



NMCS D

Naval Medical Center San Diego

Adaptive Sports Calendar

May 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	2	3	4	5	6/7
<ul style="list-style-type: none"> 0830: Strength and mobility. Park De La Cruz Rec Center 1100: Core-n-more, Bldg. 12 	<ul style="list-style-type: none"> 0900-1000: Aqua Therapy/Aquafit. Admiral Prout Pool-32nd street 1100: Cycle strength-Bldg. 26 1200-1330: Tennis. Balboa Tennis Club-Morley Field Park 	<ul style="list-style-type: none"> 0830: Strength and mobility. Park De La Cruz Rec Center 1100: Core-n-more, Bldg. 12 	<ul style="list-style-type: none"> 0900-1000: Aqua Therapy/Aquafit. Admiral Prout Pool-32nd street 1030: Hike (Meet at Bldg. 26 cul-de-sac @ 1000) 1100: Cycle strength-Bldg. 26 	<ul style="list-style-type: none"> 1030: Hike (Meet at Bldg. 26 cul-de-sac @ 1000) 1100: Gravity class-Bldg 26 1115: CINCO DE MAYO 5K RUN/WALK @ NMCS D, Bldg. 26, 1B 	
8	9	10	11	12	13/14
<ul style="list-style-type: none"> 0830: Strength and mobility. Park De La Cruz Rec Center 1100: Core-n-more, Bldg. 12 1230-1400: Wheelchair Basketball Clinic @ NMCS D Bldg. 12 	<ul style="list-style-type: none"> 0900-1000: Aqua Therapy/Aquafit. Admiral Prout Pool-32nd street 1100: Cycle strength-Bldg. 26 1200-1330: Tennis. Balboa Tennis Club-Morley Field Park 	<ul style="list-style-type: none"> 0830: Strength and mobility. Park De La Cruz Rec Center 1100: Core-n-more, Bldg. 12 	<ul style="list-style-type: none"> 0900-1000: Aqua Therapy/Aquafit. Admiral Prout Pool-32nd street 1030: Hike (Meet at Bldg. 26 cul-de-sac @ 1000) 1100: Cycle strength-Bldg. 26 	<ul style="list-style-type: none"> 1030: Hike (Meet at Bldg. 26 cul-de-sac @ 1000) 1100: Gravity class-Bldg 26 	
15	16	17	18	19	20/21
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22	23	24	25	26	27/28
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29	30	31	<p>To sign up or get more information on these opportunities, please contact: Jamie Lopez- Adaptive Reconditioning and Sports Coordinator</p> <p>Email: lopezj5@MagellanFederal.com Mobile: 619-622-7892</p>		
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