



14 Wing Fitness & Sports Centre Schedule

Sept to end June 2011 / 12

Hours of Operation

Mon – Thurs	0600 – 2100
Fri	0600 – 2000
Sat	0830 – 1900
Sun	1230 – 2000

Civilian Time Restrictions

(Military, DND & NPF Personnel Only)

Monday – Friday

0600 – 0830 & 1130 – 1300

Users must be 16 yrs or older before 1500 during weekdays

Please refer to the website or contact the staff at the Fitness and Sports Centre for age restrictions, rules and regulations

www.cfcommunitygateway.com

SCHEDULED PROGRAMMING

All times are subject to change due to military training, tournaments, holidays and special events. Please contact the facility desk or check our web site for changes.

MULTI-PURPOSE ROOM

(mid Sept – end of May)

Tues & Thurs	1145 - 1245	Stability Ball
Mon & Wed	1200 - 1245	Fitness Classes
Tues	1500 - 1600	Yoga (Military only)

INDOOR CYCLING ROOM

(Oct – end of April)

Mon, Wed & Fri	1200 - 1245
Tues & Thurs	1800 - 1900
Sat	0900 - 1030

GYM

Mon-Fri	0730 - 0830	Mil PT Classes
Mon-Thurs	0900 - 1030	Mil Testing (1/2 gym)
Mon-Thurs	1600 - 1815	Base Team Practice
Wed	1930 - 2045	Recreation Badminton (1/2 gym)***
Fri	1630 - 1930	Rental Available (1/2 gym/hr) **
Sat	0900 - 1300	Minor Basketball ** (Oct – mid March)
Sat	1600 - 1700	Rental Available (1/2 gym/hr) **
Sun	1630 - 1830	Recreation Badminton (1/2 gym)***

POOL

Casual Swim Times

Mon - Thurs	1830 - 1930
Sat & Sun	1315 - 1500

Parent and Tot (under 5 only)

M, W & F	1030 - 1130
Sat & Sun	1500 - 1600

Adult Lane

Mon - Fri	1300 - 1400
Mon - Thurs	1930 - 2030
Sat & Sun	1500 - 1600

Lane - MIL/NPF & DND (only)

M, W, & F	0600 - 0800
Mon - Fri	1130 - 1300

Aquacise**

(late Sept - mid June)	
M, W & F	0830 - 0930

Party Rentals**

Sat & Sun	1600 - 1800
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Military Aqua Cardio

Thurs	1400 - 1500
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SQUASH

Mon	1500 - 1630	Base Team Squash (Crt 1&2)
Tues	1800 - 2100	Squash Club ** (Crt 1 & 2)
Thurs	1500 - 1700	Base Team Squash (Crt 1&2)
Sun	1800 - 2100	Squash Club ** (Crt 1 & 2)
	1300 - 1700	Squash Club ** (Crt 1 & 2)

HEALTH PROMOTION OFFICE

Mon - Fri	0800 - 1600	MIL / DND / NPF
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ARENA

MILITARY/DND/NPF

Mon	1415 - 1515	Shinny
Wed	1515 - 1615	Shinny
Fri	1030 - 1130	Shinny

MILITARY

Thurs	0730 - 0830	Power Skate PT
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CIVILIAN

Tues & Thu	0900 - 1000	Parent & Tot
Sat	1900 - 2000	Public Skating
Sun	1100 - 1200	Public Skating

PSP PERSONNEL

(902) 765-1494	EXT
Front Desk Attendant	5997
Admin Assistant	5412
Fitness & Sports Director Fred Williams	5498
Facilities Coordinator Nicole Peppard	5025
Sports Coordinator Graham White	5753
Fitness Coordinator Eric Plante	5022
Physical Exercise Specialist Jena MacLeod	5651
F&S Instructors Josh Leddicote	5100
Tracy Campbell	5842
Lauren Walton	5108
Sports Stores Angela Chenier	5828
Mike Worr	5106
Aquatics Yvonne Clarke	5564
Arena/Curling Club/Outdoor Facilities Mgr Bill Cox	5305
Health Promotion Lisa White	5389
Health Promotion Admin Edith Tremblay	5388

***Schedule permitting **Extra Fees Apply

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Base Storm Line 765-1765

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“SERVING THOSE WHO SERVE”