

Celebrating the Heroes We Call Dad

# 11 FSS NEWSLETTER

11 FORCE SUPPORT SQUADRON | JBABFSS.COM

JUNE 2024



**OYSTER FEST**  
14 JUNE

**SOUNDS *of* SUMMER**  
21 JUNE

**FISH FRY FRIDAY**  
21 JUNE

MSgt Michael C. Hooper & Luca  
First Sergeant  
11 FSS & 11 LRS



# DIRECTORY

## **Aerobics Center**

- *Closed* -

*Aerobic Classes Held at Fitness Center II*

## **Bolling Event Center**

BLDG 50 | 202.284.3990

### ▪ **Bolling Club**

Tuesday - Friday: 8 am - 4:30 pm

### ▪ **Community Center**

Tuesday - Friday: 8 am - 4:30 pm

## **Capital Cove Marina**

BLDG 90 | 202.284.3104

Tuesday - Saturday: 9 am - 6 pm

## **Child Development Center I**

BLDG 4456 | 202.284.4828

Monday - Friday: 6 am - 6 pm

## **Child Development Center II**

BLDG 4455 | 202.284.4208

Monday - Friday: 6 am - 6 pm

## **Child Development Center III**

BLDG 413 | 202.284.4814/4815

Monday - Friday: 6 am - 6 pm

## **Civilian Personnel Office**

BLDG 12

APF 202.284.4202

NAF 202.284.4446

Monday - Friday: 9 am - 3 pm

## **Education & Training Center**

BLDG 52 | 202.284.4438

Monday - Thursday: 9 am - 2 pm

Friday: 9 am - 12 pm

## **Engraving Shop**

BLDG 4472 | 202.404.6997

Tuesday - Wednesday: 10 am - 4 pm

Thursday: 10 am - 5 pm

## **Fitness Center I**

BLDG 15 | 202.284.3034

Monday - Friday: 5 am - 8 pm

Saturday - Sunday: 7 am - 3 pm

**24/7 Access - Register at Front Desk**

## **Fitness Center II**

BLDG 419 | 202.284.3183

Monday - Friday: 5 am - 8 pm

**24/7 Access - Register at Front Desk**

## **Furnari Restaurant**

BLDG 418 | 202.284.3655

Breakfast: Monday - Friday: 6 - 9 am

Lunch: Monday - Friday: 10:30 am - 1 pm

Dinner: Monday - Sunday: 4 - 6 pm

Brunch: Saturday & Sunday: 10 am - 1 pm

Federal Holidays: 10 am - 1 pm & 4 - 6 pm

## **Information, Tickets & Travel**

BLDG 928 | 202.284.3108

Tuesday - Saturday: 9 am - 6 pm

## **JBAB Pool**

BLDG 56 | 202.284.3129

### **Lap Swim**

Tuesday - Friday: 6 am - 11 am

Saturday & Sunday: 9 am - 11 am

### **Open Swim**

Tuesday - Friday: 12 pm - 7:30 pm

Saturday & Sunday: 12 pm - 7:30 pm

Closed on Mondays (*except when a Federal Holiday is on a Monday*)

### **Federal Holidays**

Lap Swim: 6 am - 11 am

Open Swim: 12 pm - 7:30 pm

## **Joint Recreation & Innovation Center**

BLDG 72 | 202.284.3900

Wednesday & Thursday: 12 - 7 pm

Friday & Saturday: 12 - 8 pm

Sunday: 12 - 6 pm

## **Library**

BLDG 4439 | 202.284.4703

Monday - Thursday: 9 am - 6 pm

Friday: 10 am - 7 pm | Saturday: 12 - 5 pm

## **Magdalene's Custom Framing**

BLDG 4472 | 202.767.8560

Tuesday - Friday: 10 am - 5 pm

Saturdays: 10 am - 4 pm

## **Military & Family Readiness Center**

BLDG 13 | 202.284.4473

Monday - Friday: 7:30 am - 4 pm

[mfr-c-jbab.timetap.com](mailto:mfr-c-jbab.timetap.com)

## **Military Personnel Flight**

BLDG 16 | 202.284.3123

Monday - Friday: 8 - 11 am & 1 - 3:30 pm

## **Outdoor Recreation**

BLDG 928 | 202.284.3104

Tuesday - Saturday: 9 am - 6 pm

## **Potomac Lanes Bowling Center**

BLDG 1310 | 202.284.4115

Tuesday - Saturday: 11 am - 3 pm

## **Slip Inn Waterfront Restaurant**

BLDG 2482 | 202.767.5840

Tuesday - Thursday: 11 am - 7:30 pm

Friday: 11 am - 8:30 pm

Saturday: 12 - 6 pm | Sunday: 12 - 4 pm

*Kitchen closes 30 minutes prior to close*

## **Wood Shop**

BLDG 4472 | 202.284.3108

Tuesday & Thursday: 5 - 8 pm

Saturday: 9 am - 5 pm

[www.thesawoffices.com](http://www.thesawoffices.com)

