

MONDAY (SCHEDULE TO TAKE EFFECT APR 2008)

| TIME | FH 1 | FH 2 | FH 3 | DDH S | Army Fitness Centre | MIL TRG | SQUASH | POOL | WADE POOL |
|-----------|-----------|----------|----------|----------|---------------------|------------------------|----------|---------------------|--------------------|
| 0600-0700 | CANSOFCOM | | RCD | LFCA TC | PSP | | | | |
| 0700-0800 | 2 SVC BN | 2 SVC BN | RCD | 2 Fd Amb | PSP | Supt PT Program | | Military Indiv Lane | |
| 0800-0900 | 1 RCR | 1 RCR | 2 RCHA | 2 RCHA | PSP | 1 RCR | 1 RCR | Military Unit Open | |
| 0900-1000 | | | | | PSP | PSP | | CAC Aqua Fit | |
| 1000-1100 | | | | | PSP | PSP | | CAC School Prog | |
| 1100-1200 | | 1 CFH | | | PSP | PSP | | Physio | Physio |
| 1200-1300 | Open Rec | Open Rec | Open Rec | Open Rec | PSP | Open Rec | Open Rec | Military Indiv Lane | Physio |
| 1300-1430 | HQ & SIGS | 3 RCR | 3 RCR | 3 RCR | PSP | 3 RCR | 3 RCR | Military Unit Open | Military Unit Open |
| 1430-1600 | HQ & SIGS | 3 RCR | 3 RCR | 3 RCR | PSP | PSP | 3 RCR | Military Unit Open | Military Unit Open |

Outdoor Facilities Associated with Indoor Facilities

FH1 = Soccer Pitch 1, Ball Diamond 1 and Beach Volleyball Court 1.

FH2 = Soccer Pitch 2, Ball Diamond 3 and Beach Volleyball Court 2.

FH3 = Soccer Pitch 3, Ball Diamond 6 and Beach Volleyball Court 3.

DDH S = Mattawa Fd, Ball Diamond 4 and Beach Volleyball Court 4.

Notes: **Unit sports days will be coordinated through the Bde Sports O. Sports days should be held on days when unit has their norm afternoons whenever possible. Unit sports days are not to start prior to 0900 hrs unless the unit owns the facilities or has m: arrangements with the units that do.**

TUESDAY

| TIME | FH 1 | FH 2 | FH 3 | DDH S | Army Fitness Centre | MIL TRG | SQUASH | POOL | WADE POOL |
|-----------|-----------|--------------|----------|----------|---------------------|-----------|----------|---------------------|--------------------|
| 0600-0700 | CANSOFCOM | | | LFCA TC | PSP | | | | |
| 0700-0800 | CSOR | 1 CFH / CMED | 2 CER | ASG Sigs | PSP | PSP | | Military Indiv Lane | |
| 0800-0900 | 1 RCR | 1 RCR | 3 RCR | 2 MP | PSP | PSP | | Military Unit Open | |
| 0900-1000 | | | 3 RCR | 20 MSR | PSP | PSP | | CAC Aqua Fit | |
| 1000-1100 | | | 427 Sqn | 20 MSR | PSP | | | CAC Senior Swim | CAC Tot & Parent |
| 1100-1200 | | | 427 Sqn | 20 MSR | PSP | | | Military Unit Open | Military Unit Open |
| 1200-1300 | Open Rec | Open Rec | Open Rec | Open Rec | PSP | Noon Spin | Open Rec | Military Indiv Lane | Physio |
| 1300-1430 | 2 SVC BN | 2 SVC BN | 2 SVC BN | 2 SVC BN | PSP | PSP | 2 SVC BN | Military Unit Open | Military Unit Open |
| 1430-1600 | 2 SVC BN | 2 SVC BN | 2 SVC BN | 2 SVC BN | PSP | PSP | 2 SVC BN | Military Unit Open | Military Unit Open |

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WEDNESDAY

| TIME | FH 1 | FH 2 | FH 3 | DDH S | Army Fitness Centre | MIL TRG | SQUASH | POOL | WADE POOL |
|-----------|-----------|-----------|--------------|------------|---------------------|------------|----------|---------------------|--------------------|
| 0600-0700 | CANSOFCOM | | | LFCA TC | PSP | | | | |
| 0700-0800 | 2 Svc Bn | HQ & SIGS | 2 Svc Bn | 2 ASG Sigs | PSP | PSP | | Military Indiv Lane | |
| 0800-0900 | 1 RCR | 1 RCR | RCD | CANSOFCOM | PSP | PSP | | Military Unit Open | |
| 0900-1000 | | | | 20 MSR | PSP | PSP | | CAC Senior Swim | CAC Tot & Parent |
| 1000-1100 | | | | 20 MSR | PSP | | | CAC School Prog | CAC Aqua Babies |
| 1100-1200 | | | | 20 MSR | PSP | | | Physio | Physio |
| 1200-1300 | Open Rec | Open Rec | Open Rec | Open Rec | PSP | PSP | Open Rec | Military Indiv Lane | Physio |
| 1300-1430 | 2 CER | 2 CER | 2 CER | 2 Fd Amb | PSP | PSP | 2 CER | Military Unit Open | Military Unit Open |
| 1430-1600 | CANSOFCOM | CANSOFCOM | 1 CFH / CMED | 2 Fd Amb | PSP | PSP | | Military Unit Open | Military Unit Open |

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FH 1 - PRT - 0900 to 1000 15 Jan 08

