TITAN TALK

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

UFC FURY FIGHT FORCE VIEWING PARTY
2 OCTOBER

2 - FOR - 1 STEAK NIGHT
15 OCTOBER

MFRC PAINT A PUMPKIN
17 OCTOBER

HALLOWEEN SPOOKTACULAR
24 OCTOBER

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 - 5 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
CLOSES FOR TRAINING AT 12 PM, 1ST & 3RD WEDNESDAYS

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 FINTNESS 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 - 5 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 - 5 PM

POTOMAC LANES BOWLING CENTER
BLDG 1310 | 202.284.4115
MONDAY - SATURDAY: 11 AM - 9:30 PM
(KITCHEN CLOSES AT 9 PM)
SUNDAY & FEDERAL HOLIDAYS: CLOSED

SLIP INN WATERFRONT RESTAURANT
BLDG 2482 | 202.284.3774
TUESDAY -FRIDAY 11 AM - 5 PM
KITCHEN CLOSES 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

SENIOR ENLISTED LEADER
CMSGT BRYAN KARASON

FIRST SERGEANT
MSGT GREGORY CARTER

MARKETING & COMMERCIAL SPONSORSHIP
202.284.3043



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

JBAB ODR

AIR FORCE OUTDOOR RECREATION

NYC TRIP

PACK YOUR BAGS AND GRAB YOUR CAMERA- YOUR NEW YORK CITY ADVENTURE AWAITS!



SATURDAY NOVEMBER 14

$80

PER PERSON

Join us for a round-trip charter to NYC!
Spots are limited to 50 passengers.
All reservations must be made in person at Outdoor Recreation!

Morning Departure:

6:15 AM DEPART FROM THE JBAB OUTDOOR RECREATION OLD RESALE LOT (ARRIVE BY 6AM)
MIDWAY BREAK: DELAWARE HOUSE TRAVEL PLAZA
10:55 AM: ARRIVE IN MIDTOWN MANHATTAN, HERALD SQUARE (ACROSS FROM MACY'S)

Make the Most of your Day:

EXPLORE CENTRAL PARK, MARVEL AT TIMES SQUARE, SHOP ICONIC STORES, OR DISCOVER HIDDEN GEMS THROUGHOUT THE CITY. IT'S YOUR NYC ADVENTURE -- MAKE IT UNFORGETTABLE.

Evening Departure:

6:45 PM: MEET AT HERALD SQUARE ACROSS FROM MACY'S
BUS DEPARTS MIDTOWN MANHATTAN AT 7 PM
MIDWAY BREAK: DELAWARE HOUSE TRAVEL PLAZA
11:56 PM: ARRIVAL BACK AT THE OUTDOOR RECREATION OLD RESALE LOT

For more information please call, 202.284.3104

11th FSS

YOUTH CENTER

TEEN EVENTS OCTOBER 2026



OCTOBER 2, 23, & 30	TORCH CLUB	5 - 6 PM
OCTOBER 2, 23, & 30	KEYSTONE CLUB	6 - 6:30 PM
OCTOBER 2, & 23	TEEN COUNCIL	6:30 - 7 PM
OCTOBER 23	TEEN & PRETEEN HALO-BAKE OFF	6 PM

Join us for a fun filled evening of sweet treats, socializing, and spooky fun! Teen & Preteens are invited to bring baked goods or snacks to share with friends at the Youth Center! We will be also watching a scary movie to get into the Halloween spirit! Sign up at the Youth Center! *NO nuts and all treats and goodies bust be store bought*

OCTOBER 24	TEEN DAVE AND BUSTERS TRIP	12:45 - 5PM

Calling all teens! Are you ready for an epic afternoon of massive arcade games, delicious food, and non-stop fun? We are hitting up Dave & Busters, and you definietly don't want to miss out on the action! Meet up Location: JBAB Youth Center

11th FSS

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

DEPARTMENT OF THE AIR FORCE CYP CHILD AND YOUTH PROGRAMS

Support the JBAB community!

