

The Level Training Guide is a resource to help cadets and their parents plan around what activities their cadets are able to participate in that are required to successfully complete their level. The following guide is intended to outline a variety of options for cadets to attend activities to complete the minimum required performance objectives needed to pass their level. While we encourage cadets to attend as much as possible, we recognize that is not always realistic.

The Level Training Guide is broken down by level, please see the guide respective to your cadet's current training level (1, 2, 3, or 4).

A couple of things to note:

- Some activities for some of the performance objectives are still in development, and the information will be provided to the cadets as it becomes available.
- This guide does not list all activities for performance objectives that take place on Wednesday nights.
- Should you or your cadet have any questions or concerns, please don't hesitate to speak with the Training Officer, Lieutenant Sarah Zitkus.
- Dates are Wednesday training sessions unless otherwise noted.

Level 1

Outside of attending regular Wednesday night training, below is a list of activities that cadets should attend to complete their level requirements. While cadets are encouraged to attend as many activities/training opportunities as possible, cadets are only required to attend one of each of the following to meet the MINIMUM requirements in these categories:

Performance Objective	Activity & Date	
Citizenship	Remembrance Day - Nov 11, 2025	
Community Service	<ul style="list-style-type: none"> Leadership Option - Food Bank Project (Ongoing from September to Christmas) Remembrance Day (Nov 11) 	
Physical Fitness	<ul style="list-style-type: none"> Oct 29, 2025 Dec 17, 2025 Jan 31, 2026 Feb 25, 2026 May 13, 2026 <p>*Jan 31, 2026 is a Saturday, and will be a full day of fitness & sports.</p>	
Canadian Armed Forces Familiarization	<ul style="list-style-type: none"> Chinthe Parade & Mess Dinner - March 21, 2026 Drill Option 	
PHASE	<ul style="list-style-type: none"> Nov 5, 2025 Jan 7, 2026 Feb 11, 2026 Apr 1, 2026 May 6, 2026 	
Attend a Formal Parade	<ul style="list-style-type: none"> Oct 15, 2025 Nov 12, 2025 Dec 10, 2025 Jan 21, 2026 Feb 18, 2026 	<ul style="list-style-type: none"> Mar 18, 2026 (Chinthe) Apr 22, 2026 May 20, 2026 June 13, 2026 (ACR)
Aircrew Survival Exercise (FTX) Day or Multi-day	<ul style="list-style-type: none"> Fall FTX - Oct 4-5, 2025 Spring FTX - May 1-3, 2026 Orienteering - May 23, 2026 	
Marksmanship & Air Rifle Handling Test	<ul style="list-style-type: none"> Air Rifle Orientation - Nov 26, 2025 Marksmanship Night - Nov 27, 2025* <p>*This is a Thursday night*</p> <p>* Please note there is a possibility for a second marksmanship night some time in the new year - please check back later for updates*</p>	

Level 2

Outside of attending regular Wednesday night training, below is a list of activities that cadets should attend to complete their level requirements. While cadets are encouraged to attend as many activities/training opportunities as possible, cadets are only required to attend one of each of the following to meet the MINIMUM requirements in these categories:

Performance Objective	Activity & Date		
Citizenship	<ul style="list-style-type: none"> ● Remembrance Day - Nov 11, 2025 ● Poppy Sales - Nov 8, 2025 		
Community Service	<ul style="list-style-type: none"> ● Leadership Option - Food Bank Project (Ongoing from September to Christmas) ● Remembrance Day (Nov 11) 		
Physical Fitness	<ul style="list-style-type: none"> ● Oct 29, 2025 ● Dec 17, 2025 ● Jan 31, 2026 ● Feb 25, 2026 ● May 13, 2026 <p>*Jan 31, 2026 is a Saturday, and will be a full day of fitness & sports.</p>		
Canadian Armed Forces Familiarization	<ul style="list-style-type: none"> ● Chinthe Parade & Mess Dinner - March 21, 2026 ● Drill Option 		
PHASE	<ul style="list-style-type: none"> ● Oct 22, 2025 ● Dec 3, 2025 ● Jan 14, 2026 ● Apr 1, 2026 ● Apr 29, 2026 		
Attend a Formal Parade	<table border="0"> <tr> <td> <ul style="list-style-type: none"> ● Oct 15, 2025 ● Nov 12, 2025 ● Dec 10, 2025 ● Jan 21, 2026 ● Feb 18, 2026 </td> <td> <ul style="list-style-type: none"> ● Mar 18, 2026 (Chinthe) ● Apr 22, 2026 ● May 20, 2026 ● June 13, 2026 (ACR) </td> </tr> </table>	<ul style="list-style-type: none"> ● Oct 15, 2025 ● Nov 12, 2025 ● Dec 10, 2025 ● Jan 21, 2026 ● Feb 18, 2026 	<ul style="list-style-type: none"> ● Mar 18, 2026 (Chinthe) ● Apr 22, 2026 ● May 20, 2026 ● June 13, 2026 (ACR)
<ul style="list-style-type: none"> ● Oct 15, 2025 ● Nov 12, 2025 ● Dec 10, 2025 ● Jan 21, 2026 ● Feb 18, 2026 	<ul style="list-style-type: none"> ● Mar 18, 2026 (Chinthe) ● Apr 22, 2026 ● May 20, 2026 ● June 13, 2026 (ACR) 		
Aircrew Survival Exercise (FTX) Day or Multi-day	<ul style="list-style-type: none"> ● Fall FTX - Oct 4-5, 2025 ● Spring FTX - May 1-3, 2026 ● Orienteering - May 23, 2026 		
Peer Leadership Activity	<ul style="list-style-type: none"> ● TBD - these are currently taking place throughout the training year as opportunities arise. 		
Marksmanship & Air Rifle Handling Test	<ul style="list-style-type: none"> ● Air Rifle Orientation/Refresher - Nov 12, 2025 ● Marksmanship Night – Thursday, Nov 13, 2025* <p>* Please note there is a possibility for a second marksmanship night some time in the new year - please check back later for updates*</p>		

