

WINTER

INTRAMURAL SPORTS

DAHLGREN FITNESS CENTER

LEAGUE COSTS

FREE	Active-duty military and Contractors with fitness membership
\$15	Retirees and military dependents
\$30	DoD civilians
\$40	Contractors without a fitness membership and off-base civilians



15+ AND 30+ BASKETBALL LEAGUE

League Play Begins **MONDAY, JAN. 6**

Join our 15+ or 30+ Basketball Leagues!

Register by Friday, Dec. 13 • Organization Meeting: Monday, Dec. 2 at 11:30 a.m.

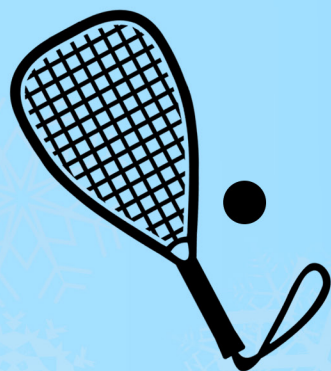


VOLLEYBALL LEAGUE

League Play Begins **TUESDAY, JAN. 7**

Bump, set, spike! Join our volleyball league for some winter fun!

Register by Friday, Dec. 13 • Organization Meeting: Tuesday, Dec. 3 at 11:30 a.m.



RACQUETBALL LEAGUE

League Play Begins **JANUARY 2020**

Get ready for **RACQUETBALL!**

Register Dec. 2-31 • **COST: FREE**



Open to all with base access and invited guests.

VISIT NAVYMWRAHLGREN.COM

For more information, call the Fitness Center at (540) 653-8580.

**STAY
CONNECTED**



NSF DAHLGREN

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