

TITAN TALK

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

NATIONAL AQUARIUM TRIP

1 AUGUST

DASHING BACK TO SCHOOL 5K

7 AUGUST

SUMMER READING FINALE PARTY

14 AUGUST

R&B NIGHT COSMIC BOWLING

15 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

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

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

24/7 ACCESS ONLY

REGISTER FOR ACCESS ON

TUESDAY & THURSDAY: 11 AM - 1 PM

INFORMATION, TICKETS & TRAVEL

BLDG 928 | 202.284.3108

TUESDAY - SATURDAY: 9 AM - 6 PM

JOINT RECREATION & INNOVATION CENTER

BLDG 72 | 202.284.3900

MONDAY & TUESDAY: 11 AM - 4 PM

WEDNESDAY-FRIDAY: 11 AM - 6 PM

SATURDAY 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

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

TUESDAY - SATURDAY: 9 AM - 6 PM

POOL

BLDG 52 | 202.284.3129

LAP SWIM: TUESDAY - FRIDAY: 6 AM - 11 AM

SATURDAY & SUNDAY: 9 AM - 11 AM

OPEN SWIM: TUESDAY-SUNDAY: 12 - 7:30 PM

CLOSED ON MONDAYS UNLESS IT FALLS ON A FEDERAL HOLIDAY

POTOMAC LANES BOWLING CENTER

BLDG 1310 | 202.284.4115

MONDAY - FRIDAY: 11 AM - 4 PM

SATURDAY: 12 - 5 PM

OPEN FOR SUMMER LEAGUES AFTER 7 PM

KITCHEN CLOSING 30 MINUTES PRIOR TO CLOSING

SLIP INN WATERFRONT RESTAURANT

BLDG 2482 | 202.284.3774

TUESDAY - THURSDAY: 11 AM - 7:30 PM

FRIDAY: 11 AM - 8:30 PM

SATURDAY: 12 - 7:30 PM

KITCHEN CLOSING 30 MINUTES PRIOR TO CLOSING

YOUTH CENTER

BLDG 4485 | 202.284.3193

MONDAY - FRIDAY: 6 AM - 6 PM

11TH FORCE SUPPORT SQUADRON

COMMANDER

MAJ TAWNY GARDNER

FIRST SERGEANT

MSGT GREGORY CARTER

MARKETING & COMMERCIAL

SPONSORSHIP

202.284.3043

SENIOR ENLISTED LEADER

CMSGT BRYAN KARASON





05 **BACK TO SCHOOL INFO NIGHT**
JBAB SCHOOL LIAISON

09 **ADAPTIVE FIELD DAY**
MILITARY & FAMILY READINESS

11 **FIRST FRIDAY TRIVIA NIGHT**
SLIP INN RESTAURANT

15 **BRICKHOUSE TOURNAMENT**
FITNESS

- 3 **EVENT CALENDAR**
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SCAN HERE TO SIGN UP

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UPCOMING 11 FSS EVENTS

AUGUST

**1
AUG**

ODR NATIONAL AQUARIUM BALTIMORE TRIP

Outdoor Recreation • 9AM - 6PM • \$20 per person (round trip) • Tickets to the National Aquarium can be purchased at JBAB Tickets and Travel or at the Gate.

**4
AUG**

2026 EDUCATION & COMMUNITY EXPO

Bolling Club • 10 AM - 2PM • 30+ Colleges & Universities, 5 Skill bridge Partners, and more!

**3-8
AUG**

MISSOULA: BEAUTY LOU & THE COUNTRY BEAST

Youth Center • Auditions: Aug 3 @ 9AM • Rehearsals 3-7 Aug • Performance: 8 Aug • \$25 per youth

**7-9
AUG**

BRICKHOUSE BASKETBALL TOURNAMENT

Fitness Center 1 & 2 • quickscores.com/WAMAC

**12
AUG**

INTRAMURAL FLAG FOOTBALL LEAGUE

JBAB Turf Field • M/Tu/W/Th @ 6 & 7PM • Season starts Aug 17 • quickscores.com/jbab

**13
AUG**

TINY TOT PLAY TIME

JBAB Splash Pad • 9:30 - 11AM • Open to ages 1-3 years with a caregiver

**13
AUG**

KEY SUPPORT LIAISON IMMERSION TRAINING

10 - 11AM • CKSP POC: walkidia.fradera.1@us.af.mil

**17
AUG**

BACK TO SCHOOL INFO NIGHT

Bolling Event Center (Capital Ballroom) • 5:30 - 7PM • School Bus Routes, your questions answered, etc!

