



TITAN TALK

11TH FORCE SUPPORT SQUADRON | JBABFSS.COM | MAY 2026

MOTHER'S DAY BRUNCH
10 MAY

MOMENTS FOR MOM'S: PAINT & SIP
15 MAY

COSMIC BOWLING
30 MAY

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

LUNCH HOURS:

TUESDAY - THURSDAY: 11 AM - 1 PM

BAR HOURS:

THURSDAY - FRIDAY: 3 PM - 8 PM

CAPITAL COVE MARINA

BLDG 90 | 202.284.3104

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

ENGRAVING SHOP

BLDG 4472 | 202.404.6997

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

GET 24/7 ACCESS TO:

- CARDIO MACHINES*

- FREE WEIGHTS*

- WEIGHT MACHINES

- BASKETBALL COURT

- RESTROOMS*

* AVAILABLE AT BOTH FITNESS CENTER I & II

REGISTER NOW, IN-PERSON, AT FITNESS CENTER I & II

FITNESS CENTER II

BLDG 419 | 202.284.3183

MONDAY - FRIDAY: 6 AM - 2 PM

24/7 ACCESS - REGISTER AT FRONT DESK

INFORMATION, TICKETS & TRAVEL

BLDG 928 | 202.284.3108

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 - 3 PM

APPOINTMENTS ONLY 3 - 4 PM

CLOSED EVERY 3RD WEDNESDAY FROM 12 - 4 PM

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

THURSDAY - MONDAY: 9 AM - 6 PM

POTOMAC LANES BOWLING CENTER

BLDG 1310 | 202.284.4115

MONDAY - SATURDAY: 11 AM - 9 PM

SLIP INN WATERFRONT RESTAURANT

BLDG 2482 | 202.284.3774

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

11TH FORCE SUPPORT SQUADRON

COMMANDER

MAJ SAMANTHA DAVIES

FIRST SERGEANT

MSGT GREGORY CARTER

MARKETING & COMMERCIAL

SPONSORSHIP

202.284.3043

SENIOR ENLISTED LEADER

CMSGT ASHLEY GRAHAM





CONTENTS

- 07** SUMMER READING PROGRAM
LIBRARY
- 09** COSMIC BOWLING
POTOMAC LANES
- 11** MOMMY & ME CAKE DECORATING
EVENT CENTER
- 13** MEMORIAL 5K RUCK RUN
FITNESS CENTER

- 3** ATLAS ANNOUNCEMENTS
- 4** EVENT CALENDAR
- 5** CHILD & YOUTH PROGRAMS
- 7** FORCE DEVELOPMENT
- 8** MFRC EVENTS
- 9** POTOMAC LANES
- 11** BOLLING EVENT CENTER
- 13** FITNESS
- 15** ODR/TICKETS & TRAVEL
- 17** JRIC EVENTS
- 18** FSS HOLIDAY HOURS
- 19** FSS FACILITY MAP



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

11TH FORCE SUPPORT SQUADRON



The Heart Behind the Mission: A Farewell Reflection

CMSgt Ashley Graham

There's something special about Force Support that's hard to fully capture on paper. As I reflect on my time at JBAB, what stands out isn't just the mission or programs, it's the intentional and often unseen ways the 11th Force Support Squadron takes care of the people who live and work here.

From the first interaction at the Military Personnel Flight to the steady support of Military and Family Readiness, to the everyday impact of Child and Youth Programs and Community Services, and Marketing keeping us connected and informed, this team shows up! Not just to complete a task, but to make a difference. Whether it's helping a family navigate a transition, supporting a deployment, or simply making sure someone feels seen and supported.

JBAB is unique. It's fast paced, mission driven, with demands that don't stop. But through it all, I've watched this team and base meet those demands with professionalism, heart, and a genuine commitment to people. That kind of culture doesn't just happen; it's built by the people who show up every day and choose to care.

What I'll carry with me most are the moments in between. The conversations, the laughs, the problem solving, and the quiet wins that never make headlines but change someone's day, or even their career.

As we move into May, I want to recognize those who take care of the home front. Mother's Day is a reminder of the strength and sacrifice carried by so many. To the mothers serving in uniform, our civilian professionals, spouses, and those holding it all together behind the scenes, thank you!

As I transition into my next chapter, I do so with deep gratitude. I'm thankful for the opportunity to serve alongside this incredible team and for the relationships that will stay with me long after this assignment.