## **Youth Center**

BLDG 4485 | 202.284.3193

Monday - Friday: 6 am - 6 pm

# 11<sup>TH</sup> FORCE SUPPORT SQUADRON

## **Commander**

Lt Col Veronica Hoskinson

## **Senior Enlisted Leader**

SMSgt Rochell Brown

## **Deputy**

Mr. Bobby McCullough

## **First Sergeant**

MSgt Michael Hooper

## **Marketing & Commercial Sponsorship**

202.284.3043



CAPTAIN YOUR OWN VESSEL AROUND THE CAPITAL!  
RENT A BOAT FROM THE CAPITAL COVE MARINA  
VISIT [WWW.SS-CHARTERS.COM/JBAB](http://WWW.SS-CHARTERS.COM/JBAB)

# CONTENTS

**9** FAMILY DAY BOWLING  
POTOMAC LANES

**10** FISH FRY  
SLIP INN

**11** OYSTER FEST  
SLIP INN

**12** SOUNDS OF SUMMER  
SLIP INN

**3** EVENTS CALENDAR  
**4** SPORTS DAY  
**5** YOUTH CENTER  
**7** MFRC EVENTS  
**14** COMMUNITY CENTER CLASSES  
**16** FITNESS EVENTS  
**18** J.R.I.C. CALENDAR  
**21** HOLIDAY HOURS  
**22** FSS FACILITIES MAP



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SCAN HERE TO SIGN UP

CONNECT WITH US!

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## 11 FSS EARLY SUMMER EVENTS

# READY ...SET ...SUMMER!

**07  
JUN**

### **SOUNDS OF SUMMER**

Slip Inn • 5 PM • DJ Chris

**14  
JUN**

### **OYSTER FEST!**

Slip Inn • 4:30 - 7:30 PM • Get Tickets Online

**15  
JUN**

### **DADS BOWL FREE**

Potomac Lanes • 11 AM - 3 PM • Shoes Extra

**15  
JUN**

### **EFMP BOWLING**

Potomac Lanes • 12 - 2 PM • Register Online

**20  
JUN**

### **FAMILY DAY BOWLING**

Potomac Lanes • 11 AM - 3 PM • \$25 rent a lane

**21  
JUN**

### **SOUNDS OF SUMMER**

Slip Inn • 5 PM • Brad Dogget

**29  
JUN**

### **PRE-TEEN TRIP**

Youth Center • 12:45 - 4 PM • National Harbor

**04  
JUL**

### **FREEDOM FEST**

Slip Inn • 3 PM • Fireworks at 9PM

**08  
JUL**

### **KID'S CULINARY CAMP**

Youth Center • 8 - 12 July

**12  
JUL**

### **SOUNDS OF SUMMER**

Slip Inn • 5 PM • Mike Leverone

**20  
JUL**

### **HAIR BRAIDING CLASS**

Bolling Event Center • 12 - 3 PM

**27  
JUL**

### **TEEN GO KART RACING!**

Youth Center • 12:45 - 4 PM • Crofton Go Kart Raceway



JOINT BASE ANACOSTIA-BOLLING

**FORCE**  
SUPPORT SQUADRON

Details & Registration  
for all events at

**JBABFSS.COM**

JOINT BASE ANACOSTIA-BOLLING

**FREEDOM  
20 FEST 24**

**JULY 4TH ★ SLIP INN**

PRESENTED BY **FIRST  
COMMAND**  
Let's Support Her

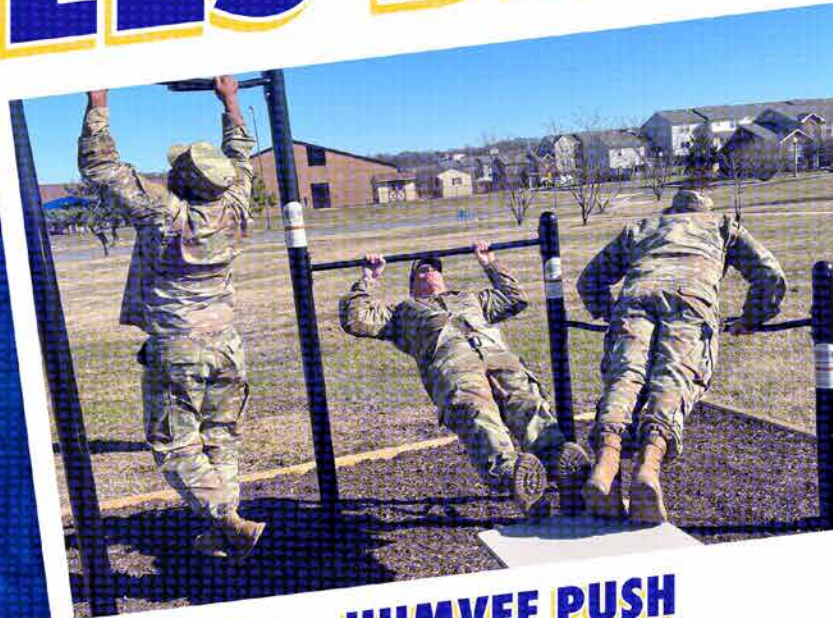
NO FEDERAL ENDORSEMENT OF SPONSORS IMPLIED





