

2024 FITNESS & SPORTS ANNUAL CALENDAR 4/18/24 r2

INTRAMURAL SPORTS	<u>LOI's Sent OUT on Fridays</u>	<u>LOI's Due Date on (Thursdays)</u>	<u>Coaches Meetings on Tuesdays @ 1400</u>	Projected League Start Date
Basketball	13 Oct 23	2 Nov 23	14 Nov 23	27 Nov 23
Volleyball	12 Jan 24	1 Feb 24	13 Feb 24	4 Mar 24
Golf	5 Apr 24	18 Apr 24	30 Apr 24	13 May 24
Softball	12 Apr 24	9 May 24	14 May 24	3 Jun 24
Soccer	7 June 24	27 June 24	9 July 24	29 July 24
Bowling (see bowling center)	Aug	Aug	Aug/Sept	Sept
Flag Football	2 Aug 24	22 Aug 24	27 Aug 24	9 Sept 24
Basketball	18 Oct 24	7 Nov 24	12 Nov 24	18 Nov 24

VARSITY SPORT	Coach Application Deadline	Coach Interviews	Coach Selection Announced	Projected Team Tryouts	Team Selections published
Softball	25 Jan 24	5-15 Feb 24	25 Feb 24	4-8 Mar 24	18 Mar 24
Basketball	25 Mar 24	5-15 Apr 24	25 April	6-10 May 24	18 May 24
Volleyball	25 May 24	5-15 June	25 June	8-12 Jul 24	18 Jul 24
Soccer	25 July 24	5-15 Aug 24	25 Aug	9-13 Sept 24	18 Sept 24

SPECIAL EVENTS	DATE	START TIME	REGISTRATION	\$ FEE Child/Adult
"New You" ZUMBA Party	Thurs, 18 January	1700-1900 hrs	No Registration req'd	FREE
60 Day "Team Makeover" Competition	22 Jan- 25 March	22 January	8-19 January	FREE
"For the Love of Fitness" Fitness Incentive Prgm/Self Directed	5 Feb-29 February	5 February Entire Month	5 February	FREE
Dodge Ball Tournament	Thurs, 22 February	Check-in 1430 1500-1700 hrs	1-21 February	FREE
Ping Pong Tournament	Fri, 8 March	Check-in 1100 1130-1400 hrs	1-7 March	FREE
Hippity Hop 1.5 mi Run/Walk Egg Hunt	Sat, 23 March	1000 hrs	1-22 March	\$5
Intro to Pickleball/Tennis Camp Kid/Adult Camps	1-5 April	0900-1100 hrs	11-29 March	\$160
80's Aerobathon	Thurs, 11 April	1700-1900 hrs.	No Registration req'd	FREE
Bench Press Competition	Thurs, 18 April	1100-1300 hrs 1500-1700 hrs	1-17 April	FREE
Wing Sport's Day	Pending Thurs 23 May	0800 hrs	1-15 May	FREE
Shark Week Spin-A-Thon	Thurs, 18 July	1700-1900 hrs.	No Registration Req'd	FREE
Racquetball Tournament	Wed, 24 July	1100-1300 hrs	1-18 June	FREE
Travis Triathlon 400m/12M/5K	Sat, 27 July	Check-in 0730 0800 hrs	1-24 July	\$20/\$60 team
Pickleball Tourney	Fri 16 August	1100-1400	1-15 Aug	Free
Inflatable SuperHero Challenge Race	Sat, 21 Sept	1000 hrs	1-20 Sept	\$15/\$10
Halloween Run/Walk	Sat, 19 October	1000 hrs.	1-18 October	\$5
Turkey Trot Run/Walk	Sat, 16 November	1000 hrs.	1-15 November	\$5
Elf on a Shelf / Run/Walk	Sat, 14 December	1000 hrs.	1-13 December	\$5

SPECIAL EVENTS

Fitness Incentive Programs: Self Directed Running Club, Cycling Club, Walking Club, Strength 500lb and 1,000 lb Club. Track your progress in increments and receive an incentive reward for your hard work! Ask the front desk for details.

MASSAGE SERVICES:

Relaxation, sports, pregnancy, deep tissue, Couples massage!

Certified massage therapists by appointment or walk-in.

15 min massage area specific	\$15
30 min massage	\$35
60 min massage	\$60
90 min massage	\$90
Couples massage	\$120

Call front desk for list of therapists

Gift cards available at front desk.

AIR FORCE LEVEL SPORTS

The Air Force Sports calendar is published on www.MyAirForceLife.com/Sports AF Form 303 must be to the Fitness & Sports Center Manager a minimum of 5 days prior to the Air Force deadline to ensure processing is completed in a timely manner.

EARN \$\$\$\$ part-time as a trainer/instructor

Persons wishing to become instructors are required to have group exercise certification, indoor cycling, Zumba, etc from an accredited organization. In addition, they must have CPR and personal insurance. Contact Barbara Green at 424-0989 or Aretha Chandler at madammuscle@gmail.com

CLUBS

Individuals or groups wishing to start a club or have a current one and would like to have your POC info posted here. please contact Tanya McCormick 424-4634.

PERSONAL TRAINING:

Certified personal trainers by appointment	
Individual trg	\$50 hr
Buddy session	\$90 hr
Group session	\$120 hr

Select a trainer from our board and contact them to set up an appointment. Easy payment at front desk. Gift cards available.

Front desk: 707-424-2008

FAC TRAININGS:

CPR/AED Training

1st Monday 1300-1600 hrs

PFA Administrator Certification

2nd & 4th Friday , 0800-1600 hrs

UFPM Certification

1st/3rd Monday, 1000-1130 hrs

Sign up at:

<https://myfss.us.af.mil>

Tennis Lessons/Camps

(Tennis courts behind the bowling center)

Spring Break Camp/Summer

12-16 Feb 0900-1200

1-5 April

Year round lessons - Saturdays

Beginners 1300-1400

Intermediate 1400-1530

Private lessons by appt

30 min = \$35

1 hr = \$60

Pickleball – Fitness Ctr Gymnasium

Spring Break Camp/Summer

12-16 Feb 0900-1200

1-5 April

Year round lessons - Saturdays

Beginners 1300-1400

Intermediate 1400-1530

Private lessons by appt

30 min = \$35

1 hr = \$60