To the Airmen and professionals of the 11th Force Support Squadron, thank you for what you do and how you do it. You make a difference every single day.

This isn't just a farewell. It's a heartfelt thank you.

UPCOMING 11 FSS EVENTS

Hello May!



1 MAY **SUMMER READING PROGRAM REGISTRATION**
May 01-June 20, 2026 • Register at jbanacostialibrary.beanstack.org/reader365

2 MAY **MOMMY & ME CAKE DECORATING**
Arnold Suite • 11AM - 1PM • FREE

2 MAY **DOUBLES PICKLEBALL TOURNAMENT**
JBAB Tennis Courts • 10AM • Register at quickscores.com/jbab

9 MAY **INTRAMURAL SOCCER TOURNAMENT**
JBAB Turf Field • Register at quickscores.com/jbab

10 MAY **MOTHER'S DAY BRUNCH**
Capital Ballroom • 12PM - 2PM • Reservations Required

15 MAY **MFRC MOMENTS FOR MOM: PAINT & SIP**
MFRC Bldg 13 • 11AM - 1PM • Reservations Required

18 MAY **KIDS BOWL FREE STARTS**
Potomac Lanes • Mon-Thurs, 11AM-3PM

22 MAY **JBAB POOL OPENING**
JBAB Pool • 12 - 7:30PM • Free

22-23 MAY **MEMORIAL DAY WEEKEND BOWLING**
Potomac Lanes • 11AM - 5PM

26 MAY **SPORTY SENTINELS DAY**
7:30AM - 1PM • Giesboro Park • 5K run, Tire Flip, Humvee Push, and More!
Register at quickscores.com/jbab

30 MAY **COSMIC BOWLING**
Potomac Lanes • 8:30 - 11:30PM



Details & Registration
for all events at
JBABFSS.COM



YOUTH CENTER

TEEN EVENTS MAY 2026



MAY 1, 8, 15, 22, & 29 **TORCH CLUB** 5 - 6 PM

MAY 1, 8, 15, 22, & 29 **KEYSTONE CLUB** 6 - 6:30 PM

MAY 1, 8, 15, & 22 **TEEN COUNCIL** 6:30 - 7 PM

MAY 16 ADRENALINE RACEWAY PRE-TEEN TRIP 12:15 - 4PM

PRE-TEENS (9-12) JOIN US FOR A FUN DAY AT ADRENALINE RACEWAY! WE WILL BE LEAVING THE JBAB YOUTH CENTER AT 12:15 PM AND RETURNING AT 4PM. PRE-TEENS ARE RESPONSIBLE FOR THEIR OWN MONEY. COST: \$33

MAY 22 CROCHET CLASS 6PM - 8PM

TEENS & PRETEENS ARE INVITED TO JOIN US FOR A BEGINNER CROCHET CLASS WITH MS. CHERIE FRANKLIN! COME OUT AND LEARN THE BASICS OF CROCHET WHILE HAVING A GREAT TIME! ALL SKILL LEVELS WELCOME!

MAY 30 ADRENALINE RACEWAY TEEN TRIP 12:15 - 4PM

TEENS (13-18) JOIN US FOR A FUN DAY AT ADRENALINE RACEWAY! WE WILL BE LEAVING THE JBAB YOUTH CENTER AT 12:15 PM AND RETURNING AT 4PM. TEENS ARE RESPONSIBLE FOR THEIR OWN MONEY. COST: \$33

TO REGISTER & FOR MORE INFORMATION
CALL THE YOUTH CENTER
202-284-3193



JBAB YOUTH CENTER PRESENTS

AMERICA'S ARMED FORCES KID'S RUN

GAMES | DRINKS | & MORE!

16 MAY
11 AM - 2 PM
OUTDOOR TRACK

RAIN DATE: 30 MAY

AGE GROUPS

- 12 PM: 5-7 YEARS
- 12:30 PM: 8-10 YEARS
- 1 PM: 11+ YEARS

IT'S ALL FREE!