# 2024 SPORTY SENTINELS DAY

**4 JUNE**  
**0700 - 1300**  
**GIESBORO PARK**



**5K RUN • HUMVEE PUSH**  
**PICKLEBALL • TIRE FLIP**  
**3V3 BASKETBALL**  
**ULTIMATE FRISBEE**  
**WALL CLIMBING**  
**TUG-O-WAR**  
**VOLLEYBALL**



DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

**REGISTER ONLINE!**  
[quickscores.com/jbab](https://quickscores.com/jbab)



Questions? Contact Mike Perry, Fitness Director, 202.284.3133

CONNECT WITH US!



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| 4





# YOUTH CENTER TEEN EVENTS JUNE 2024

**JUNE 7 & 28 TORCH CLUB 5 - 6 PM**

**JUNE 7 & 28 KEYSTONE CLUB 6 - 6:30 PM**

**JUNE 28 TEEN COUNCIL 6:30 - 7 PM**

**PRE-TEEN TRIP JUNE 29 NATIONAL HARBOR**

TO REGISTER & FOR MORE INFORMATION  
CALL THE YOUTH CENTER  
**202.284.3193 • JBABFSS.COM**

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

DEPARTMENT OF THE AIR FORCE  
**CYP**  
CHILD AND YOUTH PROGRAMS

## PRE-TEEN TRIP THE CAPITAL WHEEL & NATIONAL HARBOR 29 JUNE



**1-4 PM**  
DEPART YOUTH CENTER AT 12:45 PM  
RETURN TO YOUTH CENTER AT 4 PM

**\$18.50**  
CAPITAL WHEEL TICKET

PRE-TEENS ONLY:  
AGE 9-12

**REGISTER**  
JBAB Youth Center  
**202.284.3191**  
DEADLINE TO REGISTER: 24 JUNE

**BRING \$\$\$ FOR LUNCH!**

JOINT BASE ANACOSTIA-BOLLING  
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DEPARTMENT OF THE AIR FORCE  
**CYP**  
CHILD AND YOUTH PROGRAMS



## 27 JULY GO KART RACING



**CROFTON GO KART RACEWAY**  
SIGN UP AT THE JBAB YOUTH CENTER  
BUS DEPARTS YOUTH CENTER 12:45PM, RETURN 4PM  
SINGLE CARS: \$3.50 PER LAP // DOUBLE CARS: \$4.00 PER LAP  
TIME WILL ALLOW FOR APPROX 4 - 5 LAPS  
YOUTH RESPONSIBLE FOR THEIR OWN MONEY

**TEENS ONLY (13 - 18)**

JOINT BASE ANACOSTIA-BOLLING  
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**CYP**  
CHILD AND YOUTH PROGRAMS

**202.284.3191**



JOINT BASE  
ANACOSTIA-BOLLING

# YOUTH SOCCER FALL 2024

DEPARTMENT OF THE AIR FORCE



CHILD AND YOUTH  
PROGRAMS

**WANTED:**  
VOLUNTEER YOUTH  
SOCCER COACHES

REGISTRATION OPENS  
1 JUNE 2024

Season: Sep - Nov

Start Smart Soccer (ages 3-4)  
& youth teams (ages 5-12). \$70

Immunization & sports physical  
required. Players get jersey,  
shorts, & socks. Bring your own  
cleats & shin guards.  
202.284.3191

[parent.afcyp.com](http://parent.afcyp.com)



**Free!**

**JBAB  
Youth Center**

## Culinary Camp



**July 8-12**

Culinary Camp at the JBAB Youth Center is designed for young food enthusiasts eager to expand their culinary horizons. This camp offers an immersive experience in cooking, ingredient exploration, and tasting!

From July 8th to 12th, participants will dive into the art and science of cooking under the guidance of a Chef Instructor. Spaces are limited to ensure personalized attention, with only 15 slots available. Ages 9 - 15.

Proudly partnering with Hunt Military Communities!

Secure your child's spot by registering  
on the CYPBMS parent portal.

