YOUR GUIDE TO
Canadian Forces
Morale & Welfare Services
AT 4 WING COLD LAKE

For information on PSP Programming or to register online, please visit our website www.CAFConnection.ca

2018/2019
We have added more locations, and more qualified staff to serve you better! www.bridgefinancial.ca
## Table of Contents

**Col J.J. Parr Sports Centre** ................................................................. 4
- Facility Hours of Operation .................................................................. 4
- For Your Information ........................................................................ 5
- 4 Wing Community Map ................................................................... 5
- Community Card Membership Rates .................................................. 6
- Pavilions ......................................................................................... 6
- 4 Wing RV Park & Campground, RV Storage, Community Library, MacKenzie Arts Community Centre ...................... 7
- Recreation Clubs ................................................................................ 8-10
- 2018/2019 4 Wing PSP Events, Community Council .......................... 11
- June is Recreation Month ................................................................... 12
- Bus Trips .......................................................................................... 13
- Youth Programs - Children’s PSP Summer Camp, Open Play High Five Program ...................................................... 14
- Weight Room Orientation, High Five Program .................................... 15
- Birthday Parties ................................................................................ 16
- Adult Programs - Clogging, Brazilian Jiu Jitsu .................................... 17
- Adult Programs - Kickboxing, Cricket ................................................ 18
- Aquatic Program Drop-In Descriptions ............................................. 19
- Red Cross Swim Lesson Descriptions .............................................. 20
- 2018/2019 Red Cross Swimming Lessons .......................................... 21-25
- Swimming Lesson Prices ................................................................. 25
- Leadership Courses .......................................................................... 26
- Specialty Programs ............................................................................ 27
- September 2018 - June 2019 Aquatic Schedule ................................. 28

**4 Wing Military Fitness and Sports Department** ................................. 29
- Authorized Sports, Extramural and Intramural Sports Programs ....... 30
- Canada West Regional and National Sports Calendars ..................... 31
- Military Physical Fitness Training and Testing .................................... 32
- Fitness and Sports Facilities and Equipment ..................................... 33
- Military Fitness Schedule, Early Bird Classes .................................... 34

**Health Promotion** ........................................................................... 35
- CANEX ............................................................................................ 36
- SISIP Financial .................................................................................. 37

**Cold Lake Air Force Museum** .............................................................. 38

**Military Family Resource Centre Society** .......................................... 40
- Adult Programming ........................................................................... 41-42
- Children Services ............................................................................. 43
- Youth Services .................................................................................. 44
- Deployments, Departures & Reunions .............................................. 45
- Volunteer & Community Leadership ................................................ 46

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**Brought to you by** [Image of The Courier logo]
The Col. J.J. Parr Sports Centre is a state-of-the-art multipurpose recreation and fitness facility. The following indoor facilities are offered:

- Two NHL size ice surfaces
- An aquatic centre featuring a six lane 25 metre competition pool, a 10 x 15 metre leisure pool, a water slide, hot tub and sauna
- Three squash courts
- One racquetball court
- Massage Therapy
- A mini gym specially designed for aerobics
- A physiotherapy section
- A fully equipped weight and cardio room
- A fully equipped change area including two family change rooms
- Conference / Activity Rooms
- A main gymnasium featuring 2 NBA-sized basketball courts, 8 badminton courts, 3 volleyball courts and a European handball court
- Rock Climbing Wall

The following outdoor facilities are offered:

- Outdoor Rink
- Skateboard Park
- Splash Park
- RV Campground
- RV Compound
- 9 Hole Disc Golf Course
- Beach Volleyball and Tennis Courts
- Soccer Pitch
- Softball Diamond
- Winter Rentals - Snowshoes and Cross County Skis
- Summer Rentals - Bikes, Canoes, Kayaks and Camping Gear is available through Sports Stores, call local 8193 for appointment
- Pavilions |(See page 6)

Facility Hours of Operation

Col. J.J. Parr Fitness Centre
Monday to Friday .........................................6:00 am - 9:30 pm
Saturday and Sunday .................................9:00 am - 8:00 pm

Holidays:
Labour Day ..............................................9:00 am – 8:00 pm
Thanksgiving:............................................9:00 am – 8:00 pm
Remembrance Day .....................................9:00 am – 8:00 pm
Family Day (Feb): .................................9:00 am – 8:00 pm
Good Friday: ............................................ Closed
Easter Sunday: ............................................ Closed
Easter Monday .........................................9:00 am – 8:00 pm
Victoria Day: ............................................9:00 am – 8:00 pm
Canada Day: ............................................. Closed
Civic Holiday (Aug): ...............................9:00 am – 8:00 pm

Christmas Holiday Hours:
For complete schedule go to www.CAFConnection.ca

Swimming Pool
For the most up-to-date schedule please call (780)840-8000 ext. 7806 or go to www.CAFConnection.ca

Outdoor Rink:
December – March
Monday to Sunday .....................................9:00 am – 9:30 pm

Skateboard Park (Summer)
May - October, dependant on weather
Monday to Friday .....................................7:00 am – 9:00 pm
Saturday and Sunday .............................9:00 am – 8:00 pm

Splash Pad
June – September ......................................8:00am-8:00pm

All outdoor facilities are subject to seasonal changes and dependent on the weather.
Please note that our programs and fitness classes do not run on holidays.

For information on PSP programming or to register online, please visit our website
www.CAFConnection.ca
For Your Information...

Website and Online Registration
- Easy access to information on activities, facilities and services.
- Browse the Activity Catalogue or search by name, code, location, instructor name, age, grade, type, session dates, season or combination to locate activities.
- Integrated E-Commerce Accepts payments from our clients using any major credit card, eCheck or Interac Online.

How to view courses and programs as well as register from your own home:
2. Contact the Welcome Desk @ 780-840-8000 ext 7823 for your client account to be set up.

Community Recreation Contact Information:
Col. J.J. Parr Information Line 780-840-8000 ext 7806

- Community Recreation Manager
  780-840-8000 ext 8192
- Aquatics Coordinator
  780-840-8000 ext 7111
- Pool Office
  780-840-8000 ext 8840
- Community Recreation Coordinator - Services
  780-840-8000 ext 8145
- Community Recreation Coordinator - Programs
  780-840-8000 ext 7454
- Community Recreation Administrative Assistant
  780-840-8000 ext 2960

- Community Recreation Supervisor
  780-840-8000 ext 3062
- Facility Coordinator
  780-840-8000 ext 8196
- Arena Supervisor
  780-840-8000 ext 8097
- Welcome Desk Supervisor
  780-840-8000 ext 7909
- Welcome Desk
  780-840-8000 ext 7823

4-Wing Community Map

LEGEND
1. Mackenzie Arts & Community Centre
2. Cold Lake Golf & Winter Club
3. 4 Wing Theatre/ MFRC
4. CANEX/SISIP
5. Art Smith Aviation Academy and 4 Wing Library
6. Youth Centre
7. Col. J.J. Parr Sports Centre
8. Officers’ Mess
9. WO & Sgts’ Mess
10. Club 41 Jr. Ranks’ Mess
11. Bark Park
12. RV Campground
13. Auto Club & Wood Hobby Shop

WWW.CAFCONNECTION.CA • 2018-2019 • RECREATION
## Community Card Membership Rates

<table>
<thead>
<tr>
<th>REGULAR</th>
<th>Child/Youth/Senior</th>
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<tr>
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<th>AQUATICS</th>
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<td>1 Year</td>
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</tbody>
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Regular Membership
i. Canadian Forces members; currently serving Regular and Reserve Force personnel and their families (Subsidized); ii. Members of Foreign Military currently serving with the CAF and their families (Subsidized); iii. Veterans (Former members of the CAF who have successfully completed Basic Military Training and have been honourably discharged) and their families (Subsidized);

Ordinary Membership
i. Current DND Public Servants, Staff of NPF, Staff of MFRCS, Staff of DRDC and DCC and their families (Subsidized); ii. Serving RCMP and their families (Fees Applicable); iii. Currently-serving Honorary Colonels/Captains (N) and Honorary Lieutenant-Colonels/Commanders and their families (Fees Applicable);

Associate Membership
All others who pay or are invited to become members.

Aquatics Membership
***Please note that this membership does not qualify a member to receive discounted rates on Aquatic programming or use of the remaining Col. J.J. Parr Sports Centre facilities.***

### Drop In Fees
- Child (0-12 yrs) $3.50
- Youth (13-18 yrs) $5.00
- Adult (19-54 yrs) $7.00
- Senior (55+) $5.00
- Family (Associate Member) $17.50
- Family (Reg/Ord Member) $10.00

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## Pavilions

<table>
<thead>
<tr>
<th>PAVILIONS</th>
<th>LOCATION</th>
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<tr>
<td>4 Wing Art Smith Pavilion</td>
<td>Art Smith Aviation Academy</td>
</tr>
<tr>
<td>4 Wing Beaver Pavilion</td>
<td>Beaver Subdivision</td>
</tr>
<tr>
<td>4 Wing Col J.J. Parr Pavilion</td>
<td>Col J.J. Parr Sports Centre</td>
</tr>
<tr>
<td>4 Wing MACC Pavilion</td>
<td>Mackenzie Arts and Community Centre</td>
</tr>
<tr>
<td>4 Wing RV Pavilion</td>
<td>RV and Campground</td>
</tr>
</tbody>
</table>
4-Wing RV Park & Campground

The 4 Wing RV Park and Campground was established in 2011 offering 11 tent sites and 15 RV campsites to serve our 4 Wing Defence Team. The Campground is located across from the Art Smith Academy, nestled along a beautiful wooded area away from all the hustle and bustle of the city. Each site costs $15.00 per night and is equipped with its own picnic table and fire pit, perfect for those long summer nights. During open season, May-September, the park offers a large covered gazebo with tables and seating, a central washroom, garbage disposal and lots of green space to enjoy.

Reservations can be made at the Col. J.J. Parr Welcome Desk during regular business hours. For more information, please call 780-840-8000 ext 7823.

4-Wing RV Storage Compound

Serving the 4 Wing Community since 1989, the RV Compound is available to all members of the 4 Wing Defence team and retired Military members on a priority basis. For a one time refundable security deposit of $50 per site, plus a reasonable annual fee for applicable priorities, patrons can store their recreational vehicles in our secured location within the 4 Wing limits. For more information on the RV Storage Compound please contact the Welcome Desk Supervisor at ext 7909. Please bring your updated registration and insurance. Renewal of your site must be done on an annual basis.

4-Wing Community Library

4 Wing Community Library is an inviting library nestled in Art Smith Aviation Academy on base. We are a public library that is open to everyone and therefore have an exterior entrance so no one needs to go through the school.

Memberships for the library are free.

We have a wonderful selection of books for everyone, including French options. We are also able to request books in from other libraries throughout Alberta. The TRAC system is fantastic and it also provides you not only with the ability to source books but to use language learning programs, have access to music, videos and much more! Our goal is to continue to grow, implement more community programs, meet the needs of our clients and foster our sense of community. Please come in and visit our library!

