSA is open to CAF, DND, PSP and some other organizations. Please consider joining, getting a discount and all the benefits of full membership in an excellent, family friendly Club.
- Not sure what course to take? Check our website and ask us: www.cfsaesq.ca



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KARATE



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.

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/>

Colwood Pacific Activity Centre Combo Class

(Youth and Children currently only offered due to Provincial Health Order – please stay tuned for updates about allowing Adults back in the program this summer)

Spring/Summer Training Session:

April 6 – June 29, 2021

Course Code: MAR212212900

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.caconnection.ca/esquimalt) for the most up to date information on programming

ADULT PROGRAMS

Art and Crafts 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 or Virtual

Instructor: Behni Moosavi-Shalmani

Dates: Thursdays

Time: 6:00pm - 8:00pm

Cost: \$30 per session

Paintbrushes are available for purchase at \$5 extra.

May 13	FIN212207500
June 10	FIN212207501
July 8	FIN212207502
August 12	FIN212207503

Location: Chief and Petty Officer's Mess or Virtual

Instructor: Behni Moosavi-Shalmani

Dates: Fridays

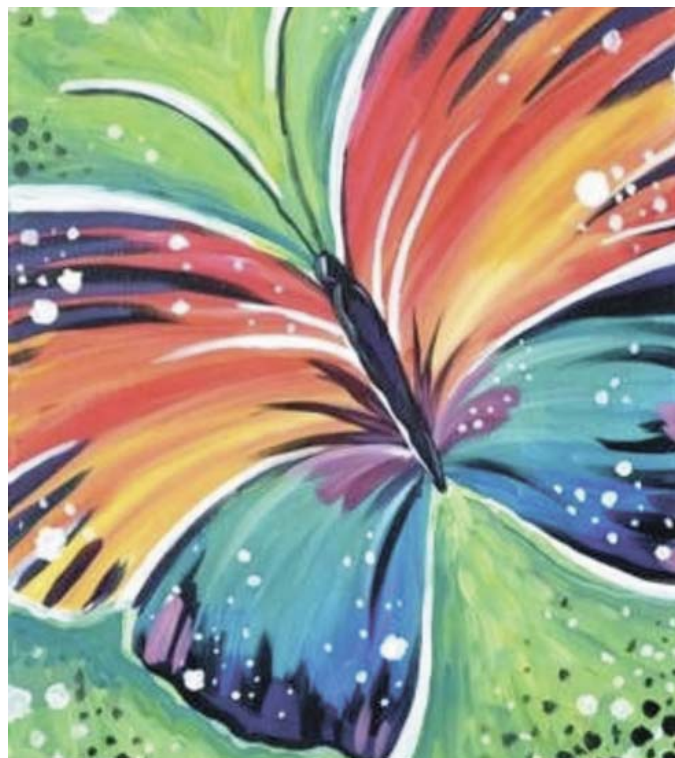
Time: 6:00pm - 8:00pm

Cost: \$30 per session

Paintbrushes are available for purchase at \$5 extra.

May 28	FIN212207504
June 25	FIN212207505
Jul 23	FIN212207506
August 27	FIN212207507

***Paint it! is also available for Unit team building art sessions within the Defence Team Community. If you or your Unit is interested in privately booking a Paint it! night with Behni, please contact PSP Recreation Coordinator Matthew Carlson at Matthew.Carlson@forces.gc.ca



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PROGRAMS ADULT

Happy Creative Stampin'

Come join us for fun online card classes where you will get all of the supplies required to make 4 fabulous cards in each class. There will be fun themes each month based on a specific stamp set that you get to keep and reuse as part of your class fees. Do not worry, no experience required as the instructors will teach you everything you need to know to showcase your creativity. In order to complete the class, you will need to have some basic crafting supplies such as scissors, adhesives, bone folder, acrylic block, and ink pad. These starter kits can be purchased separately for \$50, which is a 20% savings for you! We will also have games and door prizes in every class. Max class size is 20 pers, so be sure to register early to secure your space and receive your supplies on time!



Heather from Happy Stampin'

Snail Mail Part 1

Who doesn't love to get real mail?! I'm sure your mother does! How about making handmade, beautiful, one-of-a-kind pieces of art that bring happiness and big smile to her face when the mail is collected. Come join us for this card class where we will make 4 beautiful cards using the cute and funny Snail Mail stamp set by Stampin' Up!. The cards are made with the three basic ingredients of card making: stamps, ink and paper! No previous experience is required, as we specialize in showing even the most skeptical 'I can't craft' crafters that they too have a hidden talent. Just like a snail, slow and steady does the job and leaves a trail of glitter as you go! The stamp set is included in the supply cost for this class, along with all the paper and embellishments you will need to dazzle the recipients of your cards. You will need your basic adhesives and crafting supplies, and if you are new to crafting, we have a basic crafting kit that you can purchase for another small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207508

Date: May 8, 2021

Time: 10– 12:00pm

Cost: \$30 / Supplies: \$30

Snail Mail Part 2

So, you have wowed your family and friends with your beautiful cards. Well hold on tight as you are about to blow them out of the water with this class! Here we step up your skills and learn some new techniques that bring dimension, texture and a little more complexity to your basic cards – don't let that scare you because these techniques are easy and so much fun! We will use some fun folds to give dimension, some die cutting and embossing for texture and layers to broaden your creativity.

Using the Snail Mail stamp set from our previous class (still available

for purchase in this class if you missed the first one) you will create 4, one of a kind, out of this world cards. Class cost includes all the paper and embellishment supplies required to create these cards. You will need the basic craft supplies and adhesives as before and our basic craft bundles are available for another small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207509

Date: May 22, 2021

Time: 10– 12:00pm

Cost: \$30 / Supplies: \$30

Nautical Themed Part 1

Ahoy Matey! Do you have a sailor at sea? Whether your sailor is deployed or not, you are not going to want to miss this month's nautical themed card class. Batten down the hatches, as we are going to make 4 beautiful, one-of-a-kind cards that will bring happiness to your deployed members at the next port of call. Come learn the ropes, no experience necessary as we specialize in showing all land-lubbers that they too have a hidden talent.

The stamp set is included in the supply cost for this class, along with all the paper and embellishments you will need to dazzle the recipients of your cards. You will need your basic adhesives and crafting supplies, and if you are new to crafting, we have a basic crafting kit that you can purchase for another small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207510

Date: June 12, 2021

Time: 10– 12:00pm

Cost: \$30 / Supplies: \$30

Nautical Themed Part 2

All hands on deck! Now that you passed your nautical class with flying colours, let's seas the day and step it up a notch. Hold on tight as you are about to blow them out of the water with this class! Here we step up your skills and learn some new techniques that bring dimension, texture and a little more complexity to your basic cards – don't let that scare you because these techniques are easy and so much fun! We will try some fun folds, some die cutting and embossing techniques for texture and layers to broaden your creativity.

