

NSF DAHLGREN MWR

Morale, Welfare and Recreation
NEWSLETTER

MARCH



March 2015 MWR Events



Aquatics Center 540-653-8088

Family Float Night

March 13, 2015 from 5 to 7 p.m.

Bring the family for a fun, relaxing night of floating in the pool! This is one of the few times inflatables will be allowed, so bring your favorite inflatable and float. 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.

Spring-Chicken Adult Swim Meet

March 20, 2015 at 5 p.m.

You're still a spring-chicken. Come out and show it! Join the Dahlgren Aquatics Center for an adult swim meet. All with base access, age 18 and older are invited! Warm-ups begin at 4 p.m. The swim meet will start at 5 p.m. Events include: 200 IM, 100 IM, 200 Medley Relay, 400 Free Relay, 50 Breast, 100 Back, 50 Free, 200 Breast, 200 Back, 100 Free, 50 Fly, 100 Breast, 200 Free, 50 Back, and 100 Fly. Please register at the aquatics center by March 13th. Cost: \$15 to participate in four events and \$5 for each additional event.



Wet & Wild Easter Egg Hunt

March 28, 2015 from 1 to 3 p.m.

Oh no! The Easter Bunny tripped and spilled his basket of eggs in the pool! How many can you find? All children ages 5 to 12, with base access are invited to the underwater Easter egg hunt. Eggs will be at different depths for different ages. Kids MUST be able to get in the water and retrieve their own eggs in order to participate. Please register at the aquatics center by March 23rd. Cost: Regular admission.

Auto Skills Center 540-653-4900

Oil Change and Fluid Check Class

March 10, 2015 from 11 a.m. to 1 p.m.

Learn the basics of when and how to change the oil in your vehicle. Also learn what other fluids should be checked, how often they should be checked and where to go to check them. Registration is preferred, but not required. Cost: FREE.

Bingo 540-653-8785

Thursday Evenings

Doors open at 4:30 p.m.

Early Bird games start at 5 p.m.

Location: Dowell Community House

Bingo is growing and so is the excitement! 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. *Wear green on March 19th and receive a free 3 faced green card for game number 3, in honor of St. Patrick's Day!*



March 8th - Daylight Saving Time Begins



All patrons with base access are welcome in MWR facilities with the exception of the Liberty Center.

2015

Visit us on the web at: www.cnic.navy.mil/Dahlgren

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! Regular rates apply.

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

March 7, 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 February 4th. Cost: \$7.50 per child, which includes two games and shoes.

St. Patrick's Day Bowl March 17, 2015 All Day!

Irish or not, celebrate and wear green! Every patron who wears green will receive one free game of bowling! Shoe rental fee applies.



9-Pin Tournament

March 21, 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. Please register no later than March 18th. Cost: \$10.00/person.

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

Family Kite Madness

March 7, 2015 from 10 a.m. to 2 p.m.

All youth and their families with base access are invited to make a kite at the youth center. Supplies will be provided. Once finished making your kite, go out to the Parade Field and see how well you can fly your kite! Please register at the youth center by March 2nd. Cost: FREE.

Karaoke Family Night

March 18, 2015 from 6 to 8 p.m.

All youth and their families with base access are invited to the youth center for karaoke. Be a star for one night and showcase your singing talent! Please register at the youth center by March 16th. Cost: FREE.

Easter Egg Hunt Extravaganza

March 28, 2015 from 10 a.m. to 12 p.m.

All children, infants to youth age 17 are invited to join in the fun of the annual Easter Egg Hunt Extravaganza! Please be on time. Parents should bring a bag or basket to collect the candy-filled eggs and as always, monitor the candy when children open them up. There will be a Golden Egg for each age group, to receive a special prize! Age groups will be: Mobile infants to age 2, 3 to 5, 6 to 12 and 13 to 17. Parents should sign up before the event. Cost: FREE.



Spring Break Camp

Register now at the youth center for spring

break camp. Spaces are limited. Cost: \$4.00/hour for hourly care up to 25 hours per week or full time care for the week with cost based on total family income.

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. 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).

Inquire now about the teen employment program! More information coming soon.

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).

Give Parents a Break

Inquire about this new program designed to give parents a break, based on referrals.

Craftech 540-653-1730

Leprechaun Hat Painting

March 2015

Paint a leprechaun hat and grow your own shamrock! Call to make your reservation. Cost: \$10.00.

Beginner's Lead Stained Glass Class

March 3-24, 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 January 30th. Cost:



\$80.00, which includes all materials.

Tiffany Stained Glass Class

March 5-26, 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 February 2nd. Cost: \$75.00, which includes all materials.

Framing and Matting Class at Craftech

March 11 & 18, 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 February 6th. 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 in a day. A simple and accurate, metabolism measurement can help you reach your goals faster than ever.

