

# NSF INDIAN HEAD MWR

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

## APRIL



## APRIL 2016 MWR EVENTS

### Celebrate Month of the Military Child!

#### Month of the Military Child Event

April 26, 2016 from 10 a.m. to 1 p.m.

Get ready to play! Celebrate with MWR and CYP and spend the day enjoying fun activities for kids of all ages including



Moon bounces

Petting zoo

Kiddie obstacle course

Mega obstacle course

Family aerobics demo classes

Free food

and much more!



### Customer Loyalty Month

April is Customer Loyalty Month, please stop by the MWR Facilities to let us show you how much you are appreciated with special incentives and goodies offered along the way! Swing by Community Recreation and the Library for details on how to be entered into a special giveaway!

### SAPR 5K

April is Sexual Assault Awareness and Prevention Month. Register for the SAPR 5K run Tuesday, April 12, 2016 at 11:30 a.m. at the Weight House Fitness Center and show your support for Sexual Assault Prevention and Response.



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](http://www.navymwrindianhead.com)

Like us on Facebook at [www.facebook.com/IndianHeadFFR](http://www.facebook.com/IndianHeadFFR)

# NAVY FITNESS

STAY HEALTHY STAY FIT STAY NAVY

## Aquatics Center

301-744-4616

The Aquatics Center is closed and will re-open May 28, 2016 for Memorial Day Weekend.

## Weight House Fitness Center

301-744-4661

### Walk Across America

April 1 – 28, 2016

Walk across America! The challenge is to walk from Alcatraz to the White House with 10,000 steps a day! Gain knowledge with passes and learning history facts of fun attractions along the way such as Vegas, Mt. Rushmore, Graceland, etc. You can only miss 10,000 steps a day for three days in the whole month or we'll catch you and take you back to Alcatraz. When your trek is complete you'll receive a t-shirt, bragging rights and a chance at a thinner waistline. Open to those with base access. Register by April 1. Cost: Active Duty \$5.00, All Others \$10.00

### Bike Skills & Safety Clinic

April 6, 2016 from 11 a.m. to 1 p.m.

Come by the Weight House Fitness Center to learn about bike skills and safety, bike trails and clubs, cycling events as well as bike rentals on base. Capture the scenery on the Indian Head Trail with a knowledgeable guide. Bring a bike for a pressure check and some tips on basic maintenance. Register the day of the clinic. Rain Date: April 7, 2016 Cost: FREE

Bike Safety Demo 11 to 11:30 a.m.

Bike Fair, Set Up & Ride 11:30 a.m. to 1 p.m.

### Command Fitness Leader Course

April 11 – 15, 2016

Available to Navy Command Fitness Leaders only. Application information is on the NKO website. CFLs and ACFLs play an integral part in overall fitness and readiness of Sailors. Upon completion, CFLs and ACFLs will have the skills, education and motivation to lead the way in establishing and maintaining a culture of fitness for their Command and US Navy. Must register two weeks in advance and provide all documentation. Must be able to pass PFA with Excellence or higher within BCA standards. Cost: FREE

### SAPR 5K

April 12, 2016 at 11:30 a.m.

Help the Navy support Sexual Assault Prevention and Response. There will be free resources on how to get help if you or someone you know are a victim of sexual assault. Register by the day of the event.

Rain Date: April 14, 2016 Cost: FREE

# 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.

### Hourly Care

Eligible patrons include all children 6 weeks to 12 years of age. Care is available on a day to day basis and requires advance reservations. Hourly care reservations as well as payments for care can be made online at <https://myffr.navyaims.com/ndwcym.html> Cost: \$4.00 per hour

### Teen Open Recreation

Open to ages 13 - 18 from 6:30 - 10:30 p.m. Contact the Youth Center for more information.

April 1, 2016 Teen Cuisine Teens will learn how to prepare some healthy snacks.

April 15, 2016 Soccer Teens can come out and participate in an exciting game of soccer.

