

17 Wing Detachment Dundurn Personnel Support Programs presents:



PSP RECREATION FLYER 2018



SWIMMING LESSON REGISTRATION OPEN MAY 1ST!!

PSP Commitment to Quality

The PSP Community Recreation strives to provide innovative and creative facilities, programs and services designed to meet the diverse needs of Canadian Forces community. We strive to offer programs and services that are of excellent quality and value. We look forward to working with you to ensure that our programs and staff meet and exceed all of the needs for you and your family.

Parking Information

Upon arrival to 17 Wing Detachment Dundurn any member without a permanent or temporary pass will need to stop at the main gate and obtain a visitor parking pass before being granted entrance to the detachment.



CHECK OUT OUR WEBSITE!
CAFCONNECTION.CA
(CENTRAL SASKATCHEWAN)

To Register:

Visit our website at CAFconnection.ca

Call our office at 306-492-2135
ext. 4102 (OFFICE) or 4291 (POOL)

Come in to the PSP Office
(Gym – Building 39)

PSP Contact Information

Please dial **306-492-2135** and then the extension of the person you are trying to contact.

Georgia Bayer

Deputy Manager PSP

Ext. 4176

Olivia Perverseff

Aquatics Supervisor

Ext. 4102

Mark Fulkerson

Fitness/ Sport Instructor

Ext. 4270



MEMBERSHIP INFORMATION

A PSP community recreation membership includes access to the following:

- Fully equipped weight room and cardio area, and Gymnasium
- Outdoor pool (seasonal from June 1st - September 2nd, 2018)
- Fitness classes including (Pilates, yoga & spinning)

Please check Gym Schedule on our website at CAFconnection.ca

Regular Members - Include any Canadian Forces member presently serving or any Reserve Force personnel, Foreign Military currently serving with the CAF, and veterans.

Ordinary Members - Include DND Public Servants, NPF staff, MFRC staff, DRDC, and DDC. Currently serving RCMP, honorary Colonels/ Captains, honorary Lieutenant-Colonels/ Commanders.

Associate Members - Civilians are welcome to purchase either an individual or family membership to the facility as well as register in any programs PSP offers.

PSP Community Recreation Membership Prices

	Regular Member		Ordinary Member		Associate Member	
	Family	Active Reg/Reserve Force Member	Family	DND Team	Family	Individual
1 Year	\$70	FREE	\$150	FREE	\$500	\$300
6 Months	\$60		\$120		\$300	\$180
3 Months	\$50		\$90		\$150	\$90
1 Month	\$20		\$40		\$50	\$30

Drop In Pass (Gym & Pool) Adult - \$7, Senior/ Student - \$5

Family Drop In (Up to two adults & three children) - \$14

Extra charges may apply for specialized programs or fitness classes.

PSP no longer offers a pool only season pass. The new rate is based on the 3-month membership option and is effective throughout the duration of the pool season.

Please Note: At the pool children under 6 years of age must be accompanied into the water by a parent or guardian 16 years of age or older.

BIRTHDAY PARTIES

Book our gymnasium for your child's next birthday party!

Rental includes:

Gym space

Equipment for floor hockey, volleyball, basketball, soccer, and badminton

Access to the PSP equipment room

Small Bouncy Castles*

Outdoor Swimming Pool**

Tables and chairs for birthday snacks

And a PSP Staff member to help out at the event.

To book your birthday party please call 306-492-2135 ext. 4182

Or visit cafconnection.ca to download the Party Request Form

**If you wish to use the pool you must book your party within regular scheduled public swim times

2018 Pricing

Regular Members
\$15/hour

Ordinary Members
\$20/hour

Associate Members
\$25/hour

SWIMMING LESSONS

17 Wing Detachment Dundurn Outdoor Pool is excited to now be offering the Lifesaving Society's Swim for Life program for our swimming lessons.


Lesson content in Swim for Life progresses in a similar fashion as Red Cross lessons so children can transfer into Swim for Life at any time and then transfer back to Red Cross if they continue to take lessons throughout the year.

Swim for Life is based off of the Swim to Survive standard and focuses on teaching skills that will prevent drowning incidents. Swim for Life is focused on the big picture when teaching swimming skills, if children can achieve the big picture goals they will succeed.