202.284.3191



DEPARTMENT OF THE AIR FORCE
CHILD AND YOUTH PROGRAMS

SCHOOL AGE CARE SUMMER CAMP

15 Jun - 21 Aug
Mon - Fri • 6 am - 6 pm

Wait List Opens on 2 MARCH : MilitaryChildcare.com

Offers will begin April 1, 2026. Secure a spot for your child in this income-based program, running from June 15 to August 21, Monday to Friday, 6:00 am to 6:00 pm at the Youth Center. Open to kids entering 1st grade up to 12 years old. Act quickly as spaces are limited, and registration follows the DOD Priority Placement Policy.

For inquiries, contact the youth center at
202.284.3193 or 202.284.3191

CHILD AND YOUTH PROGRAMS

JBAB YOUTH CENTER ROLLING REGISTRATION

\$60 PER MONTH

TAEKWONDO

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

REGISTER ONLINE
[PARENT.AFCYP.COM](http://parent.afcyp.com)
202.284.3193



11th FSS DEPARTMENT OF THE AIR FORCE CYP CHILD AND YOUTH PROGRAMS

JBAB YOUTH CENTER


\$75/mo

DANCE & GYMNASTICS CLASSES

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

Classes held at the JBAB Youth Center
Register for one, or multiple months! Join any time!



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

11th FSS 202.284.3191 202.284.3193 DEPARTMENT OF THE AIR FORCE CYP CHILD AND YOUTH PROGRAMS

JOINT BASE ANACOSTIA-BOLLING

YOUTH SOCCER REGISTRATION

REGISTRATION OPENS JUNE 1 AND CLOSES AUGUST 17

Start Smart Soccer (ages 3-4) & Youth Teams (ages 5-16) - \$75
parent.afcyp.com

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

Coaches' Meeting August 22 - 10 AM Youth Center Gym.
Parent's Meeting August 29 - 10 AM JBAB Youth Soccer Field or if inclement weather in JBAB Youth Center Gym.

WANTED: VOLUNTEER YOUTH SOCCER COACHES
(Email Rico Bailey at ricardo.bailey@us.af.mil for details)
202-284-3191



11th FSS DEPARTMENT OF THE AIR FORCE CYP CHILD AND YOUTH PROGRAMS

VOLUNTEER COACHES

THEY NEED YOU!

**BASEBALL • SOFTBALL • BASKETBALL
SOCCER • CHEERLEADING**

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.

11th FSS YOUTH SPORTS DIRECTOR, RICO BAILEY 202.284.3193 DEPARTMENT OF THE AIR FORCE CYP CHILD AND YOUTH PROGRAMS

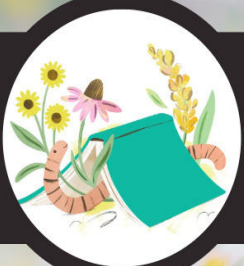
CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | | 6

MAY at the Library



"Plant a Seed, Read!"
Registration is May 01 - June 20, 2026
Summer Reading Program dates:
June 22 - August 12, 2026
Register at
<https://jbanacostialibrary.beanstack.org/reader365>
(Open to all: pre-reader to adults)



Patch Club

14 May, 4:30 - 5:30 PM in the Children's Room.

Storytime & Craftivity

Every Tuesday and Thursday at 10 AM in the Children's Room.

Movie Madness

Every Friday at 5 PM in the Children's Room.
FREE POPCORN

Family Puzzle Day

Please join us for a Family Puzzle Day fun on 16 May.
All puzzles & popcorn will be available to all participants.



Details for library activities at jbabfss.com/library

REAL PROGRESS -MR. WAYNE MCCRAY

It may seem like a small matter, but we have the power to control our thoughts and even change our minds. It may take courage and personal commitment to make this your reality, but the truth remains: we can change our minds and behaviors.

We may have already begun this life journey and traveled quite a distance. However, no matter how far we have come, we can still look ahead and continue moving forward.

Refuse to let your fears stop you or cause you to pause for too long. The time will never be perfect.

Refuse to compare your progress to others on their journeys. There is only one you in the entire world.

I cannot promise many things, but I can assure you that the journey is worth it. This is your journey—your departure from your comfort zone, your curiosity, your exploration.

We get to enjoy the adventure—the climb, the growth, the real progress—together.

