



NAVAL BASE VENTURA COUNTY



2019 SPORTS & FITNESS CLASSES, CONTESTS & SPECIAL EVENTS CALENDAR

2019



JANUARY

- 14 Biggest Loser Contest (thru Feb 22)
- 18 Polar Plunge, start at pool 5K (PH)
- 23 Evening Basketball League (PM)
- 23 Lunch Basketball League (PH)
- 23 Racquetball Tournament (PM)

FEBRUARY

- 7 Shipshape Program
- 8 Bench Press Contest
- 12 Valentine Mega Class (PH)
- 14 Valentine/Beach S'mores 5K (PM) - Beach
- 20 Evening Volleyball League (PH)
- 27 Intramural Softball League (PM)

MARCH

- 11 Racquetball Tournament (PH)
- 15 St. Patty's Day "Luck of the Draw" 5K (PH)
- 21 3-Point Contest and Slam Dunk Contest (PH)
- 20 Intramural Soccer League (PM)
- 29 HITT Challenge (PH)

APRIL

- 11-15 Intramural 30 and Over Basketball Tournament (PM)
- 18 SAPR 5K - Color Run (PH) Bee-Hive

MAY

- 9 Hero Spin Class
- 11 NBVC Mud Run (PH)
- 15 Volleyball Tournament (PM)
- 17 Spring Festival Event and (Military Spouse Appreciation Month) 5K - (PH)

JUNE

- 5 Intramural Evening Basketball League (PH)
- 5 Intramural Softball League (PH)
- 17-21 Certified Fitness Leader (Active Duty) (PM)
- 19 Tennis Tournament (PH)
- 20 Armed Forces/Adm. Cup 5K (PM) - Beach
- 22 Admirals Cup Triathlon, 8 am (PM)
- 22 Armed Forces Triathlon, 10 am (PM)
- 26 Intramural Lunchtime Basketball League (PM)
- 26 Intramural Evening Volleyball League (PM)

JULY

- 2 Patriots Run 5K (PM) Beach
- 9 Patriot Workout
- 20-21 Surf Contest - Mugu Surf Beach

AUGUST

- 7 Intramural Flag Football League (PH/PM)
- 7 Intramural Soccer League (PH)
- 7 Tennis Tournament (PM)
- 9 Battle of Commands/Summer Fest
- 14 Walleyball Tournament (PM)
- 22 Volleyball League (PM)
- 15 Back-to-School 5K Run (PM) Beach
- 26 Shipshape Program (6 weeks)

SEPTEMBER

- 10 Racquetball Tournament - (PH)
- 11 3-on-3 Women's Basketball Tournament (PM)
- 21 Laguna Peak Challenge 5K run/1-mile walk (PM)
- 26 Gold Star 5K (PH) - Bee-Hive

OCTOBER

- 7 Biggest Loser Contest (thru Nov 15)
- 30 Zombie Color Run 5K (PM)

NOVEMBER

- 4-14 Intramural Basketball Tournament
- 15 HIIT Competition (PH) - Synthetic Track
- 21 Turkey Trot 5k (PH) - Bee-Hive
- 23 Flag Football Turkey Bowl Tournament
- 28 Pre-Pig Out Workout

DECEMBER

- 2 Holiday Walking Contest (thru beginning of Jan 2020)
- 9-13 Ping-Pong Tournament (PH)
- 13 Holiday/Silver Bell Sprint 5K (PM)

Red = Fitness events

Green = Sports/Tournament Events

Sign up for all events at the corresponding Point Mugu or Port Hueneme facility

Call for further information

Point Mugu Gym: 805-989-7728

Warfield Gym (Port Hueneme):

805-982-5173

BeeFit Wellness Center (Port Hueneme):

805-982-4726

Events happen at both Port Huemene (PH) or Point Mugu (PM), unless specified.

www.navylifesw.com/ventura