MCCS
SEMPER FIT

@semperfithawaii /semperfithawaii hawaii.usmc-mccs.org/recreation-fitness

MISSION

Enhances warfighter readiness and community well-being by providing staff, facilities, activities and services that strengthen human performance, improve unit cohesion and cultivate resiliency.

FITNESS/HITT

Fitness/HITT are an essential part of the MCBH community healthy lifestyle. Centers offer strength and cardio equipment and classes. Nationally certified fitness specialists provide individual fitness plans and comprehensive assessments for active duty. Personal trainers and massage therapy services also offered.

High-intensity tactical training programs offered throughout the year.

MCBH MAIN GYM (808) 254-7597, Building 3037
KULIA (808) 254-7597, Building 6753
CAMP SMITH (808) 477-5197, Building 615

SINGLE MARINE PROGRAM

OPEN EXCLUSIVELY TO SINGLE OR UNACCOMPANIED MARINES AND SAILORS, REGARDLESS OF RANK, ATTACHED TO MCB HAWAII. SMP focuses on Quality of Life, Recreation, and Community Involvement, providing on and off-base recreation, volunteer opportunities, holiday activities, and quality of life advocacy.

SINGLE, UNACCOMPANIED MARINES AND SAILORS E5 AND BELOW. RECREATION CENTERS offer massage chairs, computers, virtual gun range, movie/game nights, tournaments, LifeSkills Classes and more.

MCBH (808) 254-7593, Building 1629
CAMP SMITH (808) 477-0808, Building 501

PERFORMANCE EDUCATION

Performance Education provides a broad selection of services such as body scans, nutritional guidance, unit workshops and more to help service members and their families take a step towards a safer and healthier future and lifestyle.

MCBH (808) 970-4116, Building 3037

RACE SERIES

The Commanding Officer's Semper Fit Race Series offers a wide variety of unique and exciting runs throughout the year. Run along the shoreline of the Pacific Ocean, up mountainous terrain, and even out on the MCAS Runway. The challenge is always new and exciting. Run one or run them all. It's something you'll never forget! The Commanding Officer's Series is open to the public.

MCBH (808) 254-7590, Semper Fit Office, Building 219

YOUTH SPORTS

Participation in sports develops important character traits and lifelong values in children, which can create a positive impact in their lives.

Semper Fit Hawaii offers a variety of sports and clinics throughout the year to keep children healthy and active from volleyball, basketball, soccer, baseball, flag football and more. All sports are co-ed.

Volunteer coaches are always needed.

MCBH (808) 252-2950, Building 244

INTRAMURAL SPORTS

Healthy competitive leagues and tournaments are offered throughout the year open to all with base access. Basketball, soccer, softball, flag football and more are available. Open to everyone 18yo+ with base access.

MCBH (808) 254-7591, Building 244

RESILIENCE AND WELLNESS SPECIALIST

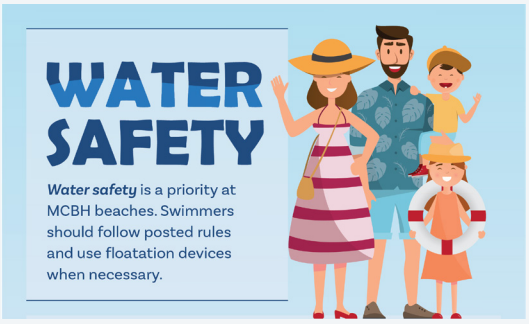
RWS focuses on Mental and Social fitness, and teaches RWS Resilience Series curriculum designed to provide Marines with the skills and tools to manage emotions, build positive relationships, and make responsible decisions.

MCBH (808) 970-5493, Building 219

AQUATICS

WATER SAFETY
@mccshawaiiwatersafety
It's important to know the location of the lifeguard stations (Pyramid Rock and North Beach) and stay close to them for safety (200 yards). Stay within the designated swim area, so lifeguards can assist you in case of an emergency. Never swim alone. Always keep young children and persons with limited swimming ability within arm's reach, even in the shoreline. Drownings can happen in as little as 30 seconds or less. Lifeguards are on duty from 1100-1730, when staffing allows. Swim/surf at your own risk at other times and/or at unguarded coastal locations.

KNOW YOUR FLAGS
Beach conditions are often communicated through a flag system using white, yellow, and red flags. It's important to pay attention to these flags for your safety while enjoying the beach.



- **White Flag** (rarely exist) — Calm Conditions – Water activities open, surf and currents are moderate.
- **Yellow Flag** — Caution is advised – Water activities open, fins are required when swimming due to high surf or strong currents.
- **Red Flag** — Ocean conditions unsafe - DO NOT ENTER WATER. Beach is open, but use caution.
- **Black Flag** — Unsafe conditions - water and beach closed.

POOLS
(808) 252-2949
Swimming lessons, free active-duty aquatic training, lap and recreation swim available at various locations.

- **Main Base** (Building 274) — Training / Lap Swim / Recreational Swim / Swim Lessons / Sharks Club Team Practice
- **Hilltop** — Early morning Lap Swim
- **Manana Housing** — Lap Swim / Recreational Swim / Swim Lessons / Swim Team Practice
- **Camp Smith** — Training / Lap Swim

BEACHES
(808) 252-2948
MCBH has several beaches for use by military personnel and their families. Beachgoers are required to follow all rules and regulations to ensure safety as well as preservation of the natural environment.

Swimmers are encouraged only to swim when lifeguards are on duty.

- **North Beach** — swimming, snorkeling, (Lifeguard station)
- **Pyramid Rock** — surfing, swimming & sunbathing. (Lifeguard station)
- **Hale Koa** — the outdoor recreation area has campsites with ocean views available.
- **Pali Kilo** — be careful not to step on or damage the living coral reefs by only stepping on sandy areas.
- **Fort Hase** — a part of the Mokapu Burial Area listed in the National Register of Historic Places. Do not move any stones or other items. Federal and State laws make it a crime to disturb native burials and sites.