[parent.afcyp.com](http://parent.afcyp.com)



Register by July 7  
**202.284.3193**

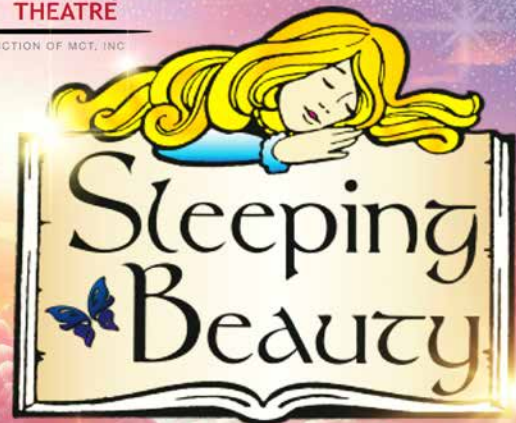


**BOLLING  
HUNT MILITARY COMMUNITY**  
NO FEDERAL ENDORSEMENT IMPLIED

MISSOULA  
**CHILDREN'S  
THEATRE**

A PRODUCTION OF MCT, INC.

*JBAB YOUTH CENTER  
PRESENTS*



*STAR IN THE SHOW!*

OPEN ROLES: BEAUTY (YOUNG AND OLD), THE KING, QUEEN, A  
FAIRY, SCARELLA, GUARDS, TROLLS, AND MANY MORE ROLES!

**AUDITIONS: 29 JULY**  
**PERFORMANCE: 3 AUG**

**REHERSALS: 29 JULY - 2 AUG**

Auditions will be held on July 29 at 9  
am at the Youth Center. Practice will  
be July 29 - Aug 2. The play will be on  
Aug 3. Please complete the Youth  
Center Registration prior to July 29. If  
you have any questions contact the  
Youth Center 202.284.3193.

*AGES 5 TO 18*



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Save money by subletting your space when you're on vacation or TDY!



**inderspot**  
care we can share



1

DOWNLOAD THE APP  
Become a verified user.

2

OFFER AND/OR RENT A SPOT  
Week-long intervals can be offered and rented by children of the same age.

3

CDC HANDLES THE PAYMENT  
Spot Renters pay their rate to the CDC directly, and Spot Holders are credited at their existing rate.



An official United States Department of the Air Force Application

## JOINT BASE ANACOSTIA-BOLLING CHILD DEVELOPMENT CENTERS

**CDC I** 202.284.4828 **CDC II** 202.284.4208 **CDC III** 202.284.4814/4815

JOINT BASE ANACOSTIA-BOLLING

## EXCEPTIONAL FAMILY MEMBER PROGRAM

# EFMP 101

## VIRTUAL & LIVE ORIENTATION

**6 JUNE • 10 - 11 AM • Bldg 13**

JBAB Military & Family Readiness Center EFMP Coordinator quarterly orientation to familiarize both newly enrolled and current families with the comprehensive services offered, including briefings from **EFMP Medical, EFMP Assignments, School Liaison, and Legal Assistance.**



Scan the QR code to register, call 202.284.4473 or email Linda Clark at [linda.clark.8@us.af.mil](mailto:linda.clark.8@us.af.mil).



**EFMP** Exceptional Family Member Program

# June at the Library

...in the Children's Room!

## Summer Reading Program

Summer Reading Program dates:  
June 24 - August 07, 2024  
Register at [JBABFSS.com](http://JBABFSS.com)  
Registration is May 01 - June 22, 2024

### Patch Club

13 June, 4:30 - 5:30 PM

### Storytime & Craftivity

Every Tuesday & Thursday at 10 AM

### Movie Madness

Every Friday at 5 PM

Details for library activities  
at [jbabfss.com](http://jbabfss.com)

202.284.4703



**Read, Renew, Repeat!**

# SUMMER READING PROGRAM



Reading dates: Jun 24 - Aug 07

**Register Online @ [JBABFSS.com](http://JBABFSS.com)**

**Register by 22 June!**



AIR FORCE LIBRARIES  
**SUMMER READING PROGRAM**  
on Military Installations Worldwide








# PERSONAL FINANCIAL READINESS

JUNE 2024

## Thrift Saving Plan Vesting

4 June, 12 - 1pm


## Promotion

10 June, 1 - 2 pm

## PCSing

27 June, 1 - 2 pm

**REGISTER**  
[pfr.timetap.com](http://pfr.timetap.com)  
 or call 202.284.4473

JBAB MFRC

# PERSONAL & WORKLIFE

JUNE 2024



## WORKSHOP CALENDAR

**Mondays** 1-on-1 Consult: Stress Management  
**Tuesdays** 1-on-1 Consult: Resources

**Key Support Liaison Continuing Education**  
 SELF PACE

- 06** Stress Management  
2 - 3 PM
- 07** Key Support Liaison Refresher Training  
11 AM - 12 PM
- 13** Heart Link  
9 AM - 12 PM
- 14** Mindfulness Practice & Discussion  
11 AM - 12 PM
- 21** Back-to-Back Communication  
2 - 3:30 PM

**REGISTER AT**  
[JBAB-PWL.TIMETAP.COM](http://JBAB-PWL.TIMETAP.COM)  
 OR CALL 202.284.4473

M&FRC + Military & Family Life Counselor




# LUNCH & LEARN

12 - 1 PM • HONOR GUARD DORM LOUNGE



Bring your lunch and enjoy participating in a monthly group discussion about different healthy living topics with the Military & Family Life Counselor!