Using the nautical themed stamp set from our previous class (still available for purchase in this class if you missed the first one) you will create 4, one of a kind, out of this world cards. Class cost includes all the paper and embellishment supplies required to create these cards. You will need the basic craft supplies and adhesives as before and our basic craft bundles are available for another small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207511

Date: June 26, 2021

Time: 10– 12:00pm

Cost: \$30 / Supplies: \$30

ADULT PROGRAMS

Flower Themed Part 1

Summer is here and what better way to celebrate than with flowers! Come join us to make 4 beautiful simply stamped cards that will be sure to brighten someone's day! No experience necessary as we specialize in showing how to let your creativity bloom. The stamp set is included in the supply cost for this class, along with all the paper and embellishments you will need to dazzle the recipients of your cards. You will need your basic adhesives and crafting supplies, and if you are new to crafting, we have a basic crafting kit that you can purchase for another small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207512

Date: July 10, 2021

Time: 10– 12:00pm

Cost: \$30 / Supplies: \$30

Flower Themed Part 2

If so, let's reach for the sky and increase your skills by learning some new techniques that bring dimension, texture and a little more complexity to your basic cards – don't let that scare you because these techniques are easy and so much fun! We will try some fun folds, some die cutting and embossing techniques for texture and layers to broaden your creativity.

Did the cards from your last class wow your family and friends? If so, then we are going to continue to use the floral themed stamp set from our previous class (still available for purchase in this class if you missed the first one) to create bouquet of 4 bright and blooming cards. Grow your creativity in this class by learning new techniques; just like a garden, crafting feeds your soul. Class costs includes all the paper and embellishment supplies required to create these cards. You will need the basic craft supplies and adhesives as before and our basic craft bundles are available for an additional small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207513

Date: July 24, 2021

Time: 10– 12:00pm

Cost: \$30 / Supplies: \$30



All Occasions Part 1

OMG did you forget your sister's birthday?! Did your friend have a baby?! Have you ever reached for a card and there wasn't one there?! Then this class is for you! This stamp set has all of the sentiments that you need to create cards for any occasions. Come join us to make a beautiful boxed set of cards that would double as a wonderful gift for a loved one. No experience necessary, there are never any mistakes,

just happy accidents! The stamp set is included in the supply cost for this class, along with all the paper and embellishments you will need to dazzle the recipients of your cards. You will need your basic adhesives and crafting supplies, and if you are new to crafting, we have a basic crafting kit that you can purchase for another small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207514

Date: Aug 14, 2021

Time: 10-12:00pm

Cost: \$20 / Supplies: \$30

All Occasions Part 2

Now that you have remembered all of your important occasions why not show off your new found talents by creating cute note cards including a decorated box to hold them in. We will also show you new fun fold that doesn't even require cutting or glue! Are you intrigued? Come join us for a morning of fun and connections. Class costs includes all the paper and embellishment supplies required to create these cards. You will need the basic craft supplies and adhesives as before and our basic craft bundles are available for an additional small fee.

Location: Virtually via Zoom

Instructors: Heather from Happy Stampin' with Heddie and Tracey from Tracey Bee Creative.

Course code: FIN212207515

Date: Aug 28, 2021

Time: 10– 12:00pm

Cost: \$20 / Supplies: \$0





Lucy Smith

Ready to Run Better

This workshop will give you inspiration and information to increase your level of knowledge, skill and satisfaction with running. You will learn key elements to running well that will help you find joy in running and strengthen you against injury. For both novice runners and those who want to learn how to train smarter, Lucy creates an inclusive environment of expertise and fun, with support and enthusiasm for your ability and goals. Run more effortlessly through skill awareness and fun!

Session 1: Posture, run form and skills and drills to support running

Session 2: Run drills, breath and cadence, technical skills (hills, trails, and safety).

Session 3: Run drills, strength, and stretching for runners to support running.

Session 4: Mental skills review; tying it all together for an event

Location: Base Naden or Virtual

Instructor: Lucy Smith

Lucy is an NCCP trained endurance coach and Master Coach Developer. Her mission is to inspire, encourage and motivate people on their path to fitness, starting wherever they are right now. After a high-performance career as a competitive distance runner and triathlete for Canada, and winner of 19 Canadian Championships, Lucy is now dedicated to helping other runners train better and injury-proof their bodies. She is an ambassador for running in her hometown of Victoria, BC, and founder of Up and Run-ning Run Club for Girls, and Run For Joy Coaching.

Course code: SPO212216500

Dates: Thursdays, May 27 - June 17, 2021

Time of program: 5:30-6:45pm

Cost: \$70 Regular, \$75 Ordinary, and \$85.00 Associates

Connect with Lucy through her website www.runforjoy.ca

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.

Instructor: Sonia Gray RYT-200,

Water and Earth Yoga

Cost: \$39 Reg. / \$44 Ord. / \$48 Assoc.

(per 4 week session)

Location: Virtual

Course code: WEL212217500

Dates: Thursdays May 6- 27, 2021

Time: 6:30-7:30pm

Location: TBD or Virtual

Course code: WEL212217501

Thursdays, June 3-24

Time: 6:30-7:30pm

Location: TBD or Virtual

Course code: WEL212217502

Thursdays July 8-29

Time: 6:30-7:30pm

Location: TBD or Virtual

Course code: WEL212217503

Thursdays August 5-26

Time: 6:30-7:30pm

Weekend Yoga

Rest, relax, and rejuvenate after a long week with gentle movement and stretching, followed by a brief creative and innovative meditation. Modifications to poses will be offered to ensure accessibility for all bodies, levels, and abilities. Suitable for new and advanced yogis alike.

Location: Virtual

Instructor: Sonia Gray RYT-200,

Water and Earth Yoga

Course code: WEL212217504

Dates: Saturdays, May 8-29

Time: 10:00-11:00am

Cost: \$39 Reg. / \$44 Ord. / \$48 Assoc.

Location: TBC or Virtual

Course code: WEL212217505

Dates: Saturdays, June 5, 12 & 26

(no class June 19)

Time: 10:00-11:00am

Cost: \$29 Reg. / \$34 Ord. / \$38 Assoc.



Sonia Gray,
Water and Earth Yoga

ADULT PROGRAMS



All Levels Yoga Flow

Looking for a bit more of a challenge? In this fun, energizing, body positive class we will sync fundamental yoga poses with breath, followed by deep stretching and relaxation. Adaptations to poses will be offered for all body types. No previous yoga experience required.

