



EXPERIENCE NAVY LIFE
NAVAL AIR STATION

WHIDBEY

APRIL-JUNE 2017





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Hope Island SUP Trip



Month of the Military Child Petting Zoo



VP-4 Welcoming Party



FFSP and MWR Kids' Appreciation Day



Whitewater Rafting Trip

EXPERIENCE NAVY LIFE

NAVAL AIR STATION

WHIDBEY

APR.-JUN. 2017

WELCOME TO EXPERIENCE NAVY LIFE

Experience Navy Life Whidbey is a product of the Navy Region Northwest Fleet & Family Readiness Marketing Department, in cooperation with Fleet & Family Readiness (FFR) Program partners. Sign up to receive the digital version of Experience Navy Life quarterly at whidbey.navalairstation.mil/subscribe.

This magazine is sponsored by Navy Region Northwest Fleet & Family Readiness (CNRNW FFR). This magazine is intended to provide information and discussion on Quality of Life programs and services. The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. Please visit our official homepage at navalairstation.mil for more information.

DIGITAL ISSUES

To download a copy of this publication, please visit whidbey.navalairstation.mil/events.

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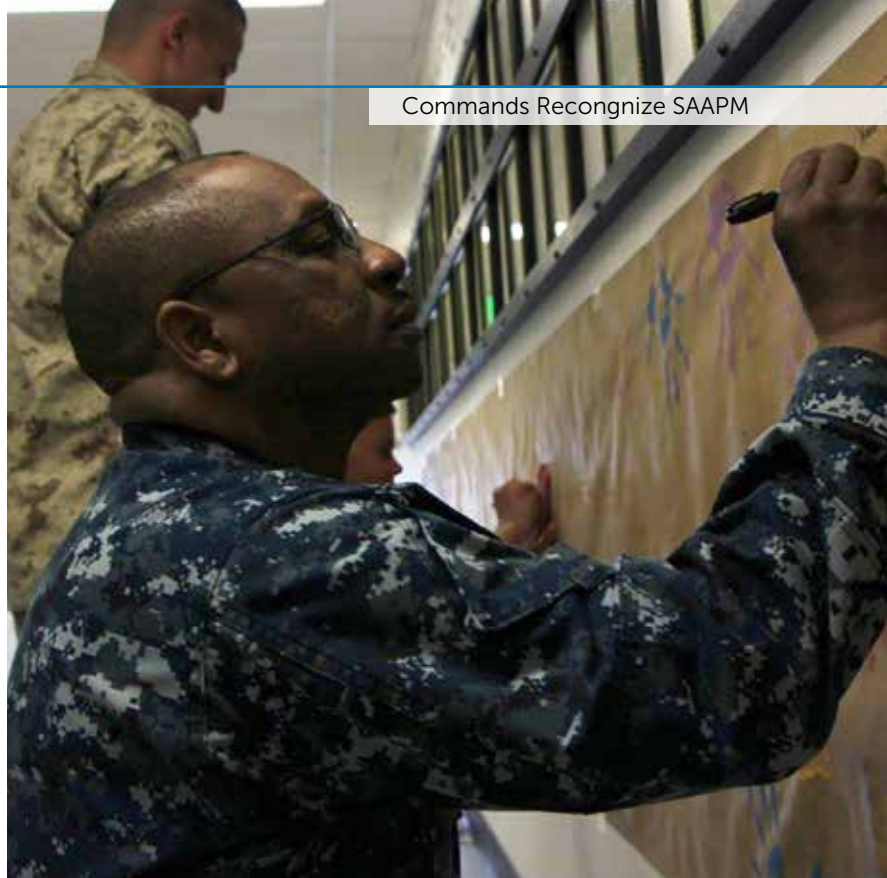
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- Skywarrior Theater



* * * * *

FLEET & FAMILY SUPPORT PROGRAM



All classes are FREE! All classes will be held at the Nor'Wester, unless otherwise noted. For class information and location, call (360) 257-NAVY (6289). To register for FFSC classes, call 1 (866) 854-0638 in advance, unless otherwise noted. For webinars, attend the live workshops from your home computer! Register online by visiting the FFSP Webinar page on navylifepnw.com. Click on the "Register Online" link next to the workshop you'd like to attend. Details for attending the webinar will be emailed to the address you provide.

For most up-to-date information, visit whidbey.navylifepnw.com.

Dates and times may be subject to change without prior notice.

UPCOMING EVENT

Military Kids Appreciation Day Wednesday, April 5 9 am-12:30 pm

This event is to honor military children for April's Month of the Military Child! Event starts at NASWI Fitness Center and ends at the Convergence Zone. Kids will enjoy Zumba/ obstacle course, Cliffside RV Park activities, crafts, games, and climbing wall (weather permitting) at the Convergence Zone. 20 spots available to military kids (K-5 and escorted by guardian for most of event). 150 spots available to Youth Center's School-Age Care Program and SAC will be automatically registered. Registration packet available for the 20 remaining spots at Nor'Wester Fleet & Family Support Center Front Desk on a first-come, first-served basis. Must register by Friday, March 31. (360) 257-8053

DEPLOYMENT

Addresses pre-deployment, deployment and post-deployment issues.

CIAC Roundtable Wednesday, April 26 2-3 pm

Emergency Preparedness for the Military Family
Saturday, June 10
9 am-3 pm
Youth Activity Center
(360) 257-NAVY (6289)

EMPLOYMENT

Assists you in landing that perfect job!

Intro into the iCloud Thursday, April 27 6-7 pm

Convergence Zone
FREE
The iCloud drive is Apple's online storage service, a place to keep all your files and access them from any Apple device including your iPhone, iPad and Mac. During this course, we will walk you through how to enable, iCloud drive, pick an appropriate storage plan, and how to

better manage your files across your iPhone, iPad, and Mac! FFSC will also be on hand with information about setting up an online presence in the job-seeking world!
(360) 257-2432
myFFR #997117-01

Military Spouse Appreciation Day
Saturday, May 13
10 am-2 pm
Bakerview Restaurant/CPO Club Ballroom

Federal Job Application Process
Tuesday, June 13
8:30-10:30 am

Writing Your Best Resume
Tuesday, June 13
11 am-1 pm

Career Fair
Thursday, June 15
10 am-2 pm
Bakerview Restaurant

EXCEPTIONAL FAMILY MEMBER PROGRAM

Provides information, referral, systems navigation, and non-

medical case management to special-needs families.

"Light it up Blue" Autism Awareness Wednesday, April 12 5-7 pm

Convergence Zone
Let's celebrate Autism Awareness Month as we learn and share about autism. There will be a guest speaker, support services, and open discussion time. Let's light it up blue! Receive entry into a special giveaway when you wear something blue!
(360) 257-2432

EFMP Command POC Training
Tuesday, May 9
8:30-9:45 am

EFMP Command POC Roundtable
Tuesday, May 9
10-11 am

EFM Picnic & BBQ
Friday, June 23
5-7 pm
Rocky Point Recreation Area

LIFE SKILLS EDUCATION

Gain knowledge and develop new skills that will enhance self-esteem and interpersonal relations.

Communication Skills

Tuesday, April 11
10 am-Noon

Stress & Anger Management

Thursday, April 20
1-3 pm

Positive Parenting

Wednesday, April 26
9 am-3 pm

Parenting Group: How to Talk so Kids Will Listen

Thursdays, April 6, 13, 20, & 27, 11:30 am-1 pm

Communication Skills

Tuesday, May 9
10 am-Noon

Stress & Anger Management

Thursday, May 18
1-3 pm

Parenting Group: How to Talk so Kids Will Listen

Thursdays, May 4, 11, 18, & 25, 11:30 am-1 pm

Communication Skills

Tuesday, June 13
10 am-Noon

Stress & Anger Management

Thursday, June 15, 1-3 pm

Executive DV

Wednesday, June 28
9 am-Noon
Bldg. 385

Parenting Group: How to Talk so Kids Will Listen

Thursdays, June 1, 8, 15, 22, & 29, 11:30 am-1 pm

OMBUDSMAN

Training and support for the liaison between commands and all family members within a command.

Ombudsman Assembly Meeting

Tuesday, April 25
6-8 pm

Ombudsman Assembly Meeting

Tuesday, May 23
6-8 pm

Ombudsman Basic Training: Part I

Saturday, June 10
8 am-4:30 pm
Register by Thursday, June 8

Ombudsman Basic Training: Part II

Saturday, June 17
8 am-4:30 pm

Ombudsman Assembly Meeting

Tuesday, June 27
6-8 pm

PERSONAL FINANCIAL MANAGEMENT

Help you manage your money, such as budgeting, credit/debt management, savings and investing, ID theft, car buying and home buying, as well as other individual financial concerns.

FREE myFICO Credit Score/Report

Tuesday, April 4
Noon-1 pm

Caring for Aging Parents

Wednesday, April 5
11 am-1 pm

Command Financial Specialist Training

Monday, April 10-
Friday, April 14
7:30 am-4:30 pm
Register by Friday, April 7

FREE myFICO Credit Score/Report

Tuesday, April 18
Noon-1 pm

Home Buying

Tuesday, April 25
11 am-1 pm

TSP/Blended Retirement

Wednesday, April 26
11 am-1 pm

FREE myFICO Credit Score/Report

Tuesday, May 2
Noon-1 pm

Money and the Move

Wednesday, May 3
1-4 pm

Car Buying

Thursday, May 4
11 am-1 pm

Million Dollar Sailor

Wednesday, May 10-
Friday, May 12
8 am-4:30 pm

FREE myFICO Credit Score/Report

Tuesday, May 16
Noon-1 pm

FREE myFICO Credit Score/Report

Tuesday, May 23
Noon-1 pm

Retirement Financial Lifestyle Planning

Wednesday, May 24
11 am-1 pm

FREE myFICO Credit Score/Report

Tuesday, June 6
Noon-1 pm

TSP/Blended Retirement

Wednesday, June 7
11 am-1 pm

CFS Financial Forum

Thursday, June 8
9-11 am

FREE myFICO Credit Score/Report

Tuesday, June 20
Noon-1 pm

RELOCATION

Help ease the associated stress of relocating for you and your family.

Sponsor Training

Wednesday, April 19
2-3:30 pm

New Spouse Orientation

Thursday, April 20
9 am-Noon

RAP Sponsor Roundtable

Thursday, June 8, 1-2 pm

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

The main goal of the SAPR program is to assist victims of

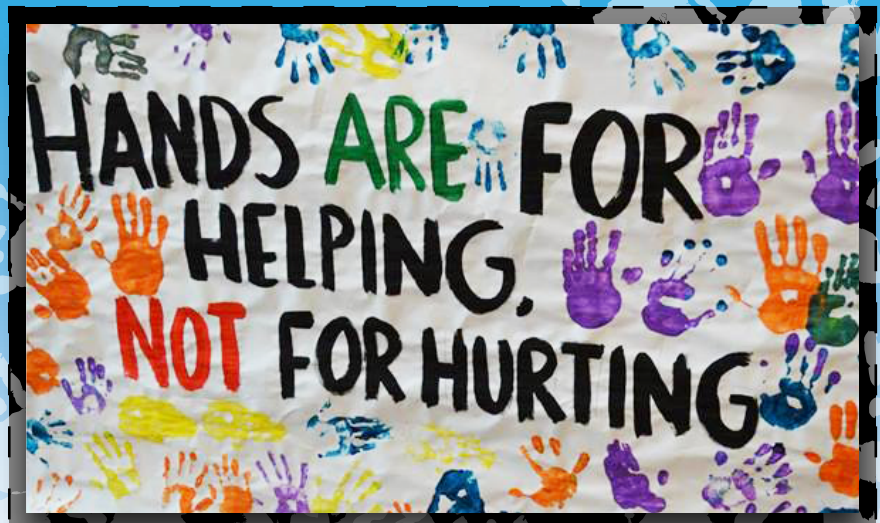
sexual assault and reduce the incidence of sexual assault committed by or against military service members, their families and civilians.

SAPR Train the Trainer

Thursday, April 6
9-11 am
Location information will be provided when registering at (360) 257-5323.

SAPR Command Point of Contact (POC) Training

Wednesday, April 12
7:30 am-4 pm
Command screening required. Registration must be completed through current Command SAPR POC and submitted prior to start of



April is Child Abuse Prevention Month

This month, help raise awareness for child abuse prevention.

Stay connected to **WhidbeyFFR Facebook** and **www.navylifepnw.com** for all upcoming events planned in support of April's Child Abuse Prevention Month.



(360) 257-NAVY (6289)

class to NASWI SAPR Staff Office. Contact your current Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265, (360) 257-2528.

SAPR C Training for Civilian Employees

**Thursday, April 13
9-11 am**

Register by 2 pm,
Thursday, April 6

SAPR Initial Advocate Training

**Monday, May 15-
Friday, May 19
7:30 am-4 pm**

Command screening required. Registration must be completed through current Command SAPR POC and submitted prior to start of class to NASWI SAPR Staff Office. Contact your Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265, (360) 257-2528.

SAPR Command Point of Contact (POC) Training

**Wednesday, June 14
7:30 am-4 pm**

Command screening required. Registration must be completed through current Command SAPR POC and submitted prior to start of class to NASWI SAPR Staff Office. Contact your current Command SAPR POC or the NASWI SAPR Staff Advocate Office (360) 257-3265, (360) 257-2528.

