

# INDOOR POOL HOURS

Monday - Friday

0600- 1200

Weekends, Holidays & Down Days

CLOSED

Length	Laps	Distance in meters
1	1/2	25M
4	2	100M

# OUTDOOR POOL HOURS

Wednesday - Sunday

1100- 1900

Monday - Tuesday

CLOSED

# INDOOR TRACK

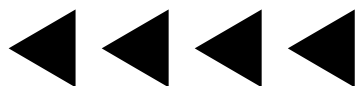
Assessment	Laps
1.5-mile Run	23 1/2
2-km Walk	19 1/2

# OUTDOOR TRACK

1 Lap	1/2 Mile
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Score Charts



# FITNESS CENTER HOURS OF OPERATION

Monday - Thursday

0600- 2100

Friday

0600- 2000

Weekends

0900- 1700

Holidays & Down Days

24-hour access

# INTRAMURAL SPORTS

VOLLEYBALL (MAR-APR)

GOLF (APR-JUL)

SOFTBALL (JUN-AUG)

FLAG FOOTBALL (SEP-NOV)

BASKETBALL (DEC-FEB)

# 24 HOUR ACCESS

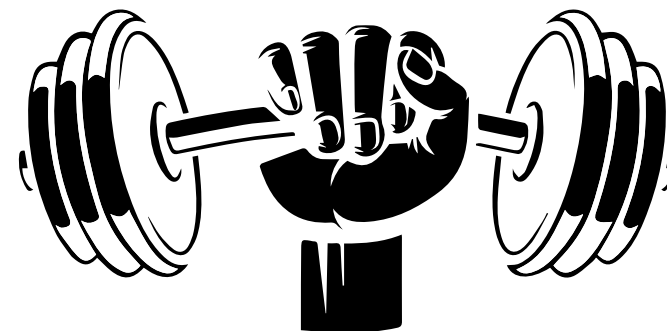
Available to all active duty, retirees & dependents.

\*Age restrictions\*



# MCCONNELL AFB

FITNESS & SPORTS PROGRAM



22 FSS/FSVS

53479 Wichita St. #412

McConnell AFB, KS 67221-5000

COMM: 316-759-4009

DSN: 759-4009

Refuel  
McConnell



Fitness Center  
Facebook

