



NSA Hampton Roads

Welcome ABOARD

Your guide to everything
NSA Hampton Roads
has to offer!



Welcome
Aboard



FOR MORE INFORMATION ONLINE:

www.navymwrhamptonroads.com



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NSA Hampton Roads Headquarters

7918 Blandy Road
Norfolk, VA 23511

TELEPHONE DIRECTORY

Base Info Line: 757-444-0000

Fleet and Family Support Center: 757-444-2102

MCX: 757-423-1187

Military Housing: 757-282-6666

NSA Hampton Roads - Headquarters has the largest concentration of fleet headquarters administrative and communication facilities outside of Washington, D.C. We are home to more than 6,000 personnel that includes major tenant commands: U.S. Fleet Forces Command, Joint Staff Hampton Roads, U.S. Marine Corps Forces Command, Naval Submarine Forces Atlantic and Naval Reserve Forces Command.

NORFOLK BUCKET LIST

- Waterside District and Town Point Park**
- Virginia Zoo**
- Harbor Park**
Home of the Norfolk Tides minor league baseball team.
- Norfolk Scope**
Home of the Norfolk Admirals minor league hockey team and many other events.
- Craft Breweries**
O'Connor's, Smartmouth, Benchtop, Coelacanth, Rip Rap and Bold Mariner.
- Mermaid Winery**
- Norfolk Botanical Gardens**
- Ocean View Beaches**
- Ted Constant Center**
- Chrysler Hall**
Home of many performing arts events throughout the year.
- Nauticus**
Maritime-themed museum and science center featuring the battleship Wisconsin.

*Turn to page 20 for an expanded list of Hampton Roads
and Mid-Atlantic Region bucket list attractions!*





Navy Community Recreation hosts on- and off-base events, trips, outdoor equipment rental, recreational green space, party and picnic support, pavilion and field reservations, command picnics and special events.

Joint Forces Staff College Park

7800 Hampton Blvd.
Norfolk, VA 23511

757-444-0347

HOURS OF OPERATION

Daily, sunrise to sunset

The Joint Forces Staff College Park offers three picnic pavilions (each seating 48 people), softball fields, a tennis court, horseshoe pits and a sand volleyball court.

Cutter Athletic Park

100 Elementary Drive
Norfolk, VA 23511

757-444-0347

HOURS OF OPERATION

Daily, 9 a.m. to sunset

Cutter Athletic Park is a 40-acre multi-purpose facility with six picnic pavilions seating 96 patrons per pavilion, three soccer/multi-purpose fields, four softball fields, four sand volleyball courts and 10 horseshoe pits.



Pub One Community Recreation Center

7800 Hampton Blvd.
Marianas Hall, Bldg. SC-400
Norfolk, VA 23511

757-423-2169

HOURS OF OPERATION

Monday - Thursday, 8 a.m. to 7 p.m.

Friday, 8 a.m. to 6 p.m.

Saturday and Sunday, 8 a.m. to 4 p.m.

The Pub One Community Recreation Center offers pool tables, table top shuffle board, foosball, dart boards and widescreen televisions, as well as various special events throughout the year. Discounted tickets for a limited number of local and national attractions are available for sale. A long-term storage lot is available for campers, RVs, trailers, boats and more is located outside of building SC-400.

Lewis/Odenthal Park

Forrestal Drive
Norfolk, VA 23511

757-444-0347

HOURS OF OPERATION

Daily, sunrise to sunset

Lewis/Odenthal Park offers three picnic pavilions (two seating 48 people, one seating 16), horseshoe pits, a basketball court and a sand volleyball court.