**REGISTER ONLINE**  
 OR CALL 202.284.4473

- **June 11:** Adapting Health and Wellness to your life!
- **July 16:** Healthy Communication Skills for Emotional Intimacy
- **August 13:** Bringing Your Best Self into the Workplace/Building a Healthy Work Environment
- **September 10:** Develop Self-Awareness Skills for Closer Relationships
- **October 8:** Flex Your Financial Fitness Skills
- **November 12:** Journey Gracefully through Grief and Loss



# Saturday EFMP BOWLING

15 JUNE • 12 - 2 PM  
 @ POTOMAC LANES

JBAB Military & Family Readiness presents Saturday Bowling with EFMP Families.

**REGISTRATION REQUIRED**

Scan the QR Code below or contact Linda Clark at [linda.clark.8@us.af.mil](mailto:linda.clark.8@us.af.mil) to learn more and Register.



**Free!**



**FORCE** SUPPORT SQUADRON

**EFMP** Exceptional Family Member Program

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**POTOMAC LANES**  
JOINT BASE ANACOSTIA-BOLLING

**2 FREE GAMES A DAY!**  
WITH \$4 SHOE RENTAL

**KIDS BOWL FREE.COM**

**20 MAY - 22 AUG**  
**TUE - THUR • 11 AM - 3 PM**

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

REGISTER ONLINE @ [KIDSBOWLFREE.COM](http://KIDSBOWLFREE.COM)  
202.284.4115

**potomac lanes**

**DADS BOWL FREE**

**15 JUNE**

**11 am - 3 pm shoes extra**

AIR FORCE  
  
BOWLING

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

**202.284.4115**



**potomac lanes**

**20 JUNE**  
**11 am - 3 pm**

**FAMILY DAY**

**\$25 per LANE**  
**for 1 hour shoes included**

**bowling special!**

limit 6 patrons per lane • 202.284.4115

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

AIR FORCE  
  
BOWLING



BOLLING EVENT CENTER

# FIRST FRIDAY

FIRST FRIDAY MENU  
LIVE DJ  
DANCING

GOOSE'S  
LANDING

7 JUNE  
7 - 11 PM



BLDG 50 | 202.284.3990



7 JUNE • 3 PM  
SLIP INN

JUNE'S THEME:

**90's Cartoons**

Gather your crew, and put your brains to the test, to win great prizes!



JBABFSS.COM



slip inn

11 AM - 1 PM  
& 4 - 7 PM

# FISH FRY FRIDAYS

21 JUN • 19 JUL • 2 AUG

Enjoy a basket of our hand battered catch of the day, fries, coleslaw, cornbread and tarter sauce.



\$18 CLUB MEMBERS • \$20 NON-MEMBERS



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| 10



# SLIP INN

# GET YOUR TICKETS!



# OYSTER FEST

JOIN US ON THE  
WATERFRONT FOR A  
3 HOUR, **ALL YOU CAN  
EAT** STEAMED AND  
RAW OYSTERS ON THE  
HALF SHELL FEAST!

**\$45: CLUB MEMBERS**  
**\$50: NON-MEMBERS**

**14 JUNE • 4:30 PM**

ALL YOU CAN EAT OYSTERS SERVED FROM 4:30 - 7:30 PM

GET YOUR **TICKETS**  
ONLINE! **>>>**



**TICKET  
SALES**  
3 MAY - 11 JUNE

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

**JBABFSS.COM**

AIR FORCE  
  
FOOD & BEVERAGE



**BEATS  
& EATS**

# 2024 SOUNDS of SUMMER

**21 JUNE**

**BRAD  
DOGGETT**

**LIVE  
MUSIC  
5 PM  
SLIP  
INN**

**12 JULY**

**MIKE  
LEVERONE**

**LIVE ACOUSTIC PERFORMANCES**  
**21 JUNE • 12 JULY • 9 AUG • 13 SEP**

**LIVE DJ**  
**7 JUNE • 26 JULY • 16 AUG • 27 SEP**

**FREE ADMISSION!**

**JBABFSS.COM**



**CONNECT WITH US!**





# THE CHICKEN DOES SUNDAY

12 - 4 PM

# CHICKEN & WAFFLES

\$16

**CHICKEN & WAFFLES**  
SUNDAYS ONLY

**CHICKEN SANDWICH**  
SUN & WED



Enjoy two pieces of Chicken and a delicious Belgian Waffle. Add a pitcher of Mimosas for \$18!

## JOIN THE BOLLING CLUB

### BECOME A MEMBER AND SAVE!

These deals, and many more, are yours when you become an Air Force Club Member!



