



NTC RESILIENCY WEEK SCHEDULE OF EVENTS Dec 7-11 2015

MON, 07 DEC

Rock Climbing 0930, 1130, and 1430 @ Resiliency Center

Open to Spouses and DA Civilians

Sign up at the Resiliency Center for more info call: 380-7720

Sign up early for limited FREE daycare

Lunch, 1130-1330 /FREE Family Movie/Post Theater)

TUE, 08 DEC

Yoga by Catharine 0830, 1300, and 1830 @ Resiliency Center

Open to Spouses and DA Civilians

Sign up at the Resiliency Center or for more info call 380-7720

Sign up early for limited FREE daycare

First 20 people will be accepted

Lunch, 1130-1330 (FREE Family Movie/Post Theater)

WED, 09 DEC

Introduction to Functional Fitness (CrossFit): 1030, 1300, 1630 @ Resiliency Center

Open to Spouses and DA Civilians

Wear fitness attire and bring a water

Sign up early for limited FREE daycare

Lunch 1130-1330/FREE Family Movie/Post Theater)

THU, 10 DEC

Installation 10K Run, Individual, Unit up to Platoon size, Teams, 0800-1000

Start and end at Resiliency Center.

Open to Spouses and DA Civilians

NTC Units Organization Day Activities 0900-1600 @ Four-Plex Baseball Fields)

Horseshoe Competition ,BBQ Cookoff, TUG-OF-WAR Competition, & CrossFit Challenge (Resiliency Center)

MWR Open House 1000-1400 @ Resiliency Center

Awards Ceremony 1600 @ Four-Plex