Phone: 780-594-7456

Monday to Thursday - 10:00 am - 3:30 pm
Friday 10:00 am - 3:00 pm
Wednesday Evening - 6:00 pm – 8:00 pm

Mackenzie Arts & Community Centre

The Mackenzie Arts and Community Centre (MACC) houses numerous organizations and clubs as well as a variety of programming for children and adults including:

- Open Play
- Summer Camp
- K9 Club
- Scouts
- Cold Lake Cloggers

The MACC is located just past the Cold Lake Golf and Winter Club, in the Mackenzie subdivision.
Recreation Clubs

4 Wing Archery Club

The 4 Wing Archery Club is a volunteer run club which operates an outdoor archery range at 4 Wing Cold Lake from April to October each year (depending on the weather) and an indoor archery during the Winter.

Our outdoor range facility, located near the old motocross track on base, offers members the opportunity to practice the sport of archery daily from 30 minutes before sunrise to 30 minutes after sunset. We currently have a static range consisting of archery targets set up from 20 to 70 yards and will be expanding our facility this year to include a 3D range and an elevated shooting platform. All of our targets are designed for use with field points only and the use of any other type of arrow head is strictly prohibited.

During the Winter months our indoor archery program runs weekly on Friday and Sunday nights from 6:00 pm to 8:00 pm and offers members the opportunity to practice their skills with an open shoot on Friday nights and a youth shoot on Sunday nights. Our youth archery program offers youth the opportunity to learn the sport of archery in a safe, fun and educational environment; we provide all of the equipment and instruction for the youth who do not have their own equipment and encourage those with their own equipment to hone their skills with their personal gear.

For more information call Community Recreation Coordinator- Services, 780-840-8000 ext 8145.

4 Wing K-9 Club

The 4 Wing K-9 club is a friendly social club for you and your dogs. The club facilities are a Clubhouse, an indoor room 23 ft X 65 ft, located at the Mackenzie Arts and Community Centre. We also have a fully fenced baseball field as our off leash park, located right across the street from the Col. J.J. Parr Sports Centre.

With Agility, fly ball equipment and lots of room to run, we offer a safe, social environment to exercise and socialize your dog. Obedience and Agility training are offered on a regular basis, as well as occasional fun and informative seminars. The club also holds BBQs in the Spring and Fall and on leash Open House events open to all.

The K9 Club hosts the Cold Lake Haunt Oct 29-30-31 each year at Halloween and we invite all owners along with their dogs to join us in the Christmas parade alongside our float.

Annual Membership Fees
Regular /Ordinary Members: $20 Family $35
Associate Members: $40 Family $55
Note: All prices include GST, no other fees are charged. Equipment and facilities are included with membership.
Visit our website @ http://4wingk-9club.webs.com/
Club contact: K9club@forces.gc.ca

Scott Cyr, MLA
Bonnyville-Cold Lake Constituency
4428 - 50 Avenue
Bonnyville, Alberta
TEL: 780-826-5658
**Wood Hobby Club**

Located beside the Auto Club. The Wood Hobby Club is open to both civilian and military members with monthly and yearly memberships available. It has a wide array of equipment available for use that makes it an ideal club for the serious carpenter, right down to wood crafters or beginners. Volunteer supervisors are on staff to assist members with any questions that may arise. A fully stocked tool crib virtually eliminates the need to bring one's own tools. The Club also stocks, and has for sale, a variety of wood, sandpaper, wood, glue and hardware for projects at a competitive price.

Anyone interested in becoming a member is invited to come down for a tour of our facility!

**Club Contact:** President Richard Castonguay:
780-840-8000 ext. 8381

**Club House Phone:** 780-840-800 ext. 4083

**Hours of operation (August to May):**
- Mon, Tue, Wed: 6:00 pm - 10:00 pm
- Sat: 10:00 am - 5:00 pm

**Hours of operation (June and July):**
- Wed: 6:00 pm - 10:00 pm
- Sat: 10:00 am - 5:00 pm

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**Norlight Skating Club**

We have something to offer everyone, whether it's CANSKATE lessons for beginners or private lessons for the more competitive individuals. There are also lessons available from three years of age to adult! There are no fundraising or bingo requirements with this club!

**The Club features:**
- NHL size ice surface
- Jump harness
- Video equipment
- Qualified coaches
- And much more…………………..

**Club Contact:** norlightskating@gmail.com.

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**R/C 4 Wing Indoor Flyers**

The club has been running for over 7 years and are seeking individuals who would like to join this fast growing indoor scene. People of all ages and skill levels are welcome.

We primarily focus on indoor aero modeling, electric powered, rubber-powered and free flight, including fixed wing and rotary wing.

Our flying season runs from September to April with flight sessions every second Friday from 7 - 9 pm in the Main Gym @ Col. JJ. Parr Sports Centre.

**Club Contact:** Frank Mayer, 780-840-8000 ext 8773 or Frank.Mayer@forces.gc.ca

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**4 Wing Auto Club**

The 4 Wing Auto Club is a volunteer run organization co-located in Building #168 with the Wing Wood Hobby Shop.

In addition to an extensive tool crib, the club has a varied selection of specialized tools, as well as eight work bays, one work/wash bay and five heavy-duty auto hoists.

The club has an experienced attendant on duty during regular club hours, who can provide assistance. The member can visit the club to perform vehicle maintenance as long as an attendant is on duty.

**Membership Fees:**
- There is a “bay fee” set at $4.00/hr.
- Regular Military/Defence Team Member - $40.00
- Ordinary - $50.00
- Civilian - $60.00

**Club Hours:**
- Monday - Friday 6:00 - 10:00 pm (CLOSED WEDNESDAYS)
- Saturday-Sunday 1:00 - 4:00 pm

**Contacts:** MCpl Ken McGraw, Club President:
780-840-8000 ext 8895
WO Don Cox, Assistant Manager:
780-840-8000 ext. 8227
**Marlins Swim Club**

Cold Lake Marlins Swim Club aims to inspire our swimmers to embrace a lifestyle of swimming, sport, fitness and health. We offer both competitive and non-competitive programs, ages 7 (completed level 4) to 18 years, as well as coaching clinics and fun meets.

Our competitive swimmers have represented the community of Cold Lake extremely well at sanctioned meets in Edmonton.

The sport of swimming demands courage, dedication, determination and teamwork. We strive to develop our swimmers technically, physically and mentally, so that they can reach their highest potential both personally and as an athlete.

We are a Swim Alberta sanctioned club and our coaches are certified with the Alberta Coach Council and the Canadian Swim Coaches and Teachers Association.

For more information on swim trials for the upcoming swim year or for registration contact us via email at clmarlins@gmail.com

**Movie Club**

The Movie Club offers a unique way to boost morale by providing the entire 4 Wing Defence Team an opportunity to enjoy viewing a newly released movie in a theatre environment without incurring the large fee associated with commercially run theatres. Please have your CF 1 Card on hand to gain entrance to the Wing Theatre. For those who do not yet have a CF 1 Card, official Canadian issued government ID will be accepted. Associate members will be required to pay their admission fees at the door upon entry into the theatre.

For more information they can contact the club’s general mailbox +4WingMovie@intern.mil.ca

**OD Saddle Club**

The goal of our club is to stimulate interest in horsemanship and ranch maintenance, provide a place to participate/coordinate riding activities, and lastly to promote horse care and management.

Our club is located 3 km out the back gate of 4 Wing, heading towards highway #55.

At the ranch we have: an outdoor riding arena, a round pen, a quarantine paddock, a medical paddock, an equipment barn, a clubhouse and 8 separate pastures, 17 individual paddocks, each with their own stall, tack room and hay barn.

Feed is the individual owner’s responsibility and they need to have sufficient feed to see their horses through a Cold Lake winter.

*All members must provide proof of current insurance either through their house insurance or through the Equine Federation of Canada.*

**Club Contact:** President Rachel Carr 780-840-8000 ext 8895 or Rachel.carr@forces.gc.ca

**4 Wing Pipes & Drums**

Bagpipes have been a part of Cold Lake since the base’s earliest days. Following a 7-year absence, the 4 Wing Pipes and Drums were reformed in 2014 to support the Wing’s 60th Anniversary activities. Since then we’ve played in many local military and civilian parades, dinners, and concerts including the 60th Anniversary Freedom of the City parade, the Canadian Cruiserweight Boxing Championship, and Johnny Reid’s concert in Cold Lake.

The group is always looking for new players and is open to both military and civilian members of the community. We practice at the 4 Wing Band room – located in the Wing RTF building.

For information on booking or joining the Pipes and Drums, please contact Capt. Karl Braschuk ext 8772 or email the band at 4WingPipesAndDrums@gmail.com

**Scuba Club**

The SCUBA Club is a volunteer run club which operates out of Col. J.J. Parr Sports Center year round. The SCUBA Club plans dives throughout the summer and fall. They offer basic and advance diving training as well as access to the pool and SCUBA equipment for its members. Our club was honored with the Community Recreation Club of the Year Award for 2018, and is looking forward to another great season. The SCUBA Club is full of passionate divers of all levels who are looking to make you discover all that the sport has to offer. For more information, contact the Club President at CYODScuba@gmail.com
2018/2019 4-Wing PSP Events

• August 25, 2018
  Community Registration Day

• September 6, 2018
  4 Wing/CFB Wing Welcome

• September 14, 2018
  Terry Fox Run

• September 29, 2018
  Oktoberfest and Volksmarch

• October 19, 2018
  CAF Sports Day in Canada

• October 27, 2018
  Spook-tacular Boonanza

• February 16-18, 2019
  Family Days

• March 2019
  Snowfest

For a list of all upcoming PSP events go to www.CAFConnection.ca

Community Council

The Community Council (CC) is a group of people who work to promote a positive community environment to increase the well-being of 4 Wing Cold Lake residents. The CC includes ward councilors for each residential housing unit (RHU) neighbourhood and single quarters, and representatives from each unit on base. Ward councilors represent the residents in their area at CC meetings. Unit representatives are responsible for spreading information about CC initiatives within their units. Representatives from PSP, the Military Police, CFHA, Wing Construction and Engineering (WCE), Wing Chaplains, and the MFRC sit in on CC meetings in advisory roles. The CC Chairperson will be responsible to liaise directly with the Wing Commander’s appointed representative, the Wing Chief Warrant Officer (WCWO), as the final approval of any decisions.

