

FITNESS, SPORTS AND AQUATICS CLASSES & EVENTS

COMMAND CHALLENGE - Friday, May 3, 7 a.m. - 3 p.m., Focslle Picnic Area. The JEB Little Creek Command Challenge is a command event for all JEB Little Creek, Fort Story, and Wallops Island tenant commands and homeported ships. 16 commands each with a 20-person team. The challenge will consist of six sporting events. Five of which will be played simultaneously. These five events will be single elimination. Team members are allowed to rotate and play multiple events. Team Captains must manage their schedule and players throughout the competition. The Iron Team Challenge will be the final event. This is 4 sequenced activities timed event. Events: Volleyball, Flag Football, Dodgeball, 3-on-3 Basketball, and Horseshoes. The Command Challenge offers a unique opportunity for base commands to participate in an exciting day of sports and camaraderie.

GATOR GAMES - Friday, June 14, 7 a.m., Gator Pool

SEASONAL WATER AEROBICS - Fridays beginning June 21, 10 a.m., Pierside Pool. Free, no registration needed.

SWIM CLUB AND ADULT LESSONS - Fridays beginning June 21, 8:30 a.m., Pierside Pool. For more information, please refer to website and/or Aquatics Guide.

DIVE-IN MOVIES: Friday, June 21, July 12, and August 16, Gator Waterpark

SUMMER SWIM LESSONS - Various sessions with three time slots to choose from during hours of 8 - 11 a.m. Monday - Thursday (Mondays at Gator Waterpark, Tuesday - Thursday at Pierside Pool). For more information, please refer to website and/or Aquatics Guide.

AMERICAN RED CROSS COURSES - Lifeguard, Lifeguard Instructor Courses and Water Safety Instructor Courses are offered during the season. For more information, please refer to website and/or Aquatics Guide.

FAMILY FITNESS, SPORTS AND AQUATICS DAY - Saturday, June 22, 1 - 4 p.m., Pierside Gym/Pool. Free family fun event. Family Fitness, Sports, and Aquatics Day will jump start the summer and give families an opportunity to play sports/games, learn fitness dance moves, and learn about water safety. We will host volleyball games, basketball games, pool events and backyard family games.

CHRISTMAS IN JULY - Saturday, July 13, 1 - 4 p.m., Gator Waterpark. Free family fun event.

MINI TRIATHLON - Saturday, August 3, 7 a.m., JEB Little Creek "E" Beach. Swim, bike, run.

2019 INTRAMURAL SPORTS SCHEDULE

Basketball League	Monday, January 14
30-Plus Basketball League	Tuesday, January 22
Volleyball League	Monday, February 11
Pickleball Tournament	Wednesday, February 20
Racquetball Tournament	Monday, March 4
Table Tennis Tournament	Wednesday, March 13
Pickleball Tournament	Wednesday, March 27
Table Tennis Tournament	Wednesday, April 3
Softball League	Monday, April 8
Football League	Monday, July 22
Tennis Tournament	Monday, August 5
Soccer League	Monday, September 23



Please contact the Sports Coordinator at 757-462-7419 seven days prior to the league starting to sign up your command.

For all tournaments, show up ready to play 15 minutes prior to the start on tournament day.

Golf and bowling will be incorporated with tournaments and leagues run by the golf course and bowling center.

PLUS:

NOFFS Course offered eight times a year, Mission Nutrition offered eight times a year. Bench Press Competition, Strongman Competition, Incentive Programs, 1000-Pound Club, Race for Life, Climb to the Top & Just keep Swimming incentive. Two runs a year: June 7, 2019 and December 6, 2019.

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JEB LITTLE CREEK



FITNESS, SPORTS & AQUATICS



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ROCKWELL HALL GYM

Located on the corner of 5th St. and Nider Blvd., Bldg. 3147

Phone: 757-462-7735

Hours of Operation:

Mon - Thurs: 5 a.m. - 8 p.m. Fri: 5 a.m. - 7 p.m.

Sat, Sun & Holidays: 8 a.m. - 4 p.m. Closed Christmas Day

ROCKWELL HALL INCLUDES:

- 3 full basketball courts, 2 volleyball courts & TRX and Spin area
- Newly added Olympic area, racks and platforms
- Boxing & bag room, 2 racquetball courts & Family Fitness Room
- 3 locker rooms with shower areas, sauna, steam rooms and lockers
- The newly renovated men's paid locker room opens in March 2019
- Selectorized equipment weight room & free weight room
- Treadmill and cardio room & aerobics room
- Sulinski Field (football and soccer lined)
- Functional Fitness Outdoor Olympic Lifting Conex Box
- 3 softball fields & new batting cage (coming soon)

PLEASE NOTE

- All authorized patrons must present a proper ID card.
- Authorized patrons are allowed guests (\$10 per guest/ per visit)
- All individuals under 17 years of age (excluding active duty) require various levels of supervision, defined as "line of sight" or "touch supervision".
- Line of sight is defined as an unobstructed view of a youth requiring supervision. The qualified adult and youth must remain in the same fitness space in order to provide appropriate supervision.
- Touch supervision is defined as a qualified adult being within an arm's length distance, adjacent to or in front of the youth requiring supervision.

