



Physical fitness is an essential component of operational readiness for our Canadian Armed Forces members, and contributes to the overall health and well-being of our entire Defence community, military and civilian members alike.

The global public health challenges of 2020 have impacted how we are able to deliver health and physical fitness programming to our local Defence community at CFB Halifax. Despite these challenges, the incredible team at PSP Halifax has been working hard to ensure that our members maintain access to quality health and physical fitness programming, whether working from home or in the physical workplace. Please read on for a list of current physical fitness programs and services on Base; new in-person and online classes; and an upcoming project that will bring additional physical fitness services to our Stadacona property.

COVID-19 public health measures

You'll notice various public health measures in place when you enter any of our Base fitness facilities. From directional floor labels to hand sanitizing stations, PSP Halifax and other units responsible for mini-gyms have taken precautions to ensure all members remain safe. Many facilities are operating at reduced capacity to ensure physical distancing can be maintained, and access to these spaces is limited to Defence Team personnel only. We thank you for your continued adherence to all public health measures when accessing facilities on Base.

Fitness, Sports and Recreation Centre hours of operation

Fleet (HMC Dockyard) gym - Building D216

The Fleet gym is currently open to CAF members and DND civilian/NPF employees weekdays from 6am - 6:30pm and closed on weekends. Member capacity within each designated fitness area/room is based on physical distancing measurements, allowing six feet in any given direction per person. Shower facilities are open, and members are responsible for cleaning the showers after use. Access to the Fleet gym is by appointment only (online booking). [Click here](#) for online booking instructions. Any units interested in booking Unit PT or the gym floor can contact Fitness Coordinator Briana Plante at Briana.Plante@forces.gc.ca or 902-427-6335.

Please note: Valid CAF/DND identification is required for Dockyard access. Due to security restrictions, retired Defence Team personnel, members of the public and non-CAF/DND family members are not permitted entry onto Dockyard property. Please call 902-427-3524 for more information.

Shearwater gym – Building SH57

The Shearwater gym is currently open to CAF members and DND civilian/NPF employees weekdays from 6am - 7pm and, effective October 31, Saturdays from 9am - 1pm. This facility remains closed on Sundays. Shower facilities are open, and members are responsible for cleaning the showers after use. Access to the Shearwater gym is by appointment only (online booking). [Click here](#) for online booking instructions. Retired Defence Team personnel, members of the public and military families are not permitted access to the Shearwater gym at this time due to COVID-19 restrictions. Please call 902-720-1071 for more information.

Reminder: FREE gym memberships for DND civilian and NPF employees

DND civilian and NPF employees are no longer required to purchase a paid membership in order to use the Fleet and Shearwater gym facilities. [Pre-booking online](#) and the presentation of valid DND identification is all that is needed to access these facilities.

NEW! Indoor fitness classes

Beginning November 2, CAF Members and DND civilians can register online for the following fitness classes on [BookKing](#).

Fleet Gym Floor (Building D216)

Mondays, 12:15pm to 1:00 pm – Tactical Athlete
Wednesdays, 12:15pm to 1:00 pm – Tactical Athlete
Fridays, 12:15pm to 1:00 pm – Spin

Stadacona Chapel (Building S7)

Tuesdays, 12:15pm to 1:00 pm – Yoga/Range of Motion
Thursdays, 12:15pm to 1:00 pm – Yoga/Range of Motion

Virtual fitness classes

Pre-recorded workouts and workshops can be found on the [CF Morale and Welfare Services YouTube channel](#). These virtual classes feature PSP instructors from Bases and Wings across the country. You can also find a more localized series of PSP Halifax instructor-led workouts through this [YouTube playlist](#). If CAF members sustain an injury during these videos, please remember to fill out a CF98.

Disclaimer: Participants who are not CAF members recognize and acknowledge that their age, health status and physical fitness level are unknown, and it is entirely up to each individual to assess their ability to participate in these virtual classes. All participants who are not CAF members are invited to consult the [‘Get Active Questionnaire’](#) of the Canadian Society of Exercise Physiology and its [Reference Document](#). If you experience any pain or difficulty during the exercises presented in PSP’s virtual classes, it is recommended that you stop and consult a healthcare provider.

Military family skates

The Shearwater Arena and CFB Halifax Recreation are excited to announce that Military Family Skates will take place Fridays from 3:30 – 5:30 pm and Saturdays from 4:00 – 6:00 pm! In order to take advantage of the program, users must call the Shearwater Gym at 902-720-1071 to register through the [BookKing](#) program by the following deadlines each week: Friday Skate needs to be registered by 3:00 pm / Saturday skate needs to be registered by 1:00 pm on a weekly basis. Please be advised this is for Military and DND Families only. Users will be asked to fill in a COVID-19 screening questionnaire on the day of the skate through a provided link.