April 16, 2016 Paint Ball Join us for paint ball fun at Southern Maryland Paint Ball.

April 29, 2016 Architectural Letters Teens have the chance to get creative by designing a letter of their choice with photos and other materials.

### Youth Open Recreation

Open to ages 5 – 12. Contact the Youth Center for more information.

April 8, 2016 Youth Lock In from 7:00 p.m. to midnight Relay races, pizza making, music, sports, and more!

April 22, 2016 Flower Capsules 6:30 to 10 p.m.

Youth participants will make flower capsules using flower seeds, water, and soil. When finished they are encouraged to take them home and throw them around their yards and watch the beautiful flowers bloom!

# NAVY COMMUNITY RECREATION

## Auto Hobby 301-744-6314

**Make sure your vehicle is in peak condition!**

The Auto Hobby Shop is a fully equipped, self-service repair facility. 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!

### Voter Registration Assistance

April 1 - 30, 2016

Rock the vote! Stop by Community Rec during open hours and get help with registering to vote!

### Master Gardeners: Vegetable Gardening

April 2, 2016 at noon

Spring is here! Learn what, when and where to plant for a successful vegetable garden and healthy harvest. This presentation is useful for beginners to experienced vegetable gardeners.

### DIY Tie Dye Marble Mugs

April 5, 2016 from 5:30 to 7:30 p.m.

Location: Youth Activities Center  
Nail polish plus a coffee mug equals a creative design! Register by March 30 at the Youth Center or Community Rec Center to reserve your mug. Open to all with base access.  
Cost: FREE

### Echoes of Nature presents What's Bugging You?

April 13, 2016 at 6 p.m.

Bugs, bugs everywhere! What are they good for? Compare, contrast and diagram insects and arachnids. Open to all with base access. Cost: FREE

### Adult Coloring Night

April 15, 2016 from 6:30 to 8 p.m.

Location: Mix House  
Remember the relaxing feeling as a child with a crayon and coloring book? Relive your youth at the Mix House's Adult Coloring Night with your friends and reduce stress with coloring books. The bar will be open for purchasing drinks. You must be 21 years of age with a valid ID to purchase/consume alcohol.  
Cost: FREE

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## 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



**Gear Issue &  
Equipment Rental**  
301-744-6314

**Get outdoors and rent with Outdoor Recreation!**  
The Outdoor Recreation program rents an extensive selection of recreation equipment. Available items include bicycles, camping tents and supplies, canoes and kayaks, grills, picnic tents, tables and chairs, and tarps. We now offer two fifteen-foot RVs as well. Equipment can be rented daily or weekly. Many of the rental items are new and all others are in excellent condition. Call for more information or to reserve equipment. Outdoor Recreation is located in the Auto Hobby Shop.

**Liberty Center**  
301-744-4524

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

**Cherry Blossom Festival**  
April 2, 2016. Van departs Liberty at 9:30 a.m.  
Join Liberty on a trip to Washington D.C. for the Cherry Blossom Festival! Cost: \$10.00

**Washington Capitals Trip**  
April 5, 2016. Van departs Liberty at 5 p.m.  
Watch the Washington Capitals play the New York Islanders! Game starts at 7 p.m. Cost: \$19.50

**Washington Wizards**  
April 13, 2016 at 6 p.m.  
Watch the Washington Wizards play the Atlanta Hawks! Game starts at 8 p.m. Cost: \$14.00

**Waffle Wednesday**  
April 20, 2016 at 11 a.m.  
Start your day off right and come hang out! Stop by for free, freshly made waffles and toppings.

**Movie Night with DIY Popcorn Bar**  
April 22, 2016 at 7 p.m.  
Movie night at Liberty is fun with personalized cups and a popcorn bar!

**Knocker Ball Tournament**  
April 27, 2016 at 5 p.m.  
Location: Football Field  
Soccer couldn't be more of a contact sport... until now! Join in on all the smashing fun! Register in teams of five at the Liberty Center.

**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!