



Navy Adaptive Sports Calendar



November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>1</p> <p> ROWFIT 1300-1400 Fort Belvoir</p> <p> CORNHOLE 1400-1500 Fort Belvoir</p>	<p>1</p> <p> AIR RIFLE 0900-1030 Centerville, VA</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>2</p> <p> YOGA 0700-0800 Walter Reed</p> <p> ADAPTIVE KAYAKING 1000-1200 WRNMMC Pool</p> <p> YOGA 1100-1200 Walter Reed</p> <p> CYCLING 1300-1500 Walter Reed</p> <p> ARCHERY 1300-1500 Fort Belvoir, VA</p>	<p>3</p> <p> EQUINE THERAPY 1000-1200 Clifton, VA</p> <p> TENNIS 1000-1200 College Park, MD</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>4</p> <p> CYCLING 1400-1600 Walter Reed</p>	<p>5/6</p>
<p>7</p> <p> ROWFIT 1300-1400 Fort Belvoir</p> <p> CORNHOLE 1400-1500 Fort Belvoir</p>	<p>8</p> <p> AIR RIFLE 0900-1030 Centerville, VA</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>9</p> <p> YOGA 0700-0800 Walter Reed</p> <p> ADAPTIVE KAYAKING 1000-1200 WRNMMC Pool</p> <p> YOGA 1100-1200 Walter Reed</p> <p> CYCLING 1300-1500 Walter Reed</p> <p> ARCHERY 1300-1500 Fort Belvoir, VA</p>	<p>10</p> <p> EQUINE THERAPY 1000-1200 Clifton, VA</p> <p> TENNIS 1000-1200 College Park, MD</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>11</p> <p> CYCLING 1400-1600 Walter Reed</p>	<p>12/13</p>
<p>14</p> <p> ROWFIT 1300-1400 Fort Belvoir</p> <p> CORNHOLE 1400-1500 Fort Belvoir</p>	<p>15</p> <p> AIR RIFLE 0900-1030 Centerville, VA</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>16</p> <p> YOGA 0700-0800 Walter Reed</p> <p> ADAPTIVE KAYAKING 1000-1200 WRNMMC Pool</p> <p> YOGA 1100-1200 Walter Reed</p> <p> CYCLING 1300-1500 Walter Reed</p> <p> ARCHERY 1300-1500 Fort Belvoir, VA</p>	<p>17</p> <p> EQUINE THERAPY 1000-1200 Clifton, VA</p> <p> TENNIS 1000-1200 College Park, MD</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p> <p> Professional Networking Social, WRNMMC USO 1500-1800</p>	<p>18</p> <p> CYCLING 1400-1600 Walter Reed</p>	<p>19/20</p>
<p>21</p> <p> ROWFIT 1300-1400 Fort Belvoir</p> <p> CORNHOLE 1400-1500 Fort Belvoir</p>	<p>22</p> <p> AIR RIFLE 0900-1030 Centerville, VA</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>23</p> <p> YOGA 0700-0800 Walter Reed</p> <p> ADAPTIVE KAYAKING 1000-1200 WRNMMC Pool</p> <p> YOGA 1100-1200 Walter Reed</p> <p> CYCLING 1300-1500 Walter Reed</p> <p> ARCHERY 1300-1500 Fort Belvoir, VA</p>	<p>24</p> <p> EQUINE THERAPY 1000-1200 Clifton, VA</p> <p> TENNIS 1000-1200 College Park, MD</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>25</p> <p> CYCLING 1400-1600 Walter Reed</p>	<p>26/27</p>
<p>28</p> <p> ROWFIT 1300-1400 Fort Belvoir</p> <p> CORNHOLE 1400-1500 Fort Belvoir</p>	<p>29</p> <p> AIR RIFLE 0900-1030 Centerville, VA</p> <p> ROWFIT 1300-1400 Walter Reed</p> <p> CORNHOLE 1400-1500 Walter Reed</p>	<p>30</p> <p> YOGA 0700-0800 Walter Reed</p> <p> ADAPTIVE KAYAKING 1000-1200 WRNMMC Pool</p> <p> YOGA 1100-1200 Walter Reed</p> <p> CYCLING 1300-1500 Walter Reed</p> <p> ARCHERY 1300-1500 Fort Belvoir, VA</p>	<p>For sign ups, locations, questions or concerns please contact: Philip Rackham – Navy Adaptive Reconditioning and Sports Coordinator</p> <p>rackhamp@MagellanFederal.com 910-587-0224</p>		