Upcoming events with Community Council participation:

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
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<tbody>
<tr>
<td>September</td>
<td>Wing Welcome</td>
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<tr>
<td>October</td>
<td>Halloween RHU Decoration Contest</td>
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<tr>
<td>Halloween</td>
<td>Pumpkin Carving Contest</td>
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<tr>
<td>November</td>
<td>Christmas Tree Light Up</td>
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<tr>
<td>Christmas</td>
<td>Parade Float</td>
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<td>December</td>
<td>Christmas RHU Decoration Contest</td>
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<td>March</td>
<td>Snowfest</td>
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<tr>
<td>May</td>
<td>Community Garden</td>
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<td>Residential Clean-up BBQ</td>
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<tr>
<td>June</td>
<td>Flowers for beautification</td>
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<td>July</td>
<td>RHU BBQ</td>
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<tr>
<td>August</td>
<td>Green Thumb Awards</td>
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<tr>
<td></td>
<td>RHU BBQ</td>
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If you would like to get involved with the Community Council or any of its activities, please contact Maj Robert Walsworth via email at Robert.Walsworth@forces.gc.ca
June Is Recreation Month

PSP Contact: Community Recreation Coordinator 780-840-8000 ext 7454

CELEBRATE RECREATION MONTH THIS JUNE
WITH PSP COMMUNITY RECREATION!

There are many different recreational activities that the whole family can enjoy, and they can also provide a wonderful opportunity to spend quality time together.

Establishing good habits of being healthy and active is important to begin at a young age, and showing children how to be healthy at home will help them to make their own healthy habits later in life.

We're challenging you to “play” this month! Celebrate June is Recreation Month, by going geocaching, swimming at the beach, trying camping, or a new sport like outdoor volleyball. Getting outside and enjoying nature is a great way to stay active.

No matter what your age or fitness level, you and your family can enjoy the benefits of getting active!

For more information on programs and activities offered through the PSP Recreation Department please contact the Col. J.J. Parr Sports Centre Welcome Desk at 780-840-8000 ext 7823 or visit www.CAFconnection.ca

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Cold Lake
780-594-4562
***Bus Trips are only available to military and civilian members of the 4 Wing Defence team and their dependants***

***ALL Bus Itineraries’ will be made available upon registration***

For a list of all bus trips being offered by PSP, please check out our website: www.CAFConnection.ca

**Registration**

Don’t miss out as buses fill up quickly and are filled on a first come basis. You can register in person at Col. J.J. Parr Sports Centre Welcome Desk.

Please note that any extra costs such as meals, accommodations, rentals, entry fees are the travelers’ responsibility unless otherwise specified. Remember when registering you must specify the number of seats required.

The Recreation Department is eagerly planning some exciting bus trips for all seasons for the entire family to enjoy! Please keep your eyes open for more information on CAFConnection.ca, Facebook- 4 Wing Connection and on the DIN.
Youth Programs

Children’s PSP Summer Camp

The PSP Summer Camp is for children 6-12 years of age. The activities of the day will fall within our weekly themes and include sports and recreational activities, crafts, cooking, library visits, gardening, and more! Programming will run from 8:00 am – 4:00 pm, however extended drop off and pickup times are scheduled from 7:00 am-5:00 pm, for your convenience. Lunch will not be provided; Children will need to pack their own snacks and lunch daily.

Details:

Age: 6-12 year olds
When: July 2 - August 23 (8 weeks)
Time: 7:00 am – 5:00 pm
Where: Mackenzie Arts & Community Centre

Each week of the Summer Camp Program will include fun and exciting themes!

Check out our weekly themes at: CAFConnection.ca

Open Play

Keep your little ones active and come out to Open Play at the Mackenzie Arts & Community Centre. The Open Play environment provides an opportunity to enrich your child’s fine motor skills, cognitive development, and further provides a place for a child to begin to develop fundamental movement skills. The program offers a variety of toys and equipment that is suitable for toddlers and preschoolers. Parents/guardians are strongly encouraged to participate with their child(ren) at open play. We have a variety of play equipment and structures to discover and enjoy!

Details:

When: Thursday and Fridays from 0900-1200, starting in September.
Where: Mackenzie Arts & Community Centre
Ages: walking to 5 years old (babies are welcome)
Cost: Free for Defence Team! Civilians can purchase a punch pass at the Welcome Desk of Col J.J. Parr Sports Centre.
$20 for 5 passes and $40 for 12 passes.

Open Play Hours:
Monday 9:00am-12:00pm
Thursday 9:00am -12:00pm
Friday 9:00am-12:00pm

The Open Play program will be closed during the summer months and will be cancelled on all statutory holidays.

For more information about the Open Play Program please contact the Recreation Supervisor at 780-840-8000 ext. 3062.
If you are new to exercise, feel a little intimated in the weight room, or would like to learn a little bit more about the equipment in the weight room, you are invited to attend the Weight Room Orientation!

If you are 13-17 years of age and would like to access the weight room, the Weight Room Orientation is a mandatory session to take part in, prior to utilizing the facility. You will learn the weight room rules, proper etiquette and how to properly use the equipment.

Details:
To book an appointment please contact the Col J.J. Parr Sports Centre Welcome Desk at 780-840-8000 ext 7823.

Contact: Community Recreation Manager
780-840-8000 ext 8192
FUN is the number one reason why children participate in recreation and sport! HIGH FIVE is the leader in merging children’s programs with quality care and positive self image because of its five principles:
• Caring Adult
• Friends
• Mastery
• Play
• Participation
Research shows there are many benefits to physical activity, but the experience must be a positive one!

The PSP Community Recreation Department is a registered organization with HIGH FIVE and is striving towards offering affordable quality programs to our community. Our goal is to offer programs that reflect healthy child development and focuses on children’s physical, mental and emotional health.

“Play is one of the primary ways that young children explore the world and develop their physical, cognitive and emotional capabilities.” (Mulhulland, 2008)

Instructors
Do you have a special talent or skill that you could share with others?
Are you enthusiastic, energetic and fun?
Could you step into a leadership role?
If you answered YES, then Community Recreation at the Col. J.J. Parr Sports Centre is looking for YOU!

We are currently seeking instructors for the following areas: • Tae Box • Swimming Lessons • Soccer • Body Sculpt
Becoming an instructor is a wonderful way to share your wealth of knowledge with the rest of the community.
If you’re interested, please contact the PSP Community Recreation Manager and express your interest by outlining your experience and skills.
Birthday Parties

Birthdays are a Blast with PSP Community Recreation!

All birthday parties must be booked two weeks prior to party date. There is a minimum of 72 hours for cancellation for any party. A $25 cash refundable damage deposit required at the time of booking and payment of your party.

Pool Parties

**Cabana Party Package**
This party package is for up to 10 individuals during any of our Public Swims. More than 10 patrons will be an additional $3.50 per person.
Times for the party are based on availability and includes one hour in the party room, with swimming in any of our pools.
$85 for Defence Team
$115 for Non-Defence Team

**Make a Splash! Party Package**
This party package is for up to 30 patrons and full use of the main pool, including our inflatable dog and water walkway. This includes one hour in the swimming pool and then one hour in the party room.
$175 for Defence Team
$225 for Non-Defence Team

For availability or to book a party please contact the Aquatics Coordinator at 780-840-8000 ext 7111

Birthday Parties
**Clogging**

Clogging was developed from steps of English Country, Irish and German Court, American Folk, and Cherokee Dances, as well as African rhythms and movement. Clogging shoes have double taps on both the heel and the toe, also known as “jingle taps”. Songs are choreographed by using traditional clogging steps going back as far as the 19th century.

The Clogging classes operate out of the Mackenzie Arts and Community Centre throughout the year.

For more information, please contact:

**Cold Lake Cloggers at 780-594-2689**

or email **coldlakecloggers@hotmail.com**

For full schedule and pricing, please visit


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**Brazilian Jiu Jitsu**

Brazilian Jiu Jitsu is a grappling art with no striking (punching/kicking) of any kind. It is similar to judo or Olympic wrestling in that takedowns and holds are used to pin or submit an opponent. It is both a martial art and a sport, with many competitions all over the world, including an official CAF championships held annually in Petawawa. It can be safely practiced by just about anyone of any fitness level, with intensity easily scaled to needs of any student.

Brazilian Jiu Jitsu classes are for Adults only (18+) and are held at the Col J.J. Parr Sports Centre.

For more information, please contact:

**Col. J.J. Parr Sports Centre**

Welcome Desk

at 780-840-8000 Ext 7823.
**Kickboxing**

Learn basic Kickboxing technique, blocks, stances, where to have your hands and more. Every technique and combination is able to be modified to individual fitness, experience, and comfort level.

The class does not involve physical contact person to person; it does however involve punching focus mitts. Participants can bring their own gloves; otherwise, our instructor has extra pairs to protect your knuckles.

Kickboxing classes are for 16 years and older. Classes are held at the Col J.J. Parr Sports Centre.

For more information, please contact

**Col. J. J. Parr Sports Centre**
Welcome Desk
at 780-840-8000 Ext 7823.

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**Cricket**

Come and learn how to play cricket! Each Sunday from 12 pm - 3 pm in the main gym of the Col. J.J. Parr Sports Centre.

No experience required! Ages 14+.

Equipment and instruction provided by Rishi Sharma (organizer). It is free with Community Card, otherwise standard drop in rates will apply.

If you have any questions, please contact: 
**Recreation Coordinator - Programs**
ext 7454

For more information on all adult programs please call 780-840-8000 ext 7454.

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**Karate**

The Area’s Foremost Martial Arts School

Come see us at Community Registration Day
August 25 at the Energy Centre

Instructor Jim Cudmore 4th Dan, certified by Japan Karate Federation

- Self Development
- Health & Conditioning
- Self Defense
- Traditional Japanese Karate
- Classes for men, women, and children from age 6

Cold Lake Karate-Do 780-573-7789
1301 8th Ave, Cold Lake Senior Society Building, Cold Lake North
Aquatic Program Drop-In Descriptions

Aquatics Information Line: 780-840-8000 ext. 7806 opt. 1

**Early Bird Lane Swim:**
Start your day off right with an early morning plunge! **Lanes are available:** Monday through Friday from 6:15 am - 7:30 am.

**Lane Swim:**
Lanes will be set up for continuous lap swimming and aqua-jogging. Children under 12 years of age must be accompanied by an adult or guardian 16 years plus. **Lanes are available:** Monday-Friday from 11:00 am – 1:00 pm and 8:00 pm – 9:00 pm, as well as Saturday and Sunday from 1:00 pm – 2:30 pm.

**Public Swim:**
Come out for a swim at your neighbourhood pool. Toys, Tarzan rope, water slide and diving board are available for your enjoyment.

**Family Swim:**
Recreational swim time reserved for parent or adult guardian to attend with their children for some family fun. All children must be accompanied in the pool by their parent or guardian.

**Parent and Tot Swim:**
Recreational Swim time reserved for parents or guardians to bring their children aged 0 - 6 years to our leisure pool. Monday through Friday from 11:00 am – 1:00 pm and Saturday and Sunday from 1:00 pm – 2:30 pm.

