

September MWR Happenings

All information is intended for Military, DOD, BOP ID cardholders and their families. Events and facilities are not open to the general public.

How do you find out what is happening at MWR activities and events?

- Like us on FACEBOOK: www.Facebook.com/NASFWMWR
- Text to 30364 – type in FWMWR for text updates
- Happenings - Monthly publication available at all MWR facilities
- Sky Ranger – Base Newspaper
- Base official web site: cnic.navy.mi/fortworth

September Highlights...

MOVIE REEL GRAND RE-OPENING – Saturday, September 15. Festivities start at 12:00 PM, Ribbon Cutting, \$1:00 PM, FREE Movie “Ice Age Continental Drift” (PG) starts at 2 PM. Enjoy FREE Bounce toys, \$1 Hot Dogs & \$1 Sodas in the parking lot from 12:00 – 1:00PM. Ribbon cutting and FREE cake! Theater has new digital format with 3D and surround sound! Concessions available for purchase in the theater during movie showing. Remember space is limited, first come, first served for the FREE showing of “Ice Age Continental Drift. For more information call (817) 782-7787.

SHRED IT! – Friday, September 21 from 9 AM – 3 PM and Saturday, September 22 from 10 AM – 5 PM at the **Bowling Center parking lot, Bldg 1815**. It’s FALL cleaning time – shred old papers and files. Official and personal documents accepted. Activities for the children on Saturday from 10 AM – 2 PM. Remember to **REUSE, REDUCE, RECYCLE!**

PARENTS NIGHT OUT at the **Child Development Center** – Friday Night, September 21. All eligible families with children ages 5 weeks – 12 years of age. \$4/hour or portion of hour. One-time registration packet needed if only if your child does not attend the CDC. Space is limited, call today to make your reservation at (817) 782-7520.

FAMILY FUN RUN - Saturday, September 22, 10 AM at the **Fitness Center**. Bring the family for a 2 mile (approx) walk that starts at the Fitness Center and ends at the Aquatic Center. Families can enjoy bounce houses, swimming and fun activities. Snacks and goodie bags will be given to all participants. Pets are welcome on the walk and must be kept on a leash at all times. No pets allowed inside the Aquatic Center. Best of all... it’s FREE! For more information call (817) 782-7770.

OBSERVE THE MOON NIGHT @ the Library - Saturday, September 22 @ 7 PM. Bring the whole family and learn about the moon. Kids can enjoy moon related stories, bring binoculars or telescopes, lawn chairs, flashlights, and bug repellent. In the event of bad weather, we’ll just keep the party inside. For more information call (817) 782-7735

HAUNTED HAYRIDE CONTEST – Create your own “Haunted” space for the MWR Haunted Hayride - Saturday, Oct. 27. Contest is open to all military units and commands. Help MWR with a great hayride while competing for cash prizes for your group.

1st Place \$350 - 2nd Place \$250 - 3rd Place \$150

Register at ITT by October 8. Spots on the hayride route will be assigned as you sign up. We need a minimum of 6 groups to sign-up to “haunt” the Hayride route. Start planning your “haunting” today! For more information call (817) 782-6121

TEXPLEX CENTER

1815 Military Parkway, 817-782-6122/5505

INFORMATION, TICKETS AND TRAVEL (ITT)

Located in TexPlex, Bldg. 1815, 817-782-6121

- Fall Hours are TUESDAY - SATURDAY from 10:00AM – 5:00PM, CLOSED MONDAYS, effective Sept 3.
- Keep an eye out for Texas State Fair Tickets! Tickets will be available by the end of the month. State Fair runs September 28 – October 21st! Check out the schedule at bigtex.com
- Disneyland Tickets are now available! Plan your summer vacation today!
- Get your summer fun tickets to Six Flags, Hurricane Harbor, NRH20, Hawaiian Falls, Schilletterbahn, Fort Worth Zoo, Omni Theater and so much more! Daily tickets and season passes are available.
- Armed Forces Vacation Club: A “space available” program that offers military and other Department of Defense – affiliated personnel the opportunity to enjoy vacations at popular destinations around the world – for incredibly low prices starting as low as \$369 USD per unit, per week. Check it out at www.afvclub.com or call 1-800-724-9988. When booking with AFVC, be sure to mention our base code: 310
- Texas Rangers are offering a military discount on tickets. Contact ITT for information.
- Tickets also available for venues in Virginia, Pennsylvania, Florida and California.
- All RV/Boat Storage and rentals have moved to the Auto Hobby/Outdoor Recreation Bldg.1145 782-6375

BOWLING CENTER

Located in TexPlex, Bldg. 1815- 817-782-6122

- Due to construction delays the opening of the Bowling Center has been moved back. We apologize for the inconvenience please keep on eye out for the date for the Re-Grand Opening of the Bowling Center, ITT, “L” Bar/Lounge and “Grill”.
- Great things are happening.... Renovations, upgrades, and all AMF Bowling Lanes with state of the art technology. Stop by and see the progress. ITT, Grill and Bar open during remodel. See how we are improving our facilities for our military and their families.