THURSDAY

| TIME | FH 1 | FH 2 | FH 3 | DDH S | Army Fitness Centre | MIL TRG | SQUASH | POOL | WADE POOL |
|-----------|-----------|----------|----------|--------------|---------------------|---------|----------|---------------------|--------------------|
| 0600-0700 | CANSOFCOM | | | LFCA TC | PSP | | | | |
| 0700-0800 | HQ & SIGS | 2 SVC BN | 2 CER | 1 CFH / CMED | PSP | PSP | | Military Indiv Lane | |
| 0800-0900 | 3 RCR | 3 RCR | 1 RCR | 1 RCR | PSP | PSP | | Military Unit Open | |
| 0900-1000 | 1 CFH | 3 RCR | | 20 MSR | PSP | PSP | | CAC Aqua Fit | CAC Aqua Fit |
| 1000-1100 | 1 CFH | FSG "A" | FSG "A" | 20 MSR | PSP | PSP | | CAC Senior Swim | CAC Tot & Parent |
| 1100-1200 | | FSG "A" | FSG "A" | 20 MSR | PSP | PSP | | Military Unit Open | Military Unit Open |
| 1200-1300 | Open Rec | Open Rec | Open Rec | Open Rec | PSP | PSP | Open Rec | Military Indiv Lane | Physio |
| 1300-1430 | RCD | RCD | RCD | RCD | PSP | PSP | RCD | Military Unit Open | Military Unit Open |
| 1430-1600 | 2 RCHA | 2 RCHA | 2 RCHA | 2 RCHA | PSP | 2 RCHA | 2 RCHA | Military Unit Open | Military Unit Open |

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FRIDAY

| TIME | FH 1 | FH 2 | FH 3 | DDH S | Army Fitness Centre | MIL TRG | SQUASH | POOL | WADE POOL |
|-----------|---------------|---------------|----------|--------------|---------------------|-----------------|----------|---------------------|---------------------|
| 0600-0700 | CANSOFCOM | | RCD | LFCA TC | PSP | | | | |
| 0700-0800 | Base/ASG Sigs | Base/ASG Sigs | RCD | 1 CFH / CMED | PSP | Supt PT Program | | Military Indiv Lane | |
| 0800-0900 | 2 SVC BN | HQ & Sigs | 2 CER | CANSOFCOM | PSP | 2 RCHA | | Military Unit Open | |
| 0900-1000 | 1 CFH | 2 Svc Bn | | | PSP | PSP | | CAC Aqua Fit | CAC Aqua Fit |
| 1000-1100 | 1 CFH | | | | PSP | | | CAC Senior Swim | CAC Tot & Parent |
| 1100-1200 | LFCA TC | | | | PSP | | | Physio | Physio |
| 1200-1230 | Open Rec | Open Rec | Open Rec | Open Rec | PSP | Open Rec | Open Rec | Military Indiv Lane | Military Indiv Lane |
| 1230-1500 | 1 RCR | 1 RCR | 1 RCR | 427 | PSP | PSP | 1 RCR | Military Unit Open | Military Unit Open |
| 1500-1630 | 427 THS | 427 THS | 427 THS | 427 THS | PSP | PSP | 427 THS | | |

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BLACK BEAR RINK - 04 Sep 08 To End Of Season

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|-----------|-------------|-----------|-----------|-----------|
| 0700-0800 | RCD | BASE | 2 SVC BN | BASE | 2 RCHA |
| 0800-0900 | 2 FD AMB | LFCA TC&427 | HQ & SIGS | 3 RCR | 2 SVC BN |
| 0900-1000 | | | HQ & SIGS | 3 RCR | Maint |
| 1000-1100 | 2 CER | | | LFCA TC | Maint |
| 1100-1200 | BASE | | | | 1&3 RCR |
| 1200-1300 | CAC Skate | CAC Skate | CAC Skate | CAC Skate | CAC Skate |
| 1300-1400 | HQ & SIG | 2 RCHA | 2 FD AMB | RCD | 427 Sqn |
| 1400-1500 | HQ & SIG | | 2 FD AMB | RCD | 427 Sqn |
| 1500-1600 | HQ & SIG | 2 ASG Sigs | 2 FD AMB | RCD | 427 Sqn |
| 1630 | | | | | |

STAG RINK- 04 Sep 08 To End Of Season

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|----------------|----------------|----------------|----------------|----------------|
| 0630-0730 | CSOR | 2 CER | RCD | 2 ASG | 1 RCR |
| 0730-0830 | 2 RCHA | 3 RCR | 1 RCR | 2 CER | 2 FD AMB |
| 0830-0930 | 2 RCHA | 3 RCR | 1 RCR | HQ & SIGS | |
| 0930-1030 | Maint | 2 FD AMB | 2 RCHA | 2 SVC BN/FSG A | RCD |
| 1030-1130 | Maint | | 2 RCHA | 2 SVC BN/FSG A | RCD |
| 1130-1230 | Drop in shinny | Drop in shinny | Drop in shinny | Drop in shinny | Drop in shinny |
| 1230-1330 | 3 RCR | 2 SVC BN | 2 CER | 2 RCHA | 1 RCR |
| 1330-1430 | 3 RCR | 2 SVC BN | 2 CER | 2 RCHA | 1 RCR |
| 1430-1530 | 3 RCR | 2 SVC BN | 2 CER | 2 RCHA | 1 RCR |
| 1530-1630 | 1 RCR | 2 SVC BN | 2 CER | 2 RCHA | 1 RCR |