FY19 FITNESS & SPORTS CALENDAR orig10/18/r5/19

SPORTS 1 of 3

All dates are subject to change slightly due to participation numbers, military exercises or real world deployments. **All leagues are single round robin & Playoff formats top 40%.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| SPORT | **LOI’s Sent**  **OUT on Fridays** | LOI’s Due Dateon **(Thursdays)** | **Coaches Meetings on Tuesdays @ 1400** | **League Start Date** |
|  |  |  |  |  |
| Basketball & Over 30 | 19 Oct 18 | 1 Nov 18 | 13 Nov 18 | 27 Nov 18 |
| Volleyball | 11 Jan 19 | 7 Feb 19 | 12 Feb 19 | 4 Mar 19 |
| Golf | 8 Mar 19 | 21 Mar 19 | 2 Apr 19 | 24 Apr 19 |
| Softball | 5 Apr 19 | 25 Apr 19 | 7 May 19 | 20 May 19 |
| Tennis | 31 May 19 | 20 June 19 | 26 June 19 | 15 July 19 |
| Soccer | 14 June 19 | 11 July 19 | 23 July 19 | 29 July 19 |
| Bowling | 2 Aug 19 | 15 Aug 19 | 22 Aug 19 | 12 Sept 19 |
| Flag Football | 23 Aug 19 | 5 Sept 19 | 17 Sept 19 | 1 Oct 19 |
| Basketball & Over 30 | 18 Oct 19 | 7 Nov 19 | 19 Nov 19 | 25 Nov 19 |

### SPECIAL EVENTS (subject to change)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| EVENT | **DATE** | **RACE START TIME** | **REGISTRATION DATE** | **$ FEE** |
| Santa Run (includes Santa Suit) | Sat 15 Dec 18 | 1000 hrs | 1-14 Dec | **$10 suit included** |
| New Year of Fitness Incentive Prgm | Jan 7– 9 Feb | Jan – Feb | None | Free |
| New Year, New Me Aerobathon | Thurs 17Jan | 1600-2000 hrs. | Day of event | Free |
| 3 on 3 Tournament/3 Pt Shoot Out | 9 March | 0900-1700 | TBD | **$45 per team** |
| Bunny Hop Family Fun Run | Sat 20 Apr 19 | 1000 hrs | 1-19 Apr | **$5** |
| Color Run | Sat 18 May 19 | 1000 hrs | Apr 22- May 17 | **$10** |
| Beach Season Incentive prgm | Jun 1-30 | All Month | None | Free |
| Luau Aerobathon | Thurs 6 June 19 | 1600-2000 hrs | none | Free |
| Power Lifting Competition/Pull Up Com | Thurs 19 Jun | 1100 hrs | 1-18 June | **$15** |
| Triathlon  400M Swim/12 mile Bike/ 5K Run | Sat 27 July 19 | 0730- 1130 hrs | 1-25 July | **$20 individual $60 teams** |
| Disco Aerobathon | Thurs 22 Aug 19 | 0900-1200 hrs | Day of event | **Free** |
| Amazing Race Incentive Prgm | Sep 1st-30th 19 | All Month | 1-10 Sept | **Free** |
| Star Wars 1/2 marathon 5K Family Run (Leashed Pets welcome) | Sat, 28 Sept 19 | 0900hrs | Early reg1-20 Sept  21-28 Late reg Sept | **$5/$15/$20Early**  **$20/25 Late reg** |
| Zombie Escape Challenge | Sat, 26 Oct 19 | 1000hrs | 1-26 Oct | **$5.00** |
| Team Fitness Challenge Incentive prm | Nov 1st-30th 19 | All Month | 1-10 Nov | Free |
| Gobble Wobble 5k Fun Run | Sat, 23 Nov 19 | 1000 hrs | 1-23 Nov | **$5.00** |
| Jingle Bell Run | Sat 14 Dec 19 | 1000 hrs | 1-14 Dec | **$10** |

### VARSITY SPORTS (depending on funding)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SPORT** | **COACH APPLICATION**  **DEADLINE** | **COACH INTERVIEWS** | **COACH SELECTION** | TEAM TRYOUTS |
| Men Softball | 15 Jan 19 | 23-25 Jan 19 | 29 Jan 19 | 2-14 Feb 19 |
| Men/Wmn Volleyball | 15 Apr 19 | 23-25 Apr 19 | 30 Apr 19 | 13-24 May 19 |
| Men Basketball | 15 Aug 19 | 20-22 Aug 19 | 27 Aug 19 | 3-13 Sept 19 |

