

MWR Annapolis - Weekly News

Carr Creek Marina – Winter Haulouts Available

Carr Creek Marina is located on the east end of Naval Station Annapolis and is open to all Department of Defense customers, including retirees, active reservists and family members.

Winter hours at the Marina Office are Monday through Friday from 8 a.m. to 4:30 p.m. Operational hours for boat maintenance Monday through Friday from 7:30 a.m. to 4 p.m.

Haul-out, wash and launch and short distance over-the-road hauling are available for privately-owned boats Monday through Friday, by appointment. Moorings are available, and there are dry storage facilities for boats, RV's and pop-up campers (no automobiles) – priority is given to those residing in base housing at USNA/NAVSTA. Carr Creek Marina also rents slips with water and electric hookups on an annual contract basis at Mill Creek Pier off Greenbury Point. Applications are filed on a status group priority basis. For more information, call 410-293-3731 or 2058.

Family “Freaky Friday Fest”

On Friday, October 29, youth and their parents are invited to the Freaky Friday Fest that runs from 6 to 8 p.m. at the Billy the Kid Youth Center at 126 Alder Road, Naval Station Annapolis. Costumes are encouraged and there will be prizes for costume contests (like Redskin tickets!). There will also be music, games, snacks and special treats. Parents receive FREE admission when accompanied by their children! Children 10 and under must be accompanied by a parent. For details, call 410-293-4997 or 9396.

Youth Soccer Jamboree

For the young soccer athletes, the culmination of a great season of play will be the Soccer Jamboree on Saturday, October 23 at 11 a.m. in the MWR Recreational Services Bldg. #89 theater. All participants will receive an award. There will be a free lunch with hot dogs, chips and beverages for all players and their families. For information on Youth Sports, call Tony Burch at 410-293-4998.

Camping & Sports Gear Equipment Rentals

MWR rents tents, ground tarps, screened gazebos, camp cots; ice chests; propane lantern, flashlight lanterns, 2-person cook sets and crab nets to help you experience the great outdoors. Equipment can be rented daily, for the weekend or weekly.

For sports / recreational kits such as softball kits, badminton and croquets sets, footballs, basketballs, volleyballs and horseshoes, or to reserve RV sites at the MWR FAMCAMP, stop by the front desk of Bldg. #89, Naval Station Annapolis, Monday through Friday from 5:30 a.m. to 7:45 p.m. or Saturdays, Sundays and Federal Holidays from 9 a.m. to 4:45 p.m. For more information, call 410-293-9200.

Punt, Pass and Kick Competition

MWR Athletics will host an adult Punt, Pass and Kick Competition on Tuesday, October 19 at 11:15 a.m. at the North Severn Softball Field. This competition is open to all eligible ID card holders 18 years and older. The prize is two tickets to the Washington Redskins vs Green Bay Packers game on October 31. To sign up, call 410-293-9212 or stop by the MWR Recreational Services Bldg. #89, Naval Station Annapolis.

MWR Athletic Events and Programs

- **Captain's Cup Tournament –Active Duty Military only! Ping Pong on October 25 at 11:15 a.m. in Bldg. #89;** Interested active duty should contact their unit sports representative or call James Senn, MWR Athletic Director, at 410-293-9212.
- **Yoga Classes** – are held on Mondays and Wednesdays from 5 to 6 p.m. in Bldg. #234 (Hangar) at Naval Station Annapolis. Instructor, Barbara Interlandi, is certified through the American Aerobic Association and International Sports Medicine Association. Participants are encouraged to bring their own mats and towels for sanitary purposes; no registration is required. For more information, call MWR Athletics at 410-293-9212.
- **Personal Trainer** - Nancy Belisle, certified trainer with the American Council of Exercise, is available for personal or group training by appointment through MWR Athletics;
- **Group Orientation for adults and individual Orientation for Youths, ages 10-14** interested in weight training on the fitness machines and equipment, are available by appointment; call 410-293-9212.