**20
AUG**

JBAB PFR: BUILDING WEALTH: SAVINGS & INVESTING

JBAB MFRC 118 Brookley Ave, Bldg 13 • 10AM - 12PM • Registration Required

Details & Registration
for all events at
JBABFSS.COM



YOUTH CENTER

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

TEEN EVENTS

AUGUST 2026

AUGUST 8 TEEN SHOPPING TRIP 12:45 - 4 PM

Back-to-School Field Trip to Tanger Outlets National Harbor. Teens will meet at the JBAB Youth Center at 12:45 and will return at 4pm. Teens are responsible for their shopping and lunch money.

AUGUST 28 TORCH CLUB 5 - 6 PM

AUGUST 28 KEYSTONE CLUB 6 - 6:30 PM

AUGUST 28 TEEN COUNCIL 6:30 - 7 PM

SEPTEMBER 18 TEEN SUMMIT 6 - 8 PM

Teens ages 13-18, join us for an exciting and informative JBAB Teen Summit at JBAB Youth Center. You will explore a variety of career paths and opportunities for your future. Guest speakers will be announced soon! Light refreshments will be provided!

TORCH/KEYSTONE COMMUNITY PROJECT

SEPTEMBER 19 12:15 - 3:30 PM

Youth Center Torch/Keystone Clubs would like to say Thank You to our service members by providing a to-go snack for all service members.



MISSOULA
CHILDREN'S
THEATRE

A PRODUCTION OF MCT, INC.

YOUTH CENTER
PRESENTS

AGES 5 TO 18

\$25

AUDITIONS:
3 AUG AT 9AM

REHEARSAL: 3 - 7 AUG

PERFORMANCE: 8 AUG



Register at the Youth Center or call 202-284-3193 by Aug 3. For questions or more information, contact the Youth Center 202.284.3193.



CHILD AND YOUTH PROGRAMS

Back To School INFO NIGHT

**JBAB
SCHOOL
LIAISON
PROGRAM
MANAGER**



**YELLOW RIBBONS
UNITED**
NO FEDERAL ENDORSEMENT IMPLIED

**17
AUG**

5:30 - 7:00PM

**BOLLING EVENT CENTER
CAPITAL BALLROOM**

JBABFSS.COM

SCHOOL BUS ROUTES
DC SCHOOL LOTTERY
SCHOOL CHOICE
**? YOUR QUESTIONS
ANSWERED!**

**11th
FSS**

Support the JBAB community!

BECOME A FAMILY CHILDCARE PROVIDER

**Be Your Own Boss
Do Work You Love
Free Training**

DEPARTMENT OF THE AIR FORCE
FCC
FAMILY CHILD CARE

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

JBAB YOUTH CENTER

DEPARTMENT OF THE AIR FORCE
CYP
CHILD AND YOUTH
PROGRAMS

**11th
FSS**

JBAB YOUTH CENTER BEFORE AND AFTER CARE

JBAB Youth Center is proud to offer a safe, structured, and engaging before and after school program designed to support Military and DOD CIV families and provide a fun, enriching environment for youth!

**MONDAY - FRIDAY
6AM - 6PM**

Fees are income based. All spaces offered through MilitaryChildCare.com utilizing the DoD Priority Placement Policy.

ELIGIBILITY

- We provide care for: Children ages 5 (enrolled in kindergarten) through 12 years old.
- Must meet eligibility requirements under the DoD priority placement policy
- Health and wellness initiatives

BEFORE SCHOOL CARE

- Supervised care prior to school start time
- Ensures children are safely prepared and transported to school

AFTER SCHOOL CARE

- Structured activities including:
- Homework support
 - Arts & Crafts
 - Recreational Games & Sports
 - STEM and enrichment activities

*Please contact the Youth Center
for any questions:
202.284.3193 or 202.284.3191*

CHILD AND YOUTH SPORTS

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



DEPARTMENT OF THE AIR FORCE
CYP
CHILD AND YOUTH PROGRAMS

11th FSS

YOUTH SPORTS

REGISTRATION

Basketball & Cheerleading
Ages 5-14:

Start Smart Basketball
Developmental program for ages 3-4 with parental involvement.