**TENNIS:**

**ONLY ADULT LESSONS AT THIS TIME**

**See tennis brochure for more details.**

**(COMING SOON….Youth & teen lessons !)**

**Group Lessons (8 min / 15 max students)**

$60.00 for 4 lessons, Youth per month, per person

$75.00 for 4 lessons, Teen, 60 minute, per person

$95.00 for 4 lessons, Adult, 60 minute, per person

**Buddy Lessons**

$35.00 for 4 lessons, Youth, 60 minute, per person

$50.00 for 4 lessons, Teen, 90 minute, per person

$60.00 for 4 lessons, Adult, 90 minute, per person

**Private Lessons**

$35.00 for 4 lessons, Youth, 60 minute, per person

$50.00 for 4 lessons, Teen, 90 minute, per person

$60.00 for 4 lessons Adult, 90 minute, per person

**Cardio Tennis**

$30.00 for each 45 minute session, per month

**HIIT+T**

$42.00 for each 60 minute session, per month

**Youth Tennis Camps**

$75 per week, per person, 5 days a week, 0900-1200

**Youth – under 10 years old**

**Teen Ages 11-17**

**Adult Ages 18 +**

**MASSAGE SERVICES:**

Relaxation, sports, pregnancy, deep tissue, Couples massage!

Certified massage therapists by appointment or walk-in.

15 min massage $15

30 min massage $35

60 min massage $60

90 min massage $85

Couples massage $120

Kim 707-130-8598

Khamile 707-514-9048

Alexia 707-273-0650

Robert 707-384-1188

**Gift cards available at front desk.**

**FAC TRAININGS:**

**PTL Certification** – Every Monday 1030-1200 hrs

**UFPM Certification** -2nd Thursday of each month. Bldg 243, CS Computer Lab 1300-1600 hrs.

Sign up at:

https://eim.amc.af.mil/org/60mss/fac/default.aspx

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### AIR FORCE LEVEL SPORTS

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The Air Force Sports calendar is published on [**www.MyAirForceLife.com/Sports**](http://www.MyAirForceLife.com/Sports) AF Form 303 must be to the Fitness & Sports Center Manager a minimum of 5 days prior to the Air Force deadline to ensure processing is completed in a timely manner.

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**EARN $$$$ part-time as a trainer/instructor**

Persons wishing to become instructors are required to have group exercise certification, indoor cycling, Zumba, etc from an accredited organization. In addition, they must have CPR and personal insurance. Contact Barbara Green at 424-0980 or Aretha Chandler at madammuscle@gmail.com

**PERSONAL TRAINING:**

Certified personal trainers by appointment

Individual trg $30 hr

Buddy session $50 hr

Group session $60 hr

Select a trainer from our board and contact them to set up an appointment. Easy payment at front desk. Gift cards available.

**JANUARY**

7 – New Year, New Me Incentive Program

17- Aerobathon

**FEBRUARY**

**7-** **Sign-up deadline Intramural Volleyball**

9- New year Incentive Program Ends

**MARCH**

4**–** Intramural Volleyball Season Begins

9- 3 on 3 basketball tourney

**21 -Sign-up Deadline Intramural Golf**

**APRIL**

1-19- Sign-up for Bunny Hop

20-Bunny Hop Family Run

24-Intramural Golf Season Begins

**25– Sign-up Deadline Intramural Softball**

**MAY**

1-17 – Sign-up Color Run

18- Color Run

20 – Intramural Softball begins

**JUNE**

1-30 – Beach Season Incentive Program

6 - Luau Aerobathon

19 – Powerlifting/Pull up competition

**JULY**

1-25-Sign-ups for Triathlon

**11 – Sign up deadline Intramural Soccer**

27- Triathlon

29 – Intramural Soccer starts

**AUGUST**

**15 – Sign up deadline Intramural Bowling**

22 – Disco Aerobathon

**SEPTEMBER**

1-20 - Early registration for Star Wars ½ marathon, 5k

1-30 Amazing Race Incentive Program

**5 – Sign-up Deadline Intramural Flag Football**

**12 – Intramural bowling begins**

21-27- Late registration for Star Wars ½ marathon, 5k

TBD- Intramural Bowling begins

28- Star Wars 1/2 marathon, 5k, 1 mile kids

**OCTOBER**

16 **–** Intramural Football begins

26 –Zombie Escape Challenge

**NOVEMBER**

1-30 Team Fitness Challenge

**7** –**Sign-up Deadline Intramural Basketball/Over**

23 –Gobble Wobble 5K Fun Run

**25 –** Intramural Basketball/Over 30 Season Begins

**DECEMBER**

**14** – Jingle Bell Run

**\*Scheduled to de-conflict w/other FSS activities. Dates subject to change.**

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### FITNESS CERTIFICATION COURSES & WORKSHOPS

Periodically we host certification courses of workshops. However, most certifications are now web based. For information about certification check with the following approved sources:

* American college of sports medicine (ASCM) = acsm.org
* Aerobics & Fitness Association of America (AFAA) = afaa.com