**Toonie Swim:**
Bring a toonie and go for a dip! This public swim takes place every Friday evening for all patrons.

**Aqua Fit:**
Get in shape with Aqua Fit! This aerobics class is designed to increase the heart rate and sculpt muscles by using low impact water resistance. Participants must be 12 years or older. Classes run Tuesdays and Thursdays from 9:00 am – 10:00 am and 6:30 pm – 7:30 pm.
Red Cross Swim Lesson Descriptions

STARFISH
Parent and Tot beginner level 4-12 months of age or older. To enter this level, babies must be able to hold their head up.

DUCK
Parent and Tot intermediate level 12-24 months of age or older. Toddlers build confidence while enjoying the water through games, songs and active water play.

SEATURTLE
This level is the new parented level for children ages 24-36 months. All skills in this level are assisted.

SEA OTTER
This level is for ages 3-5 years and consists of assisted skills from the salamander level.

SALAMANDER
This is a preschool level for children 3-5 years. Beginner skills are learned in this level such as getting wet, learning how to blow bubbles and floats unassisted.

SUNFISH
Preschool level for kids 3-6 years who have completed the Salamander Level. Rhythmic breathing, weight transfer, glides, front 2 meter swim, introduction to synchronized swimming and kicking drills are covered in this level.

CROCODILE
Preschool level for kids 3-6 years who have completed Sunfish. In this level they will learn front/back swims 5 meters, kicking drills, dolphin kick and orientation to deeper water.

WHALE
A preschool level for children 3-6 years who have completed the Crocodile level. Some of the skills they will learn are: front/back glide with kick 3 x 5 meters, side glide with kick 5 meters, front/back swim 7 meters.

SWIM KIDS LEVEL 1
This is an entry level for children 5 years plus ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks.

SWIM KIDS LEVEL 2
This level helps the child build skills in front and back swims. Children are introduced to deep-water activities and proper use of a personal flotation device.

SWIM KIDS LEVEL 3
This level provides an introduction to front crawl as well as a foundation for making wise choices on where and when to swim.

SWIM KIDS LEVEL 4
The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits endurance is built through the 25-meter swim.

SWIM KIDS LEVEL 5
Back crawl is introduced along with sculling skills and whip kick on the back. Endurance is developed through dolphin kick and a 50-meter swim.

SWIM KIDS LEVEL 6
Front crawl and back crawl continue to be refined and the elementary backstroke is newly introduced. Endurance is built through a 75-meter swim.

SWIM KIDS LEVEL 7
Level 7 continues to build skills for front crawl, back crawl, and elementary backstroke and introduces whip kick on the front. Endurance is built through a 150-meter swim.

SWIM KIDS LEVEL 8
Level 8 provides an introduction to the breaststroke, foot first surface dives and rescue entries. Endurance is built through a 300-meter swim.

SWIM KIDS LEVEL 9
Front crawl, back crawl and elementary backstroke continue to be refined. In this level, children are encouraged to try combining different strokes and kicks for fitness. Endurance is built in a 400-meter swim.

SWIM KIDS LEVEL 10
Further refinement of strokes, with an introduction to butterfly and scissor kicking. Children learn about sun safety, rescue of others from the ice and head first surface dives. Endurance is a 500 meter swim.
## 2018/2019 Red Cross Swimming Lessons

**Aquatics Information Line:** 780-840-8000 ext. 7806 opt. 1

### FALL SESSION

**Registration opens August 25th @ 9:00 am – Online and at Col. J.J. Parr Sports Centre Kiosk**

**https://bk.cfpsa.com/coldlakepub/index.asp** For more information on our aquatic programs please visit our website [www.cafconnection.ca/Cold-Lake/Home.aspx](http://www.cafconnection.ca/Cold-Lake/Home.aspx) or call (780)840-8000 ext 7806 Option 1

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<tr>
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<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td>Oct 15th - Dec 10th</td>
<td>4:30 - 5:00 pm</td>
<td>Starfish/Duck</td>
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<td>Level 2</td>
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<td>5:00 - 5:30 pm</td>
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* If your preferred date and class time is full, please add your name to the waitlist. *

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**Note:**
- **Mondays:**
  - October 15th - December 10th
  - 8 Classes
  - No Lessons: November 12th

- **Tuesdays:**
  - October 16th - December 4th
  - 8 Classes

- **Wednesdays:**
  - October 17th - December 12th
  - 8 Classes
  - No Classes: October 31st

- **Thursdays:**
  - October 18th - December 6th
  - 8 Classes

- **Saturdays:**
  - October 13th - December 8th
  - 8 Classes

- **Daytime Lessons:**
  - October 15th - November 4th
  - 8 Classes
**WINTER SESSION**

**Registration opens December 18th @ 9:00 am —Online and at Col. J.J. Parr Sports Centre Kiosk**

**https://bk.cfpsa.com/coldlakepub/index.asp** For more information on our aquatic programs please visit our website www.cafconnection.ca/Cold-Lake/Home.aspx or call (780)840-8000 ext 7806 Option 1

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<td>9:30 - 10:00 am</td>
<td>Starfish/Duck</td>
<td>Level 2</td>
</tr>
</tbody>
</table>

* If your preferred date and class time is full, please add your name to the waitlist. *
# 2018/2019 Red Cross Swimming Lessons

**SPRING SESSION**

**Registration opens March 26th @ 9:00 am – Online and at Col. J.J. Parr Sports Centre Kiosk**

**https://bk.cfpsa.com/coldlakepub/index.asp For more information on our aquatic programs please visit our website www.cafconnection.ca/Cold-Lake/Home.aspx or call (780)840-8000 ext 7806 Option 1**

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 29th -</td>
<td>4:30 – 5:00 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>June 24th</td>
<td>5:00 – 5:30 pm</td>
<td>Salamander</td>
</tr>
<tr>
<td>8 Classes</td>
<td>5:00 – 6:00 pm</td>
<td>Level 7/8</td>
</tr>
<tr>
<td></td>
<td>5:30 - 6:00 pm</td>
<td>Crocodile/Whale</td>
</tr>
<tr>
<td>No Lessons</td>
<td></td>
<td>Level 4</td>
</tr>
<tr>
<td>May 20th</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursdays</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 25th -</td>
<td>4:30 - 5:00 pm</td>
<td>Salamander</td>
</tr>
<tr>
<td>June 13th</td>
<td>5:00 - 5:30 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>8 Classes</td>
<td>5:00 - 5:45 pm</td>
<td>Level 6</td>
</tr>
<tr>
<td></td>
<td>5:30 - 6:00 pm</td>
<td>Sunfish</td>
</tr>
<tr>
<td></td>
<td>6:30 - 7:30 pm</td>
<td>Adult Strokes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 23rd -</td>
<td>4:30 – 5:00 pm</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td>June 11th</td>
<td>5:00 – 5:30 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>8 Classes</td>
<td>5:00 – 6:00 pm</td>
<td>Salamander</td>
</tr>
<tr>
<td></td>
<td>5:30 - 6:00 pm</td>
<td>Level 2</td>
</tr>
<tr>
<td></td>
<td>6:30 - 7:30 pm</td>
<td>Adult Basics</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesdays</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 24th -</td>
<td>4:30 – 5:00 pm</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td>June 12th</td>
<td>5:00 – 5:30 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>8 Classes</td>
<td>5:00 – 5:45 pm</td>
<td>Level 5</td>
</tr>
<tr>
<td></td>
<td>5:30 - 6:00 pm</td>
<td>Salamander</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturdays</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 27th -</td>
<td>9:30 - 10:00 am</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td>June 22nd</td>
<td>10:00 - 10:30 am</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td>8 Classes</td>
<td>10:30 - 11:00 am</td>
<td>Sea Otter</td>
</tr>
<tr>
<td></td>
<td>11:00 - 11:30 am</td>
<td>Salamander</td>
</tr>
<tr>
<td></td>
<td>11:30 am - 12:15 pm</td>
<td>Sunfish</td>
</tr>
<tr>
<td></td>
<td>11:30 am - 12:30 pm</td>
<td>Level 5/6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Daytime Lessons</th>
<th>Monday/Wednesday</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 20th</td>
<td>April 24th -</td>
<td>9:00 - 9:30 am</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td>No Lessons</td>
<td>May 22nd</td>
<td></td>
<td>Salamander</td>
</tr>
<tr>
<td>8 Classes</td>
<td>9:30 - 10:00 am</td>
<td></td>
<td>Sea Turtle</td>
</tr>
<tr>
<td></td>
<td>9:00 - 9:30 am</td>
<td></td>
<td>Sea Otter</td>
</tr>
<tr>
<td></td>
<td>9:30 - 10:00 am</td>
<td></td>
<td>Starfish/Duck</td>
</tr>
</tbody>
</table>

* If your preferred date and class time is full, please add your name to the waitlist. *
**SUMMER SESSION**

**Registration opens June 25th - July 2nd @ 9:00 am – Online and at Col. J.J. Parr Sports Centre Kiosk** **

**https://bk.cfpsa.com/coldlakepub/index.asp** For more information on our aquatic programs please visit our website

www.cafconnection.ca/Cold-Lake/Home.aspx or call (780)840-8000 ext 7806 Option 1

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### Monday – Thursday

#### AM

**July 8th – July 18th
8 Classes**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 9:30 am</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td>9:00 - 9:30 am</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>9:30 - 10:00 am</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td>9:30 - 10:00 am</td>
<td>Level 2</td>
</tr>
<tr>
<td>10:00 - 10:30 am</td>
<td>Salamander</td>
</tr>
<tr>
<td>10:00 - 10:30 am</td>
<td>Level 4</td>
</tr>
<tr>
<td>10:30 - 11:00 am</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>10:30 - 11:30 am</td>
<td>Sunfish</td>
</tr>
<tr>
<td>10:45 - 11:45 am</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>11:00 - 11:30 am</td>
<td>Crocodile/Whale</td>
</tr>
</tbody>
</table>

### Monday – Thursday

#### PM

**July 22nd – August 1st
8 Classes**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 - 4:30 pm</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td>4:00 - 4:30 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>4:30 - 5:00 pm</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td>4:30 - 5:00 pm</td>
<td>Level 2</td>
</tr>
<tr>
<td>5:00 - 5:30 pm</td>
<td>Salamander</td>
</tr>
<tr>
<td>5:00 - 5:30 pm</td>
<td>Level 4</td>
</tr>
<tr>
<td>5:00 - 5:45 pm</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>5:30 - 6:00 pm</td>
<td>Sunfish</td>
</tr>
</tbody>
</table>

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**Registration opens June 25th - July 16th @ 9:00 am – Online and at Col. J.J. Parr Sports Centre Kiosk** **

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www.cafconnection.ca/Cold-Lake/Home.aspx or call (780)840-8000 ext 7806 Option 1