THE “GRILL”

Located in TexPlex, Bldg. 1815, 817-782-5505

New Hours!

Monday-Thursday 6:30 AM – 7:30 PM, Friday and Saturday 6:30 AM-10:00 PM,

Sunday 6:30 AM – 6:00 PM

- FULL BREAKFAST MENU
- **LUNCH SPECIALS!**

Monday – Bowler Burger, Fries & Med. Drink - \$4.50

Tuesday – Chicken Sandwich with Cheese, Fries & Med. Drink - \$5.25

Wednesday – Bacon Cheese Burger, Fries & Med. Drink - \$4.50

Thursday – Chicken Fried Steak Sandwich, Fries & Med. Drink - \$5.25

Friday – Double Bowler Burger, Fries & Med. Drink - \$5.75

- HEALTHY CHOICE MENU ITEMS: Grilled Chicken Sandwich, Turkey Burger, and Salads.

LOUNGE

Located in TexPlex, Bldg. 1815, 817-782-7919

Tuesday-Thursday 4:00PM – 9:00PM, Friday & Saturday 4:00 PM – 11:00 PM

- Two dollar Tuesdays
- Free Munchies on Fridays 4:30PM – 6:00 PM
- Saturday Specials
- Bar Menu available: Mozzarella Sticks, Hot Wings, Quesadillas, Mini Corn Dogs, and Nachos!

MOVIE REEL THEATER

1845 Military Pkwy., 782-6037

Friday-Sunday, call for times of movie.

- **MOVIE GRAND RE-OPENING** – Saturday, September 15. Festivities start at 12:00 PM, Ribbon Cutting, \$1:00 PM, FREE Movie “Ice Age Continental Drift” (PG) starts at 2 PM. Enjoy FREE Bounce toys, \$1 Hot Dogs & \$1 Sodas in the parking lot from 12:00 – 1:00PM. Ribbon cutting and FREE cake! Theater has new digital format with 3D and surround sound! Concessions available for purchase in the theater during movie showing. Remember space is limited. First come, first served for the FREE showing of “Ice Age Continental Drift”.
- Join us @ the Movies. Enjoy the surround sound and digital picture! We also have 3D!
- Admission prices are \$3.00 for Active Duty and Adults (12 and above), \$2.00 for children (6-11) and free for children 5 and under. Admission prices for 3-D movies will be \$5.00 for Active Duty and Adults, \$4.00 for children and free for children 5 and under. We will be providing 3-D glasses for all 3-D movies.
- Concessions are available for purchase and at great prices!
- Theater is open 30 minutes prior to movie start time to purchase tickets and concessions.
- Movie schedule updated bi-weekly call 817-782-6037

LIBRARY

1802 Doolittle Ave., 817-782-7735

- Library Hours:
- Monday – Thursday, 9:30 AM – 7:00 PM
- Closed Sundays & Holidays
- 817-782-7735
- 817-782-7219 Fax
- Story time - Wednesday at 10:30AM
- FREE Music Downloads available with "Freegal" account, contact library.
- Rosetta Stone available for library patrons also Transparent Language Online through NKO
- New Item - Playaway VIEWS for youth.

Observe the Moon Night @ the Library - Saturday, September 22 @ 7 PM.

Bring the whole family and learn about the moon. Kids can enjoy moon related stories, bring binoculars or telescopes, lawn chairs, flashlights, and bug repellent. In the event of bad weather, we'll just keep the party inside.

LONE * STAR CENTER

2570 Desert Storm Rd.-817-782-5293/7237

- **Great News!** The Lone Star Center is not closing for renovations at this time. Upgrades to the facility have been rescheduled for a later date! That means we are **OPEN FOR BUSINESS** and ready to book your next event! We currently have openings starting in September.
- Today is the day! Start planning your holiday parties. Call to reserve your date!
- The center is the first stop when planning events including meetings, conferences, Change of Commands, promotion parties, and all your wedding needs.
- Office is open Monday – Friday, 8:30 AM – 2:30 PM or by scheduled appointment.

