

# NSF DAHLGREN MWR

Morale, Welfare and Recreation  
NEWSLETTER

## APRIL



## April 2015 MWR Events



### Aquatics Center 540-653-8088

#### Family Float Night

April 17, 2015 from 5 to 7 p.m.

Last float night of the season! Bring your favorite inflatable and float after a long week of school and work. Please be on time. If no one is present by 6 p.m. the pool will continue to close for the evening. Cost: Regular admission.

#### American Red Cross Lifeguard Training April 6-10, 2015 from 8:30 a.m. to 3:00 p.m.

All with base access, age 15 and older are invited to take Lifeguard, First Aid and CPR/AED Training. There will be a pretest on April 6th from 8:30 to 9:00 a.m. Participants must pass this pretest to continue with the class. Please register at the Aquatics Center by March 30th. Cost: \$15.00 to take the pretest. \$235.00 to enroll in the week-long class.

### Auto Skills Center 540-653-4900

#### Did you know?

The Auto Skills Center provides the opportunity to perform general maintenance and repair on privately owned vehicles. This MWR facility operates in a relaxed atmosphere and provides the tools and expertise to perform most types of do it yourself automotive repair.

The center has 4 bays with 3 lifts. Get the guidance you need for engine diagnostics and suspension components replacement and general maintenance on your vehicle. The Auto Skills staff will mount and balance tires for customers requiring that service. There is a small fee of \$6.00 per hour for Military,

Military Dependents and Retired Military. The Civilian rate is \$7.00 per hour for use of one bay. These prices include the use of tools and fluid disposal.

#### Tire Maintenance Service Class

April 14, 2015 from 11 a.m. to 1 p.m.

Keep your tires properly maintained through the spring and summer months. Learn the warning signs to detect a problem before it occurs. Cost: FREE.

#### New Driver Class

April 13, 2015 from 4 to 6 p.m.

Are you a new driver or do you know someone who is going to get their driver's license? Register for this class and the knowledgeable staff at Auto Skills will teach you the basics of taking care of your vehicle, to ensure your vehicle takes care of you. Cost: FREE.

### Bingo 540-653-8785

Every Thursday at the Community House  
Doors open at 4 p.m.

Early Bird games starts at 5 p.m.

Bingo is growing and so is the excitement AND the jackpot! The jackpot now starts at \$1,000 and 48 numbers and will increase \$100 and 1 number each week it is not won. Payouts for regular games start at \$50.

Two new games have been added for a total of 11 games. *Double Action* is a coverall game. Cards are an additional \$1, but offer a \$75 payout! *MWR Appreciation* is a coverall game as well for an additional \$1. The payout is 90% of sales brought in for that card.



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.

# 2015

Like NSA South Potomac on Facebook at: <http://www.facebook.com/NSASouthPotomac>

## Bingo Continued

Food and beverages (non-alcoholic and adult beverages) are available for purchase. All with base access are invited. Participants playing bingo must be 18 years of age or older. A valid form of identification must be shown to purchase alcoholic beverages. For more information, please contact the ITT office at 540-653-8785.

## Cannonball Lanes 540-653-7327

**Games: Military \$3.00, Civilian \$4.00**  
**Hourly Bowling: Military \$20.00, Civilian \$25.00**  
**Shoe Rental: Military \$1.50, Civilian \$2.50**

### Sunday Special

**Every Sunday from 2 to 7 p.m.**

Join us every Sunday for \$2.00 games and \$1.00 shoe rentals!

### Ten Dollar Tuesdays

**Every Tuesday from 2 to 9 p.m.**

Every Tuesday, get a lane for one hour of bowling for only TEN dollars!

### Buy a Game, Get a Game Wednesdays

**Every Wednesday from 2 to 9 p.m.**

Every Wednesday, buy one game, get a second game for FREE!

### Cosmic Bowling

**Every Friday from 7 p.m. to midnight and every Saturday from 7 to 9 p.m.**

Enjoy music and lights while bowling!

### All-U-Can Bowl Fridays

**Every Friday from 7 p.m. to midnight**

Enjoy two hours of all you can bowl! Rates for all you can bowl are: Military \$6.95/person & Civilian \$7.95/person. Both rates include shoe rental.

