

MCAS Miramar Men's Varsity Soccer Practice

All Marines, Sailors, Soldiers or Airmen stationed on MCAS Miramar interested in playing with the varsity team are encouraged to come to practice. Please call the Sports Office at 577-1202 for more information.

Where: Miramar Sports Complex Field #2
Days & Time: Mondays & Wednesdays 1115 - 1245

MCAS Miramar Triathlon Club Meeting

All Marines, Sailors, Soldiers and Airmen stationed on MCAS Miramar interested in joining the Tri-Club are encouraged to come to the meeting. Please call the Sports Office at 577-1202 for more details.

Where: Semper Fit Center Conference Room
Day: Thursday, 31 May
Time: 1130

MCAS Miramar Submission-Grappling Club

All Marines, Sailors, Soldiers or Airmen stationed on MCAS Miramar interested in grappling with the club are encouraged to come to training.

Daily Lunch Time Training Schedule: 1115 - 1245, BLDG 2525
Monday - Friday Brazilian Jiu Jitsu / Judo

For more information please contact Major Hinckley 577-9546, Sgt Paul Woo 577-7505 or Todd Howard 577-1202

AQUATICS...

50-Meter Pool/ BLDG. 2395 / (858) 577-4137

9 January - 26 May	Lap Swim Only:	Monday - Friday	1100 - 1300	Short Course
		Tuesday & Thursday	0530 - 0700	Long Course
26 May & 29 May	Recreation Swim		1300 - 1800	

Officers' Pool (All Hands) / BLDG. 4551/ (858) 577-4154

27 May	Recreation Swim	1300 - 1800
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H₂O Boot Camp - Aquatic Fitness Training

This program is unique because it's rigorous cross-training of swimming, water polo, modified plyometrics, and traditional strength and cardiovascular exercises. Boot Camp H₂O sets new standards in water fitness that challenges swimmers of all levels and physical shape. Whether you are a recreational swimmer or you have an extensive aquatic background, the hour-long class will push you to the limit.

Days: Mondays & Wednesdays
Time: 1115 -1215

Todd Howard | Semper Fit Athletics & Aquatics | MCCS – MCAS Miramar

Tel: (858) 577-1202 | Fax: (858) 577-8935

http://mccsmiramar.com/athletics_and_sports.html