DEPARTMENT OF THE AIR FORCE FCC FAMILY CHILD CARE

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

DEPARTMENT OF THE AIR FORCE FCC FAMILY CHILD CARE



BECOME A FAMILY CHILD CARE SUBSTITUE 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

JBAB YOUTH CENTER

JBAB YOUTH CENTER BEFORE AND AFTER CARE

JBAB Youth Center us 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.

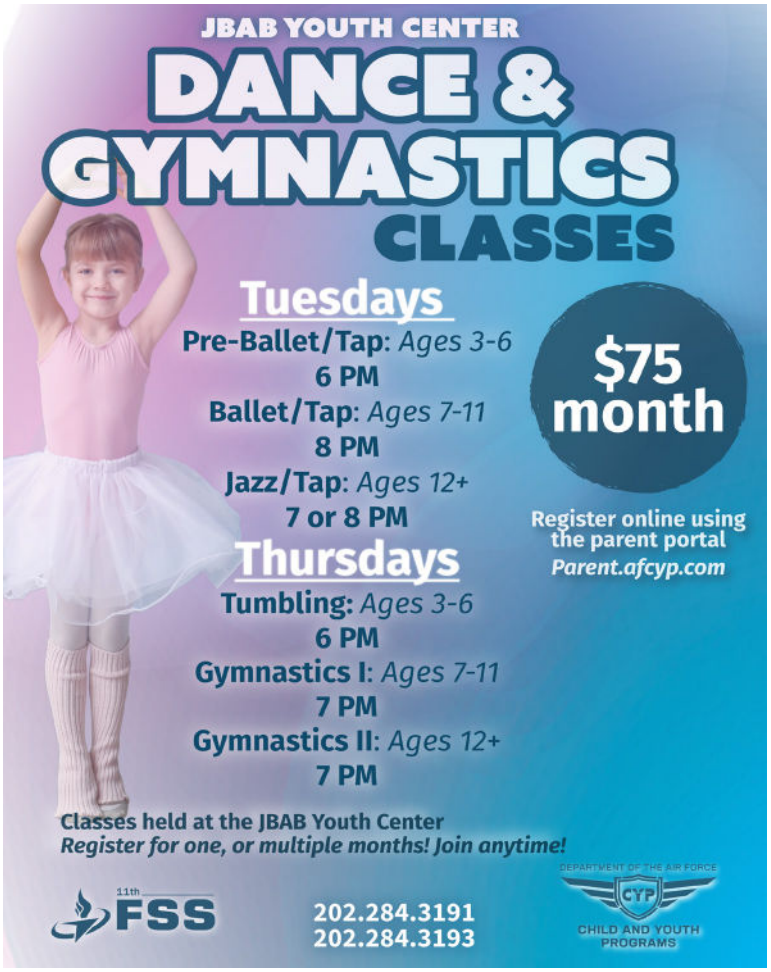
ELIGIBILITY
- We provide care for: Children ages 5 (enrolled in kindergarten) through 12 years old.
- Must meet eligibility requirements under the DoD priority placement policy
- Health and wellness initiatives

