

NSF DAHLGREN MWR

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

SEPTEMBER



September 2015

Trace Adkins

Trace Adkins is performing live at Dahlgren on Saturday, October 10!

This is a rain or shine show. Gates open at 5 p.m. Show starts at 7 p.m. Each vehicle must have at least one DoD ID cardholder and all others ages 16 and older must present a valid form of identification.

Parking will be limited. Please plan to carpool if possible. Arrive early as traffic delays may occur. No lawn chairs or blankets. There will be chairs in the venue. No alcohol, pets, coolers, glass, outside food or beverage, firearms, weapons and backpacks will be allowed.

There will be food and beverage vendors as well as beer and wine vendors. For further information please contact the Community Recreation office at 540-653-8785.

Football Season is Here!

Make the right call. Never miss a game!

Cannonball Lanes brings you the NFL Sunday Ticket Package. The multipurpose room will be showing all regular season NFL and college football games! Enjoy light snacks and great games with extended hours.

Sunday: Noon - midnight

Monday: 2 - 10 p.m.*

Tuesday & Wednesday: 2 - 9 p.m.*

Thursday: 2 - 10 p.m.*

Friday: 2 p.m. to midnight

Saturday: 11 a.m. to midnight

*Center will remain open until the end of the game.



Community Recreation

540-653-4900

Moon Bounces Available For Rent

MWR now has moon bounces to rent on top of a variety of other outdoor recreation equipment! You can rent tables, chairs and tents to host your next party. You will also find canoes, kayaks, camping equipment and more that can be rented for a quick fall getaway! The outdoor recreation office is located inside of the Auto Skills Center, behind Cannonball Lanes Bowling Center. Please call for rental availability and pricing.



NSA South Potomac
MWR
NSF Dahlgren

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

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

Aquatics Center

540-653-8088

Winter Hours

Open Rec Swim: September 4, 5, 6 & 7
noon to 6 p.m.

Open Rec Swim Winter Hours: Saturdays
noon to 3 p.m.

Lap Swim: Tuesday, Wednesday
& Thursday - 5 to 8 a.m.

Monday, Wednesday & Friday -
11 a.m. to 1 p.m.; 3 to 6 p.m.

Tuesday & Thursday -
11 a.m. to 1 p.m.; 4 to 6 p.m.

Saturday - 9 to 11 a.m.

Family float nights are coming back in October! Don't miss the opportunity to bring your inflatable and kick-off the weekend in the pool! More information will be available in the October newsletter.

Auto Skills Center

540-653-4900

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

September 8, 2015 from 11 a.m. to 1 p.m.
Keep your tires properly maintained through the winter months. Learn the warnings signs to detect problems before they occur! Cost: FREE.

Bingo

540-653-8785

Summer Specials

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

Early Bird games start at 5 p.m.

New summer specials are here! **2 Pack Special:** Buy 2 packs for \$35.00 and get 1 double action and 1 red card for free.

3 Pack Special: Buy 3 packs for \$45.00

and get 1 double action, 1 red and 1 green card for free. **Military Special (Active Duty, Spouse, Retired & Dependent):** Buy 1 regular pack for \$20.00 and get 1 double action, 1 green card and 1 red card for free. 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.



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

Starting September 1, Cannonball Lanes will resume its winter hours. Cannonball Lanes will open at 2 p.m. everyday except during football season. During football season opening hours on the weekends are: 11 a.m. on Saturdays and noon on Sundays.

Looking to have a birthday party or after work gathering at Cannonball Lanes? Stop in or call today to inquire about plans and rates for renting out the multi-purpose room.

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 of bowling for one hour, 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.

Youth Learn to Bowl

September 5, 2015 from 2 to 4 p.m.
Eligible patrons include all children, ages 5 to 12, with base access. Cost: \$7.50 per child, which includes two games and shoes. Bowling instruction will be provided for those learning to bowl!

9-Pin Tournament

September 19, 2015 from 6 to 8 p.m.
Join Cannonball Lanes on the third Saturday of every other month for a 9-pin tournament. 9 pins count as strikes. The highest scratch wins. A prize will be awarded to the first place finisher. Cost: \$10.00/person.

Child & Youth

CDC 1&2: 540-653-4994

YAC: 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/ndw-cyms.html> Cost: \$4.00/hour.

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/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.

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).

Back to School Dance September 11, 2015 at 6 p.m.

Location: Dahlgren Youth Center

Enjoy music, refreshments and cookies while celebrating the start of another school year! Youth ages 8 to 12 are invited to dance, have fun and meet new classmates. Cost: \$2.00 per person.



Craftech 540-653-1730

Let Craftech customize all of your back to school items! Backpacks, lunch boxes, pencil cases, clothing, blankets, jackets... you name it, they'll customize it!

All classes listed below can be taken in a group or individual setting. Call the center to make your reservations.

