

NSF DAHLGREN MWR

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



JUNE

JUNE 2016 MWR EVENTS



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.

The Cat Screamed at Midnight Murder Mystery

Join us for an evening of mystery at Gray's Landing, Thursday, June 9, 2016 beginning at 7 p.m. and see the theatrical production of *The Cat Screamed at Midnight*. Pick up your free tickets at Community Rec Tickets & Travel office to reserve your spot as space is limited! Wine and ale will be available for purchase.

Dahlgren Connects!

Military, DoD Civilians and Contractors who work onboard NSF Dahlgren can see the services available to them on base, Wednesday, June 15, 2016 from 11 a.m. to 1 p.m. on the Parade Field. Representatives include MWR, Fleet & Family Support Center, Child & Youth Programs, NSWC Federal Credit Union, Navy Exchange, Commissary, Base Chapel, Base Clinic, Thrift Shop and Lincoln Military Housing. All will have booths set up with information and giveaways. Lunch will be available for purchase from the Navy Ball. This event is free and open to all with base access.

Summer Concert Series

Third Stream Giants featuring Anthony Campbell

Mark your calendars for Dahlgren's Summer Concert Series! Join us at the fire pit across from the Parade Field Wednesday, June 15 at 7p.m. and enjoy music outdoors! Open to all with base access. No tickets necessary.

The Third Stream Giants proudly provides the *funk you thunk was gone*. After a couple of years on the road and playing a unique brand of funk and soul along the East Coast, the Giants have proven their staying power. The Giants were most recently voted Hottest Band in DC!

2016

Visit us on the web at: www.navymwrdahlgren.com
Like us on Facebook at: www.facebook.com/DahlgrenFFR

NAVY FITNESS

STAY HEALTHY STAY FIT STAY NAVY

Aquatics Center

6110 Jenkins Rd, Bldg 1193

540-653-6213

Learn To Swim at the Dahlgren Aquatics Center

Session One: June 6 – 16

Session Two: June 27 – July 8

Session Three: July 18 – 28

Session Four: August 8 - 18

Class days are Monday through Thursday. Class times are divided by age level and are based on instructor availability and enrollment. Eligible patrons include active duty, reservists and retired military, DoD and all others with base access. Cost: E1-E5 Active Duty/Retirees \$45.00 per person per session; All Others \$50.00 per person per session.

Also includes adult private swim lessons with 4 hours of one-on-one instruction designed to fit your schedule and swim goals. Cost: E1-E5 Active Duty/Retirees, \$85.00; All Others \$105.00

Welcome Summer Luau

June 18, 2016 from 6 to 9 p.m.

Celebrate summer with a luau! Enjoy games and special pool activities! Open to all with base access. Cost: Regular Admission

World's Largest Swim Lesson

June 24, 2016 at 10 a.m.

Join thousands of kids and families at aquatic facilities and waterparks around the globe for the World's Largest Swimming Lesson Friday, June 24, 2016. We're making a huge splash to spread the word that Swimming Lessons Saves Lives. Don't miss your chance to participate in the seventh annual WLSL event to help prevent drowning, the second leading cause of injury-related death of children ages 1-14. Open to all with base access, ages 4 and older. Cost: FREE

Fitness Center

17540 Dahlgren Rd, Bldg 1610

540-653-8580

Powerhouse Competition

Every Wednesday in June

June consists of max reps of pull-ups, push-ups and sit-ups. Participants who accumulate 600 points will receive an event t-shirt. The overall male and female winners will receive a special prize. Register at the Dahlgren Fitness Center. Cost: FREE

Beat the Heat Dodgeball Tournament

June 9, 2016 at 4 p.m.

Beat the heat and play dodgeball at the Fitness Center! Cost: \$1.00 per person

Dahlgren Fitness Center One Year Anniversary Celebration!

June 13 – 17, 2016

All week long, stop in to sign our birthday card and let us know what you love about the new center! Make a wish in our wishing jar to let us know what you'd like to see offered in the future. Join in the fun all week long!

Fitness Bingo Pick up your fitness bingo card at the front desk. Complete the fitness items to get a bingo throughout the week and win a prize!

FREE Group Ex Classes Take part in group exercise classes all week long for free!

Battle of Midway 5K Run or walk the Battle of Midway 5K Wednesday, June 15 at 11 a.m. Cost: Active Duty, FREE. All Others \$5.00

Anniversary Reception Enjoy cake Friday, June 17 as we celebrate and share our favorite memories from the past year!

Battle of Midway 5K

June 15, 2016 at 11 a.m.