MILITARY & FAMILY READINESS CENTER



PERSONAL FINANCIAL READINESS

MAY 2026



MAY 2026:
7 MAY | 9AM - 12PM
 Bundle for Babies
8 MAY | 9AM - 10:30AM
 First Duty Station - Officer
11 MAY | 11AM - 12PM
 Thrift Savings Plan 101



REGISTER
pfr.timetap.com
 or call 202.284.4473



M&FRC + Military & Family Life Counselor

LUNCH & LEARN

11:30 - 12:30 • 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
 OR CALL 202.284.4473

- May 12: Developing Healthy Digital Relationships
- June 9: Building Strong Relationships through Mindful Communication
- July 21: Financial Management: Money Matters
- August 11: Managing Transition Stress
- September 15: Trust-Building Skills in the Workplace and Friendships
- October 13: Achieving Work-Life Balance, Thriving Vs. Surviving

JBAB EFMP & PWL & Pentagon EFMP

Moments For Mom Paint & Sip

Enjoy a creative space designed just for YOU!
 Celebrating the strength of our military mothers with an afternoon of relaxation, painting, connection, and self-care.
 All supplies and light refreshments provided!

15 May | MFRC | 11am - 1pm

Register by scanning the QR code or contact Linda Clark (linda.clark.8@us.af.mil) or Walky Fradera (walkida.fradera.1@us.af.mil) to learn more!



Childcare will be available at MFRC, with JBAB Military & Family Life Counseling staff on-site to assist!



EFMP Exceptional Family Member Program

Partnership with Bluestar Families

WELLNESS WORKSHOP FOR CAREGIVERS

JBAB & Pentagon EFMP in partnership with JBAB MFLC are hosting a series of wellness workshops designed to support, strengthen and empower caregivers. Each session provides a welcoming space to learn practical tools, connect with others, and focus on personal well-being.

MAY 11 | JUNE 8 | JULY 13

3pm - 4pm Offered in hybrid format at JBAB MFRC
 118 Brookley Ave Bldg 13



Scan the QR Code or contact Linda Clark
linda.clark.8@us.af.mil



EFMP Exceptional Family Member Program

FSS

MILITARY & FAMILY LIFE COUNSELING

CONNECT WITH US!

f /JBABFSS

@JBABFSS

JBABFSS.COM | | 8

POTOMAC LANES

MAY THE FOURTH BE WITH YOU PROMOTION

COME SHOW YOUR STAR WARS PRIDE!

4 MAY | 11AM - 4PM

The Challenge: Groups of 4; if every member strikes in the 4th frame, the group wins a FREE game and a pizza voucher.

Price: \$25.00 per person (includes 2 hours of bowling and show rentals).



KIDS BOWL FREE.COM



REGISTER ONLINE
@ KIDSBOWLFREE.COM

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

18 MAY - 20 AUG MON - THUR • 11 AM - 3 PM



202.284.4115



POTOMAC LANES

Memorial Day Weekend Special

22 & 23 May | 11 AM - 5PM

**Two Hours Unlimited Bowling
+ Shoes, Pizza, & Soda
...only \$60!**

families or groups of up to 6 people



POTOMAC LANES

COSMIC BOWLING



SAT • 30 MAY

8:30 - 11:30 PM \$20 MIL & \$25 CIVS

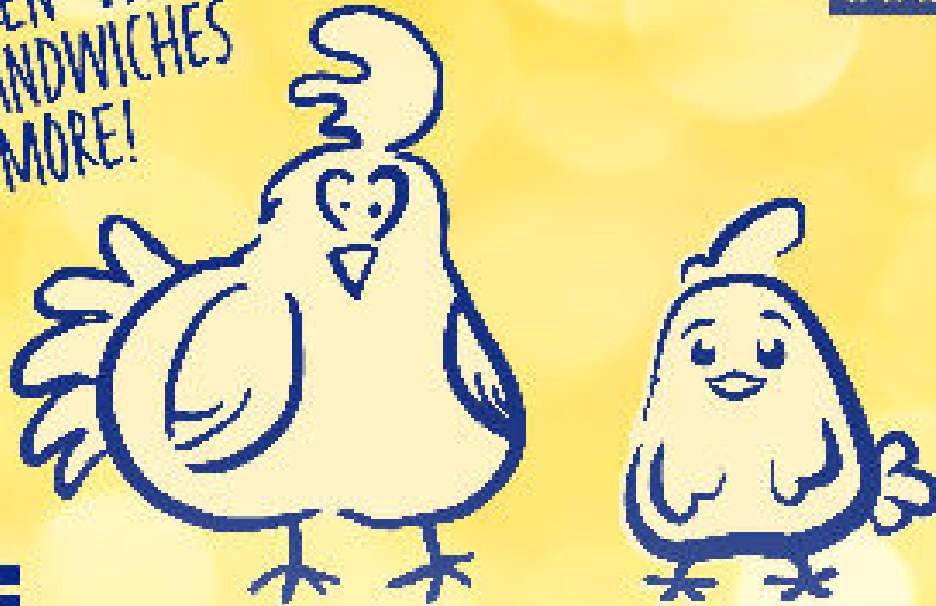
PRICE INCLUDES
SHOES & 3 HOURS
OF BOWLING!



