



2022-2023 Membership & Perks Booklet

# Community Rec Association

*More than a gym pass*



# CRA Membership Options & Prices

In Wainwright, if you are affiliated with the military community, you may have access to a free membership!

## MEMBERSHIP CATEGORIES

Regular Members	No Charge			
Ordinary Members	No Charge			
Associate Members	Drop-In	Monthly	Quarterly	Annual
Adult	\$5.95	\$59.40	\$135.00	\$410.40
Youth	\$4.08	\$43.20	\$102.60	\$307.80
Family	\$12.14	\$102.60	\$216.00	\$648.00

## ELIGIBLE FOR A FREE MEMBERSHIP

### Regular Members:

- Canadian Armed Forces (CAF) members, which include currently serving Regular and Reserve Forces personnel, and their families;
- Members of Foreign Military currently serving with the CAF, and their families; and
- Veterans, which include former members of the CAF who have successfully completed Basic Military Training and have been honourably discharged, and their families. Proof of eligibility will apply.

### Ordinary Members:

- Current Department of National Defense Public Servants, Staff of Non Public Funds, Staff of Military Family Resource Centres, Staff of Defense Research Development Canada and Defense Construction Canada, and their families;
- Serving Royal Canada Mounted Police, and their families;
- Currently serving Honorary Colonels/Captains and Honorary Lt Colonels/Commanders, and their families;
- Former Staff of NPF in receipt of a pension and their families; and
- Former RCMP in receipt of an annuity and their families

### Associate Members:

- All other paying members.



*Supporting documents are required for viewing purposes only to confirm active military/work/contract status, and spouse and dependants if applicable. Prices do not include tax.*

# The CRA is More than a Gym Membership

Did you know, that as a CRA Member, you have access to exclusive programs, services, events, and deals in addition to your gym membership?

## Recreation Clubs

Get involved in an activity, sport or hobby that interests you.

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## Discounted Passes & Tickets

We have special member pricing available for recreation opportunities in the area.

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## Rentals

Members can rent a variety of recreation items at great prices!

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## Events

Get exclusive access to events throughout the year.

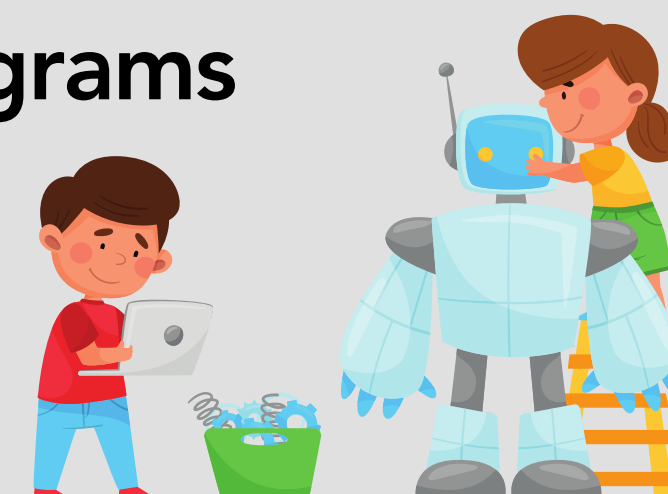
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## Youth Rec Programs

We have recreation opportunities for kids and teens

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## Bus Trips

Hop on our bus for excursions all over the surrounding area.

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## Adult Rec Programs

Options to have fun and get out and about.

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# But it's also a Gym Membership

Along with serving the local military's physical training needs, the Garrison Fitness Centre is accessible to CRA Members for use during our regular business hours.

The 3CDSB Garrison Wainwright Fitness Centre is a multi-use recreational facility that houses a full size gymnasium floor, aerobic room, sauna, functional fitness room, weight room and cardio room.