FURNARI RESTAURANT



SAVE 10%  
\$2 Off on Wed!

CAPITAL COVE MARINA



SAVE 5% ON  
STORAGE

SLIP INN RESTAURANT



FREE DRINK W/ 6  
PIECE CHICKEN WINGS  
ORDER  
LIMIT ONE PER DAY

POTOMAC LANES



FREE SHOE RENTAL  
W/REGULAR PRICED  
GAME  
LIMIT ONE PER DAY

Scan here or navigate to  
[myairforcellife.com/club-membership/](https://myairforcellife.com/club-membership/)

\*Annual payments can be made at the Bolling Club





BOLLING EVENT CENTER

20 JUNE  
5 PM

# SUMMER *Spirits* mixology class

LEARN TO PREPARE REFRESHING  
SUMMERTIME COCKTAILS!



REGISTER ONLINE  
@ JBABFSS.COM



GOOSE'S LANDING

\$15 Club Members • \$20 Non-Members

SUPPLIES PROVIDED • LIMITED SEATING • 202.284.3990



COMMUNITY CENTER

BOLLING EVENT CENTER • WASP LOUNGE

# HAIR BRAIDING

20 JULY • 12 - 3 PM

Learn various techniques including cornrows, french,  
single, overhand, underhand, adding tinsel, and more!

\$15 MEMBERS • \$20 NON-MEMBERS

REGISTER ONLINE  
JBABFSS.COM



COMMUNITY CENTER

CONNECT WITH US!



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| 14



# JBAB POOL is NOW OPEN!



**LAP SWIM**  
TUESDAY - FRIDAY: 6 AM - 11 AM  
SATURDAY & SUNDAY: 9 AM - 11 AM

**OPEN SWIM**  
TUESDAY - FRIDAY: 12 PM - 7:30 PM  
SATURDAY & SUNDAY: 12 PM - 7:30 PM

CLOSED ON MONDAYS  
(EXCEPT WHEN A FEDERAL HOLIDAY  
IS ON A MONDAY)

**FEDERAL HOLIDAYS**  
LAP SWIM: 6 AM - 11 AM  
OPEN SWIM: 12 PM - 7:30 PM

POOL ACCESS  
IS ALWAYS



PLEASE, READ & FOLLOW  
ALL POOL RULES  
at [JBABFSS.COM/POOL](http://JBABFSS.COM/POOL)



## JBAB POOL

# SWIM LESSONS



OFFERED BY WeAquatics

Private & Semi-private lessons.

Contact WeAquatics for pricing and more details.

TUE - FRI, 6 AM - 12 PM • SAT & SUN, 9 AM - 12 PM

**INFO AT [WEAQUATICS.COM](http://WEAQUATICS.COM)**

## JBAB INFORMATION, TICKETS & TRAVEL

# ORIOLES TICKETS

Starting at  
**\$13.25**

**we  
have  
your  
seats!**



C  
ADLEY  
RUTSCHMAN



**202.284.3108**



## JBAB INFORMATION, TICKETS & TRAVEL

# NATS TICKETS

Upper Gallery	\$16.50
LF/RF Mezzanine	\$38.50
LF/RF Corner	\$45.25
Baseline Reserve	\$62.25
Infield Box	\$75.00
Dugout Box	\$117.75
PNC Diamond Club	\$245.00

1B  
Joey Meneses



**202.284.3108**



**jbab itt...  
we  
have  
your  
seats!**



11FSS  
FUN RUN & WALK

# 5K

**2024 CALENDAR**

JUNE 14  
JULY 12  
AUGUST 16  
SEPTEMBER 20\*  
OCTOBER 4  
NOVEMBER 7\*

Runs start at 7 AM, unless noted. Dates and start times subject to change for any reason, including weather. Contact the fitness center for more information.  
\*20 Sep POW/MIA run starts at 8:15 AM, 7 Nov starts at 2 PM

Fitness Center I • 202.284.3034

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**FIRST COMMAND**  
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**FORCE**  
SUPPORT SQUADRON

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS



# FULL COURT LUNGE

**FITNESS CHALLENGE** **JUNE 2024**


Do you have what it takes to do walking lunges the full length of the basketball court?

**NEED TO LEVEL IT UP?  
ADD 45LB DUMBBELLS!**

**SIGN UP AND COMPLETE THIS CHALLENGE AT  
FITNESS CENTER I OR II**

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

DEPARTMENT OF THE AIR FORCE  
**FITNESS & SPORTS**




## TEAM JBAB NEEDS YOU!

**BATTLE OF  
2024  
THE BASES  
NATIONAL CAPITAL REGION**

**MUST BE AN ACTIVE DUTY AN SERVICE MEMBER**

EMAIL FOR INFO:  
**af.jbab.sports@us.af.mil**

Practices and Try-Outs will be held at Giesboro Park on Tuesdays & Thursdays at 5 PM.  
Battle of the Bases is a military softball tournament, presented by the Washington Nationals.  
Teams of active duty service members from all branches, playing across all National Capital Region installations, participate in the tournament.

