Salute to Summer
Free Concert & Fireworks Show
Saturday, August 27 • Dewey Field
Open to the General Public at 4 p.m.

2 p.m.
Dewey Field gates open to authorized ID holders with base access

Kid’s Area: Toe Jam Puppet Band, Face Painting, Wishkers, and Mermaid Masterpieces

Food Trucks from the New England Area

3 p.m.
The Naticks

4 p.m.
Gate 1 opens for general public, pedestrian traffic only

5 p.m.
Down City Band

7 p.m.
Navy Band Northeast

~9:15 p.m.
Fireworks

Guests are encouraged to bring lawn chairs & blankets! Coolers, outside food or drinks, pets, glass bottles, banners or signs of any type, firearms and other weapons, defensive sprays (pepper spray) or chemicals, illegal drugs or paraphernalia, and drones are NOT permitted on base. Strollers and small bags such as diaper bags, small backpacks or handbags are permitted; however, they will be subject to search. Guests should be prepared to present a picture ID upon entry to the base.

Gate 1 at Training Station Road will be closed to all vehicle traffic beginning at 3:30 p.m. to prepare for public pedestrian traffic and entry to the installation. When Gate 1 closes, all vehicle traffic will be prevented from entering Training Station Road at the stoplight at Third Street as a safety precaution for the large volume of foot traffic headed to the installation. Guest & handicap parking will be permitted at the Navy Medical Readiness and Training Command (NMRTC) New England compound located on Third Street. Vehicles can enter NMRTC Gate 7 to park (until filled) beginning at 3:30 p.m. Guests will then walk to the installation through NMRTC Gate 10 at Training Station Road to enter the event. Shuttles will be available to transport handicapped individuals from NMRTC to the Training Station Road entry control point. Guests will enter a security inspection and check point area before gaining access to the installation. Guests over the age of 16 must be prepared to present a picture I.D. for entry to the base. Minor children without an ID card must be escorted by an adult.
JOHN H. CHAFEE FITNESS CENTER 401-841-3154 or 401-841-2512 • POOL 401-841-6628

The fitness center is 100% ID check, and events held there, are open to active duty personnel, retirees, reservists, dependents, veterans (100% disabled) & DoD civilians. Contractors, retired DoD civilians, veterans (and caregivers), are NOT eligible to use the fitness center.

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

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

SPASH PROGRAM
Through SPLASH, Navy Fitness strives to educate parents and youth on pool safety and the dangers associated with unsupervised swimming. With structured swim lessons, professional swim skills assessment, safe play, and active parental supervision, the risk of accidental drowning can be significantly reduced. For children to pass the swim test they must demonstrate the following: swim one length unassisted and without rest, using a recognizable swim stroke for the entire distance, tread water for a minimum of 60 seconds, jump into the deep end of the pool and return to the surface, and exit the pool unassisted. Swimmers who pass the swim test will receive a card to present to the lifeguards when swimming.

PARENT AND CHILD OPEN SWIM HOURS
Mondays & Wednesdays 9 to 10 a.m. Open to children of all ages, must be accompanied by an adult. It’s a perfect opportunity to introduce your children to the pool in a safe, but fun manner. We encourage you to have fun, blow bubbles, and become comfortable getting your child’s face wet. Children must wear a swim diaper, if not toilet trained. A lifeguard will be present, as well as approved toys and life jackets.

SWIM LESSONS FOR CHILDREN
MWR is offering American Red Cross swim lessons and currently offering private lessons only. Private lessons are $100.00 for four – 30 minute lessons and are scheduled based on instructor availability. Lessons are open to children ages 3-12 of Active Duty personnel, Reservists, Retirees, and DoD civilians with valid ID and base access. Patrons will need to come to the front desk of the fitness center and fill out an interest form and an instructor will get back to you. For more information, call the pool or email rachel.m.meyer.naf@us.navy.mil.

