

NSA SARATOGA SPRINGS

MWR INFORMATION BOOKLET



SSSB-11-08-UM



518-886-0200, EXT. 126

The Department of the Navy does not endorse any company, sponsor or their products or services.

Liberty Center

Information, Ticket, and Travel Office (ITT)/
Liberty Center (Bldg. 106)
518-886-0200, Ext. 126

NSA Saratoga Springs | 19 J.F. King Drive | Saratoga Springs, NY 12866

- ▶ BowTie Cinemas, Regal Cinemas, Great Escape/Six Flags Season and Day Passes
- ▶ Computer Access
 - goWifi, printer, copier, CAC access
- ▶ Flat screen T.V.s
- ▶ GOTicket Sales: Disney, Universal Studios, Hershey Park, Legoland, NYC, Boston, etc.
- ▶ Local area information
- ▶ Local ski lift tickets and ski lessons
- ▶ Pool table
- ▶ Seasonal ice skating rink
- ▶ Self-guided tour information for local areas of interest
- ▶ Times Union Center tickets for events/shows (Disney on Ice, Trans-Siberian Orchestra, etc.)
- ▶ Trip/course registration
- ▶ Video gaming systems



YMCA Membership

- ▶ Membership is available for Active Duty and their dependents listed within DEERS and NSA Saratoga Springs DoD civilians
 - Active Duty must provide a copy of their Page Two (available on NSIPS) in order to verify dependents, and a valid military ID (for identification/verification purposes)
- ▶ Membership is valid at these participating Saratoga Regional YMCA branches:
 - Battenkill
 - Corinth
 - Malta
 - Saratoga
 - Wilton



MWR's Liberty program, designed specifically for single active duty military members, offers regular scheduled activities (on and off base). Please contact either MWR location for a schedule.

Most of the above services are also available at the Community Recreation Center.

MWR Activities/Events

Previous trips include:

- ▶ Bronx Zoo
- ▶ Day trips to Boston
- ▶ NBA basketball games
- ▶ NFL football games
- ▶ Radio City Christmas Spectacular
- ▶ Yankee games
- ▶ And more!



New York Yankees



Special Events:

- ▶ Cabin Fever
- ▶ Christmas Tree Lighting and a visit from Santa Claus
- ▶ Halloween Fest
- ▶ Holiday Fest
- ▶ Spring Fest
- ▶ Summer Fest



Outdoor Activities:

- ▶ Scuba Diving Courses
- ▶ White Water Rafting



Community Recreation Center (CRC)

Community Recreation Center
518-885-5138, Ext. 1

3569 Galway Road | Ballston Spa, NY 12020

- ▶ Basketball, tennis & volleyball courts
- ▶ Batting cage with softball pitching machine
- ▶ BowTie Cinemas, Regal Cinemas, and Great Escape/Six Flags (season and day passes)
- ▶ GOTicket inquiries: Disney, Universal Studios, Hershey Park, Legoland, NYC, Boston, etc.
- ▶ Horseshoe pits
- ▶ Local area information
- ▶ Local ski lift tickets and ski lessons
- ▶ Paintball course
- ▶ Picnic pavilions (7)
- ▶ Playground (goWifi is available on the playground)
- ▶ Propane resale
- ▶ Recreation fields
- ▶ Rentals
 - Seasonal
 - Year-round
- ▶ Nature trail
- ▶ Self-guided tour information for local areas of interest
- ▶ Trip/course registration
- ▶ YMCA memberships are available at CRC

**ADMIT
ONE**



Most of the above services are also available at the Information, Tickets, and Travel Office (ITT).
Visit our website for all MWR Saratoga information: <http://www.navywmrsaratoga.com>

Community Recreation Center (CRC) Winter Rentals

- ▶ Downhill/cross country skis and ski packages (includes boots and poles)
- ▶ Ice augers
- ▶ Ice hockey equipment
- ▶ Ice skates
- ▶ Snow blowers
- ▶ Snowboard and snowboard packages (Includes boots and wrist guards)
- ▶ Snow roof rakes
- ▶ Tip-ups (ice fishing)