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### Monday – Thursday

#### AM

**July 22nd - August 1st
8 Classes**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 9:30 am</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td>9:00 - 9:30 am</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>9:30 - 10:00 am</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td>9:30 - 10:00 am</td>
<td>Level 2</td>
</tr>
<tr>
<td>10:00 - 10:30 am</td>
<td>Salamander</td>
</tr>
<tr>
<td>10:00 - 10:30 am</td>
<td>Level 4</td>
</tr>
<tr>
<td>10:00 - 10:45 am</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>10:00 - 11:00 am</td>
<td>Sunfish</td>
</tr>
<tr>
<td>10:30 - 11:00 am</td>
<td>Level 7/8</td>
</tr>
<tr>
<td>10:45 - 11:45 am</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>11:00 - 11:30 am</td>
<td>Crocodile/Whale</td>
</tr>
</tbody>
</table>

### Monday – Thursday

#### PM

**July 22nd - August 1st
8 Classes**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 - 4:30 pm</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td>4:00 - 4:30 pm</td>
<td>Sea Otter</td>
</tr>
<tr>
<td>4:30 - 5:00 pm</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td>4:30 - 5:00 pm</td>
<td>Level 2</td>
</tr>
<tr>
<td>5:00 - 5:30 pm</td>
<td>Salamander</td>
</tr>
<tr>
<td>5:00 - 5:30 pm</td>
<td>Level 4</td>
</tr>
<tr>
<td>5:00 - 5:45 pm</td>
<td>Level 9/10</td>
</tr>
<tr>
<td>5:30 - 6:00 pm</td>
<td>Sunfish/Crocodile</td>
</tr>
</tbody>
</table>
2018/2019 Red Cross Swimming Lessons

**SUMMER SESSION**

**Registration opens July 30th - August 6th @ 9:00 am – Online and at Col. J.J. Parr Sports Centre Kiosk**

**https://bk.cfpsa.com/coldlakepub/index.asp** For more information on our aquatic programs please visit our website www.cafconnection.ca/Cold-Lake/Home.aspx or call (780)840-8000 ext 7806 Option 1

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**Monday – Thursday AM**
**August 12th - August 22nd**
**8 Classes**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 9:30 am</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td></td>
<td>Sea Otter</td>
</tr>
<tr>
<td></td>
<td>Level 1</td>
</tr>
<tr>
<td>9:30 - 10:00 am</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
</tr>
<tr>
<td>10:00 - 10:30 am</td>
<td>Salamander</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
</tr>
<tr>
<td>10:00 - 10:45 am</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>10:30 - 11:00 am</td>
<td>Sunfish</td>
</tr>
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<td>Level 9/10</td>
</tr>
<tr>
<td>11:00 - 11:30 am</td>
<td>Crocodile/Whale</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 - 4:30 pm</td>
<td>Starfish/Duck</td>
</tr>
<tr>
<td></td>
<td>Sea Otter</td>
</tr>
<tr>
<td></td>
<td>Level 1</td>
</tr>
<tr>
<td>4:30 - 5:00 pm</td>
<td>Sea Turtle</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
</tr>
<tr>
<td>5:00 - 5:30 pm</td>
<td>Salamander</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
</tr>
<tr>
<td>5:00 - 6:00 pm</td>
<td>Level 5/6</td>
</tr>
<tr>
<td>5:30 - 6:00 pm</td>
<td>Crocodile/Whale</td>
</tr>
</tbody>
</table>

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**Swimming Lesson Prices**

**KEEP YOUR REPORT CARD**
Your report card is an important document for your child’s swimming lessons record. It will be used to document your child’s progress for all of the Red Cross Swimming Levels. Please bring your child’s report card to their first swimming class for the instructors use. Swimmers who have never taken lessons before, will receive one on the last day of lessons. All Reports Cards, if not picked up on the last day of classes, are filed at the kiosk and can be picked up at anytime.

**FREQUENTLY ASKED QUESTIONS:**
1. What to bring for lessons: Swimsuit, towel and goggles if needed or preferred. If you have a progress card from a prior swim lesson, please bring it with you.
2. Accessing pool deck during swim lessons: Children and adults are not permitted to wait on the pool deck. Please wait in the waiting room or seated on the bleachers. Please stay seated with your child until their instructor calls on them. Parents must remain present during the lessons.
3. Practice for success! Lessons are taught through progressive evaluation (a Red Cross Standard). To assist your child in developing their skills, we encourage you to take advantage of public swim and/or lane swim times.
4. Make-up Classes: Make-up classes will be given only if there is a facility closure.

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**COL J.J. PARR AQUATIC RED CROSS SWIM PRICES**

<table>
<thead>
<tr>
<th>Level</th>
<th>Class Length</th>
<th>Defence Team</th>
<th>Non-Defence Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>30 minutes</td>
<td>$50.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Levels 1-4</td>
<td>30 minutes</td>
<td>$50.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Levels 5 &amp; 6</td>
<td>45 minutes</td>
<td>$50.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Levels 7-10</td>
<td>1 hour</td>
<td>$65.00</td>
<td>$70.00</td>
</tr>
<tr>
<td>Adult Lessons</td>
<td>1 hour</td>
<td>$65.00</td>
<td>$70.00</td>
</tr>
</tbody>
</table>

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**SUMMER SESSION**
**August 12th - August 22nd**
**8 Classes**

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**SUMMER SESSION**
**August 12th - August 22nd**
**8 Classes**
Leadership Courses

1. Canadian Swim Patrol
Canadian Swim Patrol provides enriched training for those that are ready to go beyond swimming lessons. There are three levels within Canadian Swim Patrol: Rookie, Ranger and Star. This program continues to develop participants’ swim strokes and provide the foundation needed in the Bronze awards.
Prerequisite: Ability to swim
Cost: Defence Team: $90
Non-Defence Team: $100
Dates: TBA
Time: TBA

2. Bronze Star
Bronze Star award teaches a beginners approach to lifesaving, with a special emphasis on self-rescue. This course is an excellent preparation for the Bronze Medallion Award.
Prerequisite: None
Cost: Defence Team: $216
Non-Defence Team: $240
Dates: TBA

3. Bronze Medallion:
Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill and fitness.
Prerequisites: 13 years of age, or Bronze Star Certificate
Cost: Defence Team: $225
Non-Defence Team: $250
Dates: TBA

4. Bronze Cross:
Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes CPR - C.
Prerequisites: 13 years of age and Bronze Medallion
Cost: Defence Team: $234
Non-Defence Team: $260
Dates: TBA

5. Red Cross Water Safety Instructor Course (WSI)
This course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim continuum. Candidates apply their teaching skills and knowledge during 8 hours of practical teaching experience. Upon successful completion of the course, candidates will be certified as WSI, and able to teach swimming lessons.
Prerequisites: 15 years of age
Cost: Defence Team: $225
Non-Defence Team: $250
Dates: TBA

6. National Lifeguard:
The primary role of the NLS lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The NLS certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. The NLS program develops the basic lifeguarding skills, principles and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.
Prerequisites: 16 years or older, Bronze Cross, and valid Standard First Aid with CPR - C
Cost: Defence Team: $270
Non-Defence Team: $300
Dates: TBA

**All courses require a minimum of 4 participants to run. Courses that do not reach the minimum number of participants will be cancelled.
**Course dates subject to change.

For information about advanced courses please call the Aquatic Supervisor at 780-840-8000 ext. 7111.
Register online for the Advanced Courses at https://bk.cfpsa.com/coldlakepub/index.asp.
Aquatics Information Line: 780-840-8000 ext. 7806 opt. 1

**Private Swimming Lessons**
Private lessons offer one-on-one instruction for those individuals who have extreme difficulty with learning in a group setting. These lessons are 30 minutes long and available for three year olds through adults who need some extra attention. All of our private lessons are taught by our own certified instructors. Semi-Private lessons offer one-on-two instruction for swimmers similar in age and swimming ability. These lessons are also 30 minutes long.

Cost per person
Private Lessons:
- Defence Team: $30, Non-Defence Team: $35
Semi Private Swimming Lessons:
- Defence Team: $25, Non-Defence Team: $30
To be paid at time of booking and must give at least 24 hours notice of a cancellation to receive a refund. To book private swimming lessons, please call 780-840-8000 ext. 7111.

**Adult Swimming Lessons**
Swim Basic 1 is the perfect class for adults who are afraid of the water or are just beginning to learn how to swim. We work on basic swim skills such as floating and breathing and build from there.
Swim Basic 2 is for adult swimmers who already have the basic skills and wish to improve their strokes, techniques and distance.

Cost per person
Defence Team: $90, Non-Defence Team: $100
8-one hour classes! Ages: 13 and up

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Specialty Programs
## Aquatic Schedule September 2018 - June 2019

Aquatics Information Line: 780-840-8000 ext. 7806 opt. 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>EARLY BIRD LANE SWIM 6:15 - 7:30 am</td>
<td>AquaFit 9:00 - 10:00 am</td>
<td>Red Cross Lessons 9:00 - 10:00 am</td>
<td>AquaFit 9:00 - 10:00 am</td>
<td>Red Cross Lessons 9:00 - 10:00 am</td>
<td>Red Cross Lessons 9:30 am - 1:00 pm</td>
<td>Private Bookings 11:30 am - 12:30 pm</td>
</tr>
<tr>
<td>School Lessons 10:00 - 11:00 am</td>
<td>School Lessons 10:00 - 11:00 am</td>
<td>School Lessons 10:00 - 11:00 am</td>
<td>School Lessons 10:00 - 11:00 am</td>
<td>School Lessons 10:00 - 11:00 am</td>
<td>Noon Lane Swim (Main Pool) &amp; Parent/Tot 0-6 years (Leisure Pool) 11:15 am – 1:00 pm</td>
<td>Lane Swim &amp; Parent/Tot 0-6 years 1:00 – 2:30 pm</td>
</tr>
<tr>
<td>Noon Lane Swim (Main Pool) &amp; Parent/Tot 0-6 years (Leisure Pool) 11:15 am – 1:00 pm</td>
<td>School Lessons 1:15 - 2:15 pm</td>
<td>School Lessons 1:15 - 2:15 pm</td>
<td>School Lessons 1:15 - 2:15 pm</td>
<td>School Lessons 1:15 - 2:15 pm</td>
<td>Physio 2:45 - 3:45 pm</td>
<td>Family Swim 2:30 – 4:00 pm</td>
</tr>
<tr>
<td>Physio 2:45 - 3:45 pm</td>
<td>Aquafit 6:30 - 7:30 pm</td>
<td>Family Swim 6:00 - 8:00 pm</td>
<td>Aquafit 6:30 - 7:30 pm</td>
<td>Adult Swim Basic 6:30 - 7:30 pm</td>
<td>Toonie Public Swim 6:00 – 8:00 pm</td>
<td>Aquatic Schedule changes during Christmas and Spring Break. Schedule is subject to change without notice. Call 780-840-8000 EXT 7806 OPTION 1 for all Aquatic updates.</td>
</tr>
<tr>
<td>Lane Swim 8:00 - 9:00 pm</td>
<td>Lane Swim 7:30 - 9:00 pm</td>
<td>Lane Swim 8:00 - 9:00 pm</td>
<td>Lane Swim 7:30 - 9:00 pm</td>
<td>Lane Swim 8:00 - 9:00 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Visit Our Website: [https://www.cafconnection.ca/Cold-Lake/Home.aspx](https://www.cafconnection.ca/Cold-Lake/Home.aspx)
The Mission of the Fitness and Sports Department is to provide optimal fitness and sports activities and programs aimed at enhancing the operational readiness of all military members. Our vision is to be effective, relevant and responsive in completing our mission by focusing on people, leadership, innovation and technology.