**Functional Fitness**  
This room is an adaptable space a mix of free weight structures for an active workout.



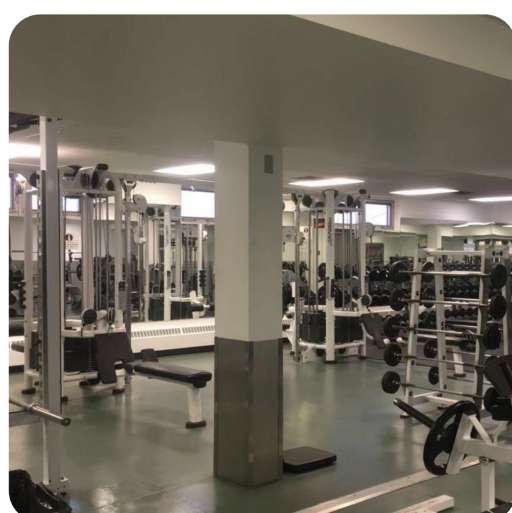
**Gym Floor**  
This is a full-sized basketball court where group classes, evaluations, and drop-in sports take place.



**Cardio Room**  
This room has a variety of machines like treadmills, rowers, ellipticals, bikes, and stair climbers.



**Aerobic Room**  
A studio style room, with spin bikes, yoga mats, and battle ropes.



**Weight Room**  
The weight room is divided into a larger room with free weights and a smaller room with machines.



**Beaver Fit**  
An outdoor portable gym that is built out of a sea-can. It is set up outside and available in the summer.



## Your Key to the CRA

To sign up for a CRA membership, stop by the front desk of the Garrison Fitness Centre. Here, you will receive a photo I.D. card to scan into the gym and access our facilities.

# PSP Community Rec Presents... CRA Day's

We would like to show our appreciation to our members through this exclusive program offered monthly.

Come out and meet other CRA members and check out some of the local facilities within our community. Watch our Facebook page for date and time announcements each month!

## April

Private Event:  
All 8 lanes including  
shoe rental.

*Wainwright Bowling Centre*

## May

Free Swim

*Peace Memorial Multiplex*

## June

Matinee + Combo

*Wainwright Alma Theatre*

## July

Free adult golf lessons

*Wainwright Golf Course*

## August

No event scheduled.

## September

Free Swim

*Peace Memorial Multiplex*

## October

Matinee + Combo

*Wainwright Alma Theatre*

## November

Full facility rental:  
Includes ice sheets,  
social areas and bar  
service

*Wainwright Curling Club*

## December

Free Skate

*Peace Memorial Multiplex*

## January

Private Event:  
All 8 lanes including  
shoe rental.

*Wainwright Bowling Centre*

## February

Full facility rental:  
Includes ice sheets,  
social areas and bar  
service

*Wainwright Curling Club*

## March

Free Skate

*Peace Memorial Multiplex*



*Did you say free?!*

# Recreation Clubs

Clubs are a great way to get involved in an activity, sport or hobby that interests you!

CRA Members are eligible to join the clubs at  
3CDSB Garrison Wainwright.

Please note, clubs have associated fees with becoming a member.

## Garden Club

Better the community and the environment all while growing your own food! By joining the Garden Club, you have access to a garden plot, water taps, and optional shared tools.

## Gun & Archery Club

By joining the Gun and Archery Club, you will have access to target shooting opportunities including an archery range, long-distance rifle range, and a semi-enclosed outdoor pistol range. The club also organizes events and learning opportunities such as certifications and trade meets.

## Saddle Club

Do you have a horse? Need a place to board it? Join the Saddle Club and have access to a barn! Members and their horses participate in general horsemanship training, horse training, trail rides, and riding clinics.



## How to Join

You can find out how to join each club by contacting the club executive. Up to date contact information is available on our website.



