

MWR

**PATUXENT RIVER
NRC SOLOMONS**



Morale, Welfare & Recreation



Drill Hall Fitness Center

Hours of Operation

Mon - Fri: 5 a.m. – 7 p.m.
Saturday: 9 a.m. – 5 p.m.
Sunday: CLOSED

*Facility will not be open on Christmas,
Thanksgiving and New Years Day.*



NOFF ZONE and Fitness Center

Drill Hall

- Fitness & Sports Office
- Fitness Centers
- Indoor Pool
- Strike Zone Bowling Center

Programs Available:

- Weight Maintenance Programs
- Active Duty Command Outreach Program
- Command Fitness Leader Training

Eligible Patrons:

- Active Duty and their dependents are free to use the Drill Hall
- Retirees and DoD Civilians are free to use the Drill Hall, and can sign their dependents up for dependent passes.
- NAS Patuxent River Contractors and their family members - \$550 per year and \$100 for each member who resides with the employee



Fitness Runs and Intramural Sports

- Men's and Co-Ed Softball (Spring & Fall)
- Basketball (Winter)
- Flag Football (Fall)
- In-Line Hockey (Spring & Fall)
- Runs
 - 10 Mile Relay
 - Earth Day 5k
 - Triathlon
 - Team Triathlon
 - 10K Fall Classic
 - Burst of Color 5K
 - Pet Walks
 - Glow Runs
 - Other Theme Runs
- Table Tennis (Winter)
- Golf (Spring)
- Racquetball (Winter)
- Soccer (Spring)
- Volleyball (Fall & Winter)
- Bowling (year round)

Register at the Fitness and Sports Office, located in Rm. 10 inside the Drill Hall. Call 301-757-3943 for more information
DoD Civilians must obtain an Intramural Sports membership before participating in Intramural Sports.





Indoor Pool

Located inside the Drill Hall. It is a lifeguard staffed, six lane pool open for fitness swim and special programs

- Open September - May
- Swimming Lessons
- Open Swim
- Pool Parties
- Swim Clinics



Outdoor Pool

Located next to the Rassieur Youth Center. The Outdoor Pool is an Olympic-size facility with a Mega Slide and Diving Board.

- Open May – September
- Swim Lessons
- Pool Parties
- Special Events



Both Indoor and Outdoor Pools can be reserved for birthday Parties or special events. Call 301-757-3943 to sign up for any of our Aquatics Programs or to reserve dates for a special function



Located on Keane Road across from
Mattapany Day Camp

\$4.50 per class
\$26 for 8 classes
\$55 for 20 classes

Energy Zone Group Exercise Schedule

STUDIO A (Group Fitness Studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Pump 5:30-6:30a.m.	Body Attack™ 5:30-6:30a.m.	Pax Pump 5:30-6:30a.m.	RIPPED/Rumble 5:30-6:30a.m.	Pax Pump 11:30a.m.-12:30p.m.	Body Step 8:00-9:00a.m.
Pax Pump 11:30a.m.-12:30p.m.	Body Step 11:30a.m.-12:30p.m.	Body Pump 11:30a.m.-12:30p.m.	Zumba 11:30a.m.-12:30p.m.		Body Pump 9:00-10:00a.m.
Pax Pump 4:30-5:30p.m.	Body Pump 4:30-5:30p.m.	Body Step 4:30-5:30p.m.	Body Pump 4:30-5:30p.m.		
Zumba 5:30-6:30p.m.	RIPPED/Rumble 5:30-6:30p.m.	Zumba 5:30-6:30p.m.	Body Attack™ 5:30-6:30p.m.		

STUDIO C (Cycle Studio)

Monday	Tuesday	Wednesday	Thursday
Spinning™ 5:45-6:45a.m.	Spinning™ & Core 5:45-6:45a.m.	Spinning™ 4:45-5:45p.m.	Spinning™ & Core 5:45-6:45a.m.
Spinning™ 4:45-5:45p.m.			

