

NSF INDIAN HEAD MWR

Morale, Welfare and Recreation
N E W S L E T T E R

MARCH



MARCH 2016 MWR EVENTS

Community Rec Easter Egg Hunt!

Community Rec is holding an Easter Egg Hunt! Join us Saturday, March 19, 2016 from 1 to 3 p.m. at Community Rec to help the Easter Bunny find all of his eggs. The egg hunt begins at 1:30 p.m. Enjoy music, games, crafts, and pictures with the Easter Bunny! This event is free and open to those with base access.



Fun Facts for the Month of March

Did you know...

The month of March is well known for an old proverb to "come in like a lion and go out like a lamb" which references winter ending and welcoming spring.

Pi Day is celebrated on March 14. Pi is the symbol used in mathematics to represent a constant, the ratio of the circumference of a circle to its diameter, which is approximately 3.14159.

The daffodil is known as March's flower. It's bright yellow and trumpet petal appearance represents spring time and new beginnings.

How old is the Easter Bunny? Hundreds of years! He stays young by eating a healthy diet of cabbage and carrots.



All patrons with base access are welcome in MWR facilities with the exception of the Liberty Center which is for E1- E6 Single/ Unaccompanied Active Duty Military only.



2016

Visit us on the web at: www.navymwrindianhead.com

NAVY FITNESS

STAY HEALTHY STAY FIT STAY NAVY

Aquatics Center

301-744-4616

The Aquatics Center is closed and will re-open Memorial Day 2016.

Weight House Fitness Center

301-744-4661

Group Ex March Madness

March 1 – 31, 2016

Challenge yourself to take 8 Strength, 2 NOFFS, 2 Spin, and 2 Stretch classes during March and win a prize! Celebrate the winners at a special March Madness Celebration workout on Thursday, March 31 from 11:30 a.m. to 12:30 p.m. Open to all with base access. Register by Tuesday, March 1. Cost: Active Duty/Retired Military/Dependents FREE, All Others \$15.00

St. Patrick's Day 5K

March 15, 2016 at 11 a.m.

Do you have the luck of the Irish? Predict your 5K time and win a pot o' gold! All leprechauns are welcome, but no watches or time trackers please. Prizes will be awarded to 1st and 2nd finishers with the closest time predictions and for Best Dressed Leprechaun. Open to all with base access ages 10 years and older. Parent signature required for those under 18 years of age. Register by 10:30 a.m. on race day. Cost: Active Duty FREE, All Others \$5.00

Golf Clinic

March 18, 2016

Location: Driving Range

Looking to improve your swing? Never played before and looking to learn? This golf clinic will provide basic fundamentals and knowledge for the game. Advanced golfers are welcome to fine tune their skills. Open to all with base access ages 10 years and older. Register by March 16. Cost: \$25.00

CHILD & YOUTH

CDC: 301-744-4458

YAC: 301-734-5456

School Age Care (SAC) Open Enrollment

Please call the youth center for enrollment information and fee schedules. The CDC also has spaces available for full-time childcare.

Teen Open Recreation

March 4 & March 18, 2016 from 6:30 to 8 p.m.

Location: Youth Activities Center

Sign up by March 2 for Rock Climbing at Capital Clubhouse on March 4. Transportation will be provided. Stop by March 18 for a Youth Sponsorship Pizza Party! Open to ages 13 – 18.

Youth Open Recreation

March 11 & 25, 2016 from 6:30 to 8 p.m.

Location: Youth Activities Center

March 11 we will be hosting Youth Bingo and March 25 join the Youth Center for a Basketball Knockout Tournament. Open to ages 5 – 12.

Career Launch

March 16, 2016 at 5:30 p.m.

Location: MWR Admin Conference Room

Are you a teen interested in a summer job? Come to Career Launch and learn the ins and outs of getting a job. For more information and to sign up, contact the Indian Head Youth Center.

Start Smart Program Parent Orientation

March 31, 2016 at 5:30 p.m.

Location: MWR Admin Conference Room

A six-week parent/child program for younger and first time participants introducing motor skills around the following sports: baseball, basketball, football, golf, soccer, and tennis. The structure of the program is provided by the National Alliance for Youth Sports. Open to ages 3 – 5. For more information and to sign up, contact the Indian Head Youth Center.

NAVY COMMUNITY RECREATION

Auto Hobby

301-744-6314

Make sure your vehicle is in peak condition. Work on your car inside and stay warm!

The Auto Hobby Shop is a fully equipped, self-service repair facility. Work on your car indoors and stay warm! It offers three vehicle lifts, one motorcycle lift, diagnostics center, drum brake tools, tap and die sets, timing lights, a strut compressor, and most other tools and equipment needed for vehicle repair. You are able to check for recalls and other service bulletins for your vehicle using the Mitchell Information System. Professional guidance is available to assist you with your repair project. All tools and equipment are available on a first-come, first-served basis.

Community Recreation

301-744-4850

Storytime and Crafts

Every Tuesday from 10:30 to 11 a.m.
Join us at the Library every Tuesday for a story and a craft!

Read 30 Challenge

March 1 – 31, 2016

March is Read Across America Month. Beginning in March, kids grades K-12 can pick up a reading log and read at least 30 minutes a day for 30 days. You must read for at least 25 days in order to be entered in the challenge. Return your reading log to Community Rec by April 1 to be entered for a drawing to win a prize! Winners will be notified by April 4. Pick up your reading log at Community Rec or download a copy from www.navymwrindianhead.com. Cost: FREE

Read Across America Dr. Seuss'

Birthday Celebration

March 2, 2016 at 6 p.m.