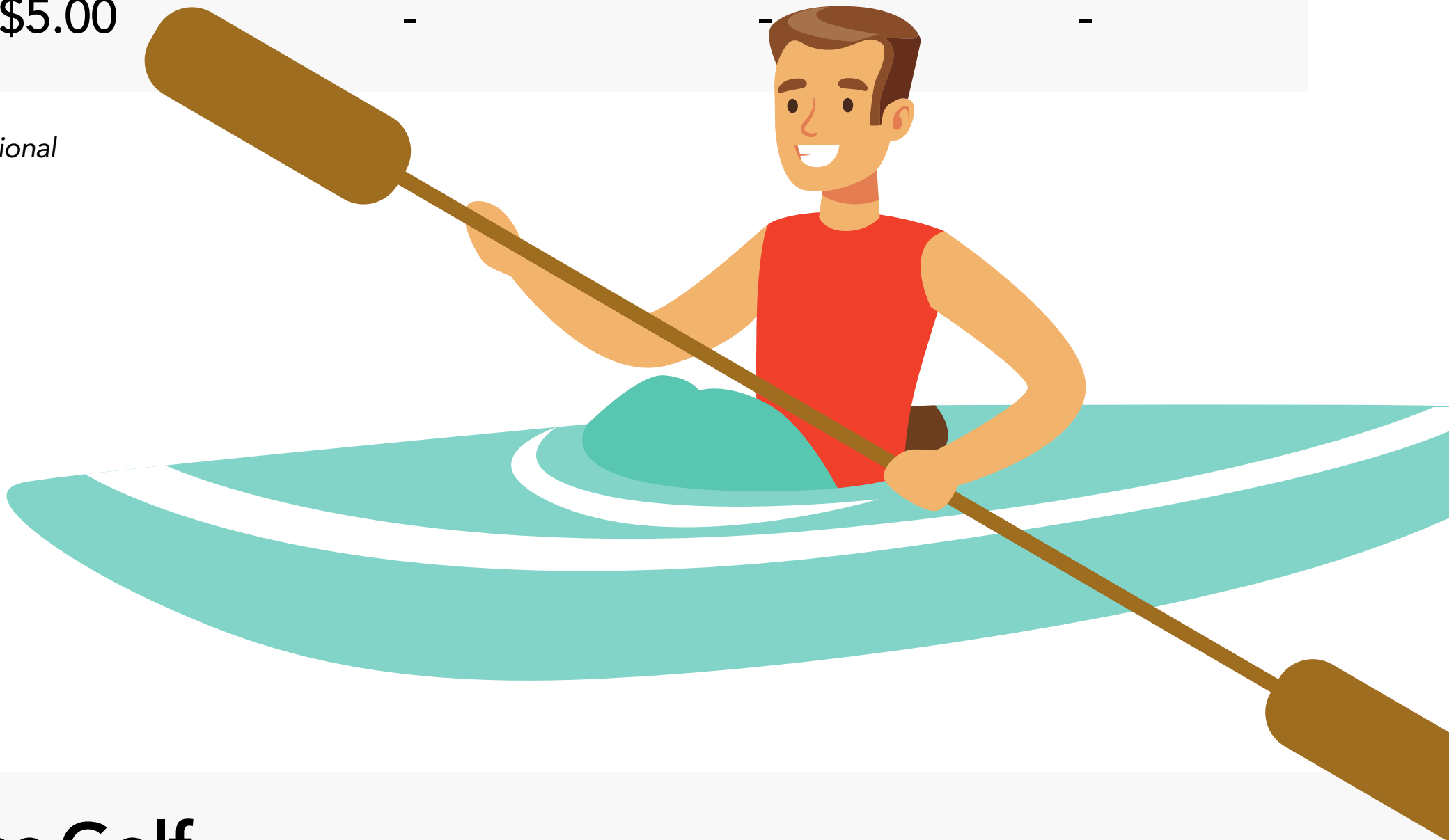
# Recreation Rental Program

Heading out for a weekend getaway? Planning your next staycation? Take our recreation rentals with you!

CRA Members get access to rent a variety of recreation items at discounted prices through our rental program.