### Bowling with the Easter Bunny

**April 4, 2015 from 12 to 2 p.m.**

The Easter Bunny is coming to Cannonball Lanes and you're invited! Bring your camera for cosmic bowling fun and pictures with the Easter Bunny! Cost: \$8.50/child, which includes two games of bowling and shoe rental.



### Youth Learn to Bowl

**April 4, 2015 from 2 to 4 p.m.**

Children between the ages of 5 to 12 will receive individual sessions on basic bowling as well as the opportunity to bowl two games. Please register at Cannonball Lanes no later than April 1st. Cost: \$7.50 per child, which includes two games and shoes.

### Scotch Doubles

**April 18, 2015 from 6 to 8 p.m.**

Join Cannonball Lanes on the third Saturday of every other month for Scotch Doubles. Partners finish each other's frames. A prize will be awarded to the first place team. Please register at Cannonball Lanes by Wednesday, April 15th. Cost: \$30.00/team.

## Child & Youth CDC 1 & 2 540-653-4994 YAC 540-653-8009

**Registration for K-8th grade summer camp offerings is taking place as follows:**

**April 6-10, In-Program**

**April 13-14, Military**

**April 16-17, DoD Civilian**

**April 20, DoD Contractor**

**For more information, call the Youth Activities Center.**

### Youth Sponsorship Hail & Farewell

**Location: Youth Activities Center**

**April 24, 2015 at 6 p.m.**

Eligible patrons include all youth ages 6 to 15 and their families, with base access. Enjoy your favorite ice-cream flavors as we say farewell to the youth leaving and welcome those joining us! Please register at the Youth Activities Center by April 20th. Cost: FREE.



### Give Parents a Break

**Location: Child Development Center**

Eligible patrons include all children 6 weeks to 5 years of age, not yet in kindergarten. The Dahlgren CDC will offer hourly child care on the 1st and 3rd Friday of each month from 7 to 11 p.m. and the 2nd Saturday of each month from 8 a.m. to 5 p.m. This program is free for respite care referrals and \$4.00 per hour for all other patrons. Please make your reservation no later than 6 p.m. on the Monday prior to your desired care date. Reservations can be made in the center or over the phone.

### Hourly Care

**Location: Child Development Center and Youth Activities Center**

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/ndwcyms.html>.

## Craftech 540-653-1730

**Easter is Sunday, April 5th. Craftech has a variety of Easter bunnies that can be personalized as well as baskets and candy.**

### Wax and Watercolor Painting

**April 3, 2015 from 1 to 3:30 p.m.**

In this two-week, afternoon class, learn wax and watercolor technique. Maximum class size is four. More classes will be added if demand is high. Cost \$75.00, which includes all materials. Please register by March 30th.



### Beginner's Lead Stained Glass Class

**April 7-28, 2015 from 1 to 3:30 p.m.**

In this four-week, Tuesday afternoon workshop, learn the basics of lead glass and make your own stained glass creation. Please register by April 3rd. Cost: \$80.00, which includes all materials.

### Tiffany Stained Glass Class

**April 9-30, 2015 from 4:30 to 7 p.m.**

In this four-night, Thursday evening workshop, learn the basics of tiffany glass which uses a foil technique. Please register by April 6th. Cost: \$75.00, which includes all materials.

### Framing and Matting Class at Craftech

**April 8 & 15, 2015 from 4:30 to 7 p.m.**

In this two-week, evening workshop, learn how to mat and frame a piece of artwork. No larger than 16x20, no oils or cross-stitch. Please register by April 3rd. Maximum class size is four. Cost \$35.00, plus materials.



## Fitness Center

540-653-8580

### BodyGem

Personalize your health and fitness program by finding out your unique metabolism, which is the number of calories your body burns each day. A simple and accurate metabolism measurement can help you reach your goals faster than ever. Call the fitness center to set-up an appointment. Cost: Active Duty/ Reservist, \$15.00; Military Retirees and Dependents, \$25.00; All Others, \$35.00.

