

# 19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

5 January - 20 March 2026

\*\*\*GYMNASIUM FLOOR OPENS JAN 18th\*\*\*



@19WingComoxPSP

www.cfmws.ca/Comox/FCC

250-339-8211 ext 252-8315



## Hours of Operation

Defence Team Only Mon- Fri 6am-8:30am

Everyone Welcome Mon - Fri 8:30am-9pm

Sat & Sun 7am-6pm

## POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b>	7:30-9:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 3:30-5pm	7:30-9:30am 11am-12:30pm	3-4pm	10am-12pm 3-4pm
<b>Open Swim</b>	5-7pm	6-7:30pm		5-6:30pm		1-3pm	1-3pm
<b>Swim Lessons</b> 17 Jan—11 March			5:15-6:30pm			8am-12pm	

\*All swim times are available to general public, Defence Team Only time does not apply to the pool.

Schedule is subject to change on short notice for military training, practices, and events;

## GYMNASIUM FLOOR OPENS JAN 18TH. CLOSED STARTING JAN 5TH FOR PAINTING.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Call ahead for last minute availability!					3-5pm	7-9am 4:30-6pm	7-9am 4:30-6pm
<b>Military &amp; Family Drop-in</b> *Actively serving Military & their dependants only	5:30-7pm				5:30-7pm	2-4pm	
<b>Drop-in Basketball</b>			11:30-12:30				
<b>Disc Golf Putting League</b> 19 Jan —16 March	7-9pm						
<b>Pickleball</b>	7:30 - 9pm 19 Jan						2-4pm 18 Jan

Schedule is subject to change on short notice for military training, practices, and events;

Children under 13yrs must be supervised by an adult 19yrs and over.

## FITNESS CLASSES 5 Jan—20 March

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>11:45am-12:45pm</b> FREE for Military & DND	Combat (Gymnasium)	Spin (Multi-purpose Room)	Flex and Core (Multi-purpose Room)	Bootcamp (Gymnasium)	Speed Agility & Quickness (Gymnasium)
<b>2:30-3:30pm</b> Military Only	Force Foundations (Gymnasium)		Force Foundations (Gymnasium)		
<b>4-5pm</b> 5 Jan—23 March	**AquaFit (Deep or Shallow Water)		**AquaFit (Deep or Shallow Water)		
<b>7-8pm</b> 5 Jan - 16 March	**Gentle Hatha Flow Yoga				

\*\*Courses led by non-PSP instructors are not free for military or defence team and may be cancelled due to low enrollment;

Must be 16 years & older to attend classes;