Group Fitness, Cycle, Water Fitness

All Classes Are Drop-in

FREE:

Active Duty
Retired
Reservist Military

Cost: DOD, DEP, CTR

\$4.50 per class
\$26 for 8 classes,
\$55 for 20 classes

POOL (Water Fitness) *located in the Drill Hall

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics 9:00-10:00a.m.	Aqua Aerobics 5:00-6:00p.m.	Aqua Aerobics 9:00-10:00a.m.	Aqua Aerobics 5:00-6:00p.m.	Aqua Aerobics 9:00-10:00a.m.



STUDIO B (Mind-Body Studio)

Monday	Tuesday	Wednesday	Thursday
Pilates 11:45a.m.-12:45p.m.	Mixed Level Yoga 11:45a.m.-12:45p.m.	Pilates 11:45a.m.-12:45p.m.	Yoga Levels 1-2 11:45a.m.-12:45p.m.
Yoga Stretch & Flex 5:45-6:45p.m.			

Mind-Body Pricing

All Classes Are Drop-in

Pilates:

\$75 for 8 Class Pass

Yoga:

\$80 for 8 Class Pass

All class passes can be purchased in the Fitness & Sports Office inside the Drill Hall. Call 301-757-3943 for more info.



Open Bowling Times

Monday	Closed
Tuesday - Thursday	11 a.m. - 9 p.m.
Friday	11 a.m. - Midnight
Saturday	11 p.m. - Midnight
Cosmic	5 p.m. - Midnight
Sunday	10 a.m. - 5 p.m.



Located inside the Drill Hall, the Bowling Center is a modern entertainment complex featuring 12 lanes and the Strike Zone Cafe. Bumpers are available for younger players.

- COSMIC Bowling Saturday's
- Bowling Tournaments
- Leagues Run Year Round
- Pro Shop

Call the Strike Zone at 301-342-3994 for questions or to reserve your event.



Cedar Point Golf Course

Programs include:

- Tournaments
- Men's & Women's Leagues
- Annual Memberships or Daily Rates
- Pro Shop
- Snack Bar/Club House
- Golf Instruction

The Cedar Point Golf Course is managed in accordance with military regulations to provide personnel and their family members an avenue of attaining physical fitness and a place to enjoy leisure time. The course features 6,714 yards of golf from the longest tees for a par of 72. Putting greens, a driving range, cart rentals and a Clubhouse/snack bar area make this course a favorite for golf enthusiasts.

Use of the Cedar Point Golf Course is open to all with NAS Pax River Base access, course fees are dependent on customers Rate/Rank or pay designation.



Current hours of operation may be obtained by calling the clubhouse at 301-342-3597.



West Basin Marina



Programs Available:

- Sailing lessons

(Through the Pax River Sail Club, located adjacent to the Marina building.)

- Covered Pavilion with grills and picnic tables
- Boat Hauling available year round
- Slips
- Boat Storage/Lifts
- Boat Ramp
- Canoe / Kayak / Standup Paddle Board Rentals

(May-October)

Hours of Operation

Oct.1-Memorial Day

Mon.-Fri.

7:30 a.m. - 4 p.m.

Memorial Day-Sept 31

Open 7 days a weeks

The West Basin Marina is a year round facility offering over 198 pier slips and 44 floating slips all with water and electrical hook-ups. There is a pump-out station and a bathhouse with showers and laundry. The marina also offers a boat ramp, hauling and dry storage for boats and RVs. Marina Information and rates can be obtained by calling 301-342-3573.

To make camping reservations for one of our 3 campgrounds located on NAS Patuxent River, please visit or contact the West Basin Marina at (301) 342-3573.



Tickets & Travel Office

Tickets Available:

- Sporting Events
- Amusement Parks
- Special Events
- Cruises
- Disney Ticket
- Movie Tickets
- Ski Tickets

Other Services:

- DIY Classes
- Bus Trips
- Special Events
- Pavilion Rentals
- Outdoor Rec Equipment Rental
- Command Function Support
- Loan Locker

Hours of Operation
Monday-Friday: 9 a.m. – 5 p.m.