All age groups-Included gear
Basketball players receive NBA replica jersey and shorts. Cheerleaders receive a shell, skirt and pom poms.

Important Dates:
Coaches Meeting:
Dec 5, 2026, 10 am, JBAB YC Gym

Parents Meeting / Skills Assessment (ages 9-14):
Dec 12, 2026, 10 am, JBAB YC Gym

Register by 1 December at PARENT.AFCYP.COM

Volunteer Coaches Needed! All Age Groups.
Contact JBAB Youth Sports Director Rico Bailey at ricardo.bailey@us.af.mil for details

202.284.3190

\$75



DEPARTMENT OF THE AIR FORCE
CYP
CHILD AND YOUTH PROGRAMS

11th FSS

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

202.284.3191
202.284.3193

DEPARTMENT OF THE AIR FORCE
CYP
CHILD AND YOUTH PROGRAMS

11th FSS

JBAB YOUTH CENTER

ROLLING REGISTRATION

\$60 PER MONTH

TAEKWONDO

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

REGISTER ONLINE
PARENT.AFCYP.COM
202.284.3193



DEPARTMENT OF THE AIR FORCE
CYP
CHILD AND YOUTH PROGRAMS

11th FSS

CONNECT WITH US!

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AUGUST AT THE LIBRARY

SUMMER READING FINALE PARTY

August 14 | 1 - 3PM

Location: JBAB Library

Participants and their immediate family
are welcome!



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

PATCH CLUB

On hiatus for the month
of August



JBAB EDUCATION &
TRAINING CENTER

2026 JBAB EDUCATION & COMMUNITY EXPO

30 + Colleges & Universities
SkillBridge Partners
AF COOL Venders
JBAB Community Partners
Live Commissioning Panel @ 1PM!



Date: August 4, 2026

Location: Bolling Club

50 Theisen St Washington, DC 20032

Time: 10AM - 2PM

Register Here!



For more information, contact
11fss.jbab.fsde@us.af.mil
or call 202.284.4438



JBAB Education & Training Center

STRIPE TO BARS



2026 COMMISSIONING PANEL

HELD AT THE JBAB EDUCATION & COMMUNITY EXPO

Date: August 4, 2026

Time: 1300

Location: Bolling Club



Register Online

JBAB members register through

AFVEC portal under "Education Center Events"

For more information please call

202.284.4438



MILITARY & FAMILY READINESS CENTER

Childcare Provided!



EXPECTING A BABY?
Bundles for Babies

Budget for your growing family, network with other expectant parents, and get information & resources to prepare for your baby!

August 6, November 5

EXPECTING PARENTS RECEIVE INFORMATION ON:

- Financial management
- Tricare
- Dental care
- Military & Family Life Counselor
- New Parent Support Program
- Military One Source



Scan the QR code to register or visit pfr.timeatp.com
 Registration closes two day before.



Open to Active Duty families expecting a child and or have a newborn.
 Military & Family Readiness Center. 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



COMMANDER'S KEY SUPPORT PROGRAM
Trainings 2026



Key Support Mentor Training: 10am - 11am
 1 October & 3 December

Key Support Liaison Immersion Training: 10am - 11am
 13 August & 19 November

Key Support Liaison Continuing Education: 10am - 11am
 (scan QR code to see training dates & topics)
 3 September



Key Support Initial Training is currently only available online through Mil Life Learning.
 Email: walkida.fradera.1@us.af.mil for instructions.
 Appointment letter signed by both the Commander and volunteer must be in place to move forward with initial, immersion, and mentor training.



1. What is the Commander's Key Support Program (CKSP)?
 An official unit readiness program, designed to enhance family readiness, adaptability, and connectedness throughout the military life cycle.

2. Who can volunteer as a Key Support Liaison (KSL) or Key Support Mentor (KSM)?
 The Commander appoints the volunteers he/she feels would best represent their unit as a KSL/KSM. Volunteers that can be appointed include Spouses, Active-Duty (AD) Members, Federal Civilians, Family Members, Civilians connected to the unit.

CKSP POC: walkida.fradera.1@us.af.mil



GROW & LEARN WITH EFMP AND NEW PARENT SUPPORT!

