

OUR MISSION

To provide our Active Duty, Family Members, Retirees, and DoD Civilian Community with a state-of-the-art fitness and athletic facility.

GYM FACILITY FEATURES:

- Large Group Fitness Room
- Racquetball Courts
- Full Basketball Court w/three Half-size Courts
- Volleyball Court
- Tennis Court
- Boxing/Martial Arts Room
- NOFFS Zone
- Outdoor Rogue Racks
- Sauna
- Hammer Strength Room
- Family Fitness Room
- Functional Training Room
- FreeMotion Room
- Seaview Trail (North and South directions)
- Costen-Turner Complex (football/soccer field w/ running track and two softball fields)

PROGRAMS:

- Personal Training
- Orientations
- Run/Walk Events
- Martial Arts Classes
- Group Exercise Classes
- Sports Leagues, Tournaments and Special Events!

GROUP FITNESS CLASSES:

We offer a variety of fitness classes that change monthly. Please call 360-254-2420 for current monthly schedule.

INTRAMURAL SPORTS:

A variety of sports are available throughout the year. Five of the core sports include basketball, softball, football, volleyball, and soccer. Contact the Intramural Sports Coordinator for more information on league schedules and registration processes.

EXTENSIVE CARDIO & STRENGTH EQUIPMENT:

- Life Fitness Treadmills
- Stairmaster® Steppers
- Matrix Stepmill
- Concept2® Indoor Rowers
- Precor® Ellipticals
- Life Fitness Ellipticals
- Technogym Wave Ellipticals
- Life Fitness Recumbent Bikes
- Life Fitness Upright Bikes
- FreeMotion Equipment
- Woodway Treadmill (Self-propelled, in Family Fitness Room)
- Free-weight Rooms
- StarTrac Bikes
- Hammer Strength Equipment
- Life Fitness Spinning Bikes
- and more!

EQUIPMENT ISSUE:

- Sporting Gear
- Team Uniform Jerseys
- Medicine Balls
- Bands
- Foam Rollers
- NOFFS Kits
- Heart-rate Monitors
- Handheld Timers
- Weight Belts
- and more!

ADDITIONAL SERVICES:

- FREE Day-use Lockers
 - FREE Wallet and Key lockers
 - Monthly Rental Lockers
 - Digital Scales and Blood Pressure Monitor
- Contact 360-257-2420 for locker rental rates.

PERSONAL TRAINING:

Personal Training is provided FREE to active duty. Priority scheduling is given to active duty for FEP members and PFA requirements. Active Duty Family Members, Retirees, Retiree Family Members and DoD Contractors fee schedule:

Option 1: \$30

Includes an elite fitness assessment with a certified personal trainer.

Option 2: \$90

Includes a fitness assessment and three one-on-one personal training sessions.

Option 3: \$180

Includes a fitness assessment and six one-on-one personal training sessions.

AQUATICS

Although NAS Whidbey Island does not have a recreational swimming facility, MWR has partnerships with two local pools:

ANACORTES' FIDALGO POOL

Active Duty Swim FREE
Active Duty Family Members receive FREE OPEN SWIM.
All other eligible patrons, please contact the pool for rates.

360-293-0673
fidalgopool.com

OAK HARBOR'S VANDERZICHT POOL

Active Duty Swim FREE.
Active Duty Family Members receive FREE open swim and evening lap swim. Morning lap swim for discounted fee. Retirees and their Family Members FOR DISCOUNTED FEE.
All other eligible patrons, please contact the pool for rates.