SAPR DSAACP Refresher Training

**Wednesday, June 21-
Thursday, June 22
7:30 am-4 pm**

Attendance is mandatory for all SAPR UVAs. CNATTU Ready Room.

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH (SAAPM)

April is National SAAPM. The special following events are geared towards raising awareness of sexual assault.

SAAPM Silent Witness Walk (SAAPM Kick-Off Event)

**Thursday, April 6
1-2 pm**

SAPR Team Appreciation Reception

**Wednesday, April 12
1-3 pm**
Officers' Club

SAPR Freeze Mob

**Thursday, April 13
Noon-12:30 pm**
NASWI NEX Shoppette
5-5:30 pm Commissary

Hope Exists After Rape Trauma (HEART)

**Wednesday, April 19
1-3:30 pm**
Skywarrior Theater

SAPR Spin

Friday, April 21, 11 am
NASWI Fitness Center
Register by
Wednesday, April 19
(360) 257-6936
myFFR #610132

SAPR Sailor Challenging Reality and Education Against Myths (SCREAM) Theater

**Monday, April 24
1-3 pm**
Skywarrior Theater

SAPR Sailor Challenging Reality and Education Against Myths (SCREAM) Theater

**Thursday, April 27
9-11 am**
Skywarrior Theater

TRANSITION ASSISTANCE PROGRAM

Are you separating or retiring soon? If so, the FFSP can help you become better prepared for your transition into the civilian sector.

Executive T-GPS

**Monday, April 3-
Friday, April 7
7:15 am-4 pm**

Separation T-GPS

**Monday, April 17-
Friday, April 21
7:15 am-4 pm**

Accessing Higher Education Track

**Tuesday, April 25-
Wednesday, April 26
8 am-4 pm**

Capstone Event

**Thursday, April 27
9-11 am**

Survivor Benefit Plan Brief

**Thursday, April 27
11 am-Noon**

Tricare Retirement Brief

**Thursday, April 27
Noon-1 pm**

Capstone Event

**Thursday, April 27
1-3 pm**

Separation T-GPS

**Monday, May 1-
Friday, May 5
7:15 am-4 pm**

Retirement T-GPS

**Monday, May 15-
Friday, May 19
7:15 am-4 pm**

Separation T-GPS

**Monday, May 22-
Friday, May 26
7:15 am-4 pm**

Career Technical Track

**Tuesday, May 30-
Wednesday, May 31
8 am-4 pm**

Capstone Event

**Thursday, June 1
9-11 am**

Survivor Benefit Plan Brief

**Thursday, June 1
11 am-Noon**

Tricare Retirement Brief

**Thursday, June 1
Noon-1 pm**

Capstone Event

**Thursday, June 1
1-3 pm**

Separation T-GPS

**Monday, June 5-
Friday, June 9
7:15 am-4 pm**

CAMPS (Center for Advanced Manufacturing Puget Sound)

**Tuesday, June 6-
Wednesday, June 7
7:30 am-4 pm**

Retirement T-GPS

**Monday, June 19-
Friday, June 23
7:15 am-4 pm**

Entrepreneur Track

**Tuesday, June 27-
Wednesday, June 28
8 am-4 pm**

APRIL

Sexual Assault Awareness & Prevention Month

Special events are scheduled all month long to help raise awareness of sexual assault.

SAAPM Silent Witness Walk (SAAPM Kick-off event)

Thursday, April 6

SAPR Team Appreciation Reception

Wednesday, April 12

SAPR Freeze Mob

Thursday, April 13

Hope Exists After Rape Trauma (HEART)

Wednesday, April 19

SAPR Spin

Friday, April 21

SAPR Sailor Challenging Reality and Education Against Myths (SCREAM) Theater

Monday, April 24

SAPR Sailor Challenging Reality and Education Against Myths (SCREAM) Theater

Thursday, April 27

FREE

(360) 257-NAVY (6289)



Capstone Event
Thursday, June 29
9-11 am

**Survivor Benefit
Plan Brief**
Thursday, June 29
11 am-Noon

Tricare Retirement Brief
Thursday, June 29
Noon-1 pm

Capstone Event
Thursday, June 29
1-3 pm

WEBINARS

*Attend live workshops from
the comfort and convenience
of your home computer!*

**Keeping Your Kids
Connected**
Thursday, April 13
11 am-Noon

**Vacation Planning
for Dummies**
Thursday, May 25
11 am-Noon

Interviewing Techniques
Thursday, June 15
11 am-Noon



Honoring military
children for April's
Month of the
Military Child with

Military KIDS

Appreciation
Day!

Free!

Wednesday,
April 5

Visit www.navylifepnw.com
for details as event gets closer.
(360) 257-NAVY (6289)

NAVY GYM
The Center



for the
Military Family

EMERGENCY PREPAREDNESS

**Saturday
June 10**

F Youth Activity Center
R 9 am-3 pm
E (360) 257-NAVY (6289)
E

The Center



NAVY WOUNDED WARRIOR SAFE HARBOR

Supporting seriously wounded, ill and injured
Sailors and Coast Guardsmen and their families.



1 (855) 628-9997 (24/7) <http://safeharbor.navylive.dodlive.mil>

MILITARY SPOUSE APPRECIATION DAY

SATURDAY, MAY 13

**10 AM - 2 PM
BAKERVILLE
RESTAURANT**

FREE



SAVE THE DATE!

**FOR FULL DETAILS, VISIT
WWW.NAVYLIFEPNW.COM**

(360) 257-NAVY (6289)

Going Green with RECP

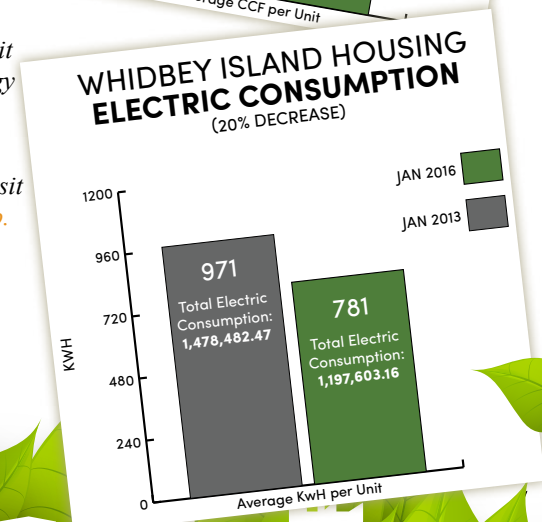
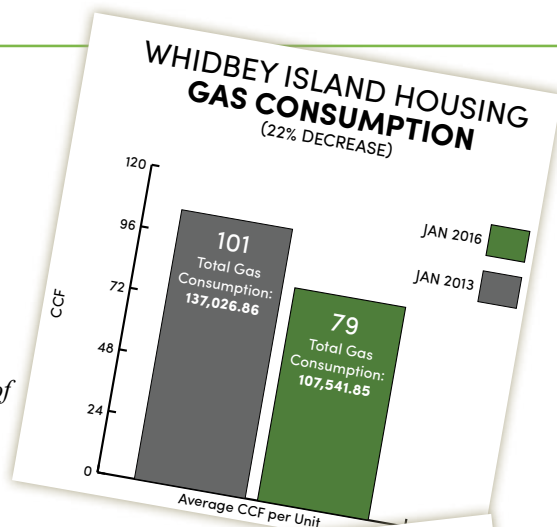
Residents of NASWI family housing have demonstrated their understanding of the importance of conserving energy. In the past three years, side-by-side comparisons show residents have decreased their average consumption by approximately 20% per home. The savings is enough to run a 100-watt lightbulb for 1,900 hours and heat a 350-degree oven for almost 200 hours. The combined savings is enough to run 1,530 100-watt lightbulbs for more than 1,800 hours each and heat over 1,360 350-degree

ovens for over 20 hours each. Hunt Companies and Navy family housing are proud of our residents for taking the initiative to save energy and demonstrate the importance of conserving.

Did you know...

for each degree over 68° at which your thermostat is set, it can take up to 3% more energy to heat your home.

For more information about the Navy's RECP program, visit cnic.navy.mil/ffr/housing/recp.html.



STARTING FRIDAY, JUNE 23, 5 PM

Friday night campfire cooking demonstration with s'mores!

Kids Carnival on Saturday from Noon to 3 pm, with games, activities, crafts, food, and a movie!

Stay the weekend and enjoy new updates to the hotel!



GREAT NAVY CAMPOUT and KIDS CARNIVAL

pacbeach.navylifepnw.com · (360) 276-4414



Easter Brunch

Sunday, April 16, 10 am-1 pm
M.T. McCormick's O'Club, All-Hands Event
Reserve your brunch at (360) 257-2505.

Mother's Day Champagne Brunch

Sunday, May 14, 10 am-1 pm
Bakerview Restaurant, All-Hands Event
Reserve your brunch at (360) 257-2505.



Father's Day BBQ & Brew Festival



Friday, June 16, 3-7 pm
M.T. McCormick's O'Club
Members and Member Guests-exclusive event
Reserve at (360) 257-2521.

Bakerview
RESTAURANT



SUMMER EVENTS

All events are FREE and from Noon-4 pm, unless otherwise noted. *Some additional fees apply, please consult navylifePNW.com or contact the Community Recreation Office for more information.



Legend of Zelda: Jim Creek Adventures

Saturday, Apr. 29 • Noon-4 pm
Adventure awaits and you're the missing 'Link'!



Fairy Kingdom Mother's Day Brunch*

Saturday, May 13 • 8:30 am-Noon
Treat Mom like the Queen she is. Call to reserve your brunch.



Kids' Fishing Derby* & FREE Family Fun Day & BBQ, Saturday, Jun. 10 • 8 am-5 pm
Derby is for kids ages 12 and under. myFFR #5517161E



Great Navy Campout*

Friday, Jun. 23, 6 pm-Sunday, Jun. 25, 8 pm
Stay in tree tents and learn the basics of camping. myFFR #5517175E

(425) 304-5363, (425) 304-5315

NEW

April through June

COMMUNITY RECREATION

CLASSES • EVENTS • AND MORE!

- Home Brewing 101
- "Light it up BLUE" Autism Awareness
- Discover Whidbey! Series
- Mom & Me Paint Your World Craft Night
- Pinterest™ Perfect Series
- Cultural Connect! Series
- Military Community Family Social: Bullying Awareness
- Dad & Me Building

[360] 257-2432



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CHILD & YOUTH PROGRAMS



Child & Youth Programs

Navy Child and Youth Programs (CYP) provide developmental childcare and youth recreational programs and services for eligible children and youth, ages 4 weeks to 18 years of age. Programs and services are specifically designed and operated to meet the unique needs of the military mission and service members and their families.

For most up-to-date information, visit whidbey.navalypnw.com.

Prices, dates and times may be subject to change without prior notice.

CHILD & YOUTH PROGRAMS

Parents' Night Out 4th Tuesday of every month 5:30-9 pm

Regatta CDC

Do you need time to enjoy a movie, dinner or just time to run errands without your children? Sponsor must complete registration prior and advanced reservations are required. \$4 per child, per hour.

(360) 257-6572

(360) 257-6573

CHILD DEVELOPMENT HOMES

Become a CDH Provider!

Monday, April 17-

Thursday, April 20

Register by Monday, April 3

Monday, June 12-

Thursday, June 15

Register by Friday, May 26

Both Sessions are

8:30 am-4:30 pm

Regatta CDC - Bldg. 2938

FREE

Become a Child Development Home Provider with the full support of the Navy's Child Development Home Program (CDH). You can stay home with your children while making

money, plus, provide a service to support military families. We're looking for dedicated and flexible family childcare providers to care for infants through school-aged children. Our program is designed to ensure your business is successful and that our military children receive the best possible care. (360) 257-1877 (360) 257-6861

NASWI YOUTH CENTER

Participants must be a registered member, grades 6-12 of the NASWI Youth and Teen Program. Join today! It is FREE to be a member! All NASWI Youth Center events/activities are NOT sponsored by the school district and the district assumes no responsibility for the conduct/safety of the event/activity. The district does not sponsor/guarantee any of the information in these materials. Parent/guardian must review the information and decide on its appropriateness for their family as an individual decision.

APRIL

Super Saturdays Recreation: April Showers Bring May Flowers

Saturday, April 15

1-4:30 pm (Youth grades K-5), **1-9 pm** (Teens grades 6-12).

NASWI Youth Center FREE. Open to registered youth grades K-5 and registered teens grades 6-12. Create a special garden project, at the Youth Centers to take home.

Operation Megaphone A World-Wide Lock-In!

**Friday, April 21-
Saturday, April 22**

4 pm-8 am

NASWI Youth Center, \$20 Registration begins Monday, April 3. Must be a registered member, grades 6-12, of the NASWI Youth & Teen Program. Join, today! It is FREE to be a member.

MAY

Monthly Sponsorship Activity: Teen Un-Birthday Party

Friday, May 12, 6-8 pm

NASWI Youth Center, FREE It's everyone's Un-Birthday. Join us for fun, food, prizes

and more. We welcome all interested or new military youth in grades 6-12.

America's Kids Run Saturday, May 20

Details to be announced. No regular Super Saturday Programming.