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

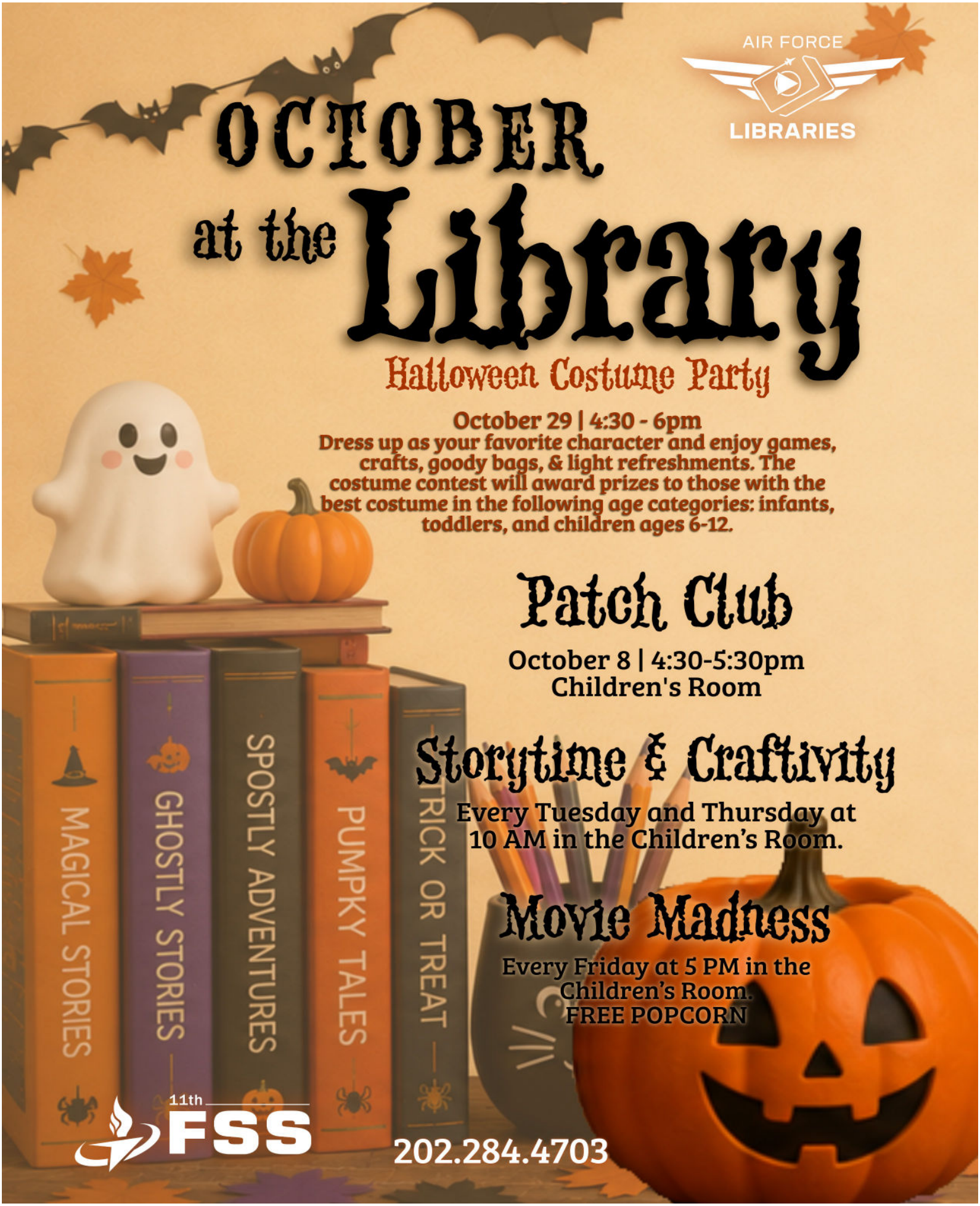
AFTER SCHOOL CARE
Structured activities including:
- Homework support
- Arts & Crafts
- Recreational Games & Sports
- STEM and enrichment activities

