

MWR Headlines

Naval Air Station
Meridian



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**Feb. 24-March 1,
2012**

SAC Spring Break Camp

March 12-16, 2012, 0600-1800, Ages 5-12

Come join the fun games, sports, crafts and activities. Breakfast, lunch and afternoon snack provided daily. Open to all MWR patrons. For more information please call at 601-679-2652.



5K Run Captain's Cup

March 17, 2012 • @ 1100
At The Sonny Montgomery Fitness Center
For more info call (601) 679-2379.



Call (601) 679-3773
for more info!

Stop by the ITT Office for great deals for your Spring Break getaway!

Ponta Creek Golf Course

Weekday Special

Ride 18 holes for \$20
Ride 9 holes for \$13

Call (601) 679-2526 for more info!



Massage Therapy

1 hour deep tissue \$70
1 hour \$60
1/2 hour deep tissue \$45
1/2 hour \$35

Peggy Carmichael, Massage Therapist
Sonny Montgomery Fitness Center
Call (601) 679-2379 to schedule an appointment.

Video



Try it today at
McCain Rec Center!

Captain's Cup Standings



	N A S	N T C	M A T S S 1	V T 7	V T 9	C T W 1	N B H C
Volleyball	0	0	0	0	0	0	0
5K Run	4	21	40	0	0	0	5
Golf	125	90	27	33	80	76	93
Softball	99	71	61	125	95	0	71
10K Run	4	25.5	40	0	5	0	0
Football	86	93	125	71	85	0	0
Bowling	105	80	70	0	0	0	100
X Ctry Run	15	32	29	0	23	0	0
Basketball	0	0	0	0	0	0	0
Racquetball	32	8	16.5	27	28	9	0
Bench Press	32	1	35	0	1	0	0
Soccer	45	0	65	55	49	0	40
Duathlon	26	0	0	31	24	0	0
Triathlon	15	0	0	32	28	27	8
Total	588	421.5	508	374	418	112	317

*Standings as of February 23, 2012.

McCain Rec Center Bowling Specials

Feb. 24: Cosmic/Disco
Bowling from 1900-Close.

Feb. 25: Family
Bowling from 1100-1600.

Feb. 27: Bowl 3 games for \$5
from 1700-close.

Feb. 29: NTT/MATSS1
Student Special- Colored Pin
Bowling. 1800-close.

March 1: RCTA Student
Special from 1600-2100.

Fitness Center

M,W,F

Belly Dancing Class @ 1130

M,W

Self Defense Class @ 1800

T and Th.

Yoga @ 1115

All group exercise classes are free.



Phone Directory

Fitness Center	679-2379
All Hands Pool	679-3470
Liberty Center	679-3760
ITT	679-3773
McCain Rec Ctr	679-2651
The Outpost	679-2609
Library	679-2326
Rudder's	679-2636
Sandtrap Grill	679-2780
Mom's Diner	679-2531
CDC/CDH	679-2652
SAC	679-5252
SLO	679-2473
P.C. Golf Course	679-2526
MWR Admin.	679-2551
MWR Jobs Line	679-2335

Captain's Cup Volleyball Org. Meeting on 2/29/12

The organizational meeting for Captain's Cup Volleyball will be held at the Fitness Center on February 29, 2012 at 1300. For more info call (601) 679-2379.

Weekly Captain's Cup Basketball Schedule

February 28

1800 - Devil Pups vs. Eagles

1900 - Heat vs. Tigers

2000 - Air Ops vs. Dawg Pound

March 1

1800 - Eagles vs. Dawg Pound

1900 - Heat vs. Air Ops

2000 - Tigers vs. Devil Pups

All games are played at the Sonny Montgomery Fitness Center Complex. For more info call (601) 679-2379.

Open enrollment under way at CDC/SAC

Open Enrollment is underway for children ages 1 to 5 years old at the Child Development Center. For more info call (601) 679-2652.



Stop by Rudders and try one of their varied assortment of Keurig K-Cup Coffee!



https://www.cnic.navy.mil/navycni/groups/public/@cnrse/@meridian/@ffr/documents/document/cnicp_a281870.pdf

McCain Rec Center

Movie Listings



02/25 **Johnny English Reborn**, Rated PG @ 1300

02/28, **Ghost Rider**, Rated PG13 @ 1800

02/29, **Twilight: Breaking Dawn 1**, Rated PG13 @ 1800

03/01, **Transformers**, Rated PG13 @ 1800