

**Who are we:** We contribute to the occupational readiness of the Canadian Armed Forces and enhance the quality of life of the family by building a strong/ healthy military community. **Our facilities and programs are also available to the general public.**

### **For the kids**

We offer programs such as spring break camps, summer camps, trivia nights, movie days and other fun family programs and events.

Our winter programs included events such as a ski trip, snow tubing and sleigh rides.

For 12-15 year olds we offered the *After S.T.A.R.* program on Saturdays, For 6-12 year olds, the *Fun Flyer* program was available on Saturdays. Other programs include *Musical Story* (2-5 years old) and *Curtain Call* (7-12 Years).

We also host birthday parties with full access to the mini gym and movie theatre!

### **For older kids and adults**

Classes include ABS, Glutes, Thighs, Fusion HIIT Fitness, Indoor Cycle, Muscle Boot Camp, Total Body Conditioning, Pilates and Yoga.

Depending on the night, our main gym has drop in volleyball, badminton, pickleball, basketball or Get Rec'd.

We have a workout area with free weights, ellipticals, stair climbers and whole lot of other equipment. We also have squash courts!

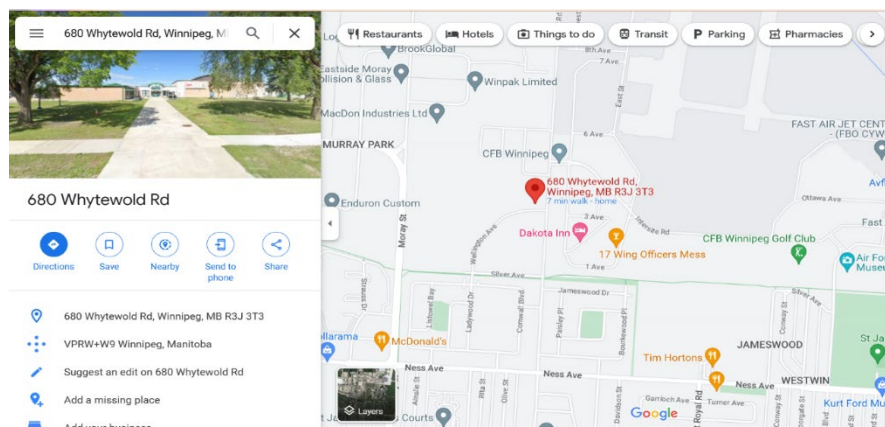
We have monthly movie nights for adults with select adult beverages available for purchase (bring your I.D.).

**For more information on what is currently being offered and facility hours and fees please refer to our website: <https://bkk.cfmws.com/winnipegpub/courses/index.asp>**

Other recreation clubs include Archery, Scuba, Toastmasters and Wood Hobby.

### **Where are we located:**

We are located at 680 Whytewold Road.



**Spring break camp** is running from the 27<sup>th</sup> - 31<sup>st</sup> of March. The camp activities start at 9:00 and end at 4:00. Before care from 07:30 to 09:00 and after care from 4:00 to 5:00 at no additional cost. Spring break camp is for 6-13 years old. Spring camp will be a fun action-packed week of games, sports, crafts, outdoor activities and movies in the theater. During this week we will have themed days which will incorporate activities, crafts, and science related to the theme. Monday will be space day, Tuesday is sports day, Wednesday is mad science day, Thursday is nature day and Friday is superhero day. We ask that each day children come to camp with their own nut free lunch, nut free morning and afternoon snacks, reusable/refillable water bottle, indoor running shoes, winter pants, coat, boots, touque, winter mitts, scarf/ neck warmer and other outdoor clothing suitable for the weather! The following link can provide you with further information regarding pre-requisites, information and requirements.

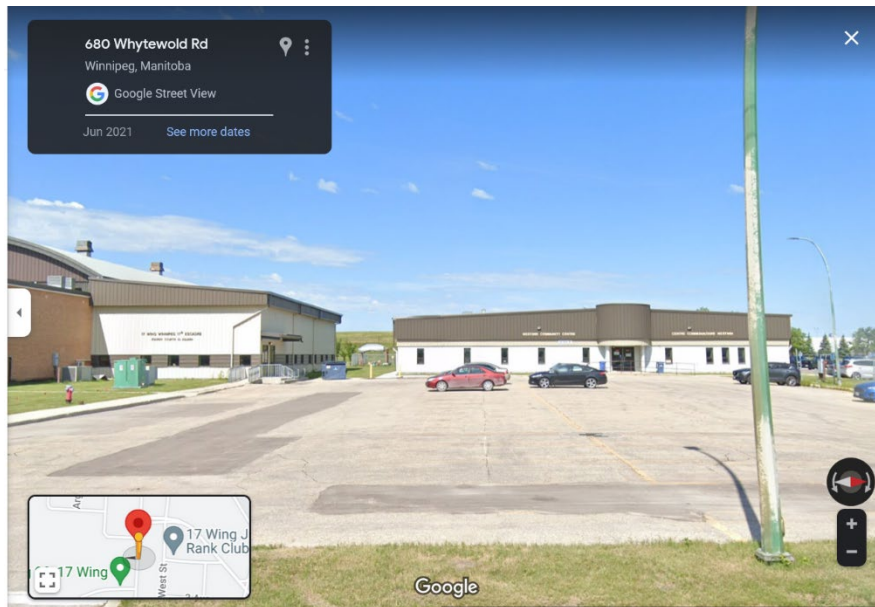
<https://bkk.cfmws.com/winnipegpub/courses/index.asp>

The registration dates for our spring break camp run from the 8<sup>th</sup> of February to the 25<sup>th</sup> of March. The cost for the camp is \$160.00.

If you have any further questions, please contact the front desk at 204 833 2500 ext 5139

#### **Where Spring Camp is located:**

Drop of and pick up will be just next door at building 33 (Westwin Community Center).



As soon as you enter the building the first door on the right is where the majority of spring camp will be held.

#### **Front desk contact info:**

**(204) 833 – 2500 ext 5139**