NSA HR - Headquarters





Sewells Point Golf Course

600 Ruthven Road
Bldg. CA-99
Norfolk, VA 23511

757-444-5572

HOURS OF OPERATION

Daily, opening and closing times vary by season

Sewells Point Golf Course was established in 1927 and is a Donald Ross-designed, 18-hole, Par 71 championship golf course with New Champion Hybrid Bermuda Greens. Enjoy our fully-stocked pro shop with all major brands for your golfing needs. Our practice areas include a driving range, putting green, chipping green, and sand bunker. Club fittings and golf lessons with a PGA professional are available by appointment. We also cater to small golf outings – divisions, ships, commands, etc. – throughout the year. We offer semi-annual and 10-play passes, as well as reasonable green fees and power cart rentals. Call 757-444-5572 for pricing.



NSA HAMPTON ROADS - HQ
SEWELLS POINT GOLF COURSE

NSA Hampton Roads
SEWELLS POINT
EST. 1927

NOW AVAILABLE FOR RENT!

NOTHING RIDES LIKE A
GSC
GOLF SKATE CADDY

- High tech, fun way to play golf!
- No more cramped carts!
- Improve your game!
- Ride in style!
- Faster play!

MWR

CALL 757-444-5572 FOR MORE INFORMATION.

NSA Hampton Roads



Marianas Fitness Center

7800 Hampton Blvd.
Bldg. SC-400
Norfolk, VA 23511



757-443-6110

HOURS OF OPERATION

Monday - Thursday, 5 a.m. to 7:30 p.m.
Friday, 5 a.m. to 6 p.m.
Saturday, Sunday and holidays, 8 a.m. to 4 p.m.

The Marianas Fitness Center features personal training by appointment, group exercise classes, seated massage services (fee based), fitness assessments, blood pressure readings, locker rentals, gym and softball field reservations, incentive fitness programs, fitness and nutrition lectures, PRT compliant cardio equipment, functional and strength equipment, equipment and facility orientations, Command PT, FEP assistance, CFL courses, and intramural sports leagues and competitions.

NH-30 Fitness Center

1427 Mitscher Avenue
Bldg. NH-30
Norfolk, VA 23511

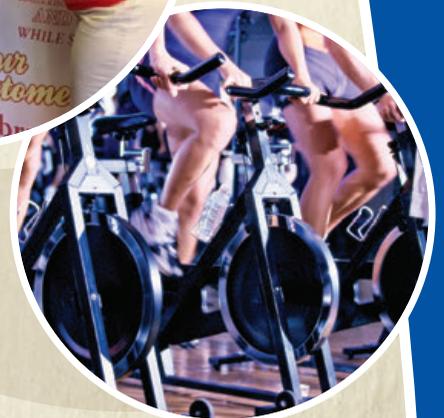


757-836-1810/1812

HOURS OF OPERATION

Monday - Thursday, 4:30 a.m. to 7 p.m.
Friday, 4:30 a.m. to 6 p.m.
Saturday and Sunday, closed

The NH-30 Fitness Center is a multi-room fitness facility featuring state-of-the-art equipment, including more than 50 pieces of PRT compliant cardio equipment, a functional exercise room with Synergy and three half-racks, two weight rooms, two racquetball courts, and a gymnasium. We also offer a variety of high-intensity and beginner/intermediate group exercise classes, personal training by appointment, fitness assessments, blood pressure readings, locker rentals, equipment and facility orientations, Command PT, FEP assistance, CFL courses, and intramural sports leagues and competitions.



www.navymwrhamptonroads.com/fitness



Food & Beverage

NSA HR - Headquarters

Pub One Grille

7800 Hampton Blvd.
Marianas Hall, Bldg. SC-400
Norfolk, VA 23511

757-423-2169

HOURS OF OPERATION

Monday - Friday, 6 a.m. to 2 p.m.
Saturday and Sunday, closed

**Hours change frequently due to class sessions at JFSC, so please feel free to call to confirm hours.*

Pub One offers full breakfast and lunch menus and features both daily and weekly specials. During JFSC class sessions, Pub One opens a few nights per week for special events or a casual atmosphere to enjoy beverage and food specials.

On the second floor of Marianas Hall, the Azalea and Magnolia Rooms offer space for command events, trainings/conferences, weddings, luncheons, and all other functions. For more information on catered events, call 757-489-2892.