Located on Cedar Point Road in front of the Drill Hall. The Tickets & Travel Office has tickets to attractions in the Washington DC area as well as across the United States. Remember that due to consignment agreements with our vendors, we cannot give refunds on any ticket purchases. Call 301-342-3648 for more information.

Where to?



American Forces Travel is the official leisure travel website for Morale, Welfare and Recreation (MWR).

4 Simple Steps

GET STARTED:

- Visit www.americanforcetravel.com
- Click "Get Started"
- Verify Eligibility
- Start Traveling



**American
Forces
Travel**SM

supported by **priceline**[®]

For more details, contact your Tickets and Travel Office or visit

www.americanforcetravel.com

*For Eligible Patrons



Center Stage Theater



Movies are offered Wednesday - Sunday

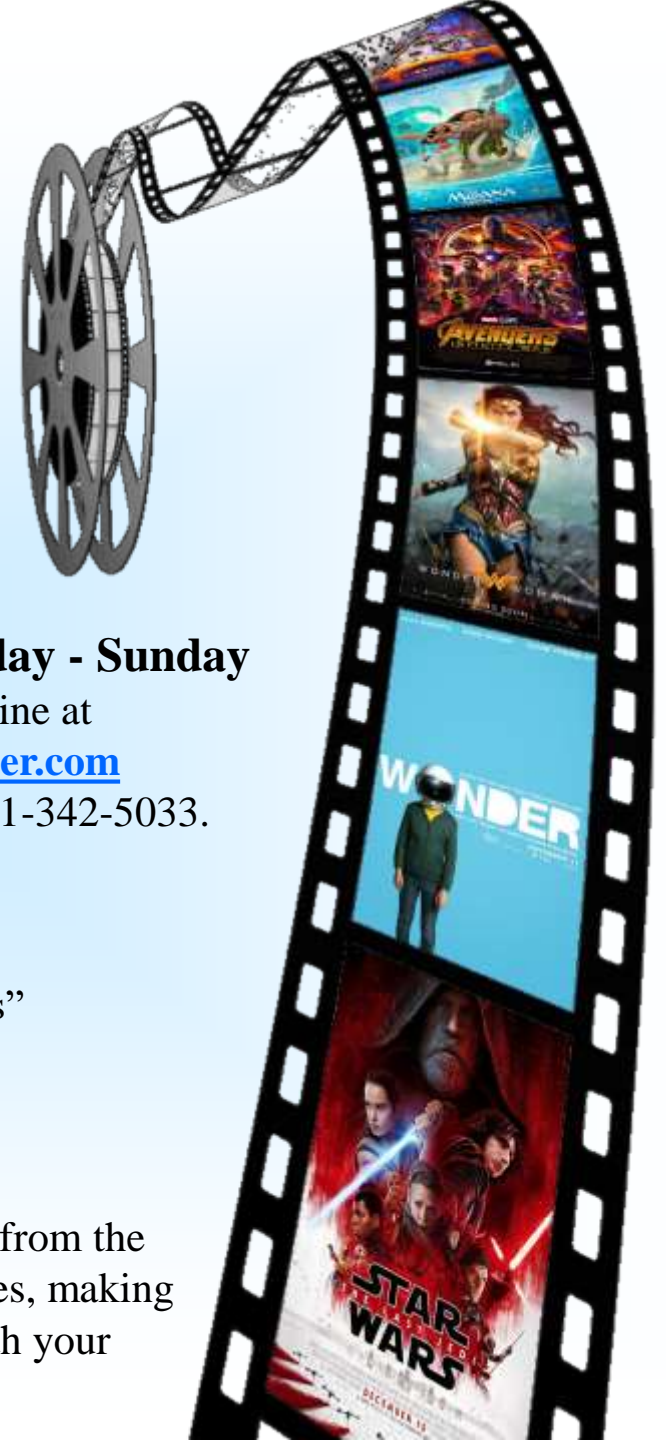
View Movie listings online at

www.NavyMWRPaxRiver.com

or call the automated line at 301-342-5033.