TOUR DE CHAFEES RUN CLUB
Mondays at 6 p.m. through October
This club welcomes runners of all abilities, whether you are trying to build up for your first 5K or you’re looking to improve your personal record, this club is for you. The club will meet weekly at the John H. Chafee Fitness Center and explore scenic loops around Naval Station Newport. Each week will begin with a proper dynamic warm-up, conclude with a cool down and stretch, and will feature different workouts to build up your speed and endurance. The club is also a great way to prep for our signature Tour de Chafee 5K Fun Run Race Series which will include three fun runs and guest speakers who will be joining us on selected dates to educate and answer questions on topics like fueling before and after exercise, gait analysis, training methods and strategies for injury prevention. No need to register, drop in when you want to participate.

THE FASTEST CYCLE MILE
TRAINERS’ CHALLENGE
Wednesday, August 10, 6 to 8 a.m., 10 a.m. to 12 p.m. & 3 to 5 p.m.
Test your cycle endurance! How fast can you ride one mile on our Stages Bike? How about the assault bike? Prizes awarded to the top male/female.
Space is limited, preregister https://mwrnewport.as.me/schedule.php.

SUNRISE YOGA
Sunday, August 14 at 6:15 a.m. (rain date Sunday, August 21 at 5 p.m.)
Join us for our annual sunrise yoga, enjoy the scenic views of Narragansett Bay while breathing in the morning air. This event is held at Coasters Harbor Island Marina Pavilion at Naval Station Newport. Space is limited, preregister https://mwrnewport.as.me/schedule.php.

THE “HUMP DAY” TRAINERS’ CHALLENGE
Wednesday, September 15, 6 to 8 a.m., 10 a.m. to 2 p.m. & 3 to 6 p.m.
This is a timed event held outdoors at John H Chafee Fitness Center. The challenge consists of: ½ mile run, 25 pull ups, 50 push ups, 75 squats and ½ mile run. Rest periods will be up to the individual and taken as needed. Prizes awarded to the top male/female.
Registration link will begin on Monday, August 15 at https://mwrnewport.as.me/schedule.php.

GOLF LEAGUE
August 1 - October 1
Participants will try and play one 9 hole round per week at a course of their choosing or convenience in which they will then submit their score to the sports coordinator by the end of each week. Points will be awarded each week for ranking purposes. League communication will be via email with rankings sent out weekly as well as posted in the fitness center. Registration is required at the front desk. Participants may join the league at any time during the league.

TENNIS LEAGUE
August 1 - September 30
Match-ups will be created by the sports coordinator and then participants will have one week to correlate a time for their match-up with their opponent. Contact information for all participants will be provided at the beginning of each season by the sports coordinator via email. Rankings will be updated weekly and posted in the fitness center as well as sent out to league members via email. All games will be self-referred by participants using the honor system and games will be best out of three. Registration is required at the front desk.

UPCOMING SEPT. EVENTS
REMEMBRANCE RUN
Friday, September 9, 12 p.m.
It’s a tribute, it’s a celebration and it’s a way for us to remember our fallen heroes. Join us for a 3 mile run/1.5 mile walk. Prizes awarded to the top three male/female finishers, as well as to the biggest command that participates. Registration opens Monday, August 7 at https://mwrnewport.as.me/schedule.php.

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CYCLE TO SUNSET
Wednesday, September 21, 5 to 6:30 p.m. (rain date Wednesday, September 28)
Join us for our annual outdoor event, lets say goodbye to Summer by cycling to the last of the Summer sun! This is always a crowd pleaser, held outside the John H Chafee Fitness Center. Registration will begin on Monday, August 22, space is limited, https://mwrnewport.as.me/schedule.php.

COMMAND FITNESS LEADER INSTRUCTOR COURSE
Application deadline: Friday, Sept. 9
Monday, Sept. 26 - Friday, Sept. 30
The mission of MWR’s trained Command Fitness Leader/Fitness Specialists is to provide future CFLs’ and ACFLs’ with the tools, motivation and guidance needed to help their shipmates succeed physically and maintain overall good health. This course is for military fitness leaders/instructors to become certified. You MUST submit a seat request via Navy portal, from a CAC reader enabled computer. Navy Fitness has partnered with OPNAV135, Physical Readiness Program (PRP), for the administration and execution of the Command Fitness Leader Certification Course. Currently, there are more than 140 trained CFL instructors who conduct the CFL Certification Course at installations worldwide, with more than 100 classes offered annually. Register at www.navylife.co/fitness/cfl-information

INTRAMURAL FLAG FOOTBALL LEAGUE
Coaches meeting on Tuesday, September 20 at 5 p.m. at the John H. Chafee Fitness Center. Registration packets must be completed prior to meeting.

