

FITNESS, SPORT & RECREATION STAFF CONTACTS:

Mgr FS&R: Kevin Elmore 8542
Admin Assist: Charlene deBellefeuille 8781
Facility Coord: Vee Dion 6690
Arena Supr: Dave Duval 8314
Sports Coord: Vacant 8783
Sports Stores Supr: Jude Ireland 8782
Recreation Coord: Janice Sandholm 6989
Recreation Asst: Dave Buckley-Jones 7173
Phys Exercise Specialist: Chris Rehor 6990
Fitness Coord: Natasha Neave 6946
Fitness Instr: Blair Grinde 7158
Fitness Instr: Vacant 7015
Fitness Instr: Jeramie Auchterlonie 7016
Fitness Instr: Katie Kennedy 7982

FACILITY SCHEDULES

Pick up your seasonal schedule
for the
Gymnasium
Cardio Room
Weight Room
Arena
Pool
At Sports Stores or
the Recreation Office.

RECREATION OFFICE CONTACTS

Contact the 19 Wing Comox Fitness
& Community Centre, Recreation
office at 19-FSR@forces.gc.ca or
phone 250-339-8211 Local 7173/6989

**FOR INFORMATION EVENINGS OR
WEEKENDS CONTACT:
Sports Stores Monitor:
250-339-8211 Local 8315**

**Watch for seasonal family,
adult and youth recreation
programs:**

- Seasonal 'In the Air' publications
- BBS
- Posters/Flyers/Bulletin Boards
- CAFconnection.ca

**Serving those who Serve
and their Families!**



**Need to store a
utility trailer, boat,
vehicle or RV?**

19 Wing Comox Fitness Sports & Recreation

STORAGE COMPOUND

Call 250 339-8211 - local 7173

Visit the Recreation Office next to Sports Stores
in the 19 Wing Fitness & Community Centre

www.CAFConnection.ca

E-mail us at:
19-FSR@forces.gc.ca



The Compound provides secure, permanent outdoor storage...

SPACE PRIORITIES

Storage availability will be issued using the following priorities:

1. Reg Force & Res B/C Mil Personnel living in Singles Quarters
2. Reg Force & Res B/C Mil Personnel living in Married Quarters Row Housing
3. Reg Force & Res B/C Mil Personnel living in Married Quarters
4. Reg Force & Res B/C Mil Personnel living off DND property
5. DND & NPF full time & Indeterminate/term employees
6. Res A Mil Personnel

FEES

\$15.00 per month
plus applicable taxes
Min 4 months

Payment options:

**M/C, VISA, Amex, Debit, Cash or
Cheque**

**Re-registration will be required
each year commencing on the date
of initial registration.**

**Late renewals will be assessed an
additional fee of \$3.00**

REQUIRED INFORMATION:

Rank

Service number

Residential Address

Phone Number

Current Liability Insurance

Make and Model

Serial Number

Plate Number

NOTE:

LIMITED SPACE FOR UNITS OVER 24 FT.

YOU MAY BE WAITLISTED FOR THE NEXT AVAILABLE SPACE.

SPACES ISSUED ACCORDING TO WSO1-11

PLEASE CONTACT US FOR CURRENT DETAILS.

19 WING FITNESS AND COMMUNITY CENTRE SCHEDULE

Hours of Operation

Mon - Fri: 0600 - 2100 hrs
Sat/Sun/Holidays : 0830 - 1800hrs

Restricted Times for Military and

DND Employees Only
Monday - Friday:
0600 - 0830 hrs; and 1130 - 1300 hrs

Glacier Gardens Arena

Casual Skating at Glacier Gardens:
Every Saturday and Sunday from
1200 - 1300 hrs (seasonally)

We honour valid Rec Passes from other Bases