JUNE

Monthly Sponsorship Activity: End of the Year BBQ

Friday, June 9, 4-9 pm
FREE

Join us for a BBQ and games at Deception Pass State Park. We will leave the NASWI Youth Center at 4 pm and return by 9 pm. We welcome all interested or new military youth in grades 6-12.

Super Saturdays Recreation: Welcome Summer Party at Rocky Point

Saturday, June 17

Open to registered youth grades K-5 and registered teens grades 6-12. Transportation leaves the Youth Center at 1 pm for Rocky Point for all registered youth and teens. Youth must be picked up at Rocky Point no later than 4:30 pm.

Teens-only transportation returns to the Youth Center at 6:30 pm. Enjoy food, rock painting, Beach Frisbee Golf and more!

Adventures Unlimited 2017 Summer Day Camp Programs
Monday, June 19–Friday, September 1
 (Summer Day Camp is Monday–Friday).

5 am–7 pm
 NASWI Youth Center
 Fees are based on total family income. Open to elementary-age youth who successfully completed 2016/17 kindergarten and have not yet entered 7th grade. (At 2 pm, 2016/17 6th graders may sign into the Youth Center Teen Open Recreation Program). Registration begins Monday, April 17 for each one-week camp. Every session of Adventures

Unlimited Summer Day Camp includes fun-filled active days with sports, games, arts and crafts, and field trips, all designed just for your child's enjoyment. Space at camp will be extremely limited, so register early. All available camp spaces will be filled through www.militarychildcare.com.

Challenger Sports® British Soccer Camp

Monday, July 1–Friday, July 21
 NASWI Youth Center Program sessions and pricing: **Mini Soccer (1 hr.)** – \$94, 8–9 am, ages 3–5
Half-Day (3 hr.) – \$147, 9 am–Noon or 1–4 pm, ages 6–16, **Fall Day (6 hr.)** – \$199, 9 am–4 pm, ages 7–16
 Register online at challenger.configio.com, select British Soccer Camp and type '98278' zip code. NAS Whidbey Island will come up

in list of options to begin the registration process. Please note that there will be a \$10 late fee for campers registering within 10 days of the camp start date. Many camps will fill up and be closed prior to this date – please register early to avoid disappointment. Most camps will include a free soccer ball, T-shirt, poster and certificate (subject to availability).

SCHOOL LIAISON OFFICER

The School Liaison Officer is the primary point of contact between the military installation, the local schools and the school districts, transitioning families and the community at large. Call (360) 257-6863 or email whidbey.slo@navylifepnw.com.



Start a Career with NASWI Child Development Homes!

- Professional career
- Ability to stay home with your children
- Run your own business
- Provide support for children ages six weeks to 12 years old

Take the **FREE** CDH Orientation Class to see if this is the career for you!

CDH Orientation Class
8:30 am–4:30 pm
 Regatta CDC, Bldg. 2938

Monday, April 17–Thursday, April 20
 Register by Monday, April 3
Monday, June 12–Thursday, June 16
 Register by Friday, May 26



(360) 257-1877 or (360) 257-6861



End of the Year

BBQ



4-9 PM

FREE

DECEPTION PASS

BEST FOOD EVER

FRIDAY, JUNE 9

Leave NASWI Youth Center at 4 pm and return by 9 pm. Join us for a BBQ and games at Deception Pass State Park. This is our monthly Sponsorship activity. We welcome all interested or new military youth in grades 6–12.

(360) 257-3150

This event/activity is NOT sponsored by the school district, and the district assumes no responsibility for the conduct or safety of this event/activity. Parents/guardians must review the information and decide on its appropriateness for their family.

Parents' Night Out!

Eligible families with children,
ages 6 weeks to 12 years,
can reserve care.

Do you need time to enjoy a
movie, dinner or just to run some
errands without your children?

Sponsor must complete registration prior and
advanced reservations are required.

\$4 per child,
per hour

4th Tuesday of every month
(Must sign up by Friday prior.)
5:30-9 pm • Regatta CDC

SPACE IS LIMITED, DON'T DELAY!
(360) 257-6572 or (360) 257-6573

STEAMED

**SUMMER
DAY CAMP**

PROGRAMS



NASWI Youth Center
Monday, Jun. 19-Friday, Sep. 1
5 am-7 pm (Weekly fee based on total family income)

Fun-Filled activity days with sports, games,
arts and crafts, field trips, and more!

Registration begins Monday, Apr. 17 for each 1-week camp. Register at www.militarychildcare.com
Open to elementary-age youth who have completed Kindergarten and have not yet entered 7th grade.
(360) 257-3150

SUPER SATURDAYS RECREATION

NASWI Youth Center

1-4:30 pm • Grades K-5

1-9 pm • Grades 6-12

FREE

April Showers Bring May Flowers
Saturday, April 15

America's Kids Run
Saturday, May 20

Welcome Summer Party at Rocky Point
Saturday, June 17
(360) 257-3150

Must be a registered member to attend Super Saturdays Recreation events.

Participants must be a registered member, grades 6-12, of the NASWI Youth & Teen Program. Join today! It is FREE to be a member! All NASWI Youth Center events/activities are NOT sponsored by the school district and the district assumes no responsibility for the conduct/safety of the event/activity. The district does not sponsor/guarantee any of the information in these materials. Parent/guardian must review the information and decide on its appropriateness for their family as an individual decision.

June
is

NATIONAL GET OUTDOORS MONTH

Celebrate the outdoors with a variety of family-friendly fun activities all month long!



(360) 257-2432



(360) 257-2649

- Father's Day Weekend Special Cliffside RV Park
- National Nature Photography Day at Cliffside RV Park (photo contest and prizes)
- 10% off Outdoor Recreation Rentals
- FREE Great Navy Campout at Cliffside (June 23-25)
- Discover Whidbey! Series: State Parks ITT Trips
- Whatcom Falls Family Hike
- Goose Rock Hike
- Basic Sea Kayaking Course
- Stand-Up Paddleboard (SUP) Class and SUP Skagit Hope Island Tour
- D-Day Paintball
- Gallery Golf Course Rainier Cup
- Bike Trips



MWR Information, Tickets & Trips

The place to purchase discounted tickets to sporting events, amusement parks, and attractions including: Disney, Universal, San Diego Zoo, Seattle City Pass, CA/FL Medieval Times, Knott's Berry Farm, and more.

Planning your vacation is easy with our Leisure Travel Agents!

For additional military discounts, visit militarymerits.com.



The Convergence Zone
3535 N Princeton, Bldg. 2510
Oak Harbor, WA 98278 • (360) 257-2432



Cliffside RV Park



Jim Creek's Off-Leash Dog Park

* * * * *

HOUSING, LODGING & NAVY GETAWAYS



Navy Housing
(800) 876-7022

whidbey-housing@
navylifepnw.com

whidbey-uh@navylifepnw.
com

Navy Gateway Inns & Suites
877-NAVY-BED
dodlodging.net

877-NAVY-BED
navygetaways.com

Navy Getaways
Pacific Beach:
(360) 276-4414
pacbeach.navylifepnw.com

Jim Creek Reservations:
(425) 304-5315 or
(425) 304-5363
jimcreek.navylifepnw.com

Cliffside RV Park:
(360) 257-2649
cliffside.navylifepnw.com

*Indicates a
community event

Prices, dates and times
may be subject to change
without prior notice.

Navy Getaways and Navy
Gateway Inns & Suites
(NGIS) are open to active
duty, retirees, reservists,
DoD civilians, base
contractors, families, and
accompanied guests, unless
otherwise noted.

NAVY HOUSING

**Resident Satisfaction
Survey Participants**
UH Management and Staff
would like to extend our
appreciation to all residents
who used the RSS Survey
to help us better serve our
residents. Rest assured,
an action plan will be
developed and executed to
address all the comments.
We appreciate the
recognition and high scores
in many areas as well.

NAVY GETAWAYS

APRIL

Jupiter at Opposition
Friday, April 7
Cliffside RV Park

Look up at the Sky Day
Friday, April 14
Cliffside RV Park

**Legend of Zelda: Jim
Creek Adventures**
Saturday, April 29
Noon-4 pm
Jim Creek Navy Community
Recreation Area, FREE
Adventure awaits and you're
the missing "Link"! Games,
activities, crafts and more.
(425) 304-5363
(425) 304-5315

MAY

**Military Spouse
Appreciation Day &
Mother's Day**
**Friday, May 12-
Sunday, May 14**
Cliffside RV Park

**Fairy Kingdom Mother's
Day Brunch**
Saturday, May 13
8:30 am-Noon
Jim Creek Navy Community
Recreation Area, Brunch:
\$13.95 adult, \$8.95 ages
3-12, FREE ages 3 and under,
Event Activities: FREE
Treat Mom like the queen
she is with a magical brunch,
a Disney™ Princess Meet
& Greet and more! Call to
reserve your brunch time
and, while you're at it,
reserve an overnight stay
too!
(425) 304-3167
(425) 304-3449

Armed Forces Day
Saturday, May 20
Cliffside RV Park

Memorial Day Weekend
**Friday, May 26-
Monday, May 29**
Cliffside RV Park

JUNE

Yoga in the Park
Thursday, June 1, 11 am
Cliffside RV Park

**National Chocolate
Ice Cream Day**
Wednesday, June 7
Cliffside RV Park

Kids' Fishing Derby
at Jim Creek
Saturday, June 10
Fishing Derby: 8 am-5 pm
Awards: 5:30 pm
Jim Creek Navy Community
Recreation Area, \$10 Fishing
Registration Fee.
Kids, ages 12 and under, are
eligible to participate.
The weather is heating
up and so is the fishing!
Participants will receive a
goody bag, tackle and bait,
and 45 minutes on the water
with an expert guide. Prizes
awarded!
myFFR #5517161E
(425) 304-5363
(425) 304-5315

**FREE Family Fun Day &
BBQ at Jim Creek**
Saturday, June 10
Noon-4 pm
Jim Creek Navy Community
Recreation Area, FREE
Enjoy a petting zoo, raptor
show, Stillaguamish Tribe
interactive demonstrations,
inflatables, hay wagon rides,
and more!
(425) 304-5363
(425) 304-5315

Saturn at Opposition
Thursday, June 15
Cliffside RV Park

**National Nature
Photography Day**
Thursday, June 15
Cliffside RV Park

Father's Day
**Friday, June 16-
Sunday, June 18**
Cliffside RV Park

Great Navy Campout
**Friday, June 23, 6 pm-
Sunday, June 25, 8 am**
Jim Creek Navy Community
Recreation Area, FREE
Stay in tree tents and learn
the basics of camping!
Supplies are limited, but
camping gear will be
provided FREE, so reserve
your equipment today!
myFFR #5517175E
(425) 304-5363
(425) 304-5315

Great Navy Campout
**Friday, June 23, 5 pm-
Saturday, June 24**
Navy Getaways Pacific
Beach
Join us for a Friday
night campfire cooking
demonstration with s'mores,
and Kids Carnival on
Saturday from Noon to 3 pm.
Stay the weekend and enjoy
new updates to the hotel.
(360) 276-4414

Great Navy Campout
**Friday, June 23-
Sunday, June 25**
Check in starts at 2 pm
Cliffside RV Park
FREE
Celebrate National Get
Outdoors month with two
FREE nights of fun-filled tent
camping at Cliffside!
Register by Wednesday,
June 21
(360) 257-2432
myFFR #407174-01

July 4th Weekend
**Friday, June 30-
Tuesday, July 4**
Cliffside RV Park



— GRAND REOPENING — COMING SOON SUMMER 2017

CHECK PACBEACH.NAVYLIFEPNW.COM FOR UPDATES

We are excited to introduce you to the new and improved Navy Getaways Pacific Beach! Come visit us at the beach soon!

Call (360) 276-4414 to BOOK YOUR STAY TODAY!

pacbeach.navylifepnw.com • navygetaways.com



GREAT NAVY CAMPOUT

Friday, June 23–Sunday, June 25 • Check-in 2 pm



**Celebrate National Get Outdoors month with
2 FREE nights of fun-filled tent camping at Cliffside!**

Need gear? We got you covered!

Just let us know at registration what you need. There will be plenty to do, such as camping 101, fire safety and campfire building, crafts, guided nature hikes, scavenger hunt, campfire songs, stories, and an outdoor movie.

Cliffside
RV PARK • CAMPING • YURTS

Register by Wednesday, June 21

FREE for tent camping only, regular fees apply for RV sites and Yurts! myFFR #407174-01

(360) 257-2432



DECA Healthy Lifestyle Festival



Month of the Military Child Celebration

* * * * *

SPORTS, FITNESS & AQUATICS



The Navy Fitness Program offers a variety of fitness and intramural sports programs that enhance the readiness, retention and quality of life of the entire Navy family.

Sailors who possess the athletic skills to compete above the intramural level, in team or individual sports, have the chance to represent the Navy at higher-level athletic competitions through the All-Navy Sports Program.

Although NAS Whidbey Island does not have a recreational swimming facility, MWR has partnerships with two local pools.

At Anacortes's Fidalgo Pool
Active Duty - Swim FREE
(subsidized by MWR)
Active Duty Family Members -
FREE Open Swim

= Captain's Cup Event

For most up-to-date information and fitness classes visit

whidbey.navylifepnw.com.

