Open to Active-duty personnel, Reservists, Retirees, Dependents & DoD civilians with valid ID and base access.

Sign-up by calling the MWR Concierge office at (401) 841-2094.

Cost is $10 per person and includes transportation and tickets to the game.

Place at the venue at 9:30 p.m. for return to NAVSTA Newport.

Check out the local AAA hockey team and its Country Night with local radio station Cat Country 98.1. Single sailors meet in NEX parking lot at 5:30 p.m.

Checkout the local AAA hockey team and its Country Night with local radio station Cat Country 98.1. Single sailors meet in NEX parking lot at 5:30 p.m. for departure and drop off will be directly in front of venue. Pick up will take place at the venue at 9:30 p.m. for return to NAVSTA Newport.

Cost is $10 per person and includes transportation and tickets to the game. Sign-up by calling the MWR Concierge office at (401) 841-2094.

For Single Sailors 18-25 years old

PROVIDENCE BRUINS BUS TRIP

Utica Comets vs. Providence Bruins
Saturday, April 13 at 7:05 p.m.
at Amica Mutual Pavilion in Providence, R.I.

April 4-5
Christine Hurley
www.christinehurleycomedy.com
Paul D’Angelo
www.pdangelo.com

Free comedy show, come early & order dinner from a special menu before the show! Reservations recommended but not required.

Open to all patrons with base access.

April is Sexual Assault Awareness Month, wear your teal and come together for awareness! SAPR - Sexual Assault Prevention and Response - Provides sexual assault awareness and prevention education, victim advocacy, response coordination, case management and incident data collection to Active-duty personnel, adult family members and commands. Refreshments will be served & goody bags provided by SAPR.

SAPR RUN/WALK

THURSDAY, APRIL 25 • 11:30 A.M.
CHECK-IN STARTS AT 11 A.M.

Start/Finish: outside the John H. Chafee Fitness Center
Preregistration required: John H. Chafee Fitness Center front desk

APRIL SCHOOL VACATION EVENTS

Picnic on the Point

Tuesday, April 16 • 11 a.m. to 2 p.m.
Discover the importance of keeping our water front clean while doing a fun Scavenger Hunt with Rebecca Violette from Mermaid Masterpieces & Events, games and much more! Event held at Bishop’s Rock Clubhouse Deck (weather permitting, or we move into the conference room).

Let’s Dig In!

Wednesday, April 17 • 11 a.m. to 2 p.m.
Join our guest the URI Master Gardener in their presentation on Seed Starting. We will supply the seeds and pots for everyone to make their own. Event will be held at the Community Recreation Center deck (weather permitting, or we move into the conference room). We will also have rock painting, making plant markers and much more! Will be available...dirt cups YUM!

Superheroes Burst into Action! Safety first!

Friday, April 19 • 4 to 7 p.m.
Calling all Superheroes! Dress up in your favorite superhero costume and join Morale, Welfare & Recreation (MWR), Exceptional Family Member Program (EFMP), and Military One Source for a super night of fun held at the John H. Chafee Fitness Center!

• Conquer the Obstacle Course
• Survive the Treacherous Track
• Devour Burger Alley
• Arts & Crafts
• Much more!

Preregistration is required for all events, call MWR Concierge at (401) 841-2094.
PERSONAL TRAINING IS BACK!
We’ve revamped our personal training sessions, choose between one-on-one sessions or form your own pod for our small group sessions. Our expert trainers will provide tailored fitness programs designed to meet your goals, and we ensure quality guidance and support throughout your fitness journey with our paid training services. Ask for your personal training packet at the John H. Chafee Fitness Center front desk to kick start your personalized fitness program.

VOLEYBALL LEAGUE
League: Runs through Thu, Jun 6, 5:30 to 7:30 p.m.
Join our Winter Volleyball League, teams will be made up of six to 15 participants and you can sign-up at the front desk of the John H. Chafee Fitness Center. Games will be played Monday through Thursday evenings, teams will play best of three match-ups with a single elimination to occur at the end of the season. Rules and regulations will follow official National Federation of High school Sports (NFHS) volleyball guidelines – this will be handed out to participants during sign-ups at front desk. All registration packets must be submitted by league meeting, at the meeting we will answer all questions. All teams must have matching uniforms with numbers prior to the start of the first game. All teams must pay $100.00 refundable forfeit fee and all DoD civilians must pay $15 fee.