Please refer to the posted signs throughout the facility for more information.



PIERSIDE FITNESS CENTER

Located at 1560 Midway Rd., Bldg. 1560

Phone: 757-462-8280

Hours of Operation:

Mon - Friday: 5 a.m. - 7 p.m. Closed Sat, Sun and Holidays

PIERSIDE FITNESS CENTER INCLUDES:

- Functional Fitness area in main gym.
- Squat racks, power racks, deadlift platforms, rowers, and artificial turf for sleds & tire flipping
- Men's and women's restrooms include showers and lockers.
- Upstairs includes cardio and selectorized/free weight area.
- Outdoors includes 2 basketball courts & Functional Fitness Conex Box.

PIERSIDE LAP POOL

Located at 1560 Midway Rd., Bldg. 1560

Phone: 757-462-8280

Seasonal Hours of Operation:

Mon - Fri: 6 - 8 a.m. & 11 a.m. - 1 p.m. (Lap swim only)

Mon - Fri: 1 - 5:30 p.m. (Lap swim/Open swim)

PIERSIDE POOL INCLUDES:

- 25 yards long, 3-5 foot deep pool
- 6 lanes available for Lap Swim hours with accessibility to fins, kickboards, and pull buoys.
- During open swim, lap lanes reduced to 3, opening half of the pool for recreational swimming.

GATOR WATERPARK

Located at D Street, Bldg. 3410

Phone: 757-462-7173

Seasonal Hours of Operation:

Memorial weekend - Labor Day: Tues - Sun: 11 a.m. - 6 p.m.

Weekends only until mid-June

GATOR WATERPARK INCLUDES:

- Fun for the whole family! There is plenty to enjoy with 3 large water slides, a family slide, 3 kiddie slides, Gator Pads with overhead net & a Splash Park with a wading pool for children age 5 and younger.
- Patrons can also grab food, snacks, drinks and treats from the Gator Bites Snack Bar during their stay!

DAILY PRICES:

- \$7 daily visit for active duty, retirees, Reservists, and eligible family members
- \$9 for DoD and guests. Each patron, age 18 and older with valid ID card, can sponsor no more than 2 guests and must remain with guest(s) at all times.
- Children ages 2 and younger are free.
- Season passes and punch cards are available.
- Party area reservations can be made preseason at Rockwell Hall Gym or at Gator Waterpark during season open hours.

JEB LITTLE CREEK GROUP EXERCISE CLASSES

ROCKWELL HALL

MONDAY

6 a.m. - Spin Cycle (FF)
9:30 a.m. - Mature Audiences
11:30 a.m. - Power Conditioning
11:30 a.m. - Double Step
5:30 p.m. - Power Conditioning
5:30 p.m. - Boxing

TUESDAY

11 a.m. - TRX Circuit
11:30 a.m. - Spin Cycle
11:30 a.m. - Multi-level Yoga
5:30 p.m. - Step/Kickboxing/Strength
5:30 p.m. - Zumba (FF)
6:45 p.m. - Hatha/Vinyasa Yoga

WEDNESDAY

6 a.m. - Spin Cycle (FF)
9 a.m. - Stroller Strength & Stamina
11 a.m. - Power 2.0
11:30 a.m. - Zumba (FF)
11:30 a.m. - Multi-Level Yoga (FF)
5:30 p.m. - Power Conditioning
5:30 p.m. - Boxing

THURSDAY

9:30 a.m. - Mature Audiences (FF)
11 a.m. - TRX Circuit
11:30 a.m. - Kickboxing
5:30 p.m. - Spin Cycle/Strength (FF)
5:30 p.m. - Zumba

FRIDAY

11:30 a.m. - Zumba (FF)
11:30 a.m. - High Interval
11:30 a.m. - Ropes and Bags
2 p.m. - Wall Yoga

SATURDAY

8:30 a.m. - Multi-level Yoga
9:30 a.m. - Spin Cycle/Strength (FF)
10:30 a.m. - Zumba (FF)



Group exercise classes are free and open to all patrons.

FF = Family Friendly Class

No classes will be held on federal holidays. Classes are subject to change according to demand. All participants are encouraged to work at appropriate levels and consult their fitness instructors for maximum benefit. Wear comfortable, breathable clothing and appropriate shoes.
Please note: Food is allowed only in designated areas.