Prices, dates and times may be subject to change without prior notice.

SPORTS APRIL

Intramural Soccer Men's and Women's Leagues
Monday, April 10, 5 pm
Costen Turner Park
Coaches' meeting and roster turn in
Monday, April 3 at 2 pm.
(360) 257-4320

Gladiator Games
Friday, April 21, 11 am
NASWI Fitness Center
Register by
Wednesday, April 19
(360) 257-4320

Intramural Bowling Men's and Women's Leagues
Thursday, April 27, 5 pm
Convergence Zone
Coaches' meeting and roster turn in Monday,
April 24 at 2 pm.
(360) 257-4320

MAY

Intramural Softball Men's and Women's Leagues
Monday, May 29, 5 pm
Costen Turner Park
Coaches' meeting and roster turn in
Monday, May 15 at 2 pm.
(360) 257-4320

JUNE

Intramural Golf Men's and Women's Leagues
Friday, June 2, 1 pm
Gallery Golf Course
Coaches' meeting and roster turn in
Monday, May 22 at 2 pm.
(360) 257-4320

Ultimate Frisbee Tournament
Friday, June 9, 9 am
Costen Turner Park
Register by
Wednesday, June 7
(360) 257-4320

FITNESS APRIL

NASWI Down 'n' Dirty Dash
Friday, April 7, 11 am
NASWI Fitness Center
A 2-mile route that consists of obstacles, where a military boot camp meets your inner child's need to get down 'n' dirty! All you need is a good pair of shoes and a complete lack of shame. Fun for all levels!
Register by Saturday, April 1
(360) 257-6936
myFFR #610131

NOFFS Operational Class

Friday, April 14
NASWI Fitness Center
Register by
Wednesday, April 12
(360) 257-6936
Email: whidbey.fitness@navylifepnw.com

SAPR Spin Event
Friday, April 21, 11 am
NASWI Fitness Center
Register by
Wednesday, April 19
(360) 257-6936
myFFR #610132

MAY

Cinco de Mayo Ballroom Dancing
Friday, May 5, 5-7 pm
NASWI Fitness Center
Register by
Monday, May 1
(360) 257-6936
myFFR #610133

2017 Puget Sound Navy Cup Bodybuilding Competition
Thursday, May 11, 5-7 pm
NASWI Skywarrior Theater
Register by
Thursday, April 20
(360) 257-6936
myFFR #610163

NOFFS Operational Class
Friday, May 12
NASWI Fitness Center
Register by Wednesday,
May 10
(360) 257-6936

Email: whidbey.fitness@navylifepnw.com

Certified Fitness Leader Course (CFL)
Monday, May 15-Friday, May 19
NASWI Fitness Center and Chapel Classroom
(360) 257-9018
Register via website:
navyfitness.org/fitness/cfl_information/
Click on Application, NKO, CFL Application Process

Amazing Race
Wednesday, May 24, 11 am
NASWI Fitness Center
Register by
Friday, May 19
(360) 257-6936
myFFR #610134

JUNE

Yoga in the Park
Thursday, June 1, 11 am
Cliffside RV Park
Register by Monday, May 29
(360) 257-6936
myFFR #610135

NOFFS Strength, Endurance & Sandbag Class
Friday, June 9
NASWI Fitness Center
Register by
Wednesday, June 7
(360) 257-6936
Email: whidbey.fitness@navylifepnw.com

Summer Tri

Friday, June 16, 11 am
 NASWI Fitness Center
 Register by Friday, June 9
 (360) 257-6936
 myFFR #610136

Rock n' Run Freedom 5K

Thursday, June 29, 11 am
 NASWI Fitness Center
 Join us for first ever Rock 'n'
 Roll 5k with music
 along the way, Best
 Patriotic Costume
 award, and fun for
 all! Register by
 Monday, June 26
 (360) 257-6936
 myFFR #610137

SAPR SPIN EVENT

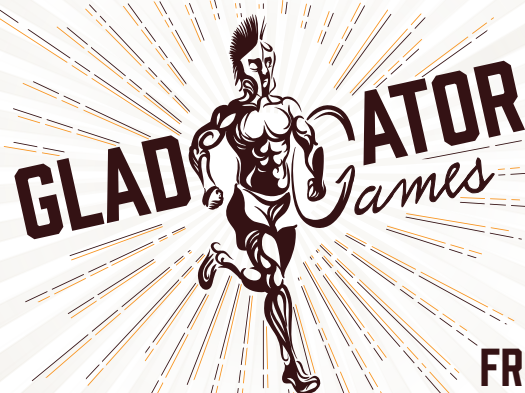
Friday, April 21, 11 am
 NASWI Fitness Center
 Register by Wednesday, April 19
 myFFR #610132

**Rock 'n' Run
FREEDOM 5K**

**Thursday,
June 29, 11 am**
 NASWI Fitness Center
 Register by Monday, June 26

**Ultimate
Frisbee
Tournament**

Friday, June 9, 9 am
 Costen Turner Park, FREE
 Register by Wednesday, June 7



GLAD GATOR Games

FREE**FRIDAY, APRIL 21 @ 11 AM****NASWI FITNESS CENTER**

REGISTRATION DEADLINE: WEDNESDAY, APRIL 19
(360) 257-4320

PUGET SOUND NAVY CUP**FREE****20****17****BODYBUILDING COMPETITION**

**THURSDAY, MAY 11
 5-7 PM, CHECK-IN AT 1 PM**

**Naval Air Station Whidbey Island's
 SKYWARRIOR THEATER**

**1st, 2nd, 3rd place in both
 Male and Female categories.
 Registration deadline: Thursday, April 20**

OPEN CLASS • MALE/FEMALE

myFFR #610163

Open to all ID cardholders ages 18 and older.

(360) 257-2433



Earth Day's Beach Clean-Up



Hope Island SUP Trip

RECREATION PROGRAMS



Convergence Zone
(360) 257-2432
Gallery Golf (360) 257-2178
General Quarters Paintball
(360) 257-2432
Navy Community Recreation
(360) 257-2432

ACTIVITIES LEGEND

Activity Difficulty Ratings:

- I** = EASY: Equivalent to being able to walk 3 miles on a treadmill at 2.5 mph. Slight inclines.
- II** = AVERAGE: Equivalent to being able to walk for an hour at 3 mph. Varying inclines.
- III** = STRENUOUS: Equivalent to being able to maintain a brisk pace on a step stepper for up to 45 minutes. Extreme inclines.
- LS** = Leisure Skills Class
- RA** = Recreational Activity
- TO** = Trips/Outings
- HF** = Kid Friendly Event
- SP** = Special Event

For most up-to-date information, visit whidbey.navylifepnw.com.

Prices, dates and times may be subject to change without prior notice.

ONGOING EVENTS

Share your Special Skill with us!

MWR is always looking for special talent to share at our events! Contact us if you'd like to show off or teach your skills. (360) 257-5480

RA **FREE Lunch Bowling for Active Duty** **Mondays-Fridays,** **11 am-2 pm**

Convergence Zone
FREE bowling for active duty in uniform, as lanes are available; must pay for shoe rental. Check us out for Lunchtime Cosmic Bowling every Friday!
(360) 257-2432

RA **Monday Madness Bowling** **Mondays, 3-9 pm**

Convergence Zone
50¢ games, shoes regular price.
(360) 257-2432

RA **Baby Signing Time** **Mondays, 11:30 am-12:30 pm**

Convergence Zone
Multipurpose Room
FREE
A complete list of weekly activities can be found at navylifepnw.com. Click on 'Recreation' then 'Convergence Zone'.
(360) 257-2432

RA **Toddler Time**

Wednesdays,
11:30 am-12:30 pm
Convergence Zone
Multipurpose Room
FREE
Ages 3-5. Join us each week for a themed story time, an activity and craft. Caregiver must be present and stay/assist the child during all activities.
(360) 257-2432

RA **Crazy Cosmic Bowling** **Fridays, 8-11 pm**

Convergence Zone
\$12 per person, shoes regular price.
(Almost) anything goes! DJ spinning your requests all night. Minute-to-Win-It-style contest and games with prizes. Bring your craziest friends, and showcase YouTube-worthy moments!
(360) 257-2432

RA **Family Fun Pack Bowling** **Saturdays, 6-11 pm**

Convergence Zone
\$30, for up to four bowlers
Enjoy two hours of bowling, single-topping pizza, and pitcher of soda. Shoes regular price.
(360) 257-2432

RA **Rent-a-Lane**

Sundays
Sundays, 11 am-6 pm
Convergence Zone
Rent a lane for \$11 an hour, for up to five bowlers, for as many games as you can bowl. Shoe rental included.
(360) 257-2432

LS **Home Gardening Series** **Tuesdays, April 18, May 16 & June 20**

Convergence Zone
Multipurpose room
FREE
Learn how to grow your own indoor/outdoor edible garden from instruction by Master Gardeners!
myFFR #997017-04
myFFR #997017-05
myFFR #997017-06

LS **CPR/First Aid Training** **April 20, May 20 & June 15** **9 am-4:30 pm**

Convergence Zone
Multipurpose Room
\$50, without manual, \$60, with manual
American Red Cross training is for adult, child CPR/AED and First Aid certification. Learn how to be prepared for a medical emergency situation. Must register two days prior.
(360) 257-2432
myFFR #997019-04
myFFR #997019-05
myFFR #997019-06

RA **Speedball Paintball Tournament** **Sundays, April 23, May 21,** **June 18, 11 am-4 pm**

Convergence Zone General Quarters Paintball Field
\$15, includes marker, air and field fee, ages 10 and up
Join General Quarters Paintball, the last Sunday of every month, for an exhilarating five-man speedball, tournament! Bring your friends and make your own team, or you can show up and a team will be made for you.
(360) 257-2432

APRIL

TO **SNOWINGA**

Saturday, April 1
8 am-6 pm
Outdoor Recreation
\$29 per person
Join us for a day to remember, as we head to the high country to an area that's a magnet for snow! Warm up with yoga and then, head off on the trail with stops along the way for yoga poses in the snow and beautiful scenery to enjoy. On the way back, we will stop at one of Whatcom's canyon wineries. Register by Thursday, March 30
(360) 257-2432
myFFR #4017091

LS Home Brewing 101
Fridays, April 14, April 28,
May 19, & June 9, 6 pm
 Convergence Zone
 Multipurpose Room
 \$124

Eliminate the guess work of learning how to brew your beer! An expert instructor will guide you, step by step, through the extract brewing process. Learn, discuss and sample beer and then, have your end result be judged for the chance to win!

Register by Wednesday, April 12
 (360) 257-2432
 myFFR #997111-01

RA Spring Break Special

**Monday, April 3-
 Friday, April 7,
 11 am-4 pm**
 Convergence Zone
 Join us during Spring Break for \$1 games and \$1 shoe rentals!
 (360) 257-2432

Teen Art Week

**Monday, April 3-
 Friday, April 7
 1-3 pm**
 Convergence Zone
 Multipurpose Room
 FREE, ages 10-17
 Teens can explore their creativity and be inspired this Spring Break at the CZ! Teen Art Week provides an opportunity for youth to unleash their imaginations and develop their art-making skills. A new art project will be provided each day, ending with an art show that will exhibit all their work. The art will remain on display at the Convergence Zone the following week.
 Event day registration available
 (360) 257-2432
 myFFR #997093-01

RA Youth & Teen Spring Golf Session

**Wednesday, April 5
 1-3 pm**
 Gallery Golf Course
 \$20, ages 7-17
 Youth and teens, learn the art of golf in this two-hour session. First, we will have a general golf instruction discussion and then, practice chipping, pitching, and putting on many stations with various woods and irons.
 (360) 257-2178

**TO Discover Whidbey –
 Museums & Galleries**

Friday, April 7, 9 am-3 pm
 Trips & Tours
 \$15 per person
 Discover what's in our own backyard on our Discover Whidbey mini-series! We will be traveling to Langley for a visit at the Whale Center to learn about the whales and sea life that live and pass through our region! Next, we'll take a stroll at Langley's Seawall Park and then, stop for lunch. Lastly, we'll check out Callahan's Firehouse Glass Gallery, where you'll find a delicate display of beautifully blown glass, watch a demonstration and be able to purchase a unique piece to take home.
 Register by
 Wednesday, April 5
 (360) 257-2432
 myFFR #9917097

**TO LS Ice Axe/
 Summit Trip**

**Saturday, April 8
 7 am-8 pm**
 Outdoor Recreation
 \$34 per person
 This is an advanced course for continued practice of self-arrest and mountaineering-related maneuvers on how to stop from sliding down an icy mountain without a belay system.
 Register by Thursday, April 6
 (360) 257-2432
 myFFR #407021-03

**RA Easter Egg
 Hunt Paintball**

**Saturday, April 8
 11 am-4 pm**
 Convergence Zone General
 Quarters Paintball Field
 \$15 per person for all-day play Includes air, field fee and marker, ages 10 and up
 Join General Quarters Paintball this Easter for an Easter egg hunt. Hidden throughout the field will be Easter eggs filled with prizes, or other items to help you eliminate all other opponents. Can you find the most eggs and be crowned the victor of Easter while battling your opponents at the same time? Find out this Easter at General Quarters Paintball.
 (360) 257-2432

TO Vancouver BC

**Saturday, April 8
 7:30 am-8:30 pm**
 Trips & Tours
 \$57 ages 19+, \$45 ages 5-18,
 \$25 ages 2-4, FREE under 2,
 \$175 family price* 2 adults

and 2 children
 Discover North America's second largest Chinese-centered area! We will visit the Dr. Sun Yat-Sen Classical Chinese Garden with a guided tour, then, you will be provided with the tools for your own self-guided walking tour of Chinatown and/or time on your own. Next, we'll head over to the Van Dusen Botanical Garden for the Sakura Days Japan Fair in celebration of the Cherry Blossom Festival. There you can experience the special ritual of the Japanese tea ceremony, culinary demonstrations, Japanese festival food or try your hand at calligraphy, origami and other Japanese arts and crafts!
 Register by Thursday, April 6
 (360) 257-2432
 myFFR #9917098

**TO Galbraith
 Mountain Biking**

**Saturday, April 8
 10 am-6 pm**
 Outdoor Recreation
 \$26 per person
 Galbraith Mountain has some of the finest trails in the Pacific Northwest! These trails will really get your heart pumping with adrenalin and excitement. Whatever you are looking for, it's here! Trails are full of jumps, some that are technical, and others offer a smooth ride down the mountain.
 Register by Thursday, April 6
 (360) 257-2432
 myFFR #4017098

**“Light it up Blue”
 Autism Awareness**

**Wednesday, April 12
 5-7 pm**
 Convergence Zone
 Celebrate Autism Awareness Month as we learn and share about autism. There will be a guest speaker, support services, and open-discussion time. Let's light it up blue! Receive entry into a special giveaway when you wear something blue!
 (360) 257-2432

**Naval Air Station Whidbey Island
 Navy Community Recreation**

Design a Trip!