COUCH TO 5K
Runs through Mon, April 29 at 11:30 a.m.
Want to run a 5K but not quite sure where to begin? Whether you are returning to running from injury, or starting from scratch, this club is for you. We will be providing a beginner’s training plan to help build your fitness, taking you from couch to 5K in just six weeks. The training plan will gradually increase in volume during this period, starting with a series of short run/walk intervals. Each run will be followed by a 15-minute Circl Mobility session focusing on breath work and mobility exercises. Sign up at the John H. Chafee Fitness Center front desk.

GIVE YOURSELF A NEW STRENGTH GOAL:
JOIN THE 1000 LB./500 LB. CLUB
Runs through Fri, May 31
Join the club, participants will get to test their strength in three different events - the bench press, the squat exercise, and the deadlift (a.k.a. powerlifting’s “big 3” exercises). To be successful, the collective weight of the three exercises must surpass 1000lbs for males and 500lbs for females. Book your spot at the front desk with a Fitness Specialist.

RECORD BREAKING SWIM WEEK
Mon, April 8-Fri, April 12
Come join us for some competition in the pool as we hold our annual challenge! Swim in any or all of the events as fast as you can with a push start entry. Top male and female in each event will have their name and time on a plaque for all to see! Age categories will be 18 and under, 19-35 years old, 36-54 years old and 55 years old and over. Open to Active Duty, Reservist, Retirees, Dependents, and DoD civilians. Come see a lifeguard to sign up!

LES MILLS BODYPUMP™ LAUNCH 128
Sat, April 13, 8:15 to 9:15 a.m.
Join us for an electrifying Les Mills BODYPUMP™ Launch 128. Get ready to pump-up the energy with the dynamic Terri, Kristi and Bethany. NEW music, NEW choreography and more PUMP! Preregister at the front desk, limited to 30 participants.

HANG TIME TRAINER’S CHALLENGE
Mon, April 15-Fri, April 19, 6 to 9 a.m., 11 a.m. to 1 p.m. or 3 to 6 p.m.
Test your grip strength in this month’s trainer’s challenge, it will consist of a dead hang on a pull-up bar for as long as possible. Individuals are allowed to use any grip sequence they see fit, but are not allowed to readjust grip strategy once the timer has started. Can you beat last years’ time? Time to beat for males is 2:55 and females is 2:85. Preregister at the front desk, limited to 10 participants, per half hour.

UPCOMING MAY EVENTS
LIFEGUARD CERTIFICATION PREP COURSE
Wednesdays in April (3,10,17,24)
4:45 p.m. to 5:45 p.m.
Are you interested in becoming a lifeguard, but need some help with the pre-requisites before attending a lifeguard course? This is the perfect time to come practice and get some feedback from Lifeguard Instructors before attending the lifeguard certification class in May. Signups are required at the front desk of the John H. Chafee Fitness Center. There is a $5 fee for each day you attend. If you sign up for the Lifeguard Certification Course in May, all fees will count towards the lifeguard course fee.

MAY THE 4TH TRAINER’S CHALLENGE
Thu, May 2, 7 a.m. to 5 p.m.
Is the Force strong with you? If so, we invite you to an outdoor obstacle course workout in a galaxy not too far away. Come and get your Obi-Wan on, as we celebrate Star Wars Day with Jedi influenced workout. Costumes are optional, prizes awarded to best costume. In the event of rain, we will move inside. Preregister at the front desk, limited to 10 participants per half hour.

CHAFE RUN CLUB
Mondays, May 6-Jun 24, 11:30 a.m.
(No club on federal holidays)
This club welcomes runners of all abilities, whether you are trying to build up for your first summer 5k or you are looking to improve a personal record, this club is for you! Complete all eight weeks and receive a club T-shirt. Club will meet weekly at the John H. Chafee Fitness Center and explore scenic loops around Naval Station Newport and the local area. Each week will begin warm-up, cool downs and guest speakers on certain dates! Preregister at the front desk.

LIFEGUARD CERTIFICATION COURSE
Fri, May 3 & 10, 5 to 8 p.m.; Sat, May 4 & 11, 9 a.m. to 3 p.m.; Sun, May 5 & 12, 11 a.m. to 3 p.m.
Held at the John H. Chafee Fitness Center Pool. Certification is $300.00 for patrons who have base access and includes book, pocket mask, and certification. Each certification includes Lifeguard, first aid, CPR & AED administration and is valid for 2 years upon completion date. Class is limited to 10 students, but may be canceled if minimum enrollment is not met, so SIGN UP TODAY! For complete listing for the swim test (that will be given on the first day of class and must pass in order to continue) please visit www.navylifenpt.com/fitness/aquatics. You must be 15 years of age by the end of the class in order to participate in the course. Sign up at the John H. Chafee Fitness Center front desk beginning Monday, April 15.
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 & Wed: Closed; Thu & Fri: 4-8 p.m.; Sat & Sun: 12-8 p.m.; Federal Holidays: 12-6 p.m.
Building 1285
Building 1109
Building 1255

Positive reinforcement training to communicate with your dog. Classes will be held in the evening and are open to all patrons with base access.

