SUN

BASIC SAILING CLASS

SESSIONS 7 & 8

MARINA 0800-1100

(SWIM TEST REQUIRED

AT THE BASE POOL)

(Maximum of 10 People)

BINGO BONANZA

ISLAND ROOM 1800

DOORS OPEN at 1600

LCM FISHING TRIP

MARINA 0730-1130



ALENDAR OF EVENTS

TUE



SAT

2 BASIC SAILING CLASS

SESSIONS 3 & 4: 0800-1100

SESSIONS 5 & 6: 1300 -1700

MARINA

(SWIM TEST REQUIRE

AT THE BASE POOL) (Maximum of 10 People)

SPRINT TRIATHLON

400 METER SWIM

12 MILES BIKE

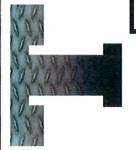
5K RUN

MARINA 0830

SOFTBALL TOURNAMENT

FIELD #2 1800

Hosted By: JEA









MON



THU

POWERBOAT CLASS

MARINA 1630-1800

(Maximum of 10 People)

DODGEBALL

WED



EVENTS WITH T-SHIRT TO ALL PARTICIPANTS

HOSTED EVENTS WITH T-SHIRT TO TOP 3 PLACERS 1 BASIC SAILING CLASS SESSIONS 1 & 2 MARINA 1700-1900 (SWIM TEST REQUIRED AT THE BASE POOL) (Maximum of 10 People)

FRI

MT. EVEREST JACOB'S LADDER **CHALLENGE**

SOFTBALL TOURNAMENT FIELD #2 1800 Hosted By: JEA

TOURNAMENT **FITNESS CENTER 1800** Hosted By: JEA SPIN CLASS with GUNNER **MULTI-PURPOSE ROOM** 1700-1800

15

SALSA DANCE CLASS MULTI-PURPOSE ROOM 1900-2000

1-30 SEP

POWERBOAT CLASS MARINA 1630-1800 (Maximum of 10 People)

ROCK, PAPER **SCISSORS CHAMPIONSHIP ISLAND ROOM** 1800 Hosted By: JEA

TEXAS HOLD 'EM

TOURNAMENT

ISLAND ROOM

1800

400 METER STAND UP PADDLE **BOARD RACE** MARINA 1400

RIGHT HANDERS **NIGHT** ISLAND ROOM 1700-2000

> LCM FISHING TRIP MARINA 1300-1700

10

MWR SAILING REGATTA **MARINA 1400**

LOW GROSS GOLF **TOURNAMENT GOLF COURSE** ALL DAY

LABOR DAY **BEACH RUN** JAKE'S PLACE 0830

LABOR DAY BIKE RIDE STARTING POINT AT O' CLUB 1100 TO TOWER THEN **BACK TO JAKE'S PLACE**

HIIT BARBELL & ABS WITH VINCE GROUP EXERCISE ROOM 1800-1900

SCRABBLE

TOURNAMENT

ISLAND ROOM

1800

HIIT BARBELL & ABS

WITH VINCE

GROUP EXERCISE ROOM

1800-1900

11

SPIN CLASS with CAITLIN MULTI-PURPOSE ROOM 1700-1800

12

5 ON 5

BASKETBALL

TOURNAMENT

FITNESS CENTER

1800

Hosted By: JEA

SPIN CLASS with CAITLIN

MULTI-PURPOSE ROOM

1700-1800

5 PRE-POWERLIFTING 6

TRAINING

FITNESS CENTER

1800

3 POINT SHOOTOUT

COMPETITION

FITNESS CENTER

1800

HIIT BARBELL & ABS WITH VINCE 1800-1900

GROUP EXERCISE ROOM 13

PULL UP

VERTICAL HANG

CHALLENGE

FITNESS CENTER

1800

Hosted By: PACAF

2 PERSON KICKBOARD SWIM RELAY (50 METER EACH) BASE POOL 1800 Hosted By: JEA

HIIT BARBELL & ABS WITH VINCE **GROUP EXERCISE ROOM** 1800-1900

TWILIGHT GOLF **TOURNAMENT GOLF COURSE** 1700

14

SPIN CLASS with GUNNER MULTI-PURPOSE ROOM 1700-1800

SALSA DANCE CLASS MULTI-PURPOSE ROOM 1900-2000

16

WINDSURFING CLASS **MARINA 1300** (MAX. OF 10 PEOPLE)

AIR FORCE MARATHON 5K / 10K RUN **FITNESS CENTER** 0830

One Island, One Team, One Mission



CALENDAR OF EVENTS











| 1 | OLIN | MON | TILE | 14/55 | | | |
|--|---|--|--|--|---|---|--|
| The same of the sa | SUN | MON | TUE | WED | THU | FRI | SAT |
| | 17 | 18 | 19 | 20 | POWERBOAT CLASS MARINA 1630-1800 (Maximum of 10 People) | POWERBOAT CLASS MARINA 1630-1800 (Maximum of 10 People) | KICKBALL TOURNAMENT |
| ETERLINE STATE STA | RED PIN BOWLING TOURNAMENT PARADISE ALLEY 1200/1500/1800 | UNO TOURNAMENT ISLAND ROOM 1800 Hosted By: JEA | 1 MILE TREADMILL RACE FITNESS CENTER 1800 | PS4 STREET FIGHTER COMPETITION ISLAND ROOM 1800 Hosted By: JEA | PICKLEBALL TOURNAMENT TENNIS COURT 1800 | 9 BALL POOL TOURNAMENT ISLAND ROOM | FIELD #2 1800 Hosted By: PACAF |
| | LCM FISHING TRIP MARINA 0730-1130 | HIIT BARBELL & ABS WITH VINCE GROUP EXERCISE ROOM 1800-1900 | SPIN CLASS with CAITLIN MULTI-PURPOSE ROOM 1700-1800 | HIIT BARBELL & ABS WITH VINCE GROUP EXERCISE ROOM 1800-1900 | SPIN CLASS with GUNNER MULTI-PURPOSE ROOM 1700-1800 SALSA DANCE CLASS MULTI-PURPOSE ROOM 1900-2000 | 1800 | STEAK NIGHT JAKE'S PLACE 1700-2000 LCM FISHING TRIP MARINA 1300-1700 |
| and the second | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | WINDSURFING REGATTA MARINA 1400 | DOMINOES TOURNAMENT ISLAND ROOM 1800 Hosted By: JEA | POWERLIFTING COMPETITION FITNESS CENTER 1700 | 3 PERSON 1.5 MILE RELAY RUN (.5 MILE EACH) FITNESS CENTER 1800 | 4X 50 METER FREESTYLE SWIM RELAY BASE POOL 1800 | THE LAST SUPERMOON 5K NIGHT RUN / WALK FITNESS CENTER 2000 | COCONUT BOWLING TOURNAMENT MOT GROUNDS 1800 |
| | | HIIT BARBELL & ABS WITH VINCE GROUP EXERCISE ROOM 1800-1900 | SPIN CLASS with CAITLIN MULTI-PURPOSE ROOM 1700-1800 | HIIT BARBELL & ABS WITH VINCE GROUP EXERCISE ROOM 1800-1900 | SPIN CLASS with GUNNER MULTI-PURPOSE ROOM 1700-1800 SALSA DANCE CLASS MULTI-PURPOSE ROOM 1900-2000 | | Hosted By: JEA |