

# TITAN TALK

11<sup>TH</sup> FORCE SUPPORT SQUADRON | JBABFSS.COM | AUGUST 2025

**FIRST FRIDAY TRIVIA**  
1 AUGUST

**BACK TO SCHOOL INFO NIGHT**  
7 AUGUST

**CRAB & SHRIMP FEST**  
22 AUGUST



# TITAN FACILITY DIRECTORY

## AEROBICS CENTER

**BLDG 38 | 202.284.3141**

MONDAY - FRIDAY: 5 AM - 6 PM

## 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

### GOOSE'S LANDING

CLOSED UNTIL OCTOBER

## CAPITAL COVE MARINA

**BLDG 90 | 202.284.3104**

TUESDAY & WEDNESDAY: CLOSED

THURSDAY - MONDAY: 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 | 202.284.4065**

TUESDAY - CLOSED

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

### GET 24/7 ACCESS TO:

- CARDIO MACHINES
- FREE WEIGHTS
- WEIGHT MACHINES
- BASKETBALL COURT
- RESTROOMS

### REGISTER NOW, IN-PERSON, AT FITNESS CENTER I

REGISTRATION FORM AVAILABLE AT JBABFSS.COM

\*SHOWERS NOT AVAILABLE DURING AFTER-HOURS ACCESS

## FITNESS CENTER II

**BLDG 419 | 202.284.3183**

MONDAY - FRIDAY: 5 AM - 8 PM

## FURNARI RESTAURANT

**BLDG 418 | 202.284.3655**

CLOSED UNTIL FURTHER NOTICE

## INFORMATION, TICKETS & TRAVEL

**BLDG 928 | 202.284.3108**

TUESDAY & WEDNESDAY: CLOSED

THURSDAY - MONDAY: 9 AM - 6 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

MFRC-JBAB.TIMETAP.COM

## MILITARY PERSONNEL FLIGHT

**BLDG 16 | 202.284.3123**

MONDAY - FRIDAY: 8 - 11 AM & 1 - 3:30 PM

CLOSES FOR TRAINING AT 11 AM, 1ST & 3RD WEDNESDAYS

## OUTDOOR RECREATION

**BLDG 928 | 202.284.3104**

TUESDAY & WEDNESDAY: CLOSED

THURSDAY - MONDAY: 9 AM - 6 PM

## POTOMAC LANES BOWLING CENTER

**BLDG 1310 | 202.284.4115**

MONDAY - FRIDAY: 11 AM - 3 PM

OPEN FOR SUMMER LEAGUES AFTER 5 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

## JBAB WOODSHOP

**BLDG 4472 | 202.284.3104**

SATURDAYS: 10 AM - 4 PM

## YOUTH CENTER

**BLDG 4485 | 202.284.3193**

MONDAY - FRIDAY: 6 AM - 6 PM

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

### COMMANDER

MAJ SAMANTHA DAVIES

### FIRST SERGEANT

MSGT DESMOND COMEJAX

### MARKETING & COMMERCIAL

SPONSORSHIP

202.284.3043

### SENIOR ENLISTED LEADER

CMSGT ASHLEY GRAHAM







# CONTENTS

**06** **BACK TO SCHOOL INFO NIGHT**  
BOLLING EVENT CENTER

**08** **SUMMER READING FINALE PARTY**  
LIBRARY

**10** **EFMP ADAPTIVE FIELD DAY**  
GIESBORO PARK

**16** **DIVE IN MOVIE NIGHTS**  
JBAB POOL

4 **EVENT CALENDAR**  
5 **CHILD & YOUTH PROGRAMS**  
7 **YOUTH SPORTS**  
9 **MFRC EVENTS**  
11 **POTOMAC LANES**  
13 **SLIP INN RESTAURANT**  
16 **BOLLING EVENT CENTER**  
17 **FITNESS**  
20 **OUTDOOR REC/ITT**  
22 **JRIC EVENTS**  
23 **JBAB MAP**



GET THIS NEWSLETTER DELIVERED TO YOUR INBOX!  
SCAN HERE TO SIGN UP

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



## **Focused on You. Driven by Mission**

**Maj Samantha Davies, 11 FSS/CC**

August marks another chapter of opportunity and growth, and I'm thrilled to extend a warm welcome to our new Director of Operations, Capt Chris Snarr. With FSS experience across many duty stations, his arrival brings fresh perspective and deep operational insight that will be vital as we continue advancing our mission to serve Joint Base Anacostia-Bolling with excellence.

