

# NSA SARATOGA SPRINGS 2020 FITNESS & SPORTS CALENDAR

## JANUARY

1st - 10-Day Fit Camp  
24th - NOFFS Short Course



## FEBRUARY

5th - CFL Meet The Trainer  
10th - Bowling League Begins  
21st - NOFFS Short Course



## MARCH

2nd - Six-week Biggest Winner Challenge  
27th - NOFFS Short Course



## APRIL

1st - CFL Meet The Trainer  
2nd - Foam Rolling Short Course  
9th - Kettlebells Short Course  
16th - Suspension Training (TRX) Short Course  
23rd - PRT PREP Techniques Short Course  
30th - Nutrition & Shift Work Shift Work Short Course

## MAY

8th - Softball Coaches Meeting  
18th - Softball League Start  
22nd - NOFFS Short Course  
23rd - Mud Run  
29th - Airway Meadows Golf Tournament



## JUNE

1st - CFL Course  
1st - Backyard Games League (ends July 31st)  
3rd - CFL Meet The Trainer  
19th - Community Softball Tournament  
26th - NOFFS Short Course

## JULY

1st - 10-Day Fit Camp  
24th-25th - 3v3 Outdoor Basketball Tournament  
31st - NOFFS Short Course



## AUGUST

3rd - CFL Course  
10th - Tennis League Begins  
11th-14th - Liberty Center Ping Pong Tournament  
12th - CFL Meet The Trainer  
14th - Airway Meadows Golf Tournament  
17th - Volleyball League Starts  
28th - NOFFS Short Course

## SEPTEMBER

7th - Six-week Biggest Winner Challenge  
12th - POW/MIA 5K  
14th - Soccer League Begins  
18th-19th - Kickball Tournament  
21st - Flag Football Begins  
25th - 3-point Shootout/Knockout Tournament

## OCTOBER

5th - Disc Golf Begins  
7th - CFL Meet The Trainer  
9th - Paintball Biathlon  
23rd - NOFFS Short Course

## NOVEMBER

9th - Basketball Coaches Meeting  
13th - Dodgeball Tournament  
16th - Basketball League Starts  
27th - NOFFS Short Course

## DECEMBER

2nd - CFL Meet The Trainers  
18th - NOFFS Short Course

For more information contact the Fitness Program Manager at 518-884-1581 or [thomas.docherty@navy.mil](mailto:thomas.docherty@navy.mil). All dates are subject to change. You can find out more information about the events by signing up for our weekly newsletter by emailing [mwrsaratogasprings@gmail.com](mailto:mwrsaratogasprings@gmail.com)