Enjoy free appetizers from our friends at First Command! Limited supply. Open to all patrons with base access.

**Group dog training classes are coming soon!** Learn to use positive reinforcement training to communicate with your dog. Classes will be held in the evening and are open to all patrons with base access. Dogs do not need to be enrolled in daycare to attend training classes. More information to come!

**Carr Point RV Park** - Email completed form to mwrnptrv@gmail.com. Opens for the season Memorial Day weekend!

**Bishop’s Rock Rec Area** - Email completed form to CarrPointBishopsRock@gmail.com. Opens for the season Memorial Day weekend!

**Carr Point Rec Area** - Email completed form to CarrPointBishopsRock@gmail.com. Opens for the season May 1st!

**Reservations open for the season on Monday, April 1. Reservations are required and are accepted on a first come, first served basis.**

Visit NavyLifeNPT.com and download reservation forms.

**Bishop’s Rock Rec Area** - Email completed form to CarrPointBishopsRock@gmail.com. Opens for the season Memorial Day weekend!

**Carr Point Rec Area** - Email completed form to CarrPointBishopsRock@gmail.com. Opens for the season Memorial Day weekend!

**Carr Point RV Park** - Email completed form to mwrnptrv@gmail.com. Opens for the season May 1st!

**We are now enrolling new dogs! We offer full and half-day daycare in an open play environment.**

Enrollment packet and more information can be found on our website at www.NavyLifeNPT.com/recreation/All-Paws-On-Deck-Doggie-Daycare.

**All Paws on Deck Doggie Daycare**

**Building 1374**

(401) 841-4058

Mon-Fri 7 a.m.-5 p.m.; Closed Weekends & Federal Holidays

**AUTO SKILLS CENTER**

Building 1285

(401) 841-3026

Fri: 12-5 p.m.; Sat: 9 a.m.-4 p.m.; Sun: 9 a.m. to 1 p.m.; Closed Mon-Thu & Federal Holidays

**CHILD AND YOUTH PROGRAM**

**CHILD DEVELOPMENT CENTER**

Building 1376

(401) 841-4562

Mon-Fri: 7 a.m.-5 p.m.; Closed Weekends & Federal Holidays.

**CHILD DEVELOPMENT HOME**

Building 1376

(401) 841-1935

**SCHOOL AGE CARE**

Building 1297

(401) 841-2883

Mon-Fri: 7 a.m.-5 p.m.; Closed Weekends & Federal Holidays.

**SCHOOL LIAISON**

Building 1376

(401) 841-7126

**TEEN TRIPS & TOURS**

Building 1297

(401) 841-2043

Ages 13-18, operating hours per scheduled events/trips

**COASTERS HARBOR ISLAND MARINA**

Building 1397

(401) 841-3283

Nov 1-April 30: Mon-Thu: 9 a.m. to 4 p.m.; Closed Fri, Weekends & Federal Holidays.

May 1-Sept 30: 8 a.m. to 6 p.m. seven days a week; October 8 a.m. to 5:30 p.m. seven days a week.

**COMMUNITY RECREATION CENTER**

Building 656

(401) 841-2575

**CLUBS - KITCHEN - LIBERTY**

Building 656

(401) 841-4293

Mon: Closed; Tue & Wed: 11 a.m.-2 p.m.; Thu-Fri: 11 a.m.-8 p.m.; Sat & Sun: 12-8 p.m.; Federal Holidays: 12-6 p.m.

**SEAVIEW LANES**

Building 656

(401) 841-4293

Mon, Tue & Wed: Closed; Thu & Fri: 4-8 p.m.; Sat & Sun: 12-6 p.m.; Federal Holidays: 12-6 p.m.

**COMMUNITY RECREATION CENTER MANAGER**

Building 656

(401) 841-3054

**COM. REC. P.M.WEEKEND MANAGER ON DUTY**

Building 656

(401) 841-2194

**FAMILY FITNESS**

Building 656

(401) 841-3907

Mon-Fri: 9 a.m.-4 p.m.; Weekends & Federal Holidays: 9 a.m.-1 p.m.

**MWR ADMINISTRATIVE OFFICE**

Building 656

(401) 841-2643

Mon-Fri: 8 a.m.-4:30 p.m.

**MWR BUSINESS OFFICE**

Building 656

(401) 841-3294

Mon-Fri: 7 a.m.-3:30 p.m.