Information, Tickets and Travel (ITT) – 410-293-9200 or 9214

- **Day Trip to Lancaster, PA** on October 19 from 8 a.m. to 6 p.m.; cost up and pay by October 14 (meals and shopping are your own costs); sign up at the MWR Recreational Services Bldg. #89 or charge by phone at 410-293-9200.
- **Radio City Christmas Spectacular** – trip on Saturday, November 13 to New York to Radio City Music Hall from 7 a.m. to approximately 11 p.m.; cost and transportation; sign up and pay at Bldg. #89 by November 2
- **Shopping Trip to New York** – December (date TBD; if interested, call 410-293-9200.
- **Caesar's Pocono Resorts** – Stop by the MWR Front Desk in the Recreational Services Bldg. #89 and pick up a military savings code to save up to 50% on accommodations at Caesar's Pocono Resort.

Any MWR trip is open to all DoD-eligible employees with a valid ID card and their guest; children under 18 must be accompanied by an adult; space available basis on all trips; trips may be canceled or postponed due to severe weather conditions or from lack of interest (25 or less signups). There will be no refunds for customer-initiated cancellations. *Activities, ticket prices and trips may be subject to change. For information, call 410-293-9200 or 9207 or stop by the front desk of the MWR Recreational Services Bldg. #89, Naval Station Annapolis. To charge by phone, call 410-293-9200.*

The MWR ticket outlet is located in the Recreational Services Bldg. #89 on Naval Station Annapolis (410-293-9200). Tickets are sold Monday-Friday between 5:30 a.m. and 8 p.m. Some Florida attraction tickets need to be ordered 7 to 10 days in advance. Tickets are non-refundable.

FREE Deal from Busch Gardens (Operation Homecoming)

Busch Entertainment Corporation is offering free admission to active duty members who were deployed overseas between Memorial Day 2003 and Veteran's Day 2003 and did not get a chance to take advantage of last year's Operation Salute. Those who are eligible can get a free one-day admission to Busch Gardens' VA, FLA, SeaWorld, or Sesame Place (PA). They can register online: www.seaworld.com or www.sesameplace.com or www.buschgardens.com or obtain a form from the local MWR discount ticket outlet in Bldg. #89, Naval Station Annapolis. (410-293-9200) FREE admission is applicable for the member and up to four direct dependents.

Armed Forces Vacation Club Saves You Money

Book affordable vacations through the Armed Forces Vacation Club (USNA contractors are also eligible) - go to afvclub.com and use the NAVSTA Annapolis account number 111; for every vacation booked under this account, a rebate is received by MWR Annapolis and is used to support of quality of life programs at NAVSTA Annapolis. For more information, call MWR at 410-293-9200.

Liberty Zone

The Liberty Zone, the recreation center for single and unaccompanied E1-E6 active duty personnel, is located in the MWR Recreational Services Bldg. #89, Naval Station Annapolis. The center features a surround sound theater, computers, video games, TV / lounging area, self-serve snack area and kitchen facilities, pools tables, darts area, pay telephone lounge areas and outdoor equipment checkout. The "Zone" is open Monday through Friday from 11 a.m. to 1 p.m. and 4 to 8 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m. **Sign up and pay for trips / activities in advance. October birthday celebrations – show proof that it is your birthday and receive a present. Upcoming events include Trivia Tuesdays** with prizes on October 12 and 26 at 11:30 a.m.; **Wild Wednesdays Texas Hold'em Prize Poker** on October 20 at 5:30 p.m.; **8-Ball Pool and Air Hockey Tournaments** with prizes on October 13 and 27 at 5:30 p.m.; Trip to **"Comics on Duty"** at Lil Eva's at Patuxent River NAS on October 21 at 7 p.m. (FREE) sign up by Oct. 20; and the **Fab Friday All Nighter in the Liberty Zone** on October 22 from 6 p.m. to 6 a.m. (food, movies, Flashlight Pumpkin Hunt; Pie Eating Contest, Jello Slurping Contest and more) – FREE – sign up by October 20.