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





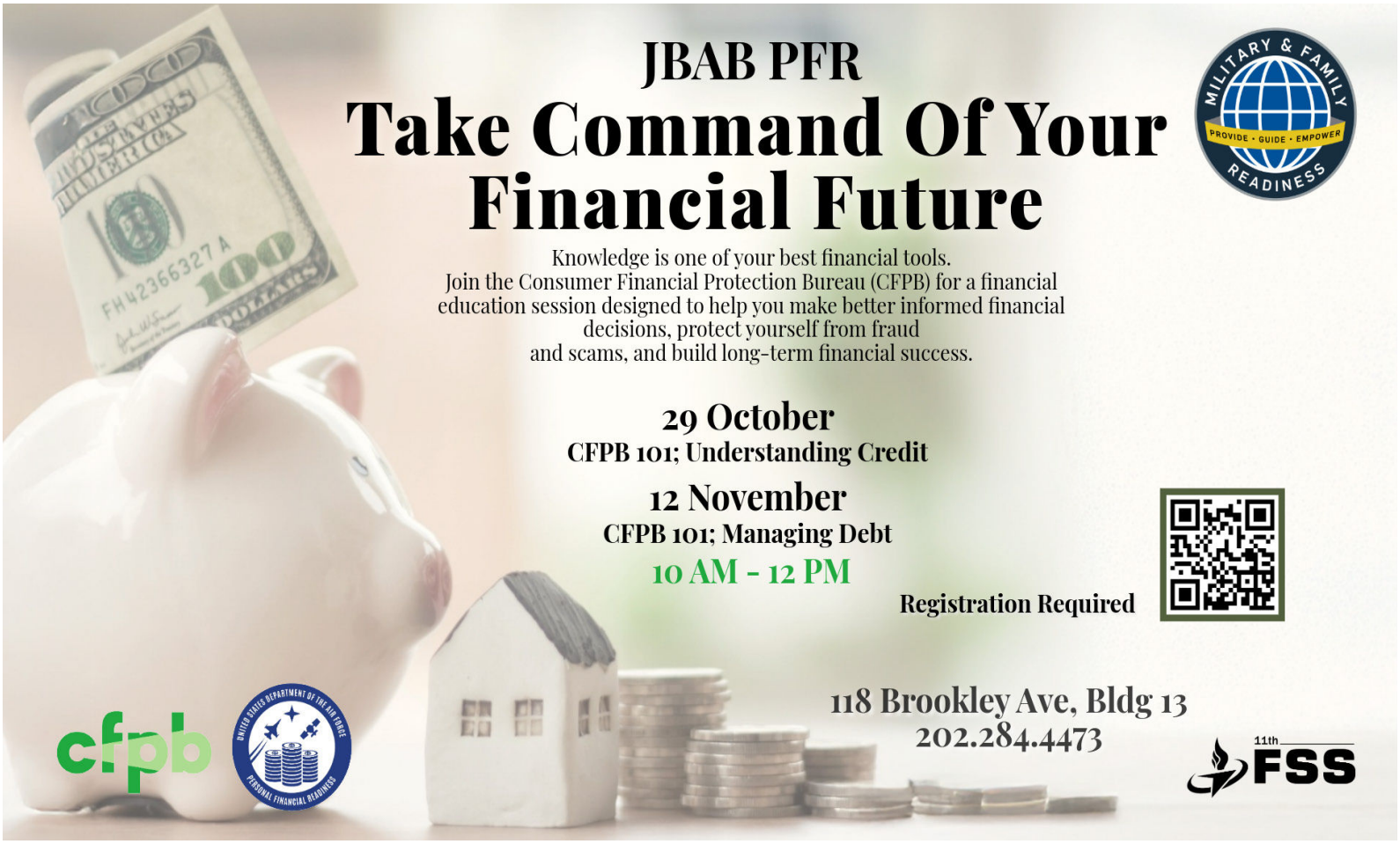



AIR FORCE
LIBRARIES
OCTOBER
at the Library
Halloween Costume Party
October 29 | 4:30 - 6pm
Dress up as your favorite character and enjoy games, crafts, goody bags, & light refreshments. The costume contest will award prizes to those with the best costume in the following age categories: infants, toddlers, and children ages 6-12.
Patch Club
October 8 | 4:30-5:30pm
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
MAGICAL STORIES
GHOSTLY STORIES
SPOSTLY ADVENTURES
PUMPKY TALES
TRICK OR TREAT
11th FSS
202.284.4703


U.S. AIR FORCE
SMOOTH MOVE
PCS WORKSHOP
LEARN
about the PCS process and key resources.
GET INFORMATION
on entitlements, benefits, and logistics from our office TMO, and MPF.
CONNECT
with programs and support services.
MAKE YOUR MOVE A SMOOTHER ONE.
VIRTUAL WORKSHOP - OPEN TO ACTIVE DUTY MEMBERS
For service members assigned to a new duty station.
UPCOMING WORKSHOP DATES
5 October
2 November
7 December
1400 – 1530
Register Now
All sessions are held via Microsoft Teams.
Registration required.
Questions?
(202) 284-4473
11FSS.MFRC.Org@us.af.mil
118 Brookley Ave Sw | Bldg 13