Competitive sports and physical fitness are integral parts of the continuing training and development of all members of the Canadian Armed Forces (CAF). Comprehensive fitness and sports programs, through the demands of training and competition, contribute to the overall effectiveness of the CAF. Thus 4 Wing participates fully in the CAF Military Sports Program at all levels from intersection to Regional, National and CISM (which is international) competition. You will find the schedules for upcoming Prairie Region and CAF National Sports Championships on the pages that follow. For unit specific fitness training, testing and sports days be sure to contact your unit FORCE/Sports Coordinator.

Additionally, over 35 hours of formalized, instructor lead, training sessions are offered on a weekly basis to help members attain and maintain desired levels of physical fitness. Among these are unit classes, as well as classes that are open to all members of the Defense Team. You will find information for “open classes” (i.e. Early Bird Classes, Fitness Development and Military Cross-training classes) on the pages that follow. For unit specific fitness training, testing and sports days be sure to contact your unit FORCE/Sports Coordinator.

Our fitness and sports programming is dynamic, adjusting to changing seasons and the wants and needs of the military community. Likewise, facility access is variable with the season and programming levels. Contact the numbers listed above for the most up to date information on class schedules, sports teams, facility bookings, and equipment usage or visit the CAF Connection Website at https://www.cafconnection.ca/Cold-Lake/Home.aspx for all of this information provided on line.
Authorized Sports

4 Wing boasts a robust and diverse sports program. The following sports are authorized by the Wing Commander at 4 Wing Cold Lake:

Extramural Sports Program

(i.e. CAF Regional/National/International Sports Program, Base Rep Teams and Individuals)

- Badminton
- Golf
- Slo-pitch
- Volleyball
- Ball Hockey
- Ice Hockey
- Soccer
- Ice Hockey
- Running
- Squash
- Curling
- Rugby
- Swimming

Note: Participation in these recreational sports leagues is open to all members of the 4 Wing Defence Team (military and civilian) in accordance with their respective league constitutions.

For more info on any of these programs contact our Sports Coordinator at 780-840-8000 ext. 8195.

Intramural Sports Program

(i.e. Intersection Sports)

The foundation of our Sports Program, 4 Wing’s Intersection program consists of six recreational leagues that see over 700 athletes compete on more than 50 teams, as follows:

SUMMER REC LEAGUES
- Ball Hockey
- Beach Volleyball
- Golf
- Slo-pitch

WINTER REC LEAGUES
- Ice Hockey
- Volleyball
- Curling

Note: Participation in these recreational sports leagues is open to all members of the 4 Wing Defence Team (military and civilian) in accordance with their respective league constitutions.

For more info on any of these programs contact our Sports Coordinator at 780-840-8000 ext. 8195.
## Canada West Regional Sports Calendar

<table>
<thead>
<tr>
<th>SPORT</th>
<th>FY 2018/19</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canada West Sport Meeting</td>
<td>8-10 May 18</td>
<td>15 Wing Moose Jaw</td>
</tr>
<tr>
<td>Ball Hockey</td>
<td>10-16 June 18</td>
<td>CFB Wainwright</td>
</tr>
<tr>
<td>Rugby Camp</td>
<td>14-20 June 18</td>
<td>CFB Edmonton</td>
</tr>
<tr>
<td>Golf</td>
<td>7-12 July 18</td>
<td>CFB Edmonton</td>
</tr>
<tr>
<td>Slo Pitch M &amp; W</td>
<td>24-29 July 18</td>
<td>17 Wing Winnipeg</td>
</tr>
<tr>
<td>Soccer M &amp; W</td>
<td>12-16 Aug 18</td>
<td>CFB Edmonton</td>
</tr>
<tr>
<td>Ice Hockey OT</td>
<td>26-31 Jan 19</td>
<td>4 Wing Cold Lake</td>
</tr>
<tr>
<td>Basketball M &amp; W</td>
<td>3-7 Feb 19</td>
<td>CFB Edmonton</td>
</tr>
<tr>
<td>Ice Hockey M</td>
<td>3-8 Feb 19</td>
<td>CFB Wainwright</td>
</tr>
<tr>
<td>Small Base Ice Hockey</td>
<td>10-14 Feb 19</td>
<td>CFB Suffield</td>
</tr>
<tr>
<td>Ice Hockey W</td>
<td>10-14 Feb 19</td>
<td>17 Wing Winnipeg</td>
</tr>
<tr>
<td>Swimming</td>
<td>23-27 Feb 19</td>
<td>4 Wing Cold Lake</td>
</tr>
<tr>
<td>Badminton &amp; Squash</td>
<td>22 Feb-1 Mar 19</td>
<td>CFB Edmonton</td>
</tr>
<tr>
<td>Curling</td>
<td>3-7 Mar 19</td>
<td>CFB Wainwright</td>
</tr>
<tr>
<td>Volleyball M&amp;W</td>
<td>10-14 Mar 19</td>
<td>CFB Edmonton</td>
</tr>
</tbody>
</table>

## National Sports Calendar

<table>
<thead>
<tr>
<th>NATIONAL</th>
<th>FY 2018/19</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running</td>
<td>25-27 May 18</td>
<td>CFB Ottawa</td>
</tr>
<tr>
<td>Triathlon</td>
<td>6-8 July 18</td>
<td>Gatineau</td>
</tr>
<tr>
<td>Ball Hockey</td>
<td>26 Jul – 2 Aug 18</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Golf</td>
<td>11-16 Aug 18</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Slo Pitch M &amp; W</td>
<td>26-30 Aug 18</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Soccer M &amp; W</td>
<td>8-13 Sep 18</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Sports Award Ceremony</td>
<td>TBA Oct 18</td>
<td>Ottawa</td>
</tr>
<tr>
<td>Hockey OT</td>
<td>TBA Mar 19</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Hockey W</td>
<td>TBA Mar 19</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Hockey M</td>
<td>TBA Mar 19</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Swimming</td>
<td>TBA Mar/Apr 19</td>
<td>TBA</td>
</tr>
<tr>
<td>Basketball</td>
<td>TBA Apr 19</td>
<td>CFB Borden</td>
</tr>
<tr>
<td>Volleyball M&amp;W</td>
<td>TBA Apr 17</td>
<td>CFB Borden</td>
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</tbody>
</table>
Military Physical Fitness
Training and Testing

PSP is fully committed to offering our military members safe, effective and highly professional fitness training and testing. Research-based, and in full compliance with all CAF regulations and standards, we believe our programming and staff “set the bar” for excellence in the pursuit of optimal health and performance.

We lead over 2,000 fitness classes annually. Many units take advantage of our services, implementing unit specific testing and training sessions. When unit training just “can’t work” (for the individual and/or unit) members can take advantage of our “Early Bird Classes” and/or “Fitness Development Classes” as advertised in this brochure.

Yet another option is our Military X-Training Program (MXP). This advanced fitness class runs over noon hour Monday through Friday and is geared towards those who have achieved incentive level, are working towards reaching incentive standard, or are simply looking for a challenging workout. Classes include HIIT (high intensity tactical training), spinning, FORCE conditioning, total task circuit, running, yoga, etc. The schedule changes monthly so check out the current schedule at www.cafconnection.ca.

Everyone is welcome to attend these “open’ classes including all military members, DND/NPF employees, Defence Team family members, and any Col J.J. Parr Sports Centre community card holder/drop-in.

FORCE testing is scheduled every week (bookings done through your unit coordinator). We also have the capability to offer any other approved CAF fitness test (i.e. Firefighters test, Basic Military Swim Test, SAR testing, etc.) as well as many other standardized evaluations. Simply contact our Fitness Coordinator at 780-840-8000, local 8194 to coordinate required specialty testing.

Military members are reminded of the following pre-evaluation instructions when preparing for their annual FORCE test…

Participants should not
o Exercise 6 hours prior to the test
o Consume alcohol for at least 6 hours prior to the test
o Eat, smoke, or take stimulants (tea, coffee, energy drinks, pharmaceuticals, etc.) at least 2 hours prior to the test

(Note: non-compliance with the above instructions does not necessarily mean postponement of testing, however participants are advised that it can have a negative effect on their results.)

The dress requirement for the FORCE Evaluation is standard PT kit. CADPAT can be worn as directed by the COC. Knee pads can be worn for the rushes if desired. Participants can use athletic tape to protect their fingernails. Weight belts, gloves and chalk are not permitted.
Facilities

The Col JJ Parr Sports Centre opened its doors on October 16, 1999. At a cost of $14 million, this state-of-the-art facility is indeed the “Flagship of Fitness” for the Royal Canadian Air Force and the premier fitness facility of its kind in northern Alberta.

Located directly across from the CANEX, this fully modern, multi-use complex covers an area of over three acres and includes:

- Two NHL size ice surfaces;
- An aquatic centre featuring…
  - a six lane 25 metre competition pool,
  - a 10 X 15 metre leisure pool,
  - a water slide, diving board and Tarzan rope,
  - a hot tub and sauna;
- Three squash courts (one is currently converted into a dedicated Spin space);
- One racquetball court;
- A physiotherapy section;
- A mini gym specifically designed for aerobics and the martial arts;
- A fully equipped weight and cardio room;
- Fully equipped change areas including two family change rooms;
- Conference/office/concession space; and
- A main gymnasium featuring 2 NBA-sized basketball courts, 8 badminton courts, 3 volleyball courts and a European handball court.

Our outdoor facilities are the perfect compliment to the Col JJ Parr Sports Centre and include a skateboard Park (complete with pump-track), an outdoor rink (for ball hockey in the summer and ice hockey in winter), a multi-purpose sport field complete with under-ground irrigation system, as well as tennis courts, ball diamond, running trails, outdoor fitness stations and a Splash Park.

Equipment Rentals

All of our facilities are, of course, fully equipped. In addition we offer a wide variety of sports and fitness equipment available on loan to military members and members of the 4 Wing Defence Team, including…

- Sports equipment for sanctioned military sports;
- Canoes;
- Kayaks;
- Stand-up paddle boards;
- Bicycles;
- Cross-country skis; and
- Snowshoes.