360-675-7665
oakharborpool.com

navylifepnw.com
everything northwest



FITNESS CENTER FEES

	FITNESS CENTER ENTRY	GROUP FITNESS CLASSES (INCLUDING AQUATICS)	SPECIALTY CLASSES	MONTHLY LOCKER RENTALS (MEDIUM)
ACTIVE DUTY	Free	Free	Free	\$7
ACTIVE DUTY FAMILY MEMBER 16 Years & Over	Free	Free	\$3.50	\$7
ACTIVE DUTY FAMILY MEMBER 7-15 years* <small>*Youth orientation applies. See the Fitness Center Guidelines or a Fitness Center Specialist for details.</small>	Free	Free	\$3.50	\$7
MILITARY RETIREE OR THEIR FAMILY MEMBERS 16 Years & Older	Free	Free	\$3.50	\$7
MILITARY RETIREE FAMILY MEMBERS 7-15 Years*	Free	Free	\$3.50	\$7
CIVILIAN DoD	Free	\$3.50 daily \$30 monthly	\$3.50	\$7
CIVILIAN DoD FAMILY MEMBER 16 Years & Older	\$5.50	\$5.50	\$5.50	n/a
CIVILIAN DoD FAMILY MEMBER 7-15 Years*	\$3.50	\$3.50	\$3.50	n/a
DoD CONTRACTOR	\$5.50 daily \$35 monthly	\$5.50 daily \$35 monthly	\$5.50 daily \$35 monthly	\$7
DoD CONTRACTOR FAMILY MEMBER 16 Years & Older	\$5.50	\$5.50	\$5.50	n/a
DoD CONTRACTOR FAMILY MEMBER 7-15 Years*	\$3.50	\$3.50	\$3.50	n/a
GUESTS 16 YEARS & OLDER OF ELIGIBLE PATRONS	\$5.50	\$5.50	\$5.50	n/a
GUESTS 7-15 YEARS* OF ELIGIBLE PATRONS	\$3.50	\$3.50	\$3.50	n/a
ALL PATRONS 6 YEARS OLD & YOUNGER <small>6 & under have limited use; see the Fitness Center Guidelines or a Fitness Specialist for details.</small>	Free	Free	Free	n/a

UPDATED: NOV. 2018

Connect with Us!



NavylifePNW app
now available for Android™ and iPhone™



/WhidbeyFFR



2019 NAS WHIDBEY ISLAND FITNESS CENTER

Sports • Fitness • Aquatics

3755 N. Wasp Street, Building 117
Oak Harbor, WA 98278



Hours of Operation: Monday–Thursday: 5 a.m.–10 p.m. • Friday: 5 a.m.–8 p.m.
Saturday–Sunday: 8 a.m.–5 p.m. • Holidays: 8 a.m.–5 p.m.

Front Desk: 360-257-2420, Sports, Fitness & Aquatics Manager:
360-257-6438, Facilities Manager: 360-257-8874, Intramural Sports
Coordinator: 360-257-4320, Command Fitness Reservations:
360-257-2433, Fitness Manager: 360-257-6936,
Fitness Specialists: 360-257-2433

FITNESS

Events are FREE to participate. Events with an assigned myFFR# can only be registered on-line. Visit navylifepnw.com and click the 'myFFR' icon. Set up an account and sign up for all events and programs that have a myFFR#. All other special event registration will be done at the Fitness Center Front Desk.

*All preregistration check-ins close 15 minutes prior to event. Only pre-registers will receive chip timing, day-of registrant will not get a posted run time.

Earn 25 points for 1st place, 15 for 2nd place and 10 for 3rd place. Each participant awarded one point for participation (unless otherwise stated). Earn 10 points for command participation for each event.

NEWYEAR'S DAY POLAR BEAR PLUNGE
Tuesday, Jan. 1, 10 a.m.
myFFR #610207

FITNESS EXPO
Wednesday, Jan. 16, 5-7 p.m.
myFFR #610206

ROCK RUNNERS CLUB
Starts Jan. 16, 11 a.m.
myFFR #610209

SHAMROCK 5K WALK/RUN
Friday, March 15, 11 a.m.
myFFR #610210

BETTER BODY BOOT CAMP
Monday, April 1 – Friday, May 31
myFFR #610227

SAPR 5K COLOR RUN
Friday, April 12, 11 a.m.
myFFR #610213

NASWI OPEN HOUSE FLIGHTLINE RUN
Saturday, June 22, TBD
myFFR #610215

YOGA IN THE PARK
Thursday, June 27, 11 a.m.
myFFR #610214

TIDES OUT RUN/WALK W/ ODR
Wednesday, July 3, 11 a.m.
myFFR #610216

GROWLER 8K WALK/RUN
Friday, Aug. 2, 3 p.m.
myFFR #610217

PET NATURE WALK
Friday, Aug. 23, 11 a.m.
myFFR #610218

9/11 5K EVENT
Wednesday, Sept. 11, 11 a.m.
myFFR #610219

SUICIDE PREVENTION & AWARENESS BUBBLE SOCCER EVENT
Friday, Sept. 27, 11 a.m.
myFFR #610220