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

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

Time: 6:30-7:30pm

Location: Virtual

Course code: WEL212217506

Dates: Wednesdays, May 5-26

Location: TBD or Virtual

Course code: WEL212217507

Dates: Wednesdays, June 2-30

Location: TBD or Virtual

Course code: WEL212217509

Dates: Wednesdays, July 7-21

Location: TBD or Virtual

Course code: WEL212217510

Dates: Wednesdays, August 4-25

Outdoor Yoga

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

Location: CPAC

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

Time: 10:00-11:00am

Course code: WEL212217511

Dates: Saturdays, July 3, 10, 24 & 31 (no class July 17)

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

Course code: WEL212217512

Dates: Saturdays, August 7, 14 & 28 (no class August 21)

Cost: \$29 Regular / \$34 Ordinary / \$38 Associate

Yoga Nidra (iRest®)

Yoga Nidra, or Yogic Sleep, is a state of consciousness between waking and sleeping. Created for the military community, iRest® combines traditional Yoga Nidra with Western psychology and neuroscience. iRest® Yoga Nidra is scientifically proven to be effective for conditions such as chronic pain, sleep problems, depression, anxiety, and PTSD. iRest® is easy to learn and accessible to anyone, regardless of experience with meditation. When practiced regularly, iRest® Yoga Nidra can allow practitioners to meet each moment of their lives with unshakable peace and well-being.

Location: TBC or Virtual

Instructor: Sonia Gray RYT-200, Water and Earth Yoga

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

Time: 7:45-8:45pm

Course code: WEL212217513

Dates: Thursdays July 8-29

Course code: WEL212217514

Dates: Thursdays, August 5-26

PROGRAMS ADULT



Kimberly Maine,
Registered
Yoga Teacher

Inner Warriors Yoga and Mindfulness for Mental Health and Resilience

Location: TBC – Virtual

Course Code: WEL212217515

Instructor: Kimberly Maine Registered Yoga Teacher,
Specializing in Mental Health, Coach (TICB Certificate)

May 12-June 16, 2021

Wednesdays, 4:15-5:15pm

Cost: \$125/6 weeks

Private Therapeutic Yoga

Therapeutic yoga is a holistic approach to health and wellbeing and has been proven effective in conjunction with traditional health practices to address a wide range of conditions from injury and chronic illness to mental health issues. All sessions include education, mindful breathing, meditation and gentle supportive yoga postures that emphasize safety and choice.

Location: Virtual

Course Code: WEL212217516

Instructor: Kimberly Maine Registered Yoga Teacher,
Specializing in Mental Health, Coach (TICB Certificate)

May 12-June 16, 2021

May 10- Sept 6, 2021

60min - \$120 / 90min - \$150

**Suggested 3-5 sessions minimum for best results*

To book a Private Yoga Therapeutic session with Kim, contact PSP Recreation Coordinator Matt Carlson at Matthew.Carlson@forces.gc.ca or 250-363-2989.

Private Yoga Health Coaching Session

Health coaching is a partnership between coach and client that uses evidence-based skillful conversation and strategies to actively and safely engage clients in health behavior change. Health coaches and clients develop a relationship built on trust and respect that allows them to explore clients' values, reasons for change, and what's possible. Health coaching ensures the client can give their best, learn and develop healthy lifestyle habits in the way they wish.

Location: TBC – Virtual

Course code: WEL212217517

Instructor: Kimberly Maine Registered Yoga Teacher,
Specializing in Mental Health, Coach (TICB Certificate)

May 10-Sept 6, 2021

1hr - \$150

**Suggested 3-6 sessions minimum for best results*

To book a Private Yoga Health Coaching session with Kim, contact PSP Recreation Coordinator Matt Carlson at Matthew.Carlson@forces.gc.ca or 250-363-2989.



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ADULT PROGRAMS

Business

Entrepreneurship 101 - 1st Steps to Success

This 1 Hour 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.

Location: Virtual or CPAC

Date: Saturdays May 1 - August 28 2021

Course Code: ED212206500

Time: 10:00am-11:00am Pacific Standard Time

Instructor: Diane Maddox

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

NEW for Military Spouses!

Monday & Tuesdays (Enhanced Program) Military Spouse Entrepreneur – Coffee Time

You will meet new friends and be ready to grow your business any time!

Location: Offered via Zoom

Course Code: ED212206501

Instructor: Diane Maddox

Monday / Tuesday,

Time: 9:30am - 11:30am Pacific Standard Time

Dates: May 5/6 - Aug. 25/26

Cost for the 2 day program:

\$30 Regular / \$35 Ordinary / \$40 Associate





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CFSA Adult Sail Training

Family Sailing Course (7+)

A Saturday CanSail Basic class that will focus on getting the family learning together and building fun memories. This is aimed at the less experienced members of the family, but all experience levels are welcome to join. This is a three week course taught on Sundays from 9am to 4pm.

PROGRAM	COURSE CODE	AGE	COST	DATES
Family	OUT212215001	7-80	\$375/pair	Jun 6-20
Family Sail	OUT212215002	7-80	\$375/pair	Jul 4- Jul 18
Family Sail	OUT212215003	7-80	\$375/pair	Aug 8-Aug 22
TIMES: Sundays, 9am-4pm				

Keelboat Courses

Club-owned 23 foot keelboats are available for adult keelboat courses leading to CRYA Competent Crew or Day Skipper Certification. Great preparation for boat ownership. Two students on a boat with an instructor. CRYA workbook and logbook provided

Times: two weeknights – Tuesday and Thursday, & one weekend.

Cost: \$450 per student

COURSE	COURSE CODE	AGE	PRICE	DATES
Competent Crew	OUT212215004	18+	\$450	May 11, 13, 22, 23
Competent Crew	OUT212215005	18+	\$450	June 15,17,26,27
Competent Crew	OUT212215006	18+	\$450	July 13, 15, 24, 25
Competent Crew	OUT212215007	18+	\$450	Aug 17, 19, 28, 29
Competent Crew	OUT212215008	18+	\$450	by Appointment
Day Skipper	OUT212215009	18+	\$450	June 1,3,12,13
Day Skipper	OUT212215010	18+	\$450	Aug 10, 12, 21, 22
Day Skipper	OUT2122150011	18+	\$450	by appointment
TIMES: Tuesdays and Thursdays 5:30-9, Saturdays and Sundays 9-5				

Adult Dinghy Courses

Evening classes for Sail Canada accredited CANsail basic sailing skills. This is an adult class for the beginner sailor or those with limited sailing experience to learn in double handed or single-handed dinghies. This course is taught on Tuesday and Thursday evenings from 5:30pm to 9pm.