Upcoming trips include Movie Mondays on October 18 at 5:30 p.m. (Liberty Zone pays for the ticket); **Thursday Day Trips** on October 14 and 21 at 1 p.m. (return at 6 p.m.) to local restaurants, malls, downtown Annapolis and more (free transportation); and the **Spooky Spaghetti Trip** to Macaroni Grill on October 28 at 5:30 p.m. for National Pasta Month (Liberty pays for appetizers and beverages; you pay for the main course); Prizes include movie passes, mall gift certificates and more! For details, call 410-293-9214.

Child Development Center

The Child Development Center of the U.S. Naval Academy Complex, provides quality childcare, preschool and pre-K programs for active duty and DoD families, Monday through Friday from 6:30 a.m. to 5:30 p.m. Spaces are available in the pre-toddler (ages 13-25 months), toddler (ages 26-35 months) and preschool rooms (ages 3 to 5). Eligibility is open to active duty military, DoD civilian employees, reservists on active duty and DoD contractors assigned to or residing at the U.S. Naval Academy Complex. Priority access will be established if there is a waiting list. Fees for childcare at the center are based on total family income. Current shot records are required at the time of registration. Bring Leave and Earning statements and / or pay stubs to register. For more information on services or fees, call 410-293-9390.

Child Development List at Annapolis

Parents who are on the waiting list or who wish to be placed on the list for childcare in the Child Development Program at the Annapolis Complex can call either the local Child Development Center or the Child Development Home program at Naval Station Annapolis and find out their status. For Child Development Center information, please call Patti Roy at 410-293-9394. For Child Development Home information, please call Peggy Harper at 410-293-9395. ****Parents: Please remember that you need to call every 90 days and update the information so your name will be retained on the waiting list.**

MWR Youth Programs (relocated back to Bldg. 126 Alder Road)

Membership for the Youth Center is free and includes all open recreation activities (membership forms are at Youth Center). There is a small fee for special events, snacks and trips.

- **School-Age Care Program** - Registration for the 2004-05 program will be held in August at the Youth Center, Monday through Friday, 6:30 a.m. to 5 p.m. The program operates Monday through Friday from 6:30 to 9 a.m. and 2:30 to 5:30 p.m. (excluding federal holidays) and includes supervised activities such as arts and crafts, indoor / outdoor games, homework time and an afternoon snack. Additional care will be provided for early dismissals, parent-teacher conferences, in-service days and snow days. Bus transportation will be provided before and after school to Annapolis Elementary; van transportation will be provided for after school care only for West Annapolis Elementary School. Fees range are based on total family income; bring LES or pay stub. The program is open to dependents of all active duty, active reservists and DoD civilian employees. **For details, call 410-293-9396.**
- **Teen Workout Program** - MWR Youth Programs is offering evening sessions in **fitness workouts and basketball skills for teens. Sessions are on Tuesdays and Thursdays from 6 to 7 p.m. at the MWR Recreational Services Bldg. #89, Naval Station Annapolis.** The sessions are designed to teach teens how to work out with weights and to develop basketball skills. All sessions are free. Teens need a permission slip signed by a parent to participate. For more information, call Tony Burch at 410-293-4998.
- **Teen Room** – M-F from 3 to 5:30 p.m. for middle school and high school kids with a YC membership. Teens can use the computers with internet connection, TV/VCR, and GameCube.

Massage Therapy

Massage therapy is available by appointment Monday through Friday from 10 a.m. to 2 p.m. and Saturdays by prior arrangement. Massage therapy is located in Room 211 of Metzger Hall at Naval Station Annapolis. Deep tissue or Swedish massage costs hour; hour. Gift certificates are available at MWR Recreational Services Bldg. #89, Naval Station Annapolis. For an appointment, call 410-293-9200.