DINE ON THE GO



Sewells Point Golf Course Snack Bar and Catering



600 Ruthven Road
Bldg. CA-99
Norfolk, VA 23511



757-445-2605 / 757-443-6111

HOURS OF OPERATION

Daily, opening and closing times vary by season

The Snack Bar at Sewells Point offers breakfast and lunch menus as well as daily specials Monday through Friday. Call 757-445-2605 for more information.

The Sewells Point Norfolk Room is available for catered events such as retirements, weddings receptions, birthdays, anniversaries, promotions and wetting downs. Call 757-443-6111 for reservation details.



Dine on the Go Available!

www.dineonthegomidlant.com/order-online/nsa-hampton-roads



www.facebook.com/nsamwvr

NSA Hampton Roads Northwest

4541 Relay Road
Chesapeake, VA 23322

TELEPHONE DIRECTORY

Base Info Line: 757-444-0000

Fleet and Family Support Center: 757-421-8770

NEX: 757-421-8254

Military Housing: 757-204-4258

NSA Hampton Roads - Northwest provides a wide array of support services for eleven tenant commands, comprising United States Coast Guard and Department of Homeland Security operational units, United States Navy and United States Marine Corps Anti-Terrorism/Force Protection training commands, and United States Navy, United States Coast Guard and NATO strategic communication activities. NSA HR - Northwest also maintains and operates the largest small-arms range facilities in Navy Region Mid-Atlantic.

CHESAPEAKE BUCKET LIST

- Northwest River Park**
- Great Dismal Swamp National Wildlife Refuge**
- Chesapeake Arboretum**
- Chesapeake Planetarium**
- Fun Forest**
- Great Bridge Lock Park & Battlefield Park**
Home of the annual Waterways Heritage Festival.
- Chesapeake City Park**
Home of the annual Chesapeake Jubilee held every May.
- Lake Drummond**
The second largest lake in Virginia.
- Town Place at Greenbrier**
- Dismal Swamp Canal Trail**

*Turn to page 20 for an expanded list of Hampton Roads
and Mid-Atlantic Region bucket list attractions!*

NSA HR - Northwest



Community Recreation

NSA HR - Northwest



Mariner Community Recreation Center

237 Relay Road
Bldg. 237
Chesapeake, VA 23322

757-421-8250/8251

HOURS OF OPERATION

Monday - Wednesday, 11 a.m. to 8 p.m.
Thursday, 11 a.m. to 4 p.m.
Friday, 11 a.m. to 10 p.m.
Saturday, 10 a.m. to 10 p.m.
Sunday, 10 a.m. to 8 p.m.



Navy Getaways Stewart RV Park & Campground

Check in at 237 Relay Road
Chesapeake, VA 23322
Site is off of Wilderness Road

757-421-8250/8251

Our RV park features 14 RV slots with 30/50-amp power at each site, water hook-up, bath house with showers and restrooms, screened-in and open air pavilions with grills and dump station, dumpster, and we are a pet-friendly destination.

The Mariner Community Recreation Center is your MWR one-stop shop! The center houses the following programs and services: Navy Getaways Stewart RV Park and Community Recreation: trips, tickets, outdoor equipment rental, party and picnic support, recreation programming, recreational green space coordination (pavilion rentals, command picnics, and events, information and resources). Our long term vehicle storage lot offers an affordable and secure location for you to store cars, trucks, RVs, boats or trailers and is available for a monthly fee. Our Tickets and Travel program offers discounted prices for local and national amusement parks, movie theaters, museums, sporting events, Disney tickets and hotels throughout the United States. You can also stop by for drop-in activities such as LEGOs, board games, coloring and more.

