**Trick or Treat Trail**

**Saturday, October 22**
4 to 8 p.m.

Toe Jam Puppet Band to perform!

**Saturday, October 29**
1 to 5 p.m.

Face Painting
2 to 5 p.m.

Community Recreation Center, Building 656
entrance on the NEX Parking Lot side, follow the signs.

**G O S T U M E S A R E H I G H L Y R E C O M M E N D E D!**

Trick or Treat your family to a spooky good time – let MWR make this year’s Halloween one to remember!
We’re having a spectacular, not too frightening indoor trail with a possible ghost or two floating by! Enjoy
trick or treating, pumpkin patch picking, arts and crafts, Zumba zombies will be ready to dance (on October
29 only) and much more! Preregistration is required, https://mwrnewport.as.me/schedule.php.

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**SUNDAY FUNDAY**

We’ll have all the TV’s on NFL Sunday Ticket...
showing your favorite out of market football games!

Game day food specials and we’ve added to
our menu: Pizza, Chicken Wings/Tenders, Hot Dogs, Loaded Tater Tots, Regular & Sweet Potato Fries!!

We’re open every Sunday Noon to 8 p.m.

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**NAVSTA NEWPORT MWR | COMMUNITY RECREATION CENTER**

**New Menu**
Pizza & Pub Food

**returns on**
Wednesdays!

**Pizza Buffet**
**returns on**
**Starting Wednesday, October 12**

**Wing Bar**
on
**Thursdays!**

**Club - Liberty - Seaview Lanes**
Building 656

**Wednesday-Friday:** 11 a.m. to 8 p.m.
**Federal Holidays:** 12 to 6 p.m.
**Saturday & Sunday:** 12 to 8 p.m.

We’re back open for lunch!

**Club - Liberty - Seaview Lanes**
Building 656

We’ll have all the TV’s on NFL Sunday Ticket...
showing your favorite out of market football games!

Game day food specials and we’ve added to
our menu: Pizza, Chicken Wings/Tenders, Hot Dogs, Loaded Tater Tots, Regular & Sweet Potato Fries!!

We’re open every Sunday Noon to 8 p.m.
**YOUTH ORIENTATIONS**

Orientations are available seven days a week, but sign-ups are required. Fill out a youth orientation form at the John H. Chafee Fitness Center. Children ages 10 to 14 years old* may use the fitness facility after receiving a youth orientation from a certified fitness specialist. The program is intended to introduce youths and their guardians on how to exercise in a safe and supervised environment.

After completion of the program, the youth can use all authorized cardio and/or weight equipment with the supervision of a parent or legal guardian. Must register in person. *Refer to MWR Naval Station Newport Fitness Age Authorization Chart.

**SPASH PROGRAM**

Through SPLASH, Navy Fitness strives to educate parents and youth on pool safety and the dangers associated with unsupervised swimming. With structured swim lessons, professional swim skills assessment, safe play, and active parental supervision, the risk of accidental drowning can be significantly reduced. For children to pass the swim test they must demonstrate the following: swim one length unassisted and without rest, using a recognizable swim stroke on front for the entire distance, tread water when swimming.

**PARENT/CHILD OPEN SWIM HOURS**

*Mondays & Wednesdays 9 to 10 a.m.*

Open to children of all ages, must be accompanied by an adult. It’s a perfect opportunity to introduce your children to the pool in a safe, but fun manner.

**CHAFEY RUN CLUB**

**Mondays at 6 p.m. through December 19**

This club welcomes runners of all abilities, whether you are trying to get ready for your PRT, build up for your first 5K or you’re looking to improve your personal record, this club is for you. Each week will begin with a proper warm-up, conclude with a cool down and stretch, and will feature different workouts to build up your speed and endurance. We will have guest speakers joining us on selected dates to educate and answer questions on topics like fueling before and after exercise, gait analysis, training methods and strategies for injury prevention. Summer outdoor season ends October 24, due to popularity and increased participation we will be continuing into the fall/winter season.