FITNESS CENTER

1810 Tuskegee Airmen Dr., 817-782-7770

- **Family Fun Run** - Saturday, September 22, 10 AM at the Fitness Center. Bring the family for a 2 mile (approx) walk that starts at the Fitness Center and ends at the Aquatic Center. Families can enjoy bounce houses, swimming and fun activities. Snacks and goodie bags will be given to all participants. Pets are welcome on the walk and must be kept on a leash at all times. No pets allowed inside the Aquatic Center. Best of all... it's FREE!
- **FITNESS CENTER SWIPE CARD.** Please remember to swipe your card when you visit the Fitness Center. It allows us to keep track of how many patrons use the center. Easy ways to remember your card:
 - IPHONE APP – Cardstar
 - Tape card to the back of your cell phone
 - Lace on your shoe string
 - Clip on your Gym Bag or Key Chain
- **Personal Trainers** – Trainers available by appointment. Only \$20 per month! Call to get more information and schedule your appointment today!
- **Cardio Classes** - The fitness center offers a variety of Cardiovascular Classes: Step Aerobics, Pilates, Yoga, Spinning, Zumba, Pump-it-up, adult/ children Karate and Personal Training. Stop by the center to pick up their class schedule.
- **Kenpo Karate Class** – Every Monday & Wednesday - Kids, 6PM – 7PM and Adults, 7 PM – 8 PM, Only \$20 per month. Purchase your class fee at the Front Desk (purchase uniform from instructor). For more information, please call (817)782-7770.
- TRX Suspension Training. TRX Equipment is available for daily check out. What is TRX? TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries. For more information contact the Fitness Center.
- Friday Family Fitness Class - 9:00AM for ages 6-18. Parents must participate in workout program with their children.

AQUATICS CENTER

3319 Hensley Ave., 817-782-1220

Monday-Saturday 6:00AM-7:00PM, Sunday 7:00AM-4:00PM, Holidays 10:00AM – 2:00PM

- Now Hiring Certified Life Guards for the Aquatic Center. Must be certified in CPR and First Aide. For more information contact Donna Johnston at the Fitness Center (817) 782-7770
- Swim Across Texas Club: A fitness incentive program for Youth and Adults. Swim 500 Laps, 1000 Laps, 1500 Laps and 2000 Laps. Receive an “Aquatic Center” T-shirt after swimming these distances. Get signed up at the Aquatic Center and start swimming across Texas today!
- For information about private parties and to make reservation call 817-782-1220.

LIBERTY

1815 Military Pkwy. (located in TexPlex) 817-782-3175

- Single Service Member Program (17-25 years, restrictions apply), call for additional information and schedule of upcoming activities.

CHILD DEVELOPMENT CENTER

3320 Sesame St. Drive, 817-782-7520

- Hourly care available at the Child Development Center for all eligible patrons from 6:30 AM – 5:30 PM daily. \$4/hour or portion of hour. One-time registration packet needs to be completed. Reservations are encouraged and can be accepted up to 30 days in advance. Walk-ins are accommodated on a Space A basis.
- **PARENTS NIGHT OUT, Friday, September 21** – All eligible families with children ages 5 weeks – 12 years of age. \$4/hour or portion of hour. One-time registration packet needed if only if your child does not attend the CDC. Space is limited, call today to make your reservation at (817) 782-7520.
- Please contact the Child Development Center for all your childcare needs.

ACTION ZONE

1145 Hercules Dr., 817-782-7566/7520

- Plan ahead for childcare during Holiday School breaks. The Action Zone will be open during the Holiday school vacation with special programming. Watch for more information in October.

AUTO HOBBY/OUTDOOR RECREATION

RV/BOAT STORAGE

BOAT RENTALS

1145 Hercules Dr., 817-782-6375

Check out what’s new to rent at Outdoor Recreation! We now have Paddle Boards! Rent Paddle Boards and Paddle Boats for only \$5.00 for a two-hour rental. Boards & Boats available to rent Thursday - Sunday between 10 AM – 6 PM at Outdoor Recreation Bldg. 1145.

Now taking reservations for campers for FALL outings. Call or stop by to make your reservations today.

FALL HOURS:

Monday 11:00AM - 7:00PM

Tuesday & Wednesday Closed

Thursday 1:00PM – 7:00PM

Friday 10:00AM – 6:00PM

Saturday 9:00AM – 5:00PM

Sunday 10:00AM – 7:00PM

**Hours are subject to change*

CONTACT OUTDOOR RECREATION FOR ALL BOAT RENTALS!

For additional information call 817-782-6375/6376 or 817-782-7569.