202.284.4115



FRIED CHICKEN • WINGS
PIZZA • SANDWICHES
AND MORE!



THE OPENING OF THE SLIP INN!

SLIP INN WATERFRONT RESTAURANT OPENS
ON MAY 8, 2026 FROM 11 AM - 7 PM

SLIP INN MAY HOURS: TUE - THUR: 11 AM - 7:30 PM
FRI: 11 AM - 8:30 PM; SAT: 12 - 6 PM



202.284.3774



BOLLING EVENT CENTER



BOLLING EVENT CENTER

Trivia Night

at **FIRST FRIDAY**
4 - 5:30 PM

FIRST FRIDAY

FIRST FRIDAY MENU
LIVE DJ
DANCING

at **GOOSE'S LANDING**

1 MAY | 7 - 11 PM

4-6pm: Free Food for Club Members & \$10 for Non-Members
7-10:30pm: Kitchen is open (wings, sandwiches, & more!)



202.284.3990



AIR FORCE SERVICES CLUBS

JBAB BOLLING CLUB



Mommy & Me Cake Decorating

SATURDAY MAY 2 | 11 AM - 1 PM

JBAB BOLLING CLUB- ARNOLD SUITE

ALL SUPPLIES PROVIDED!

FREE
REGISTER HERE!

<https://forms.osi.apps.mil/r/6Cvh2Uj5xE>

REGISTER BY: 30 APRIL



QUESTIONS? CONTACT DEVAN HAGER: 202-284-3993
DEVAN.HAGER.2@US.AF.MIL



JBAB CLUB

Mother's day Brunch

A special gathering dedicated to the incredible women who fill our lives.

MAY 10, 2026

12:00 PM – 2:00 PM
Capital Ballroom

Unlimited Mimosas • Omelet & Waffle Bar
Home Fried Potatoes • Bacon & Sausage • Scrambled Eggs
Carving Station w/ Roast Beef • Seafood Selections
Baked Chicken • Mashed Potatoes • Rice Pilaf
Kid's Menu & so much more!

\$55 Club Members | \$65 Non-Members
9 & Under: Free | 10-12: \$20

*Reservations
Required*



COMEDY TOUR



CARLOS MENCIA

featuring
Walter Campbell



Adult Comedy 18+ only

FREE SHOW!

Friday, 15 May • 6 PM

Capital Ballroom, Bolling Event Center

50 Theisen St, Washington, DC 20032

Food & Beverage Available at Goose's Landing Beginning at 3 PM

2-FOR-1 STEAK NIGHT

21 MAY • 5 - 8 PM
GOOSE'S LANDING

Steak Selection

10-12 oz New York Strip
or Rib Eye Steak
8 oz Salmon Filet
8 oz Breast of Chicken

Sides

Vegetable Medley
Baked Potato
Baked Sweet Potato
Rice Pilaf
French Fries

Salad

Mixed Green Salad

Beverages

Iced Tea/Coffee/or Water

Club Members
\$45.95 for 2
Non-Members
\$45.95 for 1



Kids Meal

Hot Dog or Chicken Nuggets
French Fries & a Drink



202.284.3990



MAY FITNESS CHALLENGE

PUSH-UP CHALLENGE

BUILD STRENGTH. STAY CONSISTENT

Start with 10 push-ups on Day 1.

Add +1 push-up each day

Finish with 40 push-ups by day 31

Use #PushUpChallenge to post your progress!