Build a trip around your schedule!

Consult with our professional trip planner to customize a trip. From single-day excursions to week-long trips, we'll help you plan your journey and transportation. Contact our Community Recreation Programmer to assist with your group's trip or outing, today!

(360) 257-5480
whidbey.trips@navylifepnw.com

HUNGRY?

WE HAVE AN APP FOR THAT!



KEGLER'S BAR & GRILL

Search For
"DINE ON THE GO - PNW"
 in the APP STORE™
 or GOOGLE PLAY™

No Smartphone?
 No Problem!



ORDER ON OUR WEBSITE
dineonthegopnw.com

MORE LOCATIONS COMING SOON!

The Navy does not endorse any business, product or service.

SP **Eggstravaganza!**

Saturday, April 15

9 am-1 pm

Navy Exchange

FREE

Come meet the Easter Bunny, gather eggs and have a great time! Egg hunts by age categories and then, enjoy the bunnies at the petting zoo, kids crafts, climbing wall and more!

(360) 257-2432

SP **Bowling with the Bunny**

Saturday, April 15, 1-3 pm

Convergence Zone

FREE

Hop on over to the Convergence Zone, after the Egg Hunt at the Navy Exchange, for some Cosmic Bowling with the Easter Bunny, photo ops and crafting!

(360) 257-2432

TO **Riverstone**

Climbing Wall

Saturday, April 15

9 am-3 pm

Outdoor Recreation
 \$28 per person

From beginners to seasoned rock climbers, RCG provides something for everyone! Enjoy 5,000 square feet of climbing terrain options with hundreds of routes, on a constant re-setting cycle so, there is always a new route to take!

(360) 257-2432

myFFR #4017105

TO **Discover Whidbey: Wineries**

Friday, April 21, 9 am-3 pm

Trips & Tours

\$15, Ages 21+

Discover what's in our own backyard on our Discover Whidbey mini-series! We will be stopping at three of Whidbey's local wineries for tastings and a stop for lunch. Transportation only is provided so, bring extra money for tasting fees, lunch and purchases.

Register by
 Wednesday, April 19

(360) 257-2432

myFFR #9917111

Earth Day at

Rocky Point

Friday, April 21

9:30 am-1 pm

Rocky Point Recreation Area
 FREE

Celebrate and support environmental protection with fun activities planned in honor of keeping our earth's land, air and water clean! Dumpster

Dive contest, yard-art judging, educational displays, beach cleanup and BBQ!
 (360) 257-2432

LS **Wilderness/Remote First Aid 3-Session Course**

Saturday, April 22 and

Sunday, April 23

5:30-7:30 pm

\$119 per person

Rocky Point Recreation Area
 This is an ideal course for the outdoor recreation enthusiast or those that live or work in remote environments.

Wilderness/Remote First Aid (WRFIA) is the assessment and treatment given to an ill or injured person, in a remote environment, where definitive treatment or transport to a clinic or physician is not readily available. Proper decision making at the incident scene, miles from facilities can save time, resources and lives!

Register by

Wednesday, April 19

myFFR #407111-01

(360) 257-2432

RA **Glow Golf Tournament**

Saturday, April 22

8:30 pm Shotgun

Gallery Golf Course

\$30, includes Green Fees

Join us for glow-in-the-dark golf! A great excuse to golf after the sun goes down! Glow balls will be furnished.

(360) 257-2178

Pee Wee

Bowling League

Sundays, April 23-June 11

11:30 am-12:30 pm

Convergence Zone

\$8 per week or \$42 for

8-week series, ages 4-7

Each week, Pee Wees bowl

two games, on a lane with

bumpers that gently nudge

their ball back on track out

of the gutter and down to the

pins. We will have an Awards

and Fun Day event at the end

of the eight-week series. Your

Pee Wee will receive an award

and a certificate. (Parent/

caregiver must be present and

stay/assist the child during all

activities).

Register by Thursday, April 20

(360) 257-2432

myFFR #991625-02

LS **Intro into the iCloud**

Thursday, April 27

6-7 pm

Convergence Zone

FREE

The iCloud drive is Apple's online storage service, a place to keep all your files and access them from any

Apple devices including your iPhone, iPad, and Mac. During this course, we will walk you through how to enable iCloud drive, pick an appropriate storage plan, and how to better manage your files across your iPhone, iPad, and Mac! FFSC will also be on hand with information about setting up an online presence in the job-seeking world.
 (360) 257-2432
 myFFR #997117-01

Science on Wheels

Saturday, April 29

1-3 pm

Convergence Zone

Multipurpose Room

FREE

Get ready for the Seattle Pacific Science Center to Rock and Roll the Convergence Zone with earth science! Sort through sand, hunt for fossils, explore sparkling crystals, get blown away by volcanoes, and uncover the secrets of rocks and minerals. Delve into the deepest layers of the earth to learn about crystals, magnetic rocks and earthquakes.

Rock and Roll is here to stay, geologically speaking!

(360) 257-2432

TO **Museum of Flight**

Saturday, April 29, 8 am-4 pm

Trips & Tours

\$40 per person, price includes tour, 3D movie, and entry fee
 Join us at the Museum of Flight,

on a private Docent Tour,

and learn exciting facts and

surprising stories to everything

in the museum, as we explore

the Evolution of Flight! Bring

extra money for lunch.

Register by Wednesday,

April 26

(360) 257-2432

myFFR #9917111

MAY

Children's

Chess 101

Thursdays, May 4-25

5-6:30 pm

Convergence Zone

FREE, ages 8+

This class covers a full introduction to the pieces; their movements, their values, capturing, and good trades vs. bad trades. Check, checkmate and castling are introduced, but the overwhelming focus is on ensuring that the pieces and their movements are learned and internalized. Day-of registration available.

(360) 257-2432

myFFR #997124-(01-04)



RA USBC Bowling League Nights
Tuesdays, May 2-August 15
6-9 pm

Convergence Zone
 \$12 weekly league fee
 Join one of our Whidbey Island Bowling Association leagues or sub in for a night. There will be no open bowling available on league nights. Register by Friday, April 29 (360) 257-2432 myFFR #997122-01

TO Mt. St. Helens Climb
Saturday, May 6-Sunday, May 7
Departs 8 am, Returns 11 pm
 Outdoor Recreation
 \$134 per person

This challenging summit climb, up Mt. St. Helens, will begin with our camp setup, dinner around the fire and getting to know our fellow climbers. On Sunday, we will make our attempt to the summit and enjoy lunch on the mountain. Please note, we will be camping in a remote setting with no running water or proper restroom facilities. Trip includes experienced guide, round-trip transportation,

all mountaineering/camping equipment, as well as three meals. Trip prerequisites include: Completion of Avalanche Awareness and Ice Axe Arrest classes and attendance at pre-trip meeting. Register by Thursday, April 20 myFFR #4017126 (360) 257-2432

TO San Juan Cruise & Whale Watching
Saturday, May 6, 8 am-7 pm
 Trips & Tours

\$111 ages 18+; \$75 ages 6-17; \$22 ages 5 and under
 Cruise on one of the largest vessels in the San Juans, with indoor seating for everyone and outdoor viewing decks. Detailed narration and an onboard wildlife specialist are available while you watch for whales. Enjoy a delicious wild salmon and BBQ chicken lunch and a two-hour port excursion on Friday Harbor to visit the local attractions. Register by Thursday, April 13 (360) 257-2432 myFFR #9917126

LS Kids Comic Con
Saturday, May 6, 1-3 pm
 FREE
 Convergence Zone
 Multipurpose Room

Celebrate National Comic Day with all things Super! Super Hero Meet and Greets, comic book creating, crafts and more!
 (360) 257-2432

TO LS II Basic Sea Kayaking Course
Tuesday May 9, 4:30-6:30 pm
Wednesday May 10, 4:30-7:30 pm
 Outdoor Recreation

\$55 per person
 You will receive instruction on how to get in and out of a kayak, what to do if your kayak capsizes, and other various rescue techniques, as well as head out to the open water to develop paddle skills and learn the rules of the sea. Once you have completed the series, you can then sign up for any of our scheduled sea kayak trips and tours, or rent a sea kayak from the Convergence Zone. Register by Thursday, May 4 (360) 257-2432 myFFR #40108-81

LS Intro to Fly-Fishing
Wednesday, May 10
5-7 pm
 \$10
 Convergence Zone
 Multipurpose Room

This is a beginner's course, designed to introduce the newcomer to the world of fly-fishing. We will cover terminology, basic casting techniques, entomology-bugs, reading the water, gear selection and setup. All necessary gear and experienced instructor will be provided. However, you may bring in your own rod for the casting portion. This is classroom instruction. Register by Monday, May 8 (360) 257-2432 myFFR #403111-03

TO Discover Whidbey Series: Gardens
Friday, May 12, 9 am-3 pm
 Trips & Tours
 \$18 per person

Discover what's in our own backyard on our Discover Whidbey mini-series! The Meerkerk Gardens is comprised of 10 acres of display gardens and 4 miles of nature trails! Next we'll head over to the Bayview Farm and Garden and marvel at the beautiful bloomed Laburnum Arbor. Bring extra money for a light lunch at the Flower House Café and shop at the Garden Shop for all your gardening needs!

Register by
 Wednesday, May 10
 (360) 257-2432
 myFFR #9917132

LS Mom & Me Paint Your World Craft Night
Friday, May 12
5:30-7:30 pm

Convergence Zone
 Multipurpose Room
 FREE
 Give your mom a special gift this Mother's Day! Spend time together, painting a gift she can treasure always! All supplies included and provided by Paint Your World. (All caregivers welcomed). Day-of registration available. (360) 257-2432 myFFR #9917132-01

RA Military Spouse Appreciation Golf Clinic
Saturday, May 13, 1 pm
 FREE

Gallery Golf Course
 This clinic will provide general knowledge of golf, how to hold the clubs, and what each club is used for. We will provide woods, irons, pitching, chipping, and putting practice on the range. Afterward, enjoy a 9-hole scramble with your spouse! (360) 257-2178

NAS Whidbey Island

GALLERY

Golf Course

Open to the public!



Youth & Teen Spring Golf Session
Wednesday, April 5, 1-3 pm
 \$20, ages 7-17

Youth and teens, learn the art of golf in this two-hour session. First, we will have a general golf instruction discussion and then, practice chipping, pitching, and putting on many stations, with various woods and irons.

Glow Golf Tournament
Saturday, April 22
8:30 pm Shotgun

Military Spouse Appreciation Golf Clinic
Saturday, May 13, 1 pm
 FREE

Gallery Golf's Rainier Cup
Friday, June 23-Sunday, June 25
 \$115, Includes 3 rounds of golf, food, and tee gift

Tri-Service Tournament consisting of Navy, Air Force, and Army tournament play, held at the following three golf courses: Gallery Golf Course, Eagles Pride, and Whispering Firs. This a Ryder Cup style of competition. Register by Saturday, June 17.

(360) 257-2178



CONVERGENCE ZONE

TEEN ART WEEK

Monday, April 3 - Friday, April 7 • 1-3 pm

- Teens, explore your creativity and be inspired this Spring Break at the CZ!
- Unleash your imagination with developing your amazing art-making skills over this week-long event.
- New art project each day.
- Week ends with an Art Show Exhibit, showcasing your artwork!