Our Liberty program is located inside the Mariner Community Recreation Center. NSA Hampton Roads - Northwest single Sailor programs are open to all active duty military personnel and guests ages 18 and older. These programs are geared toward E-1 to E-6 personnel, geographic bachelors and unaccompanied service members from all branches of services. Our goal is to enhance the quality of life for these individuals by providing a comprehensive program of social, cultural, recreation, athletic and fitness activities in a safe and healthy environment. Liberty provides high-energy recreation programs, superior entertainment experiences and the development of personal leisure skills, leading to extraordinary and unique opportunities for enjoyment, activity and adventure in an alcohol and tobacco-free environment. The Liberty Center includes free use of computers, wireless internet, state-of-the-art video game systems, movies and TV rooms, book collections and special events. Liberty trips and tours include sporting events, outdoor adventures, shopping trips, amusement parks, deep sea fishing and community events including festivals, concerts and seasonal programs.



www.facebook.com/nsamwr

Like Us

Fitness Center

2355 Olympic Blvd.
Bldg. 65
Chesapeake, VA 23322



757-421-8263

HOURS OF OPERATION

Monday - Friday, 5 a.m. to 8 p.m.
Saturday, Sunday and holidays, 8 a.m. to 4 p.m.

The Northwest Fitness Center features a cardio area with more than 30 pieces of PRT compliant cardio equipment, a free weight and circuit training area, both indoor and outdoor functional training areas, and a racquetball court. We also offer a variety of high-intensity and beginner/intermediate group exercise classes, personal training by appointment, fitness assessments, blood pressure readings, equipment and facility orientations, Command PT, FEP assistance, and CFL courses.

Gymnasium

Relay Road
Bldg. 348
Chesapeake, VA 23322

757-421-8268

HOURS OF OPERATION

Monday - Friday, 5 a.m. to 8 p.m.
Saturday, Sunday and holidays, 8 a.m. to 4 p.m.

The Northwest Gymnasium features a full basketball court, two cross-courts, regulation wrestling mats used for hand-to-hand nonlethal training, saunas in both the male and female locker rooms, and intramural sports leagues and competitions.

Outdoor Pool

Relay Road
Bldg. 348
Chesapeake, VA 23322

757-421-8268/8303

HOURS OF OPERATION

Memorial Day to mid-June:

(Until school is released)
Saturdays and Sundays, 10 a.m. to 6 p.m.

Mid-June to Labor Day:

Tuesday - Sunday, 10 a.m. to 6 p.m.
Lap Swim, 10 to 11 a.m. during operating days

Our fully-staffed 25-meter pool offers lap swim lanes, recreational swimming, a picnic pavilion, sun deck, and plenty of lounge chairs for summer fun! The pool and pavilion are available for party rentals all summer. Swim lessons, water safety courses and lifeguard classes are offered throughout the season. Please call for more information.



Mariner Community Recreation Center

237 Relay Road
Chesapeake, VA 23322

757-421-8250/8251

HOURS OF OPERATION

Monday - Wednesday, 11 a.m. to 8 p.m.

Thursday, 11 a.m. to 4 p.m.

Friday, 11 a.m. to 8 p.m.

Saturday and Sunday, noon to 7 p.m.

Stop by the Mariner Community Recreation Center and order something off of our menu. We have a wide range of items including: pizza, hamburgers, wraps, sandwiches, wings, corn nuggets and more! Looking for a catering package? Then look no further. We can cater your command function, birthday party or create a deli or sandwich platter to go.



Retro Bowling Center

2355 Olympic Blvd.
Bldg. 241
Chesapeake, VA 23322

757-421-8250/8251

BY RESERVATION ONLY

Retro Bowling Center is a four-lane bowling center that features bumpers and glow-in-the-dark options. Retro Bowl is a great location for parties, command functions, or just a fun afternoon with friends. To reserve the entire Center for your group or function, contact the Mariner Center at 757-421-8250 for pricing and packages.

Also available are 16 computers with goWiFi for use in the Cyber Alley.

Our snack bar & grill menu offers hamburgers, pizza, chicken tenders and more.