New to JBAB?
We've Got you!
U.S. AIR FORCE
RIGHT START
NEWCOMERS ORIENTATION
Your Next Chapter Starts Here.
WELCOME
RESOURCES
COMMUNITY
SUPPORT
SUCCESS
DATES
13 October
10 November
8 December
TIME
0730 – 1400
1-Hour Lunch
LOCATION
JBAB M&FRC
118 Brookley Ave SW
Bldg. 13
A ONE-DAY ORIENTATION FOR SERVICE MEMBERS AND SPOUSES NEW TO JBAB.
TMO
FINANCE
SAFETY
TRICARE
SAPR
& MORE!
REGISTER NOW
Connect. Get Informed. Feel at Home.
Questions?
(202) 284-4473
11FSS.MFRC.Org@us.af.mil
118 Brookley Ave Sw | Bldg 13


17 Oct
PAINT a PUMPKIN!
MILITARY & FAMILY READINESS
PROVIDE • GUIDE • EMPOWER
REGISTER HERE!
17 OCT • 1 - 4 PM
JBAB MFRC
Please register by 15 Oct
11th FSS
FIRST COME, FIRST SERVED.
WHILE SUPPLIES LAST.


JBAB PFR
Take Command Of Your Financial Future
MILITARY & FAMILY READINESS
PROVIDE · GUIDE · EMPOWER
Knowledge is one of your best financial tools.
Join the Consumer Financial Protection Bureau (CFPB) for a financial education session designed to help you make better informed financial decisions, protect yourself from fraud and scams, and build long-term financial success.
29 October
CFPB 101; Understanding Credit
12 November
CFPB 101; Managing Debt
10 AM - 12 PM
Registration Required
118 Brookley Ave, Bldg 13
202.284.4473
cfpb
11th FSS


M&FRC + Military & Family Life Counselor
LUNCH & LEARN
MILITARY & FAMILY LIFE COUNSELING
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
• September 15: Trust-Building Skills in the Workplace and Friendships
• October 13: Achieving Work-Life Balance, Thriving Vs. Surviving
11th FSS
202.284.4473


U.S. AIR FORCE
SUPPLEMENTAL
SPONSORSHIP TRAINING
CONNECT | INFORM | WELCOME | SUPPORT
Be the difference from day one.
LEARN
about base resources, programs, and local community information.
GET EQUIPPED
with practical resources and materials to support new Airmen.
BUILD CONNECTIONS
and help foster a smooth transition for incoming members and their families.
MAKE AN IMPACT
by creating a positive first impression and sense of belonging.
VIRTUAL TRAINING - OPEN TO ACTIVE DUTY MEMBERS
For unit-assigned Sponsors of newly inbound personnel.
UPCOMING TRAINING DATES
22 October
27 October
19 November
17 December
29 December
1030 – 1130
All sessions are held via Microsoft Teams. Registration required. Must also take eSAT.
Register Now
Questions?
(202) 284-4473
11FSS.MFRC.Org@us.af.mil
118 Brookley Ave Sw | Bldg 13

U.S. AIR FORCE

MILITARY & FAMILY READINESS — PROVIDE · GUIDE · EMPOWER



Service Members. Spouses. Civilians. Every Vote Counts!

Be the Voting Resource in Your Unit!

UVAO

SUPPLEMENTAL TRAINING

UNIT VOTING ASSISTANCE OFFICER

A VIRTUAL TRAINING FOR NEWLY ASSIGNED VOTING ASSISTANCE OFFICERS (VAO)
Topics Include: Voting Resources | Guidance | Roles/Responsibilities | Support

Supplement to the formal FVAP online training. Ask IVAO for details.

DATES
26 October
16 November
24 November
14 December

TIME
1000 – 1100
Via Microsoft Teams

REGISTER NOW

Questions?
(202) 284-4473 | JBABVotingOffice@us.af.mil | 118 Brookley Ave Sw | Bldg 13


MILITARY & FAMILY READINESS
PROVIDE · GUIDE · EMPOWER
EFMP
Exceptional Family Member Program
HALLOWEEN
FALL FESTIVAL
JOIN JBAB & PENTAGON EFMP FOR A FUN FILLED HALLOWEEN FALL FESTIVAL DESIGNED FOR THE ENTIRE FAMILY! ENJOY CRAFTS, GAMES, MOVIES, AND MORE IN A WELCOMING ENVIRONMENT!
OCT 23
6-8 PM
MFRC
18 BROOKLEY AVE
BUILDING 13
REGISTER HERE!
OPEN TO ALL DOD CARDHOLDER AND THEIR FAMILIES
11th FSS
QUESTIONS?
CONTACT LINDA CLARK AT 202-284-4469