Please feel free to contact us if you have any questions regarding the Swim for Life program or what level to register your children in: 306-492-2135 ext. 4102

2018 Pricing	Regular Members	Ordinary Members	Associate Members
Parent & Tot, Preschool, and Swimmer 1-4 (30 min)	\$37	\$49	\$61
Swimmer 5 & 6 (45 min)	\$49	\$61	\$72
Swimmer 7,8,9 (60 min)	\$61	\$72	\$81

SET A (EVENING LESSONS): TUESDAY & THURSDAY JUNE 5-28

1630	Swimmer 1	Swimmer 2/3
1645	1630-1700 (S18-AQU-200)	1630-1700 (S18-AQU-202)
1700	Preschool 1 / 2	
1715	1700-1730 (S18-AQU-101)	
1730	Swimmer 2	
1745	1730-1800 (S18-AQU-201)	
1800	BREAK	BREAK
1815	Swimmer 4	 <p>LIFESAVING SOCIETY® SOCIÉTÉ DE SAUVETAGE</p> <p><i>The Lifeguarding Experts</i> <i>Les experts en surveillance aquatique</i></p>
1900	1815-1845 (S18-AQU-203)	
1915	Preschool 4/5	
1930	1845-1915 (S18-AQU-102)	
1945	Swimmer 5/6	
2000	1915-2000 (S18-AQU-204)	



Ask about Private swimming lessons for adults and children!

SET B (EVENING LESSONS): TUESDAY & THURSDAY JULY 3-26

1600	Preschool 1/2	Preschool 3	Swimmer 7/8 (Rookie/Ranger) 1600-1700 (S18-AQU-210)
1615	1600-1630 (S18-AQU-103)	1600-1630 (S18-AQU-104)	
1645	Preschool 4/5	Swimmer 1	
1700	1630-1700 (S18-AQU-105)	1630-1700 (S18-AQU-205)	
1700	Swimmer 2	Swimmer 3	Swimmer 9 (Star Patrol) 1700-1800 (S18-AQU-210)
1715	1700-1730 (S18-AQU-206)	1630-1700 (S18-AQU-207)	
1730			
1745	Swimmer 4	Swimmer 5/6	
1800	1730-1800 (S18-AQU-208)	1730-1815 (S18-AQU-207)	
1815			

SET C: TUESDAY TO FRIDAY & MONDAY TO THURSDAY JULY 10-13 + 16-19

0900	Preschool 1 / 2	Swimmer 1	Swimmer 3	
0915	0900-0930 (S18-AQU-106)	0900-0930 (S18-AQU-212)	0900-0930 (S18-AQU-217)	
0930	Preschool 4/5	Swimmer 2	Swimmer 4	
0945	0930-1000 (S18-AQU-111)	0930-1000 (S18-AQU-214)	0930-1000 (S18-AQU-219)	
1000	Preschool 3			Swimmer 5/6 1000-1045 (S18-AQU- 221)
1015	1000-1030 (S18-AQU-109)	Swimmer 2 1015-1045 (S18-AQU-215)		
1030			Swimmer 3 1030-1100 (S18-AQU-218)	
1045	Preschool 1 / 2	Swimmer 1		
1100	1045-1115 (S18-AQU-107)	1045-1115 (S18-AQU-213)		
1115	Preschool 1 / 2	Preschool 3		
1130	1115-1145 (S18-AQU-108)	1115-1145 (S18-AQU-110)	Swimmer 2 1130-1200 (S18-AQU-216)	
1145		Swimmer 4 1145-1215 (S18-AQU-220)		
1200	Swimmer 7/8 (Rookie/Ranger)		Swimmer 9 (Star Patrol)	
1215	1200-1300 (S18-AQU-223)	Swimmer 5/6 1215-1300 (S18-AQU-222)	1200-1300 S18-AQU-224	
1230				
1300				



- All lessons sets include 8 classes
- All lesson registrations must be done online at cafconnection.ca, by phone with Visa or MasterCard, or in person at the PSP office (building 39)
- Payment must be made at the time of registration to hold your place

SET D: TUESDAY TO FRIDAY & MONDAY TO THURSDAY JULY 24-27 + 30-AUG 2

0900	Swimmer 7/8 (Rookie/Ranger)	Swimmer 4	Swimmer 5/6
0915	0900-1000 (S18-AQU-234)	0900-0930 (S18-AQU-231)	0900-0945 (S18-AQU-233)
0930		Swimmer 2	
0945		0930-1000 (S18-AQU-227)	Swimmer 3 0945-1015 (S18-AQU-229)
1000	Preschool 1 / 2	Preschool 3	
1015	1000-1030 (S18-AQU-113)	1000-1030 (S18-AQU-115)	Swimmer 1 1015-1045 (S18-AQU-225)
1030			
1045	Swimmer 1		Swimmer 3 1045-1115 (S18-AQU-230)
1100	1045-1115 (S18-AQU-226)		
1115	Preschool 4/5	Swimmer 2	
1130	1115-1145 (S18-AQU-117)	1115-1145 (S18-AQU-228)	
1145	Parent & Tot 2/3	Preschool 1 / 2	
1200	1145-1215 (S18-AQU-112)	1145-1215 (S18-AQU-114)	
1215	Preschool 3	Swimmer 4	
1245	1215-1245 (S18-AQU-116)	1215-1245 (S18-AQU-232)	

Please refer to this conversion chart when registering for lessons. If you have any questions or require assistance please feel free to call us at:
305-492-2135 etc. 4102 or come to our office located in building 39.