Child & Youth Programs



Child Development Center

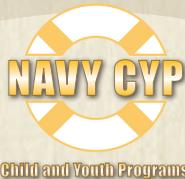
383 Relay Road
Bldg. 383
Chesapeake, VA 23322

757-421-8266

HOURS OF OPERATION

Monday - Friday, 5 a.m. to 7 p.m.
Weekends and holidays, closed

The Northwest Annex Child Development Center accommodates 110 children ages six weeks to five years. Hourly care is also available during normal hours of operation, as care space permits.



Youth Center

Cardinal Street
Bldg. 432
Chesapeake, VA 23322

757-421-8004



HOURS OF OPERATION

Monday - Friday:
Before care, 5 to 7:30 a.m.
After care, 3 to 7 p.m.
Kindergarten, 11:45 a.m. to 7 p.m.
School closing, 5 a.m. to 7 p.m.
Summer camp, 5 a.m. to 7 p.m.
Weekends and holidays, closed

The Northwest Annex Youth Center accommodates 40 children for summer camp and 55 during the school year. Five-year-olds can participate in summer recreation camps if they have graduated from kindergarten. Services offered include school age care for before and after school, holiday camps, family special events, parents night out activities, open recreation time, and teen programming.

Home School Support - The Northwest Military Home school Support Group is a parent-led and supported group for homeschoolers who are military-connected. Registration is required through the Naval Support Activity Hampton Roads - Northwest Youth Center. Meetings take place on the second and fourth Thursday of each month and are held at the Youth Center. Homeschoolers have the opportunity to use the Youth Center facility and resources for students ranging in age from five to 17, but tag-alongs (younger kids) are welcome. A parent must be present whenever their child attends a meeting. The Northwest Military Homeschool Support Group has a community service focus and is dedicated to "giving back." Through volunteering, our participants promote personal growth and self-esteem while strengthening our community. Other parent-led lessons and activities have an emphasis on science, technology, engineering and math (STEM).

NSA HR - Northwest



www.militarychildcare.com



NSA Hampton Roads Portsmouth

620 John Paul Jones Circle
Portsmouth, VA 23708

TELEPHONE DIRECTORY

Base Info Line: 757-953-5000

Fleet and Family Support Center: 757-953-7801

NEX: 757-397-5858 (in bldg. 3 hospital);
757-397-5857 (Mini Mart next to River's Edge Community Center)

Military Housing: 757-802-3390

NSA Hampton Roads - Portsmouth is home to the Naval Medical Center Portsmouth (NMCP). NMCP has proudly served the military and their families since 1830, making it the Navy's oldest continuously operating hospital. Located on historic Hospital Point, the main campus of Naval Medical Center Portsmouth (NMCP) is home to 5,000 men and women, providing healthcare services to the brave men and women of all our armed forces, eligible family members and retirees.

PORTSMOUTH BUCKET LIST

- Children's Museum of Portsmouth**
- Commodore Theater**
Historic movie theater with dining area and balcony seating.
- Olde Town Shopping and Dining District**
- Elizabeth River Ferry Boat to Norfolk Waterside District**
- Portsmouth City Park**
- Hoffler Creek Wildlife Preserve**
- Portsmouth Pavilion**
Waterfront amphitheater featuring concerts and events year round.
- Portsmouth Naval Shipyard Museum**
- Lightship Portsmouth Museum**
- South Norfolk Jordan Bridge - Pedestrian Walkway**
Run up and down the path for the ultimate fitness workout!

*Turn to page 20 for an expanded list of Hampton Roads
and Mid-Atlantic Region bucket list attractions!*



Community Recreation

River's Edge Community Center

860 Sterling Cook Street
Bldg. 256
Portsmouth, VA 23708

757-953-5095

HOURS OF OPERATION

Sunday - Thursday, 10 a.m. to 7 p.m.
Friday and Saturday, 10 a.m. to 8 p.m.



