

AFLOAT PROGRAMMING RESOURCE GUIDE SHIPBOARD RECREATION AND FITNESS



USS Abraham Lincoln
MWR Event Calendar

December

Roller Door, Deckchair Cabaret
*Roller door will receive 2500 strength down thrust additional thrust
(Use up at MWR to maintain your arms.
*No balls are authorized that connect to our ship's electrical system

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Team Meet @ 4	Cooking Equipment	Roller Door Cabaret	Roller Door Cabaret 11:00-1:00	Roller Door Cabaret 11:00-1:00	Roller Door Cabaret 11:00-1:00	Roller Door Cabaret 11:00-1:00
Colonel @ 6	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis
Colonel @ 6	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis
Colonel @ 6	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis
Colonel @ 6	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis
Colonel @ 6	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis
Colonel @ 6	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis
Colonel @ 6	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis	NHL 16 Tennis

MWR Daily Schedule

Sun - 1600 - 1800
AFT Messdecks

Mon - 1100 @ AFT Messdecks

Tues - 1600 @ AFT Messdecks

Wed - 1100 @ AFT Messdecks

Thurs - 1600 @ AFT Messdecks

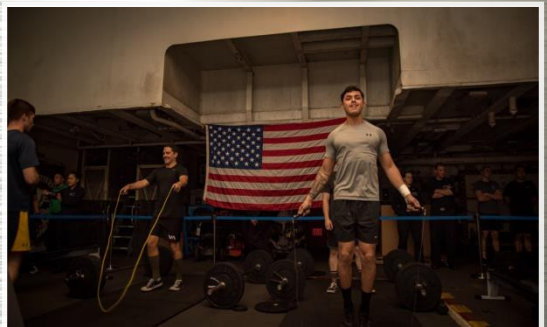
Fri - MWR Day Treat!

Sat - Local MWR Trips!
1200 - 1600

Sign up for trips and tournaments
in advance at MWR!

MWR Day One - Free ride to/from
1000-1600, concert 12K-604-7922

MWR shipboard location: 2-123-2-4
Purchase movie tickets, concert tickets,
Tides Baseball tickets, concerts, plays,
and other events here!



NOVEMBER FITNESS/MWR CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Departmental Push-Up Challenge Get your push-ups in and record them on the sheet located on the back of MWR's Office (1-15-2) Departments will be combined the same as were during Captain's Cup (see flow for details)	DEPARTMENTAL PUSH-UP CHALLENGE BEGINS TOMORROW! Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Paper Airplane Contest 8:00-11:00 100 MWR @ 2000 Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	ACPL Seminar 9:00-11:00 100 MWR @ 2000 Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000
Flight Deck SK 0700 NFL Sunday HB @ 1000 Madden Tourney (Week 2) 1900-2100 100 MWR @ 2000 Madden Finale HB @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000
Turkey Trot SK TRAIL 7:00 NFL Sunday HB @ 1000 Jumping Hoop TRD Tag-off Water Contest HB @ 1500 Sign-up begins @ 14:00	IN PORT	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000	Yoga 1700-1830 100 MWR @ 2000 Spina Class 1700-1830 100 MWR @ 2000 Roller Door Cabaret 11:00-1:00 100 MWR @ 2000





CNIC AFLOAT RECREATION AND FITNESS PROGRAM

PROGRAMMING RESOURCE GUIDE

Planning an event - no matter the scale - can be challenging. Successful activities require thorough management. The purpose of this guide is to provide examples of effective programs that have been executed on ships and to inspire ideas for new programs. It's just a sampling – remember - you are limited only by your creativity!

The Guide is in two sections: Fitness and Recreation. Each section includes the five programming categories represented within the CNIC Program Standards and the CNIC Afloat Recreation Program Management course: 1) Directed & Filler Activities, 2) Skills/Knowledge Classes, 3) Command Wide/Theme Events, 4) Competitions and 5) Trips/Tours. Each Tab begins with a description and examples for each category.

REMEMBER

- 'Memory jogger' lists on each cover sheet may not be all inclusive.
- Cash prizes can ONLY be given for bingo.
- Gift cards must be for a specific location (i.e. NEX, restaurant, particular store) and must not have an activation fee.

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Disclaimer:

The Department of the Navy does not officially endorse any private company or sponsor their products or services.



CNIC AFLOAT RECREATION AND FITNESS PROGRAM

FITNESS PROGRAMMING

While the purpose of this guide is to provide examples of shipboard recreation and fitness programs which have been previously executed, it also serves to inspire ideas for new programs. It is important to keep in mind the intent of each fitness program. **REMEMBER** to ensure your fitness program incorporates the six components of training – flexibility, cardiorespiratory, core, balance, power and strength. Focus on the desired outcome and scope of practice. Fitness programs should provide the guidance to help patrons achieve their personal health, fitness and performance goals via the implementation of exercise programs and suggested lifestyle modifications.