

# MWR Headlines

Naval Air Station  
Meridian



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Online at [www.cnmc.navy.mil/meridian](http://www.cnmc.navy.mil/meridian).



**March 16-22,  
2012**

## 5K Run Captain's Cup

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



## 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
<b>Total</b>	<b>588</b>	<b>421.5</b>	<b>508</b>	<b>374</b>	<b>418</b>	<b>112</b>	<b>317</b>

\*Standings as of March 16, 2012.

## Now At ITT!

Get your tickets to Six Flags  
Over Georgia and Six Flags White  
Water today!

Six Flags Over Georgia: \$35  
Six Flags White Water: \$29

\*Prices are for ages 3 and up.



Located next to  
Navy Fed. Credit  
Union.



## 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.

By Appointment Only!

## Wonta Creek Golf Course

### Weekday Special

Ride 18 holes for \$20

Ride 9 holes for \$12

Call (601) 679-2526 for more info!

## Weekly At



**Monday:** Margarita Mondays

**Tuesday:** Import and Specialty  
Beer Night

**Wednesday:** Ladies' Nights

**Thursday:** Karaoke Night

\*For more info call (601) 679-2636.

## Eagle Point Stables



For more info call (601) 679-2609.

## Open enrollment underway 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!

## MWR On The Deck

[https://www.cnmc.navy.mil/navycni/groups/public/@cnrse/@meridian/@ffr/documents/document/cnicp\\_a285697.pdf](https://www.cnmc.navy.mil/navycni/groups/public/@cnrse/@meridian/@ffr/documents/document/cnicp_a285697.pdf)

## McCain Rec Center Bowling Specials

**Monday:** NTTC/MATSS-1  
Student Special from 1600-  
2100.

**Wednesday:** Colored Head  
Pin Night from 1630-2030.

**Thursday:** RCTA Student  
Special from 1600-2100.

**Saturday:** Family Bowling  
Special from 1630-2130.

## 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

## McCain Rec Center

### Movie Listings



03/17 **The Muppets**, Rated  
PG @ 1300

03/20, **300**, Rated R @ 1800

03/21, **J. Edgar** Rated R @  
1800

03/24, **Arthur Christmas**,  
Rated PG @ 1800

\*All movies are FREE of charge.