**FORCE**  
SUPPORT SQUADRON

202.284.3130

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

JOINT BASE ANACOSTIA-BOLLING

## AEROBIC SCHEDULE

• CLASSES HELD AT FITNESS CENTER 2 •

	MON	TUE	WED	THU	FRI	SAT
6 AM	BOOT CAMP	CYCLE	BOOT CAMP	CYCLE		
8 AM		SENIOR FITNESS		SENIOR FITNESS		
9 AM			YOGA			YOGA
10 AM		SENIOR FITNESS	POWER PUMP	SENIOR FITNESS		ZUMBA
11 AM	ZUMBA	YOGA	CORE FITNESS	YOGA	POWER PUMP	
12 PM	CYCLE	POWER PUMP	CYCLE	POWER PUMP	CYCLE	
4:30 PM		ZUMBA		ZUMBA		

JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
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**FITNESS & SPORTS**



# INTRAMURAL FLAG 24 FOOTBALL LEAGUE



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quickscores.com/jbab

**JBAB Turf Field • M/Tu/W/Th @ 6 & 7 PM**  
**Season Starts Aug 12**  
*Coaches Meeting: July 30 at 5pm at the Turf Field.*  
*Register your team by July 30.*  
*6 teams registered minimum for a league.*  
*Less than 6 teams will be a tournament.*



202.284.3034



**12 JULY @ 5 PM**

JOINT BASE ANACOSTIA-BOLLING  
3036 Arnold Ave

# SINGLES TENNIS TOURNAMENT



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**202.284.3043**

**Become an instructor today!**

JBAB Community Center

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Do you have a knack for decorating cookies?  
Dancing Skills? Braiding hair?

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**Aurelia Glenn | 202.284.3992**

**aurelia.glenn@us.af.mil**





# JOINT RECREATION & INNOVATION CENTER

**JUNE 13**

**MOVIE NIGHT**

4 PM • BLDG 55



**JUNE 14**

**KAHOOT BATTLE**

5 PM

**Kahoot!**

**JUNE 15**

**THE MEG MOVIE**

12 PM



**JUNE 21**

**POOL TOURNEY**

4 PM



**JUNE 22**

**DC MONUMENTS TOUR**

MEET AT JRIC  
10 AM • FREE



**JUNE 26**

**DORM DINNER**

5 PM • FREE • PRIZES!

FREE SHUTTLE: BLDG 3619: 4:35pm & 4:55pm  
Honor Guard Barracks: 4:45pm & 5:05pm



NO FEDERAL  
ENDORSEMENT IMPLIED

**JUNE 28**

**POOL & PING PONG TOURNEY**

4 PM



The J.R.I.C. is open to all Single & Unaccompanied Military, E1 - E6

**JUNE 2024**

AIR FORCE



RECHARGE FOR RESILIENCY



QUESTIONS? CALL THE JRIC: 202.284.3900

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**TAKE A HIKE!**

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STOVES: \$5  
LANTERNS: \$3  
COOK SET: \$3  
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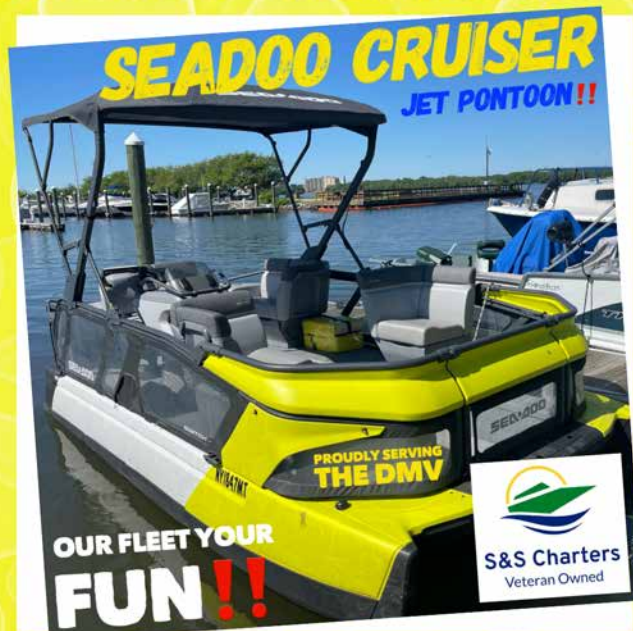


BLDG 928  
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OUTDOOR RECREATION

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| 18



THE JBAB WOODSHOP IS NOW



### SERVICES

Specialty Plaques • Repair Services  
Shadow & Flag Boxes  
Coin Holders • Resurfacing  
Refinishing • Beginner's Classes • and More!