TINY TOT PLAY TIME

OPEN TO AGES 1 - 3 YEARS
 WITH A CAREGIVER

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






UPCOMING DATES:
13 & 27 AUGUST
10 & 24 SEPTEMBER

Meet at Splash Pad From June 4 - September 24 for Tiny Tots Play Time!
 *In event of inclement weather Tiny Tot Play Time will be held at MFRC,
 Check the JBAB Community and MFRC Facebook page for weather updates and cancellations*

Military & Family Readiness Center | 202.284.4473



CONNECT WITH US!

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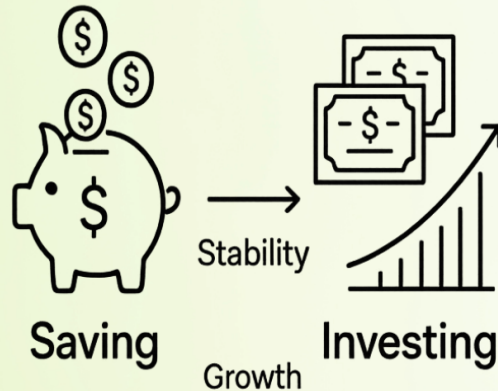
@JBABFSS

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JBAB PFR



BUILDING WEALTH: SAVINGS & INVESTING



Learn how to build wealth through investing with the **U.S. Securities & Exchange Commission**.

JBAB MFRC 118 Brookley Ave, Bldg 13

20 Aug, 10am - 12pm

8 Oct, 10am - 12pm

Registration Required:



Topics will include:

- Value of consistent contributions to your TSP
- The power of compounding when investing for the long term
- The role of diversification in managing risk when investing
- Understanding the impact of fees on investments
- Considerations with emerging investments
- Protecting your money from investment scams



U.S. Securities and
Exchange Commission



JBAB & PENTAGON EFMP

ADAPTIVE FIELD DAY

**22
AUG** **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 call 202.284.4469 or 202.284.4473.
We look forward to seeing you there!**



**REGISTER
ONLINE**



POTOMAC LANES BOWLING CENTER



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

R&B Night

AT **COSMIC BOWLING**

 **AUGUST 15**  **7-10:30PM**  **POTOMAC LANES**

\$21 MILITARY ★★★★★ | **\$26** CIVILIANS ★★★★★

Good Vibes. Great Music. Cosmic Fun.



POTOMAC LANES UNLIMITED PASS

Roll into unlimited fun! Ready to drop some pins?
Potomac Lanes has you covered with the ultimate weekend deal!

Friday's: 11am - 4pm | \$25 per person for 3 hours of bowling (shoes included)

Friday Nights: 6:30pm - 9:30pm | \$30 per person for 3 hours of bowling (shoes included)

Saturday's: 12pm - 5pm | \$35 per person for 3 hours of bowling (shoes included)

 **202.284.4115** 

CONNECT WITH US!

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SLIP INN

FIRST FRIDAY

TRIVIA
LIVE DJ
DANCING

at **SLIP INN**
7 AUG
4 - 5 PM

Trivia Night

FREE Happy Hour Food for Club Members!
*Must show proof of membership

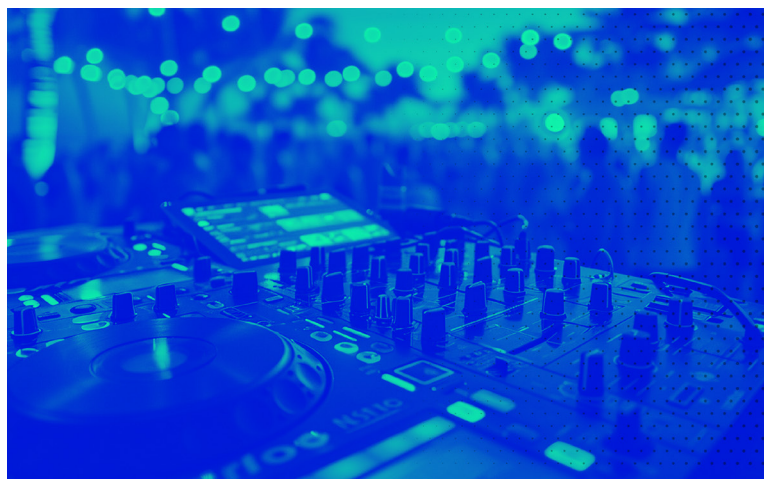


202.284.3990



COME OUT TO SEE THIS GREAT PERFORMANCE FROM
RETRO ACTIVE DOUBLE DUTCH JUMP ROPE FROM FREDERICKSBURG!

