



14 Wing Fitness & Sports Centre Schedule

Sept 2018 - Dec 31 2018

Hours of Operation

Mon - Fri	0600 - 2100
Sat	0830 - 1900
Sun	1000 - 1900

For information about holiday/long weekend hours, or changes to operating hours due to weather conditions, please see our **14 Wing Greenwood PSP Facebook page**

Closures and cancellations due to weather are also broadcasted on Magic 94.9 & KRock 89.3

Time Restrictions

Actively Serving Military,
DND & NPF Personnel Only
Mon - Fri 0715 - 0830

Military, Regular & Ordinary
Rec Card Holders Only
Mon- Fri 1130 - 1300

Users must be 16 yrs or older to access the facility before 1500 hrs on weekdays.

RENTALS

Equipment

	Day	Week end	Long week- end	Week	Under 4 hrs**
Mt* / Road bike	\$10	\$20	\$25	\$40	\$5/ 2 hrs (Rec Card) Free for military
Canoes***	\$15	\$25	\$30	\$50	N/A
Kayaks***	\$15	\$25	\$30	\$50	N/A
Snow- shoes	\$2.25	\$5.25	N/A	\$10	N/A

* Includes bike, helmet, lock & key, Must sign agreement, do inspection and show ID

** Anything under 4hrs is free for military members with a military ID (one kit per rental). Rec Card holders can rent for \$5/2hrs. All rentals under 2hrs will be charged the 2hr fee

*** Canoe rental includes 2 lifejackets, 2 paddles and 1 boat safety kit

**** Kayak rental includes 1 lifejacket, 1 paddle and 1 boat safety kit

We also rent Helmets, Lifejackets, Extra Canoe Paddles and Boat Safety kits.

Lockers

Per Year	Military	\$66
	DND / NPF / RCMP	\$85
	Non Military	\$108
Per Month	Military	\$5.50
	DND / NPF / RCMP	\$7.25
	Non Military	\$9

SCHEDULED PROGRAMMING

All times are subject to change due to military training, tournaments, holidays and special events. Please contact the front desk or check our website www.cafconnection.ca for changes.

GYMNASIUM

Adult only	0830 - 1100	1230 - 1500	Mon
	0830 - 1500		Tue
	0830 - 1500		Wed
	0830 - 1100	1230 - 1500	Thu
	0830 - 1500		Fri
Open	1500 - 1600	1930 - 2100	Mon
	1500 - 1600	1830 - 2100	Tue
	1500 - 1600	2000 - 2100	Wed
	1500 - 1600	2030 - 2100	Thu
	1500 - 1600	1930 - 2100	Fri
	0830 - 1000	1130 - 1900	Sat
		1230 - 1900	Sun

See our website for information about Military Sports
contact Graham White Loc 5753



POOL

(Booking requests to Aquatics Supervisor ext. 5564)

Military NPF & DND lane swim	0615 - 0715 1200 - 1300	Tue & Thu Mon - Fri
Mil Aqua Cardio	1200—1300	Tues & Thu
Adult Lane	1315 - 1415	Mon - Fri
Lane Swim 15yrs +	1830 - 1930	Mon & Thu
	1930 - 2030	Tue
	1440 - 1530	Sat & Sun
Casual Swim	1830 - 1930	Tue
	1845 - 2015	Fri
	1300 - 1430	Sat & Sun
Parent & Tots (4yrs & under)	1000 - 1100	M, W, F
	1440 - 1530	Sat & Sun
Party Rentals**	1545- 1745	Sat & Sun
Aquacise**	0845 - 0945	M, W, F

Swim Lessons Registration Dates

Sept 15 - 24 Lesson Start Date Sept 29

Dec 9 - Jan 2 Lesson Start Date Jan 7

Register Online @ www.cafconnection.ca



Extra Fees Apply

INDOOR CYCLING ROOM

(Oct - March)

Rec Card Members ONLY

Spin Class 1200 - 1245 M, W, F
1800 - 1900 Tues & Thu

TRACK / MULTI-PURPOSE ROOM

(Oct - March)

Class is open to Military, Regular & Ordinary Rec Card Holders Only.

Limited class size, priority given to military members.

LRP Fitness Class 1115 - 1215 M, W, F

Jump Rope Core Class 1145 - 1230 W

Vinyasa Flow Yoga Class 1200 - 1300 F

SQUASH

Base Team 1530 - 1730 M & W

Squash Club** 1600 - 1800 Tue & Thu

1000 - 1230 Sun

ARENA

MILITARY/DND/NPF

Unit PT Bookings* 0730 - 0830 hrs Tue & Thu

*Call Arena (ext. 5305)

CIVILIAN

Parent & Tots 0900 - 1000 Tue & Thu

Public Skating 1630 - 1730 Fri

1830 - 1930 Sat

Womens Rec- 1015 - 1115 Thu

Hockey (Drop-in)

****Extra Fees Apply****

REC CARD MEMBERSHIP

Benefits of having a 14 Wing Recreation card

1. Access to the F&S Center.
2. Qualify for Recreational and special interest club memberships.
3. Discount on Swimming Lessons.
4. Outdoor Pool access in the summer months.
5. Free Indoor Cycling classes.
6. Bowling discounts.
7. Discount on After School Programming.
8. Free Youth Membership for Community Recreational Programming.
9. Free Public Skating, Casual and Lane Swim.

Regular		
Family	\$15.50/month	\$186/yr
Single	\$7.75/month	\$93/yr
One Adult / Youth Sport		\$32/yr

Ordinary	
Family	\$274/yr
Single	\$138/yr
One Adult / Youth Sport	\$32/yr
One Activity (F&S) Public / NPF (full time)	\$61/yr

Associate	
Family	\$480/yr
Single	\$240/yr
One Adult Sport	\$74/yr
One Youth Sport	\$38/yr

Temporary One Month Pass	
Family	\$80/yr
Single	\$40/yr

For more information about the classification, visit our website at www.cafconnection.ca

PSP PERSONNEL

(902) 765 - 1494

EXT.

Front Desk Attendant

5997

REC Card Sales / Admin Assistant

Terri Pelletier

5412

Fitness & Sports Manager

Nicole Peppard

5025

Facilities Coordinator

Sophie Desgagne

5498

Sports Coordinator

Graham White

5753

Fitness Coordinator

Eric Plante

5022

Aquatics Coordinator

Susan Fayant

5564

Reconditioning Specialist

Josh Leddicote

5651

Military F&S Instructors

Theresa Dalueg

5100

Morgann Davis

5108

Sports Stores

Mike Worr

5106

Al Brace

5828

Arena/Outdoor Operations Mgr.

Bill Cox

5305



Facebook.com
14 Wing Greenwood PSP

HEALTH PROMOTION OFFICE

MIL/DND/NPF 0800 - 1600 Mon - Fri

Health Promotion Manager

Lisa White

5389

Health Promotion Specialist

Ginette Boudreau

Ginette.boudreau@forces.gc.ca

Health Promotion Admin

Edith Tremblay

5388

Visit our web site www.cafconnection.ca for the 14 Wing Health Promotion Schedule.

Who can attend?

All *Strenthening the Forces* programs and workshops are FREE and open to military members (Reg. And Res. Force) and their families. Where space and resources allow, DND and NPF civilian employees are welcome to participate.

To register, please contact Edith Tremblay at 5388 or edith.tremblay@forces.gc.ca.

