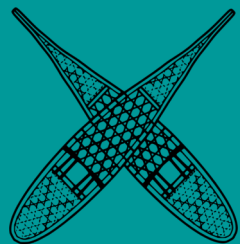




Department of National Defence



February 2019



SUN

MON

TUE

WED

THU

FRI

SAT

Notable Upcoming Events:

- **Marble Mountain Ski Trip
21–24 Feb 19**

- **Ladies Sports Night on
Mondays at 1830**

- **Youth Sports Nights on
Thursdays at 1800hrs**

- **5 Wing Ice times
0815–0915hrs on Tuesdays
1430–1600hrs on Fridays**

- **Curling Fun spiel
Date TBD**

- **Interested in a Men's Sports
Night? Please contact Adam
Cull for more info**

Winter Equipment Rentals
Members Must have summer
equipment returned prior to the sign
out of winter equipment

Birch Brook Ski Passes

Birch Brook Equipment Rentals

Swim Passes

Phone: 709-896-6900

local: 1945

E-mail: adam.cull@forces.gc.ca

					1	2
					Practice Force Evals 0800	
					Lunch Time Circuit Training	
3	4	5	6	7	8	9
	HQ PT @ 0800hrs	444 SQN PT @ 0800	HQ PT @ 0800hrs	444 SQN PT	Practice Force Evals 0800	
	Lunch Time Badminton	Lunch Time Soccer	Lunch Time Volleyball	Lunch Time Soccer	Lunch Time Circuit Training	
	Ladies Sports Night	Youth Sports Night				
10	11	12	13	14	15	16
	HQ PT @ 0800hrs	444 SQN PT @ 0800	HQ PT @ 0800hrs	Happy VALENTINE'S DAY	Practice Force Evals 0800	
	Lunch Time Badminton	Lunch Time Soccer	Lunch Time Volleyball	444 SQN PT Lunch Time Soccer	Lunch Time Circuit Training	
	Ladies Sports Night	Youth Sports Night				
17	18	19	20	21	22	23
	HQ PT @ 0800hrs	444 SQN PT @ 0800	HQ PT @ 0800hrs	444 SQN PT	Practice Force Evals 0800	
	Lunch Time Badminton	Lunch Time Soccer	Lunch Time Volleyball	Lunch Time Soccer	Lunch Time Circuit Training	
	Ladies Sports Night	Youth Sports Night				
24	25	26	27	28		
	HQ PT @ 0800hrs	444 SQN PT @ 0800	HQ PT @ 0800hrs	444 SQN PT		
	Lunch Time Badminton	Lunch Time Soccer	Lunch Time Volleyball	Lunch Time Soccer		
	Ladies Sports Night	Youth Sports Night				