

NAVAL BASE POINT LOMA



FITNESS, SPORTS & AQUATICS EVENTS

SUBASE FITNESS CENTER

JANUARY-MARCH 2025

JANUARY

COED 4VS4 Volleyball Tournament	January 9 - 11 am	Main Base Gym, Bldg. 1
Women's Racquetball Tournament	January 16 - 11 am	Main Base Gym, Bldg. 1
Max Lift Monday - Squats	January 27 - 9 am-1 pm	NBPL Fitness Centers
Coed Pickleball Tournament	January 40 - 3:30 pm	Main Base Gym, Bldg. 1
Polar Bear Splash in Dash	January 31 - 11 am	Smuggler's Cove Bay
Makeup dates: February 7 & 16		

FEBRUARY

Racquetball Tournament	February 11 - 11 am	Main Base Gym Courts, Bldg. 1
Swim Your Heart Out	February 14 - 10 am-12 pm	Main Base Pool, Bldg. 2
Heartbreak Hill Challenge	February 14 - 8-11 am	Commander 3rd Fleet
Women's 4v4 Volleyball Tournament	February 19 - 11 am	Main Base Gym, Bldg. 1
Max Lift Monday - Beach Press	February 24 - 9 am-1 pm	NBPL Fitness Centers

MARCH

CFL Certification Course	March 3-7 - 7am-4 pm	NBC VADM Martin Fitness, Bldg. 1507
St. Paddy's Day Challenges	March 17 - 11 am	Main Base Lower Softball Field
Reverse Triathlon Spring	March 20 - 6-7 am	Main Base Pool, Bldg. 2
Racquetball Tournament	March 24 - 11 am	Main Base Gym Courts, Bldg. 1
Max Lift Monday - Bench Press	March 24 - 9 am-1 pm	NBPL Fitness Centers
Coed Pickleball Tournament	March 27 - 3:30 pm	Main Base Gym, Bldg. 1
Navy Mission Nutrition	March 27 - 8 am-4 pm	Location TBD



24/7

**MISSION READY
FITNESS:**
VALID CAC CARD REQUIRED

Primary fitness centers are
operating 24/7.

For detailed information, please visit
your specific locations.


navylifew.com



Fitness info: **619-553-7552** • Sports info: **619-553-6457** • Aquatics info: **619-553-0931**

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