Auto Skills Shop

The self-help Auto Skills Shop has automotive bays (three with hydraulic lift) and a variety tools and equipment, including a tire mounter, timing light, electric drill, wash tank, grease tank, brake lathe, hoists, engine stands, Snap-on tools, tire balancer and puller set. Reserve bay time in advance. Check on your vehicle with the shop's new "All Data" computer car manual program for information on recalls, service bulletins and make / model updates. The shop is open Fridays from 12:30 to 9 p.m., Saturdays from 9 a.m. to 5 p.m. and Sundays from noon to 5 p.m. The shop is closed Monday through Thursday and federal holidays. For information, call 410-293-3859.

Fitness Center Equipment and Policy Use

The cardiovascular and weight rooms in the MWR Recreational Services Bldg. #89, Naval Station Annapolis are equipped with Life Fitness treadmills, cross-trainers, recumbent bikes, upright bikes, stair-masters, Hammer Strength equipment and an FM wireless fitness cinema from Broadcast vision. Personal portable radios with headphones will work with the new system or people may checkout a portable radio from the MWR Athletic staff. The fitness center has men's and women's shower rooms with day-use lockers; a coed sauna; two racquetball courts; front desk checkout for towels, weight belts, racquetball gear and other sports equipment and a 12' high rock climbing wall that inclines and has stationary hand and foot holds. Children 10-14 years old are allowed to use the fitness facilities when accompanied by a parent at all times. The child is encouraged to attend a fitness orientation provided by the MWR staff before starting a workout program. Active duty and retired and their dependents and active reservists are free. DoD and family members of DoD and Guests Hours of operation are: M-F 5:30 a.m. to 8 p.m.; Saturdays, Sundays and federal holidays from 9 a.m. to 5 p.m. For more information, call 410-293-9200.

Party Rooms and Pavilion Rentals

MWR rents party rooms and picnic pavilions. Retelle Room is located on Naval Station Annapolis and accommodates approximately 80 people. There are kitchen facilities, pool and ping pong tables and restrooms. It also has a brick BBQ with grill, a covered patio and is adjacent to a softball field. Retelle Room does not have heat or air conditioning (not available in winter months). MWR also rents the Bay Room located at Greenbury Point. It offers similar features as the Retelle Room plus a view of the Chesapeake Bay. It is available year-round with heat and / or air conditioning. Balloon Bouquets with 12" balloons may be ordered 48 hours in advance for your events at a cost (limit of 3 dozen per rental). Balloons may be picked up on the day of the event at the MWR Recreational Services Bldg. #89. Rental fee for Retelle and Bay refundable deposit. Reservations may be made no more than three months in advance.

MWR also provides two pavilions with charcoal grills at no charge to base residents and eligible patrons. North Severn Pavilion is located across the street from North Severn Pool, Naval Station Annapolis; Retelle Pavilion is located on the Severn River at Retelle Beach, past the RV campground. Each pavilion seats 85 people. Reservations are required with deposit. For more information, call MWR at 410-293-9200.

MWR FAMCAMP

(MWR operates the FAMCAMP on Naval Station Annapolis. Facilities include a concrete pad, water and electric at each of the 14 RV sites, a central dump station and bathhouse with hot showers year-round. To make a reservation, stop by Bldg. #89, Naval Station Annapolis or call 410-293-9200.

Child Development Home Program

CDH program offers self-employment as a child development provider to dependents of active and retired military, reservists and Department of Defense civilian employees living on and off base. Providers attend 20 hours of orientation classes including CPR and First Aid. National background checks are performed on all CDH providers. Their homes are inspected by the Naval Academy fire department, safety office and preventive medicine department. CDH program offers providers the opportunity to work in their home and watch their own children grow and develop while at the same time caring for children and earning an additional income. CDH homes provide a warm, family setting in which children can participate developmentally appropriate learning activities and home-life experiences. The children are able to build a trusting relationship with a provider who will foster their curiosity and creativity, provide guidance and give them the hugs they need.

CDH homes have space available for new children, ages 6 weeks to 12 years old. Some providers also offer evening and weekend drop-in care. If you need child care or would like to become a provider, call 410-293-9395.