



CFMWS

Notable Upcoming Events

- **Fitness Extravaganza**
2 August 2019
- **Labrador Canoe Regatta**
3 & 4 August @ Gosling Lake
- **Lab Grenfell Association Golf Tournament**
Date TBD
- **CFB Swimming**
Sundays from 1300–1400hrs
Labrador Training Centre
- **5 Wing JRM Softball**
1430–1600hrs on Fridays
Field behind base gym

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

Swim Passes


Phone: 709-896-6900
local: 1945
E-mail: adam.cull@forces.gc.ca







August 2019







SUN MON TUE WED THU FRI SAT

					1 444 SQN PT @ 0800 Lunch Time Soccer	2 Practice Force Evals 0800 Lunch Time Circuit Training (WODS)	3 
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4 	5 HQ PT @ 0800hrs Lunch Time Badminton	6 444 SQN PT @ 0800 Lunch Time Soccer	7 HQ PT @ 0800hrs Lunch Time Volleyball MIR PT @ 1400hrs	8 444 SQN PT @ 0800 Lunch Time Soccer	9 Practice Force Evals 0800 Lunch Time Circuit Training (WODS) 	10
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11 	12 HQ PT @ 0800hrs Lunch Time Badminton	13 444 SQN PT @ 0800 Lunch Time Soccer	14 HQ PT @ 0800hrs Lunch Time Volleyball MIR PT @ 1400hrs	15 444 SQN PT @ 0800 Lunch Time Soccer	16 Practice Force Evals 0800 Lunch Time Circuit Training (WODS) 	17
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18 	19 HQ PT @ 0800hrs Lunch Time Badminton	20 444 SQN PT @ 0800 Lunch Time Soccer	21 HQ PT @ 0800hrs Lunch Time Volleyball MIR PT @ 1400hrs	22 444 SQN PT @ 0800 Lunch Time Soccer	23 Practice Force Evals 0800 Lunch Time Circuit Training (WODS) 	24
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25 	26 HQ PT @ 0800hrs Lunch Time Badminton	27 444 SQN PT @ 0800 Lunch Time Soccer	28 HQ PT @ 0800hrs Lunch Time Volleyball MIR PT @ 1400hrs	29 444 SQN PT @ 0800 Lunch Time Soccer	30 Practice Force Evals 0800 Lunch Time Circuit Training (WODS) 	31
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