



EXPERIENCE NAVY LIFE

NAVAL STATION

EVERETT

JULY-SEPTEMBER 2018

every summer has a story.
what will yours be?

share your story
AT
#NAVYLIFEPNW





www.navylifepnw.com
NGIS.DoDLodging.net

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NGIS is professionally managed and staffed, has all the amenities and features of a commercial hotel, and is conveniently located near duty or training sites and base amenities. NGIS creates welcoming, comfortable, 5-star guest services for those we serve.



Bells Across America



Missoula Children's Theater Camp



Woofstock at Jim Creek



Armed Forces Kids' Fun Run



All American Restaurant

EXPERIENCE NAVY LIFE NAVAL STATION EVERETT

JULY-SEPT. 2018

WELCOME TO EXPERIENCE NAVY LIFE

Experience Navy Life Everett 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 *Navy Life Currents* email newsletter at navylifepnw.com/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 navylifepnw.com.

DIGITAL ISSUES

To download a copy of this magazine, please visit everett.navylifepnw.com/magazine.

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4 FLEET & FAMILY SUPPORT

- Clinical Services/Family Advocacy Program
- Exceptional Family Member Program (EFMP)
- Family Readiness Groups (FRG)
- Family Employment Readiness Program (FERP)
- Individual Augmentee (IA) Support
- Life Skills Education
- Navy Gold Star Program
- Navy Family Ombudsman Program
- Navy Wounded Warrior-Safe Harbor
- New Parent Support (NPS)
- Personal Financial Management (PFM)
- Podcasts & Webinars
- Sexual Assault Prevention & Response (SAPR)
- Transition (TAP) Goals, Plans, Succeed (T-GPS)

8 CHILD & YOUTH PROGRAMS

- Child Development Center (CDC)
- Child Development Homes (CDH)
- School-Age Care (SAC)
- School Liaison Officer (SLO)
- Youth & Teen Program

10 HOUSING, LODGING & NAVY GETAWAYS

- Navy Housing Services
- Unaccompanied Housing (UH)
- Navy Gateway Inns & Suites (NGIS)
- Navy Getaways Cliffside RV Park
- Navy Getaways Jim Creek Navy Community Recreation Area
- Navy Getaways Pacific Beach

16 FITNESS & AQUATICS

20 RECREATION PROGRAMS

- Auto Services
- Community Recreation
- Deployed Forces Support
- Gallery Golf Course
- Marina Boat Rental Program
- Outdoor Equipment Rental
- Outdoor Recreation
- Recreational Green Space (Parks)
- Sailor's Choice Marina & Mini Storage
- Tickets & Trips

28 ENTERTAINMENT & DINING

- All American Restaurant
- The Commons
- Pierside Plaza/Pierside Grille
- Tremors Neighborhood Sports Bar



Ombudsman Appreciation



Are You Ready Navy? Fair

* * * * *

FLEET & FAMILY SUPPORT PROGRAM



All classes are FREE unless otherwise noted.

Appointments available for FREE individual consultations, call (866) 854-0638.

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

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

CLINICAL SERVICES/ FAMILY ADVOCACY PROGRAM

Survivors Overcoming Assault with Resiliency (SOAR)

Call to schedule a meeting
(425) 304-3711
(425) 304-3738

DOMESTIC VIOLENCE AWARENESS

ROCK-Tober Rock Painting

Wednesday, August 8
5:30-8 pm
All American Restaurant
In conjunction with MWR
Wine and Paint Night.
\$3 per person.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

*Provides information,
referral, systems navigation
and non-medical case
management to special-
needs families.*

EFM Community Connections

Wednesday, August 8
2-3 pm
Smokey Point, Bldg. 13910
Room 811
(425) 304-3720

Command EFMP POC Training

Thursday, September 6
9-10:30 am
NSE, Bldg. 2000, Room 105
(425) 304-3720

FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

*Assists you in landing that
perfect job!*

Resume Writing for a Difficult Job Market

Tuesday, July 10
10 am-Noon
Smokey Point, Bldg. 13910
Room 811
(425) 304-3721

Aviation Careers Job Search and Resume

Thursday, August 9
10 am-Noon
Smokey Point, Bldg. 13910
Room 811
(425) 304-3721

Federal Job Application Process

Tuesday, September 11
10 am-Noon
Smokey Point, Bldg. 13910
Room 811
(425) 304-3721

GOLD STAR PROGRAM

**Gold Star Tribute 5K & Bells
Across America for Fallen
Service Members Ceremony**
Thursday, September 27
Time and location TBD

Remembrance Hike

Saturday, September 8
Ice Caves: 8 am-3:30 pm
or Monte Cristo: 8 am-6 pm
Enjoy a day on the trail as
we hike in honor of suicide
awareness. Choose between:
Guided family-friendly hike
to the Big Four Ice Caves, 2.2
miles round-trip.

myFFR #5518251E
Guided hike to the ghost
town of Monte Cristo,
8 miles round-trip
myFFR #5518252E
Register by Friday,
September 7
(425) 304-3575

LIFE SKILLS EDUCATION

*Gain knowledge and
develop new skills that will
enhance self-esteem and
interpersonal relations.
Courses are also available
on request.*

Secrets of Stress Management

Thursday, July 12
8:30-10 am
NSE, Bldg. 2000, Room 109
(425) 304-3708

Family Violence Executive Leadership Training

Tuesday, July 17
8:30 am-Noon
NSE, Bldg. 2000, Room 109
(425) 304-3708

Care Package 101

Wednesday, July 18
10-11 am
NSE, Bldg. 2000, Room 107
(425) 304-3708

Effective Anger Management

Tuesday, August 7
Noon-1:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-3708

Secrets of Stress Management

Thursday, August 9

8:30-10 am
NSE, Bldg. 2000, Room 105
(425) 304-3708

Effective Anger Management

Tuesday, August 14
Noon-1:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-3708

Effective Anger Management

Tuesday, August 21
Noon-1:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-3708

Effective Communication

Wednesday, August 22
11 am-Noon
NSE, Bldg. 2000, Room 105
(425) 304-3708

Effective Anger Management

Tuesday, August 28
Noon-1:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-3708

Suicide Awareness

Thursday, September 13
8:30-10 am
NSE, Bldg. 2000, Room 107
(425) 304-3708

Navy Spouse 101

Thursday, September 13
11 am-12:30 pm
NSE, Bldg. 2000, Room 107
(425) 304-3708

Sponsorship Training

Thursday, September 13
1-2 pm

NSE, Bldg. 2000, Room 107
(425) 304-3708

Overseas Move

Thursday, September 20
2-3 pm
NSE, Bldg. 2000, Room 105
(425) 304-3708

NEW PARENT SUPPORT (NPS)

Helps service members and their spouses adjust to the rigorous demands of parenthood.

Pregnancy Support Group: Pregnancy Nutrition

Wednesday, July 11
11 am-12:30 pm
NSE, Bldg. 2000, Room 109
(425) 304-3713
(425) 304-3718

Pregnancy Support Group: Safe Sleep/ Purple Crying

Wednesday, July 25
11 am-12:30 pm
NSE, Bldg. 2000, Room 109
(425) 304-3713
(425) 304-3718

Pregnancy Support Group: Understanding Pregnancy, Labor Interventions & Procedures

Wednesday, August 8
11 am-12:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-3713
(425) 304-3718

Pregnancy Support Group: Postpartum Blues

Wednesday, August 22
11 am-12:30 pm
NSE, Bldg. 2000, Room 109
(425) 304-3713
(425) 304-3718

Pregnancy Support Group: Car Seat Basics

Wednesday, September 5
11 am-12:30 pm
NSE, Bldg. 2000, Room 109
(425) 304-3713
(425) 304-3718

Pregnancy Support Group: Breast-feeding

Wednesday, September 19
11 am-12:30 pm
NSE, Bldg. 2000, Room 107
(425) 304-3713
(425) 304-3718

OMBUDSMAN PROGRAM

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

September is Ombudsman Appreciation Month

Ombudsman Basic Training (OBT)

Tuesday, August 7- Thursday, August 10
9 am-3:30 pm
NSE, Bldg. 2000, Room 109
(425) 304-3719

Ombudsman Appreciation Dinner

Thursday, September 27
6-8 pm
NSE, Grand Vista Ballroom
(425) 304-3719

PERSONAL FINANCIAL MANAGEMENT (PFM)

Helps 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.

Paying for College

Tuesday, July 10
1-2:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-4058

Blended Retirement System (BRS)/TSP

Tuesday, July 17
1-2:30 pm
NSE, Bldg. 2000, Room 107
(425) 304-4058

Quarterly Financial Forum (QFF)

Thursday, July 19
10-11:30 am
NSE, Bldg. 2000, Room 107
(425) 304-4058

Saving & Investing

Thursday, August 2
10-11:30 am
NSE, Bldg. 2000, Room 107
(425) 304-4058

Blended Retirement System (BRS)/TSP

Thursday, August 21
1-2:30 pm
NSE, Bldg. 2000, Room 107
(425) 304-4058

Your Insurance Needs

Thursday, September 6
1-2:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-4058

Command Financial Specialist Training

Monday, September 17- Friday, September 21
Day 1-4: 8 am-4 pm
Day 5: 8 am-Noon
NSE, Bldg. 2000, Room 105
(425) 304-4058

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.

