

SUPERVISED WAVE ATHLETIC CLASSES

EFFECTIVE MONDAY 12 FEBRUARY 1945

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			0800 BADMINTON GYM	0800-1100 SAILING	
1100 ARCHERY				1100 TENNIS	
		1300 ARCHERY		1300 TENNIS	
1500 TENNIS	1500 ARCHERY	1500 BOWLING CLASS ENLISTED ALLEYS		1500 EXERCISES	
1600 ARCHERY	1600 TENNIS		1600 TENNIS		
1700 EXERCISES		1700 TENNIS	1730 EXERCISES	1700 TENNIS	1700 BOWLING CLASS ENLISTED ALLEYS
	1800 BADMINTON GYM 1900 SWIMMING ENLISTED POOL WAVES ONLY	1800-2200 ORGANIZED BASKETBALL GYM	1800 BADMINTON GYM 1700-2000 BOWLING LEAGUE	1700-2000 BOWLING LEAGUE	

NAS PHYSICAL MAINTENANCE PROGRAM

1. In compliance with the NATB Memorandum No. 5-45 and the NAS Memorandum No. I-3 each WAVE must participate in 2 hours of athletic activity each week.
2. In units where it is possible, 1 of the 2 required hours should be taken from the working day. This can be done in one of the following ways.
 - a. Participating in activity at the unit during the working day - volleyball, softball, Badminton etc.