	Day	Weekend	3 Day	Week
Kayak	\$25.00	\$40.00	\$45.00	\$70.00
Paddle Board	\$25.00	\$40.00	\$45.00	\$70.00
Canoe	\$25.00	\$40.00	\$45.00	\$70.00
Hiking Poles	\$7.00	\$12.00	\$15.00	\$25.00
Crampons	\$7.00	\$12.00	\$15.00	\$25.00
Snowshoes	\$7.00	\$12.00	\$15.00	\$25.00
XCountry Skis	\$15.00	\$24.00	\$33.00	\$55.00
Collapsible BBQ	\$10.00	\$18.00	\$24.00	\$35.00
Hard Roof Trunk	\$10.00	-	-	-
Roof Rack	\$10.00	-	-	-
Pop Up Tent	\$10.00	-	-	-
Folding Table	\$5.00	-	-	-
Cooler	\$5.00	-	-	-

*For more information on availability, child price options, additional inclusions with rentals, rental agreement, and waiver, please see our website. Prices do not include tax.*



## Disc Golf Free for CRA Members

We have a 9-hole disc golf course at the fish pond and sports field on base. CRA Members can rent the discs to play for free from the Community Centre Front Desk during our regular business hours.

# Community Centre Bison Lounge

Open during regular business hours:  
Monday-Friday 8AM-7:30PM  
& weekends 10-4PM



*Need a change of scenery? Some quiet time? or looking for somewhere to relax? Come to the Bison Lounge!*

Come play a board game with a friend or family -  
We have a wide variety of board games available in our lounge, many classic games for families but also Co-op style games such as Pandemic and Deck Builders like Dominion.

Colouring Pages, Arcade Games, a wide selection of movies, WIFI & a Nintendo Switch.

*Stay tuned for hosted events in this great space!*







# CRA Events Schedule

Your CRA Membership gives you access to a number of events throughout the year.

The following provides you with an idea of the events that will take place this year, with details to follow. Keep an eye on our Facebook page for more information.

April	Easter Event	<i>Join us for a community Easter Egg Hunt.</i>
May	Dog Walk Day	<i>You and your pup are invited to take part in our walk around the park to celebrate Wainwright Dog Walk Day.</i>
June	June is Rec Month	<i>We're celebrating June is Rec Month with a picnic at the Garrison Fish Pond. There will be a fishing derby, lawn games, a BBQ, and you can try our rental equipment on the pond.</i>
July	Canada Day	<i>Come out to celebrate Canada Day at the Fish Pond.</i>
August	Outdoor Movie Night	<i>Enjoy a night of double-header outdoor movies under the stars.</i>
	Old School Cheesery	<i>Stay tuned for updates on this adults only event.</i>
September	Community Centre Open House	<i>Stop by and check out the Community Centre and its residents!</i>
October	Oktoberfest	<i>This 18+ event will focus on traditional Oktoberfest food and beverages, a fun social outing.</i>
November	Paint Night	<i>Bring a friend and come create a beautiful work of art while enjoying some beverages.</i>
January	Wine Tasting Night	<i>A local sommelier will take you on a wine tour right in your community, sample and socialize with us!</i>
February	Family Day	<i>Come join us for a free morning of fun with bouncers, crafts, games, snacks and a photo booth to celebrate Family Day.</i>
March	St. Patrick's Day	<i>Much like Oktoberfest, this event will be for adults only.</i>

# CRA Bus Trip Schedule

CRA Members can hop on the bus to attend our trips scheduled throughout the year.



April	Telus World of Science	Tickets available online
May	Drumheller	Free
June	Elks VS Roughriders Home Game	TBA
July	Cold Lake Air Show	Tickets available online
August	West Edmonton Mall	Free
October	Edmonton Elks End Zone Party	TBA
November	Royal Alberta Museum	Free with CFOne Card
December	West Edmonton Mall	Free
January	Boardwalk Ice on Whyte	Tickets available online
February	Edmonton Wine Fest	TBA