Beginner's Lead Stained Glass Class

In this four-session workshop, learn the basics of lead glass and make your own stained glass creation. Cost: \$80.00, which includes all materials.

Framing and Matting Class at Craftech

In this two-session workshop, learn how to mat and frame a piece of artwork. No larger than 16x20, no oils or cross-stitch. Cost: \$35.00, plus materials.

Tiffany Stained Glass Class

In this four-session workshop, learn the basics of tiffany glass, which uses a foil

technique. Cost: \$75.00, which includes all materials.

Wax and Watercolor Painting

Learn wax and watercolor technique. Cost: \$75.00, which includes all materials.

Fitness Center 540-653-8580

Fruit and Veggie Factor September 2015 from 11:30 a.m. to 12:30 p.m.

Join the Dahlgren Fitness Center Wednesday, September 2, 16 and 30 for Fruit & Vegetable Fear Factor! The individual who correctly identifies the most fruits or vegetables will win a prize!

Fall Intramural Sports September 2015

Intramural Soccer, Intramural Softball and Intramural Flag Football League and Tournament play begins in September. Register at the Fitness Center. Cost: Active Duty, Free; Retiree/Active-Duty Dependents, \$15.00; DoD Civilians, \$30.00; Contractors/Off-Base Civilians, \$40.00.

Dance Classes August 24 – October 15, 2015

Ballet and Tap Classes: This is a combination class where children will learn ballet technique and beginning tap technique.

Classes are for ages 6 to 9, Mondays and Thursdays from 6:30 to 7:30 p.m.

Jazz and Tap Classes: This is a combination class that will focus on building technique, using the foundation of jazz dance. You can expect to see some hip hop, funk and break dancing, as well as jazz. There will also be a focus on beginning tap technique. Classes are for ages 10 to 18, Mondays and Thursdays 7:45 to 8:45 p.m.

Recital will be held October 15 at 6:30 p.m. at the Dahlgren School. Cost: Military \$50.00/ Civilian \$60.00. Please register at the Dahlgren Fitness Center by August 21.



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
727 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
17540 Dahlgren Rd, Bldg. 1610

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
6168 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

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.

One-on-One Computer Help

September 1, 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 August 28.

Paws for Reading

September 8, 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 September 4 to schedule your 15 minute session. Cost: FREE.



Daddy and Me Party

September 12, 2015 at 11 a.m.

Enjoy some father-child bonding time by putting together and decorating your own miniature wooden sailboat! Cost: FREE.

Information, Tickets & Travel **540-653-8785**

Richmond International Raceway **Military Appreciation Program** **September 11 & 12, 2015**

Take advantage of special military pricing and hospitality for the events taking place on September 11 and 12 at RIR. Tickets start as low as \$10.00 and can be purchased by visiting www.rir.com/salute.

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.

Flicks Friday

Come out and watch any movie from our collection. Drinks and popcorn are on us! Cost: FREE.



Wing Wednesday

September 2 & 16, 2015 at 4 p.m.

Enjoy FREE hot wings while they last! Cost: FREE.

Fire Pit Fun

September 5 & 19, 2015 at 7 p.m.

Bring your guitar or enjoy the music. The Liberty Center will provide chairs, roasting forks, s'mores, hotdogs and drinks. Cost: FREE.

Richmond International Raceway

September 12, 2015

Join Liberty to watch NASCAR's Sprint Cup Series at Richmond International Raceway and cheer on your favorite driver! Ticket Cost: \$22.50, includes complimentary Military Appreciation Pre-Race Pit Pass, complimentary race day hospitality area with food, beverage and a special appearance by a NASCAR celebrity.

Ice Cream Sundae Sunday

September 13, 2015

Get your fix of free ice cream all day at Liberty!

Paintball

September 20, 2015 at 11 a.m.

Show off your paintball skills in the field between Liberty and the Commissary. Cost: FREE.

Pool Tournament

September 24, 2015 at noon

Liberty will be holding a pool tournament with prizes for the 1st, 2nd and 3rd place winners! Cost: FREE.

Virginia State Fair

September 26, 2015

Come out for a day at the State Fair of Virginia at Meadow Event Park. Experience concerts, exhibits, rides, animals, agriculture, farmer's market and much more! Cost: \$5.00.

Movie & Pizza Night

September 29, 2015 at 4 p.m.

Watch your favorite movies, relax and enjoy FREE pizza!

Happening at Indian Head... **301-744-4850**

125th Anniversary Celebration
Saturday, September 25, 2015 from
noon to 6 p.m.

Indian Head Village Green Pavilion

Join Indian Head as they celebrate 125 years! This a FREE public event that features time capsule opening, Navy ceremony alumni activities, children's activities, military exhibits, Navy Commodores Jazz Ensemble and entertainment from the Sam Grow Band!