Community Recreation Center Spring/Summer/ Fall Rentals (CRC)

- ▶ A-liners
- ▶ Boats (fishing, pontoon, 50-hp. boat)
- ▶ Bounce houses
- ▶ E-Z UP canopies
- ▶ Generators
- ▶ Golf clubs
- ▶ Grills
- ▶ Hiking/camping gear
- ▶ Kayaks/canoes
- ▶ Lawn/garden tools
- ▶ Pop-up campers
- ▶ Pressure washers
- ▶ Tables/chairs
- ▶ Trailers



Paintball

- ▶ Located at the Community Recreation Center
- ▶ Paintballs provided with registration. Rental gear available.
- ▶ Referees provided
- ▶ Reserve field for groups of four or more

Field Use: Monday – Friday 9 a.m. to 3 p.m. | Saturday 10 a.m. to 1 p.m.

WEB TRAC

- ▶ Web Trac is an online service for our patrons to make rental reservations.
 - This will allow you to:
 - Register for an activity
 - Rent a pavilion
 - Reserve equipment
 - Sign up for a trip

Make your reservation from the comfort of your own home, any time of the day!

<http://myffr.navyaims.com/wbwsc/midlantrec.wsc/wbsplash.html?wbp=1>

NPTU Ballston Spa/Kesselring Site Fitness Center (Open 24/7)

- ▶ **Aerobics Room**
 - Battle and jump ropes
 - Exercise bands
 - Foam rollers
 - Heavy and speed bags
 - Plyo boxes
 - Stability, Bosu and medicine balls
 - Various agility equipment
- ▶ Complete selection of Life Fitness weight machines
- ▶ Daily FEP and instructional classes led by certified Fitness Specialist
- ▶ Full range of cardio equipment (connected to cardio theater system)
 - Arc trainer
 - Elliptical machines
 - Jacobs ladder
 - Lateral trainer
 - Real Ryder Bike
 - Rope pull
 - Rowers
 - Treadmills
 - Upright and recumbent bicycles
 - Versa and Step climbers
- ▶ Limited free weights
 - Dumbbells
 - Kettle bells
 - Various benches
- ▶ Locker facility with showers
- ▶ Nutritional and strength training form discussions
- ▶ Personal training by request
- ▶ Weekly/monthly gym challenges with incentive awards



MWR Intramural Sports

(Free to Active Duty and Dependents, and DoD and DoE Civilians)

- ▶ **Summer Leagues**
 - Softball
 - Volleyball
- ▶ **Fall Leagues**
 - Flag football
 - Soccer
- ▶ **Winter Leagues**
 - Basketball
 - Billiards
 - Bowling
 - Darts
 - Indoor golf
- ▶ **Tournaments & Other Events**
 - 3-on-3 Basketball, Summer Golf Outing, and Spring and Fall 5K
 - Dodgeball
 - Horseshoes

Is Your Sport Not Offered?

Please let us know. We're happy to work with you to provide you with the sports you want.

NSA Saratoga Springs Child and Youth Program

Program Scope

- Child Care Aware is a civilian company contracted through Navy Child and Youth Programs. They will support families stationed at NSA Saratoga Springs. Their goal is to assist families with locating quality childcare in the community.
- For questions regarding your school age child, please call 757-322-680 and leave a detailed message including a return number. A regional representative will return your call within 24 hours.
- Military families will be able to receive subsidy for services at childcare facilities in the community that meet the Navy and NAEYC (National Accreditation for Education of Young Children) standards. This subsidized service means that military members will pay fees that are equivalent to those of a Navy program and the contractor will pay the difference.
- NSA Saratoga is committed to providing high quality Child and Youth services to Warfighter and Civilian contractors (DoD) via the Child Care Aware Program.
- To receive childcare services, ALL families must complete an online profile through the www.militarychildcare.com (MCC) online service. Once completed, they will receive an email or call from Child Care Aware regarding their childcare choice and registration.
- Visit www.militarychildcare.com for information about the registration process.





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