MOVIE FRENCH

Grand Re-Opening

Saturday, September 15

Festivities start @ 12:00PM

Ribbon Cutting @ 1:00 PM

FREE Movie "Ice Age Continental Drift" (PG) @ 2 PM

**Ribbon Cutting
Ceremony
FREE Cake!**

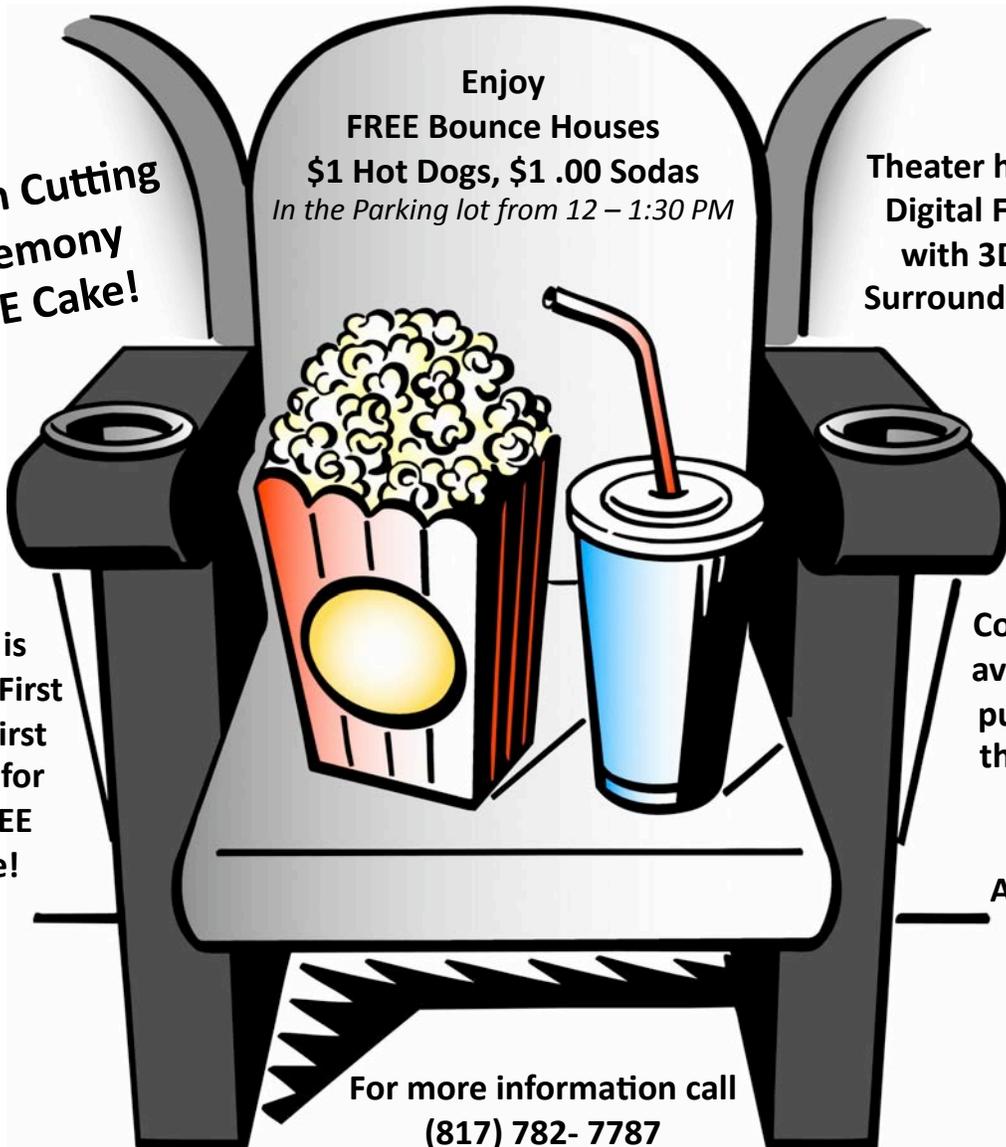
Enjoy
FREE Bounce Houses
\$1 Hot Dogs, \$1 .00 Sodas
In the Parking lot from 12 – 1:30 PM

**Theater has new
Digital Format
with 3D and
Surround Sound!**

**Space is
limited! First
Come First
Served for
the FREE
movie!**

**Concessions
available for
purchase in
the theater
for the
movie!
Awesome
prices!**

**For more information call
(817) 782- 7787**



FAMILY FUN WALK

**Saturday, September 22,
11:00AM @ the Fitness Center**

Bring the family for a 2 mile (approx.) walk that starts at the Fitness Center and ends at the Aquatic Center. Families can enjoy bounce houses, swimming and fun activities.