Point-of-Contact Training (POC) (8 hours)

Wednesday, September 19
7:30 am-4 pm
NSE, Bldg. 2000, Room 105
(425) 304-3712
(425) 304-3369

Initial Victim Advocate Training (40 hours)

Monday, July 16- Friday, July 20
7:30 am-4 pm
NSE, Bldg. 2000, Room 105
(425) 304-3712
(425) 304-3369

Victim Advocate Refresher Training (16 hours)

Wednesday, September 12- Thursday, September 13
Day 1: 7:30 am-4:30 pm
Day 2: 7:30 am-2:30 pm
NSE, Bldg. 2000, Room 105
(425) 304-3712
(425) 304-3369

SPECIAL EVENTS

Are You Ready Navy? Fair

Friday, August 31
Noon-4 pm
Smokey Point NEX Commissary

TRANSITION ASSISTANCE PROGRAM (TAP)

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

TRANSITION GOALS, PLANS, SUCCESS (T-GPS) CORE

Separation T-GPS
Monday, July 9- Friday, July 13
7:30 am-4 pm
Smokey Point, Bldg. 13910 Room 809
(425) 304-3724

Cross Functional Assistance Committee (CFAC)

Tuesday, July 10
10-11:30 am
NSE, Bldg. 2000, Room 105
(425) 304-3724

Retirement T-GPS

Monday, July 23- Friday, July 27
7:30 am-4 pm
Smokey Point, Bldg. 13910 Room 809
(425) 304-3724

Washington State Employment Workshop

Tuesday, July 24
3-4 pm
Smokey Point, Bldg. 13910 Room 808
(425) 304-3724

Separation T-GPS

Monday, August 6- Friday, August 10
7:30 am-4 pm
Smokey Point, Bldg. 13910 Room 107
(425) 304-3724

Separation T-GPS

Monday, August 20- Friday, August 24
7:30 am-4 pm
Smokey Point, Bldg. 13910 Room 809
(425) 304-3724

Retirement T-GPS

Monday, September 10- Friday, September 14
7:30 am-4 pm
Smokey Point, Bldg. 13910 Room 809
(425) 304-3724

Federal Employment Workshop

Tuesday, September 11
3-4 pm
Smokey Point, Bldg. 13910 Room 811
(425) 304-3724

Separation T-GPS

Monday, September 17- Friday, September 21
7:30 am-4 pm
Smokey Point, Bldg. 13910 Room 809
(425) 304-3724

TRANSITION GOALS, PLANS, SUCCESS (GPS) TRACKS/CAPSTONE

Separation Capstone
Thursday, July 5
7:30 am-2 pm
NSE, Bldg. 2000, Room 107
(425) 304-3323

Entrepreneur Track (B2B)

Tuesday, July 10- Wednesday, July 11
7:30 am-4 pm
NSE, Bldg. 2000, Room 107
(425) 304-3323

Retirement Capstone

Wednesday, August 1
7:30 am-3 pm
NSE, Bldg. 2000, Room 107
(425) 304-3323

Accessing Higher Education

Tuesday, August 14- Wednesday, August 15
7:30 am-4 pm
NSE, Bldg. 2000, Room 107
(425) 304-3323

Separation Capstone

Thursday, September 5
7:30 am-2 pm
NSE, Bldg. 2000, Room 107
(425) 304-3323

Career Technical Track

Tuesday, September 11- Wednesday, September 12
7:30 am-4 pm
NSE, Bldg. 2000, Room 107
(425) 304-3323

First Term CONSEP

Tuesday, September 25- Wednesday, September 26
8 am-4 pm
NSE, Bldg. 2000, Room 107
(425) 304-3323

WEBINARS

Attend live workshops from the comfort and convenience of your home computer! Register on the Webinars page at navylifepnw.com.

Communicating for Healthy Relationships

Tuesday, July 10
1-2 pm

Stress and Anger Management

Thursday, July 12
11 am-Noon

Battle of the Resumes, Federal vs Civilian

Tuesday, July 17
10 am-Noon

Advanced CFS

Wednesday, July 18
2-3:30 pm

Understanding Thrift Savings Plan (TSP)

Thursday, August 16
11 am-Noon

Welcome Aboard PNW

Tuesday, August 21
10-11 am

Family Readiness Group Training (Modules 1 & 2) Establishing FRG, Membership Building-

**Attracting and Motivating
FRG members**
Wednesday, September 5
10 am-Noon

**Family Readiness Group
Training (Modules 3 & 4)**
Financial Planning,
Fundraising Policies,
Event Planning,
Homecoming and other
Social Gatherings
Wednesday, September 12
10 am-Noon

**Ready Navy-The Zombie
Apocalypse**
Thursday, September 13
11 am-Noon

**Lemons to Lemonade-
Make the Most of Your
Duty Station**
Tuesday, September 18
1-2 pm

Loving Long Distance
Wednesday, September 19
10-11 am

**Family Readiness Group
Training (Module 5)**
Navy Ready and
Emergency Response
Wednesday, September 19
10 am-Noon



**September is
Ombudsman Appreciation Month**

*Thank you
Navy Ombudsmen*
DEDICATED VOLUNTEERS SERVING NAVY FAMILIES



To learn more about the Ombudsman Program or to contact your Ombudsman, visit
www.ffsp.navy.mil



NAVY GOLD STAR REMEMBRANCE HIKE

ICE CAVES OR MONTE CRISTO

*Enjoy a day on the trail as we hike
in honor of suicide awareness.*

Choose between:

*Guided family-friendly hike to the
Big Four Ice Caves, 2.2 miles round-trip*

*Guided hike to the ghost town of
Monte Cristo, 8 miles round-trip*

Saturday, September 8

Ice Caves: 8 am-3:30 pm | Monte Cristo: 8 am-6 pm | \$15/person

Transportation provided from Everett and Smokey Point


Register by Friday, September 7

Ice Caves: myFFR #5518251E

Monte Cristo: myFFR #5518252E

(425) 304-3575






BELLS

ACROSS AMERICA


FOR FALLEN SERVICE MEMBERS

A remembrance ceremony honoring those we have lost



September 27, 10 am-Noon, followed by a Tribute 5K.
For more information: goldstar@navylifepnw.com

www.NavyGoldStar.com
www.facebook.com/NavyGoldStar • 1-888-509-8759



NATIONAL PREPAREDNESS MONTH

ARE YOU READY NAVY? FAIR



SMOKEY POINT NEX/COMMISSARY
FRIDAY, AUGUST 31 - NOON-4 PM - FREE

- Emergency preparedness kits
- Safety and emergency preparedness information
- Fun activities for children

(425) 304-3367

HOW ARE WE DOING?



Let us know how our
MWR Programs
measure up!

Take our quick
satisfaction survey.

navylifepnw.com/mwr-satisfaction




NAVY WOUNDED WARRIOR SAFE HARBOR

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



1 (855) 628-9997 (24/7)
safeharbor.navylive.dodlive.mil



Missoula Children's Theater Camp



Start Smart Sports Development

★ ★ ★ ★ ★

CHILD & YOUTH PROGRAMS



Child & Youth Programs

Navy Child & Youth Programs (CYP) provide developmental childcare and youth recreational programs and services for eligible children and youth, ages 6 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 the most up-to-date information, visit everett.navylifepnw.com/ child-youth or call (425) 304-3778.

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

JULY

Start Smart Sports Development

**Tuesdays, July 31-August 28
5-5:45 pm**

NAVSTA Everett Track, FREE
This program helps prepare children, ages 3-5, for organized sports within a fun environment. Each session will be spent on a different sport, focusing on the fundamentals, with parent participation. Call (425) 304-3778 to register.

Summer Reading Program

**Fridays, Now-August 17
10-11 am**

The Commons, FREE
This FREE reading program is a great way to keep your reading skills sharp! This program is for ages 4-10. (425) 304-3778

Junior Chefs

**Monday, July 16-
Wednesday, July 18
1:30-4 pm**

All American Restaurant, \$15
Learn the basics of cooking by making tasty treats with the Culinary Specialists! For ages 6-12 (6 year olds must have completed kindergarten). Register by Monday, July 9 (425) 304-3778

Missoula Children's Theater Camp: King Arthur's Quest

**Monday, July 30-Friday
August 3**

10 am-3 pm (hours based on part given)

Grand Vista Ballroom, FREE
Youth, ages 6-17, will have the opportunity to participate in an exciting theatrical performance through a crash course, five-day theater camp. Auditions and rehearsals are held in the Grand Vista Ballroom. Register by Wednesday, July 25
Call (425) 304-3778 or visit navylifepnw.com for more information.

AUGUST

Exploring Jim Creek

**Monday, August 6-
Thursday, August 9**

Jim Creek Navy Community Recreation Area, \$10

Explore nature, play laser tag, go up the Alpine Tower and rope swing, and go hiking. Open to ages 6-12.

Register by Thursday, August 2
(425) 304-3778

Armed Forces Kids' Fun Run

**Thursday, August 16
2-3 pm**

NAVSTA Everett Track, FREE
Join us for our annual ½-mile, 1-mile and 2-mile fun run and family BBQ. All child participants will get a FREE T-shirt and lunch. Parents are welcome to run with their children. Open to ages 4-17. (425) 304-3778

Woofstock at Jim Creek

**Saturday, August 18
Noon-4 pm**

Jim Creek Navy Community Recreation Area, FREE
Show off your dog's new tricks, their unique look,

and more, for a chance to win great prizes, meet other dogs, and take home a goody bag worth barking about. Also enjoy a doggy parade, treat station, games, activities and crafts!
(425) 304-5315
(425) 304-5363

SCHOOL LIAISON OFFICER

A School Liaison Officer is the primary point of contact between the military installation, the local schools and school districts, transitioning families and the community at large.

Provides services for:

- Transitioning Families
- Educators
- Command Leadership

For more information, contact: everett.slo@navylifepnw.com or (425) 304-3688.



We care for your children
while you protect America

A Department of Defense (DoD) program that makes it easier to find the child and youth care your family needs.

MILITARY
CHILDCARE dot com



FREE

Start Smart

Sports Development

Naval Station Everett Track & Field

3-5
Years Old

Youth, ages 3-5, will learn organized sports within a fun and encouraging environment!

This is a parent-participation event and each session will be spent on a different sport.

First Session: Tuesdays, June 12-July 24
Registration Deadline: Wednesday, June 6.

Second Session: Tuesdays, July 31-Aug. 28
Registration Deadline: Wednesday, July 25.

5-5:45 pm | NSE Track & Field

Register at the
Child Development Center or by
phone at (425) 304-3778.



Reading TAKES YOU Everywhere!

FRIDAYS, JUNE 15 - AUGUST 17 * 10-11 AM
NAVAL STATION EVERETT, THE COMMONS * **FREE**

Keep your child's reading skills sharp this summer!

- * PRIZES FOR READING
- * GENEROUS SELECTION OF BOOKS
- * CREATIVE ART ACTIVITIES

NAVY GYP
Child & Youth Programs

For Ages 4-10

FREE
(425) 304-3778



Missoula Children's THEATER CAMP

Grand Vista Ballroom

King Arthur's Quest
Monday, July 30- Friday, August 3

Participate in a full-length musical production!

- Hosted by Missoula Children's Theater
- 5-day crash course theater camp
- Audition, rehearse, and put on a grand performance!

Free!

Register by Wednesday, July 25

(425) 304-3778



FREE

AMERICA'S ARMED FORCES KIDS' RUN

Thursday, August 16
2-3:30 pm • NSE Track & Field

Ages 4-17
½ mile
1 mile
2 miles

- Fun Run and FREE BBQ
- All youth participants will get a FREE T-shirt

Registration is at 2 pm with the race starting at 2:30 pm.

NAVY GYP
Child & Youth Programs

(425) 304-3778



Fishing at Cliffside RV Park



Woofstock at Jim Creek



Pacific Beach Polynesian Luau



Housing Services Center:
(800) 876-7022



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



(877) NAVY-BED
navygetaways.com

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

Jim Creek Navy Community
Recreation Area:
(425) 304-5315
(425) 304-5363
jimcreek.navylifepnw.com

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

*Indicates a Community Event

Navy Getaways is open to Active Duty, Retirees, Reservists, DoD civilians, Base Contractors, Families, and accompanied Guests, unless otherwise noted.