This month, our focus sharpens on expanding and improving the options available to our base community, from recreation and readiness to family support and facility access. We're actively listening to your feedback and channeling it into tangible enhancements that better meet the evolving needs of our service members and their families.

Whether it is increasing weekend availability for Outdoor Rec rentals, elevating quality-of-life services, streamlining our customer experience, or increasing the offerings available to you we are committed to making 11 FSS synonymous with the place you turn to for fun, food, family outings, and fitness.



UPCOMING AUGUST 11 FSS EVENTS

# SUMMER SUNFLOWER



**01**

**AUG**

## **SMOKED RIB SPECIAL**

Slip Inn • 4:30-6:30PM • \$24 Members & \$28 Non-Members

**4-8**

**AUG**

## **STEM CAMP**

Youth Center • \$60

**07**

**AUG**

## **BACK TO SCHOOL INFO NIGHT**

6-7:30PM • Bolling Event Center

**08**

**AUG**

## **SOUNDS OF SUMMER**

Slip Inn • 5PM • Drew Stevyns

**09**

**AUG**

## **RACQUETBALL TOURNAMENT**

Fitness Center 1 • 10AM

**10**

**AUG**

## **NATIONAL BOWLING DAY**

Potomac Lanes • 11AM-3PM • \$3 Games & Free Shoe Rental

**15**

**AUG**

## **MFRC FAMILY BINGO NIGHT**

Bldg 13 • 6-8PM • FREE

**22**

**AUG**

## **CRAB AND SHRIMP FEST**

Slip Inn • 4-7PM • \$70 Members & \$80 Non-Members

**23**

**AUG**

## **EFMP ADAPTIVE FIELD DAY**

Giesboro Park • 1-4PM

**23**

**AUG**

## **COSMIC BOWLING**

Potomac Lanes • 8:30-11:30PM • \$17 Military & \$20 Civilians

**30**

**AUG**

## **SINGLES BOWLING TOURNAMENT**

Potomac Lanes • 11AM • Register at [quickscores.com/jbab](https://quickscores.com/jbab)



Details & Registration  
for all events at  
**[JBABFSS.COM](https://JBABFSS.COM)**



## YOUTH CENTER TEEN EVENTS AUGUST 2025

### TORCH CLUB

AUGUST 22 & 29 5:00 - 6:00PM

### KEYSTONE CLUB

AUGUST 22 & 29 6:00 - 6:30PM

### TEEN COUNCIL

AUGUST 22 6:30 - 7:00PM

### TEEN BACK TO SCHOOL SHOPPING TRIP

COME BACK-TO-SCHOOL SHOPPING AT THE NATIONAL HARBOR TANGER OUTLETS! TEENS WILL MEET AT THE YOUTH CENTER! TEENS ARE RESPONSIBLE FOR THEIR MONEY FOR SHOPPING AND FOOD. PLEASE CONTACT CHRISTINA MILL AT 202-284-3193 FOR ADDITIONAL DETAILS.

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



Torch & Keystone Club

## Back To School Backpack & Supply Drive

Help us support local students as they head back to school! We are collecting backpacks, pencils & pens, binders, crayons, glue, erasers, rulers, tissues, notebooks, hand sanitizer and scissors. All donated items will be delivered to a local school in the Washington, D.C. area.

Drop Off at the JBAB Youth Center

**JULY 1 - AUGUST 31**

202-284-3191



## Support the JBAB community! BECOME A FAMILY CHILDCARE PROVIDER

Be Your Own Boss  
Do Work You Love  
Free Training



### Paid Incentives

- Get paid for your children-
  - \$100 for children under 2
  - \$75 for children 2 and older
- \$200 /Child- Enroll from the cdc/sac waitlist
- \$300- Initial and Annual Certifications
- DAF FCC Sub Rates-
  - \$329 for children under 2
  - \$329 for children over 2
- \$500- Recruit a new FCC Provider
- And many more!

\*Incentive restrictions apply.

For more information please contact the Family Child Care Office at 11fss.jbab.fcc@us.af.mil or 202-284-4058/4059

## BECOME A FAMILY CHILD CARE SUBSTITUTE PROVIDER!

Substitute providers play a crucial role in maintaining the overall stability and quality of FCC programs.