AUGUST 14 | 6 - 7PM | SLIP INN



DJ CHRIS AT THE SLIP INN

AUGUST 14TH & AUGUST 28TH
5-9PM | SLIP INN





SAVE THE DATE

Dust off your Dirndls & Lederhosen!

25 SEPTEMBER | SLIP inn



GERMAN-INSPIRED
FAVORITES



BEER
SPECIALS



LIVE
MUSIC



FESTIVE
FUN!



JBAB OUTDOOR RECREATION

SATURDAY, AUGUST 1 | 9AM - 6PM



SMITHSONIAN NATIONAL ZOO TRIP

SEPTEMBER 20
10AM - 4PM

Seating limited to 12 Participants
RESERVE EARLY!



\$220*
STARTING
AT PER
PERSON
2026 MILITARY FREEDOM PASS
Not available at Fort Cav. Most non-valid Military ID. Ticket expires on 12/31/25



IS KINETICALLY CONTROLLING, NOT A DIFFUSION-CONTROLLED



\$499

— PLUS

at select Walt Disney World Resort hotels for stays most nights
1/1/26–3/28/26, 4/12/26–11/21/26, and 11/29/26–12/18/26.

[Contact Us for More Information!](#)

WALT DISNEY WORLD.
THE MOST MAGICAL PLACE ON EARTH

Joint Base Anacostia-Bolling Information Tickets and Tours Office
Phone: 202-284-3108 and Email: 11fss.fswtickets.andtravel@us.af.mil

OUTDOOR RECREATION & ITT



PRIMITIVE CAMPING

SIMPLE. SCENIC. UNFORGETTABLE.

\$10 PER NIGHT PER CAMPSITE

PRIMITIVE MEANS NO RUNNING WATER & NO RESTROOMS IMMEDIATELY AVAILABLE; RESTROOMS AVAILABLE ABOUT ONE-QUARTER WALK FROM CAMPSITES.

EACH CAMPSITE INCLUDES A CHARCOAL GRILL!

FOOD OPTIONS

COMMISSARY
OPEN 7 DAYS A WEEK
Check hours here!

POTOMAC LANES & SLIP INN SNACK BARS
Check hours on 11 FSS website!

SCAN ME!

FITNESS CENTER 1

GET REGISTERED FOR 24-HOUR ACCESS

FITNESS HOURS

- Monday - Friday: 5:00 AM - 8:00 PM
- Saturday - Sunday: 7:00 AM - 3:00 PM
- Federal Holidays: Closed

SHOWERS AVAILABLE!

ODR OUTDOOR RESTROOM

24/7 ACCESS
Convenient outdoor restroom available any time, day or night!

202.284.3104

ENJOY THE OUTDOORS. RESPECT THE LAND. LEAVE NO TRACE.



Outdoor Recreation Party Packs!

Turn your next birthday, holiday gathering, or family reunion into an unforgettable outdoor party with our specially curated kits designed for service members and their families!

FROM JUST \$35!

SNACK PACKS
Snow Cone Machines • Cotton Candy Machines
Popcorn Machines • Supplies Included

YARD GAME PACKS
Corn Hole • Putt Golf • Cup Pong • Ladder Golf
Giant Jenga • Connect Four • And More!

BOUNCY PACKS
Tropical Moonbounce • Ocean Moonbounce
Castle Moonbounce • Plus Games or Snacks!

FIELD DAY PACK
Pop-up Pavillion • Ice Chests • Chairs
Tug of War • Kickball • Football

202.284.3104

Reserve yours today!
JBABFSS.COM/OUTDOOR-RECREATION



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

CONNECT WITH US!

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Dashing Back To School

5K Fun Run & Walk

EVERYONE IS ENCOURAGED TO
DRESS IN FITNESS CLOTHES FROM
THE DECADE YOU GRADUATED!



07 AUG | 7AM | AEROBICS CENTER



2026 BASKETBALL TOURNAMENT

AUG 7-9 • FITNESS CENTERS I & II
REGISTER ONLINE BY JUL 31 • [QUICKSCORES.COM/WAMAC](https://quickscores.com/wamac)

ROSTERS MUST CONSIST OF ACTIVE DUTY OR ACTIVE RESERVISTS ON ORDERS ONLY.
COMPLETE REGISTRATIONS ACCEPTED ON A FIRST COME, FIRST SERVED BASIS.
MAXIMUM OF 10 TEAM ALLOWED!