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

HOUSING, LODGING & NAVY GETAWAYS

NAVY HOUSING

ONGOING

Barracks Maintenance Request

Available 24/7, residents can submit non-emergency maintenance requests through the online maintenance request program at navylifepnw.com. It's fast and easy. Requests are sent to our Maintenance Tracking Program and are reviewed daily by UH Building Managers. Residents receive an email confirmation when their maintenance requests are received, assessed, and completed.

Tell Us What You Think

Your Unaccompanied Housing Office offers a Continuous Improvement Survey (CIS). Help UH continually improve their services by taking this survey and voicing your opinion. Surveys can be found online at the following link: surveymonkey.com/r/9D5MZ25. Physical copies of the survey can be obtained from any UH staff member. We highly encourage your participation in the CIS.

NAVY GETAWAYS

ONGOING

Mallard RV Campers Available for your Navy Getaways Stay!

Jim Creek Navy Community Recreation Area, Navy Getaways Pacific Beach, and Cliffside RV Park. Book your next Navy Getaways stay in one of our Mallard RV Campers! The one-bedroom campers include a queen bed, flat-screen TV and DVD player, one set of double bunk beds, 30/50 AMP service, FREE WIFI, a full bathroom with shower, and full kitchen with all standard amenities. Learn more at navylifepnw.com.

JIM CREEK NAVY COMMUNITY RECREATION AREA

ONGOING

Jumping Pillow Daily through Labor Day Sunday-Thursday:

10 am-4 pm
Friday & Saturday:
9 am-7 pm
\$5 daily, \$8 two-day or \$28 family two-day Bounce on Jim Creek's colorful, inflatable attraction. The Jumping Pillow offers hours of entertainment for guests

of all ages during events, birthday parties and more. Wristbands can be purchased in the Recreation Office.

Campground Bingo Fridays, July-September

6-7 pm
FREE
Start your weekend off with some fun and meet your fellow campers over an evening of BINGO! Popcorn will be provided and prizes awarded!

Guided Outdoor Activity Saturdays, July-September

10 am
FREE
Be challenged and delighted through various STEM activities, while camping beneath our vast evergreens.

Alpine Tower Ropes Course

Saturdays through Labor Day
10 am-3 pm
\$15
Test your skills on our 50' Alpine Tower Ropes Course. Navigate three different approaches, ranging from easy to difficult. Warm up on our 35' Rock Wall and finish your day with a 30' FREE fall on our Rope Swing. Sign-ups required at the Jim Creek Front Desk. We are also looking for volunteers to assist in the program.

Weather Permitting.
(425) 304-5367

Ice Cream Social Saturdays, July-September

2-3 pm
\$1.50 per scoop or two scoops for \$2
Pile your toppings high and treat yourself to a wonderful way to cool off during the summer.

Saturday Movies Saturdays, July-September

6 pm
FREE
Unwind from an exciting day at Jim Creek with an indoor movie. Or, just send the kids while you work on dinner!

Twin Lakes Daily, July-September

7 am-Dusk
Twin Lakes are two 35-acre alpine lakes, joined by a small creek. The lakes are stocked with rainbow trout, and boats, kayaks, canoes and peddle boats are available for rent. There is a boathouse for your comfort and convenience. There are also bald eagles, ospreys, otters and other wildlife calling Twin Lakes home. Check in at the Recreation Office prior to leaving for the lakes, for the latest information and fishing licenses.

Do you have a talent, hobby or class idea you would like to teach? Tell us about it!

Jim Creek is always looking for new ideas for classes, and instructors to teach them. If you are interested in teaching a class that you are qualified to teach, e-mail the Jim Creek Manager at jimcreek@navylifepnw.com or (425) 304-5363.

JULY

Jim Creek Guided Hike Series: Old Sauk Trail
Saturday, July 14
9 am-4 pm

\$10 adults, \$7 Youth (10-18), \$5 0-9 years old
Wander through a forest of moss-covered maple, cedar and fir, listening to wildlife and the sound of the river. This is a six-mile, round-trip hike with 150' in elevation. Call ahead and reserve your spot on this Jim Creek exclusive hike. Rain or shine. myFFR #5518194E

AUGUST

Jim Creek Guided Hike Series: Boulder River
Saturday, August 11
9 am-4 pm

\$10 adults, \$7 Youth (10-18), \$5 0-9 years old
Hike along the Boulder River into its namesake wilderness. We will take our time on this eight-mile trail, as we enjoy all the waterfalls and old-growth. With only 700' elevation gain, this trail is relatively gentle and great for families up for the distance challenge. Call ahead and reserve your spot on this Jim Creek exclusive hike. Rain or shine. myFFR #5518222E

Woofstock at Jim Creek
Saturday, August 18
Noon-4 pm

FREE
Show off your dog's new tricks, their unique look, and more, for a chance to win great prizes, meet other dogs, and take home a goody bag worth barking about. Also enjoy a doggy parade, treat station, games, activities and crafts!

SEPTEMBER

Jim Creek Guided Hike Series: Diablo Lake Trail
Saturday, September 22
8 am-5 pm

\$10 adults, \$7 Youth (10-18), \$5 0-9 years old
Join our experienced guides on this hike to an overlook that features Ross Lake Dam. 7.4 miles round-trip with 1,400' elevation gain makes this hike challenging. Call ahead and reserve your spot on this Jim Creek exclusive hike. Rain or shine. myFFR #5518264E

NAVY GETAWAYS
PACIFIC BEACH

JULY

Corks & Canvas
Saturday, July 7
6 pm

Pac Beach Bar, must be 21+
Have the bartender pour a glass of your favorite wine and follow the instructor to paint a picture.

Family Fun Day and BBQ
Saturday, July 14
All day long

FREE
Join us for a fun-filled day with your family. Participate in yard games, create and take home crafts, enjoy a savory BBQ, and then eat s'mores as the sun goes down. Event and activities are FREE. The BBQ has an additional fee.

Pacific Beach Tie-Dye Day
Saturday, July 28, 1 pm

\$7 for supplies and your custom Pacific Beach Tie-Dye Day shirt. Have a shirt you want to bring? No problem! Just pay \$2 for supplies.

AUGUST

Annual Polynesian Luau
Saturday, August 4, 4:30 pm
\$39.95 General Admission, \$34.95 with Military ID, \$14.95 for Kids 4-13, and FREE for Kids 3 and under
It's Tiki Time! Come enjoy a piece of the Hawaiian Islands at the beach with Hula dancing, a Hawaiian dinner, and an interactive show.

Pacific Beach Tie-Dye Day
Saturday, August 11, 1 pm

\$7 for supplies and your custom Pacific Beach Tie-Dye Day shirt. Have a shirt you want to bring? No problem! Just pay \$2 for supplies.

Wine Bottle Craft in the Bar

Saturday, August 18, 6 pm
Pac Beach Bar, must be 21+
Sip on your favorite bar beverage and create a masterpiece using recycled wine bottles.

SEPTEMBER

Pacific Beach Tie-Dye Day
Saturday, September 1
1 pm

\$7 for supplies and your custom Pacific Beach Tie-Dye Day shirt. Have a shirt you want to bring? No problem! Just pay \$2 for supplies.

Kelper's Weekend*
Saturday, September 1-
Monday, September 3

Pacific Beach, WA, local community event, FREE
Join us in the celebration of the town of Pacific Beach, WA. Participate in the community breakfast, street competitions, and street dance on Saturday, and then watch the parade on Sunday! Fun for all ages! Call the Front Desk to book your reservations today.

Glass Float Frenzy
Saturday, September 22
8 am
FREE

Our facility will become an arena for the glass float scavenger hunt. Come learn about beachcombing from a local marine biologist and then spend the next day searching the facility for your own glass float.

String Art in the Bar
Saturday, September 29
6 pm

Pac Beach Bar, must be 21+
Order your favorite bar beverage or appetizer and follow the instructor as you use a hammer, nails, and string to create the featured string art piece.

CLIFFSIDE RV PARK

JULY

Ice Cream Social
Sunday, July 1, 2-4 pm

Cabin
Join us as we celebrate the arrival of July with an Ice Cream Social. Enjoy a scoop or dish of ice cream on us!

Colortime Crafts

Wednesday, July 4, 12:30 pm
Fireplace Pavilion, \$5
Is the next Van Gogh or Picasso staying at Cliffside? Let's find out! Who doesn't like to color? Join us at the Fireplace Pavilion and create your own work of art, on a tote or backpack, that you can take home!

4th of July Holiday Programming
Wednesday, July 4, 5 pm

Fireplace Pavilion
Bring a dish to pass at our annual 4th-of-July BBQ. We'll have the burgers and hot dogs ready to complement the dishes that will be shared by others.

Shuttle to Oak Harbor Fireworks

Wednesday, July 4
Avoid the parking hassle; as a Cliffside patron let us drive you to the local fireworks on the bay in Oak Harbor. Please register in the office by 1 pm (minimum of eight people registered is required for the trip).

Campfire Dutch Oven Cooking

Saturday, July 7, 1 pm
Fireplace Pavilion
It's time to release your inner gourmet! Learn the fine points of cast iron cooking and help prepare some gourmet delights using a camp-style Dutch oven. We supply the cookware and you lend a hand and supply the appetite!

Colortime Crafts

Saturday, July 7, 10 am
Is the next Van Gogh or Picasso staying at Cliffside? Let's find out! Who doesn't like to color? Join us at the Fireplace Pavilion and create your own work of art, on a tote or backpack, that you can take home!

Night Hike

Friday, July 13, 9 pm
Meet at the Fireplace Pavilion
Explore the Seaview Trail with us, see how it changes after dark. Become aware of your senses, learn how to call an owl, among many other fun things the evening has in store for you!

National Ice Cream Day
Sunday, July 15, 2-4 pm
Come to the cabin and enjoy

a scoop or dish of ice cream on us!

Star Party

Friday, July 20, 9:30 pm
Join us after sunset as we bring out the telescope. We should also be able to see several planets and some of their major moons, as well as other celestial objects of the night.

National Hot Dog Day
Monday, July 23

11:30 am-1:30 pm
Fireplace Pavilion
Help us celebrate National Hot Dog Day with a cookout. Cook up the food of summer over the open fire.

NASWI Fitness Yoga Retreat

Friday, July 27-Sunday, July 29
Check in Friday, 6 pm/
Check out Sunday, Noon
\$50 per person (lodging not included)
On Friday, enjoy wine tasting and appetizers (fees apply), meet and greet, Fireside S'mores, and Star Party and Moonlight Hike! On Saturday, enjoy hikes and yoga! Breakfast included on Saturday and Sunday; lunch included on Saturday, and dinner on your own on Saturday. Finish off Sunday with breakfast and yoga! Register by Friday, July 20 myFFR #610188 (360) 257-6936

Star Party & Moonlight Hike

Friday, July 27, 9:30 pm
Meet at the Fireplace Pavilion
Join us after sunset as we bring out the telescope to view the celestial bodies. Afterwards, join us for a moonlight stroll down on the beach.

