

## 2019 Fitness Programming

**Couch to 5K**  
Continuously

**1000 lb. Club**  
Continuously

**Biggest Loser Contest**  
Jan 1 - 31

**Lift the Gym**  
Feb 1 - Mar 31

**Pull-Up Challenge**  
Mar 1 - 31

**HIIT Competition**  
Mar 26

**April Challenges**  
Tuesdays in April

**Memorial Day Sweat Fest**  
May 23

**Ironman Challenge**  
May 20 - Oct 1

**Triple Threat Challenge**  
June 1 - 30

**Independence Day Sweat Fest**  
July 2

**Bench Press Competition**  
Aug 15

**9/11 Climb (Stair Challenge)**  
Sept 1 - 30

**Labor Day Sweat Fest**  
Sept 3

**Row a Marathon Challenge**  
Oct 1 - 31

**HIIT Challenge**  
Nov 14

**Bench Press Competition**  
Dec 11

## 2019 Aquatics Programming

All dates are tentative and subject to change. Please call (601) 679-3384 for updates on events or any swim lesson/Aquatics Center questions.

**Pre-Season Fitness Swimming:**  
**Apr 15 - May 24**  
Mondays, Wednesdays and Fridays:  
1100-1300

**Summer Swimming Season:**  
**May 25 - Aug 5**  
Monday-Friday:  
0745-1100 Lap swim and swim lessons  
1100-1900 Rec swim and lap swim

Weekends:  
1000-1800 Rec swim and lap swim

Lifeguard classes will be held May 4-5 and 11-12 from 1600-1800 (must be present for all dates), and May 13-17 and 20-24 from 1600-1800 (must be present for all dates).

Swim lesson sessions will be held June 3-27 (session 1) and July 1 - Aug 1 (session 2). Lesson days/times will be announced at a later date. Registration will be held at the Ponta Creek Community Rec Complex. The price is \$50 per child.

Private swim lessons will be available at dates and times at the discretion of the water safety instructor. Registration will be held at the Ponta Creek Community Rec Complex. The price is \$15/per 30 minute session.

### **Events:**

**May 30 - Fitness Relay Race @ 1100** (No lap swim from 1100-1200)

**June 1 - Volleyball Tournament @ 1100** (No lap swim from 1100-1500)

**June 15 - Picnic by the Pool** (We'll have games and jump houses for the kids. Bring a picnic blanket and have a basket lunch!)

**June 21 - Liberty Pool Party @ 1900** (Liberty patrons ONLY)

**July 9 - Sea Quest @ 1130** (Underwater animals learning event)

**July 26 - CYP Movie Night** (Childcare/snacks provided for Parents Night Out)

**Aug 30 - Dining on the Deck** (Adults only event. Dinner will be served by the pool and childcare will be provided at CDC. See Fitness Center for ticket information.)

**Sept 2 - Labor Day Pool Party @ 1200**

**Oct 5 - Fall Fest by the Pool** (Enjoy bobbing for apples, a candy apple making station, a scarecrow decorating station, face painting, giant games, picture area and an underwater pumpkin patch.)

Private pool parties will be available Monday-Friday from 1900-2200. The price is \$100 with a maximum of 50 guests (no exceptions). Sign up will be through the Aquatics Coordinator at a minimum of two weeks in advance ((601) 679-3384) and paid through the Ponta Creek Community Rec Complex one week before the party date. All Aquatics Center rules and regulations apply. In the event of a cancellation, money will be refunded through the Ponta Creek Community Rec Complex after a letter from the aquatics coordinator has been obtained.

**The pool will close on weekdays beginning August 5. Post season lap swim/recreational swim times TBD.**



# 2019 Calendar

Sonny Montgomery Fitness Center  
Bldg. 369 Allen Rd.

### Hours:

Monday-Friday, 0500-2200

Weekends & Holidays: 0800-2000

Fitness Center Front Desk: (601) 679-2379

Fitness Program Director: (601) 679-3751

Sports Coordinator: (601) 679-3384

Fitness Programming Coordinator: (601) 679-2371

Fitness Center/Aquatics Coordinator: (601) 679-2367

[www.NavyMWRMeridian.com](http://www.NavyMWRMeridian.com)

**Authorized Patrons** are defined as all Active Duty and Reserve personnel from all branches and Coast Guard, Retirees, Dependents, and DoD Civilians. Facility use is extended to guests and contractors working full time on the installation.

