



Navy Adaptive Sports Calendar



SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>★ All activities offered in person at various locations. Starred activities also available virtually on Zoom: https://magellanhealth.zoom.us/j/96923367134?pwd=SkdOaU5RLzQ0MjZsNUplQkZ0QytTZz09</p>		<p>For sign ups, questions or concerns please contact: Philip Rackham – Navy Adaptive Reconditioning and Sports Coordinator Philip.t.rackham.ctr@mail.mil 910-587-0224</p>		<p>1</p> <p> HIKING AT SENECA CREEK PARK 1030-1530</p> <p> GAME BREAK ★ 1200PT/1400CT/1500 ET</p>	<p>2/3</p>
<p>4</p> <p> TENNIS 1130-1330 ET</p> <p> ★ INDOOR CYCLING 1300PT/1500CT/1600ET</p>	<p>5</p> <p> AIR RIFLE 0900-1030 ET</p> <p> ROWING 1030-1200 ET</p> <p> ★ BOXING 1030PT/1230CT/1330ET</p> <p> ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p> SUNSET ROW 1800-1930 ET</p>	<p>6</p> <p> POWER LIFTING 1100-1230 ET</p> <p> FISHING CLINIC 1100-1500</p> <p> WARRIOR YOGA 1300 ET</p> <p> ★ ROWFIT 1100PT/1300CT/1400ET</p> <p> OUTDOOR CYCLE 1400 ET</p>	<p>7</p> <p> ROWING 1100-1300 ET</p> <p> EQUINE THERAPY 1100-1230 ET</p> <p> SUNSET ROW 1800 ET</p>	<p>8</p> <p> ★ GAME BREAK 1200PT/1400CT/1500 ET</p>	<p>9/10</p> <p> TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEYS LOCK 1400-1700 ET</p>
<p>11</p> <p> TENNIS 1130-1330 ET</p> <p> ★ INDOOR CYCLING 1300PT/1500CT/1600ET</p>	<p>12</p> <p> AIR RIFLE 0900-1030 ET</p> <p> ROWING 1030-1200 ET</p> <p> ★ BOXING 1030PT/1230CT/1330ET</p> <p> ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p> SUNSET ROW 1800-1930 ET</p>	<p>13</p> <p> CORNHOLE 1200-1300 ET BUILDING 108 LAWN</p> <p> WARRIOR YOGA 1300 ET</p> <p> ★ ROWFIT 1100PT/1300CT/1400ET</p> <p> OUTDOOR CYCLE 1400 ET</p> <p> FISHING CLINIC 1800-2100 ET</p>	<p>14</p> <p> ROWING 1100-1300 ET</p> <p> EQUINE THERAPY 1100-1230 ET</p> <p> SUNSET ROW 1800 ET</p>	<p>15</p> <p> HIKING AT TURKEY RUN PARK 1030-1330 ET</p> <p> ★ GAME BREAK 1200PT/1400CT/1500 ET</p>	<p>16/17</p> <p> TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEYS LOCK 1400-1700 ET</p>
<p>18</p> <p> TENNIS 1130-1330 ET</p> <p> ★ INDOOR CYCLING 1300PT/1500CT/1600ET</p>	<p>19</p> <p> AIR RIFLE 0900-1030 ET</p> <p> ROWING 1030-1200 ET</p> <p> ★ BOXING 1030PT/1230CT/1330ET</p> <p> ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p> SUNSET ROW 1800-1930 ET</p>	<p>20</p> <p> POWER LIFTING 1100-1230 ET</p> <p> CORNHOLE 1200-1300 ET BUILDING 108 LAWN</p> <p> WARRIOR YOGA 1300 ET</p> <p> ★ ROWFIT 1100PT/1300CT/1400ET</p> <p> OUTDOOR CYCLE 1400 ET</p> <p> ARCHERY 1800-2000</p>	<p>21</p> <p> ROWING 1100-1300 ET</p> <p> EQUINE THERAPY 1100-1230 ET</p> <p> SUNSET ROW 1800 ET</p>	<p>22</p> <p> HIKING LOCATION TBD 0930-1400 ET</p> <p> ★ GAME BREAK 1200PT/1400CT/1500 ET</p>	<p>23/24</p> <p> TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEYS LOCK 1400-1700 ET</p>
<p>25</p> <p> TENNIS 1130-1330 ET</p> <p> ★ INDOOR CYCLING 1300PT/1500CT/1600ET</p>	<p>26</p> <p> AIR RIFLE 0900-1030 ET</p> <p> ROWING 1030-1200 ET</p> <p> ★ BOXING 1030PT/1230CT/1330ET</p> <p> ★ GAME BREAK 1200PT/1400CT/1500ET</p> <p> SUNSET ROW 1800-1930 ET</p>	<p>27</p> <p> CORNHOLE 1200-1300 ET BUILDING 108 LAWN</p> <p> WARRIOR YOGA 1300 ET</p> <p> ROWFIT 1100PT/1300CT/1400ET</p> <p> OUTDOOR CYCLE 1400 ET</p>	<p>28</p> <p> "HIGH ROPES" AERIAL COURSE 1030-1330 ET</p> <p> ROWING 1100-1300 ET</p> <p> EQUINE THERAPY 1100-1230 ET</p> <p> SUNSET ROW 1800 ET</p>	<p>29</p> <p> HIKING AT GREENBRIER STATE PARK 0930-1430</p> <p> ★ GAME BREAK 1200PT/1400CT/1500 ET</p>	<p>30/31</p> <p> TEAM RIVER RUNNER SUNDAY FAMILY PADDLE RILEYS LOCK 1400-1700 ET</p>