Call the NSF Dahlgren Fitness Center at 540-653-8580, to set-up an appointment. Cost: Active Duty Military/Reservist, \$15.00; Military Dependents/Military Retirees and Dependents, \$25.00; All Others, \$35.00. For more information on BodyGem testing please visit <http://metabolicratetest.com/>.

March Madness

March 2-23, 2015 from 11:30 a.m. to 12:30 p.m.

Join the Dahlgren Fitness Center for a basketball skills challenge every Monday in March! Earn points for each event you participate in. The participant with the most points at the end will win an award. Events include:

March 2nd – 3-Point
March 9th – Skills Challenge
March 16th – Free Throw
March 23rd – Hot Shot
Cost: FREE.

St. Paddy's Day Poker Run

March 17, 2015 at 11 a.m.

Celebrate St. Patrick's Day with the Dahlgren Fitness Center's annual St. Paddy's Day Poker Run! Please register at the fitness

center by the morning of the event. T-shirts will be given to the first 25 registrants. Cost: Military, Reservists and Retirees, free. All Others, \$5.



Spring Intramural Sports

March 23 & 25, 2015 at 11:30 a.m.

Spring sports will be starting soon! Come to the Dahlgren Fitness Center for an organizational meeting for the intramural soccer league on March 18th and an organizational meeting for the intramural softball league on March 25th. All with base access age 16 and up, and invited guests are welcome to attend the meetings and join the leagues. League costs are as follows: Active Duty, free; Retiree/Active Duty Dependent, \$15; DoD Civilian, \$30; Contractor/Other, \$40.

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

March 3, 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 February 27th. Cost: FREE.

Paws for Reading

March 10, 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 March 6th to schedule your 15 minute session. Cost: FREE.



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

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
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

Thank you to:
NSWC Federal Credit Union
Carroll's Automotive
& King George Domino's
for your continuing support of
MWR programs at NSF Dahlgren!



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 water park bands and a \$8 arcade voucher.

Start Planning Now...

Plan now for your spring break vacation! Stop by ITT or call to check your options for vacation packages. Plan ahead. Book ahead. Dahlgren ITT offers amazing discounts for Florida including great deals on park admissions for Disney World. You will find cruise packages including packages to the Bahamas for spring break! Don't forget that ITT also offers discounts to several local movie theaters, museums, aquariums and more. Let ITT plan your next getaway!

Liberty Center

540-653-7277

Let Liberty Know...

Is there a trip you would be interested in taking or are you looking to go into Fredericksburg for dinner and shopping? Do you have a great idea for Liberty's next event? Let them know!

Flicks Friday

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military.
Come out and watch any movie from our collection. Drinks and popcorn are FREE!

Wing Wednesday

March 4 & 18, 2015 at 4 p.m.

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military.
Enjoy FREE hot wings while they last!

Massanutten Indoor Water Park Trip

March 7, 2015

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military. Please register at the Liberty Center.

Medieval Times Trip

March 21, 2015

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military. Please register at the Liberty Center.

Domino's Pizza Night

March 31, 2015 at 4 p.m.

Liberty Center Patrons Only: E1- E6 Single/Unaccompanied Active Duty Military.
Watch your favorite movies, relax and enjoy FREE pizza!

Theater

540-653-7336

Check the movie listings each week. The Dahlgren Theater is now showing Saturday matinees on a regular basis! For the most up to date movie listings, please call the movie information line at 540-653-7336. Always be on the lookout for free movie sneak peeks!

Plan Ahead for Spring Break!



Free Movie Matinee

April 3, 2015 at 1 p.m.

School's out early! Spend the second half of your day watching a FREE movie at the Dahlgren Theater!

Bowling With the Bunny

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

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.

National Library Week

April 6-11, 2015

Celebrate National Library Week! All check out transactions or new library card sign-ups during the week will earn you an entry to win a gift card! Don't miss the other special activities planned throughout the week.

April 7th – Patron Appreciation Day: Enjoy snacks at the library and find hidden Easter eggs.

April 8th – Spring Bonnets & Baskets: Stop by to make your own Easter Basket, Easter Bonnet or baby headband.

April 10th – Spring Celebration!

Red Cross Lifeguard Training

April 6-10, 2015 from 8:30 a.m. to 3 p.m.

All with base access age 15 and up are invited to take Lifeguard, First Aid and CPR/AED training at the Dahlgren Aquatics Center. There is a swim pretest on April 6th from 8:30 to 9 a.m. Those who do not pass will not be eligible for the class. Please register no later than March 30, 2015 at the Aquatics Center. Cost: \$15 for the pretest. \$235.00 for the class.

4th Annual Spring Celebration

April 10, 2015 from 4 to 6 p.m.

Join the library for the 4th Annual Spring Celebration! Get your picture taken with the Easter Bunny, enjoy the baby animal petting zoo and go for a pony ride!

Family 3-on-3 Basketball Tournament

April 11, 2015 at 9 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. Cost: FREE.