If Your Child...	Register in Swim for Life:	Previously Registered in Red Cross Swim:
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with parent...	Parent & Tot 3	Sea Turtle
Is 3 to 5 years and just starting out on his or her own... <i>If 5 years +...</i>	Preschool 1 <i>Swimmer 1</i>	Sea Otter
Can get in and out and jump into chest-deep water addicted; float and glide on front and back; blow bubbles and get face wet... <i>If 5 years +...</i>	Preschool 2 <i>Swimmer 1</i>	Salamander
Can jump into chest-deep water; submerged and exhale underwater; float on front and back assisted for 3 sec... <i>If 5 years +...</i>	Preschool 3 <i>Swimmer 1</i>	Sunfish
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... <i>If 5 years +...</i>	Preschool 4 <i>Swimmer 1</i>	Crocodile
Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back, and side... <i>If 5 years +...</i>	Preschool 5 <i>Swimmer 2</i>	Whale
Is 5 – 12 years and just starting out...	Swimmer 1	Swim Kids 1
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2	Swim Kids 2
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position' and swim 10m on front and back...	Swimmer 3	Swim Kids 3 Incompleted Swim Kids 4
Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back' and swim 15m front crawl and back crawl	Swimmer 4	Completed Swim Kids 4 Swim Kids 5
Can complete the Canadian Swim to Survive Standard: (Roll – Tread 1 min – Swim 50m); dive; swim underwater; 15m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25m...	Swimmer 5	Swim Kids 6
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl. Breaststroke for 25m; sprint 25m; interval training 4 x 50m...	Swimmer 6	Swim Kids 7
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25m breaststroke; swim 100m front crawl and back crawl and 300m workout...	Swimmer 7 (Rookie Patrol)	Swim Kids 8
Preferred successful completion of Swimmer 7 / Rookie Patrol	Swimmer 8 (Ranger Patrol)	Swim Kids 9
Preferred successful completion of Swimmer 8 / Ranger Patrol	Swimmer 9 (Star Patrol)	Swim Kids 10
Preferred successful completion of Swimmer 9 / Star Patrol	Bronze Star	-

17 Wing Detachment Dundurn June Pool Schedule

Pool Open 1-June through to 2-Sept, 2018

Remaining monthly pool schedules will be posted on the CAFconnection.ca

*Pool will be open all Stat holidays from 1200-1700hrs

For weather updates or more information check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
0800	Military PT	Lane Swim	Military PT	Lane Swim	Military PT	
0830	*Pool Closed to Public		*Pool Closed to Public		*Pool Closed to Public	
0900	Public Swim 1300-2000	Public Swim 1300-1500	Public Swim 1300-2000	Public Swim 1300-1500	Public Swim 1300-2000	Public Swim 1200-1700
0930						
1000						
1030						
1100						
1130						
1200						
1230						
1300						
1330						
1400						
1430						
1500						
1530						
1600		Military PT 3-4 *Pool Closed to Public		Military PT 3-4 *Pool Closed to Public		
1630	**New! Fitness Swim 1630-1730	Kids Lessons & Lane Swim 1630-2000	**New! Fitness Swim 1630-1730	Kids Lessons & Lane Swim 1630-2000		
1700						
1730						
1800						
1830						
1900						
1930						
2000	Pool Closes at 2000 hrs.					

To book the pool for section PT please contact local 4102 or 4291 and speak to Olivia.

Please make sure you book the pool for PT at least a day in advance.

****Do you enjoy swimming as a fitness activity? Do you want to progress your strokes to the next level? New to the pool this year, Fitness Swim incorporates speed swimming techniques and drills into workouts planned by our very own aquatics team. From beginners to experts, these workouts are designed to challenge your swimming abilities. Our experienced instructors will be on deck to give feedback and tips to help you learn to swim faster and stronger. Drop in rates apply.**

Cancellations

- All classes are subject to cancellation if there are insufficient registrations.
- If we cancel a course, you are entitled to a full refund or you may transfer to another program, space permitting.
- Cancelled classes due to weather conditions, facility issues etc. within a programs duration will be made up at the end of the session.

Refunds

- If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, please contact your local Community Recreation office during regular scheduled business hours.
- Full refunds for medical or military related reasons will be authorized prior to the program start date. After the start date of the course any refund will be a maximum of 50% of the course fee.
- All other Full refund requests must be received 5 business days prior to the start of the program, after the start date refunds will be prorated.
- If more than 50% of the program has elapsed, no refund will be issued.
- If program advertises a required non-refundable deposit, no refund will be issued for the deposit.
- In the case of a dispute a refund decision will be made by the local Deputy PSP Manager.

Transfers

- To transfer to another course please contact your local Community Recreation office during regular business hours.
- Transfers are subject to space availability and depend on the Directors' approval.