COURSE	COURSE CODE	AGE	PRICE	DATES
Adult Basic	OUT212215012	18+	\$325	Jun 15-29, Aug17-31
Adult Basic	OUT212215013	18+	\$390	Jul 27- Aug 12
Adult Basic	OUT212215014	18+	\$390	Jul 6-22
Adult Basic	OUT212215015	18+	\$390	May 4-20, Sep 7-23
TIMES: Tuesdays and Thursdays 5:30-8:30				

ADULT DEPLOYMENT

Deployment

Banner Making Kits

Let the MFRC assist you in preparing for your loved one's homecoming by supplying you with all the materials needed to make welcome home banners and decorations. Please reserve your kit in advance by emailing deployment@esquimaltmfrc.com and pickup at the designated time.

Op Caribbe Pickup

Location: CPAC

MFRC Sat May 15, 10am-2pm

Please reserve by Wed May 12

HMCS Calgary Pickup

Location: CPAC

MFRC Sat Aug 28, 10am-2pm

Please reserve by Thur Aug 26

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/events.

Location: Online

MFRC Thur July 22, 10am-noon

Location: Online

MFRC Thur July 22, 7-9pm

Children's Deployment Workbooks: A How-To Tutorial

Join us for a quick "how to" tutorial to get the most out of your at home children's deployment workbooks. Ask questions, meet others using this tool and get tips on what not to skip! Register online at esquimaltmfrc.com/events.

Location: Online

MFRC Tues May 25, 7:30-8:30pm

Children's Deployment Workshop: Parent Orientation Session

The MFRC has deployment workshops for children 3 to 12 years of age offered in-person and virtually. If you want more information or will be signing your children up for this series, please attend this session to meet the program facilitator. Connect with others parents experiencing a deployment this year, and learn ways to keep your child connected to the deployed parent. Both the at-home caregiver and deploying parent are welcome at this session. Register online at esquimaltmfrc.com/events.

Location: Online

MFRC Tues June 22, 10-11:30am

Location: Online

MFRC Tues June 22, 7-8:30pm

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/events.

Location: Online

MFRC Mon May 17, June 21, July 19 & Aug 16
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
HMCS VANCOUVER	vancouver.family@esquimaltmfrc.com
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MV ASTERIX	asterix.family@esquimaltmfrc.com
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 or via the Deployment App and email it to the MFRC at deployment@esquimaltmfrc.com. 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. Check out the job description at esquimaltmfrc.com.

HMCS Calgary Information Sessions

The Command Team, along with the Esquimalt MFRC, will be hosting a live information session for friends and loved ones of HMCS Calgary crew members. This session is a great opportunity to learn more about the ship, its mission and to receive a live update from the Commanding Officer and his Command Team. All participants must register and the session will take place via Zoom. You will need an internet capable device with sound, microphone and camera are added bonuses but not required for this session. Register online at esquimaltmfrc.com/events.

Location: Online

MFRC Thur May 13, June 10, July 8 & Aug 12, 7-9pm

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/events.

Location: Online

MFRC Mon May 10, June 14, July 12 & Aug 9, 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/events.

Location: Online

MFRC Mon May 31, June 28, July 26 & Aug 23, 7:30-9pm

Podcast Listening Party

Sort of like a book club but for podcast episodes related to the military lifestyle. 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/events.

Location: Online

MFRC Wed May 19, June 16, July 21 & Aug 18

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/events.

Adult Session

Location: Online

MFRC Tues July 6, 10am-noon

Location: Online

MFRC Tues July 6, 7-9pm

Parenting Session

Location: Online

MFRC Thur July 15, 10am-noon

Location: Online

MFRC Thur July 15, 7-9pm

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/events.

Adult Session

Location: Online

MFRC Thur Apr 29, 10am-Noon

Location: Online

MFRC Thur Apr 29, 7-9pm

Location: Online

MFRC Thur Aug 19, 10am-Noon

Location: Online

MFRC Thur Aug 19, 7-9pm

Parenting Session

Location: Online

MFRC Thur May 6, 10am-Noon

Location: Online

MFRC Thur May 6, 7-9pm

Location: Online

MFRC Thur Aug 26, 10am-Noon

Location: Online

MFRC Thur Aug 26, 7-9pm

Wellness Wednesdays

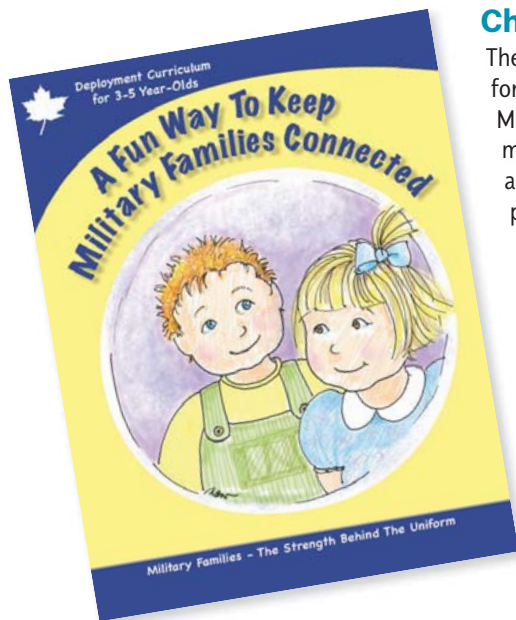
Join us for an informal discussion around various mindful topics with the challenges of the military lifestyle in mind. Each session will include an informal learning opportunity around health and wellness, and a short guided meditation. Topics include an Introduction to Mindfulness, Making Time for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

Location: Online

MFRC Wed May 12, June 9, July 14 & Aug 11, 7:30-9pm

ADULT DEPLOYMENT RESOURCES & SERVICES

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 your copy today! 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 countdown clock. Downloads available for iOS and Android devices via the Apple App Store and Google Play. Learn more at www.esquimaltmfrc.com/deployment/app.



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.

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!

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.

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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. Call 250-363-2640 to register.

Location: Online

MFRC Thur Apr 8-June 24, 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.

How to Get a Government Job

Applying for employment with both the provincial and federal government can be a daunting process. Led by an industry expert, this workshop for military spouses will lead you through the process of applying for government positions and give you the knowledge and tools to navigate these systems. Call 250-363-2640 to register.

Location: Online

MFRC Thur Aug 12, 6-8pm

Location: Online

MFRC Fri Aug 13, 10am-noon

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/events.

Location: Online

MFRC Mon May 10, June 14, July 12 & Aug 9
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/events.

Location: Online

MFRC Mon May 31, June 28, July 26 & Aug 23
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.



ADULT SOCIAL AND MENTAL WELLNESS

Social and Mental Wellness

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. Register online at esquimaltmfrc.com/events.