AUGUST

National Watermelon Day
Friday, August 3, 1 pm

Cliffside Office
Enjoy a day of festivities with the official fruit of summer. Can you beat the seed spitting world record of 75' 2"? Join us and test your skills.

Sips at Sunset
Friday, August 3, 8 pm

Fireplace Pavilion
Today we change the name of the event to Sudz at Sunset in celebration of

International Beer Day! Enjoy a nice assortment of local brews and good conversation and another great Cliffside sunset!

Coast Guard Birthday BOGO

Friday, August 3

Happy Birthday Coasties! Show your Coast Guard ID card and enjoy one FREE night when you purchase one or more nights.

Disc Golf Day

Saturday, August 4

Did you know NASWI has its own 18-hole disc golf course? Try your skill and enjoy the great outdoors, while walking the course.

Night Hike

Saturday, August 4, 9 pm

Meet at the Fireplace Pavilion Explore the Seaview Trail with us, see how it changes after dark. Become aware of your senses, learn how to call an owl, among many other fun things the evening has in store for you.

National S'mores Day

Friday, August 10, 7 pm

Meet at the South Loop Firepit

The gooey goodness called a S'more has its day! Join us at the Fireplace Pavilion and partake in some gooey culinary creations. We supply the basics, but if you bring your favorite "twist" you may just win a prize for the most creative S'more!

Perseid Meteor Showers

Sunday, August 12, 9:30 pm

Group Tent Pavilion

Join us after sunset and enjoy nature's own fireworks. How many shooting stars can you count?

International Geocaching Day

Thursday, August 16, 1 pm

Meet at the Fireplace Pavilion Learn some things about your GPS at a quick class, then enter the world of Geocaching. Explore new places and see interesting things, all while trekking around the Geocaching world, using your GPS.

Star Party:

Venus Elongation

Friday, August 17, 9:30 pm

We bring out the telescope

to observe Venus, as it will appear the brightest we will see it all year. We should also be able to see several other celestial objects of the night.

Craft Time

Sunday, August 19, 7 pm

Fireplace Pavilion, \$30 Michelangelo is in the house! Paint your own masterpiece while enjoying some local wines. Age 21+.

Pet Nature Walk

Friday, August 24

Grab your furry friend and meet our NASWI Fitness Program staff at the gym for an enjoyable jaunt down the Seaview Trail.

SEPTEMBER

Colortime Crafts

Sunday, September 2 10 am

Fireplace Pavilion, \$5 Is the next Van Gogh or Picasso staying at Cliffside? Let's find out! Who doesn't like to color? Join us at the Fireplace Pavilion and create your own work of art, on a tote or backpack, that you can take home!

Labor Day Weekend

Friday, August 31-Monday, September 3

BBQ Sunday, 5 pm

Fireplace Pavilion "Farewell to Summer" or "Summer Wind Down" Let's say goodbye to this year's camping season with some great food and good memories! We've got plenty of activities in store for those of all ages, from Friday evening through Monday morning. Bring a dish to pass at our annual Labor Day BBQ. We'll have the burgers and hot dogs ready to complement the dishes that will be shared by others.

Solar Engraving Craft Time

Monday, September 3, 10 am

Beach Pavilion

Apollo is summoning you! Join us as we create a timeless treasure using the power of the Sun.

Star Party:

Neptune at Opposition

Friday, September 7, 9:30 pm

We bring out the telescope to observe Neptune, as it will appear the brightest we will

see it all year. We should also be able to see several other celestial objects of the night.

Fortune Cookie Day

Thursday, September 13

Confucius says. "No matter where you're at, there you are!" Join us as we celebrate Fortune Cookie Day here at Cliffside.

Coastal Cleanup Day

Saturday, September 15, 1 pm

Meet at the Beach Pavilion Summer is winding to a close. Be part of something bigger than yourself, let's help Mother Earth by joining in with International Coastal Cleanup Day, down on the Cliffside beach. Join us for a hot dog after we finish. Prizes will be awarded.

Air Force Birthday

Tuesday, September 18

Happy Birthday Airmen! Show your Air Force ID card and enjoy one FREE night, when you purchase one or more nights.

Stay at Navy Getaways in our MALLARD RV TRAILERS

Just \$90 a night



Now Available for Rent at:



Pacific Beach, WA



Oak Harbor, WA



Arlington, WA

Open to all Active Duty, Retirees, Reservists, and DoD Civilians.

navygetaways.com • 1 (877) NAVY-BED

hey, what's up?

UNACCOMPANIED HOUSING

YOUR HOME AWAY FROM HOME

HAVING AN ISSUE WITH YOUR ROOM?

Submit a Barracks Maintenance Request Form!

Available 24/7, residents can submit a non-emergency maintenance request through navylifepnw.com.

TELL US WHAT YOU THINK.

Visit any UH staff member to pick up your Continuous Improvement Survey and let your opinion be heard!

surveymonkey.com/r/9D5MZ25





WEEKEND ACTIVITIES

(425) 304-5363 • (425) 304-5315



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



Jumping Pillow*
Daily, now-Labor Day
Bounce on Jim Creek's colorful inflatable attraction. Wristbands can be purchased in the Recreation Office. \$5 daily, \$8 two-day or \$28 family two-day



Campground BINGO
Fridays, 6-7 pm
Start your weekend off with some fun and meet your fellow campers over an evening of BINGO! Popcorn will be provided and prizes awarded!



Guided Outdoor Activity
Saturdays, 10 am
Join us for some camping fun as we focus on STEM activities that will challenge and delight you and your family.



Alpine Tower Ropes Course*
Daily, now-Labor Day
10 am-3 pm
Test your skills of our 50' Alpine Tower Ropes Course. Sign-ups required at the Front Desk. \$15 per person



Ice Cream Social*
Saturdays, 2-3 pm
Pile your toppings high and treat yourself to a wonderful way to cool off. \$1.50 per scoop or \$2 for two scoops



Campground Movies
Saturdays, 6 pm
Unwind after an exciting day at Jim Creek with an indoor movie. Or, just send the kids while you work on dinner!

TWIN LAKES

- Two 35-acre Alpine Lakes.
- Stocked with rainbow trout.
- Fishing poles, boats, kayaks, canoes and peddle boats are available for rent.
- See bald eagles, ospreys, otters and other wildlife who call Twin Lakes home.

Check in at the Recreation Office prior to leaving for the lakes for the latest information and fishing licenses.

Book your stay today at navygetaways.com
(425) 304-5363/(425) 304-5315

NEW UPGRADES IMPROVED STAY!

DENS
Furniture upgrades, remodeled kitchens and bathrooms, and new bedroom sets!

DELUXE CABINS
Furniture upgrades-improved living room and dining room furnishings!

MALLARD CAMPERS
Brand new RV accommodations. All the benefits of RV camping without the hassle of towing and hookups!

Book your stay today at navygetaways.com
(425) 304-5363/(425) 304-5315



IT'S TIKI TIME, GET YOUR HULA ON!
SATURDAY, AUGUST 4



POLYNESIAN HULA

WITH **HULA SHOW & HAWAIIAN DINNER!**
HULI HULI CHICKEN, KALUA PORK, FRIED RICE, MANGO COLESLAW, AND MORE!

4:30 PM COCKTAILS • 5:30 PM DINNER • 6:30 PM SHOW

\$34.95 WITH MILITARY ID, \$14.95 KIDS 4-13

FREE 3 AND UNDER

\$39.95 GENERAL ADMISSION

PACBEACH.NAVYLIFEPNW.COM 📞 (360) 276-4414



FAMILY— FUN DAY & BBQ

JULY 14 • BOOK YOUR STAY TODAY!



**Have a fun-filled family day
at the beach!**

Yard Games • Sunset S'mores
Create and Take Home Crafts
Savory BBQ Available

PACBEACH.NAVYLIFEPNW.COM

(360) 276-4414

NEW!
Find the
etched
glass float!



Glass Float FRENZY

**SATURDAY, SEPT. 22
STARTS AT 8 AM • FREE!**

**OUR FACILITY WILL BECOME AN ARENA
FOR THE GLASS FLOAT SCAVENGER HUNT!
KEEP WHAT YOU FIND!**

ON FRIDAY, SEPT. 21 AT 6 PM, LEARN ABOUT BEACHCOMBING
FROM A PROFESSIONAL MARINE BIOLOGIST

ON SATURDAY, MEET IN THE LOBBY AT 8 AM TO
RECEIVE YOUR MAP AND CANVAS BAG BEFORE THE HUNT STARTS.

AFTER YOU HAVE FOUND YOUR FOUR GLASS FLOATS,
JOIN US AT NOON TO DECORATE YOUR CANVAS BAG.

PACBEACH.NAVYLIFEPNW.COM

(360) 276-4414

Cliffside

RV PARK • CAMPING • YURTS

ColorTime CRAFTS

Is the next Van Gogh or Picasso staying at Cliffside? Let's find out! Who doesn't like to color?

Join us at the Fireplace Pavilion and create your own work of art, on a Tote or Backpack, that you can take home!

\$5
PER PROJECT

TOTES

Wednesday, July 4 • 12:30 pm

BACKPACKS

Saturday, July 7 • 10 am

BACKPACKS

Sunday, Sept. 2 • 10 am

STAR & METEOR PARTIES

We bring out the telescope!
(weather permitting)

9:30 pm
FREE

Star Party • Friday, July 20

Star Party & Moonlight Hike • Friday, July 27

Perseid Meteor Showers • Sunday, August 12

Venus Elongation • Friday, August 17

Neptune at Opposition • Friday, September 7

EVENT HIGHLIGHTS



Labor Day Weekend

5 pm, Sunday BBQ,
Fireplace Pavilion

Bring a dish to share at our Labor Day BBQ. We'll have burgers and hot dogs ready!



Campfire Dutch Oven Cooking Class

Saturday, July 7

1 pm, Fireplace Pavilion
We supply the cookware! Lend a hand and supply the appetite!



Sips at Sunset*

Friday, August 3

8 pm, Fireplace Pavilion
Today, we change the name of the event to Sudz at Sunset, in celebration of International Beer Day!



Coastal Cleanup Day

Saturday, September 15

1 pm, Beach Pavilion
Join us for a hot dog after we finish. Prizes awarded.

*All events are FREE unless otherwise noted.
Some additional fees apply, please consult navylifeepnw.com or contact the Cliffside Park Office for more information.



Reservations: 1 (877) NAVY-BED (628-9233)
navygetaways.com

PARK OFFICE: (360) 257-2649



Beat-the-Board Challenge



POW-MIA 5K Run/Walk

* * * * *

FITNESS & AQUATICS

For most up-to-date information and fitness classes, visit everett.navylifepnw.com. Prices, dates and times may be subject to change without prior notice.