202-284-3131



JBAB FITNESS

2026 DOUBLES PICKLE BALL TOURNAMENT



SATURDAY, MAY 2 | 10AM

3036 Arnold Ave SW Washington, DC 20032

4 teams registered minimum for a tournament

Register by scanning the QR Code or visiting quickscore.com/jbab



JBAB FITNESS

2026 INTRAMURAL SOCCER TOURNAMENT

9 MAY | JBAB TURF FIELD

Register by scanning the QR code or visiting quickscores.com/jbab



2026 POLICE WEEK MEMORIAL 5K RUCK RUN

FRIDAY, MAY 15, 2026 | START TIME: 08:00

LOCATION: SLIP INN, JBAB



No need for sign up, just show up and support

FRIDAY, MAY 15, 2026

LOCATION: SLIP INN, JBAB





2026 SPORTY SENTINELS DAY



26 MAY
0645 - 1300
GIESBORO PARK

**BOOT CAMP • TIRE FLIP
HUMVEE PUSH
PICKLEBALL
ULTIMATE FRISBEE
ROCK CLIMBING WALL
BEACH VOLLEYBALL
3 V 3 BASKETBALL TUG OF WAR**

REGISTER ONLINE!
quickscores.com/jbab



DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS

Questions? Contact Mike Perry, Fitness Director, 202.284.3133

JBAB POOL OPENS 22 MAY!



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 FREE



DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS

202.284.3129



JBAB FITNESS SUMMER SINGLES TENNIS TOURNAMENT



6 JUNE | 10AM | 3036 ARNOLD AVE SW

Register by scanning the QR code or visit www.quickscores.com/jbab



11th FSS

4 players registered minimum for a tournament

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



DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS

202.284.3141

OUTDOOR RECREATION & ITT

Hooked on Adventure?

LET'S GO FISHING!

2 May
CAPITAL COVE MARINA

\$100 per person
Max of 4 participants per time slot
All fishing gear provided

AVAILABLE TIME SLOTS
10AM-2PM
3PM-7PM

Spots are limited.
Sign-ups close 10 days prior to the event.
*Weather permitting.

For more details contact Outdoor Recreation

202-284-3104
11FSS.JBAB.ODRMARINA@us.af.mil.



OUTDOOR RECREATION

U.S BOTANIC GARDEN PHOTO TOUR



Join us for a photo tour of the U.S Botanic Garden! You can explore the vibrant indoor and outdoor gardens without worrying about DC traffic or parking!

Departure & Return:
9AM Depart from Outdoor Recreation
10AM-4PM: Enjoy the U.S Botanic Garden
4PM: Depart from DC
5PM: Return to JBAB

9 MAY
\$10 PER PERSON

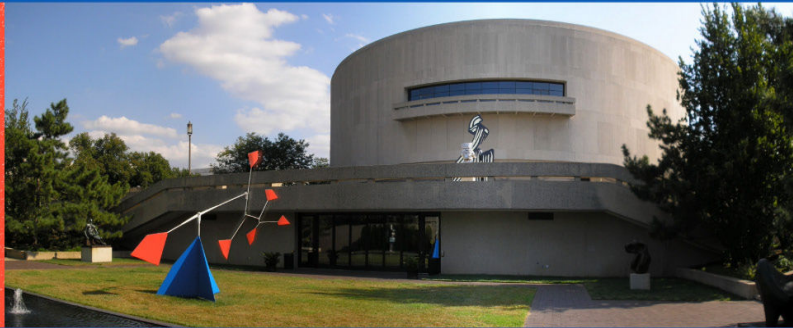
Make your reservation at Outdoor Recreation; Building 928
Seating is limited to 12 participants!



JBAB OUTDOOR RECREATION

THE HIRSHHORN MUSEUM TRIP

SAVE THE DATE



**SATURDAY
JUNE 13
9AM - 4:30 PM**

Immerse yourself in a world of international modern art without the headache of D.C traffic and parking! While entry to the museum is FREE, your seat on our convenient shuttle is just **\$10 PER PERSON**

Spots are limited to 12 passengers maximum!
All reservations must be made in person at Outdoor Recreation!
For more information, please call us at 202.284.3104



SNAG A SLIP AT CAPITAL COVE MARINA THIS SEASON AND SAVE!

SAFE - SECURE - PAVED - GATED WITH 24/7 ACCESS

Combine your Wet & Dry Storage and save up to \$70!
(OFFER IS LIMITED TO BOATS 25FT AND UNDER)

Club members save even more with our current offer of 5% off on monthly storage fees. Not a member ask for details on how to join.