Location: Online

MFRC Wed May 12, June 9, July 14 & Aug 11, 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 May 4-Aug 31, 10:30-11:30am

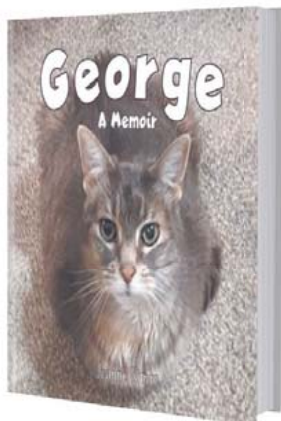
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AUTHOR JOANNE KIMM



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.



IT'S PLAY TIME!

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.

Location: Online
Dates/Times: TBD

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.

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Staying Healthy

During COVID 19



We have surpassed the one year mark of COVID 19 and, let's face it, many of us are suffering from a phenomenon called "COVID Fatigue". It's been months since we've been able to gather socially, spend time with friends and family, and have people in our homes like we use to. Many of us feel down or even depressed or anxious, some of us have increased our use of substances to cope with these feelings, and some of us have struggled to find meaning and purpose during what can feel like scary times. Our kids (if we have them) have been missing important social, recreational, and educational events, and may be feeling down too. And some of us have aging parents and loved ones who have been particularly vulnerable.

PSP Health Promotion Team provides resources to support you and your families as we hunker down and ride out the final stages of this pandemic. A vaccine is on its way to the arms of Canadians in priority order and so let us use this time to continue to stay apart but connected and find meaning and purpose to what are hopefully the final months of COVID 19.

For an indepth look visit the link below. You will find useful ways of managing STRESS, getting enough SLEEP, meeting your NUTRITION needs in a healthy way, ensuring the HEALTHY USE of substances and social media and gaming, and staying ACTIVE. An abundance of online resources are provided in the document and links are active, simply click on them to go directly to the site.

LEARN MORE



www.lookoutnewspaper.com/special-supplements/

Stress Management

S.T.O.P. Technique for Managing Stress

Stress is something that everyone experiences. When you're stressed, you may feel physical symptoms associated with the stress response, such as increased heart rate, sweaty palms, or a clenched jaw. If you notice these and are starting to feel overwhelmed, just remember to *S.T.O.P.*

S.T.O.P. is an acronym for "Stop, Take a breath, Observe, and Proceed"

First, when you feel you are becoming overwhelmed or stressed, try saying to yourself "Stop". This will help bring you back into the present moment and allow you to respond thoughtfully rather than react.

Next, take a deep breath. Notice your breathing and become aware of how the air moves in through your nose and out through your mouth. This also helps to activate the relaxation response, which in turn helps to deactivate the stress response.

Then, with curiosity and without judgment, observe your thoughts, emotions, and physical reactions. Know that these are natural, and that it's okay to feel angry, sad, overwhelmed, etc.

Finally, mindfully consider how you would like to respond, and then proceed. This technique in mindfulness is a great strategy that anyone can use during times of stress!

WATCH ONLINE

- ▶ Ted Talk by Kelly McGonigal:
How to make stress your friend (2013)
<https://bit.ly/3uuoaVW>
- ▶ Ted Talk by Andy Puddicombe:
All it takes is 10 mindful minutes (2012)
<https://bit.ly/31SKTyY>
- ▶ Ted Talk by Daniel Levitin:
How to stay calm when you know you'll be stressed (2015)
<https://bit.ly/39JH4An>
- ▶ National Geographic – Stress: Portrait of a Killer (2008)
<https://youtu.be/eYG0ZuTv5rs>

Alcohol & Cannabis Use

COVID-19, Alcohol, and Cannabis Use

There are increased risks associated with alcohol and cannabis use during the COVID-19 pandemic.

What you should know

ALCOHOL, CANNABIS USE AND THE IMMUNE SYSTEM:

Excessive or high-risk cannabis and alcohol use can weaken your immune system and make you more susceptible to COVID-19 and other illness.

THE CONDITIONS AROUND COVID-19 MAY LEAD PEOPLE TO INCREASE ALCOHOL AND CANNABIS USE DUE TO:

- Feeling stress and anxiety from the pandemic and economic downturn
- Blurring of daily and weekly routines because of the closing of non-essential workplaces
- Feelings of isolation and loneliness due to physical distancing
- More alcohol and cannabis in the home from stockpiling

FREE ONLINE COURSES



Centre for Addiction and Mental Health (CAMH):
<https://www.camh.ca/en/health-info/mental-health-101>

LEARN MORE



Canadian Centre on Substance Use and Addiction
<http://ccsa.ca>



Sleep

Sleep Habits for Stressful Times

Getting enough quality sleep during times of stress can be difficult. How often do you go to bed with the intention of falling asleep right away, only to find yourself wide awake at 2:00am thinking about all of the things causing you stress? The good news is, there are steps you can take to help fine-tune your sleep habits so that you get the sleep you need to face your stressors head on!

Make sleep a priority

Ensure you are getting 7-9 hours of quality sleep each night to allow your brain to recharge.

Keep normal bedtimes and wake times

Respecting a regular sleep-wake schedule is beneficial for the quality of your sleep and for regulating your daytime activities.

Establish a nighttime routine

Set aside at least an hour to relax before going to bed. Establishing a relaxation ritual will help you get in the right mindset to fall asleep.

Keep electronics OUT of the bedroom

Refrain from using screen devices (smartphones, tablets, laptops, etc.) 1-2 hours before sleep. Instead, try reading a book, listening to an audio tape or podcast, or journaling.

Expose yourself to light during the day

Help your biological clock stay on time by getting enough natural light during the day and reducing artificial light at night.

Maintain a healthy lifestyle

A healthy lifestyle complements good quality sleep. Make sure you are drinking enough water, eating a balanced diet, and getting at least 30 minutes of physical activity during the day.

Create a comfortable sleep environment

Keep your bedroom cool, dark and comfy! If there is additional light coming through your window, try using a sleep mask. If there is a particular pillow you like to sleep on, make sure you have that with you.

Avoid these before going to bed...

Stimulants (eg. coffee or energy drinks), anxiety increasing content (eg. reading the news or scrolling on social media), fatty or spicy meals, or planning activities for the next day.

APPS

- > Calm
- > Headspace
- > Insight Timer
- > 10% Happier
- > Waking Up
- > Daily Calm: Meditation & Sleep

LEARN MORE

BC Art of Living Mindfully website
www.bcalm.ca

Nutrition

One thing many of us are doing these days is eating out or ordering more take out because that is one of the only things Public Health Orders allow. The following tips will help you get the best nutritional bang for your buck when you are ordering in but they're also helpful if you're making food at home.