River's Edge Community Recreation Center is home to on-base community events, tickets, equipment, trips, outdoor recreation to include rentals for parties and picnics, command support, recreation programming, pavilion rentals, and special events like our annual Uncorked Wine Festival. If you are looking to purchase discounted Busch Gardens or Walt Disney World tickets, book a room at Great Wolf Lodge, rent tables or a grill, then call or come see us for all we have to offer!

The Liberty single-Sailor program offers a variety of recreational programming including: video game tournaments, indoor sky diving, the newest gaming stations, computers with free printing, pool and ping-pong tables, and a lending library. The program also has a partnership with the Navy Motion Picture program so you can watch the latest movies.



NSA HR - Portsmouth



River's Edge Bistro

860 Sterling Cook Street
Bldg. 256
Portsmouth, VA 23708

757-953-5081

HOURS OF OPERATION

Monday - Friday, 11 a.m. to 2 p.m.
Saturday and Sunday, 11 a.m. to 5:30 p.m.

River's Edge Bistro is located inside the Community Recreation Center. Come in today and check out our variety of menu options, including hamburgers, chicken tenders, wings, wraps, nachos, fries, salads and more, cooked to order. Daily or weekly food specials are available and call-ahead orders are accepted!



River's Edge Catering & Conference Center

860 Sterling Cook Street
Bldg. 256
Portsmouth, VA 23708

757-953-5099

The River's Edge Conference Center offers a quality and cost-efficient location for official command functions, private functions, events, meetings and parties. Your catered event is as important to our staff as it is to you. River's Edge is a beautiful site with two ballrooms that open up to picturesque views of the Elizabeth River and downtown Norfolk skyline.





Riverview Fitness Center

1101 Holcomb Road
Bldg. 276
Portsmouth, VA 23708



757-953-7024

HOURS OF OPERATION

Monday - Friday, 5 a.m. to 8 p.m.
Saturday and Sunday, 8 a.m. to 4 p.m.

Hospital Exercise Room

Located on first floor of
Bldg. 3 in the hospital

757-953-8106

HOURS OF OPERATION

Monday - Friday, 5 a.m. to 6 p.m.

The Hospital Exercise Room is available for use 24/7 with appropriate hospital badge. The fitness area includes cardio equipment, strength equipment, and a group exercise room with classes, including spin, step, strength, yoga, Pilates and more!

The Riverview Fitness Center features a cardio room with PRT compliant cardio equipment, free weight room, functional training area, circuit training room, basketball court with six goals, two racquetball courts, track with a multi-purpose field, and an outdoor functional Fit Park with TRX. We also offer a variety of beginner, intermediate and high-intensity group exercise classes, personal training by appointment, fitness assessments, blood pressure readings, equipment and facility orientations, Command PT, FEP assistance, CFL courses, and intramural sports leagues and competitions.

Riverview Aquatics Center

840 Sterling Cook Street
Bldg. 252
Portsmouth, VA 23708

757-953-5946

HOURS OF OPERATION

Monday - Friday, 5:30 a.m. to 6 p.m.

Our 25-meter heated lap pool features six lanes, sauna, group exercise classes, command PRT, certified lifeguards on duty, and command training by reservation. Swim lessons, water safety courses and lifeguard classes are also offered. Please call for more information.



NSA HR - Portsmouth



Child & Youth Programs



School Liaison Officer

1099 Holcomb Road
Bldg. 272, Room 105
Portsmouth, VA 23708

757-953-7332 (office)
757-921-5876 (mobile)

HOURS OF OPERATION

Monday - Friday, 8 a.m. to 4:30 p.m.
and by scheduled appointment

The School Liaison Officer (SLO) serves as a conduit to the installation's Commanding Officer, military families and schools by providing assistance in matters pertaining to student education. The SLO also helps schools and installations respond to the complexities of transition and deployment while providing military families the assurance that their children's academic well-being is a priority.