Celebrate Dr. Seuss' birthday with fun activities and special readings with your favorite Dr. Seuss characters. Cost: FREE

Maryland EmPOWER

March 9, 2016 at 6 p.m.

Get empowered about electricity! Come learn about where electricity comes from in Maryland and what we can do to make the state a healthier, cleaner place from Maryland's energy superheroes! Geared toward children ages 6 – 11. Cost: FREE

Community Rec Philadelphia Trip

March 11, 2016

Sign up at Community Rec for a trip to Philadelphia to witness the beautiful colors at the Flower Show or tour the most famous parts of the city. A bus will pick up and depart from Dahlgren at 6 a.m. and La Plata at 7 a.m. Cost: Flower Show \$43.00/person, Tour the City Pass \$77.25 Adult, \$57.50 Children ages 2-12, Transportation Only \$15.00/person

Easter Egg Hunt

March 19, 2016 from 1 to 3 p.m.

Help the Easter Bunny find all of his eggs! The egg hunt begins at 1:30 p.m. Enjoy games, crafts and pictures with the Easter Bunny! Open to all with base access. Cost: FREE

Future Makers presents

Hypnotizers!

March 23, 2016 at 4 p.m.

Location: My Generation Youth Center Gym

Create spinning, glowing light machines that hypnotize and amaze! Use motors, LEDs, batteries and simple circuitry to invent the machine of your dreams. Parents are strongly encouraged to participate with children 8 years and younger. Cost: FREE

NSF Indian Head MWR Facility Phone Numbers

MWR Admin Office

301-744-4775

4260 Steve's Way, Bldg. D328

Aquatics Center

301-744-4616

4072 Festival Park Dr., Bldg. 811

Auto Skills Center/

Equipment Rental

301-744-6314

4337 Security Dr., Bldg. 1420

Bowling Center

301-744-4761

4260 Steve's Way, Bldg. D328

Child Development Center

301-744-4458

4250 CDC Way, Bldg. 1901

Child Development Homes

301-744-4458

Community Recreation

301-744-4850

4163 N. Jackson Rd, Bldg 620

Fitness Center

301-744-4661

4355 Security Dr., Bldg. 1660

Globe & Anchor/

Tiki Bar

301-744-6487

4307 Kings Ct., Bldg. D324

Liberty Center

301-744-4524

3399 Strauss Ave., Bldg. 1752

Mix House

301-744-6487

4307 Kings Court, Bldg. D324

Youth Activities Center

301-743-5456

3992 Stark Rd., Bldg. 441

Liberty Center

301-744-4524

The Liberty Center and all activities listed are for Liberty Center Patrons Only: E1-E6 Single/Unaccompanied Active Duty Military.

Tie Dye Night

March 9, 2016 at 6 p.m.

Bring of piece of white clothing or use a provided white t-shirt to customize your own design with step by step instruction. Cost: FREE

Texas Hold'em Tournament

March 15, 2016 at 6 p.m.

Bring your best poker face and join Liberty for a Texas Hold'em Tournament. Register at Liberty by March 14.

Southern Maryland Paintball Trip

March 18, 2016 at 11 a.m.

Get on the field today and put your skills to the test at Southern Maryland Paintball! Liberty is buying the bulk amount of paint and evenly distribute among every one. Additional paint as well as food will be available for purchase. Cost: Option A - \$20.00 includes transportation, use of Southern Maryland Paintball equipment and 500 rounds. Option B - \$8.00 includes transportation, use of Liberty's paintball equipment and 500 rounds.

Moonlight Easter Egg Hunt

March 21, 2016 at 8 p.m.

Get in the holiday spirit with Liberty's ADULT Easter Egg Hunt around the barracks! Cost: FREE

Seafood Dinner Night

March 25, 2016 at 5 p.m.

Celebrate Maryland Day and let Liberty take you out for a seafood dinner! Cost: \$9.00

Stars & Strikes Bowling Center

540-653-7474

Games: Military \$2.00/Civilian \$3.00; Shoe Rental \$1.00

Party Rental

Rent Stars & Strikes for your next celebration and let us help you throw a bowling bash that your guests will rave about! Cost: 2 Hour Rental Military \$60.00/Civilian \$70.00, includes 4 private lanes, shoes, cosmic lights and a whole lot of fun!

Lunchtime Bowling

Every Wednesday from 11 a.m. to 1 p.m.

Take a break from the office and unwind with a game or two of bowling!

Open Bowling

Fridays and Saturdays from 5 to 10 p.m.

Bored on the weekends? Look no further. Stars & Strikes Bowling Center offer open bowling on Fridays and Saturdays.

Cosmic Bowling

Every 2nd and 4th Saturday of the month from 5 to 10 p.m.

What glows in the dark and is too much fun to miss? Cosmic bowling at Stars & Strikes Bowling Center!

Strike It Green

March 12, 2016 from 5 to 10 p.m.

Come on down to Stars and Strikes and knock down some pins! Wear your green and bowl one game FREE!

Emerald Madness

March 29 - 31, 2016 at 5:30 p.m.

Open to all Active Duty only

Join Stars & Strikes for an eight team, single elimination tournament. The championship game will be held on March 31. First place team will receive a trophy and bragging rights! Register at Stars & Strikes no later than March 23. Cost: \$50.00/ team