### 3 on 3 Basketball Tournament

April 11, 2015 at 10 a.m.

It's month of the military child! Bring the whole family to the fitness center for a 3 on 3 basketball tournament! Registration will take place March 30th through April 10th at the fitness center. Cost: FREE.

### SAPR 5k Run/Walk

April 22, 2015 at 11 a.m.

Free teal ribbon pin to all runners, free t-shirts to the first 25 registrants. Awards will be given to 1st place men's and women's winners overall and 1st place active duty. Free gift will be given to the command runners with the biggest pro-rated command turnout. Please register by April 21st. For more information and to register, please contact the fitness center at 540-653-8580. Cost: FREE.



### Wallyball Tournament Meeting

April 20, 2015 at 11:30 a.m.

Show your competitive side! Sign up for the annual 3v3 Wallyball Tournament! This organization meeting will take place to go over the rules and regulations of the tournament. Cost: FREE.

## General Library

540-653-7474

### Storytime at the Library

Every Friday at 10 a.m.

Short or tall, big or small, enjoy storytime and crafts for all! Join the General Library every Friday to read a story and make a craft. Cost: FREE.

Join us for a special storytime with the bunny on April 3rd. Hear a story, make a craft and get your picture taken with the bunny!

### One-on-One Computer Help

April 7, 2015 from 3 to 5 p.m. by appointment.

Need help with a certain computer program? Don't know where to start? Sign up for a 30 minute, one-on-one session at the library, to work on whatever you'd like. Please register by April 3rd. Cost: FREE.

### Paws for Reading

April 14, 2015 from 3:45 to 5 p.m.

Curl up with a furry friend and read them a story! The General Library will hold Paws for Reading the second Tuesday of every month and give young readers the opportunity to read to their four legged companion. Reading to a pet can help build confidence in young readers. Please register by April 10th to schedule your 15 minute session. Cost: FREE.

### National Library Week & Spring Celebration

March 30- April 11, 2015

Celebrate National Library Week! All check out transactions or new library card sign-ups during these two weeks will earn you an entry to win a gift card! Be sure to take part in the other great, FREE events listed below.

March 31st – Spring Bonnets & Baskets from 4 to 5:30 p.m. Stop by to make your own Easter basket, Easter bonnet or baby headband.

April 1st – Find hidden Easter eggs throughout the library!

April 3rd – Storytime and pictures with the Easter Bunny at 10 a.m.

April 3rd – Half Day, Craft Day movie at the Dahlgren Theater at 1 p.m. Watch *Big Hero 6* for free. Kids in grades pre-K through 12th will receive a free small popcorn and a small drink!

April 7th – Patron Appreciation Day: Enjoy snacks at the library.

April 10th – Spring Celebration!

Celebrate Spring at the Dahlgren General Library! The annual Spring Celebration will feature a baby animal petting zoo, pony rides and food provided by the USO from 4 to 6 p.m.!



## NSF Dahlgren MWR Facility Phone Numbers

MWR Admin Office  
540-653-7777  
17267 Dahlgren Rd, Bldg. 205

Aquatics Center  
540-653-8088  
6110 Jenkins Rd, Bldg. 1193

Auto Skills Center/  
Gear Issue & Equipment Rental  
540-653-4900  
6138 Golf Lane, Bldg. 1282

Cannonball Lanes Bowling Center  
540-653-7327  
6158 Jenkins Rd, Bldg. 135

Child Development Center 1  
540-653-4994  
6044 Jenkins Rd, Bldg. 212

Child Development Center 2  
540-653-4994  
Sampson Rd, Bldg. 437

Child Development Homes  
540-653-4342

Craftech Hobby Shop  
540-653-1730  
6123 Jenkins Rd, Bldg. 2007

Community House, Parade Field and  
Joy Park  
540-653-8785  
6280 Greenslade Rd, Bldg. 243