- Occasional “Free Sneak Peeks” or “Free Advanced Screenings”
- Concession Stand
- Birthday and Private Parties

The Center Stage Theater is located on Cedar Point Road across from the Drill Hall. The theater shows first-run movies at discounted prices, making it an ideal place for spending a relaxing afternoon or evening with your family or friends.





Auto Skills Center

Available at the Auto Skills Center

Acetylene Welding or Cutting	Garage Stall <i>(with or without lift)</i>
Brake Turning	Engine and Lift Picker
Battery Charging	Mig Welder
Brake Washer	Parts Cleaner Use
Car Wash Bay	Small Parts Washer
Car Dolly	Tire Changing
Engine Storage Room	Tire Disposal
Grease Gun	Tire Plugging
	Tool Rental

Hours of Operation

Friday	Noon - 8 p.m.
Saturday and Sunday	9 a.m. - 5 p.m.

Also Available for Rent at Auto Skills Center

- Dunking Booth
- Barbecue Grill/Trailer
- Moon Bounces
- Castle Moon Bounce

The shop is located in Bldg. 1586 on Keane Road, behind the Drill Hall.
The shop features seven repair stalls with lifts, two car repair stalls, auto and utility trailer storage,
tool rentals and welding equipment. Call 301-342-3507 for more information.

Customized Creations

Paint N' Party

by Customized Creations



Hours of Operation:

Monday - Thursday: 8 a.m. - 4:30 p.m.

For your customized needs- Customized Creations will be now located in Bldg. # 652 off of Millstone Rd. near Public Works and can laser engrave, vinyl cut, make wood plaques, awards, mugs, signs, and invitations.

Call 301-342-3569 for directions.

Customized...



T-Shirts



Plaques



Mugs



Hours of Operation:

Lunch

Monday-Friday 1100-1300

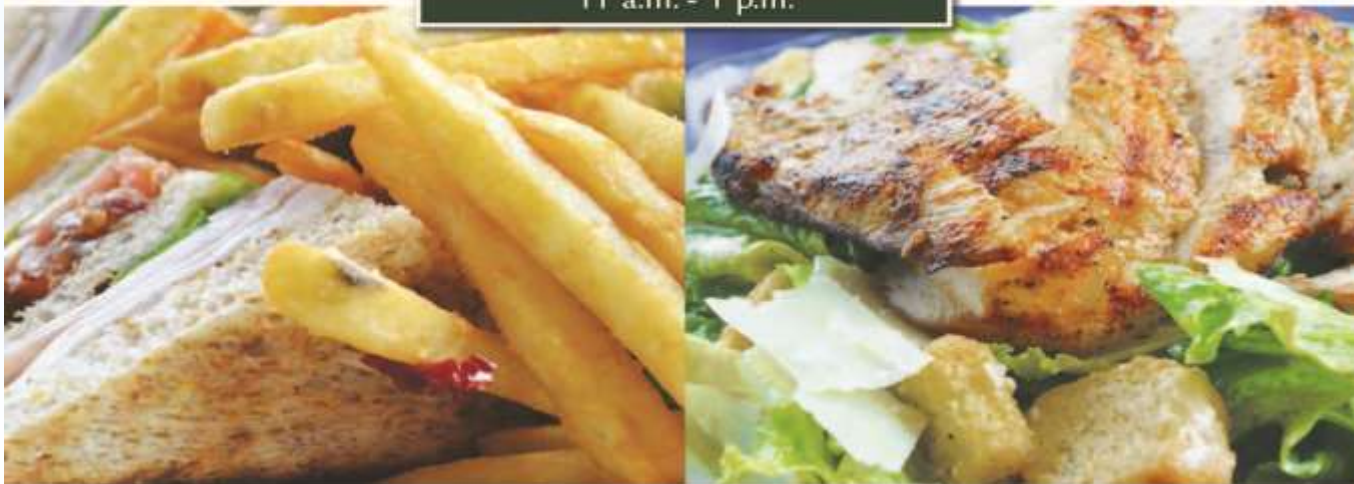
Office Hours

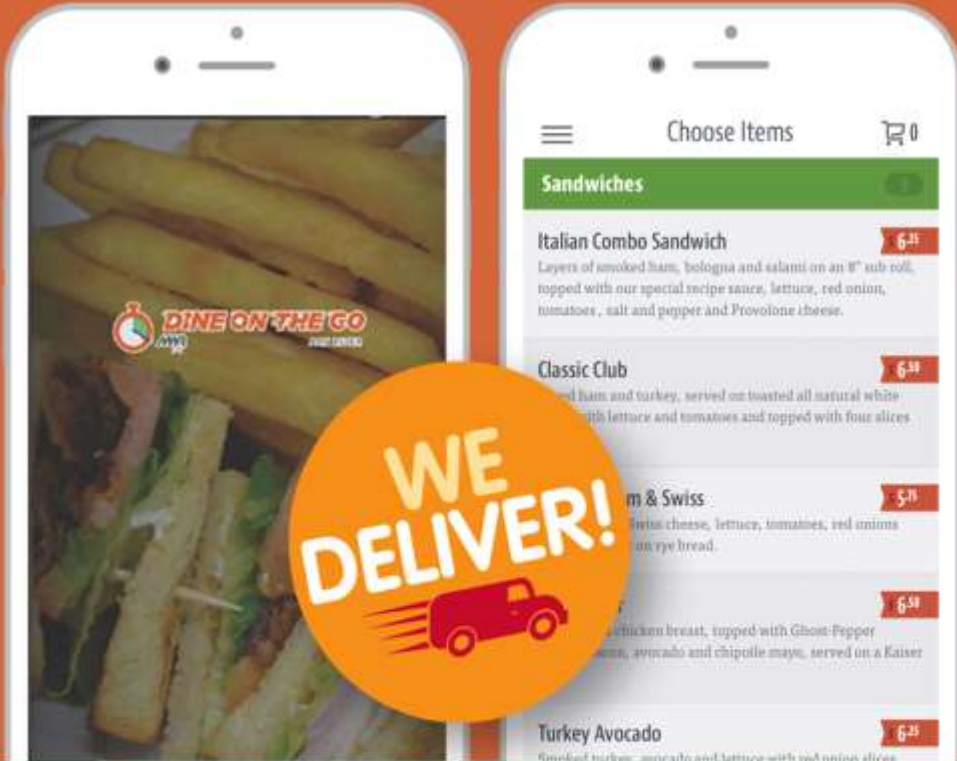
Monday-Friday 0900-1600



LUNCH HOURS

Monday - Friday
11 a.m. - 1 p.m.





DINE-ON-THE-GO

Place your order your way!

HOURS
Monday - Friday
10:30 a.m. - 6 p.m.

Delivery is available anywhere on NAS Pax River.

TEXT **PAXRIVER TO 33733**
 TO DOWNLOAD OUR APP!



POWERED BY ChowNow

www.DineOnTheGoPaxRiver.com

By entering, you agree to receive text messages sent to an approved telephone using iMessage. Contact for details. Delivery is available on a limited basis only.



Serving Breakfast Monday - Friday
7 – 10 a.m.

Serving Lunch Monday - Friday
10:30 a.m. – 1:30 p.m.

WE PROUDLY SERVE STARBUCKS™

Monday - Friday
7 a.m. - 1 p.m.



Located Inside Center Stage Theater

Eddie's Cafe

Visit one of our 6 Locations:

Atlantic Test Range

Building 2133

Building 2185

Building 2187

Building 2805

Webster Field Bldg. 8009



**Deli Fresh Sandwiches,
Soups and Salads**



Beach House, Pavilions, Camping, Fishing and more!



Beach House



Cedar Point Beach



Cedar Point Beach Pavilion

Camping Areas

MWR offers over 37 campsites, from primitive sites to those with water and electrical hookups. The Patuxent River campgrounds are open February through November.

- Goose Creek Campgrounds
- Hog Point Recreation Area
- Paradise Grove Recreation Area
 - A comfort station with showers and restrooms is available at Goose Creek Campgrounds

Camping reservations can be made at the West Basin Marina.