FREE

Ages 10-17 • myFFR #997093-01
(360) 257-2432

TO  **Duthie Hill**

Mountain Biking

Saturday, May 13

10 am-7 pm

Outdoor Recreation

\$33, ages 14+

Duthie Hill is the most popular spot to ride in Western Washington! There are dozens of trails, from beginner skill level to professional. Surrounded by a lush forest of Douglas firs and western hemlocks, Duthie Hill has a beautiful setup with picnic area and shelter to relax. Register by Thursday, May 11 (360) 257-2432 myFFR #4017133

RA **Cowboys vs.**

Aliens Paintball

Saturday, May 13

11 am-4 pm

Convergence Zone General Quarters Paintball Field \$15 includes marker, field fee, all-day air, ages 10 and up. The aliens have invaded General Quarters Paintball! It's up to you to join the cowboys to stop them. Will the gun slinging westerns be able to reclaim their home? Or, will the aliens finally take over earth. It's up to you to determine the fate in this war. (360) 257-2432

RA **Mother's**

Day Bowling

Sunday, May 14

11 am-6 pm

Convergence Zone

FREE

Moms bowl FREE with a paid child game, all day long! Fun kid's crafts available, too! (360) 257-2432

RA **LS** **Pinterest™**

Perfect Series

Wednesdays,

May 17-June 28

6-9 pm

Convergence Zone

Multipurpose Room

FREE

Get your "craft on" each week with a fun new idea from Pinterest! All materials are supplied. Register for one or all seven classes. See navylifepnw.com and click 'Recreation' for more details on weekly craft. Register two days prior to event (360) 257-2432 myFFR #997137-(01-07)

RA  **Cultural Connect:**

Asian Pacific American

Thursday, May 18

5:30-7:30 pm

Convergence Zone

Multipurpose Room

FREE

Commemorate and celebrate the rich history, cultures, traditions and contributions of Asians and Pacific Islanders with interactive activities, demonstrations, food, and more! (360) 257-2432

RA **Spring Fling Cross-**

Country Tournament

Saturday, May 20

8 am Shotgun

Gallery Golf Course

\$20, plus green fees

This is an in-season, cross-country event with individual stroke play!

Register up to day-of.

(360) 257-2178

TO **Fly-Fishing Day Trip**

Saturday, May 20

11 am-8:30 pm

\$49 per person

Outdoor Recreation

Spend the day fly-fishing on the lake at Jim Creek. This trip is not an introductory course, and the Intro to Fly-fishing course must be completed or previous fly-fishing experience. Boats, snacks, and drinks will be provided, please bring a sack lunch. Contact the Convergence Zone for a complete list of required materials.

(360) 257-2432

myFFR #4017140

RA **Spring into Summer**

Bowling Tourney

Saturday, May 20

11:30 am-4 pm

Convergence Zone

\$20 per person

Grab a partner for this Doubles Bowling Tournament and compete to win your own pizza bowling party, for you and your friends! Mini games and prizes throughout!

Register by Thursday, May 18

(360) 257-2432

myFFR #997140-01

TO **Sunset Trail Ride**

Saturday, May 20

4-9 pm

Trips & Tours

\$71 per person, ages 10+

Ride into the sunset with us, on a guided trail ride in the beautiful mountains of the Skagit Valley! Riders, of all levels, will enjoy themselves safely, after a comprehensive

safety class. After the ride, relax and reflect on your experience around a warm bon fire! Register by Thursday, May 18 (360) 257-2432 myFFR #9917140

LS **Military Community Family Social: Bullying Awareness**

Tuesday, May 23, 6-7:30 pm

FREE

Convergence Zone

Multipurpose Room

We invite parents to join us for this informative and interactive panel on bullying. We will have a group of professionals tell us about what children and teens are going through, strategies for parents, and discussion of community resources. Appetizers and refreshments will be provided. Need childcare? Contact CYP to register for Parents' Night Out! (360) 257-2432

TO  **Discover**

Whidbey: Farms

Thursday, May 25

9 am-3 pm

Trips & Tours

\$15 per person

Discover what's in our own backyard on our Discover Whidbey mini-series! Tour a local farm and visit with friendly alpacas, while enjoying sweeping views of the Olympic Mountains. Learn about weaving and spinning, and the process of transforming alpaca fiber into luxurious products! Next, we'll stop at the Chocolate Flower Farm in Langley, a fun and delicious destination farm! Register by Tuesday, May 23 (360) 257-2432 myFFR #9917145

TO  **Fat Bike**

NASWI Beach

Saturday, May 27, 4-6 pm

Outdoor Recreation

\$10 per person,

ages 14 and up

Join us as we fat bike the scenic NASWI beach, up and down Cliffside to Rocky Point. Price includes bike rental, helmet, and guide. Register by Thursday, May 25 myFFR #4017147 (360) 257-2432

JUNE

RA **National Get Outdoors Month**
June 1-30

Various specials and activities all month, to help you get outdoors! 10% off Outdoor Recreation rentals, fun day hikes, park trips, family hikes, and the big finale - Great Navy Campout at Cliffside! See details throughout the month.
 (360) 257-2432

RA **King Pins Contest**
June 1-30

Convergence Zone
 \$8 per person
 Stop by, at your convenience, anytime in the month of June, during open-rec bowling, to compete in our King Pins Contest! Bowl four games and count your best three for a chance to win! Contest will run the entire month of June. (Not available during league bowling, or Cosmic night)
 (360) 257-2432

DA **Dawg Days of Summer**
Monday-Friday, June 1-August 31, 1-4 pm
 Dollar days for students, grades K-12, all summer long! Enjoy \$1 games, \$1 shoe rentals, and \$1 regular hot dogs from Kegler's.
 (360) 257-2432

TO **Discover Whidbey: State Parks**

Friday, June 2, 9 am-3 pm
 Trips & Tours
 \$20
 Discover what's in our own backyard on our Discover Whidbey mini-series! Fort Casey Historical State Park has a lighthouse and sweeping views of Admiralty Inlet and the Strait of Juan de Fuca. A coast artillery post features two 10-inch and two 3-inch historic guns on display. Join us for a guided tour of the lighthouse and gun batteries, and enjoy a sack-lunch picnic and time to explore on your own.
 Register by
 Wednesday, May 31
 (360) 257-2432
 myFFR #9917153

TO **Whatcom Falls Family Hike**

Saturday, June 3, 9 am-3 pm
 Outdoor Recreation
 \$15 ages 13+; \$12 ages 12 and under
 Whatcom Park has four sets of waterfalls and several miles of well-maintained

trails, walking trails great for all ages! Be sure to stop and checkout the fish hatchery, located in the park.
 Register by Thursday, June 1
 (360) 257-2432
 myFFR #4017154

TO **LS** **Basic Sea Kayaking Course**

Tuesday, June 6, 4:30-6:30 pm
Wednesday, June 7, 4:30-7:30 pm
 Outdoor Recreation
 \$55 per person
 You will receive instruction on how to get in and out of a kayak, what to do if your kayak capsizes, and various rescue techniques, as well as head out to the open water to develop paddle skills and learn the rules of the sea. Once you have completed the series, you can then sign up for any of our scheduled sea kayak trips and tours, or rent a sea kayak from the Convergence Zone.
 Register by Thursday, June 1
 (360) 257-2432
 myFFR #40108-82

TO **Portland: City of Roses Overnight**
Friday, June 9-Sunday, June 11
Departs 9 am and returns approx. 8 pm

Trips & Tours
 \$307 Single Occupancy;
 \$215 Double Occupancy;
 \$110 (Child)
 Join us as we head to the 'City of Roses' to witness the spectacular annual Grand Floral Rose Parade! Trip includes round-trip transportation, two-night hotel stay, two hot breakfasts, reserved seating for the float parade, a visit to the Rose Garden, and a stop at the Columbia Gorge to view the magnificent Multnomah Falls! Ask us about our payment plan options.
 Register by Thursday, May 4
 (360) 257-2432
 myFFR #9917160

TO **Cranberry Lake to Heart Lake**
Saturday, June 10
Noon-5 pm

Outdoor Recreation
 \$17, ages 14+
 Bike from one hidden lake of Anacortes to the next. This is a fairly easy trail in the forest, surrounded by the untouched lakes.
 Register by Thursday, June 8
 (360) 257-2432
 myFFR #4017161

TO **LS** **Stand-Up Paddleboard (SUP) Class**
Sunday, June 11, 10-11:30 am
 Outdoor Recreation

\$35 per person, ages 14+
 You will observe shoreline demonstrations and receive shoreline training at Bowman Bay. Then, we will head out into the open water to develop and practice our paddling skills. You will also learn how to get back on the board, along with towing and rescue safety techniques.
 Register by Friday, June 9
 (360) 257-2432
 myFFR #407162-01

DA **Kids Bowl FREE**
All Summer
Saturday, June 17-Tuesday, September 5
 Ages 18 and under
 Convergence Zone
 Just sign up at kidsbowlfree.com/convergence and receive certificates to bowl two FREE games a day, all summer long!
 (360) 257-2432

RA **Whidbey Rocks Painting**
Saturday, June 3, 1-3 pm
 Convergence Zone
 Multipurpose Room
 FREE

Join the Founders of Whidbey Island Rocks, and paint and share your rocks of art! Bring your own or use one of ours, all supplies are provided!
 Event-day registration available
 (360) 257-2432
 myFFR #997154-01

RA **Wine & Cheese Ladies' Bowling Night**

Thursday, June 8, 6-8 pm
 Convergence Zone
 \$20
 Relax and get away from work, home and life for a couple hours. Uncork some fun social time with friends with two hours of bowling and wine sampling, paired with delectable cheese!
 Register by Tuesday, June 6
 (360) 257-2432
 myFFR #997159-01

DA **Dad & Me Building**
Saturday, June 17
1-3 pm

Convergence Zone
 Multipurpose Room
 FREE
 Give your dad a special gift this Father's Day! Spend time together, building something he can treasure always!

All supplies included. (All caregivers welcome).
 (360) 257-2432
 myFFR #997132-02

TO **SUP Skagit Hope Island Tour**
Saturday, June 17
2:30-6:30 pm

Outdoor Recreation
 \$75 per person, ages 14+
 Travel by kayaks through the beautiful waters around Whidbey Island and beyond. Enjoy the scenic view of the island and wildlife.
 Register by Thursday, June 15
 (360) 257-2432
 myFFR #4017168

RA **D-Day Paintball**
Saturday, June 17
11 am-4 pm

Convergence Zone General
 Quarters Paintball Field
 \$15 includes marker, air and field fee
 Come down to General Quarters Paintball for a D-Day-based scenario. Will you join the Allied Forces and storm the beach to take out the Axis team? Or, are you going to join the Axis and help fortify the forces so they can't take the beach? Help recreate this historic battle!
 (360) 257-2432

TO **Goose Rock Hike**
Sunday, June 18, 1-4 pm

Outdoor Recreation
 \$10 ages 8 and up
 Goose Rock is the highest point on Whidbey Island. It has a great view of the other islands and mainland, for a 360-degree view at the top.
 Register by Thursday, June 15
 (360) 257-2432
 myFFR #4017169

TO **LS** **Stand-Up Paddleboard (SUP) Yoga Class**

Sunday, June 18
11 am-12:30 pm
 Outdoor Recreation
 \$25 per person
 Enjoy 90 minutes of SUP Yoga on Cranberry Lake, near Deception Pass. We will spend time, prior to class, learning how to properly use a paddle board. Yoga classes are open to all levels.
 Register by Thursday, June 15
 (360) 257-2432
 myFFR #407169-01

RA **Father's Day Bowling**
Sunday, June 18
11 am-6 pm

Convergence Zone
 FREE
 Dads bowl FREE with a paid child game, all day long! Fun kids crafts available too!
 (360) 257-2432

DA **Summer Art Camp**
Thursdays, June 22-August 24
Noon-2 pm

Convergence Zone
 FREE, ages 8+
 Kids can explore their creativity, unleash their imaginations, and develop their art-making skills, each week, with a new art project! Event-day registration available
 (360) 257-2432
 myFFR #997173-01

SP **RA** **Gallery Golf's Rainier Cup**

Friday, June 23-Sunday, June 25
 \$115, Includes 3 rounds of golf, food, and tee gift
 Tri-Service Tournament consisting of Navy, Air Force, and Army tournament play, held at the following three golf courses: Gallery Golf Course, Eagles Pride, and Whispering Firs. This is a Ryder Cup style of competition.
 Register by Saturday, June 17
 (360) 257-2178

SP **LS** **Great Navy Campout - Camping 101**

Friday, June 23-Sunday, June 25
 Checkin starts at 2 pm
 Cliffside RV Park
 FREE
 Celebrate National Get Outdoors Month with two FREE nights of fun-filled tent camping at Cliffside! Need gear? We got you covered! Just let us know at registration, what you need. There will be plenty to do, such as fire safety and campfire building, crafts, guided nature hikes, scavenger hunt, campfire songs, stories, and outdoor movie.
 Register by
 Wednesday, June 21
 (360) 257-2432
 myFFR #407174-01

NAS Whidbey Island
TRIPS & TOURS

Discover Whidbey!

SERIES APRIL-JUNE

Explore and learn what the island has to offer.