Existing 'mini-gyms'

Hotel-style gym facilities at Juno Tower and Tribute Tower

Hotel-style gym facilities exist at Juno Tower and Tribute Tower, accessible 24/7 to residents of both accommodations towers as well as their guests. To gain access, please visit the front desk at each location where you'll be provided a key. Due to current public health restrictions, Juno Tower's facility has a capacity of three members, with Tribute Tower's facility able to accommodate two members at a time. While custodial staff do clean these facilities, members are also reminded to clean the equipment after use. These facilities are not supported by PSP Halifax.

Unit mini-gyms

Over 10 units within CFB Halifax currently house their own unit mini-gyms. We encourage these units to continue making use of these facilities for their health and physical fitness needs. These mini-gyms are the responsibility of the individual units and are not supported by PSP Halifax.

FORCE testing

Force testing is now open to all CAF members. Contact your Unit FORCE Coordinator to book a test. If you do not know your Unit FORCE Coordinator, please contact Briana Plante, CFB Halifax Fitness Coordinator at Briana.Plante@forces.gc.ca / 902-427-6335 (CFB Halifax inquiries) or Mary.Thompson@forces.gc.ca (Shearwater inquiries until December 6). After December 6, please contact Ashley.Stewart2@forces.gc.ca for Shearwater FORCE testing inquiries.

Reconditioning program

The Reconditioning Program continues to operate at Stadacona, located in building S24A (the CANEX/Tim Hortons/SISIP building). A maximum of two clients are permitted in the facility at any given time in accordance with public health measures.

Upcoming project: Temporary fitness facility at Stadacona

When the decision was made to close the Stadacona Fitness, Sports and Recreation Centre (STADPLEX) in 2018, a comprehensive Real Property Operations (RPOS(H)) infrastructure plan was developed to address the short, medium and long-term fitness needs of our Base population.

We are currently entering the design phase for a temporary, winterized fitness facility, to be constructed in the same location as the now demolished STADPLEX gym. Modelled after a similar facility at CFB Borden, this 1250 square metre space will be heated and air-conditioned, and will include an open gymnasium area for basketball, volleyball, badminton and ball hockey; an area for cardio machines and weights; locker rooms with showers and washrooms; a reception office with DWAN workstations for



CFB Borden Fitness Facility

fitness and sports instructors; and a storage room for equipment. Considerably more compact than the original STADPLEX gym, this temporary facility will have a maximum capacity of approximately 134 members; this capacity will be reduced as required if physical distancing measures are still in effect upon final construction. The facility design is scheduled for completion by May 2021, with the construction timeline to be confirmed. The structure will remain in place until a permanent replacement facility is approved, funded, and constructed. You can read more about this project [here](#).

More existing fitness facilities and recreation areas at your (sanitized) fingertips

CFB Halifax is home to a variety of fitness and sport facilities and outdoor recreation areas that can be enjoyed by our local Defence community. Usage of all indoor and outdoor recreation facilities is based on availability and the status of provincial/federal public health restrictions/guidelines. For the health and safety of our members and neighbouring communities, members of the public and military family members are currently not permitted access to most of these facilities.

Indoor Fitness and Sport Facilities	Available to:
Fleet (Dockyard) gym 902-427-3524	Serving CAF members and DND civilian/NPF employees
Shearwater gym and pool 902-720-1071	Serving CAF members and DND civilian/NPF employees
Shearwater arena 902-720-1078	Serving CAF members and DND civilian/NPF employees <i>*Military Family Skates for Military and DND Families only</i>
CFB Halifax Curling Club 902-455-1444	Serving CAF members and DND civilian/NPF employees
Halifax Forum Arena <i>Isaac Habib, Fleet Sports Coordinator</i> 902-427-1469	6.5 hours of ice time available to CAF members each week.

Cole Harbour Place squash courts
Isaac Habib, Fleet Sports Coordinator
902-427-1469

Free access for CAF squash team members with presentation of valid CAF identification. One court at a time available for a maximum of 3 players. Call Isaac Habib, Fleet Sports Coordinator, for more information.

Centennial Pool
1970 Gottingen Street

The Centennial Pool remains closed at this time, however the Shearwater pool is open for lane swims. Click [here](#) for hours of operation. Serving CAF members and DND civilian/NPF employees permitted access to lane swims. [Online booking](#) is required.

Outdoor DND Recreation Areas

Available to:

Ball fields
(Shearwater and Windsor Park)
Craig Hayden, Facility Coordinator
902-720-2160

Serving CAF members and DND civilian/NPF employees

Porteous Field and running track
(Stadacona)
Craig Hayden, Facility Coordinator
902-720-2160

Serving CAF members and DND civilian/NPF employees

Hartlen Point Golf Course
(Eastern Passage)
902-465-4653

Serving CAF members and DND civilian/NPF employees

Feedback

We continue listening to the feedback, concerns and recommendations raised by our Defence community and will remain committed to pursuing creative solutions that maximize your ability to access health and physical fitness programming on Base, especially given the ongoing challenges of operating in a pandemic environment. If you would like to provide feedback on the current health and physical fitness services offered at CFB Halifax, please contact Jason Price, Shearwater Fitness, Sports and Recreation Manager at 902-720-1069 or Ashley Stewart, Acting Fleet Fitness, Sports and Recreation Manager at 902-427-3525.

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