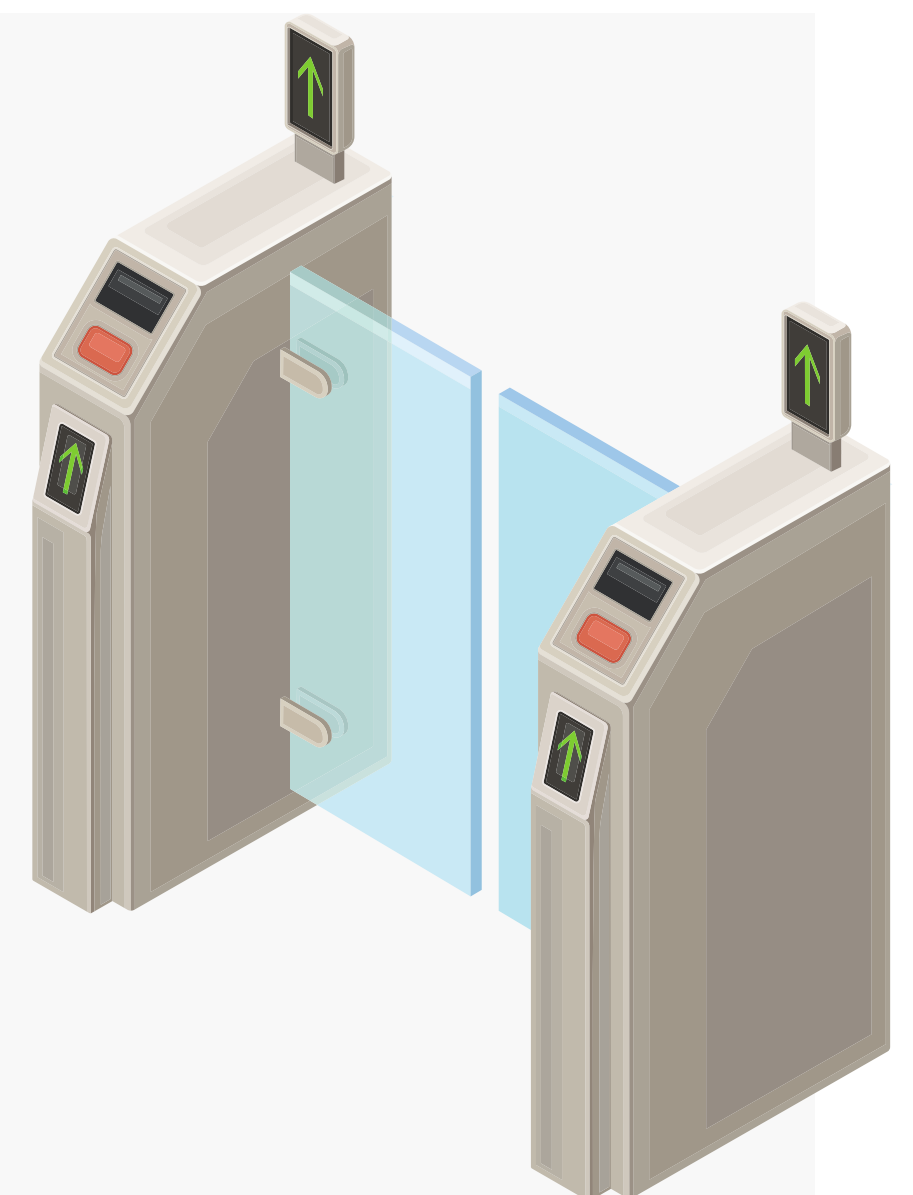
Looking to use rec facilities off base? CRA Members can purchase discounted passes to a number of popular facilities.

## Discounted Passes & Tickets

### Swimming Passes

Wainwright Communiplex

Adult (18+)	Individual	\$2.97
	Booklet	\$26.72
Junior (6-17)	Individual	\$2.43
	Booklet	\$21.87
Child (5 & Under)	Individual	\$1.35
	Booklet	\$11.07
Family	Individual	\$7.29
	Booklet	\$64.53
	9 Hole	\$22.00
	18 Hole	\$36.30



### Golf Passes

Both 9-hole and 18-hole passes available in season to Wainwright Golf Club

### Ski Lift Tickets

We offer discounted lift tickets to a number of hills, seasonally. Past hills have included: Lake Louise, Sunshine Village, Marmot Basin, and Nakiska/Kimberly.

*Prices do not include tax.*



# Youth Rec Programs

We have a number of new and long-running programs for kids and teens.

## All Ages

### **Birthday Parties**

Need a space for your child's upcoming Birthday Party? Book with us! Host your own birthday party or book a themed party and let us handle it. Pre-registration and pre-payment is required. Bookings are only allowed on weekends. This program is available to annual CRA Members only.