**LOOKING TO SET YOUR OWN  
SCHEDULE?**  
A substitute Family Child Care (FCC) provider offers several key benefits:

### Continuity of Care

- Ensures children continue to receive care when their primary provider is unavailable due to illness, training, or personal matters.

### Support for FCC Providers

- Allows FCC providers to take necessary breaks while maintaining their business and meeting the needs of enrolled families; providing care in the FCC provider home and you set your own prices.

### Flexibility for Families

- Helps parents maintain their schedules without disruptions, ensuring they have reliable childcare even in unexpected situations.

### Professional Development Opportunity

- Gives potential FCC providers hands-on experience before becoming an FCC substitute provider, allowing them to gain training and insight into the role.

### Enhanced Readiness for Military Families

- Supports mission readiness by ensuring service members can rely on uninterrupted childcare, even during deployments or temporary duty assignments.

For more information please contact the Family Child Care Office at 11fss.jbab.fcc@us.af.mil or 202-284-4058/4059



YOUTH CENTER

# STEM CAMP

**AUG 4-8 • \$60**



Stem Camp is desired to teach youth technology, engineering, and math, while giving them the opportunity to explore different concepts and enhance their education outside the traditional classroom.

Secure their spot on the CYPBMS Parent Portal before it fills up.  
Only 12 spots available!

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



Questions & Info:  
**202.284.3193**



**7  
AUG**



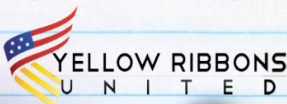
**JBAB  
School Liaison  
Program Manager**

**IT'S  
BACK TO SCHOOL!**

# INFO NIGHT

**7 AUG, 6 - 7:30 PM**

**BOLLING EVENT CENTER**



**SCHOOL BUS ROUTES**



**DC SCHOOL LOTTERY**




**SCHOOL CHOICE**



**YOUR QUESTIONS  
ANSWERED!**






**JBAB YOUTH CENTER**


# DANCE & GYMNASTICS


**\$75/mo**

**Tuesdays**  
**Pre-Ballet/Tap:** Ages 3-6  
 6 PM  
**Ballet/Tap:** Ages 7-11  
 7 PM  
**Jazz/Tap:** Ages 12+  
 7 or 8 PM

**Thursdays**  
**Tumbling:** Ages 3-6  
 6 PM  
**Gymnastics I:** Ages 7-11  
 7 PM  
**Gymnastics II:** Ages 12+  
 8 PM

  
 Register Online  
 @ [parent.afcyp.com](http://parent.afcyp.com)

 **202.284.3191 • 202.284.3193**

  
 DEPARTMENT OF THE AIR FORCE  
 CHILD AND YOUTH PROGRAMS

JOINT BASE ANACOSTIA-BOLLING

# YOUTH SOCCER

## REGISTRATION

REGISTRATION OPENS JUN 1 AND  
 CLOSES AUGUST 9

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

**Start Smart Soccer (ages 3-4)  
 & Youth Teams (ages 5-16)  
 \$70**

Immunization & Sports Physicals required. Players get jersey, shorts, & socks. Bring your own cleats & shin guards

**Coaches' Meeting**  
 August 16 - 9 AM Youth Center Gym.

**Parent's Meeting**  
 August 22 - 6 PM JBAB Youth Soccer Field or if inclement weather in JBAB Youth Center Gym.

**WANTED:**  
 VOLUNTEER YOUTH SOCCER COACHES  
**202-284-3191**



JBAB YOUTH CENTER

ROLLING REGISTRATION

# TAEKWONDO

**\$60 PER MONTH**

**WEDNESDAY**  
 6 - 7 PM  
**SATURDAY**  
 11 AM - NOON  
 YOUTH CENTER

  
 REGISTER ONLINE  
[PARENT.AFCYP.COM](http://PARENT.AFCYP.COM)  
**202.284.3193**



## Individuality -MR. WAYNE MCCRAY

Unique.... I was pleasantly reminded over the last few days that we as human beings are not simply/primarily a body, emotions, relationships, or even spiritual. We are indeed complex creatures and our individual uniqueness should never be reduced to one factor or a few attributes. I realize such categories makes it easier to study/explore an area, but obviously none of these 'pigeon holes' are comprehensive or final.

