



# WEEKLY UPDATE

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## DND Snow Festival

### SAVE THE DATE!

#### DND Snow Festival | February 16th, 2026

Come join us for a day of family fun in Shearwater on February 16th.  
Stay tuned for a full schedule of events.

[cfmws.ca/halifax/snowfest-2026](http://cfmws.ca/halifax/snowfest-2026)

### CAFATP (CAF Athletic Trainer Program)

The CAFATP offers a variety of courses to CAF members and full time NPF employees to develop CAF – qualified athletic trainers through a graduated program that prepares them to support CAF athletes at all levels of sporting competitions.

Upcoming Courses in the Atlantic Region are listed below to support regional, national and CISM sporting events. Please note that all travel costs (TD, meals, travel and R&Q) from respective bases to attend the course is the member's home unit/ base responsibility but there is no cost to participate in the course.

To register, please contact [Briana.Plante@forces.gc.ca](mailto:Briana.Plante@forces.gc.ca)

Find more details and information regarding the taping courses at:

[CFMWS | CAF Athletic Trainer Program Courses | CFMWS](#)

### Intro to CAFATP & Taping

#### Level 1

21-23 January 2026 CFB Halifax

**This course is currently full but we are accepting waitlist nominations in case of cancellations or to consider for future courses.**

Please be advised that, upon registration for the course, we will require CoC approval for you to participate in at least one regional event per year.

### PSP Prenatal and Postpartum Program (PNP3)

The PSP Prenatal and Postpartum Program (PNP3) is a fitness and wellness program for CAF members during pregnancy and the postpartum period. PSP Reconditioning offers an ongoing fitness class as well as personalized programming to support the Canadian Physical Activity Guidelines of engaging in at least 150 minutes of moderate intensity physical activity over the course of one week (over at least three days). This program is designed to help accumulate effective active minutes with the over arching goal of reducing risk of overall pregnancy health concerns and to increase strength and activity levels in the postpartum period.

This class is open to all CAF members within this population even if the member has injuries and/or physical limitations. The class locations/days are:

- Stadacona Monday & Thursday
- Shearwater Tuesday & Friday

Registration is required. Please contact Kerianne Willigar at [kerianne.willigar@forces.gc.ca](mailto:kerianne.willigar@forces.gc.ca) or 902-721-1922 to register or to discuss program details.



### Get involved in your unit's fitness by becoming a CAF FORCE Evaluator

This qualification will enable personnel to conduct the FORCE Evaluation IAW the FORCE Evaluation Operations Manual.

Please note – PSP Staff must be the lead evaluator to test Regular FORCE members. CAF Evaluators can only evaluate Reserve Force members unsupervised. Opportunity to assist with FORCE testing upon successful completion of the workshop.

#### 2026 Workshops:

- 24 Jan 26 (nomination deadline: 05 Jan 26)
- 06 Mar 26 (nomination deadline: 30 Jan 26)
- 29 May 26 (nomination deadline: 24 Apr 26)
- 11 Sept 26 (nomination deadline: 07 Aug 26)
- 04 Dec 26 (nomination deadline: 30 Oct 26)

Location: Fleet Fitness and Sports Centre from 0730-1530

#### Prerequisites:

Successfully completed the FORCE evaluation in the past 12 months

Rank of Corporal (Cpl), Sailor First Class (S1) and above

Currently qualified in Standard First Aid and CPR

#### Medical standards:

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You must complete about 3 hours of DLN modules and an exam prior to the scheduled workshop.

Contact your local Fitness Coordinator at [Briana.Plante@forces.gc.ca](mailto:Briana.Plante@forces.gc.ca) to register.

### CFB HALIFAX MEN'S VOLLEYBALL

Team will be practicing/scrimmaging Monday nights at Shearwater Base Gym 7pm-845pm.