## Teens

### **Teen Zone**

This program offers free drop-in sports in the gymnasium at the Garrison Fitness Centre. It is available to all local teens in grades 8-12. This program runs Thursdays from 6:00-7:30PM. A current student card must be presented. Free entry ends at 7:30PM.

### **Teens on Weights**

This course is mandatory for youth 13-17 years of age who would like to use the weight, cardio and functional fitness rooms (without guardian supervision) at the Garrison Fitness Centre. The course is offered three times per year: September, January, and May. The cost is: \$10.80 for CRA Members and \$16.20 for Non-Members (+tax).

## Kids

### **Kids Club**

This instructed after school program gives participants opportunities to engage in a variety of recreation activities which focus on areas such as art, science, nature and physical activity. This program is for kids in grades 3-8. There is a maximum of 15 participants per night. *Upcoming sessions scheduled for June through September.*

### **STAR Program**

*Strength Through Active Recreation*

A new resilience based program for children of military families and it's FREE!

*Upcoming sessions scheduled for Apr-Jun, Sept-Nov & Jan-Mar.*



# Adult Rec Programs

There's opportunities for adults to have fun too with our recreation options for participants 18+.

## Rec Hockey

This non-contact pick-up hockey league is by pre-registration only and is open to all CRA members.\*

Pre-registration is required. Jerseys are loaned for the season.

Registration fee: \$135.00 (tax incl.) \*\*

*\*Civilian participants must have a valid CRA Membership for the duration of the season.*

*\*\*CAF members may be eligible for a full reimbursement at the end of the season.*

## The Recreation Adventure (RAP) Program:

The RAP program takes CRA Members 18+ on excursion based bus trips. The excursions will focus on athletic, active and outdoor trips to cool locations around the province. Registration costs will be per activity based on admission fees at the location. Keep an eye on our Facebook page and social media where more information will follow on how to register.

Examples of Excursions that may be featured include:

- Canoeing trip down the Battle River
- Hiking at nearby Provincial/National Parks
- Lazy River Tubing
- Indoor Rock Climbing
- Beach Day
- Cross Country Skiing
- WHL/CFL Games

## Special Events & Trips:

Keep an eye out throughout the year for 18+ events hosted for CRA Members. Past events have included trivia, wine and cheese nights, comedy nights, and brewery tours.



# RV Compound

Newly posted and need somewhere to store your RV or trailer, or did you just buy yourself one?