It is true that there is absolutely no one like you in the world...for all time! There are similarities to be clear, but unique still...unlike anyone else. Your uniqueness makes you different...that feels a little bit lonely at times, but it remains true never-the-less. Yes, I am learning to cherish more the uniqueness of each person in new and sometimes challenging ways. Its a 'wonderful' journey... I am grateful for the singularity of YOU.



**August at the Library**  
...in the Children's Room!

**Summer Reading FINALE PARTY!**  
Awards & Recognition  
All participants and families welcome!  
**8 Aug**  
**11am-2pm**

**Summer Reading Program**  
Program dates: 23 June - 8 August

**Patch Club**  
On Summer Break until 11 September

**Movie Madness**  
Every Friday at 5 PM

**Storytime & Craftivity**  
Every Tuesday & Thursday at 10 AM

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

**11th FSS** **202.284.4703** **AIR FORCE LIBRARIES**

## JBAB Education & Community Expo 2025

**September 4, 2025**  
**1000 to 1400**  
**Bolling Event Center**

30+ Colleges & Universities  
JBAB Community Partners  
SkillBridge Providers  
AF COOL Vendors

Live Commissioning Panel  
at 1300



JBAB Education & Training Center  
[11fss.jbab.fsde@us.af.mil](mailto:11fss.jbab.fsde@us.af.mil)  
202.284.4438



**★ STRIPES TO BARS ★**

**2025 FALL COMMISSIONING PANEL**

**HELD AT THE JBAB EDUCATION & COMMUNITY EXPO**  
**Date: 4 SEPTEMBER**  
**Time: 1300**  
**Location: Tuskegee Room, Bolling Event Center**

**Register Online**  
JBAB members register through  
AFVEC portal under "Education Center Events"  
For more information please call  
**202.284.4438**

**11th FSS**



**FREE!**

# **FAMILY BINGO NIGHT**

**15 AUG • 6-8 PM**

**Join us for a  
family night  
of Bingo to  
network and  
build  
resilience!**



**MFRC, BLDG 13  
REGISTER BY 13 AUGUST**





# MILITARY & FAMILY READINESS CENTER

M&FRC + Military & Family Life Counselor

# LUNCH & LEARN

MILITARY & FAMILY  
LIFE COUNSELING



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!



**July 1**  
Financial Management: Money Matters

**August 12**  
The Power of Connection: Enhancing the Parent-Child Relationship

**September 9**  
Resiliency During Uncertainty

**October 14**  
Work Life Balance - Navigating Priorities

**REGISTER ONLINE**  
OR CALL 202.284.4473



JBAB & PENTAGON EFMP

# ADAPTIVE FIELD DAY



**AUG 23**

**1 - 4 PM • GIESBORO PARK**  
Enjoy a variety of adaptive field day activities, resources, information booths, and family fun!



Open to all DoD card holders. Parents, please note there will be water sports, so bring extra clothing. Scan the QR Code or contact Linda Clark at [linda.clark.8@us.af.mil](mailto:linda.clark.8@us.af.mil) to learn more and register. We look forward to seeing you there!

**REGISTER ONLINE**



OPEN TO AGES 1 - 3 YEARS  
WITH A CAREGIVER



GROW & LEARN WITH EFMP  
AND NEW PARENT SUPPORT!

## TINY TOT PLAY TIME AT THE BOLLING SPLASH PAD!

**FREE PLAY, SENSORY PLAY  
MUSIC, & PARENTING TIPS!**  
**9:30 - 11 AM**

UPCOMING DATES:

14 & 28 MAY

11 & 25 JUNE

9 & 23 JULY

13 & 27 AUGUST

10 & 24 SEPTEMBER



\*Check the JBAB Community page & MFRC page for weather updates. Playgroup will be moved indoors in the case of inclement weather.

Military & Family Readiness Center | 202.284.4473

CONNECT WITH US!