The Navy Fitness Program offers a variety of fitness, aquatic 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.

For more information, visit everett.navylifepnw.com or contact the following:

FITNESS:
everett.fitness@navylifepnw.com
(425) 304-3922

AQUATICS:
everett.aquatics@navylifepnw.com
(425) 304-3388

Register online at myFFR, over the phone, or at the Seismos Fitness Center.

🏆 = Captain's Cup Event

FITNESS

ONGOING

CFL Resource Center

MWR's Navy Fitness Department offers CFLs and ACFLs the latest in fitness training and fitness enhancement. Register now for a course that will enhance the life of Sailors, as well as provide vital elements in ensuring mission readiness, across the Navy enterprise. (425) 204-3922

2018 NOFFS Courses

Wednesdays, July 11, August 8, September 19 7-11 am
(425) 304-3922

Mission Nutrition

Available upon request. This six-hour course helps to increase the understanding of food and weight relationships. Learn how to shop wisely, build meals, and understand external factors that affect eating habits. (425) 304-3922

AUGUST

Splash & Dash Obstacle Race

Wednesday, August 15 11:30 am-1 pm
NSE Pool and Track, FREE
Compete as a team of two or individually as you swim laps in the pool, run, jump, and dash around obstacles on the track to finish at your fastest time. Prizes awarded for 1st,

2nd and 3rd top finishers. Register at Gear Issue by Wednesday, August 8 myFFR #643012 (425) 304-3922

SEPTEMBER

POW-MIA 5K Run/Walk Wednesday, September 12 11:30 am-12:30 pm

Seismos Fitness Center, FREE 5K walk/run in remembrance of our POW and MIA service members. Sweatshirts available for purchase, for \$30, by Monday, September 3. Race registration begins at 11 am, day of race in the gymnasium. (425) 304-3922 myFFR #644002

AQUATICS

Qualification Clinics by Appointment

Tsunami Pool, FREE for Active Duty/Reservists/Recruits ONLY. 30-minute session focused on military swim qualification requirements. (425) 304-3388

Water Aerobics Classes Mondays, Wednesdays and Fridays, 8:30-9:30 am

Tsunami Pool, FREE Active Duty/Reservists/Retirees and their Family Members, \$3.50/class for other eligible users or \$30/monthly Fitness Pass. 60-minute, full-body workout, incorporating cardio, resistance training and stretching. (425) 304-3388

JULY-SEPTEMBER

Youth Learn-to-Swim

Saturdays, July 7-August 25 Time TBD

Tsunami Pool, \$30 Active Duty/Reservists and their Family Members, \$32 Retirees/DoD and their Family Members American Red Cross format for children 3-17 years old. Subject to cancellation due to limited enrollments. (425) 304-3388

Baby Waves

Saturdays, July 7-August 25, Time TBD

Tsunami Pool, \$30 Active Duty/Reservists and their Family Members, \$32 Retirees/DoD and their Family Members. American Red Cross format for children 6 months-3 years old, with their parents. Subject to cancellation due to limited enrollments. (425) 304-3388

Adult Learn-to-Swim

Tsunami Pool, \$16 for four sessions American Red Cross format for adults 18 years and older. Lessons are by appointment only. Please call the Pool Desk to schedule your lesson. (425) 304-3388

Mermaid U: 101 Workshop Fridays, July 27, August 31, September 28

4:30-6 pm
Tsunami Pool, \$35 eligible users ages 5+.

This is a 90-minute safety workshop to explore the popular activity of "mermaiding" within safe perimeters. Those who successfully complete the workshop are eligible to use the mermaiding equipment at future events. Swim skills must be verified prior to registration. Space is limited to eight participants. Fee includes rental of the tail. (425) 304-3388 myFFR #642005-76 myFFR #642005-77 myFFR #642005-78

Mermaid U: Tsunami Tails Club

Mondays, July 16, July 30, August 13, August 27 5-6 pm

Tsunami Pool, \$60 for the series or \$20 drop-in for any eligible users ages 5+ Summer's here-get those tails on and splash around! Once you've passed the mermaid safety workshop, join our resident mermaid to work on those skills and have fun. Fee includes tail rental and reserved pool space. Participants must have completed Mermaid U: 101 Workshop. Registration deadline is the Thursday prior to each session. Subject to cancellation due to limited enrollments. (425) 304-3388 myFFR #642005-71 myFFR #642005-72 myFFR #642005-73 myFFR #642005-74 myFFR #642005-75

2018



SPLASH & DASH OBSTACLE RACE

WEDNESDAY, AUGUST 15 • 11:30 AM-1 PM

Tsunami Pool and Naval Station Everett Track

Swim eight laps in the pool, then run, jump and dash around obstacles on the track! Compete as a team of two or individually. Finish at your fastest time. Prizes for 1st, 2nd, and 3rd place finishers. Registration deadline: Wednesday, August 8 at Gear Issue Desk or with myFFR #643012.



FREE
(425) 304-3931

Tsunami 



Tails Club



MONDAYS,
July 16, July 30, August 13 & August 27

Tsunami Pool • 5-6 pm

\$60 for the series or \$20 drop-in (fee includes tail rental and reserved pool space)

Registration Deadline: Thursday before each session.

#642005-71, #642005-72, #642005-73, #642005-74, #642005-75

Must have completed Mermaid U: 101 Workshop. Open to eligible users ages 5+



TSUNAMI POOL everett.aquatics@navylifepnw.com
(425) 304-3388

POW-MIA 5K RUN/WALK REMEMBRANCE - OFF BASE -



RUN

SEPTEMBER 12 AT 11:30 AM
SEISMOS FITNESS CENTER - EVERETT

Day-of registration starts at 11 AM in the Seismos Fitness Center.

Walkers and Strollers Welcome!

For more information call (425) 304-3922.



FREE RUN!
\$30 SWEATSHIRT

Order Sweatshirts by September 3 myFFR #644002

FAMILY WATER SAFETY DAY

MONDAY, JULY 2 • 2-3:30 PM

- ★ **FOR CHILDREN:**
Interactive on-deck presentation about how to be safe this summer around water and the sun
- ★ **FOR PARENTS:**
Orientation to Swim Lessons
- ★ Parent and Child class for new swimmers, and a skills assessment for more advanced swimmers



TSUNAMI POOL

Register using myFFR #642005-70

Free

(425) 304-3388
everett.aquatics@navylifepnw.com

JULY

Summer Family Water Safety Day

**Monday, July 2
2-3:30 pm**

Tsunami Pool, FREE for eligible users
Meet with the Tsunami Aquatics staff to learn the Red Cross safety skills in, near and around the water. Includes water safety presentation, parent and child lesson, and skills assessment. Safety rules apply.

(425) 304-3388
myFFR #642005-70

Youth Beat-the-Board Challenge

**Friday, July 6
5-6 pm**

Tsunami Pool, FREE for eligible users
Our popular records challenge for the youth competitors in the under 13 and the 14-18 years old divisions. Swim against the NSE Tsunami Pool records board-up to two records can be challenged at a time. If you beat the posted record outright, your name goes on the board.

(425) 304-3388

CPR Certification Course

**Friday, July 20
10 am-3 pm**

Tsunami Pool, \$40 for all eligible users, ages 12+
Course includes certification in Adult and Pediatric CPR/AED and First Aid. Subject to cancellation due to limited enrollments.

Register by Friday, July 13
(425) 304-3388
myFFR #642005-79

AUGUST

Beat-the-Board Quarterly Challenge

**Tuesday, August 21
11 am-Noon**

Tsunami Pool, FREE for eligible users
Quarterly event to challenge the NSE Tsunami Pool records board. Up to two records can be challenged each quarter. Must beat the record outright to replace it. Alternative days/times may be available for Active Duty ONLY, see Aquatics Manager for more information.

(425) 304-3388

SEPTEMBER

Swimming The PRT Workshop

**Tuesday, September 4-
Thursday, September 6
6:15-7 am**

Tsunami Pool, FREE for Active Duty/\$5 for all others
Prepare for your upcoming PRT or PST with an experienced certified swim coach or instructor, who will break down the required swim strokes and provide well-rounded feedback in a 45-minute group session.

(425) 304-3388
myFFR #642005-80
myFFR #642005-81
myFFR #642005-82
myFFR #642005-83

Command Cannon Ball Contest

**Wednesday, September 26
10 am-Noon**

Tsunami Pool, FREE
Splash away the competition in a Cannonball Contest! The platform will be open for commands to face-off against each other to claim the title, a prize and sweet, sweet bragging rights. Come ready with your splashiest jump and send the summer off with a splash! Sign up by Friday, September 21

(425) 304-3388



SWIMMING THE PRT WORKSHOP

Prepare for your upcoming PRT or PST with an experienced certified swim coach or instructor. They will break down the required swim strokes, and provide well-rounded feedback. In this 45-minute group session, you will learn the skills necessary to be successful in the swimming requirements.

September 4 - Front Crawl with Breathing
September 5 - Sidestroke and Turns
September 6 - Breaststroke and Elementary Backstroke

*Advance registration requested.
Classes will be held at the Tsunami Pool from 6:15-7 am.
Active Duty: FREE • All Others: \$5*

myFFR #642005-80 • myFFR #642005-81 • myFFR #642005-82 • myFFR #642005-83

(425) 304-3388

everett.aquatics@navylifePNW.com

INTRAMURAL SPORTS

LEAGUES AND TOURNAMENTS TO FIT YOUR INTERESTS!

Experts and amateurs enjoy regularly scheduled leagues throughout the year, including volleyball, flag football, golf, basketball, softball, and more.

REGIONAL TEAMS: Play for Team Navy as our region takes on Soldiers and Airmen from Joint Base Lewis-McCord each year in Flag Football, Ice Hockey, and more.

ADMIRAL'S CUP: Lead your Base to victory by competing against the other Naval Bases in our region.

CAPTAIN'S CUP: Represent your Command in a variety of different team sports and activities, while earning points toward the Cup.

TOURNAMENTS: Various tournaments are scheduled throughout the year, including racquetball, dodgeball, and basketball.



Intramural Sports are open to all male and female active duty, retirees, DoD civilians, and their guests over 18 years of age. For more information, visit navylifePNW.com.

Saturday, August 18  **Noon-4 pm**       

Free

WOOFSTOCK

at
JIM CREEK
Navy Community Recreation Area

Celebrate the Dog Days of Summer!

-  Kids' Dog Show
-  Doggy Parade
-  Pooch Portraits
-  Treat Stations
-  Prizes, Games, Crafts, and More!

Volunteers needed, please contact Jim Creek at (425) 304-5363 if interested.

(425) 304-5315




PARTY in the PLAZA

Join us for a **FREE** BBQ, music, prizes, a kids' fun run and more!

FREE!

