

Community & Recreation Association Programs & Services



Programs

- Adult Fitness
- Dance Classes
- Martial Arts Classes
- Party Planners
- Spring & Summer Camps
- Drop-in Youth Programs
- Drop-in Fitness Classes
- Spring & Summer Programs
- Personal Fitness Training for Non CF Members

Services

- Community Events
- Community Library
- Discount Tickets
- Gym Memberships
- Parks & Playgrounds
- Recreation Clubs
- Community Groups Liason
- RV Compound
- Lane & Open Swim
- Open Skate

Fitness & Sports

Programs, Amenities & Services

Programs

- Early Morning Lane Swim
6:15 am to 7:15 am M-W-F
- Noon Lane Swim (Military & DND Community only)
11:30am to 1 pm M to F
- Noon Hour Fitness
12 pm to 12:50pm M to F

Intersection Sports

- Golf

Amenities

- 4 Lane - 200 m Track
- Climbing Wall
- Aquatics Centre
- Cardio/Weight Room
- Crossfit & Spin Bike Area
- Fieldhouse
- Multi-purpose Rooms
- Squash Courts
- Twin Rinks

Base Teams

- Men's Soccer
- Men's Football
- Men's & Women's Ball Hockey
- Men's & Women's Slo Pitch

Services

- Access to Physical Exercise Specialist and Regional Adaptive Exercise Specialist (by referral only)
- Sports Equipment Rental

Fitness 780-973-4011 loc 4324 Sports 780-973-4011 loc 4322 Sport Store 780-973-4011 loc 4668

Military Fitness Centre Hours

Monday to Thursday - 6 am hrs to 10 pm hrs and Friday - 6 am to 8 pm

Weekends 0800 hrs to 1600 hrs and Holidays 12 pm to 4 pm

CRA Membership Fees

Regular Member	Ordinary Member	Associate Member	Club Only	Minor Sports
Single - \$84	Single - \$150	Single - \$348	One Club - \$126	Seasonal Fee
Family - \$156	Family - \$285	Family - \$690		per player - \$25

(Drop In Fees also Available!)

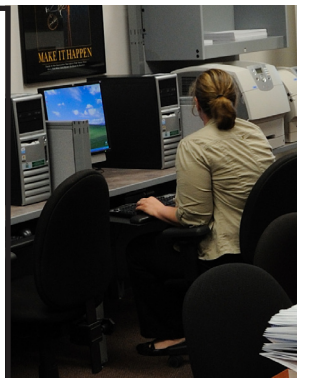
For more info call 780-973-4011 loc 4383



Welcome to the first edition of the quarterly newsletter - The CFB Edmonton PSP Bullet - covering more fun events and courses than a barrel of monkeys. There are a wide range of events and activities available for every member of the family throughout the summer. So come out and enjoy...

**For the latest in
what's happening visit:
www.cfcommunitygateway.com
and click Edmonton**

**To register for any CRA programs
or to view facilities from home
visit us online at
www.bk.cfpsa.com/edmontonpub**



SERVING THOSE WHO SERVE!

Health Promotion in the Canadian Forces
STRENGTHENING
THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

Would you like to improve your health? Say “no more” to diets? Look and feel healthier? Feel less stressed or frustrated? Enhance your relationships? Quit smoking or learn more about addictions?

If you answered “yes” to any of these questions, check out some of the programs we are offering. All our programs are open to Civilian, Regular Force and Reserve Force members and their families.

Core Areas and Programs

- Addiction Awareness and Preventions
- Alcohol, Drugs and Gambling Awareness
- Butt Out
- Active Living and Injury Prevention
- General Awareness and Leadership Presentations
- Nutritional Wellness
- Top Fuel for Top Performance
- Weight Wellness
- Social Wellness
- STRESS: Take Charge!
- Mental Fitness and Suicide Awareness
- Basic Relationship Training
- Managing Angry Moments
- Family Violence Prevention
- Customized Briefings available for all of the above

For more information contact us at
 780-973-4011 Local 6146
 or by email at
 HealthPromotionEdmonton@forces.gc.ca

ADDICTIONS AWARENESS CAMPAIGN

KNOW THE FACTS... When to say I've had enough...
When to step in... When and how to ask for help
www.forces.gc.ca/know-sais