f/JBABFSS

@JBABFSS

JBABFSS.COM | | 10



POTOMAC LANES

# NATIONAL BOWLING DAY

**\$5  
GAMES**

**+  
FREE  
SHOE  
RENTAL!**

**9 AUG • 11 AM - 3 PM**



202.284.4115



**POTOMAC LANES**  
JOINT BASE ANACOSTIA-BOWLING

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

**KIDS BOWL  
FREE.COM**

**19 MAY - 21 AUG**  
**MON - THUR • 11 AM - 3 PM**

**11th FSS** REGISTER ONLINE @ [KIDSBOWLFREE.COM](http://KIDSBOWLFREE.COM)  
202.284.4115



**Save the  
Date**

**11TH FORCE SUPPORT SQUADRON**

**TRUNK OR TREAT**

**25 OCTOBER • POTOMAC LANES PARKING LOT**

**11th FSS** AIR FORCE  
COMMUNITY CENTER



**POTOMAC LANES**

# **COSMIC BOWLING**



**SAT • 23 AUG**

**8:30 - 11:30 PM • \$17 MIL / \$20 CIVS**



**202.284.4115**





**SLIP INN** **11 AM - 4 PM**  
**EVERY WEDNESDAY!**

**chicken breast SANDWICH!**  
served with fries & drink

**\$13.50**

**11th FSS** **AIR FORCE FOOD & BEVERAGE**



**SLIP INN SATURDAY!** **CHICKEN & WAFFLES**  
**\$16**

**SATURDAYS | 12 - 4 PM**

Enjoy two pieces of Chicken and a delicious Belgian Waffle! Add a pitcher of Mimosas for \$20!

**11th FSS** **AIR FORCE FOOD & BEVERAGE**



**SLIP INN** **Karaoke & Dancing 6 - 10 PM**

**FIRST FRIDAY TRIVIA**  
**1 AUG at 4 PM**

**FIRST COMMAND**  
No federal endorsement implied

**11th FSS** **AIR FORCE COMMUNITY CENTER**



**BRING YOUR BIB!** **SMOKED RIBS SPECIAL**

**1 LB OF SMOKED RIBS**

**SERVED WITH**  
BAKED BEANS, CORN ON THE COB,  
GRILLED GARLIC BREAD,  
AND CHOICE OF COLESLAW OR  
POTATO SALAD

**\$24: MEMBERS**  
**\$28: NON-MEMBERS**

**LIVE DJ!**

**1 AUGUST • 4:30 - 6:30 PM • SLIP INN**

**11th FSS** **AIR FORCE FOOD & BEVERAGE**





SLIP INN WATERFRONT RESTAURANT

JOINT BASE ANACOSTIA-BOLLING

# SOUNDS of SUMMER 2025

**FREE  
ADMISSION!**



**25 JULY**

**SPIKE  
BURTON**



**8 AUGUST**

**DREW  
STEVYNS**

**5 PM  
SLIP INN**

**FIRST  
COMMAND**  
Get Squared Away  
No Federal Endorsement Implied



**5 SEPTEMBER**

**LENNY  
BURRIDGE**



**LIVE ACOUSTIC PERFORMANCES**  
**25 JULY • 8 AUGUST • 5 SEPTEMBER**



JOINT-BASE ANACOSTIA-BOLLING

# OKTOBERFEST

**BRATS • PRETZELS • LIVE MUSIC!**

**SAVE THE  
DATE**

**19 SEPT**  
**5 - 8 PM**  
**SLIP INN**



CONNECT WITH US!

f/JBABFSS

@JBABFSS

JBABFSS.COM | | 14



SLIP INN WATERFRONT RESTAURANT

# ALL YOU CAN EAT?

## STEAMED CRAB & SHRIMP

WITH HUSH PUPPIES, CORN ON THE COB,  
COLESLAW, POTATO SALAD, SLICED WATERMELON,  
BROWNIES AND BOTTLED WATER!