Offer(s) are available to all current or new patrons. Availability is based on first come first serve. For more information visit us at WWW.JBABFSS.COM or call 202-284-3104



WE SALUTE YOU

VISIT AGAIN AND AGAIN THROUGHOUT THE YEAR

STARTING AT **\$220*** PER PERSON
2026 MILITARY FREEDOM PASS

Not available at Front Gate. Must have valid Military ID. Ticket expires on 12/31/2026. Blackout dates & restrictions apply.

- 2-Park and 3-Park tickets and vacation packages available. *(Does not include admission to Universal Epic Universe.)*
- Eligible Service Members are active or retired members of all branches of the U.S. Military, including the National Guard, Reservists, and/or their spouses, 100% Disabled Veterans and Department of Defense civilian personnel with valid U.S. Military ID.



ADD-ON 1-DAY UNIVERSAL EPIC UNIVERSE TICKETS* (separable purchase)
 An activated 2026 Military Freedom Pass Promotional Ticket is required. Additional restrictions apply. Learn more at UniversalOrlando.com/military



*This Military 2026 Freedom Pass Promotional Ticket is available to active and retired members of all branches of the U.S. Military, including the National Guard, Reservists, and/or their spouses, 100% Disabled Veterans and Department of Defense civilian personnel with valid U.S. Military ID. Ticket expires on 12/31/2026. Blackout dates & restrictions apply. Not available at Front Gate. Must have valid Military ID. Ticket expires on 12/31/2026. Blackout dates & restrictions apply. Learn more at UniversalOrlando.com/military



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Contact Us for More Information!

Joint Base Anacostia Bolling Information Tickets and Tours Office
 Phone: 202 284 3108 and Email: 1lfs.fswickets.andtravel@us.af.mil

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MAY 14- BASKETBALL (BEAT THE CLOCK)
MAY 21- MARIO KART
MAY 28- UNO



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11FSS FACILITIES MAP

JOINT BASE ANACOSTIA-BOLLING

11TH FORCE SUPPORT SQUADRON FACILITIES MAP

- 1 **AEROBICS CENTER**
BLDG 38
- 2 **BOLLING CLUB**
BLDG 50 - BOLLING EVENT CENTER | 202.284.3990
- 3 **CAPITAL COVE MARINA**
BLDG 90 | 202.284.3104
- 4 **CHILD DEVELOPMENT CENTER I**
BLDG 4456 | 202.284.4828
- 5 **CHILD DEVELOPMENT CENTER II**
BLDG 4455 | 202.284.4208
- 6 **CHILD DEVELOPMENT CENTER III**
BLDG 413 | 202.284.4814/4815
- 2 **COMMUNITY CENTER**
BLDG 50 - BOLLING EVENT CENTER | 202.284.3990
- 8 **ENGRAVING SHOP**
BLDG 4472 | 202.404.6997
- 9 **FITNESS CENTER I**
BLDG 15 | 202.284.3034
- 10 **FITNESS CENTER II**
BLDG 419 | 202.284.3183
- 12 **HUMAN RESOURCES OFFICE**
BLDG 12 | APF 202.284.4202 / NAF 202.284.4446
- 13 **INFORMATION, TICKETS, & TRAVEL**
BLDG 928 | 202.284.3108
- 14 **JBAB POOL**
BLDG 56 | 202.404.1143
- 15 **JOINT RECREATION & INNOVATION CENTER**
BLDG 72 | 202.284.3900
- 16 **LIBRARY**
BLDG 4439 | 202.284.4703
- 8 **MAGDALENS' CUSTOM FRAMING**
BLDG 4472 | 202.767.8660
- 18 **MILITARY & FAMILY READINESS CENTER**
BLDG 13 | 202.284.4473
- 19 **MILITARY PERSONNEL FLIGHT**
BLDG 16 | 202.284.3123
- 13 **OUTDOOR RECREATION**
BLDG 928 | 202.284.3104
- 21 **POTOMAC LANES BOWLING CENTER**
BLDG 1310 | 202.284.4115
- 22 **SLIP INN WATERFRONT RESTAURANT**
BLDG 2482 | 202.767.5840
- 23 **STEWART EDUCATION CENTER**
BLDG 52 | 202.284.4438
- 24 **YOUTH CENTER**
BLDG 4485 | 202.284.3193
- 7 **JBAB CARWASH**
BLDG 8