For more information call
202.284.3034



INTRA MURAL FLAG 26 FOOTBALL LEAGUE



REGISTER
quickscores.com/jbab

JBAB Turf Field • M/Tu/W/Th @ 6 & 7 PM
Season Starts Aug 17
Coaches Meeting: August 12 at 5pm at Fitness Center 1. Register your team by August 12.
6 teams must be registered for a league.
Less than 6 teams will be a tournament.



202.284.3034



FITNESS & AEROBIC CENTERS

AUGUST
FITNESS
CHALLENGE



MALE &
FEMALE
WINNER

HOW LONG CAN
HOLD A WEIGHTED
WALL SEAT?

MALE & FEMALE WILL USE 45 POUND WEIGHT PLATE
1 ATTEMPT

JBAB FITNESS CENTER 1

JOINT BASE ANACOSTIA-BOLLING AEROBICS SCHEDULE

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

202.284.3141



JBAB POOL
DIVE-IN
MOVIE NIGHTS

AUG
28



(PG-13)

18+ Vibes Only!

FREE | 8-10pm
BLDG 52, Theisen Street

Rain Dates: Sep 4
Don't forget to bring your snacks & swimsuit!



ACTIVE MILITARY SOFTBALL PLAYERS

TEAM JBAB
NEEDS YOU!



THE BASES
NATIONAL CAPITAL REGION

Practices & Try-Outs will be held at Giesboro Park, Field #2.
Try-Outs start in July, dates are: 23, 29, & 30 from 1730-2000.

Battle of the Bases is a military softball tournament,
presented by the Washington Nationals.

Teams of active duty service members from all branches of military, playing across all
National Capital Region installations, participate in the tournament.



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



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DOG DAZE OF SUMMER

AT JBAB POOL

BRING YOUR FURRY FRIEND FOR A SWIM!

12 SEP

10 AM - 2 PM

JBAB POOL

RuffLand
PERFORMANCE KENNELS

NO FEDERAL ENDORSEMENT IMPLIED

All pets must be up-to-date on vaccinations and must arrive and leave event on a six-foot leash & supervised at all times. No retractable leashes. No more than two leashed pets per adult handler. Certain breeds of dogs are not allowed, including but not limited to Pit Bull breed dogs (American Pit Bull Terrier, Stafford Shire Bull Terrier, American Stafford Shire 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.



202.284.3129



JOINT RECREATION & INNOVATION CENTER

AUGUST 2026



NATIONAL AQUARIUM BALTIMORE TRIP

AUGUST 1ST | 9AM-6PM | SIGN UP AT OUTDOOR RECREATION

TRANSPORTATION: \$20 (ROUND TRIP) NATIONAL AQUARIUM TICKETS MUST BE PURCHASED SEPARATELY AT JBAB TICKET AND TRAVEL OFFICE OR AT THE AQUARIUM GATE.



NINTENDO SWITCH TOURNAMENT

AUGUST 5TH, 12TH, & 19TH | ALL DAY @ JRIC | FREE



JRIC DORM TAKE OVER

AUGUST 6TH | 1600 | FREE | HONOR GUARD BLDG (55)



JRIC DORM TAKE OVER

AUGUST 20TH | 1600 | FREE | FURNARI DORM (BLDG 417)

The J.R.I.C. is open to all Single & Unaccompanied Military, E1 - E6 Dorm Residence, if you need a ride, Call 202-284-3900

202.284.3900



LEVEL UP YOUR DOWNTIME AT THE JRIC!

SHUTTLE SERVICE
AVAILABLE
FROM DORMS TO JRIC!
CALL JRIC 202-284-3900
BLDG 72 (FIRST FLOOR)



XBOX &
PLAYSTATION 5



ARCADE GAMES



PING PONG &
POOL TABLE



FREE MOVIES
Over 500

PLUS:

AXE THROWING, BASKETBALL, FREE WiFi, TRIPS & MORE!



Joint Recreation & Innovation Center • 202.284.3900



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 MAGDALEN'S CUSTOM FRAMING
BLDG 4472 | 202.767.8560
- 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