Navy SLOs provide seven core services:

1. School Transition Services (PCS in/out)
2. Deployment Support
3. Command, School & Community Communication
4. Special Education System Navigation
5. Home School Linkage and Support
6. Partnerships in Education
7. Post-Secondary Preparations

24/7 Child Care Center

620 John Paul Jones Circle
Bldg. 247
Portsmouth, VA 23708

757-953-7050

The 24/7 facility provides childcare services for children ages six weeks to 12 years whose parents are classified as shiftworkers. Documentation of shiftwork schedule is required.

Child Development Center/ Child Wait Center

620 John Paul Jones Circle
Bldg. 249
Portsmouth, VA 23708

757-953-6904

HOURS OF OPERATION

Monday - Friday, 5 a.m. to 7 p.m.

Drop-in program:

Monday - Friday, 6:30 a.m. to 4:30 p.m.

The NSA HR - Portsmouth Child Wait Center/Child Development Center is a dual-functioning childcare facility. We serve as a full-time Child Development Center for our active duty/DoD/government contractor parents, as well as a drop-in childcare center for patients with appointments at the Naval Medical Center. The Child Development Center (CDC) services children ages six weeks to five years old (infants, pre-toddlers, toddlers and preschoolers). We are a smaller center with only one classroom per age group. Each classroom is designed for the growth and development of our children. Our caregivers work diligently to ensure that quality care and nurturance is given to each child. The Child Wait Center (CWC) offers free childcare services, for children ages six weeks to five years old, for patients with medical appointments and classes at NMC Portsmouth.

NSA HR - Portsmouth



MWR NSA HAMPTON ROADS

NSA HR - Headquarters

| | |
|--|-------------------------|
| MWR Director | 757-836-2305 |
| Operations Manager | 757-421-8261 |
| Business Office (Unit Allocations and Fundraising) | 757-836-2301 |
| NH-30 Fitness Center | 757-836-1810/1812 |
| Marianas Fitness Center | 757-443-6110 |
| Pub One | 757-423-2169 / 443-6111 |
| Park Reservations | 757-444-0347 |
| Sewells Point Golf Course Snack Bar | 757-445-2605 |
| Sewells Point Golf Course Pro Shop | 757-444-5572 |

NSA HR - Northwest

| | |
|--|---------------------|
| Mariner Community Recreation Center | 757-421-8250/8251 |
| Navy Getaways - Stewart RV Park and Campground | 757-421-8250/8251 |
| Conference Center | 757-421-8250/8251 |
| Vehicle Storage | 757-421-8264 |
| Fitness Center | 757-421-8263 |
| Gymnasium | 757-421-8303 |
| Seasonal Pool | 757-421-8268 / 8303 |
| Retro Bowl | 757-421-8267 |
| Child Development Center | 757-421-8266 |
| Youth Center | 757-421-8004 |

NSA HR - Portsmouth

| | |
|--|-----------------------|
| River's Edge Community Recreation Center | 757-953-5095 |
| River's Edge Bistro | 757-953-5081 |
| Riverview Fitness Center | 757-953-7024 |
| Riverview Aquatics Center | 757-953-5946 |
| School Liaison Officer | 757-953-7332 (office) |
| | 757-921-5876 (mobile) |
| 24/7 Child Care Center | 757-953-7050 |
| Child Development Center / Child Wait Center | 757-953-6904 |

NSA Hampton Roads



Area Attractions

There are countless things to do, see, and experience in the Hampton Roads area, the state of Virginia, and the surrounding Mid-Atlantic Region. While you and your family are stationed here or you have decided to permanently reside here, take advantage of all the recreational opportunities available. Below is just a small list of our suggested attractions that you should visit.