MUSIC  
BY DJ  
CHRIS

NO  
FOOD  
TO GO

4-7 PM  
SLIP INN

TICKETS ON SALE AT THE SLIP INN



CLUB MEMBER  
& ODR STORAGE  
PATRONS PRICE

\$70

\$80  
NON  
MEMBERS





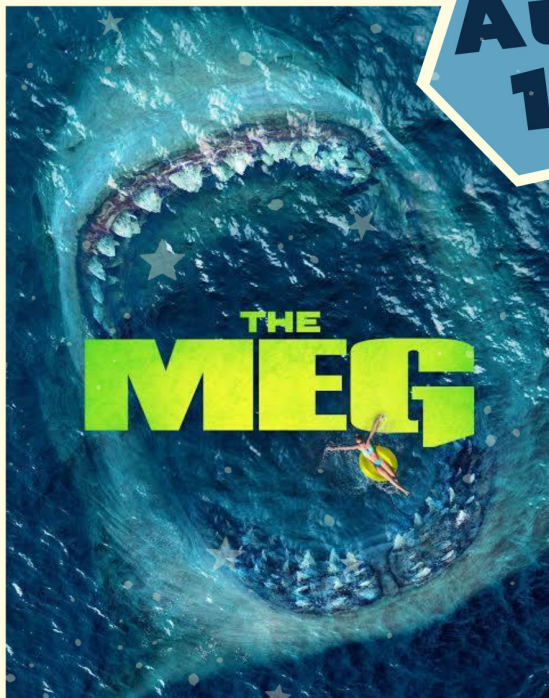
BOLLING EVENT CENTER

JBAB POOL



# Dive-In MOVIE NIGHTS

**Aug  
15**



**Adult Movie Night  
18+ Only**

**Aug  
22**



**Kid Movie Night  
All Ages**



11th  
**FSS**



FREE | 8-10PM | BLDG 52, THEISEN STREET

CONNECT WITH US!

f/JBABFSS

@JBABFSS

JBABFSS.COM | | 16





# PLANK TILL YOU CAN'T

HOW LONG CAN YOU HOLD A PLANK?

Male & Female Winner

Male will use 45lb weight plate

Female will use 35lb weight plate

1 attempt only!



202-284-3131



# JBAB POOL



**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**  
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)



## JOINT BASE ANACOSTIA-BOLLING AEROBICS SCHEDULE

	MON	TUE	WED	THU	FRI
6 AM	BOOT CAMP	CYCLE	BOOT CAMP	CYCLE	
11 AM	ZUMBA	YOGA		YOGA	POWER PUMP
12 PM			CYCLE	POWER PUMP	
4:30 PM	CYCLE	ZUMBA	POWER PUMP	ZUMBA	YOGA



202.284.3141





# FITNESS & AEROBIC CENTERS

11 FSS  
FUN RUN & WALK

# 5K

2025 CALENDAR

**MARCH 7**  
**APRIL 4**  
**JUNE 6**  
**JULY 11**  
**AUGUST 8**  
**SEPTEMBER 19**  
**OCTOBER 3**

Runs Start at 7am, unless noted.  
Dates and start times subject to change for any reason,  
including weather.

Contact the fitness center for more information.  
\*20 May Sporty Sentinels Day- Giesboro Park

Aerobics Center • 202-284-3034



Sponsored by:



No federal endorsement implied

Saturday, August 9th

10 AM

# 2025 RACQUETBALL TOURNAMENT

JBAB Fitness Center 1  
FREE

REGISTER HERE  
[quickscores.com/jbab](https://quickscores.com/jbab)



4 players registered minimum for a tournament



202-284-3034

JOINT BASE ANACOSTIA-BOLLING

# VARSITY BASKETBALL TRYOUTS

**AUG 5-14**  
**TUES & THURS**



Calling all aspiring Varsity Basketball Players! We are looking for  
varsity level basketball players who are interested in joining our  
team to represent JBAB Basketball and has the desire to  
compete at a high level for the 2025-2026 season!



202-284-3130



**SUPPORT OUR TEAM!**



**NATIONAL CAPITAL REGION**

**TOURNAMENT**  
**Giesboro Park • 23-24 Aug**

Game schedule and start times TBD.

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.



202.284.3130



CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | | 18



# INTRA MURAL FLAG 25 FOOTBALL LEAGUE




**REGISTER**  
quickscores.com/jbab

JBAB Turf Field • M/Tu/W/Th @ 6 & 7 PM  
Season Starts Aug 25  
Coaches Meeting: August 13 at 5pm at Fitness Center 1. Register your team by August 13. 6 teams must be registered for a league. Less than 6 teams will be a tournament.

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

11th FSS 202.284.3034

# SINGLES BOWLING TOURNAMENT

**SATURDAY 30 AUGUST 11 AM**




POTOMAC LANES  
1310 MCCORD ST

11th FSS

REGISTER ONLINE AT  
QUICKSCORES.COM/JBAB  
MIN OF 4 PLAYERS PER TEAM  
NEEDED FOR TOURNAMENT



DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

## 2025 BASKETBALL TOURNAMENT

OCT 3 - 5 • FITNESS CENTER I & YOUTH CENTER

REGISTER ONLINE BY SEP 29 • QUICKSCORES.COM/JBAB

ROSTERS MUST CONSIST OF ACTIVE DUTY or ACTIVE RESERVISTS ON ORDERS ONLY. COMPLETE REGISTRATIONS ACCEPTED ON A FIRST COME, FIRST SERVED BASIS.