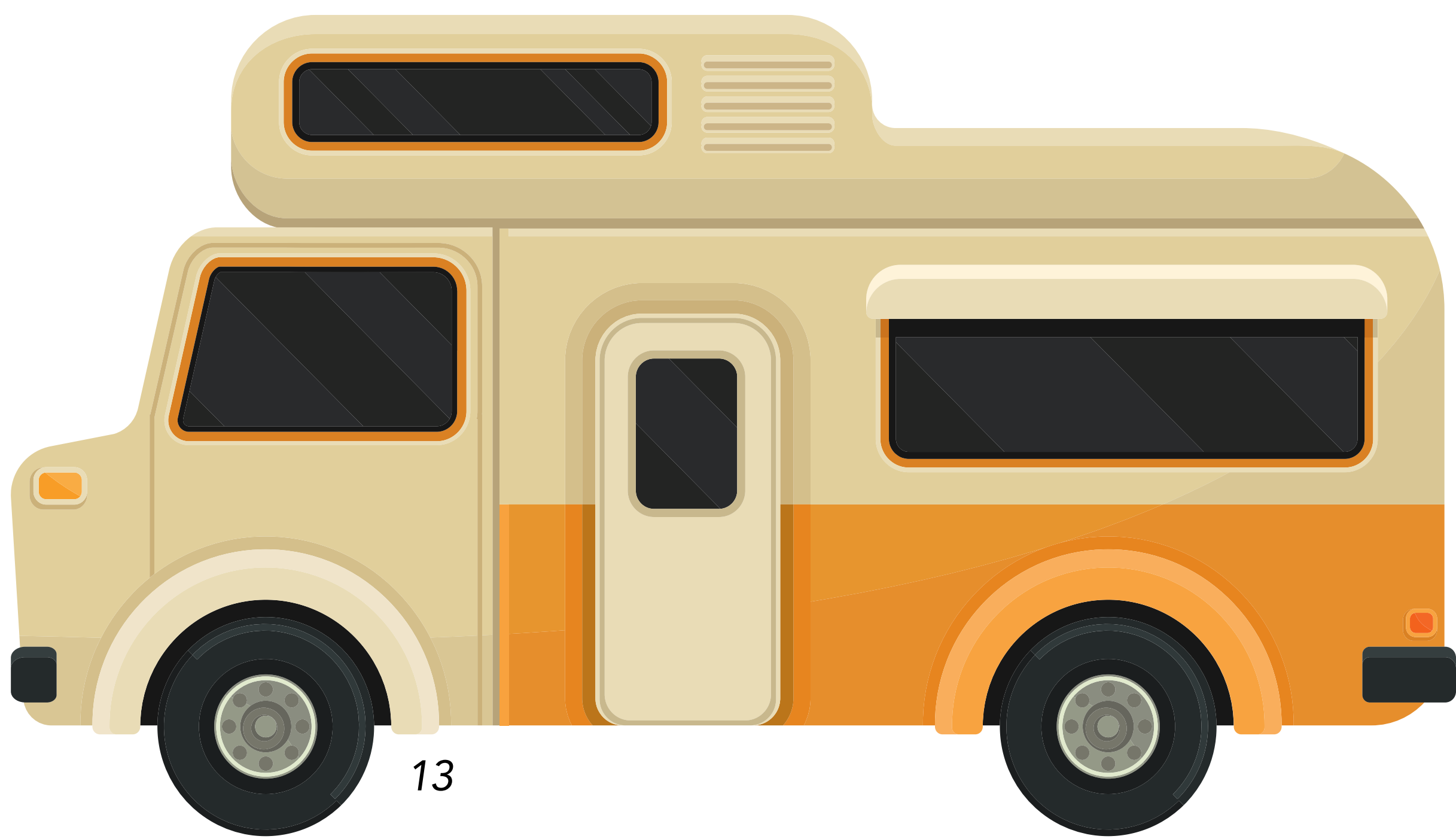
**The 3 CDSB Garrison Wainwright RV Compound is run through CRA but only eligible to active military members, and preference is given to those living on base.**

Located on Gurkhali Road, down from the MP Detachment, this compound has recently been expanded to reduce our waitlist and provide more space for the growing community. With 47 spaces currently available, there is plans to add even more! Spaces are broken down into sizes, Small, Medium & Large and therefore come with different costs. For units up to 24 feet there is a cost of \$10/month and units 25 feet and up \$15/month, these payments get automatically deducted off your military pay each month, just like a Canex plan.

Some simple paperwork is required for you to fill out, along with providing us a copy of your insurance and registration. Upon completion you will be enrolled into the program between 24-48hrs (There will be a delay if registration happens on a Friday) at which point you will be able to access your RV at any time that is convenient to you.

For further information regarding the RV Compound please contact:

Community Recreation Supervisor  
Ryan Doetzel  
780-842-1363 Ext. 1617  
ryan.doetzel@forces.gc.ca



# For More Information

Keep up to date on all CRA programs and services using the following:

## **Community Recreation Department - Garrison Community Centre**

Building 673, 3CDSB Garrison Wainwright  
Buffalo Road  
Denwood, AB  
T0B 1B0

## **Garrison Fitness Centre**

Building 210, 3CDSB Garrison Wainwright  
Strathcona Road  
Denwood, AB  
T0B 1B0

## **Phone:**

780-842-1363 ext. 1274 - Garrison Fitness Centre Front Desk  
780-842-2363 ext. 1660 - Community Centre Front Desk  
Your call will be directed accordingly

## **Website:**

<http://cafconnection.ca/wainwright>

## **Social Media:**

Facebook: <http://facebook.com/pspwainwright>  
Instagram: @PSPWainwright





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