








WALTER REED

NATIONAL MILITARY MEDICAL CENTER

JULY 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--|--|---|---|---|--|
| <p>BEACH VOLLEYBALL CLINIC 7/7-9 CRYSTAL CITY SAND VOLLEYBALL COURTS 1100 - 1500</p> <p>TRACK & FIELD CLINIC 7/14-16 WAKEFIELD HIGH SCHOOL TRACK 1100-1500</p> | <p>Patrick Johnson - MASP Site Coordinator & Interim Navy Site Coordinator 703-408-5195 johnsonp2@MagellanFederal.com</p> <p>Jenn Trantin - Army WTB Coordinator 301-442-2123 jennifer.r.trantin.ctr@mail.mil</p> <p>Rachel Jordan - Marine WAR-P Coordinator 301-275-0711 rachel.v.jordan.naf@mail.mil</p> | | <p>1</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>EQUINE THERAPY @ NVTRP 1100-1230 ET</p> <p>BOXING TITLE - FALLS CHURCH 1500 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>2</p> <p>COMMUNITY CYCLE WR BIKE SHED 1300 ET</p> | <p>3/4</p> <p>SUNDAY TEAM RIVER RUNNER "FAMILY PADDLE" @ RILEY'S LOCK 1400-1700 ET</p>  |
| <p>5</p> <p>TENNIS QUINCE ORCHARD TENNIS & SWIM CLUB 1130-1330 ET</p> | <p>6</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>7</p> <p>POWERLIFTING I STEP GYM 1100-1330 ET</p> <p>CYCLE @ WR BIKE SHED 1400 ET</p> <p>WARRIOR YOGA ZOOM 1300 ET</p> | <p>8</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>BOXING TITLE - FALLS CHURCH 1500 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>9</p> <p>SUP/KAYAK @ RILEY'S LOCK 1000-1200 ET</p> <p>COMMUNITY CYCLE WR BIKE SHED 1300 ET</p> | <p>10/11</p> <p>SUNDAY TEAM RIVER RUNNER "FAMILY PADDLE" @ RILEY'S LOCK 1400-1700 ET</p>  |
| <p>12</p> <p>TENNIS QUINCE ORCHARD TENNIS & SWIM CLUB 1130-1330 ET</p> | <p>13</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>14</p> <p>CYCLE @ WR BIKE SHED 1400 ET</p> <p>WARRIOR YOGA ZOOM 1300 ET</p> | <p>15</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>EQUINE THERAPY @ NVTRP 1100-1230 ET</p> <p>BOXING TITLE - FALLS CHURCH 1500 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>16</p> <p>SUP/KAYAK @ RILEY'S LOCK 1000-1200 ET</p> <p>COMMUNITY CYCLE WR BIKE SHED 1300 ET</p> | <p>17/18</p> <p>SUNDAY TEAM RIVER RUNNER "FAMILY PADDLE" @ RILEY'S LOCK 1400-1700 ET</p>  |
| <p>19</p> <p>TENNIS QUINCE ORCHARD TENNIS & SWIM CLUB 1130-1330 ET</p> | <p>20</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>21</p> <p>POWERLIFTING I STEP GYM 1100-1330 ET</p> <p>CYCLE @ WR BIKE SHED 1400 ET</p> <p>WARRIOR YOGA ZOOM 1300 ET</p> | <p>22</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>EQUINE THERAPY @ NVTRP 1100-1230 ET</p> <p>BOXING TITLE - FALLS CHURCH 1500 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>23</p> <p>WHITE WATER RAFTING HARPER'S FERRY 0900-1400 ET</p> <p>COMMUNITY CYCLE WR BIKE SHED 1300 ET</p> | <p>24/25</p> <p>SUNDAY TEAM RIVER RUNNER "FAMILY PADDLE" @ RILEY'S LOCK 1400-1700 ET</p>  |
| <p>26</p> <p>TENNIS QUINCE ORCHARD TENNIS & SWIM CLUB 1130-1330 ET</p> | <p>27</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>28</p> <p>CYCLE @ WR BIKE SHED 1400 ET</p> <p>WARRIOR YOGA ZOOM 1300 ET</p> | <p>29</p> <p>ROWING ANACOSTIA BOATHOUSE 1030-1200 & 1200-1330 ET</p> <p>EQUINE THERAPY @ NVTRP 1100-1230 ET</p> <p>SUNSET ROW ANACOSTIA BOATHOUSE 1800 ET</p> | <p>30</p> <p>SUP/KAYAK @ RILEY'S LOCK 1000-1200 ET</p> <p>COMMUNITY CYCLE WR BIKE SHED 1300 ET</p> | <p>31</p> <p>SUNDAY TEAM RIVER RUNNER "FAMILY PADDLE" @ RILEY'S LOCK 1400-1700 ET</p>  |