Games played Monday-Wednesdays, 6 to 8 p.m. September 26-November 9 at the NAPS Athletic Field
The league is open to Active Duty personnel, Reservists, Retirees, Dependents (18+) and DoD civilians. All teams must pay $100 refundable forfeit fee and all DoD civilians pay $15 fee to play. All teams must have matching uniforms with numbers prior to the start of the first game.

https://mwrnewport.as.me/schedule.php.
**PIER ONE**

**PIER ONE**

**Image 15x46 to 364x506**

**Image 18x512 to 364x738**

**24x366**

• Command parties

• Socials

**Plan your next event with us!**

Center offers ten-pin bowling with a state-of-the-art electronic scoring and sound system, as well as automatic bumpers for kids. $3.50 per game, per person and $2.25 shoe rental, per person. Mon & Tue: Closed; Wed-Fri: 4-8 p.m.; Sat & Sun: 12-8 p.m.;

Fed Hol: 12-6 p.m.

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

**PLAN YOUR NEXT EVENT WITH US!**

• BIRTHDAY PARTIES
• SOCIALS
• COMMAND PARTIES

**EMAIL US TODAY TO BOOK YOUR EVENT!**

**NAVSTA NEWPORT MWR | LEISURE BAY INTERNET CAFE**

**11:00 A.M. TO 12:30 P.M.**

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

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

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

Weekends/Holidays: 9 a.m. to 3 p.m.

**NAVSTA NEWPORT MWR | SEA VIEW LANES**

Open Monday - Friday 9 a.m. to 4 p.m.

Weekends/Federal Holidays 9 a.m. to 1 p.m.

Located in the Community Recreation Center, Building 656, please enter Seaview Lanes Bowling Center on the NEX Parking Lot side of the building. There are no lockers or showers at this facility, and it is limited to 10 patrons (4 to 6 children per play area).

Open to Active Duty personnel, Reservists, Retirees, Dependents and DoD civilians who are supervising children ages 6 months to 9 years old.

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

**GO Rec Rental**

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

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

Equipment is available to be picked up on Thursday or Friday and returned on Monday or Tuesday ONLY.
Summer Concert Series
Officers’ Club deck • Fridays 5:30 to 8 p.m.
Open to all patrons with a valid military/DoD ID & base access.

Aug 5 - Salty - Rock, Blues, R&B, Americana
Aug 12 - The Naticks - Rock
Aug 19 - The Repercussions - Reggae & Rock
Aug 26 - The Sixties Band - 60’s

Lunch: 11 a.m. to 2 p.m. Grab & Go: 2 to 4 p.m.
Flatbread Pizzas: Mon-Wed 4 to 8 p.m.
Stoveaway Food Truck & rotating guest Food Trucks: Thu & Fri 4 to 8 p.m.
Whole lobsters and other lobster specials available for market price.

Lobster Night Thursdays 4 to 8 p.m.

FOR MARKET PRICE.

NAVSTA NEWPORT MWR | OFFICERS’ CLUB

Reserve your no-host social, or catered event today!

Open inside, by reservation!

401-841-1442 | NavyLifeNPT.com
NAVSTANPTOfficersClub
NavyLifeNPT

NAVSTA NEWPORT MWR | OFFICERS’ CLUB DECK

Monday-Friday 11 a.m. to 8 p.m., weather permitting

The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. All events are open to patrons with a valid ID and base access unless otherwise noted. The Department of Navy does not endorse any company, sponsor or their products or services.
Naval Station Newport Housing Referral Office

Naval Station Newport Housing Office is here to assist you in locating a home and provide residential housing options. Housing Referral Office will process your housing application for PPV housing, which are currently available.

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

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

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

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

401.845.9130