Register at the Dahlgren Fitness Center for the Battle of Midway 5K! Cost: Active Duty, Free. All Others, \$5.00

Summer Basketball Intramural League Organizational Meeting June 22, 2016 at 11:30 a.m.

Interested in joining the Summer Basketball Intramural League? Attend an organizational meeting at the Dahlgren Fitness Center to learn about league rules and regulations. League Costs: Active Duty, Free; Active Duty Dependents/Retirees, \$15.00; DoD Civilians, \$30.00; Contractors/All Others, \$40.00

CHILD & YOUTH

CDC 1: 6044 Jenkins Rd, Bldg 212
540-653-4342

CDC 2: 727 Sampson Rd, Bldg 437
540-653-4994

YAC: 6118 Jenkins Rd, Bldg 470
540-653-8009

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/ndwcymys.html> Cost: \$4.00/hour

Friday Night Teen Night

Fridays at the YAC from 6 to 8:30 p.m.

FREE program open to Military, DoD Civilians and Contractor Dependents ages 13-18. Sponsors must come to the Youth Center to fill out a registration packet. Teens will have access to the computers, video games, stereo system, Playstation, board games and crafts. All teens have the opportunity to participate in the Youth Sponsorship (3rd grade-12th grade) or Youth Council (9th grade-12th grade).

Saturday Open Recreation

Saturdays at the YAC from 10 a.m. to 2 p.m.

FREE program open to Military, DoD Civilians and Contractor Dependents, school ages K – 12. Sponsors must fill out a yearly registration packet for their child to attend. They can pick up the packets at the Youth Activity Center. Children will have access to facility computers, music, crafts, books and more.

NAVY COMMUNITY RECREATION

Auto Skills Center

6138 Golf Lane Rd, Bldg 1282

540-653-4900

Oil Change and Fluids Check Class
June 14, 2016 from 11 a.m. to 1 p.m.
Never changed your oil before? Learn how to perform the most basic maintenance on your car. Regular oil changes will extend the life of your vehicle. Open to all with base access. Cost: FREE

Cannonball Lanes

6158 Jenkins Rd, Bldg 135

540-653-7327

Beginning June 1, Cannonball Lanes will have new hours of operation!

Monday - Thursday 11 a.m. to 9 p.m.

Friday & Saturday 11 a.m. to 11 p.m.

Sunday 11 a.m. to 5 p.m.

Games: Military \$3.00/Civilians \$4.00.
Hourly Bowling: Military \$20.00/Civilian \$25.00. Shoes: Military: \$1.50/Civilian \$2.50.

Sunday Special

Every Sunday from 11 a.m. to 5 p.m.

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

Ten Dollar Tuesdays

Every Tuesday from 11 a.m. 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 11 a.m. to 9 p.m.

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

All-U-Can Bowl Fridays

Every Friday from 7 p.m. to 11 p.m.

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

Cosmic Bowling

Every Saturday from 7 p.m. to 11 p.m.

Enjoy music and lights while bowling!

Youth Learn to Bowl

June 4, 2016 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. Cost: \$7.50 per child, includes two games and shoes

Scotch Doubles

June 18, 2016 from 6 to 8 p.m.

Partners will finish each other's frames.

Prizes will be awarded to the first place team. Open to all with base access. Cost: \$10.00 per person

Daddy & Me Bowling

June 19, 2016 from 11 a.m. to 5 p.m.

Celebrate Dad with an hour of bowling!

Cost: \$15.00 per lane per hour

Craftech

6123 Jenkins Rd, Bldg 2007

540-653-1730

4th of July Wreath Class

June 8, 2016 from 5 to 7 p.m.

Show your patriotism just in time for 4th of July! Enjoy an evening with friends and co-workers and create a red, white and blue wreath for your front door! Open to all with base access. Cost: \$15.00, includes all materials

Sip & Paint

June 29, 2016 6 to 8:30 p.m.

Location: Multi-purpose Room

Bring out your inner Picasso! Enjoy sipping wine (or not) and painting fun with good company. Open to all with base access. Register at Craftech by Friday, June 24 to reserve your spot. Space is limited. Cost: \$25.00, includes hor d'oeuvres and all materials. Wine will be available for purchase.

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General Library

6090 Jenkins Rd, Bldg 1194

540-653-7474

One-on-One Computer Help

June 7, 2016 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. Open to all with base access. Cost: FREE

Summer Reading Kick Off Party

June 13, 2016 from 3 to 5:30 p.m.