DOMESTIC VIOLENCE PREVENTION OBSTACLE COURSE
Friday, Oct. 11, 11 a.m.
myFFR #610222

HAUNTED HUSTLE GLOW 5K RUN
Friday, Oct. 25, 5:30 p.m.
myFFR #610221

TURKEY TROT 5K/10K
Saturday, Nov. 23, 9 a.m.
myFFR #610223

I'M THANKFUL FOR SPIN!
Wednesday, Nov. 27
myFFR #610224

RUN/BIKE/ROW CHALLENGE
Friday, Dec. 13, 11 a.m.
myFFR #610225

2020 NEWYEAR'S DAY POLAR BEAR PLUNGE
Wednesday, Jan. 1, 10 a.m.
myFFR #610226



SPORTS

FREE to Active Duty, Retirees, Family Members. DoD civilians and DoD Contractors will be charged a \$25 fee for each sport. All teams must complete and return a team roster form for every sport. Forms are available at the NASWI Fitness Center Front Desk or at navylifepnw.com. Captain's Cup points are awarded to each command for team sports and each individual's command for individual sports. For more information, contact the NASWI Fitness Center Front Desk, 360-257-4320 or email whidbey.sports@navylifepnw.com.



A traveling Captain's Cup trophy, presented by the NASWI Commanding Officer, will be awarded annually (Jan.- Dec.) to the command that has accumulated the most points throughout the year. The command who wins will also get a plaque to permanently keep for display at their place of work.

INTRAMURAL BASKETBALL
Coaches' Meeting
Monday, Jan. 14, 2 p.m.
NASWI Gym
League starts Tuesday, Jan. 22

INTRAMURAL VOLLEYBALL
Coaches' Meeting
Monday, Jan. 28, 2 p.m.
NASWI Gym
League starts Monday, Feb. 4

INTRAMURAL SOCCER
Coaches' Meeting
Monday, April 1, 2 p.m.
NASWI Gym
League starts Monday, April 15

INTRAMURAL BOWLING
Coaches' Meeting
Monday, April 15, 2 p.m.
NASWI Gym
League starts Thursday, April 25, 6 p.m.
Convergence Zone
Every Thursday, 6 p.m., number of weeks dependent on number of teams. Four-person teams (men, women or mixed) play at a time. League Fees: \$8 per person, per day includes three games of bowling and shoe rental fee.

INTRAMURAL SOFTBALL
Coaches' Meeting
Monday, May 13, 2 p.m.
NASWI Gym
League starts Tuesday, May 28

INTRAMURAL GOLF
Coaches' Meeting
Monday, May 20, 2 p.m.
NASWI Gym
League starts Thursday, June 6 at Gallery Golf Course

INTRAMURAL FLAG FOOTBALL
Coaches' Meeting
Monday, Aug. 26, 2 p.m.
NASWI Gym
League starts Monday, Sept. 9

BILLIARDS TOURNAMENT
Friday, Jan. 25, 7 p.m.
Back Alley
Register by Thursday, Jan. 24
myFFR #610229
Event will start and finish at the Convergence Zone Back Alley

DARTS TOURNAMENT
Friday, Feb. 8, 7 p.m., Back Alley
Register by Thursday, Feb. 7
myFFR #610230
Event will start and finish at the Convergence Zone Back Alley

INDOOR ROWING COMPETITION
Saturday, March 2, 9 a.m.
NASWI Gym
Register by Friday, March 1
myFFR #610231

DODGEBALL TOURNAMENT
Tuesday, May 17, 11 a.m.
NASWI Gym
Register by Thursday, May 16

TENNIS TOURNAMENT
Friday, July 26, 11 a.m.
NASWI Gym
Register by Thursday, July 25
myFFR #610232

FRISBEE GOLF TOURNAMENT
Saturday, Aug. 3, 11 a.m.
NASWI Frisbee Golf Course
Register by Friday, Aug. 2
myFFR #610233

KNOCKERBALL TOURNAMENT
Friday, Oct. 11, 9 a.m.
NASWI Gym
Register by Thursday, Oct. 10

RACQUETBALL TOURNAMENT
Saturday, Nov. 2, 9 a.m.
NASWI Gym
Register by Friday, Nov. 1
myFFR #610234