## 2019 Intramural Sports Leagues

Open to Active Duty personnel, Retirees, Reservists, DoD Civilians, Dependents and Contractors working full-time on the installation. Participants must be 18 or older. Intramural Sports Leagues count towards Captain's Cup. For Cup points, 75% of team must be from same command. Unless stated as otherwise, league meetings are noon at the Fitness Center.

### **Basketball**

Registration: Dec 3 - Jan 2 (Meeting Jan 3)  
League Play: Jan 7 - Mar 18 (Mondays & Thursdays)

### **Bowling**

Registration: Dec 1, 2018 - Jan 1, 2019 (Meeting Jan 4 @ 1600)  
League Play: Jan 7 - Apr 23 (Tuesdays, \$5/night)

### **Softball**

Registration: Feb 28 - Mar 27 (Meeting Mar 28)  
League Play: Apr 1 - Jun 10 (Mondays & Thursdays)

### **Indoor Volleyball**

Registration: Mar 4 - Apr 2 (Meeting Apr 4)  
League Play: Apr 9 - Jun 18 (Tuesdays)

### **Soccer**

Registration: June 3 - July 1 (Meeting July 1)  
League Play: July 8 - Sept 23 (Mondays & Thursdays)

### **Golf**

Registration: June 3 - July 1 (Meeting July 2)  
League Play: July 9 - Sept 24 (Tuesdays, \$5/night)

### **Ultimate Frisbee**

Registration: Aug 1 - Sept 4 (Meeting Sept 5)  
League Play: Sept 10 - Nov 19 (Tuesdays)

### **Flag Football**

Registration: Aug 26 - Sept 24 (Meeting Sept 26)  
League Play: Sept 30 - Dec 9 (Mondays & Thursdays)



## 2019 Intramural Sports Tournaments

Open to Active Duty personnel, Retirees, Reservists, DoD Civilians, Dependents and Contractors working full-time on the installation. Participants must be 18 or older. Intramural Sports Tournaments count towards Captain's Cup. For Cup points, 75% of team must be from same command. No pre-registration required for Tournaments unless noted.

### **Basketball Skills Challenge 3-Point Shootout; Free Throw Shootout; Hot Shot Shootout**

Jan 8 @ 1800

### **Racquetball**

Feb 4 - Mar 28 (Register by Jan 31)  
(30+ and Open League)

### **Dodgeball**

Mar 26 @ 1800 (10 vs 10)

### **Tennis**

Apr 1 - May 29 (Register by Mar 30)  
(30+ and Open League)

### **Indoor Volleyball**

June 18 @ 1800 (4 vs 4 / 2 vs 2)

### **Pickle Ball**

June 25 @ 1800

### **Turkey Toss**

Nov 19 @ 1800



## 2019 Race Series

Open to all Active Duty personnel, Retirees, Reservists, DoD Civilians, their Dependents and Guests, and Contractors working full-time on the installation. There is a \$10 entry fee for Guests. Races count towards Race Series Points as well as Captain's Cup. Registration required by 1200 the day before the race in order to be eligible for a recorded time and Race Series & Cup Points.

### **Valentine's Day Cupid's 5K Color Run/1mi Fun Run**

Feb 16 @ 0900

### **St. Patrick's Day 5K/1mi Fun Run**

Mar 16 @ 0900

### **April Showers 5K Run/10mi Bike Duathlon**

Apr 20 @ 0800

### **Spring Fling Cross Country 10K**

May 11 @ 0800

### **FreedomFest 5K/1mi Fun Run**

June 28 @ 1630

### **National Aviation Day 5K/1mi Fun Run**

Aug 17 @ 0800

### **Never Forget Half Marathon**

Sept 7 @ 0800

### **Halloween 5K/1mi Fun Run**

Oct 26 @ 0900

### **Turkey Trot 5K/1mi Fun Run**

Nov 23 @ 0900

### **Rudolph Run 5K/1mi Fun Run**

Dec 14 @ 0900