**MWR MARKETING OFFICE**

Building 656

(401) 841-4992

Mon-Fri: 8 a.m.-4:30 p.m.

**MWR CONCIERGE OFFICE**

Building 656

(401) 841-2094

Mon, Wed & Fri: 9 a.m.-4 p.m.; Tue & Thu: 11 a.m.-6 p.m. Closed Weekends & Federal Holidays.

One stop for all MWR information, tickets, RV park, storage lots & more! MWRNPConcierge@gmail.com

**GOREC RENTAL by appointment only, reservations link located at: www.navylifeNPT.com/recreation/Gorec-Rental**

**GOTICKETS**

(401) 841-2094

Mon, Wed & Fri: 9 a.m.-4 p.m.; Tue & Thu: 11 a.m.-6 p.m.

**CARR PT RV PARK RESERVATIONS**

(401) 841-2094

Open Memorial Day weekend through mid-October, reservations required.

MWR STORAGE LOTS (by appointment only) MWRNPTStorage@gmail.com

BISHOP’S ROCK & CARR POINT REC AREA RESERVATIONS Carrpointbishopsrock@gmail.com

MWR Concierge Office

Open Memorial Day weekend through Labor Day weekend.

**HUMAN RESOURCES**

Building 2297

(401) 841-2051

Mon-Fri: 7:30 a.m.-4 p.m. Closed weekends & Federal Holidays. All jobs posted on USAJobs.gov.

**JOHN H. CHAFEE FITNESS CENTER**

Building 1109

(401) 841-2512

Mon-Fri: 5 a.m.-8 p.m.; Sat & Sun: 8 a.m.-3 p.m.; Federal Holidays: 9 a.m.-2 p.m.

**POOL**

Building 1109

(401) 841-6628

Lap Swim: Mon & Wed: 6 to 8 a.m.; Mon-Fri: 10 a.m. to 1 p.m., 3 to 6 p.m.; Open Swim: Fri: 3 to 6 p.m.

Closed weekends & Federal Holidays.

**HAR-TRU TENNIS COURTS**

Near Gate 1

(401) 841-2512

Open Memorial Day weekend through mid-October, first-come first-served basis unless reserved.

**LEISURE BAY INTERNET CAFÉ**

Building 2255

(401) 841-2088

Mon-Fri: 9 a.m.-2 p.m. (drive thru opens at 6:30 a.m.); Weekends & Federal Holidays: 9 a.m.-3 p.m.

**OFFICERS’ CLUB**

Building 95

(401) 841-1442

COASTERS HARBOR ISLAND CONF. CENTER

Building 95

(401) 841-1442

Open for advance reservation only, for no host socials and catered events.

**MWR CATERING OFFICE**

(401) 841-1442

TOPSIDE

Building 95

(401) 11 a.m.-6 p.m. Kitchen closes at 5 p.m. Closed all weekends & Federal Holidays.

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
Fleet & Family Support Center
1260 Peary Street
Newport, RI 02841
COM: 401-841-2283
DSN: 312-841-2283
ffsc_nwpt@navy.mil

SAPR Unit Victim Advocate 24/7
401-450-2327
Current newsletter:
NavyLifeNPT.com/info/newsletter

Local & National Resources
NS Newport FFSC Programs
• Exceptional Family Member Program (EFMP)
• Deployment Support Program
• Relocation Assistance Program
• Ombudsman Program
• Life Skills Education Program
• Family Employment Readiness Program
• Personal Financial Management Program
• Clinical Counseling (non-medical)
• Family Advocacy Program
• Transition Assistance Management Program
• Sailor Assistance and Intercept for Life (SAIL)
• Sexual Assault Prevention and Response (SAPR)

National Resources
Military,OneSource
800-342-9647
www.militaryonesource.mil

Military Crisis Line
1-800-273-TALK (option 1)
www.militarycrisisline.net

Ney Hall Galley
Hours of Operation
Breakfast 6 to 8 a.m.
Lunch 11 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Prices
Breakfast - $4.30
Lunch - $6.85
Dinner - $5.95

Phone Numbers
Galley Office (401) 841-1083
Food Service Officer (401) 841-2048
Menu Recording (401) 841-4445

The galley is not open to retirees or civilians.
Rations-in-kind customers eat for free with valid ID card.
Credit and debit cards are accepted forms of payment.

NS Newport Housing Referral Office
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.

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. On a space available basis, homes are available for unaccompanied personnel to share.

Other Property Features:
• Utilities Included
• Community Center with fitness rooms
• Curbside trash & recycle pickup
• Lawn care service

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