### HOURS

Tuesday & Thursday: 5 - 8 PM  
Saturday: 9 AM - 5 PM



[THESAWOFFICES.COM](http://THESAWOFFICES.COM)

## VOLUNTEER YOUTH COACHING SEARCH

# THEY NEED YOU!

BASEBALL • SOFTBALL • BASKETBALL  
SOCCER • CHEERLEADING (FALL & WINTER)

JBAB Youth Sports is looking for passionate individuals to become volunteer coaches for our youth sports program. You'll have the opportunity to make a positive impact on the lives of our future sports stars. Coaches will receive comprehensive training to NAYS (National Youth Sports) standards and obtain American Red Cross First Aid and CPR certification. All fees are covered by JBAB YC, ensuring you are well-equipped to guide and inspire our young athletes.



Contact the Youth Sports Director, Rico Bailey  
[ricardo.bailey@us.af.mil](mailto:ricardo.bailey@us.af.mil) or 202.284.3193



# WE ARE HIRING!



## JOIN OUR TEAM!



## USAJOBS.GOV

### APPLY TODAY!

SEARCH: AIR FORCE DISTRICT OF WASHINGTON  
LOCATION: JOINT BASE ANACOSTIA-BOLLING



Terms & conditions apply. Subject to change without notice.

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get up to **\$750\***

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# JUNETEENTH

## HOLIDAY HOURS

Reg Hrs

Closed

Holiday Hrs

**WED, 19 JUNE**  
FEDERAL HOLIDAY

**THU, 20 JUNE**  
FAMILY DAY

Aerobics Center

Bolling Club

Capitol Cove Marina

Child Development Centers

Civilian Personnel Office

Community Center

Development Advisor

Education Center

Engraving Shop

Fitness Center I

Fitness Center II

Fitness Center I & II: 24/Hr Access

Furnari Restaurant

Information, Tickets & Travel

Joint Recreation & Innovation Center

Library

Magdalene's Frame Shop

Military & Family Readiness Center

Military Personnel Flight

Outdoor Recreation

Pool

Potomac Lanes

Resource Management

Slip Inn Waterfront Restaurant

Wood Shop

Youth Center

**BRUNCH: 10 AM - 1 PM**  
**DINNER: 4 - 6 PM**

**BRUNCH: 10 AM - 1 PM**  
**DINNER: 4 - 6 PM**

**11 AM - 3 PM**







JOINT BASE ANACOSTIA-BOLLING  
**FORCE**  
SUPPORT SQUADRON

# FACILITIES

## AEROBICS CENTER

BLDG 38

## BOLLING EVENT CENTER

BLDG 50 | 202.284.3990

## BOLLING CLUB

BLDG 50 | 202.284.3990

## CAPITAL COVE MARINA

BLDG 90 | 202.284.3104

## CHILD DEVELOPMENT CENTER I

BLDG 4456 | 202.284.4828

## CHILD DEVELOPMENT CENTER II

BLDG 4455 | 202.284.4208

## CHILD DEVELOPMENT CENTER III

BLDG 413 | 202.284.4814/4815

## CIVILIAN PERSONNEL OFFICE

BLDG 12 | APF 202.284.4202 / NAF 202.284.4446

## COMMUNITY CENTER

BLDG 50 | 202.284.3990

## EDUCATION & TRAINING CENTER

BLDG 52 | 202.284.4438

## ENGRAVING SHOP

BLDG 4472 | 202.404.6997

## FITNESS CENTER I

BLDG 15 | 202.284.3034

## FITNESS CENTER II

BLDG 419 | 202.284.3183

## FURNARI RESTAURANT

BLDG 418 | 202.284.3655

## INFORMATION, TICKETS, & TRAVEL

BLDG 928 | 202.284.3108

## JBAB POOL

BLDG 56 | 202.404.1143

## JOINT RECREATION & INNOVATION CENTER

BLDG 72 | 202.284.3900

## LIBRARY

BLDG 4439 | 202.284.4703

## MAGDALENES CUSTOM FRAMING

BLDG 4472 | 202.767.8560

## MILITARY & FAMILY READINESS CENTER

BLDG 13 | 202.284.4473

## MILITARY PERSONNEL FLIGHT

BLDG 16 | 202.284.3123

## OUTDOOR RECREATION

BLDG 928 | 202.284.3104

## POTOMAC LANES BOWLING CENTER

BLDG 1310 | 202.284.4115

## SLIP INN WATERFRONT RESTAURANT

BLDG 2482 | 202.767.5840

## WOOD SHOP - THE SAW OFFICES

BLDG 4472 | 202.284.3108 | [THESAWOFFICES.COM](http://thesawoffices.com)

## YOUTH CENTER

BLDG 4485 | 202.284.3193



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| 22



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FACTORY  
6 - 9PM**

**US NAVY  
CEREMONIAL  
GUARD  
6:45PM**

**FIREWORKS  
9PM**

**PHOTO  
BOOTH**

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**PRIVATE ORG  
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NEEDED  
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