POTOMAC LANES
MIXED TRIOS BOWLING
TOURNAMENT
BRING YOUR SQUAD AND SEE IF YOU CAN WALK OUT #1!
CHECK IN: 8 PM
BOWL: 8:30 PM
$75 PER BOWLER
OCTOBER 17
11th FSS
SEE THE FRONT DESK STAFF TO REGISTER YOUR TEAM!
202.284.4115
AIR FORCE
BOWLING


POTOMAC LANES
COSMIC BOWLING
SAT • 24 OCT
8:30 - 11:30 PM
$21 MIL & $26 CIVS
PRICE INCLUDES SHOES & 3 HOURS OF BOWLING!
202.284.4115
11th FSS
AIR FORCE
BOWLING

11th FSS

ENJOY, THE MONTH OF OCTOBER

CHICKEN & WAFFLES

TUESDAYS | 11 - 3 PM | $16

Enjoy two pieces of Chicken and a delicious Belgian Waffle.

AIR FORCE FOOD & BEVERAGE

11 AM - 3PM

EVERY WEDNESDAY

SLIP INN

Chicken Breast SANDWICH!

served with fries & drink

$13.50




FURY
FIGHT FORCE
125
FURY FC WELTERWEIGHT TITLE
MECK VS TAYLOR
RILES VS JONES
CALDERON VS ESTEVES
DIXON VS FOSTER
MINOT AIR FORCE BASE
MINOT, NORTH DAKOTA
FIGHT FOR THE TROOPS
HONORING THE MEN AND WOMEN OF THE US ARMED FORCES
UFC VIEWING PARTY
FRIDAY, OCT 2
DOORS OPEN AT 5 PM
BOLLING EVENT CENTER
MAIN CARD 9 PM
PRELIMS 8:15 PM
11th FSS
AIR FORCE SERVICES CLUBS


2-FOR-1 STEAK NIGHT
15 OCT | 5 - 8 PM
GOOSE'S LANDING
Meat Selection
10-12 oz New York Strip
or Rib Eye Steak
8 oz Salmon Filet
8 oz Breast of Chicken
Sides
Vegetable of the Day
Baked Potato
Baked Sweet Potato
Rice Pilaf
French Fries
Club Members
$45.95 for 2
Non-Members
$45.95 for 1
Salad
Mixed Green Salad
Beverages
Iced Tea/Coffee/or Water + Bar will be open
$5 Kids Meal
Hot Dog or Chicken Nuggets
French Fries & a Drink
11th FSS
202.284.3990
AIR FORCE SERVICES CLUBS


BOLLING EVENT CENTER
FIRST FRIDAY
FIRST FRIDAY MENU
LIVE DJ
DANCING
at GOOSE'S LANDING
2 OCT | 7 - 11 PM
FREE Happy Hour Food for Club Members!
*Must show proof of membership
TRIVIA NIGHT
at FIRST FRIDAY
4 - 5:30 PM
11th FSS
FIRST COMMAND
Get Squared Away
No federal endorsement implied
202.284.3990
AIR FORCE SERVICES CLUBS


11th FSS
11TH FORCE SUPPORT SQUADRON
HALLOWEEN SPOOKTACULAR
OCT 24
4-7
BOLLING CLUB
FREE!
TRUNK OR TREAT
FOOD & TREATS
BOUNCE HOUSE
DJ CHRIS
SPOOKY CONTEST & PRIZES
HAUNTED HOUSE
AND MORE!
DECORATE YOUR TRUNK AND PARTICIPATE IN THE SPOOKY FUN! IST, 2ND, AND 3RD PLACE TRUNKS WILL WIN A PRIZE!
MUST PROVIDE YOUR OWN CANDY
SIGN UP BY 23 OCTOBER
AIR FORCE
COMMUNITY CENTER







To book your magical *Walt Disney World* vacation, contact us today!