Picnic Areas

At Patuxent River, the backdrop of the Chesapeake Bay and the Patuxent River, coupled with the natural, wooded landscape, make picnicking a favored recreation.

- Cedar Point Beach House
- Paradise Grove I
- Paradise Grove II
- Cedar Point Beach
- West Basin Marina,
- Harper's Creek Recreation Areas



Harpers Creek



Liberty Center

Hours of Operation

Monday-Thursday 1400-2200

Friday-Sunday 1200-2200

- E1-E6 Active Duty Only
- 6 Large Flat Screen TV's
- 6 42" TV's for video games
 - PS4, PS4 VR, Xbox 1, Nintendo Switch
- Sound Booth
 - 2 Acoustic Guitars
 - 2 Electric Guitars
 - Base Guitar, Drums, Keyboard
- 2 Pool Tables
- Foosball
- Ping Pong
- Air Hockey
- Book Nook
- Laptops with Wi-Fi
- Games and Activities nightly
- Weekend Trips
- Leisure Skills



Patuxent River Navy Flying Club

MWR

**Learn
to Fly**



Ground school, flight instruction, rentals, etc

Call (301) 862-1110 or stop by the clubhouse, Bldg 336

Other Private Organizations include:

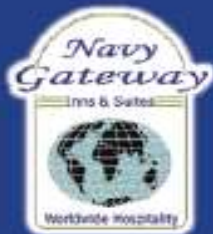
- Cedar Point Men's' and Women's Golf Associations
- Patuxent Sailing Club
- The Patuxent River Skeet Club
- The Triathlon Club
- The Patuxent Velo Cycling Club
- The Patuxent River Karate Club
- The Godokai Aikido Club
- The Mattapany Rod and Gun Club

Navy Recreation Center Solomons



Navy Gateway Inns & Suites

22103 Mandt Rd Bldg 406
Patuxent River, MD 20670
Comm: 301-342-3601
DSN: 342-3601
Fax: 301-995-3614
DSN Fax: 995-3614
1-877-Navy-Bed (628-9233)
www.dodlodging.net



DID YOU KNOW?

Navy Gateway Inns & Suites

Hotel-quality guest rooms

Make a reservation

- Official TDY lodging accommodations
- Quality guest rooms start at an affordable price
- Standard rooms and suites available
- Space A (leisure) reservations may be made 30 days in advance

Eligible Patrons:

Active Duty and Retired Military & their dependents,
National Guard, Reservist and DoD-Civilians

Visit www.dodlodging.net
or call 1-877-NAVYBED

We will exceed your expectations.

**From the moment you check in...
we are ready to serve you and your family.**



The Child Development Center

- Open Monday-Friday from 5 a.m. - 7 p.m.
**12 hour maximum for care*
- Ages 6 weeks through 5 years
- Children of military personnel, DoD civilians & NAS Pax River base contractors are eligible for services.
- For more information call 301-342-3636/7636



Enrollment

Enrollment in Children and Youth Programs (Child Development Homes and Child Development Centers) can be done online at:

www.MilitaryChildCare.com



Child and Youth Programs

Child Development Homes

Child Development Homes are trained, licensed and professional homes monitored by the Navy Child and Youth Programs to care for children of team members on board NAS Pax River. Call 301-342-3960 for questions.

Patrons must call the Regional Child Placement Office at (877) 269-9322 to enroll.



Do you know someone who would like to work at home caring for children?

The Child Development Homes office can tell you how to set up a licensed Navy child care home. Child Home Providers are needed now. Call 301-342-3960 to find out more.

RASSIEUR YOUTH CENTER

Youth and Teen Activities

Music Lessons

Art Classes

Open Recreation

Project Learn

Boys & Girls Club

and More!

Call (301) 342-1694 for more information.



Programs Available

- Before School and After School Programs
- Summer Camp (Registration begins in March)
- Boys and Girls Club
- 4 - H

Located next to the Outdoor Pool, The Rassieur Youth Center offers activities for children ages 6-18. The Center has before and after school programs and evening open recreation. Call 301-342-1694 to learn more.