Managing your portions

KEEP IT SMALL – Portion sizes at fast food counters and restaurants are usually bigger than what you would normally eat at home. Ask for half portions or to have your portion divided into two containers, save leftovers in your fridge.

WAIT UNTIL YOU ARE DONE EATING your main meal to order dessert. If you're still hungry, finish your meal with fruit or sip on a plain cappuccino sprinkled with cinnamon. If you love rich desserts, look for smaller portions or enjoy a piece of cake over several days.

AVOID SUPER-SIZING – Super-sized meal combinations might seem like a cost effective deal, but they're often high fat, calories, sugar and/or sodium.

Making healthier choices

ASK FOR MORE VEGETABLES – For more fibre, ask for extra veggie toppings on wraps, burgers, pizzas, and sandwiches. Order sides of leafy green salad or cooked vegetables. Substitute your fries with vegetables or ask for an half and half option.

GO FOR WHOLE GRAINS – Look for dishes made with whole grains such as quinoa, brown rice, barley or oats. Many restaurants now offer whole wheat or whole grain buns, tortilla wraps, pasta or pizza crust upon request.

KEEP SODIUM IN CHECK – Choose fewer foods that have been made with soy sauce or teriyaki sauce.

GET SAUCE ON THE SIDE – Sauces, condiments, dressings and spreads can add fat and sodium to your meal. Ask for these on the side and then use just enough to get some flavour.



SKIP SWEET DRINKS – Drink water or low-fat milk instead of sweetened drinks such as soda pop, ice tea or lemonade. Try sparkling water with lemon or lime wedges. If you drink alcohol, respect the low-risk drinking guidelines (Women 0-2 / day , Men 0-3/day less than 15/ week

Getting informed

ASK HOW FOOD IS PREPARED – Order foods that have been steamed, baked, broiled, grilled, or roasted. Fat and calories add up quickly when food is fried, deep-fried or breaded.

ASK FOR THE NUTRITION INFORMATION or visit the restaurant's website ahead of time.

LOOK FOR HEALTHIER OPTIONS that are higher in protein, fibre and vitamins and lower in calories, fat, sugar and sodium.

WATCH



Secret of sugar documentary
<https://m.youtube.com/watch?v=K3ksKkCOgTw>



Dr. Mike Evans
<https://m.youtube.com/watch?v=fqhYBTg73fw>

Safer Use

Tips for Healthy Gaming

- Outline priorities ahead of time
 - Work or other responsibilities before gaming
- Pay attention to how much time is spent gaming
 - Maintain a journal/log recording your video game hours and you thoughts/emotions while gaming
- Plan designated times for gaming
 - Keep a clock by your computer
 - Set an alarm to remind you when your time is up
 - Make your online friends aware so that they respect your decision and become a support
- Turn off computer/phone at certain times each night
- Limit the number of hours you're exposed to and play video games
 - Program your Wi-Fi to be off at certain hours
 - Place your gaming devices/phone in a repository away from your bed at night
 - Don't eat in front of your computer or gaming device
 - Be aware of possible video game triggers
 - Have video game and technology-free days

Continuum of Internet Gaming

The continuum reflects the balance between playing video games, mental and physical health, academic and work responsibilities, personal responsibilities, and social responsibilities.

- By increasing the amount of time spent playing video games, other factors must be reduced since the amount of time in a day doesn't change.

FREE ONLINE COURSES



Centre for Addiction and Mental Health (CAMH):
<https://www.camh.ca/en/health-info/mental-health-101>

Does not play
internet games

Casual or social
internet gaming

Serious social
internet gaming

Harmful
involvement

Internet Gaming
Disorder

CFB Esquimalt Gun Club launches

A new Personnel Support Programs (PSP) recreational gun club is on the hunt for sharp shooters.

Membership opportunities are now open to serving military members. The club hopes to open to the wider military and civilian defence community, including veterans, Royal Canadian Mounted Police, and civilians for an associate membership, in the near future.

The club's first general meeting was virtually in April with plans to hold a shooting practice at the Range in the future.

Heading the club is Capt Patrick Rippon, a Canadian Scottish Regiment

reservist and civilian lawyer.

To get the club established he turned to Major Philip Quaghebeur, who runs the CFB Edmonton Gun Club, for start-up advice. After writing and submitting his proposal to PSP Recreation, who oversee all base clubs, it was then passed up to the Base Commander for approval last October.

"Many of us own guns, we talk guns, we shoot guns on our own time, and we hunt with guns, so much so that every year our unit's annual mess dinner is a wild game dinner that has been hunted by the officer corps," says Capt Rippon.

All PSP Clubs are required to follow

the Public Health Orders for B.C., as well as get permission to conduct business on DND land by the Base Commander. All gatherings will be held virtually until restrictions are lifted.

For those thinking of joining the club, one condition will be experience with firearms. A Possession and Acquisition Licensing (PAL) certificate is recommended though it is not an official requirement. Non-PAL holding members can join and arrange to shoot other members' firearms when the restrictions are lifted. The safety and the skill level of its members is high on the club's operation plan.

For more information about the gun club, the eligibility requirements, and how to become a member email Capt Rippon at his civilian email account: patrick.rippon@gmail.com

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Aquatics

Naden Pool Schedule

Please note: hours and swims are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 06:00-07:15	Lap Swim 06:00-07:15	Lap Swim 06:00-07:15	Lap Swim 06:00-07:15	Lap Swim 06:00-07:15	CLOSED	CLOSED
Military Training 0730 – 11:45 Scheduled Training Only. Hot Tub, Steam Room and Leisure Pool Closed.						
Lap Swim 12:00-13:00	Lap Swim 12:00-13:00	Lap Swim 12:00-13:00	Lap Swim 12:00-13:00	Lap Swim 12:00-13:00		
Military Training 13:00-15:00pm						
Open Swim 15:30-17:30	Open Swim 15:30-17:30		Open Swim 15:30-17:30			

LAP SWIM Capacity: 18 Main Pool: Lap swimming only (10) Leisure Pool: Open for leisure (5) Hot Tub: Open for Leisure (4) Notes: Lane blocks are as follows: Morning: 6:00am-6:40am & 6:40am-7:15am Afternoon: 12:00pm-12:30pm & 12:30pm-1:00pm Open Swim: 3:30pm-4:00pm, 4:00pm-4:30pm, 4:30pm-5:00pm, 5:00pm-5:30pm	SWIM TEAM Capacity: 10 Main Pool: Open for swim team members only. Leisure Pool: Closed. Hot Tub: Closed. Notes: Will only resume should PHO allow. Swim team members will enter and exit through pool entrance. Attendance will be emailed to Kodi Gibson daily.	OPEN SWIM Capacity: 18 Main Pool: One Lap Lane (4) Open Space (8) Leisure Pool: Open for Leisure (5) Hot Tub: Open for Leisure (4) Notes: Lifeguards will enforce pool capacity limits for each area and assign lap lanes accordingly.
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Rules/Regulations

- Pool access will be on a first come, first service basis adhering to aquatics area capacity.
- 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
- Limited equipment will be available. Swimmers are welcome to bring their own equipment.
- No water fountains are available - please bring own water bottle.
- Spitting and nose blowing in the water/change rooms 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 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/Esqumalt/Facilities/Naden-Pool.aspx>



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Questions?