Information Ticket and Tours Office | 928 Giovannoli Way SW, Joint Base Anacostia-Bolling, D.C.
Phone: 202-284-3108 | Email: 11FSS.FSWTickets.andTravel@us.af.mil



Contact Us for More Information!

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

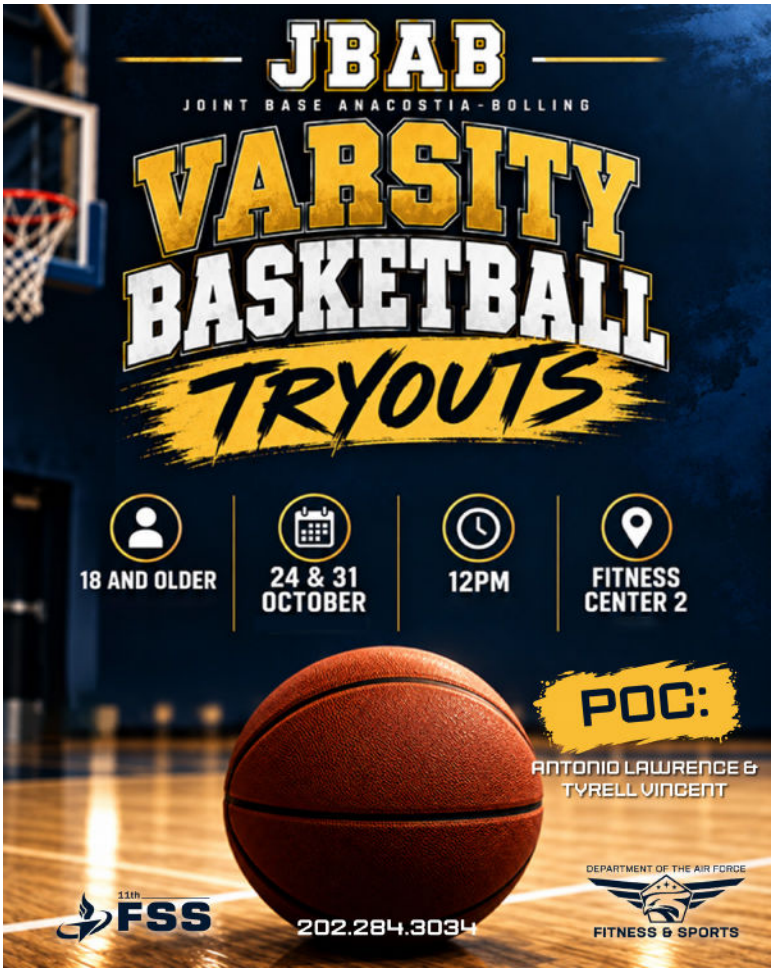

SCORE BIG
WITH JBAB ITT!
2026 WASHINGTON
COMMANDER'S
FOOTBALL
CLUB SIDELINE | CLUB CORNER | CLUB ENDZONE | LOWER SIDELINE | LOWER ENDZONE | UPPER SIDELINE | UPPER CORNER
08.14 6PM $345 $288 $286 $186 $160 $105 $61
09.27 1PM $435 $347 $237 $219 $219 $131 $83
10.11 1PM $435 $347 $248 $230 $230 $138 $87
11.01 8:20PM $523 $417 $237 $303 $303 $182 $116
11.08 1PM $435 $347 $237 $219 $219 $131 $83
11.23 8:15PM $424 $303 $215 $197 $120 $120 $76
12.13 1PM $424 $303 $215 $197 $120 $120 $76
12.20 1PM $424 $303 $215 $197 $120 $120 $76
01.09 OR 01.10 $523 $457 $340 $303 $303 $182 $116
PARK LIKE A PRO!
PRE-SEASON PARKING PASS $66
REGULAR SEASON PARKING PASS $83
WASHINGTON COMMANDERS
202.284.3108
GET YOUR TICKETS TODAY!
AIR FORCE
INFORMATION TICKETS & TRAVEL