Contact our Sports Stores Technician
780-840-8000 ext 8193
for the administrative procedures and regulations governing the use of said equipment.
### Stronger, Faster, Fitter...Feel the FORCE

**Fitness Development**
available to all military members

<table>
<thead>
<tr>
<th>DAY</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>TIME</td>
<td>0745-0830</td>
<td>0745-0830</td>
<td>0745-0830</td>
<td>0745-0830</td>
<td>0745-0830</td>
</tr>
<tr>
<td>Location</td>
<td>Pool</td>
<td>Main gym</td>
<td>Spin room</td>
<td>Main gym</td>
<td>Main gym</td>
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<tr>
<td>Activity</td>
<td>Pool cardio mix</td>
<td>Lift it!</td>
<td>SPINNING</td>
<td>Total Body Conditioning</td>
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<tr>
<td></td>
<td>Swimming</td>
<td></td>
<td>Training on an indoor spin bike</td>
<td>This is the total package workout - strength, cardio &amp; core. A challenging workout</td>
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<td></td>
<td>Deep &amp; Shallow Water Jogging</td>
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<td>increasing one's cardio strength, power, speed, and overall endurance</td>
<td>where HIT (high intensity training) meets boot camp - Bring it!</td>
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<td></td>
<td>Aqua Aerobics</td>
<td></td>
<td></td>
<td>Get your heart rate up and get moving! This workout will help you build speed and be &quot;rush ready&quot;</td>
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<tr>
<td>WHY?</td>
<td>Non-impact</td>
<td>Variety of equipment</td>
<td>Low impact</td>
<td>Maximize total body strength</td>
<td>&quot;Variety is the spice of life&quot; as well as training - we’ll mix it up</td>
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<tr>
<td></td>
<td>Endurance focused, building your cardio base</td>
<td>Build functional strength</td>
<td>Motivating music</td>
<td>Fitness with safe, challenging &amp; fun workouts</td>
<td>Build the agility you need to succeed at rushes</td>
</tr>
<tr>
<td></td>
<td>Non-swimmers welcome</td>
<td>Learn proper lifting techniques</td>
<td>Non-competitive environment</td>
<td>Bring your Water Bottle and Towel</td>
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<td></td>
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<td></td>
<td>Cross training</td>
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<td>High caloric expenditure</td>
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For this program to be effective, members are strongly encouraged to attend a MINIMUM of 3 times a week, put out their best effort, and watch their diets so they have proper “fuel” in their bodies to do the job. For more information, please contact Tovah Fenske at ext. 8194

**THE FIRST TUESDAY OF EVERY MONTH IS A PRACTICE FORCE Evaluation - OPEN TO ALL MILITARY MEMBERS**

This is a drop in practice test, no pre-registration required

---

**Join Us For**

**EARLY BIRD CLASS**

**Monday to Friday - 0630 - 0715**

- Monday - Yoga
- Tuesday & Thursday - Spin
- Wednesday - Total Body Conditioning
- Friday - Instructor’s Choice

Classes open to all Military/DND/NPF family & membership holders.

For more information contact Tovah Fenske ext. 8194, Email tovah.fenske@forces.gc.ca

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**Joignez-vous à nous**

**SÉANCES DES LÈVE-TÔTS**

**Du lundi au vendredi - 6h30 à 7h15**

- Lundi - Yoga
- Mardi et jeudi - Vélocardio
- Mer - Conditionnement physique total
- Ven - Choix de l’instructeur

Séances ouvertes aux militaires/employés MDN et FNP et membres de leur famille

Pour plus d’information, communiquez avec Tovah Fenske au poste 8194, Courriel tovah.fenske@forces.gc.ca
# 4 Wing Health Promotion

## COURSES OFFERED

<table>
<thead>
<tr>
<th>CAF Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAF/Defense Team Supervisors</td>
</tr>
<tr>
<td>CAF, Defense Team, Spouses/Dependents aged 18+</td>
</tr>
</tbody>
</table>

**Managing Angry Moments**  
*Length*: 2 full days  
Identifies successful coping strategies that participants already use in anger-generating situations. Provides opportunities to learn and practice new skills.

**Blast off the Pounds**  
*Length*: 12 weeks  
Intended for people who are ready to make changes in their physical activity and eating habits to achieve or maintain a healthy body weight. Provides accountability through weekly check-ins, educational sessions, physical activity and the support of a group.

**Inter-Comm: Dealing with Conflict and Improving Communication in Personal Relationships**  
*Length*: 2 full days  
Work on skill development for problem solving, conflict resolution and non-violent management of disputes outside the workplace setting.
The CANEX Mall is located in the heart of the Wing between the Military Family Resource Centre and the JJ Parr Sports Centre. The mall is home to the Canex SuperMart, Tim Horton's Kiosk, Headlines Beauty/Barber Shop, the Daily Goods, and Medley Dental are located just inside the main gates on Kingsway.

Mon – Fri 6:00-20:00
Sat/Sun 10:00-17:00
To help secure the financial health and wellbeing of the Canadian Armed Forces (CAF) community, SISIP Financial has a team of financial advisors exclusively for them on 22 Bases/Wings/Units, with established expertise on financial aspects of the military lifestyle (pension, severance, etc.).

Available programs and services:

- Term life insurance plans — no exclusions for war, dangerous occupations, hobbies, volunteer activities or sports;
- Long Term Disability — includes the Vocational Rehabilitation Program;
- Travel insurance — includes emergency medical coverage, trip cancellation, baggage protection (10% savings for all eligible members of the CAF community);
- Term100 Life Insurance Plan — Lifetime protection as long as you pay your premiums (no further premium required after the age of 100);
- Critical Illness Insurance — Provides a tax free lump-sum payment to spend any way you want, should you be diagnosed with one of the covered conditions;
- Financial Planning — personalized advice, savings and investment options (Mutual funds provided through FundEX Investments Inc.);
- Canadian Armed Forces Savings Plans — a low maintenance saving strategy designed exclusively for CAF members: start “paying yourself first” for as little as $25 a month;
- Financial Counselling — free, confidential support in the resolution of financial matters with access to SOT loans and grants;
- Knowledge and Insights Online — financial tools and resources, relevant articles and videos directly related to the military lifestyle.

Last year, SISIP Financial contributed over $3 million to Morale and Welfare programs on all Bases/Wings/Units across Canada. This funding is possible thanks to the services the CAF members subscribe to through SISIP Financial.

INFORMATION:
4 Wing Cold Lake
SISIP Financial
780-594-4562
www.sisip.com

* A division of Canadian Forces Morale and Welfare Services
Welcome to the Cold Lake Air Force Museum (CLAFM), the only Cold War Radar Station in Canada that has been transformed into an accredited RCAF Museum.

The facility was built in the early 1950’s. It served as a Cold War Radar Station as part of the Pine Tree Line, and the original home of 42 Radar Squadron. In 1992, 42 Radar Squadron was relocated onto CFB Cold Lake and the facility was developed into a joint-use museum with the City of Cold Lake. There are currently four separate galleries housed in this unique building structure which includes the Air Force, Oil and Gas, First Nations and early Pioneers.

The Cold Lake Air Force Museum grounds are home to a small airpark. Five RCAF aircraft are displayed at ground level. Inside the museum, the CLAFM preserves and exhibits the history of 4 Wing Cold Lake, from its earliest development to present day. Visitors will discover the growth and reconstruction of 4 Wing Cold Lake and its associated Squadrons and Units.

The Museum is open seasonally; from May long weekend to August 31st with hours of operation Tuesday to Saturday from 10-4, and Sundays throughout July and August. Please contact the CLAFM for group tours at 780-594-3546 or email clafm@telus.net. Please like us on Facebook at Cold Lake Museums, and visit us at coldlakemuseums.org. For off season viewings, please call ahead.

Admission is by donation with suggested rates of $5/ person or $10/family.

The daily operations of the Cold Lake Air Force Museum depend on your generous donations and patronage. We look forward to seeing you!
NO MATTER WHAT YOU’RE LOOKING FOR, WE’VE GOT YOU COVERED

COLD LAKE

COLD LAKE ENERGY CENTRE
Catch a concert, run the indoor track, join a team sport, or get your workout in.
780-639-6400

COLD LAKE AND DISTRICT FCSS
Play a game, learn a skill, borrow a toy, or find support with others.
780-594-4495

COLD LAKE GOLF & WINTER CLUB
Swing a club, throw a rock, walk the grounds, or grab a bite to eat.
780-594-5341

Have questions about your utility account, building permits, property taxes, or other city issues? Contact Cold Lake City Hall at 780-594-4494 or visit www.coldlake.com
4 Wing Military Family Resource Centre Society (MFRCS) is your family resource centre. Single with no dependents, married with children or an empty nester, MFRCS is here for you. There is something for everyone, including non-military families living in the Cold Lake area. Keep up-to-date with MFRCS programs and services through our Facebook page or online through the CAF Connection Website: www.cafconnection.ca/Cold-Lake.

MFRCS Welcome Dinner
We are pleased to announce the MFRCS Welcome Dinner to be held Thursday 27 September in our Assembly Hall! We invite all families posted to Cold Lake from October 2017 to September 2018 to join us for an evening of delicious food, fabulous door prizes, great gift bags, and a chance to meet us and your neighbours.

The MFRCS Welcome Dinner is part of our monthly Morale Booster series of events. The dinner is FREE to all military members and their families posted in during the current APS but you do need to pre-register at the 4 Wing MFRCS Front Desk or call 780-594-6006 ext 226 for more information.

Administrative Services
“Buy and Sell” Lot:
To place an item (car, truck, recreational vehicle) on the Buy and Sell Lot you must provide proof that you are a 4 Wing/CFB Cold Lake Defence Team member (DND, FT Public Servant, NPF Employee, Regular or Reserve Force member or a contractor working at 4 Wing). Proof of insurance and registration are also required. Open May 1 - September 30.

Community Centre Bookings:
For a fee, our facilities (4 Wing Theatre, Assembly Hall, and Conference Rooms) are open for bookings to all members of the Cold Lake community. Bookings must be requested 6 to 8 weeks in advance.

Discounted West Edmonton Mall Choice Passes:
Discounted passes available for both civilians and Military members. The pass allows for full day admission to the World Waterpark OR a full day admission to Galaxyland. For more info please call 780-594-6006.

Resource & Family Board Games Lending Library:
Containing a variety of self-help resources as well as an assortment of family board games geared for all ages. Great selection of books in French also available. Open to all Cold Lake community residents.

Welcome Centre
Finding all you need in your new community is as easy as walking through the doors of the MFRCS. From local maps, park guides, tourist spots, local entertainment, health resources and general community services, you will find it all. If you have any questions about your local community just ask; our friendly staff will help you find the answers. Information is also available when preparing for your next posting; electronic Welcome Packages available upon request.

Welcome Services
- Newcomer Welcome Packages
- Community Information Sessions
- Orientation Briefings
- Community Information & Referral
- Email electronic newsletter

www.facebook.com/coldlake.mfrc
Like us on Facebook
Adult programs are based on community needs and include events such as a women’s conference, second language training and a variety of workshops. Topics address health and wellness along with social and community involvement.

**Second Language Training (SLT)**
Professional instructors offer 60 hours per session in French and English as well as one-on-one tutorials for linguistic survival. Classes are offered from beginner to intermediate levels in a structured class environment. Online training to CAF dependents unable to attend classes and individuals who require a level not offered locally.