VISIT US ON THE WEB

www.NavyMWRPaxRiver.com

www.NavyMWRSolomons.com

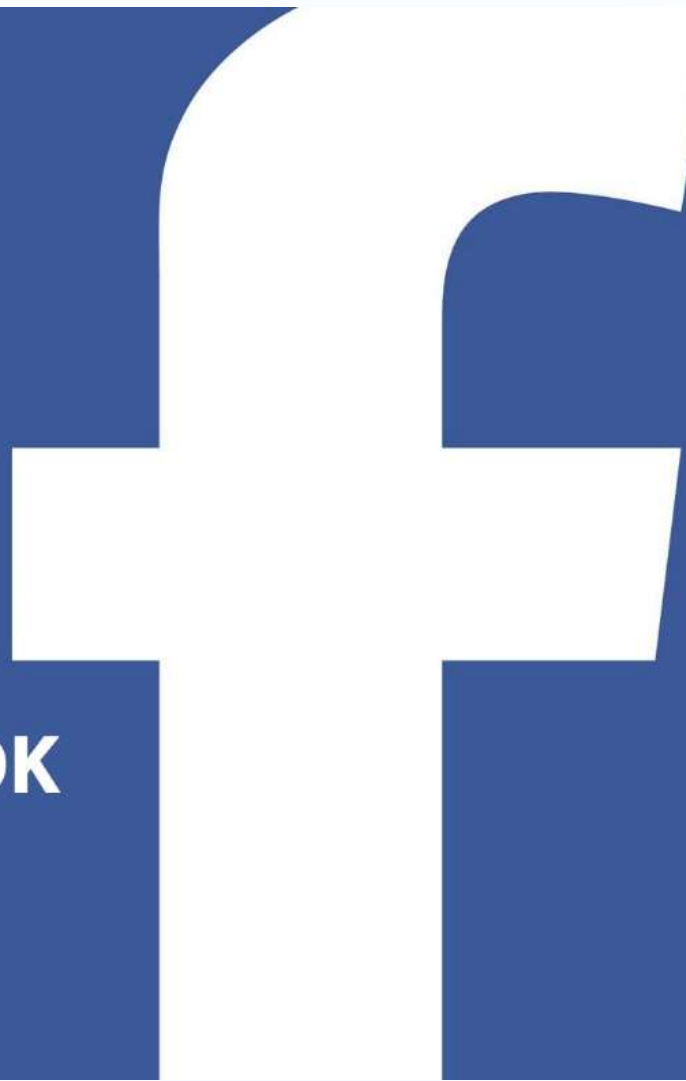


Download our mobile app!

Available through the App Store or Google Play Store.

FOLLOW US ON FACEBOOK

@MWRPaxRiver



Naval Air Station Patuxent River MWR Activities



MWR Administration Office	301-342-3510
	301-342-0942
Auto Skills Center/Autorama Lot	301-342-3507
Aquatics	301-342-4225
Bowling Center	301-342-3994
Cedar Point Golf Course	301-342-3597
Center Stage Theater	301-342-5033
	301-342-3572
Child Development Center	301-342-3636
Bldg. 2813/Bldg. 2030	301-342-7636
Child Development Homes	301-342-0930
Community Recreation	301-342-3648
Customized Creations	301-342-3569
Drill Hall - Fitness Center	301-342-3519
Family Housing Office	301-342-3846
Fleet & Family Support Center	301-342-4911
Liberty Center	301-342-4208
MWR Maintenance	301-757-2822
Navy Flying Club	301-862-1110
Navy Gateway Inns & Suites	301-342-3601
Rassieur Youth Center	301-342-1694
River's Edge Catering & Conference Center	301-342-3656
Ticket & Travel Office	301-342-3648
Unaccompanied Housing/Barracks	301-995-2754
West Basin Marina	301-342-3573



- Baseball Field
- Turf Football & Soccer Field
- Tennis Court
- Bowling
- Pavilion
- No Fishing