



# Navy Adaptive Sports Calendar

## March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		<b>1</b> <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. 108)</li> <li>1400-1600: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <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>	<b>3</b> <ul style="list-style-type: none"> <li>1300-1500: Adaptive Cycling. WRNMMC</li> </ul>	<b>4/5</b> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1730-1900: Sitting Volleyball. WRNMMC</li> </ul>	<b>7</b> <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>	<b>8</b> <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>1000-1200: <b>Cooking Clinic. WRNMMC</b></li> <li>1030-1130: Mindful Stretch &amp; Restorative Yoga. WRNMMC (bldg. 108)</li> <li>1400-1600: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <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>	<b>10</b> <ul style="list-style-type: none"> <li>1300-1500: Adaptive Cycling. WRNMMC</li> </ul>	<b>11/12</b> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1730-1900: Sitting Volleyball. WRNMMC</li> </ul>	<b>14</b> <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>	<b>15</b> <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. 108)</li> <li>1400-1600: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <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>	<b>17</b> <ul style="list-style-type: none"> <li>1300-1500: Adaptive Cycling. WRNMMC</li> </ul>	<b>18/19</b> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1730-1900: Sitting Volleyball. WRNMMC</li> </ul>	<b>21</b> <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>	<b>22</b> <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>1000-1200: <b>Cooking Clinic. WRNMMC</b></li> <li>1030-1130: Mindful Stretch &amp; Restorative Yoga. WRNMMC (bldg. 108)</li> <li>1100-1200: <b>Strength Training. ISTEP of Rockville, MD.</b></li> <li>1400-1600: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <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>	<b>24</b> <ul style="list-style-type: none"> <li>1300-1500: Adaptive Cycling. WRNMMC</li> </ul>  <ul style="list-style-type: none"> <li><b>Team Navy Trials 24 MAR- 4 APR, Port Hueneme, CA.</b></li> </ul>	<b>25/26</b> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>
<b>27</b> <ul style="list-style-type: none"> <li>1300-1400: Indoor Rowing. Fort Belvoir, VA</li> <li>1400-1500: Cornhole. Fort Belvoir, VA</li> <li>1730-1900: Sitting Volleyball. WRNMMC</li> </ul>	<b>28</b> <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>	<b>29</b> <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. 108)</li> <li>1400-1600: Cycling. WRNMMC</li> <li>1300-1500: Archery. Fort Belvoir, VA</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <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>	<b>31</b> <ul style="list-style-type: none"> <li><b>Community Outing: D.C. Cherry Blossom Festival</b></li> <li>1300-1500: Adaptive Cycling. WRNMMC</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>1400-1600: Adaptive Kayaking. Madeira School Indoor Pool. Mclean, VA.</li> </ul>