Level 3

Outside of attending regular Wednesday night training, below is a list of activities that cadets should attend to complete their level requirements. While cadets are encouraged to attend as many activities/training opportunities as possible, cadets are only required to attend one of each of the following to meet the MINIMUM requirements in these categories:

Performance Objective	Activity & Date	
Citizenship	<ul style="list-style-type: none"> ● Remembrance Day - Nov 11, 2025 ● Poppy Sales - Nov 8, 2025 	
Community Service	<ul style="list-style-type: none"> ● Leadership Option - Food Bank Project (Ongoing from September to Christmas) ● Remembrance Day (Nov 11) 	
Physical Fitness	<ul style="list-style-type: none"> ● Oct 29, 2025 ● Dec 17, 2025 ● Jan 31, 2026 ● Feb 25, 2026 ● May 13, 2026 <p>*Jan 31, 2026 is a Saturday, and will be a full day of fitness & sports.</p>	
Canadian Armed Forces Familiarization	<ul style="list-style-type: none"> ● Chinthe Parade & Mess Dinner - March 21, 2026 ● Drill Option 	
PHASE	<ul style="list-style-type: none"> ● Nov 5, 2025 ● Jan 7, 2026 ● Feb 4, 2026 ● Mar 4, 2026 ● Apr 1, 2026 	
Attend a Formal Parade	<ul style="list-style-type: none"> ● Oct 15, 2025 ● Nov 12, 2025 ● Dec 10, 2025 ● Jan 21, 2026 ● Feb 18, 2026 	<ul style="list-style-type: none"> ● Mar 18, 2026 (Chinthe) ● Apr 22, 2026 ● May 20, 2026 ● June 13, 2026 (ACR)
Aircrew Survival Exercise (FTX) Day or Multi-day	<ul style="list-style-type: none"> ● Fall FTX - Oct 4-5, 2025 ● Spring FTX - May 1-3, 2026 ● Orienteering - May 23, 2026 	
Leadership Activity	<ul style="list-style-type: none"> ● TBD - these are currently taking place throughout the training year as opportunities arise. 	
Direct a Squad Prior to a Parade	<ul style="list-style-type: none"> ● TBD - these are currently taking place throughout the training year as opportunities arise. 	

Level 4

Outside of attending regular Wednesday night training, below is a list of activities that cadets should attend to complete their level requirements. While cadets are encouraged to attend as many activities/training opportunities as possible, cadets are only required to attend one of each of the following to meet the MINIMUM requirements in these categories:

Performance Objective	Activity & Date		
Citizenship	<ul style="list-style-type: none"> ● Remembrance Day - Nov 11, 2025 ● Poppy Sales - Nov 8, 2025 		
Community Service	<ul style="list-style-type: none"> ● Leadership Option - Food Bank Project (Ongoing from September to Christmas) ● Remembrance Day (Nov 11) 		
Physical Fitness	<ul style="list-style-type: none"> ● Oct 29, 2025 ● Dec 17, 2025 ● Jan 31, 2026 ● Feb 25, 2026 ● May 13, 2026 <p>*Jan 31, 2026 is a Saturday, and will be a full day of fitness & sports.</p>		
Canadian Armed Forces Familiarization	<ul style="list-style-type: none"> ● Chinthe Parade & Mess Dinner - March 21, 2026 ● Drill Option 		
PHASE	<ul style="list-style-type: none"> ● Oct 22, 2025 ● Feb 11, 2026 ● Mar 4, 2026 ● Apr 1, 2026 ● May 6, 2026 		
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<ul style="list-style-type: none"> ● Oct 15, 2025 ● Nov 12, 2025 ● Dec 10, 2025 ● Jan 21, 2026 ● Feb 18, 2026 	<ul style="list-style-type: none"> ● Mar 18, 2026 (Chinthe) ● Apr 22, 2026 ● May 20, 2026 ● June 13, 2026 (ACR) 		
Aircrew Survival Exercise (FTX) Day or Multi-day	<ul style="list-style-type: none"> ● Fall FTX - Oct 4-5, 2025 ● Spring FTX - May 1-3, 2026 ● Orienteering - May 23, 2026 		
Instruct a Lesson	<ul style="list-style-type: none"> ● Instruct a Lesson - Feb 11, 2025 ● Instruct a Lesson - Feb 18, 2025 ● Instruct a Lesson - Mar 4, 2026 ● Instruct a Lesson - Apr 8, 2026 		
Command a Flight on Parade	<ul style="list-style-type: none"> ● Nov 5, 2025 		