Please reach out to below contact for more info:

Capt Gaudet: [Samuel.Gaudet@forces.gc.ca](mailto:Samuel.Gaudet@forces.gc.ca)

### JOIN CANADIAN FORCES BASE HALIFAX WOMEN'S HOCKEY

Open to all Regular and Reserve Force Members

**All skill levels welcome**

To participate or learn more, email:

[annelies.beumer@forces.gc.ca](mailto:annelies.beumer@forces.gc.ca)

### Shearwater Base Basketball Team Practice!

Join us on **Monday & Wednesdays** from **1500-1700** hrs at the **Shearwater Gym** starting 22 September, 2025.

For more information contact

[christopher.worthen@forces.gc.ca](mailto:christopher.worthen@forces.gc.ca)

### MEGA/Wing Cup 2025

Sport	June 2025-April 2026	Date
Floor Hockey	MEGA/Wing Cup	13-17 April 2026
Pickleball	MEGA/Wing Cup	29-30 April 2026

Dates above are subject to change.

### We have updated all of our FIT Schedules for 2026!

Be sure to check out the new classes at Fleet Fitness & Sports Centre: **Cadence HIIT** and **Cadence Cycle**.

Click on the below links for more information:

[Fleet Fitness & Sports Centre](#)

[Stadacona Fitness & Sports Centre](#)

[Shearwater Fitness, Sports & Recreation Centre](#)

### Open Skate for CAF Members!

There will be a CAF members only adult skate at the **Shearwater Arena on Wednesdays from 1400-1500.**

**Skates and CSA approved hockey helmets are mandatory for all members on the ice.**

Shearwater arena does not have skates or helmets for sign out. Pucks and sticks will not be permitted.

This has been added to allow members an opportunity to get on the ice without having to participate in any individual ice sport. If you are uncomfortable on the ice and feel that you would benefit from some instruction, please email **Jamie.mercer@forces.gc.ca** in advance, and he would be happy to provide basic on ice skating instruction.

Stadacona Fitness and Sport Centre

### Recreational Pickleball

Jan 7, 2026 - Mar 29, 2026

**Wednesdays 5PM-8PM**

**Sundays 9AM-12PM**

**\$20+tax** for military members, regular force, reserve force, veterans

**\$45+tax** for DND, RCMP, Coast Guard

**\$70+tax** for civilians

**All equipment provided!**

Get in the Game, Meet New People, and Have a Ball!

**Registration required - for more information or assistance with registration please contact [HalifaxRecreation@cfmws.com](mailto:HalifaxRecreation@cfmws.com)**



### Shearwater Men's Base Team Volleyball

**MONDAY & WEDNESDAYS**

**1300-1500 HRS**

Starting **November 10, 2025**

**Please Contact:**

[Justin.Kirke@forces.gc.ca](mailto:Justin.Kirke@forces.gc.ca)

### Young and Senior Men's Hockey

All interested players are to reach out to: PO1 Curtis Chambers and PO2 Robert Sanford

[Curtis.Chambers@forces.gc.ca](mailto:Curtis.Chambers@forces.gc.ca)

[robert.sanford@forces.gc.ca](mailto:robert.sanford@forces.gc.ca)

### Women's Volleyball

Shearwater and Halifax

**Practices**

Tuesdays and Thursdays | 1600-1800 HRS

**Where**

Fleet Fitness and Sports Centre

For more information please contact

Capt Laura Fitzpatrick at [Laura.fitzpatrick@forces.gc.ca](mailto:Laura.fitzpatrick@forces.gc.ca)

### CFB Halifax Basketball

Missed the tryouts but interested in playing?

**Contact Coach**

[Kevin.Miller3@forces.gc.ca](mailto:Kevin.Miller3@forces.gc.ca)

or

**902-427-3852**

### Open Shinny for CAF Members!

There will be CAF members only ice hockey "shinny" at the **Shearwater Arena on Wednesdays from 1500-1600.**

This time was selected to allow members who are otherwise unavailable during earlier working hours a time to get out for a friendly game of hockey.

**Full hockey equipment with neck guard and full-face mask is mandatory.** This is a drop in and play ice time and all CAF members of all skill levels are welcome.