MUSEUMS & GALLERIES

Friday, April 7, 9 am-3 pm, \$15

Langley Whale Center • Langley's Seawall Park • Callahan's Firehouse Glass Gallery. Register by Wednesday, April 5. myFFR #9917097

WINERIES

Friday, April 21, 9 am-3 pm, \$15

Three Local Wineries
Register by Wednesday, April 19. myFFR #9917111

GARDENS

Friday, May 12, 9 am-3 pm, \$18

The Meerkerk Gardens • Bayview Farm & Garden • Flower House Café and Garden Shop. Register by Wednesday, May 10. myFFR #9917132

FARMS

Thursday, May 25, 9 am-3 pm, \$15

Local Alpaca Farm • Learn about weaving and spinning • Chocolate Flower Farm in Langley. Register by Tuesday, May 23. myFFR #9917145

STATE PARKS

Friday, June 2, 9 am-3 pm, \$20

Fort Casey Historical State Park Lighthouse. Register by Wednesday, May 31. myFFR #9917153



VANCOUVER BC

Saturday, April 8, 7:30 am-8:30 pm

Register by Thursday, April 6, myFFR #9917098

PORTLAND: CITY OF ROSES OVERNIGHT

Friday, June 9-Sunday, June 11

Register by Thursday, May 4, myFFR #9917160

Other Trips



Connect with Us!



NavyLifePNW app
now available for Android™ and iPhone™



/WhidbeyFFR

Must register at the Convergence Zone
or online two days prior.

(360) 257-2432

TO LS I Stand-Up Paddleboard (SUP) Class

Wednesday, June 28
5-6:30 pm
Outdoor Recreation
\$35 per person, ages 14+
You will observe shoreline demonstrations and receive shoreline training at Bowman Bay. Then, we will head out into the open water to develop and practice our paddling skills. You will also learn how to get back on the board, along with towing and rescue safety techniques.
Register by Monday, June 26
(360) 257-2432
myFFR #407162-02

iRead Summer Reading Program Launch Party

Wednesday, June 28

1-3 pm
Convergence Zone
FREE

Register for the 2017 iRead Summer Reading Program! The theme this year is 'Reading by Design', inspired by the creativity of authors, illustrators, builders, inventors, artists, architects, and everyone who makes our world a more interesting, livable, accessible, and beautiful place (ireadprogram.org). Visit the Volts and Jolts Science Lab at the CZ and learn how to make magnetic slim, subway art and more! At the kick-off event, receive your summer reading packet and then, just stop in weekly to collect your prize! (360) 257-2432

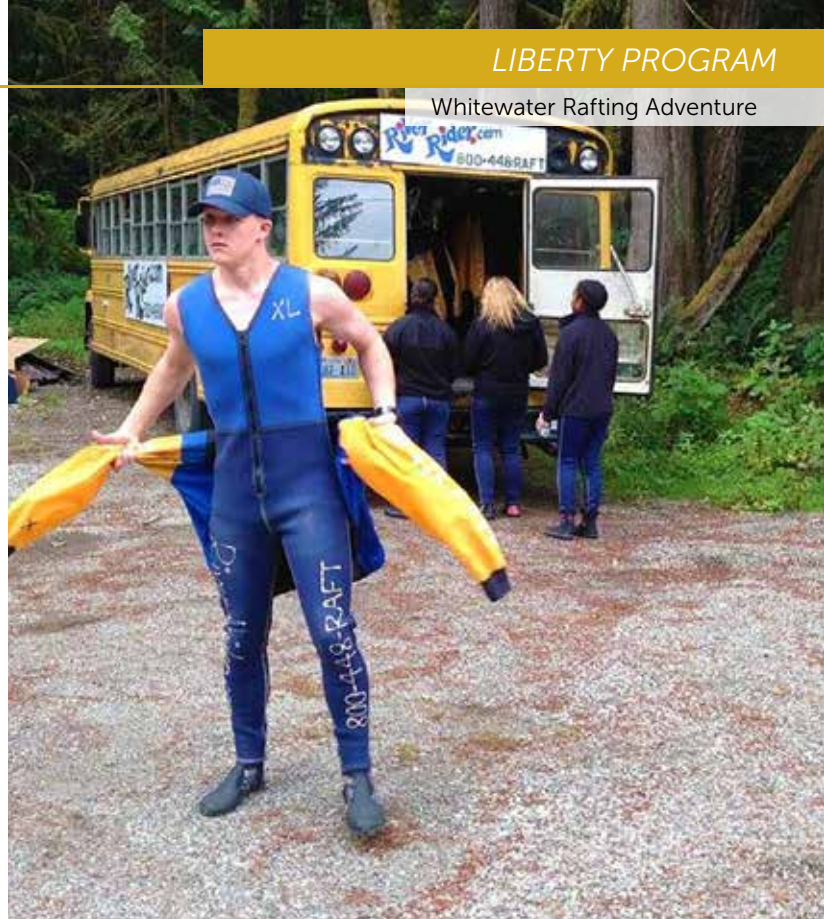
Cliffside RV Park



Liberty Center Hiking Trip



Whitewater Rafting Adventure



LIBERTY PROGRAM



Whidbey's Liberty Center is located within the Admiral Nimitz Hall Galley, a convenient distance from the barracks and work centers. Single service members and geographical bachelors, who are looking for something to do, should start here. We want to get you out of the barracks, off the base, and out to enjoy the great Pacific Northwest.

Fun, affordable activities for single service members!

Call (360) 257-3309.

For most up-to-date information, visit whidbey.navylifepnw.com.

Prices, dates and times may be subject to change without prior notice.

IN-HOUSE EVENTS

These events are FREE and are held at the Liberty NW Center, unless specified.

Command Info Day First Friday of every month, 2-4 pm

We're coming to you with all of the great trips and events MWR has planned for you! Check out your work-space bulletin boards for the latest information!

Monthly Birthday Celebration Last Friday of every month, 6 pm FREE

Join us at the Liberty Center as we celebrate you! There will be cupcakes or cookies for those celebrating their Birthday month, along with a prize drawing.

TOURNAMENT NIGHTS

All tournaments start at 6 pm and are FREE to play. Sign up at the front counter any time prior to event start time. Prize awarded to the winner.

APRIL

**Scrabble Tournament
(Celebrate National
Scrabble Day with us!)**
Tuesday, April 11

Ping Pong Tournament
Monday, April 17

MAY

Video Game Tournament
Wednesday, May 10

Pool Tournament
Thursday, May 18

JUNE

Cornhole Tournament
Thursday, June 15

**Connect Four
Tournament**
Wednesday, June 28

ONGOING TOURNAMENT NIGHTS

Texas Hold 'Em Nights
Tuesdays, April 4-
June 27, 6 pm
Join us for a fun night of FREE play! Prizes will be awarded to the top competitors at the end of every month.

LAST BUCK GAME NIGHTS

It's close to payday and you're down to your last buck? Join us as we spend the evening playing games and serving up some snacks and prizes.

Board Game Night
Thursday, April 27, 6 pm

Bingo Night
Wednesday, May 24, 6 pm

Giant Jenga Night
Thursday, June 29, 6 pm

CRAFTS, ACTIVITIES & MORE!

APRIL

Easter Egg Dyeing
Monday, April 10, 5:30 pm
Create your own designs on Easter eggs (while supplies last).

**Easter Egg
Scavenger Hunt**
Wednesday, April 12, 6 pm
We will provide you with clues to find hidden Easter Eggs for prizes.

Basketball with Liberty at the Gymnasium
Wednesday, April 19
7-8:30 pm
Come out and play basketball and some shooting games, with Liberty, at the gymnasium.

Decorate a Flower Pot
Wednesday, April 26, 6 pm
Create your own design on a flower pot and plant a seed, to enjoy your own potted plant, for the summer (while supplies last).

MAY

May the 4th Be with You Movie Marathon Day
Thursday, May 4, All Day
Celebrate May 4th by watching Star Wars movies. Popcorn provided.

Salsa Making Night
Friday, May 5, 6 pm
Celebrate Cinco De Mayo and learn how to make some delicious homemade salsa.

Nerf Battle Night
Friday, May 12, 6 pm
Come out and practice your quick draw and battle it out Nerf style.

DIY Sharpie Coasters
Monday, May 15, 5:30 pm
Come out and decorate your own coasters for use with your upcoming cool summer drinks.

Knockerball with Liberty
Wednesday, May 17
7-8:30 pm
Come out and play Knockerball (Bubble Soccer) with Liberty at the Costen Turner Field (will be in the gymnasium if it's raining or field is too wet).

Learn How to Make Coconut Macaroons
Wednesday, May 31, 6 pm
Today is National Coconut Macaroons day! Come out and learn how to make your own tasty treat.

JUNE

Volleyball with Liberty at the Gymnasium
Wednesday, June 7
7-8:30 pm
Come out and play volleyball and blindsheet volleyball, with Liberty, at the gymnasium.

Learn How to Make Your Own Slime "Oobleck"
Friday, June 9, 6 pm
Join Liberty in creating your very own slime blob.

Minute-To-Win-It Competition
Wednesday, June 14, 6 pm
Join us for some fun, timed, minute-long challenges. Prizes to the winners.

GRILLING 101

Come out and learn how to grill at the barracks, every Monday in June. We will be covering a different topic every week. Limited supplies while they last.

Red Meats
Monday, June 5, 5-7 pm
(Bldg. 2551)

Chicken and Fish
Monday, June 12, 5-7 pm
(Bldg. 2701)

Veggies
Monday, June 19, 5-7 pm
(Bldg. 2551)

Fruit and Desserts
Monday, June 26, 5-7 pm
(Bldg. 2701)

Annual Summer Barracks Bash
Friday, June 23, 5-8 pm
Come out and enjoy the fun-filled festivities for our Liberty patrons! Enjoy FREE food, activities, and prizes. Bldg. 2701

LIBERTY SHUTTLES, TRIPS & VOLUNTEER OPPORTUNITIES

Patrons must register two days prior for any trip or activity listing a myFFR #, unless otherwise noted. Deposits for any activities with a fee can be made at the Liberty NW Center, located next to the Admiral Nimitz Hall Galley.

ONGOING

Liberty Shuttle
Thursdays, April 6, May 11 & June 8, 4:30-7:30 pm
FREE
Shuttle to Seaplane Base and into town, with a stop at Wal-Mart. Register one day prior.

Burlington Liberty Shuttle
Thursdays, April 20, May 25 & June 22, 5:30-10:30 pm
\$5 Liberty, \$10 Guest
Shuttle to the Burlington Mall, Target, Kohls, and Best Buy. Register at Liberty, one day prior.

Adopt-a-Highway Volunteer Opportunity
Sundays, April 30, May 21 & June 25, 11 am-3 pm
Adopt-a-Highway is a roadside clean-up program that promotes pride and local ownership in Washington. We even have our own section of highway, with our very own roadside sign. Trash bags, hard-hats, vest, and bottled water provided. Please dress for the weather and wear closed-toe shoes. Register by the Thursday prior. Sunday, April 30 myFFR #5117120 Sunday, May 21 myFFR #5117141 Sunday, June 25 myFFR #5117176

APRIL

Bellingham Trampoline Zone
Saturday, April 8, 1:30-8:30 pm
\$21 Liberty, \$26 Guest
Enjoy an indoor trampoline park with 18,000 square feet of fun! Enjoy foam pits, ninja course, slackline, dunking, dodgeball, and plain 'ole jumping. After jumping for two hours, we will stop at a restaurant for dinner. Cost includes two hours of a bouncing good time. Dinner is on your own.

Register by Thursday, April 6 myFFR #5117098

Dirty Dan Harris Festival
Sunday, April 23, 9 am-5:30 pm
\$5 Liberty, \$10 Guest
Join in the revelry at this annual event to celebrate the "unscrubbed" community founder of Fairhaven, Dirty Dan Harris! There will be loads of fun to be had all day! Enjoy live music, food, 1800s costume contests, a chili cook-off tasting, and more. Cost covers roundtrip transportation. Bring extra money for food and souvenirs. Register by Thursday, April 20 myFFR #5117113

Wallace Falls Hike
Saturday, April 29 9 am-5:30 pm
\$10 Liberty, \$15 Guest
Come hiking with us as we go to beautiful Wallace Falls. Enjoy a picnic lunch on the hike. Register by Thursday, April 27 myFFR #5117119

MAY

Whitewater Rafting Trip
Saturday, May 6 7:30 am-8:30 pm
\$95 Liberty, \$105 Guest
Come whitewater rafting on the Wenatchee River with Liberty. Cost includes rafting, round-trip transportation, and lunch on the river. Register by Thursday, April 27 myFFR #5117126

Seattle Pike Place Market Food Tour
Saturday, May 13, 8:30 am-8:30 pm
\$60 Liberty, \$70 Guest
Come on an intimate guided food tour of the world famous Pike Place Market, as we explore the back alleys, narrow corridors, and tiny storefronts in search of our favorite places. Taste the best the market has

to offer, while a friendly local guide shares entertaining stories of the market's checkered history, its legendary characters, and one of kind small businesses. Register by Thursday, May 4 myFFR #5117133

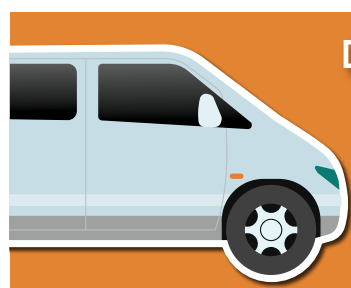
Big Four Ice Caves Hike
Saturday, May 20 9 am-5:30 pm
\$10 Liberty, \$15 Guest
Come hiking with us as we go to the ice caves. Enjoy a picnic lunch on the hike. Register by Thursday, May 20 myFFR #5117140

JUNE

Old Robe Trail Hike
Saturday, June 10 9 am-5:30 pm
\$10 Liberty, \$15 Guest
Come hiking with us as we go on the Old Robe Trail. Enjoy a picnic lunch on the hike. Register by Thursday, June 8 myFFR #5117161

Horseback Riding
Saturday, June 17, 3-9:30 pm
Trips & Tours
\$60 Liberty, \$65 Guest
Join us as we take a 2-hour private trail ride through the beautiful mountains of Skagit Valley. No experience required. Afterwards, enjoy relaxing by the bonfire with hot dogs, chips, drinks, and s'mores. Register by Wednesday, June 14 myFFR #5117168

Whistle Lake Hike & Swim
Sunday, June 18, 12:30-6:30 pm
Trips & Tours
\$5 Liberty, \$10 Guest
Join us as we go on a hike to Whistle Lake and enjoy relaxing and swimming. Register by Thursday, June 15 myFFR #5117169



Don't let distance come between you and your shopping adventures. Travel in comfort through Liberty's Shuttles.