HAMPTON ROADS BUCKET LIST

- Virginia Beach Oceanfront**
Miles of beaches, a beachfront boardwalk, shopping/dining/entertainment strip, boating, fishing and so much more!
- Ocean Breeze Water Park**
Complex also contains MotorWorld go-karts, paintball and mini-golf!
- Virginia Aquarium and Marine Science Museum**
- Virginia Air and Space Museum**
- Virginia Living Museum**
- Bennett's Creek Park**
Boat ramp to Nansemond River, disc golf course, playground, nature trails, fishing/crabbing pier, picnic shelters and beautiful scenery!
- First Landing State Park**
Camping, beaches, hiking/biking trails, boating and more!
- Virginia Beach Amphitheater**
National headliner concerts in Spring/Summer/Fall seasons!
- Fort Monroe National Monument**
Historic decommissioned Army installation converted into national park. Complex also contains Paradise Ocean Club as well as Oozlefinch Craft Brewery!
- Windsor Castle Park in Smithfield**
Woodland trail system, picnic and open area space, dog park, kayak/canoe launch, fishing pier, mountain bike path, scenic overlooks and the historic manor house Windsor Castle!



VIRGINIA BUCKET LIST

- Busch Gardens Williamsburg Theme Park**
European "Old Country" themed thrill park with shows, roller coasters, kiddie rides, annual events and much more!
- Kings Dominion Theme Park**
Located just outside of Richmond, only a 90-minute drive from Norfolk area!
- Wintergreen Resort**
Skiing, snowboarding and tubing in the winter; and Adventure Center, hiking, swimming and biking in the summer. A beautiful mountain retreat!
- Massanutten Resort**
Skiing, snowboarding and tubing in the winter; and waterpark, zipline, spa, dining and shopping in the summer. Another beautiful mountain retreat!
- Blue Ridge Parkway**
Named "America's Favorite Drive," the parkway offers outstanding scenery and recreational opportunities along 469 miles connecting the Great Smoky Mountains National Park in North Carolina to Shenandoah National Park in Virginia!
- Colonial Williamsburg**
Explore the 18th century as you experience one of the world's largest living history museums!
- Jamestown Settlement**
Visit America's first permanent English colony, which comes to life through film, gallery exhibits and outdoor living history!
- Natural Bridge**
Formed when a cavern collapsed and left the span that stands today, the Natural Bridge has been designated a National Historic Landmark, a Virginia Historic Landmark and is listed in the National Register of Historic Places.
- Luray Caverns**
The most popular caverns in Eastern America with guided tours along well-lit, paved walkways which lead visitors through cathedral-sized rooms with ceilings 10-stories high, towering stone formations and natural wonders at every turn!
- Chesapeake Bay Bridge Tunnel to the Eastern Shore of VA**
Twenty three-mile bridge/tunnel combination crossing, where the Atlantic Ocean meets the Chesapeake Bay. Links the Hampton Roads area to the Eastern Shore of Virginia, and selected as "One of the Seven Engineering Wonders of the Modern World."



MID-ATLANTIC REGION BUCKET LIST

- Washington, D.C.**
Just a three to four-hour drive to our Nation's Capital!
- Outer Banks of North Carolina**
Premiere beach vacation destination!
- Whitewater Rafting in West Virginia - New River and Gauley River**
Top five whitewater rivers in USA!
- Inner Harbor in Baltimore**
Pro sports in NFL and MLB, museums, dining and entertainment!
- Six Flags America Theme Park in Maryland**
Includes Hurricane Harbor water park!
- Hershey Park in Pennsylvania**
Hershey's chocolate-themed amusement park!
- Ocean City, Maryland**
Resort town with miles of beach and a wooden boardwalk lined with restaurants, shops and hotels. Trimper's Rides has hosted theme-park attractions for decades.
- Atlantic City, New Jersey via car ferry from Lewes, Delaware to Cape May, N.J.**
Car ferry gives the driver a break, saves mileage on your vehicle and actually saves trip time. Atlantic City has beaches, a boardwalk, shopping, dining and casinos!
- Philadelphia**
Several historical landmarks and museums, four major pro sports teams, and home of the original cheesesteak sandwiches. Only a five to six-hour drive from the Norfolk area!
- Dover, Delaware**
Home of Dover Downs Casino and Dover International Speedway, which hosts two major NASCAR races every year. Only a four-hour drive from the Norfolk area!