Thursday, August 16
3-6 pm, Jackson Plaza



(425) 304-3579

Download the app
Go to **Settings**
Select your installation
Turn **ON** Push Notifications
for Unaccompanied Housing (UH)

See Announcements
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Be sure your
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at UH Buildings

Find Daily Events
and Programs
listed under **Activities**,
with Movie Schedules
and Facility Information
at your fingertips!





Olympic National Park Hike



Party in the Plaza

* * * * *

RECREATION PROGRAMS

Register online using myFFR or at the Community Recreation Office! For more information: everett.commrec@navylifepnw.com or (425) 304-3575. For most up-to-date information, visit everett.navylifepnw.com. Prices, dates and times may be subject to change without prior notice.



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 = Recreation Activity

TO = Trip/Outing

W = Kid-Friendly Event

SP = Special Event

Locations and times may be subject to change without prior notice, depending on weather conditions.

ONGOING

TO Fishing in the Puget Sound

\$210 per person
Interested in catching some salmon, crab or shrimp during the season? MWR Community Recreation has partnered with a local commercial fishing company to provide private charters for up to six people. Let us help you get out and enjoy a great day of fishing in the beautiful Puget Sound. It is an experience you won't soon forget! (425) 304-3575

TO Sunset Sail on the Puget Sound

Interested in a non-nuclear voyage this summer? MWR Community Recreation has partnered with a local commercial sailing charter to provide private and public charters aboard one of their two 70' schooners. Let us help you get out and enjoy a once-in-a-lifetime Puget Sound sunset. (425) 304-3575

LS Auto Hobby Shop Fridays and Saturdays 8 am-5 pm

Naval Support Complex Smokey Point Autoport. Rent a lift for easier oil changes, turn your rotors, preform diagnostics, and much more, to help your ride run smoother and more efficiently.

JULY

RA Adventure Books and Brews

Thursday, July 5 5:30-7:30 pm
Local Brewery, \$10
Discuss an adventure-themed book, enjoy tasty food, and sip great brews. Next month's book and location will be determined at this meeting. Book will be provided. Register by Wednesday, July 4 myFFR #5518186E

RA Stand-Up Paddleboard (SUP) Yoga with Carly **Thursday, July 5 3-4 pm**

Tsunami Pool, \$18
Join our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Tuesday, July 3 myFFR #5518187E

TO Whitewater Rafting **Saturday, July 7 7:30 am-4 pm**

Marblemount, WA, \$75
Professional river guides will instruct and accompany you on Class II-IV rapids. This river offers breathtaking views of the surrounding

mountains, wildlife, and some of the greatest rapids in the state. Lunch will be served riverside!
Register by Monday, July 2 myFFR #5518188E

TO Ghost Town and Mine Shaft Tour

Saturday, July 7 8-6 pm
Verlot, WA, \$10
Join our experienced guides as we explore the boom/bust towns of Washington State and their adventurous history! Register by Thursday, July 5 myFFR #5518187E

TO Alpine Lake Snorkeling **Sunday, July 8 8 am-7 pm**

Alpine Lake Wilderness, WA, \$30
Bring your waterproof camera! We will hit the trail and hike our way up to one of the beautiful Alpine Lakes in the area. Once lake-side, we will put on our wet suits, fins, and snorkel gear to explore the lakes edges. All gear will be provided.
Register by Thursday, July 5 myFFR #5518189E

SP Facebook Live Q&A's **Wednesday, July 11 6 pm**

[Facebook.com/EverettFFR](https://www.facebook.com/EverettFFR), FREE
Join our knowledgeable,

quirky, and adventurous outdoor guides every second Wednesday of the month, as we discuss upcoming events, give tips for enjoying the PNW outdoors, give away prizes, feature surprise guests, and answer any questions you may have. (425) 304-3573

TO Mt. Adams Climb **Friday, July 13-Sunday, July 15 7 am-Midnight**

Mt. Adams, WA, \$150
Climb the second highest peak in Washington State! We will take the South Spur Route up to base camp and watch the sunset at 9,000'. We will wake up early for an "Alpine Start" and head for the summit, then return to base camp and then back down to the trailhead to drive home. The route is 12 miles round-trip with 6,700' of elevation gain. Register by Friday, July 6 myFFR #5518194E

RA Stand-Up Paddleboard (SUP) Yoga with Carly **Tuesday, July 17 5-6 pm**

Tsunami Pool, \$18
Join our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts

welcome! Register by Friday, July 13
myFFR #5518198E

LS Backpacking Basics
Wednesday, July 18
5:30-7:30 pm

Community Recreation Office, The Commons, \$15
Learn the basics of backpacking—pre-trip preparations, how and what to pack, what should be in your first aid kit, and much more, to get you started on your next backpacking trip! Price includes a personal backpacking first aid kit.
Register by Tuesday, July 17
myFFR #5518199E

LS Make Your Own Soap, Bath Bombs and Candles
Thursday, July 19
5:30-8 pm

The Commons, \$15, \$10 LIBERTY-eligible
Choose your own fragrances, colors, and take home your new creation. All supplies provided.
Register by Tuesday, July 17
myFFR #TBD

LS Wine and Paint Night
Friday, July 20
5:30-8 pm

All American Restaurant, \$10, \$6 LIBERTY-eligible
Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine! No experience necessary. All supplies provided. Food, wine, and other beverages available for purchase.
Register by Thursday, July 19
myFFR #5518201E

TO Cutthroat Pass Backpacking Trip
Friday, July 20-Sunday, July 22
7 am-7 pm

Hwy. 20, \$80
Backpack the Pacific Crest Trail on this beautiful section, that features creek crossings, deep forests, rugged mountains and stunning scenery, that only the high alpine offers. All backpacking equipment provided. A pre-trip meeting will be required.
Register by Monday, July 16
myFFR #5518201E

TO Wenatchee River Float
Sunday, July 22
9 am-6 pm

Leavenworth, WA, \$30, \$29 LIBERTY-eligible
Hot and sunny weather, beautiful mountain scenery,

and gentle waters make this the perfect Sunday trip. We will leisurely float down the Wenatchee River until we reach the hustle and bustle of downtown Leavenworth. We will meet back up with our shuttle, change clothes and head into town for lunch on our own, with plenty of time for shopping or a brewery visit.

Register by Thursday, July 19
myFFR #5518203E

RA Intro to Stand-Up Paddleboarding (SUP)
Wednesday, July 25
3:30-7 pm

Silverlake, WA, \$15, \$10 LIBERTY-eligible
Learn and experience what all the hype is about! We will have on-shore practice and then hit the water to try out our new skills.
Register by Tuesday, July 24
myFFR #5518206E

RA Mountain Biking Workshop: Session 1
Wednesday, July 25
5:30-7:30 pm

The Commons, \$15
New to mountain biking? This two-hour class covers the basics and tips to get you out riding comfortably and safe this season.
Register by Tuesday, July 24
myFFR #5518205E

RA Dive-In Movie

Thursday, July 26
5-7 pm

The Commons, Tsunami Pool, FREE
Dive in for a family movie in our Tsunami Pool! Grab a float, lounge chair, or swim while watching a family feature film. Pizza and light refreshments will be provided. Limited availability, so call ahead and reserve your space. Please, no outside food or tubes. Pool safety rules apply.
(425) 304-3388

TO Artist Point Hike
Saturday, July 28
8-6 pm

Heather Meadows, \$16, \$15 LIBERTY-eligible
Enjoy some of the best views of Mt. Shuksan and Mt. Baker on this short and sweet hike. If time allows, we will also hike to Table Mountain, making our hike four miles round-trip with elevation gain. We will stop for dinner at a local brewery on our way

back.

Register by Thursday, July 26
myFFR #5518209E

TO Rock Climbing in Leavenworth
Saturday, July 28
7 am-6 pm

Leavenworth, WA, \$40
Make your dreams of rock climbing a reality with a day out on the crags! We will introduce you to everything you need to start climbing on Leavenworth-area routes. All rock-climbing gear provided.
Register by Thursday, July 26
myFFR #5518208E

TO Trail Ride and Brews
Sunday, July 29
8 am-5 pm

Skykomish, WA, \$45 including bike rental, \$10 without bike rental
Join fellow enthusiasts on an adventurous ride through alpine meadows, ending at a local brewery. Beginners and experts welcome!
Register by Wednesday, July 25
myFFR #5518095E

AUGUST

SP 12th Man Ticket Jam
Early August-Date TBD
5-7 pm

The Commons, Bldg. 1950
Visit your local MWR facility and fill out an entry form for a chance to purchase tickets for Seattle Seahawks 2018/2019 season Home Games! Only Active Duty personnel are eligible to enter in the drawing. One entry per household. Visit navylifepnw.com for more information.

LS Adventure Books and Brews
Thursday, August 2
5:30-7:30 pm

Local Brewery, \$10
Discuss an adventure-themed book, enjoy tasty food, and sip great brews. Next month's book and location will be determined at this meeting. Book will be provided. Register by Wednesday, August 1
myFFR #5518214E

RA Stand-Up Paddleboard (SUP) Yoga with Carly

Thursday, August 2
3-4 pm

Tsunami Pool, \$18
Join our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Tuesday, July 31
myFFR #5518215E

SP Facebook Live Q&A's
Wednesday, August 8
6 pm

Facebook.com/EverettFFR, FREE
Join our knowledgeable, quirky, and adventurous outdoor guides every second Wednesday of the month, as we discuss upcoming events, give tips for enjoying the PNW outdoors, give away prizes, feature surprise guests, and answer any questions you may have.
(425) 304-3573



Whitewater River Rafting

TO Mt. Pilchuck Sunset Hike

Saturday, August 11

4 pm-Midnight

Verlot, WA, \$15,
\$10 LIBERTY-eligible

Some of the best panoramic views this area has to offer! We will climb our way up to the restored historic fire lookout that features views of Mt. Baker, Mt. Rainier and the Olympics. After enjoying the sunset at roughly 9 pm, we will start our slow and careful descent with headlamps. 5.4 miles round-trip with 2,300' elevation gain. Register by Thursday, August 9
myFFR #5518223E

TO Wenatchee River Float
Sunday, August 12

9 am-6 pm

Leavenworth, \$30
Hot and sunny weather, beautiful mountain scenery, and gentle waters make this the perfect Sunday trip. We will leisurely float down the Wenatchee River until we reach the hustle and bustle of downtown Leavenworth. We will meet back up with our shuttle, change clothes and head into town for lunch, on our own, with plenty of time for shopping or a brewery visit. Register by Thursday, August 9
myFFR #5518224E

TO Beginner Rock Climbing

Sunday, August 12

7 am-6 pm

Leavenworth, WA, \$40
Make your dreams of rock climbing a reality with a day out on the crags! We will introduce you to everything you need to start climbing on Leavenworth-area routes. All rock-climbing gear provided. Register by Thursday, August 9
myFFR #5518225E