Snacks and goodie bags will be given to all participants.

Pets are welcome on the walk and must be on a leash at all times.

No pets allowed inside the Aquatic Center.

**PETS ARE
WELCOME!**

**MUST BE ON A LEASH
AT ALL TIMES**



**FREE
EVENT
FOR THE
WHOLE
FAMILY!**



For more information please contact the Fitness Center at 782-7770



September

FITNESS SCHEDULE
(817) 782-7770

Monday Tuesday Wednesday Thursday Friday Saturday

Family Fun Walk

Saturday, Sept 22, 10 AM

Bring the family for a 2 mile (approx) walk that starts at the Fitness Center and ends at the Aquatic Center. Enjoy bounce houses, swimming and fun activities. Snacks and goodie bags for all participants. Pets are welcome during walk but must be on a leash at all times.

Hours of Operation

Monday – Thursday, 5 AM – 9 PM
Friday – Saturday, 5 AM – 8 PM
Sunday, 7 AM – 5 PM
Holidays, 10 AM – 2 PM

Schedule your Command early morning workouts!

1	Yoga 10:30 – 11:15 AM Zumba 11:30 AM – 12:30 PM
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<p>Step Aerobics 3 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 4 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Pilates 12:15 – 12:45 PM Step Aerobics 11:30 AM – 12:15 PM 4:30 – 5:30 PM</p>	<p>Step Aerobics 5 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 6 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Step Aerobics 11:30 AM – 12:15 PM Pilates 12:15 – 12:45 PM Yoga – 4:30 – 5:30 PM</p>	<p>Step Aerobics 7 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Yoga 10:30 – 11:15 AM Spinning 4:30 – 5:30 PM Zumba 5:30 – 6:30 PM</p>	<p>Yoga 8 10:30 – 11:15 AM Zumba 11:30 AM – 12:30 PM</p>
<p>Step Aerobics 10 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 11 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Pilates 12:15 – 12:45 PM Step Aerobics 11:30 AM – 12:15 PM 4:30 – 5:30 PM</p>	<p>Step Aerobics 12 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 13 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Step Aerobics 11:30 AM – 12:15 PM Pilates 12:15 – 12:45 PM Yoga – 4:30 – 5:30 PM</p>	<p>Step Aerobics 14 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Yoga 10:30 – 11:15 AM Spinning 4:30 – 5:30 PM Zumba - 5:30 – 6:30 PM</p>	<p>Yoga 15 10:30 – 11:15 AM Zumba 11:30 AM – 12:30 PM</p>
<p>Step Aerobics 17 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 18 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Pilates 12:15 – 12:45 PM Step Aerobics 11:30 AM – 12:15 PM 4:30 – 5:30 PM</p>	<p>Step Aerobics 19 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 20 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Step Aerobics 11:30 AM – 12:15 PM Pilates 12:15 – 12:45 PM Yoga – 4:30 – 5:30 PM</p>	<p>Step Aerobics 21 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Yoga 10:30 – 11:15 AM Spinning 4:30 – 5:30 PM Zumba - 5:30 – 6:30 PM</p>	<p>Yoga 22 10:30 – 11:15 AM Zumba 11:30 AM – 12:30 PM</p> <p>Family Fun Walk 10 AM</p>
<p>Step Aerobics 24 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 25 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Pilates 12:15 – 12:45 PM Step Aerobics 11:30 AM – 12:15 PM 4:30 – 5:30 PM</p>	<p>Step Aerobics 26 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Spinning 4:30 – 5:30 PM Yoga 10:30 – 11:15 AM</p>	<p>Zumba 27 9:00 – 10:00 AM Pump-It-Up 10:00 – 11:00 AM Step Aerobics 11:30 AM – 12:15 PM Pilates 12:15 – 12:45 PM Yoga – 4:30 – 5:30 PM</p>	<p>Step Aerobics 28 9 – 9:45 AM 11:30 AM – 12:15 PM Pilates 9:45 – 10:30 AM 12:15 – 12:45 PM Yoga 10:30 – 11:15 AM Spinning 4:30 – 5:30 PM Zumba 5:30 – 6:30 PM</p>	<p>Yoga 29 10:30 – 11:15 AM Zumba 11:30 AM – 12:30 PM</p>



Kenpo Karate

\$20 per month
Monday & Wednesday
Kids, 5 – 6 PM
Adults, 6 – 7 PM
(Uniforms available through instructor)

Sign-up @
the Front Desk



Personal Training

\$20 per month for two sessions a week
For more information and to schedule an appointment call (817) 782-7770

Active Duty Military is FREE