**English and French Conversation Ensemble**
Are you interested in brushing up on your language skills? Feel you don’t get many opportunities to speak in your second language? Here’s your chance. Conversation Ensemble is offered weekly with a variety of everyday practical topics. Enjoy group discussion facilitated by a knowledgeable group leader. Activities will be fun for English or French as a second language at all levels. Free to all community members. For enrollment, dates and times please contact Cathy.Gauthier@forces.gc.ca.

**Crop Haven**
Monthly crops are a casual adult get together for anyone interested in scrapbooking, card making and everything in between! Flexible hours, onsite vendors, and refreshments provided throughout the weekend. Upcoming dates:
- **2018** - September 28 - 30; October 26 - 28; November 23 - 25
- **2019** - February 22 - 24; April 5 - 7 (Annual Retreat);
May 30 - June 1

**Sew & Sew Quilting Club**
Wednesday evenings from 6:30 pm - 9:30 pm
We are always planning something new. Watch for updates on our CAF Connection website and on our Facebook page.
- Personality Dimensions
- Paint Nights
- Meditation

**Applied Suicide Intervention Skills Training ASIST (2 day course)**
Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

**ASIST Tune Up (1/2 day course)**
A half-day refresher training is suggested within three years of the ASIST workshop, with the full two-day ASIST workshop to be re-taken every five years.
All Life Management courses run from 8:30 am to 4:00 pm at the MFRCs, unless otherwise noted and are open to all Cold Lake residents. Dates to be announced on the CAF Connection website and on our Facebook Page.

SUPPORT SERVICES

4 Wing Military Family Resource Centre Society recognizes that military families are often removed from the support of their extended families and, as circumstances arise, require the support of others that have experienced similar situations. To help navigate life’s challenges, the following support groups have been incorporated under the MFRCs’ umbrella of programs.

Family Liaison Office
The Family Liaison Officer (FLO) is co-located between the Integrated Personnel Support Centre (IPSC) and the Military Family Resource Centre (MFRC) and is available to assist families of CAF personnel who are coping with an illness, injury and/or special need—or who have died while serving—in their navigation of, and access to, relevant programs and services. The Family Liaison Officer provides individual, couple, and family counselling to CAF Members and their dependents.

Children With Special Needs Support Group
This group is designed for those looking for support or information in dealing with special needs and/or chronically ill children. Open to all residents of Cold Lake and surrounding areas. Please contact the MFRC at 780-594-6006 for more information.

The Navigator Program
A service assisting military families who have special needs and responsibilities. The program helps families find the resources and support services they require for their unique family, no matter where they live in Canada. Furthermore, all MFRC’s across Canada have staff that can help families requiring additional information or those who would prefer personalized service. For more information, please visit www.familynavigator.ca.

Deployment Support Group
The Deployment Peer Support Group is a group for the spouses, partners, parents and adult family members of the DND team who are away from home due to military duty, exercises, courses, etc. We encourage families to attend through the three phases of the support group; pre-deployment, deployment and reunion. For more information contact the Deployment Support Centre at 780-840-4044 or 780-594-6006 Ext. 246.

Employment Assistance
The MFRC offers registration for the METSpouse and Prospect employment programs. Onsite Employment Board with up-to-date employment opportunities in the area. Employment and job search workshops. Referrals to Cold Lake and Bonnyville Employment Services & Alberta Supports also available. Call 780-594-6006 Ext. 235 for more information.
Alberta Early Learning Child Care Centre – Daycare
As of April 2018, we became an Alberta Early Learning Child Care Centre (ELCC).

The provincial government announced funding for 78 new ELCC Centres across Alberta. The immediate benefits of this funding will lower the costs of child care to $25 per day per child, improve wages and benefits for child care staff, and enhance programming for the children in these new centres.

We follow the Alberta Curriculum Framework: “Play, Participation, and Possibilities”.

Out of School Care
For children in Kindergarten to 12 years. The Out of School Care programs are provincially licensed and accredited. Before and After School Care is available at Art Smith Aviation Academy.

- 6 am until school starts
- End of day to 6 pm
- No-School Day provides a full day of care for planned school closures.

Emergency and Respite Child Care
In circumstances where there is a family separation due to military obligation, MFRCs may be able to provide emergency or respite child care services.

Call 780-594-6006 Ext. 246
Or after hours please call 780-840-8000 Ext. 8595 and ask to be connected to the Padre on duty.

Mary Poppins Preschool
3 and 4-year-old program. Embrace the individual needs of your child in a learning-through-play environment while preparing for their more formal school years. Children can be enrolled throughout the year provided they meet the requirements and spaces are available.

Morning and afternoon classes available.

For additional information:
Visit us at www.mfrc-cs.ca or Call 780-594-6006 Ext.242
MFRC Youth Centre
The MFRC Youth Centre is open to all youth ages 6-17 in the Cold Lake area. It is a place where youth can hang out with their peers or meet new friends. The Youth Centre Monitors are there to supervise youth, provide a listening ear and run the canteen.

Facilities
A canteen provides snacks and drinks at nominal fee. Nerf Guns, a foosball table, ping pong table, TV and DVD/Blu-Ray player, Wii & WiiU, PS2, PS3, Xbox 360, Guitar Hero and many more games! A small drop-in fee of $0.50 applies. Yearly membership $16. Monthly events and activities.

Hours of Operation
Monday ......................................................... 6:30 pm – 9:00 pm
Wednesday .................................................. 6:30 pm – 9:00 pm
Friday ............................................................. 6:30 pm – 9:00 pm
Saturday ....................................................... 1:00 pm – 4:00 pm
Closed on Sundays

Youth Leadership Opportunities
Newspaper Employment Program, Leaders of Tomorrow , Volunteer Opportunities

For additional information:
Call 780-594-6006 Ext. 234
Visit: www.facebook.com/4wingmfrcyouth/

Rugby for Men, Women and Youth

Check Us Out At ColdLakeRugby.ca
New Players Welcome. All Skill Levels & Experience
Being part of a military family usually means there will be times when the military member is required to be away from home. Family and friends will experience these absences in many different ways.

Separation & Reunion Services for 4 Wing are coordinated from the Deployment Support Centre (DSC), and delivered by the MFRCS staff.

Working in collaboration with military and civilian stakeholders, we ensure responsive and professional services are available to all Defence Team members, their families and friends.

Information
- Separation & Reunion Monthly Newsletter
- Warm Line Calls
- Resource Library (books & games)

Drop in Centre
- Public Internet Access (printers available)
- DWAN computer
- Parcel Wrapping Station
- Activities & Special Events

Education
- Road to Mental Readiness
- Family briefings

Children’s Services
- In-school Deployment Programs
- Children’s Play Area
- Children’s Deployment Activity Books
- Deployment Respite Child Care

Coordination of Services
- Crisis Management
- Referral Services to other MFRCS/DSGs
- IBBS Requests for family of deployed members
- Sponsor Support
- Morale Packages

For up-to-date information on events:
780-840-4044 or 780-594-6006 Ext. 246

The Cold Lake Museum is a multi-theme museum located on the old site of 42 Radar Squadron of CFB 4-Wing Cold Lake. The separate buildings house an Aboriginal Gallery, Heritage Gallery, Oil and Gas Gallery, and Air Force Museum.

For more info, to book a tour, or volunteer call (780) 594-3546
Services

Volunteer & Community Leadership

The MFRC Volunteer Services Program is designed to develop and maintain a core of volunteers who work in partnership with the staff in providing programs, events and services for 4 Wing Cold Lake and the Cold Lake community. Volunteers are free to commit their time according to their busy schedules. Volunteering is a great way to spend quality time with your family, meet new people, build a resume, enhance your expertise or work with children and youth. Volunteering touches all that we do at the MFRCs. A variety of volunteer positions are available and there is sure to be one suited for you!

Youth Volunteering

Volunteering can be a rewarding experience for youth. In Alberta, volunteer experience may count towards high school marks and, in some cases, towards acceptance into post-secondary institutions. It may also increase the youth's chance to secure scholarships and grants. Grades 9 and higher can start building a portfolio, and track and display their volunteer efforts in order to achieve their future goals. If you would like to find out what volunteer requirements are needed in other provinces for high school graduation or if you would like to become a volunteer with the MFRC stop by and our Volunteer Services Coordinator will be pleased to meet with you!

Volunteer Recognition

The 4 Wing Military Family Resource Centre recognizes the contributions that volunteers make and the impact that their collective efforts have on our community on a continuing basis. Over the years, volunteers have shaped and improved virtually every aspect of life in this community. Their efforts have touched every one of us in a way or another. By recognizing the crucial role volunteers play in our community at our Annual Volunteer Appreciation Event we not only thank and recognize our volunteers, but we also help to build and maintain a strong volunteer corps and a vibrant community - for today and tomorrow.

Do you have a skill to share?

Call the 4 Wing MFRC Volunteer Coordinator and discover how to contribute to your community through volunteering.

780-594-6006 Ext.227

To view our opportunities and to apply as a MFRCs volunteer, please visit our volunteer page @https://app.betterimpact.com and look for 4 Wing MFRC.

A volunteer action is like a stone thrown in a lake: its effect has a direct impact. At the same time, like ripples, volunteer efforts reach out far and wide to improve communities. Undeniable, volunteers rock! Just like no two stones are identical, every volunteer is unique.
The Lakeland Inn & El Lobo are renowned for comfort and service excellence - it is no surprise that our guests return again and again. With strong ties to Cold Lake and the surrounding communities, our hotel and motel are prime locations for contractors and leisure and business travelers. We are strategically located on Highway 28, amidst shopping, dining, entertainment, leisure, museums and business opportunities. Proudly, Cold Lake is also home to 4 Wing Air Base which is a short distance from here.

Be treated to unrivaled comfort in our newly decorated and luxuriously appointed guest rooms. Wireless access is available in rooms and public areas. Management and staff respect and cherish our guests, and will ensure your stay is a most memorable one. We look forward to being of service to you in the near future. Our team is always ready to welcome you to our establishment.

**AMENITIES, FACILITIES & SERVICES**

- Room Fridges & Microwave Ovens
- 32 Inch Flat Screen LCD TVs
- In-room Ironing Board
- Barrier Free Handicap Rooms & Showers
- Restaurant & Coffee Shop
- Fitness Centre
- Connecting Rooms
- In-room Hair Dryers
- Free Wi-Fi & Business Centre
- Room Service
- Sports Bar & Lounge
- Laundry Services
- Keurig Coffee Maker in Rooms
- Pet Friendly Rooms
- Spacious Kitchenettes at our El Lobo Motel
- Complimentary Hot Breakfast - Limited Menu
- Banquet & Meeting Rooms
- Parking for Large Vehicles & Rigs
GET CONNECTED with our website CAFconnection

OR

LOOK US UP on Facebook

4 Wing Connection

Visit us at www.CAFconnection.ca or www.facebook.com/4wingconnection/