2022 CALLAGHAN SPORTS CALENDAR

Monday, January 10
Intramural Basketball
League resumes

Monday, January 31
Intramural Basketball
Tournament

Tuesday, February 22
Over-30 Basketball
Tournament

Thursday, March 24
Racquetball Tournament

Monday, April 18
Intramural Softball
League begins

Saturday, May 28
Pool opens for weekends

Wednesday, June 22
Pool opens for season

Tuesday, July 5
Intramural Softball
Tournament

Monday, August 8
Intramural Flag Football
League begins

Monday, September 19
Intramural Flag Football
Tournament begins

Tuesday, September 27
Tennis Tournament

Monday, November 14
Intramural Basketball
League begins

757-967-2495 NavyLifeNNSY.com
January
10 – New Year, New You Fitness Challenge
20 – NOFFS (Nutrition)
24-27 – Health & Fitness Clinics

February
14 – Love of Spin Aerobathon
16 – Donuts & Deadlifts
24 – NOFFS (Pillar & Movement Prep)

March
1 – NASCAR Cardio Cup
2, 9, 16, 23, 30 – Nutrition LIVE
7-11 – CFL Class
17 – NOFFS (Strength)
23 – Mission Nutrition

April
1 – Row Challenge
21 – NOFFS (ESD)

May
4 – Mother’s Day Appreciation
12 – NOFFS (Regeneration)
16-20 – Fitness & Sports Challenge
28 – Outdoor pool opens for weekends only

June
9 – NOFFS (Nutrition)
15 – Father’s Day Appreciation
25 – Color Me Awesome Family Fun Run

July
11 – Outdoor Triathlon at Splash Zone Pool
21 – NOFFS (Sandbag)

August
1-5 – Hero Honor Ultimate Challenge
10 – One-Rep Max Bench Press Contest
15-19 – CFL Class
25 – NOFFS (Pillar & Movement Prep)

September
6 – Outdoor pool closes for the season
9 – Remembrance Run 5K
12 – Cardio Bowl
22 – NOFFS (Strength)

October
7, 14, 21, 28 – Pink Friday
12 – Burpee Challenge
17-21 – CFL Class
27 – NOFFS (Nutrition)

November
10 – NOFFS (Regeneration)
17 – Turkey Tone-Up
30 – Mission Nutrition

December
1 – Fitmas Challenge
5-9 – CFL Class

*All dates subject to change.