



# Sports, Fitness & Aquatics 2016 Calendar

League/ Tournament/ Event	Registration Deadline and Coaches Meeting Date/Time	Start Date	Times
<b>JANUARY</b>			
Swim San Diego Bay @ Admiral Prout Field House Pool		January 1- 29 February	At your own pace
Transformation Throwdown		January 9- March 3	At your own pace
Spring Basketball League (Mon-Thu)	January 11 4:30 pm	January 18	5:15, 6:15 & 7:15 pm
NOFFS Training Class for CFLs/ACFLs	Sign up at 619-556-7444	January 21	8 am-4:30 pm
Command Fitness Leader (CFL) Course	Sign up at www. navyfitness.org	January 25-29	7 am-4:30 pm
Winter Softball League (Mon-Thu)	January 20 3 pm	January 25	5:15, 6:15 & 7:15 pm
<b>FEBRUARY</b>			
Soccer League (Mon-Thu)	February 3 4 pm	February 8	5:15, 6:30 & 7:45 pm
Noon Flag Football League (Mon-Thu)	February 3 Noon	February 8	11:15 am, 12:15 & 1:15 pm
Water Safety Instructor (WSI) Class	February 12	February 13-21	Call 619-520-3048
Women's Softball League (Wed)	February 10 3 pm	February 17	7:15 pm
All-Star Softball League (Thu)	February 11 3 pm	February 18	5:15, 6:15 & 7:15 pm
Red, White & Blue 2-Mile Run/Walk	February 16	February 18	10 am
Racquetball Tournament (Mon-Wed)	February 17	February 22-24	5-9 pm
Mission Nutrition	February 24 619-556-9509	February 25-26	8 am-4:30 pm
<b>MARCH</b>			
Pound for Pound Challenge (Mon-Fri)		March 7-18	At your own pace
Women's Basketball (Thu)	March 3 3:30 pm	March 10	7:15 pm
March Madness Basketball Tournament (Mon-Fri)	March 9 3:30 pm	March 14-18	5:15, 6:15 pm & 7:15
1st Annual St. Patty's Day Command Cardboard Boat Regatta & Picnic	March 14	March 17	11 am-2 pm
Command Fitness Leader (CFL) Course	Sign up at www. navyfitness.org	March 21-25	7 am-4:30 pm

## NAVAL BASE SAN DIEGO FACILITIES

- ADMIRAL PROUT ATHLETICS OFFICE, BLDG. 3279, 619-556-7444
- ADMIRAL PROUT FIELD HOUSE, BLDG. 3279, 619-556-7444
- HARBORSIDE SPORTS & FITNESS COMPLEX, BLDG. 3477, 619-556-2064
- MUSSEL'S, NRSW, BLDG. 1, 619-532-1341
- THE OLDE GYM, BLDG. 223, 619-556-7450

League/ Tournament/ Event	Registration Deadline and Coaches Meeting Date/Time	Start Date	Times
<b>APRIL</b>			
Swim to Catalina @ Admiral Prout Field House Pool		April 1-May 31	At your own pace
Earth Day 5K	April 12	April 14	10 am
NOFFS Training Class	Sign up at 619-556-7444	April 21	8 am-4:30 pm
Spring Softball League (Mon-Thu)	April 20 3 pm	April 25	5:15, 6:15 & 7:15 pm
<b>MAY</b>			
Spring Basketball League (Mon-Thu)	May 2 3:30 pm	May 9	5:15, 6:15 & 7:15 pm
Flag Football League (Mon-Thu)	May 11 4 pm	May 16	5:15, 6:15 & 7:15 pm
Noon Soccer League (Mon-Thu)	May 11 Noon	May 16	11:15 am, 12:30 & 1:45 pm
Tennis Tournament (Mon-Thu)	May 18	May 23-26	5-9 pm
30+ Softball League (Tue)	May 17 3 pm	May 24	5:15, 6:15 & 7:15 pm
Women's Softball League (Wed)	May 18 3 pm	May 25	7:15 pm
Aquathlon	May 26	May 26	8-10 am
<b>JUNE</b>			
Wacky Wednesdays @ Admiral Baker Pool		June 1- August 31	2 pm
All-Star Softball League (Thu)	May 26 3 pm	June 2	5:15, 6:15 & 7:15 pm
Flag Day 5K	June 7	June 9	10 am
Mission Nutrition	June 15 619-556-9509	June 16-17	8 am-4:30 pm
Noon Summer Kick-Off Softball Tournament (Mon-Fri)	June 15 11 am	June 20-24	11:15 am, 12:15 & 1:15 pm

All leagues/tournaments are open to NBSID cardholders.  
All other events are open to all MWR patrons.

All Coaches Meetings are held at the Admiral Prout Field  
House Gym, Bldg. 3279



No Federal Endorsement Implied.

MWR leagues  
and tournaments  
presented by



Sign up at [www.navylifsw.com](http://www.navylifsw.com)



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<b>JULY</b>			
Tri-Challenge (run, bike, swim)		July 8	8-10 am
NOFFS Training Class for CFLs/ACFLs	Sign up at 619-556-7444	July 21	8 am-4:30 pm
Command Fitness Leader (CFL) Course	Sign up at www. navyfitness.org	July 25-29	7 am-4:30 pm
Noon Summer Softball League (Mon-Thu)	July 20 11 am	July 25	11:15 am, 12:15 & 1:15 pm
Noon Summer Basketball League (Mon-Thu)	July 20 11:30 am	July 25	11:15 am, 12:15 & 1:15 pm
<b>AUGUST</b>			
Vintage T-Shirt 5K	August 2	August 4	10 am
Summer Sizzler Softball Tournament (Mon-Fri)	August 3 3 pm	August 8-12	5:15, 6:15 & 7:15 pm
Women's Softball League (Wed)	August 24 3 pm	August 31	7:15 pm
<b>SEPTEMBER</b>			
All-Star Softball League (Thu)	August 25 3 pm	September 1	5:15, 6:15 & 7:15 pm
POW/MIA 5K	September 6	September 8	10 am
End of Summer Softball Tournament (Mon-Fri)	September 7 3 pm	September 12-16	5:15, 6:15 & 7:15 pm
Command Fitness Leader (CFL) Course	Sign up at www. navyfitness.org	September 19-23	7 am-4:30 pm
Summer Luau @ Admiral Baker pool		September 24	1-4 pm
6-on-6 Indoor Soccer @ Harborside Gym (Tue/Thu)	September 22 4 pm	September 27	5:15, 6:15 & 7:15 pm

League/ Tournament/ Event	Registration Deadline and Coaches Meeting Date/Time	Start Date	Times
<b>OCTOBER</b>			
Mission Nutrition	October 5 619-556-9509	October 6-7	8 am-4:30 pm
Fall Softball League (Mon-Thu)	October 12 3 pm	October 17	5:15, 6:15 & 7:15 pm
Fall Basketball League (Mon-Thu)	October 12 3:30 pm	October 17	5:15, 6:15 & 7:15 pm
NOFFS Training Class for CFLs/ACFLs	Sign up at 619-556-7444	October 20	8 am-4:30 pm
<b>NOVEMBER</b>			
Slim Down Santa Challenge		November 1- December 20	At your own pace
Veterans Day 5K	November 8	November 10	10 am
<b>DECEMBER</b>			
Mission Nutrition	November 30 619-556-9509	December 1-2	8 am-4:30 pm
Holiday Sports Week (Mon-Fri)	December 7	December 12-16	Softball, Basketball & Flag Football 5:15, 6:15 & 7:15 pm Soccer 11:15 am, 12:15 & 1:15 pm

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