

Saratoga Springs Monthly Newsletter is a digital publication that highlights MWR & CYP programs, events, and local events.

NavyLifeNSAS.com/Newsletter

NavyLifeNSAS.com

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TICKETS AVAILABLE AT BOTH TICKETS & TRAVEL AND COMMUNITY RECREATION: LEGOLAND, NY - Disney World FL – Universal/Island Of Adventure/Volcano Bay & More!
Regal & Bow Tie Cinemas –*Bowtie in Schenectady, NY will be still accepting them indefinitely.*
AMC MOVIE TICKETS: Available at both MWR locations



All About Kettlebells

Field House | September 6

Join this MWR Fitness class from 1 to 2:30 p.m. and learn how to properly use a kettlebell and possibly get one of the hardest workouts you have ever had.

[MORE INFORMATION](#)



Liberty Sept. Events for E1 - E6

MWR Liberty | Sept. 19, 21, 27 and 29

Are you looking for something fun to do? Your Liberty program Sept. events and activities includes 10K challenge, Revolution Rail Co., Bee Trail Loop hike, Natural Stone Bridges & Caves, spare time @ Liberty Center, and more!

[MORE INFORMATION](#)



Remembrance Run 5K

Saratoga State Park | September 23

Participate in NSA Saratoga Springs MWR Fitness's Remembrance Run 5K at 10 a.m. at the Ferndell Pavilion.

[MORE INFORMATION](#)



500/1000 Lb. Challenge

Fitness Center | October 1 - 31

MWR Fitness is hosting a 500/1000 lbs. monthly challenge. Test your strength and see if you can total 1000 lbs for men and 500 lbs for women between the Squat, Bench and Deadlift.

[MORE INFORMATION](#)

Liberty Oct, Events for E1 - E6

MWR Liberty | Oct. 13, 16, 19 and 25

Are you looking for something fun to do? Your Liberty program Oct. events and activities include; fitness challenge, Boxing Hall of Fame, hike Mt. Equinox, Haunted Hayride, and a movie marathon!

[MORE INFORMATION](#)



Kickball Tournament

NPTU Fitness | October 20

Join MWR Fitness for this excited tournament. It starts at 1 p.m. and registration is required.

[MORE INFORMATION](#)



MWR Rentals – New Electric Bike

Community Recreation Center | Ongoing

Gocio Adult Electric Bicycles Foldable Ebike, 500W 26"

Electric Commuter Bicycle, 48V Battery, Full

Suspension, Folding Electric Mountain Bike, Adjustable

21 Speed E-Bikes for Adults with Fenders.

Click below for rentals full list and prices!

[MORE INFORMATION](#)



Free!

NSF SARATOGA SPRINGS | COMMUNITY RECREATION

Halloween Fest

FRI, OCT 27
5 - 7 P.M.

NSF Saratoga Springs Field House

518-886-0200, ext. 126
518-885-5138, ext. 1

Trunk or Treat
4 - 5 p.m.
In the parking lot
in front of field house

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COMMUNITY RECREATION

PROUDLY PRESENTED BY: 

Month of the Military Family

FREE!

Family BOWLING

SAT, NOV 18

NOON - 2 P.M.

Saratoga Strike Zone

Register at any MWR location. Limit 8 per family.

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No Navy endorsement implied.

AVAILABLE NOW

STORAGE LOTS



VISIT ONLINE FOR DETAILS



 19 J F King Dr. Saratoga Springs NY
518-886-0200, ext. 126

 **MCCYN**
Expanding Affordable Child Care



MCCYN is a fee assistance program that keeps affordable child care in reach for U.S. military families who cannot access installation-based care due to distance or waitlists. MCCYN closes the gap between what families would pay for on-installation care and what they pay for care in their communities.

Visit **MilitaryChildCare.com** to apply today!

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HELP US MAKE MWR EVEN BETTER!

Let us know what you would like to see offered by NSA Saratoga Springs MWR by taking our surveys: [Liberty](#) | [Tickets & Travel](#) and [Community Recreation \(TT & CRC\)](#) | [Sports](#) | [Fitness](#)

Community Recreation Center (CRC) & Playground

3569 Galway Rd, Ballston Spa, NY 12020
(518) 885.5138 x1
Sunday to Monday, Closed
Tuesday, 7 a.m. to 5:30 p.m.
Wednesday to Friday, 8 a.m. to 5:30 p.m.
Saturday, 7 a.m. to 3:30 p.m.

Tickets & Travel (TT)/Liberty Center

19 J F King Dr. Saratoga Springs, NY 12866
(518) 886.0200 x126

Monday to Friday, 9 a.m. to 4 p.m.

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