For more information call  
202.284.3034



11th FSS

BRING SPOT FOR A SWIM!



# DOG DAZE

## OF SUMMER • 2025

20 SEP • 10 AM - 2 PM • JBAB POOL

All pets must be up-to-date on vaccinations and must arrive and leave event on a six-foot leash and supervised for entirety of event. No retractable leashes permitted. No more than two leashed pets per adult handler are permitted. Certain breeds of dogs are not allowed, including but not limited to Pit Bull breed dogs (American Pit Bull Terrier, Staffordshire Bull Terrier, American Staffordshire Terrier, etc.), Chow, Presa Canario, Rottweilers, Doberman Pinschers, Canine/Wolf Hybrids and any other canine breed with dominant traits towards aggression. All owners are responsible for cleaning up after their pets.

11th FSS 202.284.3129

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS



OUTDOOR RECREATION & ITT

**JBAB Outdoor Recreation**

FROM  
\$35!

# Party Packs!

**202.284.3104**



[JBABFSS.COM/OUTDOOR-RECREATION](http://JBABFSS.COM/OUTDOOR-RECREATION)



JBAB INFORMATION, TICKETS & TRAVEL

## SCORE BIG WITH JBAB ITT!



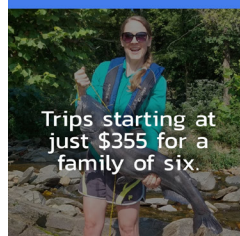
**202.284.3108**

INFORMATION TICKETS & TRAVEL



### REEL IN ADVENTURE WITH CAPTAIN OWEN!

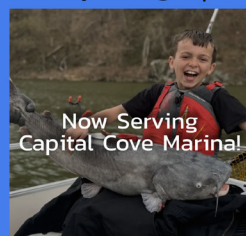
As a twenty year Army veteran, I know firsthand the challenges of balancing a military career with creating quality family time. Let me help you reconnect and make lasting memories on the water with a family fishing trip!



Trips starting at just \$355 for a family of six.



Fully licensed and insured veteran-owned small business



Now Serving Capital Cove Marinal

PAID AD

**BOOK NOW**

Dates are filling up fast; book your trip today!  
[www.capitalbluesfishing.com](http://www.capitalbluesfishing.com)

CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | | 20





# NATS TICKETS 40% OFF

HUGE SAVINGS FOR THE  
**JBAB COMMUNITY**



**+ FOOD, BEVERAGE &  
MERCHANDISE CREDIT!**



**SCAN HERE FOR YOUR EXCLUSIVE  
11 FSS TICKET CODE**

PAID AD. NO FEDERAL ENDORSEMENT IMPLIED.



# JOINT RECREATION & INNOVATION CENTER



## BEAT THE SHOT CLOCK

All of August • Make the most basketball shots before time runs out.



## SMITHSONIAN MUSEUM TRIP

9 August • Free • Meet at JRIC at 10am • Limited Spaces



## THURSDAY GAME NIGHT

7, 14, 21, & 28 August • 4-7pm • Free



## COMEDY MOVIE NIGHT

8 & 29 August • 5PM • Free



## HIKING AT ROCK CREEK PARK

17 August • 10AM • Free • Bring money for food



## DORM DINNER w/ JBAB CHAPEL

27 August • Dorm Dinner: 5PM

FREE SHUTTLES:

BLDG 3619: 4:35pm & 4:55pm

Honor Guard Barracks: 4:45pm & 5:00pm



The J.R.I.C. is open to all Single & Unaccompanied Military, E1 – E6  
Need Volunteer Hours? Call us!



# AUGUST 2025

QUESTIONS? CALL THE JRIC: 202.284.3900



# 2025 Dorm Dinner Calendar

Free Dinners start at 5 PM in the J.R.I.C. (Bldg 72).  
Open to Active Duty Military, E-6 and below.

**BARRACKS SHUTTLE** **HONOR GUARD** **BUILDING 3619**  
4:45PM & 5:05PM 4:35PM & 4:55PM

## Joint Recreation & Innovation Center



Meals provided by the  
JBAB Chapel and prizes  
sponsored by USAA.

NO FEDERAL  
ENDORSEMENT IMPLIED





# 11FSS FACILITIES MAP



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



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