



# Navy Adaptive Sports Calendar

## January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>2</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1530-1730: Wheelchair Rugby. WRNMMC</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>0700-0750: Sunrise Active Yoga. WRNMMC (bldg. 62)</li> <li>1030-1130: Mindful Stretch &amp; Restorative Yoga. WRNMMC (bldg. 62)</li> <li>1300-1500: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>7/8</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> <li>Navy Wounded Warrior Adaptive Sports Camp. 8-14 January. Port Hueneme, CA</li> </ul> 
<p><b>9</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1530-1730: Wheelchair Rugby. WRNMMC</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>0700-0750: Sunrise Active Yoga. WRNMMC (bldg. 62)</li> <li>0900-1000: Art Class. WRNMMC (bldg. 62)</li> <li>1030-1130: Mindful Stretch &amp; Restorative Yoga. WRNMMC (bldg. 62)</li> <li>1100-1200: Strength Training. ISTEP of Rockville, MD.</li> <li>1300-1500: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>0745-1530: Adaptive Skiing and Snowboarding. Whitetail Resort, PA</li> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>14/15</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<p><b>16</b></p> 	<p><b>17</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>0700-0750: Sunrise Active Yoga. WRNMMC (bldg. 62)</li> <li>0900-1000: Art Class. WRNMMC (bldg. 62)</li> <li>1030-1130: Mindful Stretch &amp; Restorative Yoga. WRNMMC (bldg. 62)</li> <li>1300-1500: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>0745-1530: Adaptive Skiing and Snowboarding. Whitetail Resort, PA</li> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>21/22</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1530-1730: Wheelchair Rugby. WRNMMC</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>0700-0750: Sunrise Active Yoga. WRNMMC (bldg. 62)</li> <li>0900-1000: Art Class. WRNMMC (bldg. 62)</li> <li>1030-1130: Mindful Stretch &amp; Restorative Yoga. WRNMMC (bldg. 62)</li> <li>1100-1200: Strength Training. ISTEP of Rockville, MD.</li> <li>1300-1500: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>1000-1200: Equine Therapy. Clifton, VA</li> <li>1000-1200: Tennis. College Park, MD</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> <li>1730-1900: Wheelchair Basketball. WRNMMC</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Cycling. WRNMMC</li> </ul>	<p><b>28/29</b></p> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<p><b>30</b></p> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1530-1730: Wheelchair Rugby. WRNMMC</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>0900-1200: Air Rifle. Centerville, VA</li> <li>1200-1300: Indoor Rowing. WRNMMC</li> <li>1300-1400: Cornhole. WRNMMC</li> </ul>	<p><b>To sign up or get more information on these opportunities, please contact: Philip Rackham- Adaptive Reconditioning and Sports Coordinator</b></p> <p><b>Email: <a href="mailto:rackhamp@MagellanFederal.com">rackhamp@MagellanFederal.com</a></b>  <b>Mobile: <a href="tel:910-587-0224">910-587-0224</a></b></p>			

# Skiing and Snowboarding

with Two Top Adaptive Sports

12 & 19 January  
2, 9, 16, & 23 February  
2, 9, 16 & 23 March

0745-1530

\*Transportation provided, meet in lobby of Bldg. 62\*

**Hit the slopes with Two Top Adaptive Sports for a day of skiing or snowboarding! Open to participants of all abilities!**

**All gear and lunch provided!**

For more information and sign ups please contact:

Jenn Trantin: (301) 442-2123



# WHEELCHAIR RUGBY

**MONDAYS @ 1730, STARTING JANUARY 9TH**

**LOCATED IN THE WALTER REED FITNESS  
CENTER (BLDG 17)**

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Learn this fun and physical sport for the first time or fine tune your skills with former Warrior Games athletes. No experience required.

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**MUST BE MEDICALLY CLEARED.**

**FOR SIGN UPS OR GENERAL  
INQUIRIES PLEASE CONTACT  
PHILIP RACKHAM**

**PHONE: 910-587-0224**

**EMAIL:**

**RACKHAMP@MAGELLANFEDERAL.COM**



# WHEELCHAIR BASKETBALL

No experience required



**WHEN: THURSDAYS  
1730-1900**


**WHO: WOUNDED  
WARRIORS AND STAFF  
WELCOME**



**WHERE: WALTER REED  
GYM (BLDG 17)**



Must be medically cleared. Please contact  
Philip Rackham for more information.



Email: [rackhamp@magellanfederal.com](mailto:rackhamp@magellanfederal.com)  
Mobile: 910-587-0224