Location: Cannonball Lanes

Summer reading is for all ages! Sign up online at <https://usn.evanced.info/dahlgren/sr/homepage.asp> and stop by Cannonball Lanes for a free game of bowling, pizza and a summer reading t-shirt. Keep motivated with weekly and bi-weekly prizes. Can't make it to the party? The General Library will be participating in MWR's Dahlgren Connects Wednesday, June 15 from 11 a.m. to 1 p.m. and you can sign up there! Happy reading!

Paws for Reading

June 14, 2016 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. Register online at <http://engagedpatrons.org/Events.cfm?SiteID=6188> and click on a selected time or call the General Library.

Doughnuts with Dad

June 18, 2016 at 11 a.m.

Dads, sip coffee, eat doughnuts and relax with a massage chair while your family makes a Father's Day card for you! Open to all with base access. Cost: FREE

STEM Camp

Join us each week at the Library for our Community Recreation STEM camp! The Library will be hosting two sessions each meeting every Thursday at 4 p.m.

June 23 – July 14 Circuits & Simple Machines, Ages 10+

July 21 – August 11 Biology & Bacteria, Ages 8+

Register online no later than Thursday, June 23 by visiting <http://engagedpatrons.org/Events.cfm?SiteID=6188>. Sign up is limited to one session.

Baby Sign Language

June 27, 2016 at 4:30 p.m.

The Dahlgren Library in cooperation with the School Liaison Program presents Baby Sign Language. Learn to communicate with your baby before they can talk! Research shows that signing with your baby will actually increase their language development. A pasta dinner will be provided. Open to all with base access. Cost: FREE

National Week of Making

June 17 - 23, 2016

Monday, June 20, 2016 Explore and invent with LittleBits

Thursday, June 23, 2016 at 1 p.m. Create a replica of the Library for a Lego Library Contest and win prizes in your age group; under 10, 10 – 13, and 14 – 17 years old. Friday, June 24, 2016 at 1 p.m. Learn about how green energy works and make your own machine.

Dinosaur Day

June 29, 2016 at 2 p.m.

Children's Museum of Richmond presents Dinosaur Discovery! Students will feel small entering the world of dinosaurs. They will learn that dinosaurs lived long ago, and that paleontologists spend their lives finding and studying what still remains. Students will identify features of the Apatosaurus, T-Rex, Stegosaurus, and Triceratops. Through hands-on activities such as sorting bones and themed play, students will further explore their awesome dino friends! Open to all with base access. Registration is required for children actively participating. Register online at <https://engagedpatrons.org/EventsExtended.cfm?SiteID=6188&EventID=272772>

Tickets & Travel

6168 Jenkins Rd, Bldg 106

540-653-8785

Summer Travel

Community Rec Tickets & Travel offers great discounts on Disney park tickets, Universal Studios, Sea World and much more! Staying local for the summer? Don't worry! Tickets & Travel have discounted tickets for several Washington D.C., Baltimore and Virginia theme parks, museums, aquariums and other attractions!

Last chance for Gold Pass Kings Dominion Tickets!

June 30 is last chance to purchase your 2016 Gold Season pass at the Community Rec Tickets and Travel office. Don't miss

out on the great discount that is offered on the base for these tickets. The Gold Pass is good for the entire season, including parking and Halloween Haunt.

Liberty Center

6168 Jenkins Rd, Bldg 106

540-653-7277

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military. A full calendar of events will be posted at the Barracks.

Battle of the Bases

June 4, 2016

Cookout, cornhole, dunk tank and yard games with Liberty Centers from around the Region.

Barracks Bash

June 10, 2016 from 10:30 a.m. to 1 p.m.

Join us for a cookout at the Barracks!

Glow in the Dark Capture the Flag

June 11, 2016 at 5:30 p.m.

Location: Parade Field

Join Liberty for a fun filled, glow in the dark capture the flag game!

Maryland International Raceway

June 18, 2016. Van departs Liberty at noon.

The IHRA President's Cup Nationals present nitro powered drag racing action including Pro Mod, Mountain Moto Pro Stock, Nitro Funny Cars, Nitro Motorcycles, and Hot Streak 2 '57 Chevy Jet Powered Pick-Up.

Cost: \$7.50

Theater

6238 Welsh Rd, Bldg 117

540-653-7336

Visit www.navywmrdahlgren.com and select the Dahlgren Theater for current movie listings!

Sunday Movie Special

Every Sunday in June see a free movie at 2 p.m.

Monday Movie Madness

Every Monday in June catch a free showing at 1 p.m.

Free Movie Friday

June 10, 2016 beginning at noon

School's out for the summer! Watch *Kung Fu Panda* at noon, *Kung Fu Panda 2* at 2 p.m., and *Kung Fu Panda 3* at 4 p.m., all for FREE!