

2025 FITNESS & SPORTS r 2-3-25

SPORTS - Sports may change depending on health, real world situation & BUDGET

SPORT	<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 Week Date
Basketball	18 Oct 24	30 Oct 24	11 Nov 24	18 Nov 24
Volleyball	31 Jan 25	20 Feb 25	4 Mar 25	17 Mar 25
Golf	4 Apr 25	17 Apr 25	29 Apr 25	12 May 25
Softball	25 Apr 25	15 May 25	20 May 25	22 May 23
Soccer	13 June 25	26 June 25	15 July 23	28 July 25
Bowling (see bowling ctr)	Aug	Aug	Aug/Sept	Sept
Flag Football	8 Aug 25	21 Aug 25	26 Aug 25	15 Sept 25
Basketball	10 Oct 25	23 Oct 25	28 Oct 25	19 Nov 25

Varsity sports – Depends on Funding and coach availability – Announced as needed

SPECIAL EVENTS - subject to change depending on mission, participation and funding

EVENT	DATE	START TIME	REGISTRATION	\$ FEE Child/Adult
Zumba Glow Party	Thurs, 16 Jan	1700-1900	No registration req	FREE
"Heart Pump N" Fitness Challenge Fitness Incentive Program/Self Directed	3 Feb-28 Feb	3 Feb Entire Month	No Registration required	FREE
Racquetball Tournament	Wed, 12 Feb	1100-1300	1 st -11 th February	FREE
Dodge Ball Tournament	Fri, 21 Feb	1400-1600	1 st -19 th February	FREE
"Ping Pong & Pots of Gold" Tournament	Fri, 21 March	1130-1400	1 st -19 th March	FREE
"Hop Till You Drop" 1.5 mi Run/Walk Egg Hunt	Sat, 12 th April	Check In 0930 Start 1000	10 March to 11 th April	\$5
Pickleball Spring Series Tournament	Apr 4, 18 May 2, 9	Check in 0930 Start 1000	3-28 Mar	\$20 per team
Bench Press Competition	8 May	1100-1300 1500-1800	21 Apr – 7 May	FREE
Tennis Tournament	Fri, 13 th June	1000-1300	1-12 th June	FREE
Racquetball Tournament	Wed, 18 June	1100-1300	1 st -16 th June	FREE
Senior Olympics	Fri, 11 July	1000-1200	1-11 July	FREE
Travis Triathlon 400m/12M/5K	Sat, 26 July	Check In 0730 Start 0800	15 June-23 July	\$20 individual \$60 team
Ping Pong Tournament	Fri, 22 Aug	1130-1400	1 st -20 st August	FREE
Pickleball Fall Series Tournament	Aug 29 Sep 5, 19 Oct 3	Check in 0930 1000-1300	4-27 August	\$20 per team
Halloween Run/Walk	Sat, 25 Oct	Check In 0930 Start 1000	1 st -24 th October	\$5
Turkey Trot Run/Walk	Sat, 22 Nov	Check In 0930 Start 1000	1 st -21 st November	\$5
Toss a Turkey / Hock a Ham	Weds 10 Dec	Between 1100- 1700 hrs	1-10 Dec	Free

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.

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

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.

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

FAC TRAININGS:

CPR/AED Training
(based on instructor availability)
1st Monday 1300-1600 hrs

PFA Administrator Certification
2nd & 4th Friday , 0800-1600 hrs
Fitness Center Conference room

UFPM Certification
1st/3rd Monday, 1000-1130 hrs

UFAC Certification
1st/3rd Monday, 1300-1430 hrs

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.

Martial Arts Club

Monday & Friday 1600-1800hrs
Location: SERE/RAVEN Squadron Martial Arts Mat Room.
POC Dusty Stevens 417-827-7088
Dusty.stevens@us.af.mil

AIR FORCE LEVEL SPORTS

The Air Force Sports calendar is published on www.MyAirForceLife.com/Sports. Complete all entire application process online.