



WALTER REED

NATIONAL MILITARY MEDICAL CENTER

JULY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>CONTACTS FOR ACTIVITIES:</p> <p>Patrick Johnson MASP Site Coordinator johnsonp2@MagellanFederal.com 301-275-0711</p> <p>Rachel Jordan Marine WAR-P Manager rachel.v.jordan.naf@mail.mil 443-902-7562</p> <p>Jenn Trantin Army WTB Coordinator jennifer.r.trantin.ctr@mail.mil 301-442-2123</p> <p>Philip Rackham Navy Service Lead philip.t.rackham.ctr@mail.mil 910-587-0224</p>				1	2/3
<p>4</p>	<p>5</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>AIR RIFLE 0900-1030 ET Centerville, VA</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>6</p> <p>CYCLING 1000-1200 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ARCHERY 1300-1500 ET Ft. Belvoir</p> <p>ROWFIT 1400-1500 ET Walter Reed</p>	<p>7</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>8</p> <p>CYCLING 1000-1200 ET Walter Reed</p> <p>KAYAKING/ PADDLEBOARDING 1000-1200 ET Poolesville, MD</p>	<p>9/10</p> <p>CAPITAL SPRINTS Rowing Regatta 0900-1400 Anacostia Community Boathouse, DC (SATURDAY)</p>
<p>11</p> <p>TENNIS 1130-1330 ET Darnestown, MD</p> <p>ROWFIT 1300-1400 ET Fort Belvoir</p> <p>CORNHOLE 1400 ET Fort Belvoir</p>	<p>12</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>AIR RIFLE 0900-1030 ET Centerville, VA</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>13</p> <p>CYCLING 1000-1200 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ARCHERY 1300-1500 ET Ft. Belvoir</p> <p>ROWFIT 1400-1500 ET Walter Reed</p>	<p>14</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>15</p> <p>CYCLING 1000-1200 ET Walter Reed</p> <p>WHITE WATER RAFTING 0900-1200 ET Harpers Ferry, WV</p>	<p>16/17</p>
<p>18</p> <p>TENNIS 1130-1330 ET Darnestown, MD</p> <p>ROWFIT 1300-1400 ET Fort Belvoir</p> <p>CORNHOLE 1400 ET Fort Belvoir</p>	<p>19</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>AIR RIFLE 0900-1030 ET Centerville, VA</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>20</p> <p>CYCLING 1000-1200 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ARCHERY 1300-1500 ET Ft. Belvoir</p> <p>ROWFIT 1400-1500 ET Walter Reed</p>	<p>21</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>22</p> <p>CYCLING 1000-1200 ET Walter Reed</p>	<p>23/24</p> <p>ROCK CLIMBING 1630-1830 Sport Rock of Alexandria, VA</p>
<p>25</p> <p>TENNIS 1130-1330 ET Darnestown, MD</p> <p>ROWFIT 1300-1400 ET Fort Belvoir</p> <p>CORNHOLE 1400 ET Fort Belvoir</p>	<p>26</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>AIR RIFLE 0900-1030 ET Centerville, VA</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>27</p> <p>CYCLING 1000-1200 ET Walter Reed</p> <p>WARRIOR YOGA 1300-1400 ET Walter Reed</p> <p>ARCHERY 1300-1500 ET Ft. Belvoir</p> <p>ROWFIT 1400-1500 ET Walter Reed</p>	<p>28</p> <p>ROWING ON THE WATER 1000-1200 ET Washington DC</p> <p>"SUNSET ROW" 1800-2000 ET Washington, DC</p>	<p>29</p> <p>CYCLING 1000-1200 ET Walter Reed</p> <p>KAYAKING/ PADDLEBOARDING 1000-1200 ET Poolesville, MD</p> <p>SUNSET "GRILL & CHILL" Yard Games & BYO Food 1700-2000 ET Walter Reed USO Patio</p>	<p>30/31</p>