Dahlgren Movie Theater  
6238 Welsh Rd, Bldg 117  
540-653-7336

Fitness Center/Gymnasium  
540-653-8580  
17526 Dahlgren Rd, Bldg. 219

General Library  
540-653-7474  
6090 Jenkins Rd, Bldg. 1194

Gray's Landing on the Potomac  
540-653-8277  
17482 Potomac Inn Rd

Information, Tickets & Tours  
540-653-8785  
6131 Jenkins Rd, Bldg. 106

Liberty Center  
540-653-7277  
6168 Jenkins Rd, Bldg. 106

Youth Activities Center  
540-653-8009  
6118 Jenkins Rd, Bldg. 470

## Information, Tickets & Tours 540-653-8785

### Great Wolf Lodge

Stop in ITT today to book your 2015 stay at Great Wolf Lodge. One and two-night packages are available. Each package includes a family suite for up to six people, six waterpark bands and an \$8 arcade voucher.

### Coming soon!

Don't let boredom set in this summer. The ITT office provides deals and discounts on several local theme parks including Kings Dominion and Six Flags. Are you interested in traveling? Let ITT help make your arrangements. Ask about discounts for Disney and several other

## Liberty Center 540-653-7277

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

The Liberty Center is now offering shuttle service twice a month to local restaurants on the weekends. Stop in the Liberty Center to find out dates and details!

### Flicks Friday

Come out and watch any movie from our collection. Drinks and popcorn are FREE!

### Wing Wednesday

April 1 & 15, 2015 at 4 p.m.

Enjoy FREE hot wings while they last!

### Colonial Williamsburg Trip

April 4, 2015

Register at the Liberty Center for more information.

### Easter Egg Hunt

April 5, 2015

How many eggs can you find? Join Liberty for an Easter Egg Hunt and find the prizes!



### Lunch with Liberty

April 7, 2015 at 11 a.m.

Enjoy lunch on Liberty! While at the Liberty Center be sure to ask about trips and let the staff know what YOU want to do.

### Fire Pit Fridays

April 10 & 24, 2015 at 7 p.m.

Bring your guitar and play or just relax and enjoy the music. The Liberty Center will provide chairs, roasting forks, s'mores, hotdogs and drinks.



### Horseback Riding Trip

April 18, 2015

Please register at the Liberty Center for more information.

### Domino's Pizza Night

April 28, 2015 at 4 p.m.

Watch your favorite movies, relax and enjoy FREE pizza!

## Theater 540-653-7336



Have you been to the Dahlgren Theater lately? In addition to the Friday and Saturday evening shows, the Dahlgren Theater has added a 4 p.m. Saturday matinee show!

For the most up to date movie listings, please call the movie information line at 540-653-7336. Always be on the lookout for special movie matinees and free movie sneak peeks!

### Half Day, Craft Day Movie

April 3, 2015 at 1 p.m.

Watch *Big Hero 6* for free! Kids in grades pre-K through 12th will receive a free small popcorn and a small drink!

## Gear Issue & Equipment Rental

### Gear Issue & Equipment Rental

Don't delay your next gathering because you don't have the supplies. Dahlgren Gear Issue & Equipment Rental is located in the Auto Skills Center behind Cannonball Lanes Bowling Center. You can rent everything from chairs and tables to canopies and volleyball sets! Start planning now for your graduation and spring events. Call or stop in to get pricing and rental information. 540-653-4900

### Cozy Trailer Rental

Get on the Road! MWR has wheels for your family vacation, camping with friends or going solo.

15 Foot Cozy Traveler Recreational Trailer (Sleeps up to 6):

\$55.00 per day

\$100.00 for a weekend

\$245.00 for a full week

## Gray's Landing on the Potomac

### Gray's Landing on the Potomac MWR Restaurant

Hours of Operation Weekends and Holidays

Breakfast 0600 - 0900 1000 - 1300 - Brunch

Lunch 1100 - 1300 1600 - 1800 - Dinner

Dinner 1600 - 1800

### Gray's Café

Hours of Operation 6 a.m. - 3 p.m.

Located within Gray's Landing on the Potomac Restaurant. Gray's Café proudly serves Starbucks Coffee, fresh brewed lattes, cappuccinos and espresso, including fresh baked goods, grab-n-go meals and other beverages. Lounge with Wi-Fi hotspot and television is available.