**Run Club Fall Sessions**

Oct 31: Hill Workout
Nov 7: 5K Club Run
Nov 14: Track Workout
Nov 21: 5K Club Run
Nov 28: Thanksgiving Long Run Burn!
Dec 5: Running Strong (combo cardio and strength)
Dec 12: Hill Workout
Dec 19: Power & Speed Day

**INDOOR CYCLE CLUB**

*Mon., October 3-Sat., December 17*

Join us for our 2nd Annual Indoor Cycle Club, it’s a 10 week program that will keep you fit and motivated as you maintain your cardiovascular endurance during the winter months. Prizes awarded as you hit your mileage levels.

**CANCER AWARENESS OUTDOOR BIKE RIDE**

**Sunday, October 9, 10 a.m. to 12 p.m.**

Grab your bike and pedal in our Cancer Awareness bike ride. Enjoy crisp Fall air and beautiful bay views along Burma Road/Defense Highway. The bike ride start/finish is at Carr Point Recreation Area with a 10-mile route, out and back.

After the bike ride enjoy a 30-minute Yoga stretch followed by a picnic lunch. Ride for yourself or someone you know! Register at https://mwrnewport.as.me/schedule.php, limited to 50 participants.

**PARENT/CHILD GOLF CLINIC**

**Saturday, October 22, 9 to 10 a.m.**

This clininc is open to boys and girls 6 to 12 years old, must be accompanied by a parent or guardian who is an authorized patron (Active-duty personnel, Reservist, Retiree or DoD civilian). This golf clinic teaches the fundamentals of proper swing techniques and will incorporate some fun adult/child competition. Adults bring your own golf bag and children can use our golf clubs if needed. Instructor is David Maloney, who is a certified Titleist Performance Junior coach and who has been named in the top 50 best Golf Fitness Instructors by Golf Digest 2022. Space is limited to 10 children with one parent/guardian. Register at https://mwrnewport.as.me/schedule.php.

**X-PRESS GOLF CLINIC - ALL THE BASICS**

**Saturday, October 22, 10:15 to 11:15 a.m.**

This one hour golf clinic will coach you through the following topics: driving, use of hybrids/long irons, chipping/putting, and pitching. Bring your entire golf bag. Register at https://mwrnewport.as.me/schedule.php, limited to 15 participants.

**SCARY SQUAT TRAINERS CHALLENGE**

**Wednesday, October 26**

6 to 8 a.m., 10 a.m. to 2 p.m. & 3 to 6 p.m.

Can you lift the world’s heaviest pumpkin? Jack Pumpkin Head is 2,702 lbs, a minimum of 20 squats required!

Witches can you lift the heaviest cat? Dorothy is 922 lbs, a minimum of 10 reps required! Prizes are awarded for age groups. Register at https://mwrnewport.as.me/schedule.php, limited to 10 participants per half hour.

**TURKEY BURN-OFF**

**Friday, November 25 at 9 a.m.**

Shake off those tail feathers and join us for our annual Turkey Burn-off event! Come enjoy some fun while actively burning off some tasty holiday calories. Our seasoned instructors will be holding three classes: 45-minutes of Les Mills BODYPUMP™ followed by 30-minutes of Kickboxing and wrapping it up with 30-minutes of a relaxing Yoga stretch. Register at https://mwrnewport.as.me/schedule.php, limited to 30 participants.
NAVSTA NEWPORT MWR | LEISURE BAY INTERNET CAFE

11:00 A.M. to 12:30 P.M.

HOT FOOD
MON - FRI

Rotating menu of quesadillas, burgers, mac & cheese, grilled sandwiches, wings, nachos & more.

Purchase Starbucks coffee, drinks, plus a selection of salads, sandwiches, chips, cookies and more!

Hours: Mon-Fri: 9 a.m. to 2 p.m. (drive thru opens at 6:30 a.m.)
Weekends/Holidays: 9 a.m. to 3 p.m.

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NAVSTA NEWPORT MWR | SEAVIEW LANES

Join us at Seaview Lanes Bowling Center for a friendly game of bowling! This 12-lane center offers ten-pin bowling with a state-of-the-art electronic scoring and sound system, as well as automatic bumpers for kids. $3.50 per game, per person and $2.25 shoe rental per person. Mon & Tue: Closed; Wed-Fri: 4-8 p.m.; Sat & Sun: 12-8 p.m.;
Fed Hol: 12-6 p.m.