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Lisa Tonner | Corporate Sales Manager | Mark's Commercial
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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, COTW events are currently suspended following Provincial Health guidelines. More information to come April 2021; 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.



All Sports teams that wish to resume indoor/ outdoor practices must provide Return to Play plans to the Formation Sports Office for approval prior to training.

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 to come. 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
Badminton	✓	
Ball Hockey	✓	✓
Basketball	✓	✓
Curling	✓	
Golf	✓	
Grappling	✓	
Ice Hockey	✓	✓
Rugby 7's	✓	
Running		✓
Slo-Pitch	✓	
Soccer	✓	✓
Squash	✓	
Swimming	✓	✓
Triathlon		✓
Volleyball	✓	✓

Badminton/Squash

The Formation Badminton and Squash teams offer base team sessions Monday, Wednesday and Friday from 1130-1300 at the Naden Athletic Centre. Badminton also practices from 0900-1100 on Saturdays. Base Play-Downs are usually conducted by January, for selection to represent CFB Esquimalt at the Canada West Regional Championships.

Contact Badminton: PO1 Jamie MacMurchy – Jamie.MacMurchy@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

Ball Hockey

The Tritons Ball Hockey Team is always looking for interested players to join the team. The team usually plays in a local ball hockey league however this year the league may be postponed due to COVID-19.

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

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

Basketball

The Men's Tritons Basketball team practice at Naden Athletic Centre beginning in October to prepare for the Canada West Regional Championships which typically run in late January. 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

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

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 will start up in September 2021. Canada West Regional Championships are typically held early in the New Year and the base teams usually play in civilian leagues. 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): PO2 Curtis Gillies (Curtis.Gillies@forces.gc.ca)

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

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

PSP: Esq.sports@forces.gc.ca

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

PSP: Esq.sports@forces.gc.ca

Rugby

Rugby 7's is a new Canada West CAF Sport! The first Regionals was scheduled to be hosted in September 2020 but was cancelled due to COVID-19. 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

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.

Contact (Men): CPO2 Michael (Rob) Tibbetts - michael.tibbetts@forces.gc.ca

(Women): S1 Allison Galambos
(Allison.Galambos@forces.gc.ca)

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

RUNNING QUALIFYING TIMES

DISTANCES	MARATHON		HALF MARATHON		10 KM		5 KM	
Age Categories	Male	Female	Male	Female	Male	Female	Male	Female
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



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)

Contact 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

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 PSP: esq.sports@forces.gc.ca

QUALIFYING TIMES				
RACE DISTANCE	OLYMPIC		SPRINT	
AGE CATEGORIES	MALE	FEMALE	MALE	FEMALE
Under 19	2.50:00	2.59:00	1.25:00	1.30:00
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

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



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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 fiscal year.

For information regarding any sporting events or to join a team 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**

to be updated with any current COVID-19 changes with regards to sport.

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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It's never too late to change careers

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

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

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

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

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

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

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

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Fitness

Force PT

Tuesdays/Thursdays

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Mondays/Wednesdays

Self paced training utilizing workout handouts from staff

Fridays – Practice FORCE Test

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

Registration required, create an account and sign up for the classes on Booking - <https://bkk.cfmws.com/esquimaltpub/account/index.asp> . Military members only. Limited slots available. Timings currently 0630-0715.

To create a booking account;

- **In Person:** Colwood Pacific Activity Center (2610 Rosebank Rd. Victoria)
- **By Phone:** Community Recreation at 250-363-1009
- **By Email:** Gillian Larsen at gillian.larsen2@forces.gc.ca

Unit PT

The PSP fitness instructors are offering unit PT to anybody who is looking to increase their overall levels of fitness. Limited to 25 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.

FORCE Testing

Currently we are mandated to only test if you fall within the below parameters, contact your unit FORCE coordinator to book your test. You may be asked to provide documentation proving you fall within the below;

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

Contact Force Coordinator pspcfbesquimalt@gmail.com or 250-363-4412 for FORCE bookings. Leave a detailed message with your name, number, and when the test is required.

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

Online Classes

Looking for ways for you and your family to remain active and connect with your community? Enjoy 12 hours of fitness classes from the comfort of your home. Please join our live sessions with our PSP Fitness instructors at a convenient time that works for you and get moving! Use the link below!

<https://www.cafconnection.ca/National/Virtual-Services/PSP-Virtual-Fitness-Schedule.aspx>

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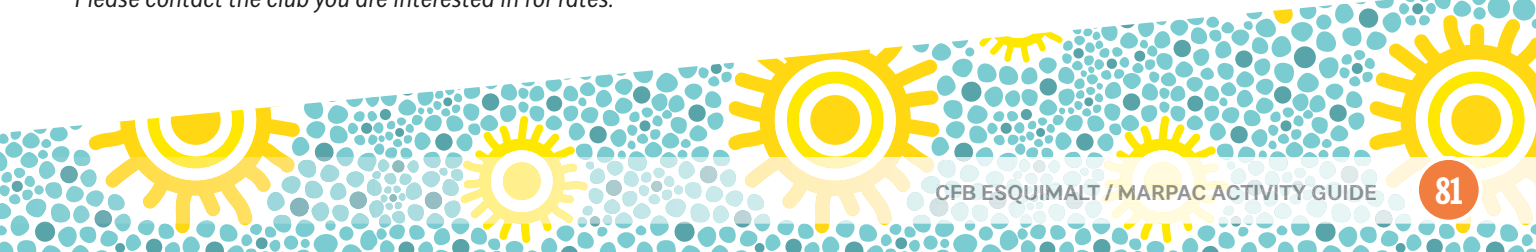


Clubs

PSP Club Contact List

Aquarius Dive Club	Dustin Renz		info@aquariusdiveclub.com
Auto Hobby Club		250-480-0191	CFBAutoHobby@shaw.ca
Golf Association	Rick Hussey		Richard.Hussey@forces.gc.ca or www.cfbega.ca
Kayak Club	Firat Ataman		president@pfkc.ca
Model Railroad Club	Ken Silvester	250-474-1316	
CFSA Sailing	Club House	250-385-2646	sailinginstructor@cfsaesq.ca
Naden Hockey Club			nadenhockeyclub@gmail.com
CFB Esquimalt Power Boat	Club	250-360-0905	president@boatclub.ca
Work-Point Garden Club			workpointgardenclub@gmail.com
CFMETR Boat Club	President		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 Chemainus, HMCS Cape Breton and HMCS Saskatchewan in Nanaimo, HMCS Columbia in Campbell River. You will find us on our annual Labour Day weekend trek up island for a fantastic weekend of diving and good times. You can join us for our overnight camping & dive trips to China Creek, diving the water-filled missile silo in Washington and diving in other waters further afield. You can also simply enjoy one of our many wonderful local dive sites in the pristine BC waters.

