

THE ARROWHEAD

MWR ACTIVITIES FOR INDIAN HEAD, MD

August 2004

What's happenin' at the Tiki Bar?

Before you go home, grab some friends and head for the Tiki Bar! Great views, great people and great fun! Summer hours are Wednesday & Thursday 3:30 to 10:00 p.m. and Friday 3:30 to 12:00.

Tiki Bar Summerfest with Stormin' Normin'
August 13 from 6-10 p.m.

Hawaiian Night with Tiki Lee
August 20 from 6-10 p.m.

Casino Night - back by popular demand
September 24
Play craps, blackjack, poker, roulette and more!

Call 301-744-4850 for more info

Is it hot enough for you?! Come by and take the plunge!

Indian Head Swimming Pool open through Labor Day. Stop by the ITR Office and get your pool passes today! For more information call 301-774-4661.

Hours of Operation

Now - Labor Day

Weekends & Holidays	Open Swim	1:30-7 p.m.
Mon-Fri	Lap Swim	11 a.m.-1 p.m.
	Open Swim	1:30-7 p.m.

Pool rentals are available from 7:30-9:30 p.m.

2004 Swim Lesson Schedule

Session IV: 2 Aug-13 Aug

Monday - Friday

Level IV	9:30-10:00 a.m.
Level II	10:00-10:30 a.m.
Level III	10:00-10:30 a.m.
Level I	10:45-11:15 a.m.
Infant & Preschool	10:45-11:15 a.m.

Monday, Wednesday and Friday

Level I	6-6:30 p.m.
Level II/III	6:30-7 p.m.

Summer Golf Specials and Tournaments

August Golf Course Membership Special!

Purchase a season membership at the Indian Head Golf Course in the month of August and save significantly off the regular price! Call 301-744-4662 for details.

2004-05 Base Championship

August 14 & 15

This two-day tournament will begin at 7:30 a.m. each day. Sign up at the Clubhouse or call 301-744-4662

Golf Season is in "Full Swing"

Don't forget to get your driving range punch cards. The Golf Course also offers punch cards for golf. For those that play but are not members this is a great way to save some \$\$\$.

New apparel has arrived at the Pro Shop. New baseball caps and new shirts are currently available. Special orders can be placed for golf clubs, shoes and other golf supplies. Stop by the Club House and check it out.

Need that lucky club re-gripped? We can help!

The Golf Course Club House now has on site club repair services available! Services include re-gripping, custom fitting and building, refinishing and more. Call the Golf Course at 301-744-4662 for more information.

Weight House Fitness Center

Looking to add something different to your workout schedule?

The Fitness Center is offering Water Aerobics starting 14 June. Classes will be held at the pool Monday, Wednesday and Friday from 11:30 a.m. -12:30 p.m. Call 301-744-4661 for more information.

Want a real challenge? Try swimming the English or Catalina Channel at the Indian Head Pool! From August 1 through September 3, swim your way across the channel of your choice. Come by the Fitness center or the Pool to register and pick up your Log Sheet. Call 301-744-4661 for more information.

New Rock Climbing Wall

Come to the Gym (bldg. D-328) and test your rock climbing skills. This 11-foot high machine with rock handholds acts as a vertical treadmill that allows continuous climbing for all ages and skill levels. The treadwall is safe, moving only when the climber steps up.

Are you having a birthday this summer? Think Pool Party!

Forget the big mouse and video games, for a summertime birthday party, nothing's better than the pool! Stop by the ITR Office and rent the IH Pool for your next party. Rentals are available from 7:30 - 9:30 p.m.

Aerobics Passes Now Available

Unlimited 1 Month Aerobic Pass and 8 Class Punch Cards are available at the Fitness Center.

Blood Pressure Screening and Electronic Body Fat Assessments

Call 301-744-4661 to schedule your appointment. It only takes 10 minutes for a lifetime of health benefits.

August Aerobics

Weight House Fitness Center Aerobics Room

6:00 a.m. - 7:00 a.m.

Monday - Spinning

Thursday - Spinning

11:30 a.m. - 12:30 p.m.

Monday & Thursday - Step & Sculpt

Tuesday - Re-sista Ball

Wednesday - Spinning

Thursday - Cardio Combo

Mon/Wed/Fri - Water Aerobics

4:30 p.m. - 5:30 p.m.

Thursday - Spinning

Class Descriptions

Spinning: Using a Schwinn Evolution Stationary Bike you will increase your energy level, increase cardiovascular and aerobic fitness and increase lower body muscle strength.

Step and Sculpt: You will add strength training to your step class using the body bar, bands and hand held weight.

Ball Sculpting: Using the fitness ball and weights you will tone your upper, middle and lower body for total body strength training.

Cardio Combo: Combination of step aerobics and floor aerobics for a well-rounded cardio workout

Ask about a Free Aerobics Pass! If you've been thinking about trying one of our classes, come by the Fitness Center and ask for a free pass good for one free class of your choice.

Youth Activities

Youth Center or Teen Center Facility Rental

Are you looking for somewhere to host your child's birthday? Then why not rent the My Generation Youth Center or the Teen Center. Rental at the Youth Center includes pool table, foosball table, games, Playstation, computers, kitchen use and much more. Rental at the newly renovated Teen Center includes XBOX, Playstation 2, Air Hockey, Pool Tables, computers, games and much more.

Call the My Generation Youth Center at (301) 743-5456 to book your party today.

