

FITNESS, SPORT & RECREATION STAFF CONTACTS:

Mgr FS&R: Kevin Elmore 8542
Admin Assist: Charlene deBellefeuille 8781
Facility Coord: Vee Dion 6690
Arena Supr: Dave Duval 8314
Sports Coord: Paul Wright 8783
Sports Stores Supr: Jude Ireland 8782
Recreation Coord: Kamma Wiggins 6989
Recreation Asst: Carole Neave 7173
Phys Exercise Specialist: Chris Rehor 6990
Fitness Coord: Natasha Neave 6946
Fitness Instr: Blair Grinde 7158
Fitness Instr: Julie Duncan-Bailey 7015
Fitness Instr: Jeramie Auchterlonie 7016
Fitness Instr: Katie Kennedy 7982

FACILITY SCHEDULES

**Pick up your seasonal schedule
for the
Gymnasium
Cardio Room
Weight Room
Arena
Pool
At Sports Stores or
the Recreation Office.**

RECREATION OFFICE CONTACTS

**Contact the 19 Wing Comox Fitness
& Community Centre, Recreation
office at 19W-FSR@forces.gc.ca or
phone 250-339-8211 Local 7173/6989**

**FOR INFORMATION EVENINGS OR
WEEKENDS CONTACT:
Sports Stores Monitor:
250-339-8211 Local 8315**

**Watch for seasonal family,
adult and youth recreation
programs:**

- Seasonal 'In the Air' publications
- BBS
- Posters/Flyers/Bulletin Boards
- CAFconnection.ca

**Serving those who Serve
and their Families!**



**Need to store a
utility trailer, boat,
vehicle or RV?**

19 Wing Comox Fitness Sports & Recreation

STORAGE COMPOUND

Call 250 339-8211 - local 7173

Visit the Recreation Office next to Sports Stores
in the 19 Wing Fitness & Community Centre

www.CAFConnection.ca

E-mail us at:
19W-FSR@forces.gc.ca



The Compound provides secure, permanent outdoor storage...

SPACE PRIORITIES

Storage availability will be issued using the following priorities:

1. Reg Force & Res B/C Mil Personnel living in Singles Quarters
2. Reg Force & Res B/C Mil Personnel living in Married Quarters Row Housing
3. Reg Force & Res B/C Mil Personnel living in Married Quarters
4. Reg Force & Res B/C Mil Personnel living off DND property
5. DND & NPF full time & Indeterminate/term employees
6. Res A Mil Personnel

FEES

\$15.00 per month
plus applicable taxes
Min 4 months

Payment options:

**M/C, VISA, Amex, Debit, Cash or
Cheque**

**Re-registration will be required
each year commencing on the date
of initial registration.**

**Late renewals will be assessed an
additional fee of \$3.00**

REQUIRED INFORMATION:

Rank

Service number

Residential Address

Phone Number

Current Liability Insurance

Make and Model

Serial Number

Plate Number

NOTE:

LIMITED SPACE FOR UNITS OVER 24 FT.

YOU MAY BE WAITLISTED FOR THE NEXT AVAILABLE SPACE.

SPACES ISSUED ACCORDING TO WSO1-11

PLEASE CONTACT US FOR CURRENT DETAILS.

19 WING FITNESS AND COMMUNITY CENTRE SCHEDULE

Hours of Operation

Mon - Fri: 0600 - 2100 hrs
Sat/Sun/Holidays : 0700 - 1800hrs

Restricted Times for Military and

DND Employees Only
Monday - Friday:
0600 - 0830 hrs; and 1130 - 1300 hrs

Glacier Gardens Arena

Casual Skating at Glacier Gardens:
Every Saturday and Sunday from
1200 - 1300 hrs (seasonally)

We honour valid Rec Passes from other Bases