Register one day prior.
(360) 257-3309

Liberty Shuttle

Thursdays: April 6, May 11 and June 8, 4:30-7:30 pm • FREE
Shuttle to Seaplane Base and into town, with a stop at Wal-Mart.

Burlington Liberty Shuttle

Thursdays: April 20, May 25 and June 22, 5:30-10:30 pm
\$5 Liberty, \$10 Guest
Shuttle to the Burlington Mall, Target, Kohls, and Best Buy.

DIRTY DAN HARRIS FESTIVAL



\$5 Liberty-eligible,
\$10 Guest

SUNDAY, APRIL 23
9 am-5:30 pm



Join in the revelry at this annual event to celebrate the "unscrubbed" community founder of Fairhaven, Dirty Dan Harris! There will be loads of fun all day! Enjoy live music, food, 1800s costume contests, a chili cook-off tasting, and more. Cost covers round-trip transportation. Bring extra money for food and souvenirs.

Register by Thursday, April 20,
myFFR #5117113

(360) 257-3309

WHITEWATER RAFTING

Saturday, May 6

7:30 am-8:30 pm • \$95 Liberty-eligible, \$105 Guest
Register by Thursday, April 27 • myFFR #5117126



Come whitewater rafting on the
Wenatchee River with Liberty.
Cost includes rafting, round-trip transportation,
and lunch on the river.

(360) 257-3309

HORSEBACK RIDING

Saturday, June 17

3-9:30 pm • \$60 Liberty-eligible, \$65 Guest
Register by Wednesday, June 14 • myFFR #5117168

JOIN US AS WE
TAKE A 2-HOUR
PRIVATE TRAIL RIDE
THROUGH THE
BEAUTIFUL MOUNTAINS
OF SKAGIT VALLEY.

No experience required.
Afterward, enjoy relaxing by
the bonfire with hot dogs, chips,
drinks, and s'mores.

(360) 257-3309

Annual Summer BARRACKS BASH

FRIDAY, JUNE 23 • 5-8 PM

BLDG. 2701

*Come out and enjoy the fun-filled
festivities for our Liberty patrons!*

FREE Food • Activities • Prizes

(360) 257-3309

FREE



Welcome to Your New Home VP-4 Celebration



Admiral Nimitz Hall Galley

* * * * *

ENTERTAINMENT & DINING

Please check the website for more information and updates: whidbey.navylifepnw.com. Prices, dates and times may be subject to change without prior notice.



ONGOING EVENTS

Sensory-Friendly Movie Second Thursday of every month, 6 pm

Skywarrior Theater has partnered with the Exceptional Family Member Program (EFMP) to deliver a unique movie showing where you can feel FREE to be you! We turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing!
(360) 257-5266

Rock Bot! Karaoke Night Fridays, April 7-May 5, 9 pm

Kegler's Bar & Grill, FREE
Not your typical karaoke night. Join us for a truly interactive experience where you get up and sing with the band, over 650 songs to choose from!
(360) 257-4847

Be-a-Star Karaoke Night Fridays through June 30 8 pm

Kegler's Bar & Grill, FREE
(360) 257-4847

UFC Fight Nights

Kegler's Bar & Grill, FREE
Stop by Kegler's to see our Fight Night schedule!
(360) 257-4847

Member Happy Hour at the Club

Fridays, 3 pm
M.T. McCormick's Officers' Club, CPO Club
FREE appetizers and drink specials for members!

All-Request Night & Trivia Saturdays following Payday

Kegler's Bar & Grill
FREE
(360) 257-4847

ALL-HANDS EVENTS APRIL

Easter Brunch

**Sunday, April 16
10 am-1 pm**
M.T. McCormick's Officers' Club
Experience an elegant brunch this Easter at our

newly renovated club. Sip complimentary mimosas as your kids enjoy making Easter crafts and family pictures with the Easter Bunny! You and your family will delight in a wide variety of food selections from our gourmet brunch buffet, including made-to-order omelets and an irresistible chocolate fountain. Reserve your Easter brunch now by calling
(360) 257-2505.

MAY

Cinco de Mayo Fiesta Friday, May 5, 7 pm

Kegler's Bar & Grill, M.T. McCormick's Officers' Club, CPO Club
Shake your maracas at our annual Cinco de Mayo Party. Dance to festive live music, sip delicious craft tequila cocktails, enjoy an appetizing Mexican fare, and enter to win one of many door prizes!
(360) 257-2521

Wine Tasting & Painting Social Friday, May 12

5-9 pm
M.T. McCormick's

Officers' Club

Enjoy local winery vintages along with an array of delectable appetizers. After winetasting and social, enjoy painting your own masterpiece with guided instruction. For tickets call
(360) 257-2521.

Mother's Day Champagne Brunch

Sunday, May 14, 10 am-1 pm
Bakerview Restaurant
Make this Mother's Day extra sweet with a delicious brunch in our elegant ballroom. Indulge your senses with a menu of creative breakfast and lunch entrees, not to mention a large assortment of divine desserts. Reserve your table by calling
(360) 257-2505.

JUNE

Murder Mystery Dinner Saturday, June 24

5-9 pm
M.T. McCormick's Officers' Club
'Murder in Margaritaland' is the night's theme! Kick off your Northwest summer dressed up and ready to play

your part throughout the entire evening, while trying to find out who the killer is! For tickets call
(360) 257-2521.

CPO CLUB

Events open to CPO Club members and their guests.

APRIL

Cinema Bar Night Saturday, April 8, 7 pm

FREE Admission
Join us for a family-friendly movie on the big screen, FREE popcorn, dinner a la carte, and drinks!
(360) 257-2505

Boss's Night

Friday, April 14, 4 pm
FREE
Music, appetizers, and door prizes!
(360) 257-2505

MAY**Right Hand Man Night**
Friday, May 12, 4 pm

FREE
Music, appetizers,
and door prizes!
(360) 257-2505

JUNE**Daddy Daughter Dance**
Saturday, June 17, 6 pm

Treat your princess to a special night she will always remember! Dinner, dessert, live music, dance instruction, and a souvenir photo of you and your daughter(s) to remind you of this special night. For tickets call (360) 257-2521.

Boss's Night

Friday, June 30, 4 pm
FREE

Music, appetizers, and
door prizes!
(360) 257-2505

**M.T. McCORMICK'S
OFFICERS' CLUB**

*Events open to O'Club
members and their guests.*

Bring Your Chief

Friday, April 7, 3 pm
FREE

Music, appetizers, and
door prizes!

**Member Appreciation
Day BBQ**

Friday, May 19, 3-7 pm
FREE

Cinema Bar Night

Friday, June 2, 7 pm
Join us for a family-friendly
movie on the big screen,
FREE popcorn, dinner a la
carte, and drinks!
(360) 257-2505

**Father's Day BBQ and
Brew Festival**

Friday, June 16, 3-7 pm
Why not indulge Dad with
all the things that make him
happy. Burn your own steaks,
beer tastings, door prizes,
cornhole, and, of course,
live music.
For tickets call
(360) 257-2521.

Cinco de Mayo Fiesta

Friday, May 5, 7 pm

Kegler's Bar & Grill, M.T. McCormick's
Officers' Club, CPO Club
Shake your maracas at our
annual Cinco de Mayo Party. Dance to
festive live music, sip delicious craft tequila
cocktails, enjoy an appetizing Mexican fare
and enter to win one of many
door prizes!

**ROCK BOT! KARAOKE NIGHT**

FRIDAYS, APRIL 7-MAY 5, 9 PM

BE-A-STAR KARAOKE NIGHT

FRIDAYS, 8 PM

ALL-REQUEST NIGHT & TRIVIA

SATURDAYS FOLLOWING PAYDAY, 8 PM

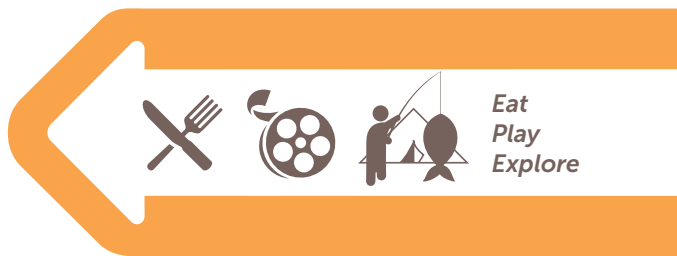
UFC FIGHT NIGHTS

STOP IN FOR FIGHT SCHEDULE



(360) 257-4847





BECOME A NAVY REGION NORTHWEST MYSTERY SHOPPER

Yes, it's true. You can actually get reimbursed to do the things that you already love to do.

For more information on becoming an MWR Mystery Shopper, please contact:
mysteryshopper.cnrnw@navy.mil
or call (360) 315-5114

Yoga **FREE**
in the **PARK**

Thursday,
June 1, 11 am
(For all levels)

Register by Monday, May 29
myFFR #610135

Cliffside
RV PARK • CAMPING • YURTS

(360) 257-6936

Navy Community Recreation's Leisure Travel Program

Travel made easy

As the leader in leisure travel for our military and government clients, we specialize in getting you the BEST value for your travel needs!

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Air • Car • Rail • Hotel Accommodations

Look forward to:

- Personal service before, during, and after your vacation.
- The best prices! Our Agents find the best prices and discounts exclusive for the military market!
- A specialized service which ONLY serves Active Duty, Family Members, Retirees, Reservists, and authorized civilian employees.



Contact our Agents today!

(360) 257-2432



★ FLEET ★ FIGHTER ★ FAMILY



2017 Events

@ Cliffside

RV PARK • CAMPING • YURTS

APRIL

- 7** Jupiter at Opposition
- 14** "Look Up the Sky Day"

MAY

- 12-14** Military Spouse Appreciation Day & Mother's Day
- 20** Armed Forces Day
- 26-29** Memorial Day Weekend

JUNE

- 1** Yoga in the Park
- 7** National Chocolate Ice Cream Day
- 15** Saturn at Opposition
- 15** National Nature Photography Day
- 16-18** Father's Day
- 23-25** Great Navy Campout
- 30 June-4 July** July 4th Weekend

JULY:

- 15** Campfire Dutch Oven Cooking
- 16** National Ice Cream Day
- 23** National Hot Dog Day
- 23** New Moon Stargazing

AUGUST

- 3** National Watermelon Day
- 10** National S'mores Day
- 12** Perseid Meteor Showers
- 21** Partial Solar Eclipse
- 26** Campfire Treats

SEPTEMBER:

- 1-4** Labor Day Weekend
- Neptune at Opposition
- 23** International Coastal Clean-Up Day

NOVEMBER:

- 1-30** Month of the Military Family

DECEMBER:

- 14** Geminid's Meteor Showers

Area Festivals & Events:

- 4-5 Mar.** Penn Cove Musselfest
- 9 Apr.** Skagit Valley Tulip Festival
- 20 May** Penn Cove Water Festival
- 3 Jun.** National Trails Day-Deception Pass
- 17 Jun.** Burlington Berry Dairy Days
- 8 Jul.** Skagit Highland Games
- 22 Jul.** Ebey's Landing/Bluff Hike
- 5 Aug.** Winery Trip - it's Washington Wine Month!
- 12 Aug.** Coupeville Arts & Crafts Festival
- 19 Aug.** Sugarloaf Hike
- 1-3 Sep.** Oak Harbor Music Festival
- 9 Sep.** Skagit River Salmon Festival
- 16 Sep.** Whidbey Island Kite Festival

Weekly Farmers Markets: These provide excellent opportunities to partake in local fare as well as crafts and new ideas!

Anacortes held on Saturdays
Coupeville held on Saturdays
Mount Vernon held on Saturdays

Transportation is provided to local festivals, events, and farmers markets when a minimum of six people have pre-registered at the office. Please inquire about signing up with the staff or call (360) 257-2649 with questions.

Additional activities on many weekends (or when pre-arranged) include: Night Hikes, Campfire Bingo, Scavenger Hunts and Campfire Cooking Classes which may be held, when justified by the "type of audience" that is in the park that weekend. Potlucks are normally held at 5 pm on holiday weekends.

PARK OFFICE: (360) 257-2649



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like never before!*



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