RA Stand-Up Paddleboard (SUP) Yoga with Carly

Tuesday, August 14
5-6 pm

Tsunami Pool, \$18
Join our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts

welcome! Register by Friday, August 10
myFFR #5518226E

LS Backpacking Basics
Wednesday, August 15

5:30-7:30 pm

Community Recreation, The Commons, \$15
Learn the basics of backpacking-pre-trip preparations, how and what to pack, what should be in your first aid kit, and much more, to get you started on your first backpacking trip! Price includes a personal backpacking first aid kit. Register by Tuesday, August 14
myFFR #5518227E

RA Party in the Plaza

Thursday, August 16

3-6 pm

Jackson Plaza, FREE
Enjoy a BBQ, music, laser tag, inflatables, field activities, kids' activities, and the Armed Forces Kids' Fun Run. (425) 304-3579

LS Make Your Own Soap, Bath Bombs and Candles
Thursday, August 16

5:30-8 pm

The Commons, \$15,
\$10 LIBERTY-eligible
Choose your own fragrances and colors, and take home your new creation. All supplies provided. Register by Tuesday, August 14
myFFR #TBD

TO Suitttle River Backpacking Trip

Friday, August 17-

Sunday, August 19

7 am-6 am

Darrington, WA, \$75 (includes all backpacking gear)
Join us for a great long weekend on the trail. We will wind our way through old-growth forests and spectacular views of the Suitttle River. We will do roughly 13 miles round-trip. Register by Tuesday, August 14
myFFR #5518229E

TO Mt. Rainier Lookout Hike

Saturday, August 18

8 am-8 pm

Sunrise, WA, \$15,
\$13 LIBERTY-eligible
This easy trail leads to some of the best views of Mt. Rainier. We will depart the trailhead from the Sunrise



Area and casually make our way up to the lookout. We will also visit the Sunrise Visitor Center. 5.6 miles round-trip and 800' elevation gain. Register by Thursday, August 16
myFFR #5518230E

TO Cycle Saloon

Sunday, August 19

Noon-6 pm

Seattle, WA \$35
Saddle up and take a spin on the Cycle Saloon, a 16-person bicycle that takes you on a tour of breweries along downtown Seattle. This unique pub crawl experience is not to be missed. myFFR #TBD

RA Mountain Biking Workshop: Part 2

Wednesday, August 22

5:30-7:30 pm

The Commons, \$15
Got skills, but need to improve? This two-hour

outdoor class covers new skills and techniques, while building on previous knowledge. Register by Tuesday, August 21
myFFR #5518234E

LS Intro to Stand-Up Paddleboarding

Thursday, August 23

3:30-7 pm

Silverlake, WA, \$15
Learn and experience what all the hype is about! We will have on-shore practice and then hit the water to try out our new skills. Register by Tuesday, August 21
myFFR #5518235E

LS Wine and Paint

Friday, August 24

5:30-8 pm

All American Restaurant, \$10,
\$6 LIBERTY-eligible.
Stimulate your taste buds and creativity with a guided paint

lesson and a glass of wine! No experience necessary. All supplies provided. Food, wine, and other beverages available for purchase. Register by Wednesday, August 22
myFFR #5518236E

RA Dive-In Movie

Friday, August 24

5-7 pm

The Commons, Tsunami Pool, FREE
Dive in and bring the entire family for a FREE family movie in our warm Tsunami Pool! Grab a float, lounge chair or swim while watching a family feature film. Pizza and light refreshments will be provided. Limited availability, so call ahead and reserve your space. Please, no outside food or tubes. Pool safety rules apply. (425) 304-3388

TO Mt. Baker Glacier Hike**Saturday, August 25****8 am-8 pm**

Mt. Baker area, WA, \$20
Get up-close glacier views of Mt. Baker's eastern glacier. We will meander our way up through Heather Meadows and then, start our ascent of a very steep trail to the foot of the glacier. River crossings and boulder hopping make this trail exciting and challenging. Seven miles round-trip with 2,000' elevation gain. Must be ages 14+.

Register by Thursday, August 23
myFFR #5518237E

RA Trail Ride and Brews**Saturday, August 25****8 am-5 pm**

Skykomish, WA, \$45 with a bike rental, \$10 without a bike. Join fellow enthusiasts on an adventurous ride through alpine meadows, ending at a local brewery. Beginners and experts welcome! Register by Thursday, August 23
myFFR #5518239E

TO Bowman Bay Paddleboard Trip**Sunday, August 26****8 am-5 pm**

Deception Pass, WA, \$30, \$25 LIBERTY-eligible
Explore this calm, protected bay on paddle-boards! Whether you're an experienced SUPer or new to the sport, we will get you out on the water for a relaxing day on Whidbey Island. It's not uncommon to see baby harbor seals and other wildlife! All equipment rentals included! Register by Thursday, August 23
myFFR #5518238E

SEPTEMBER**RA Adventure Books and Brews****Thursday, September 6****5:30-7:30 pm**

Local Brewery, \$10
Discuss an adventure-themed book, enjoy tasty food, and sip great brews. Next month's book and location will be determined at this meeting. Book will be provided. Register by Wednesday, September 5
myFFR #5518249E

RA Stand-Up Paddleboard (SUP) Yoga with Carly**Thursday, September 6****3-4 pm**

Tsunami Pool, \$18
Join our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Tuesday, September 4
myFFR #5518248E

TO Navy Gold Star Remembrance Hike**Saturday, September 8****Ice Caves: 8 am-3:30 pm****or Monte Cristo: 8 am-6 pm**

Each option is \$15
Enjoy a day on the trail, as we hike in honor of suicide awareness. Choose between: Guided family-friendly hike to the Big Four Ice Caves, 2.2 miles round-trip, myFFR #5518251E OR a guided hike to the ghost town of Monte Cristo, eight miles round-trip myFFR #5518252E. Register by Friday, September 7
(425) 304-3575

TO Alpine Lake Snorkeling**Sunday, September 9****8 am-7 pm**

Hit the trail and hike up to one of the beautiful Alpine Lakes in the area. Once lake-side, we will put on our wet suits, fins, and snorkel gear to explore the lakes edges. All gear will be provided. Register by Thursday, September 6
myFFR #5518252E

RA Trail Ride and Brews**Sunday, September 9****8 am-5 pm**

Skykomish, \$45 with bike rental, \$10 without bike rental. Join fellow enthusiasts on an adventurous ride through alpine meadows, ending at a local brewery. Beginners and experts welcome! Register by Thursday, September 6
myFFR #5518253E

SP Facebook Live Q&A's**Wednesday, September 12****6 pm**

Facebook.com/EverettFFR, FREE
Join our knowledgeable, quirky, and adventurous outdoor guides every second

Backpacking classes & Trips**Backpack through the Summer!****Learn the Basics****Backpacking Basics**

Wednesdays

July 18 & August 15

*Includes a FREE First Aid Kit.***Hit the Trail****Cutthroat Pass Backpacking Trip**

Friday, July 20-Sunday, July 22

Suiattle River Backpacking Trip

Friday, August 17-Sunday, August 19

*All backpacking gear provided.***(425) 304-3575**

Wednesday of the month, as we discuss upcoming events, give tips for enjoying the PNW outdoors, give away prizes, feature surprise guests, and answer any questions you may have.
(425) 304-3573

TO Rock Climbing Weekend

**Saturday, September 15 –
Sunday, September 16
7 am–7 pm**

Mazama, WA, \$125
Learn about sport climbing and test your newly learned skills in a fun and safe environment. We will set up camp on the first day to work on some basics, and then hit the crags on Sunday, before we head back home. Camping reservations, along with all camping and rock climbing gear will be provided.
Register by Wednesday, September 12
myFFR #5518258E

RA Freaks on Peaks Weekend

**Saturday, September 15 –
Sunday, September 16
9 am–7 pm**

Winthrop, WA, \$95
Let's enjoy the last of the warm weather by heading up to Winthrop for the weekend! We will explore and learn about Washington's fire lookouts and the selfless

volunteers who have protected the forest that we call home. All camping gear and reservations included. Register by Wednesday, September 12
myFFR #5518259E

RA Stand-Up Paddleboard (SUP) Yoga with Carly

**Tuesday, September 18
5–6 pm**

Tsunami Pool, \$18
Join our renowned yoga instructor for stand-up paddleboard yoga! Enjoy the relaxing benefits of yoga in our indoor saltwater pool. All equipment provided. Beginners and experts welcome! Register by Friday, September 14
myFFR #5518261E

LS Make Your Own Soap, Bath Bombs and Candles

**Thursday, September 20
5:30–8 pm**

The Commons, \$15, \$10 LIBERTY-eligible
Choose your own fragrances and colors, and take home your new creation. All supplies provided.
Register by Tuesday, September 18
myFFR #TBD

RA Dive-In Movie

**Friday, September 21
5–7 pm**

The Commons, Tsunami Pool, FREE

Dive in and bring the entire family for a FREE family movie in our warm Tsunami Pool! Grab a float, lounge chair or swim while watching a family feature film. Pizza and light refreshments will be provided. Limited availability, so call ahead and reserve your space. Please, no outside food or tubes. Pool safety rules apply.
(425) 304-3388

TO Hurricane Ridge Hike

**Saturday, September 22
7:45 am–7 pm**

Port Angeles, WA, \$30
A hike to Hurricane Ridge on a clear day can offer a 360-degree view, north across the Straits of Juan de Fuca to Victoria, Canada or the southern view of the glacier-clad Mt. Olympus. While hiking, we may spot or hear the whistling marmots, catch a glimpse of mountain goats, and view sub-alpine flowers, like lupine, Indian Paintbrush and avalanche lilies.
Register by Thursday, September 20
myFFR #5518265E

TO Everett Coho Derby

**Saturday, September 22 –
Sunday, September 23
6:30 am–5 pm**

Everett Marina, \$235 per person
Join one of the largest derbies

in the NW Salmon Derby Series. We are going to charter with a commercial fishing company to go out and win the Derby! Cost includes entry into the Derby and full day of salmon fishing. Categories and prizes for Active Duty Military!
(425) 304-3575
myFFR #5518267E

TO Beer and Wine Tasting in Woodinville

**Sunday, September 23
10 am–4 pm**

Woodinville, WA, \$10
We will visit two to three Breweries and/or Wineries in the Woodinville area. Food will be available for purchase. Tasting fees are not included.
Register by Thursday, September 21
myFFR #5518266E

RA Wine and Paint

**Friday, September 28
5:30–8 pm**

All American Restaurant, \$10, \$6 LIBERTY-eligible.
Stimulate your taste buds and creativity with a guided paint lesson and a glass of wine! No experience necessary. All supplies provided. Food, wine, and other beverages available for purchase.
Register by Thursday, September 27
myFFR #5518271E

TO Icicle Creek Hike
**Saturday, September 29
8 am–5 pm**

Leavenworth, WA, \$15
We will head into Leavenworth for a hike along Icicle River and then, head into town to do a little shopping and exploring. If you'd like to skip the hike and spend the whole day in Leavenworth, just tell the guide to drop you in town before the hike!
Register by Thursday, September 27
myFFR #5518272E

TO Rock Climbing in Leavenworth
**Saturday, September 29
7 am–6 pm**

Leavenworth, WA, \$40
Make your dreams of rock climbing a reality with a day out on the crags! We will introduce you to everything you need to start climbing on Leavenworth-area routes. All rock-climbing gear provided. Register by Thursday, September 27
myFFR #5518273E



PNW MOUNTAIN BIKING SERIES

RIDE THROUGH SUMMER!