As a club, we're able to take advantage of special pricing on dive charters, gear and dive travel adventure. In the Aquarius Dive Club, you may find yourself travelling with members



on our annual tropical trips to places such as the beautiful warm waters of Cozumel, Roatan and The Bahamas.

We have valuable assets such as a portable compressor and trailer, our own building as well as a great group of divers always on the lookout of the next adventure; we make diving

affordable and fun no matter what your skill levels are.

Find out more:

www.aquariusdiveclub.com

<https://www.facebook.com/groups/aquarius-diveclub>

info@aquariusdiveclub.com

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Auto Hobby Club

The CFB Esquimalt Auto Club welcomes everyone, from master mechanics to tepid tinkers curious about exploring the hobby. A wide variety of enthusiasts participate in the club, including owners of motorcycles, muscle cars, mini-trucks, 4x4s, European and Asian imports, classic collectors, track cars, and even the odd boat. Come make friends and learn about your car and others' while regaling in stories of automotive adventures and mechanical mishaps.

Our workshop is a communal workspace for members who want to save money on automotive maintenance, repair, and modifications. We have the tools, equipment, and on-hand experience to help you along with most any project you are undertaking, whether it

be simple checks, inspections, and diagnoses, to engine Re&Re. Want a second opinion on a repair quote from an in-town mechanic? Other members can offer their opinions on where you can save money, easily do work yourself, or what's probably best left to a professional.

Members are expected to perform their own maintenance and wrenching, though other members are often willing to assist if you're stuck. The workshop is staffed by an on-duty custodian during business hours, who can help you find the tools and equipment you need to get the job done, arrange for vehicle storage, take payment, and may also offer sage advice with a touch of sarcasm. Save time, money, your back, and your sanity;

come work in a heated, dry, well-provisioned shop with friends and helping hands.

Our newest addition, the Auto Club Riders Group, has expert members who can help you learn and hone motorcycle riding skills. Come participate in group rides and training sessions where you'll make friends and gain confidence in your two-wheeled abilities. They also have specialty motorcycle tools and hoists to assist you in keeping your steed road ready and avoid costly dealership maintenance bills.

Check out our webpage for more information, or call 250-280-0191 Mon, Thu, and Fri 1800-2200, Sat/Sun 0800-1600. We are located in Work Point, behind 410 Macauley St.



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 variety 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, Highland Pacific, Cordova Bay, Gorge Vale, Cedar Hill, Cowichan, Metchosin, and March Meadows.

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

Kayak Club

Do you like hanging out with seals and whales? Enjoy the benefit of living on the west coast with the CFB Esquimalt's Pacific Fleet Kayak Club!

Some of the benefits include:

- Instruction in Ocean kayaking with an emphasis on safety and rescue techniques.

- New members are given the club's basic kayaking course, which is included as part of the first year membership fee. This course is conducted in two parts: the basics and rescues in the Naden Pool followed by an ocean phase in Esquimalt Harbour.
- Signing out a kayak from our fleet of 20+

at any time.

- The use of the scheduled NAC pool times to practice and work on their skills.

Membership is IAW with the PSP policies on recreational clubs.

Please visit our website www.pfk.ca or contact us at infopfk@gmail.com.

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 Rac-

ing keelboat.

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

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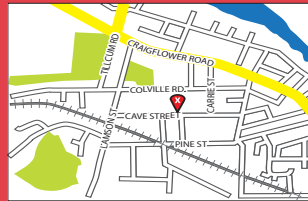
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CFB Esquimalt Power Boat Club

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

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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 that layout has 31 different modules, that when attached, represents approximately 536 ft. of continuous running track. These modules are continuously updated as new techniques and experiences are gained including Digital Command Control (DCC) systems. .

The HO Scale (1/87) modular layout has 29 different modules that represents approximately 270 ft of continuous running track. Both scale layouts have the ability to operate in both DCC or DC modes.. Some of these modules depict logging operations, mining operations and a locomotive servicing facility. Both of these layouts have been on public display and have won multiple awards as

“Best Operating Layout”, “Favourite Operating Layout”; and “Best Module” at train shows in Victoria and Nanaimo.

The Club actively participates each year in the Victoria Train Show, Nanaimo Regional Train Show, Esquimalt Buccaneer Days, MAR-PAC Expo, Luxton Fall Fair and the West Coast Welcome.

Our members are all rail buffs and hobbyists that are constantly working to enhance and improve the train modules. Some members enjoy painting the backdrops, working on electronics, installing lighting or creating some form of animated scene. Other members enjoy construction of scenery while others enjoy train operations in either or both scales.

Scale model Railroading is considered to be one of the most popular hobbies worldwide

and can challenge our creativity and imagination.

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

The Club currently meets every Wednesday from 1300-1630 hours and Saturday mornings from 0830-1200 hours in the basement of Building 1031 Work Point Power Boat Club. Like us on Facebook at www.facebook.com/EsquimaltMRRC .

For further information please contact Ken Silvester at 250-474-1316 or Harry Stinson at (250) 665-7113, cell (250) 213-1373.

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2

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3

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4

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5

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6

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between fingers



under nails



thumbs

CORONAVIRUS DISEASE (COVID-19): HOW TO SELF-ISOLATE AT HOME WHEN YOU MAY HAVE BEEN EXPOSED AND HAVE NO SYMPTOMS

People with COVID-19 do not always recognize their early symptoms. Even though you do not have symptoms now, you need to self-isolate if in the last 14 days, you:

- ▶ travelled **outside of Canada**
- OR
- ▶ had close contact with someone who has or is suspected to have COVID-19

Self-isolate means that, for 14 days you need to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild
- ▶ **avoid contact with other people** to help prevent transmission of the virus at the earliest stage of illness
- ▶ **do your part to prevent the spread of disease** in your home and in your community, in case you develop symptoms

Note: If you are living with a person who is isolated because they have or are suspected to have COVID-19, your self-isolation period may be extended beyond 14 days. Seek direction from your **public health authority**.



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