PLAN YOUR NEXT EVENT WITH US!

- BIRTHDAY PARTIES
- SOCIALS
- COMMAND PARTIES

EMAIL US TODAY TO BOOK YOUR EVENT!

Erin.C.Hennessey3.civ@us.navy.mil | NavyLifeNPT.com

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GO Tickets
Looking to purchase tickets? We’ve got tickets!

Fill out the inquiry forms located at www.navylifenpt.com/recreation/gotickets and email forms to MWRGOTickets@gmail.com.

GOTickets doesn’t have what you’re looking for? If you’re Active Duty Military, Guard or Reserve, U.S. Coast Guard, Retired Military, and all eligible MWR patrons go to Americanforcestravel.com and sign up!

An MWR joint service transformation initiative has resulted in the first official online vacation travel site, American Forces Travel™, with Priceline® as the service provider. The site offers travel deals and benefits just for you! American Forces Travel™ provides access to a wide selection of discounted rates on hotels, air fare, rental cars, vacation packages, cruises and much more!

401-841-2094 | MWRGOTickets@gmail.com | NavyLifeNPT.com

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IKON PASS

The Ikon Pass is sold through GOTickets until December 1, 2022.

The cost is $475 for the Ikon Base ticket and $676.75 for the Ikon Pass.

Visit www.ikonpass.com for the list of mountains covered.

401-841-2094 | MWRGOTickets@gmail.com | NavyLifeNPT.com

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NAVSTA NEWPORT MWR | FAMILY FITNESS

Open Monday - Friday 9 a.m. to 4 p.m.
Weekends/Federal Holidays 9 a.m. to 1 p.m.

Located in the Community Recreation Center, Building 656, please enter Seaview Lanes Bowling Center on the NEX Parking Lot side of the building. There are no lockers or showers at this facility, and it is limited to 10 patrons (4 to 6 children per play area). Open to Active Duty personnel, Reserve, Retirees, Dependents and DoD civilians who are supervising children ages 6 months to 9 years old.

For complete regulation and rules, visit NavyLifeNPT.com/fitness/family-fitness.

401-841-3907 | NavyLifeNPT.com

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GO Rec Rental

TENTS, COTS, SLEEPING PADS, LANTERNS, COOLERS, AND ADULT BICYCLES.
POP UP CANOPIES, FOLDING CHAIRS, FOLDING TABLES, AND LAWN GAMES.

To rent items from Go Rec Rental, visit* NavyLifeNPT.com/recreation/gorec-rental and click the reservation link.

*Must be done on computer/laptop, reservation system will not work on any mobile device.

Equipment is available to be picked up on Thursday or Friday and returned on Monday or Tuesday ONLY.

401-841-2568 | GoRecRentalMWRNPT@gmail.com

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Reserve your no-host social, by reservation!

Visit: NavyLifeNPT.com/recreation/coasters-harbor-island-marina and download the winter berthing 2022-2023 paperwork and email it to navylifenpt@gmail.com or drop it off at the marina.

The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. All events are open to patrons with a valid ID and base access unless otherwise noted. The Department of Navy does not endorse any company, sponsor or their products or services.
Naval Station Newport Housing Office is here to assist you in locating a home and provide residential housing options. Housing Referral Office will process your housing application for PPV housing, which are currently available.

Homes are also available for unaccompanied personnel to share. Our PPV Partner, NAVSTA Newport Homes, offer move-in ready two, three, and four-bedroom homes to accompanied service members, which include fully equipped kitchens and outdoor entertainment space.

Other Property Features:
• Utilities Included
• Community Center with fitness rooms
• Curbside trash & recycle pickup
• Pet Friendly Community
• On-site Management & Maintenance
• Picnic Areas & Playgrounds
• Pools & Sport Courts
• Lawn care service

For more information, call (401) 841-2232 or email NewportHousing@navy.mil

Visit DiscoverNewport.org for destination information, events, attractions, lodging and more.

401.845.9130