Child Development Center

Interested in staying at home and earning an income? Become a Child Development Home provider. Call 301-744-4458.

ITR Office

American Idol Tour with Fantasia, Diana and all your favorites!
August 22 at the MCI Center

Wiggles Live
August 21 at the Patriot Center

Nextel Cup Race at Dover International Raceway
September 26
Section 188 row 24-26
Section 210 row 45-46
Limited number of seats available.

Sesame Place Military Appreciation Days
Now through October 24, 2004

Maryland International Raceway Tickets
Select dates available throughout the season.

Maryland Renaissance Festival
In Crownsville, MD runs from August 28 - October 24

We have Orioles Season Tickets!
ITR has tickets available to several select home games.
Call for game dates and price.

Stop by the ITR Office and check out the Cruise Program
Your choice of destination. MWR is certified by Cruise Lines International Association to offer international travel from Disney, Holland, America, Carnival, Royal Caribbean and Norwegion.
Payment plans are available to accommodate all budgets. Call the ITR Office today!

Announcing Special Rates for Military Personnel from Disney Cruise Line.
Choose an enchanted 3, 4 or 7 night cruise filled with spectacular shows, fantastic programs and legendary Disney hospitality.

LIBRARY

August is "Back to School" Month
Stop by the library and brush up your reading skills.

Story Hour: Tuesday, 3 August, 11:00 a.m. - 12:00 p.m.
 Tuesday, 17 August, 11:00 a.m. - 12:00 p.m.

NEW BOOK ARRIVALS: Breaking the Da Vinci Code, Answering the Questions; Nighttime is My time; Ten Minutes from Normal; South Beach Diet Cookbook; Trump: How to get Rick; Plan on Attack; Therapy; Sterling Inheritance...

Summer Movie Matinees

Every Wednesday at 1400

Movies will be shown for Military families and guests.

Hope you've had a wonderful summer and are ready to begin the new school year!

We always welcome additional volunteers for story hour.

If you are interested in joining the fun call 301-744-4747.

Bowling Center

NEW Summer Hours

Saturday's 6-9 p.m.

Private Party Rentals

Open for Military and DoD Departmental Team Building Functions and Private Party Rentals for birthdays, graduation, or any reason you decide to have a party! Full range of equipment is available, bring your own music and check out the Kosmic bowling options. Contact the ITR Office at 301-744-4850 for scheduling options. Two weeks notice is required for party reservations. Parties available through the ITR Office

Mixed and Youth Bowling Leagues forming now! Organize your friends, church group, or any other group into a fall bowling league! Call and leave a message at the Bowling Center at 301-744-4761 or contact Steve at 301-744-6588.

Auto Hobby

Stop by the Auto Hobby Shop to learn how and when to check fluid, tire pressure and give a tune up! When washing your car, don't forget the Car Vac!

DASHIELL MARINA

Boat slips are available for rent at the IHDIV Marina. Twenty-four slips are available with electricity and water. Rental contracts for slips are available with electricity and water. Rental contracts with slip reservations will be accepted on a priority basis for active duty military and lastly DoD civilians. Slips can be rented by the month or season.

When entering a contract for 04-05 you must present a military ID, current base badge and current MD registration/title number for the trailer and vessel showing title date and registration date, vessel name/year/make/length. Also, proof of insurance, with insurance name, policy number/ending date, US Coast Guard Certification. Transfer of stickers or contract is strictly prohibited.

Boat Ramp Passes

Boat ramp passes are also available at the MWR ITR Office, located at Bldg. 620. The sticker is valid for the 2004 season that lasts from 1 April 2004 to 31 March 2005. When purchasing stickers, you must present a military ID, current base badge, and current MD registration. Transfer of stickers is

strictly prohibited. The utilization of the ramp is restricted to active duty military, retired military, DoD civilians, and retired DoD civilians assigned to Indian Head Division, NSWC and it's tenant commands. For more information, contact ITR at 301-744-4850.

RV Storage Lot Available through MWR.

Reserve your space by calling the ITR Office 301-744-4850.

NO storage parking or overnight boat parking is permitted by the marina.

MWR Directory

Auto Skills	744-6314
Bowling Center	744-4761
Crossroads	743-7900
Fitness Center	744-4661
Globe & Anchor	744-6487
Golf Course	744-4662
ITR Office	744-4850
Library	744-4747
Youth Center	743-5456
Child Dev. Center	744-4458
NEX	744-4851

Destination Tickets available at the ITR Office for 2004

AMC Cineplex

Busch Gardens Tampa, FL

Busch Gardens Williamsburg, VA

Hershey Park, PA

Kings Dominion, VA

Loews Cineplex Movie Tickets (Lowe's/Cineplex Odeon/Magic Johnson Theatres)

Regal Theaters

Maryland Renaissance Festival

National Aquarium, Baltimore, MD

Sea World of Florida

Six Flags America, MD

Spy Museum

Universal Studios "Choice", FL

Walt Disney World, FL (Magic Kingdom/Animal Kingdom/EPCOT Center/MGM Studios)

Water Country, VA

Sesame Place, PA

Can Order - Disneyland, CA, Sea World, OH & CA, etc.

***Prices and availability subject to change. All sales are final.

Don't forget to come and check out Gear Issue Specials, including a 4 man tent, two sleeping bags and a cooler for one low price!

Contact the ITR office 301-744-4850 for additional information.