Edmonton Garrison Messes

Junior Ranks Mess

Activities	Hours of Operation
17 Jun - Games Night	Mon to Wed
18 Jun - Mark Lorenz Concert	11:30 am to 9 pm
24 Jun - Steak & Lobster Dinner	Thur & Fri
8 Jul - Name That Tune	11:30 am to 12 am
22 Jul - Golf Tournament	Sat, Sun & Holidays
29 Jul - Comedy Night	12 pm to 9 pm

Warrant Officers' and Sergeants' Mess

Activities	Hours of Operation
18 Jun - Campers Games Night	Mon to Wed
24 Jun - Golf Tournament	11:30 am to 9 pm
15 Jul - Golf Tournament	Thur & Fri
27 Aug - Welcoming BBQ	11:30 am to 9 pm
	Sat, Sun & Holidays
	12 pm to 6 pm

Officers' Mess

Activities	Hours of Operation
24 Jun - Beach Party	Mon to Thur
4 pm	11:30 am to 1 pm
Great Food, Great Prizes &	4 pm to 7 pm
A Great Time	Fri
	11:30 am to 12 am
	Sat
	4 pm to 7 pm
	Sun & Holidays
	Closed

Food and Quarters Hours of Operation

Combined Dining Facility

Mon to Fri
 Breakfast - 6 am to 9:30 am
 Lunch - 11:30 am to 1 pm
 Supper - 4:30 pm to 6:30 pm
Sat, Sun & Holidays
 Breakfast - 6:30 am to 10 am
 Lunch - 11 am to 1 pm
 Supper - 4:30 pm to 6:30 pm

SNCO's Dining Room

Mon to Fri
 Breakfast - 6:30 am to 8 am
 Lunch - 11:30 am to 1 pm
 Supper - 4:30 pm to 6:30 pm
Sat, Sun & Holidays
 Breakfast - 6:30 am to 10 am
 Lunch - 11 am to 1 pm
 Supper - 4:30 pm to 6:30 pm

EGOM Dining Room

Mon to Fri
 Breakfast - Closed
 Lunch - 11:30 am to 1 pm *
 Supper - Closed
Sat, Sun & Holidays
 Closed
 * (TGIF Food in Lower Bar)

Explore Alberta

with CRA Discount Tickets

Grab the kids then head south to Calgary and check out Calaway Park. Just 10 km west of Calgary, it has over thirty amusement rides, over twenty skill testing games and four musical/entertainment attractions. If a walk on the wild side is more your thing then head to the Calgary Zoo where you will see a wide variety of animals from all over the world spread over acres of beautifully manicured grounds.

If you would rather stick closer to home the perfect choice would be the Edmonton Attractions Passes for the Muttart Conservatory, Fort Edmonton Park, and the Valley Zoo.

Capital Ex is coming and will be sure to be a hit with the “ride junkies” and music or entertainment aficionados alike. CRA is pre-selling admissions only tickets as well as Ride-all-day passes. As a fall back, there is always West Edmonton Mall (WaterPark and Galaxy Land) or Cineplex movie tickets (for those rainy days).

Tickets and prices:

- Calaway Park** (3 yrs+) - \$17.85
- Experience Calgary** (Calaway Park + Calgary Zoo)
 Adult (7-49) \$33.50 Child (under 7) \$27.50
- Calgary Zoo** Adult \$18 Child \$12.00
- Capital Ex** - Adult Admission-only \$8, Youth Admission-only \$4, Ride-all-Day Pass \$35 (all ages)
- Edmonton Attractions Passes** - Varies for the different venues (call the CRA front desk for details)
- West Edmonton Mall** (Waterpark or GalaxyLand) - \$20
- Cineplex Movie Tickets** - \$9.50

Lancaster Park
Golf & Curling Club

Lancaster Golf & Curling Club invites you to discover our unbeatable value and friendly service. We offer excellent facilities including our Pro Shop, 18 Hole Course, Putting Greens, Driving Range, a Licensed Restaurant, Outdoor Patio, Laser Tag (summer) and Curling (winter).

The golf course is ideal for the novice and experienced golfer alike. We are here to provide a friendly and inviting atmosphere for DND personnel and their families to enjoy golf and curling activities. It is our focus to help improve the quality of life for the military community and the customers who visit our facility.

Food Service

Hours of Operation

11 am to 8 pm Monday to Friday
 11 am to 4 pm Saturday and Sunday

Come out and try our
New Par 3 Course
Kids under 12 Play Free!