LEARN THE BASICS, GET TIPS, DISCOVER NEW TECHNIQUES, AND MORE.

Mountain Biking Session 1 • \$15 Wednesday, July 25

Mountain Biking Session 2 • \$15 Wednesday, August 22

GET RIDING

Trail Ride and Brews • \$45

Sunday, July 29

Wednesday, August 25

Sunday, September 9

Includes bike rental.

(425) 304-3575

GREAT NAVY CAMPOUT

Discover Your Adventure

Summer 2018

Now-September 3



Get Out and Camp!

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RESERVATIONS

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JOIN RENOWNED YOGA INSTRUCTOR,

CARLY HAYDEN,

FOR STAND-UP PADDLEBOARD (SUP) YOGA!

at the Tsunami Pool

SUP YOGA WITH CARLY

THURSDAYS: JULY 5, AUG. 2, & SEPT. 6 (3-4 PM)
TUESDAYS: JULY 17, AUG. 14, & SEPT. 18 (5-6 PM)

\$18



-Enjoy the relaxing benefits of yoga
in our saltwater indoor pool.

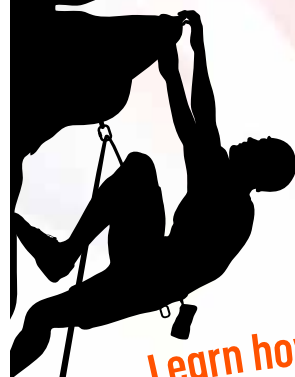
-All equipment provided.

-Beginners and experts welcome!

Register two days prior to the event via myFFR
or at the Community Recreation Office.

(425) 304-3575

ROCK CLIMBING SERIES



Learn how to rock climb with
our safe, fun staff!
Beginners and experienced
climbers welcome!

Rock Climbing in Leavenworth

Saturdays, July 28 & September 29

\$40

Beginner Rock Climbing

Sunday, August 12

\$40

Rock Climbing Weekend

Saturday, September 15-Sunday, September 16

\$125

All climbing gear provided.

CLIMB THROUGH SUMMER!

(425) 304-3575

FREAKS on the PEAKS weekend

Saturday, Sept. 15-Sunday, Sept. 16
9 am-7 pm • \$95

- Enjoy a warm weekend in Winthrop, WA.
- Learn about the history of Washington's fire lookout towers and the volunteers who stood watch in them.
- All camping equipment and reservations included.

Register by Wednesday, Sept. 12
myFFR #5518259E
(425) 304-3575



Eat
Play
Explore

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



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Enjoy discounted tickets to some of the most popular attractions, amusement parks, and activities in the United States.

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Exclusive offers and deals!
Save on taxes and fees!

Only U.S. military active duty, their immediate family members, retirees and Department of Defense civilian employees may purchase tickets.

Visit one of our Ticketing Offices today!

Community Recreation Office inside The Commons
2000 W Marine View Dr., Bldg. 1950, Everett, WA 98207
(425) 304-3167

ATTENTION!

CALLING ALL JUNIOR SERVICE MEMBERS!*

FREE, DISCOUNTED, FUN, AFFORDABLE ACTIVITIES

to get you off base and enjoying
the **GREAT PACIFIC NORTHWEST.**

*Young Adult (E1-E6)

LIBERTY-eligible only.



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ADVENTURE



**BUBBLE
SOCCER**



GAMING



**COOKING
CLASSES**



**RECREATION
TRIPS**



TOURNAMENTS

★ ★ ★ ★ ★
Visit Vibes LIBERTY Lounge
for more information
and a calendar of events.
Or visit LIBERTY online
at [everett.navylifepnw.com/
recreation/liberty-single-
sailor-program](http://everett.navylifepnw.com/recreation/liberty-single-sailor-program)
(425) 304-3580

Download the
NavyLife PNW App today!
★ ★ ★ ★ ★



Brazilian BBQ at the All American Restaurant



Catering Expo

ENTERTAINMENT & DINING



All American Restaurant
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Pierside Grille
(425) 304-3696

The Commons,
Grand Vista Ballroom
(425) 3304-3911

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

*Prices, dates and times
may be subject to change
without prior notice,
please call ahead
for pricing.*

JULY–SEPTEMBER

Mongolian BBQ Thursdays, July 12, August 9, and September 6

11 am–1 pm
All American Restaurant,
RIK FREE
Pile your favorite vegetables
high, pour on a generous
helping of tasty sauces, add
in rice or noodles, pick your
proteins, and let our culinary
specialists do the rest. Soup
and salad bar, dessert
bar, and beverage station
available.

JULY

Independence Celebration Outdoor BBQ

**Tuesday, July 3
11 am–1 pm**
All American Restaurant,
RIK FREE
Choose from BBQ ¼ chicken,
BBQ pulled pork or grilled
jumbo beer brats, corn on
the cob, homemade potato
salad, coleslaw, baked
beans, Hawaiian dinner
rolls and more. Soup and
salad bar, dessert bar, and
beverage station included.

NatiFried Chicken Day Friday, July 6

10 am–1 pm
Pierside Grille
Try our deep-fried chicken
wings, tossed in your choice
of our signature BBQ, Teriyaki
or Spicy Buffalo sauce, or
have them just plain and
get a side of fries, at no
additional charge.

National Hot Dog Day Wednesday, July 11

10 am–1 pm
Pierside Grille
Our signature ¼ lb. hot dog
grilled to perfection with an
entire station of toppings,
from grilled peppers and
onions, sauerkraut, pickle
relish to chili and more.

AUGUST

National Sandwich Day Tuesday, August 14

10 am–1 pm
Pierside Grille
Experience our super stacked
ham, turkey or chicken breast
sub sandwich, loaded with
your choice of toppings,
for one day only! Special
includes potato chips, a
cookie, and a fountain
beverage.

Catering Expo Wednesday, August 15

11 am–2 pm
The Commons, Grand Vista
Ballroom, FREE
Explore NSE Catering
with our bi-annual event,
showcasing all of our
catering locations, combined
with the various types of
cuisine available. Sample
specialty dishes, party trays,
platters and Hors d' oeuvres,
desserts, and more! Speak
to specialists from all areas
of entertainment and plan
the perfect event for yourself
or for your command. Check
navylifepnw.com for more
information.

Brazilian BBQ Celebration

**Wednesday, August 22
11 am–1 pm**
All American Restaurant,
RIK FREE
Choose from rotisserie
chicken, beef tenderloin,
grilled seasoned spicy
sausages, or pork baby-back
ribs. Select different side
dishes, including seasoned
black beans, Brazilian
rice, hot dinner rolls and
more. Soups, salad, dessert
bar, and beverage station
included.

Labor Day End of Summer BBQ

**Wednesday, August 29
11 am–1 pm**
All American Restaurant,
RIK FREE
Choose from beef or chicken
kabobs, BBQ pork ribs,
country-style macaroni and
cheese, fresh whole green
beans, fresh watermelon,
Hawaiian dinner rolls and
more. Soup, salad, dessert
bar, and beverage station
included.

SEPTEMBER

National Cheese Pizza Day

**Wednesday, September 5
10 am–1 pm**
Pierside Grille
Try our large five-cheese
blend pizza, cooked to
perfection and get a FREE
two-liter soda with your
order.

National Breakfast Day Tuesday, September 11

11 am–1 pm
All American Restaurant,
RIK FREE
Choose from an entire
selection of pastries, muffins,
doughnuts and more. Made
to order pancakes, French
toast and waffles, omelets,
and eggs fixed any way you
want. Hash browns, seasoned
home-style fries, bacon,
sausage links, gravy and
more. Biscuits, hot cinnamon
rolls, fresh cut fruits, soups,
salad, dessert bar, and
beverage station included.

National Breakfast Month Fridays during September

10 am–1 pm
Pierside Grille
Enjoy breakfast-for-lunch
each Friday with everything
from biscuits and country
gravy, breakfast burritos,
sandwiches pastries and
more.

ALL AMERICAN RESTAURANT

INDEPENDENCE
CELEBRATION

Tuesday, July 3

11 am-1 pm

All American Restaurant, Bldg. 2025
Special Pricing May Apply. RIK FREE

Choose from:

BBQ ¼ chicken, BBQ pulled pork or
grilled jumbo beer brats, corn on the cob,
homemade potato salad, coleslaw, baked
beans, Hawaiian dinner rolls and more.

(425) 304-3943

EXPERIENCE THE NAVSTA EVERETT
CATERING DEPARTMENT!WEDNESDAY, AUGUST 15 · 11 AM-2 PM
THE COMMONS, GRAND VISTA BALLROOM

- Sample specialty dishes, party trays, platters and hors d'oeuvres, desserts and more!
- Check out our bartenders' mixology abilities with signature beverages!
- Speak with a specialist from all areas of entertainment
- Plan your event!

(425) 304-3175

NATIONAL
SANDWICH
DAYTUESDAY,
AUG. 14
10 AM-1 PMExperience our SUPER STACKED
ham, turkey or chicken breast sub
sandwich, loaded with your choice of
toppings, for one day only! Special
includes potato chips, a cookie, and
a fountain beverage.

(425) 304-3696

 A vibrant poster for 'Brazilian BBQ'. It features a woman in traditional Brazilian attire playing a guitar, a parrot, and various Brazilian food items like a sausage, corn, and fruit. The background is green with yellow stars and the word 'BRAZIL' repeated in a large, stylized font.

Brazilian BBQ

Wednesday,
August 22

11 am-1 pm
All American Restaurant
Bldg. 2025

RIK FREE
Special pricing may apply, contact for details.

Choose from rotisserie chicken, beef tenderloin,
grilled seasoned spicy sausages, or pork baby-
back ribs, accompanied with a large selection
of Brazilian-inspired side dishes.

ALL AMERICAN RESTAURANT (425) 304-3943



BREAKFAST FOR LUNCH!

SEPTEMBER 11, 11 AM-1 PM • SUBJECT TO SPECIAL PRICING | RIK-FREE

A generous selection of pastries, made-to-order pancakes, French toast, waffles, omelets, and eggs, along with hash browns, seasoned home-style fries, bacon, sausage links, biscuits and gravy, fresh fruit, and more!



(425) 304-3943



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