SCORE BIG
WITH JBAB ITT!
2026 - 27 WASHINGTON
WIZARDS
BASKETBALL
VIP A-B SIDELINES | ULTRA CLUB | COURTSIDE CTR C-N | COURTSIDE END C-E | COURTSIDE END F-N | LOWER BOWL | UPPER BOWL
10.28 7:00 PM $1,124 $405 $667 $564 $492 $219 $76
11.04 7:00 PM $826 $298 $490 $416 $363 $162 $55
11.15 7:00 PM $650 $234 $386 $326 $286 $126 $42
11.28 7:00 PM $602 $216 $357 $302 $264 $117 $40
12.12 7:00 PM $423 $153 $251 $212 $186 $82 $28
01.03 7:00 PM $423 $153 $251 $212 $186 $82 $28
01.15 7:00 PM $457 $164 $268 $227 $199 $88 $30
02.10 7:00 PM $405 $146 $239 $201 $176 $77 $26
03.21 7:00 PM $457 $164 $268 $227 $199 $88 $30
04.05 7:00 PM $405 $146 $239 $201 $176 $77 $26
WASHINGTON WIZARDS
202.284.3108
GET YOUR TICKETS TODAY!
AIR FORCE
INFORMATION TICKETS & TRAVEL


JBAB INFORMATION, TICKETS & TRAVEL
WASHINGTON
CAPITALS
TICKETS!
we have your seats!
11th FSS
BLDG 928 | 202.284.3108
AIR FORCE
INFORMATION TICKETS & TRAVEL


JBAB FITNESS CENTER
OCTOBER FITNESS CHALLENGE
JOIN THE ROWING MACHINE CHALLENGE!
Equipment and Setup Rules:
• Use an approved, stock machine (unmodified flywheel and monitor).
• Set the specified drag factor or damper level if required by your specific challenge.
• Ensure the performance monitor is set to zero or a recognized preprogrammed challenge mode before starting.
Technique and Execution Rules:
• Follow the proper stroke sequence on the drive: Legs push first, then body hinge, then arms pull.
• Follow the reverse sequence on the recovery: Arms extend, then body hinges forward, then knees bend.
• Complete the full required distance or time block (common formats include 500m sprints, 2,000m tests, or 1-minute maximum calorie/distance rows) without stopping or stepping off mid-piece.
REGISTER IN-PERSON AT FITNESS CENTER 1
202.284.3034
11th FSS
DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS


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
DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS


JBAB
JOINT BASE ANACOSTIA-BOLLING
VARSITY BASKETBALL TRYOUTS
18 AND OLDER
24 & 31 OCTOBER
12PM
FITNESS CENTER 2
POC:
ANTONIO LAWRENCE & TYRELL VINCENT
11th FSS
202.284.3034
DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS


2 NOV – 7 DEC @ 6 PM
MIXED DOUBLES PICKLEBALL LEAGUE
LEAGUE PLAY EVERY MONDAY & WEDNESDAY
*INDOOR
REGISTER ONLINE NO LATER THAN 29 OCT
quickscores.com/jbab
11th FSS
FITNESS CENTER 1
202.284.3034
DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS

JOINT RECREATION & INNOVATION CENTER
OCTOBER 2026

JRIC DORM TAKE OVER
OCTOBER 1 | 1200 - 1500 | FREE | HONOR GUARD BLDG (55)

NINTENDO SWITCH SPORT TOURNAMENT
OCTOBER 7 | 1200 - 1500 | FREE | HONOR GUARD BLDG (55)
OCTOBER 15 | 1100 - 1600 | FREE | JRIC
OCTOBER 15 | 1800 - 1900 | FREE | HONOR GUARD BLDG (55)

SUPER-SMASH BROTHER
OCTOBER 22 | 1100 - 1600 | FREE | JRIC

MADDEN TOURNAMENT
OCTOBER 29 | 1800 - 1900 | FREE | JRIC

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

11th FSS

AIR FORCE
RECHARGE FOR RESILIENCY

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!

11th FSS

Joint Recreation & Innovation Center • 202.284.3900

AIR FORCE
RECHARGE FOR RESILIENCY

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 **MAGDALENA'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

