

U.S. Coast Guard Base Cape Cod



MORALE, WELL-BEING AND RECREATION

PATRON HANDBOOK

REVISED JUNE 2020

www.mwr.capecod.com

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WELCOME

The staff of the USCG Base Cape Cod (BCC) Morale, Well-Being and Recreation (MWR) Division would like to welcome you to Joint Base Cape Cod (JBCC). This booklet includes helpful information to acquaint you with the services we provide to make your time here more enjoyable.

Please keep in mind, we are continually changing and adapting our MWR operations and programs to support customer needs. **Items listed in the handbook are subject to change.** We recommend you call the MWR Office or the specific activity to confirm this printed information.

The MWR Mission. Across the Coast Guard, the mission of MWR operations is to *"to uplift the spirits of the Coast Guard family and be an essential element of Coast Guard mission readiness and retention through customer-owned and driven MWR programs and services around the world."*

MWR Authorized Patrons/Eligibility. While owned by the individual Commands, MWR operations overall are governed by Commandant Instruction M1710.13 (series). This manual outlines the “*authorized patron*” list. Generally speaking, the authorized patrons list includes:

1. All active duty military personnel and their family members
2. Members of the ready reserve, reserves in training, members of the National Guard and their family members
3. Commissioned Corps of the Public Health Service and NOAA, and their family members
4. Armed Forces retirees from active duty and their family members
5. DHS/DoD appropriated and non-appropriated funded civilian employees and their family members; retired appropriated and non-appropriated funded civilian employees and their family members and Coast Guard Auxiliaries
6. All veterans with service-connected disabilities, veterans who are Purple Heart recipients, veterans who are former prisoners of war, and those designated as primary family caregivers of eligible veterans under the Department of Veterans Affairs caregiver program.

These are just a few... consult the MWR Manual (COMDTINST 1710.13 series) for more categories.

BCC MWR Activities The MWR Division at BCC operates a variety of facilities and programs which help support the morale and well-being of our patrons. They are:

Facilities and Programs:

- **MWR Administration Office** (Accounting)
- **Child Development Center**
- **Youth Center** (Youth/Adult Activities)
- **Roxy Movie Theater**
- **Falcon Golf Course** (Golf Course, Pro Shop, Driving Range, Function Room, Falcon Deli and Catering)
- **C-Side Recreation Center** (Food Service, Bowling, Personnel, Information-Tickets-Tours (ITT), Gear Issue Program, C Side Bar, Pavilion, Pool)
- **Wings Inn Temporary Quarters** – Hotel style berthing
- **MWR Townhouses** – 3 bedroom townhouses
- **Base Cape Cod Recreational House**
- **Nantucket Recreational House**
- **Recreational Vehicle Park**
- **RV Storage Lot**

MWR Employment Opportunities Base Cape Cod MWR is always looking for smiling faces to join our staff! If you're looking to bring in some extra income, check out our job postings under the **About MWR** tab on our website.

In Addition to Our Website:

www.mwrcapcod.com

You Can Find Information About
All Our Programs and Events on



facebook

[@MoraleWellBeingRecCapeCod](https://www.facebook.com/MoraleWellBeingRecCapeCod)

The Base Newspaper

"The Otis Notice"

Located around the Base to include at the
Exchange and Gas Station.

Join Our Mailing List

sign up by sending your email to

[**MWR.InformationDesk@gmail.com**](mailto:MWR.InformationDesk@gmail.com)

MWR ADMINISTRATION OFFICE

Phone: General Office Information: (508) 968-6479

Director of MWR: (508) 968-6683

Financial Manager: (508) 968-6684

Address: Building 5205 Ent Street

Hours of Operation: See website for current hours. Closed on major holidays.

The MWR administrative office houses a variety of office functions which support our operation and a variety of important programs which support you as a patron.

For more information, visit our website at www.mwrcapcod.com

CHILD DEVELOPMENT CENTER

Phone: (508) 968-6450

Address: Building 5205 Ent Street

Hours of Operation: 7:00am – 5:00pm Monday through Friday
(Closed weekends and Holidays)

The Child Development Center (CDC) located at Base Cape Cod offers care for children 6 weeks to 6 years and a limited before school program for children attending Peebles Public School. Attendance options range from part day, part week to full time.

Our CDC is accredited by the National Association for the Education of Young Children, offering all children an organized approach to learning through Creative Curriculum.

The goal of the CDC is to create learning environments that encourage young children to explore experiment and discover the family, the community and the world. Routine child assessments create bridges of partnerships with our families and provide opportunities for sharing.

The CDC serves morning and afternoon snacks and lunches on Wednesdays, Thursdays and Fridays. A bag lunch from home must be sent on Mondays and Tuesdays.

Full time rates are based on total family income (TFI) through a 9 tier system. Contact the staff at the CDC for the most current rates.

For more information, visit our website at www.mwrcapecod.com

YOUTH CENTER

Phone: (508) 968-6446

Address: Building 5210 East Hospital Road

Hours of Operation: Office 8:30am – 4:30pm Monday - Friday
(Closed on major holidays)

YOUTH LOUNGE/YOUTH PROGRAMS

Phone: 508-968-6446

Hours of Operation: (seasonal, contact Youth Activities for current schedules and programming)

The Youth Center houses a youth lounge that offers computers, Nintendo Wii, Kinect, ping pong table, karaoke machine and many games, books, and movies for kids.

In addition, MWR offers a variety of sports and activities for kids of all ages. In conjunction with the Boys & Girls Club of America and the 4H Adventure Club, MWR offers programs such as golf lessons, bowling, triathlons, field trips to local attractions, adventure education, junior chef and homework power hours.

ADULT SPORTS AND ACTIVITIES

Phone: (508) 968-6446

Hours of Operation: (seasonal, contact Adult Activities for current schedules and programming)

MWR provides a variety of sports leagues for adults of all ages. Many active duty adults participate in leagues including; softball, flag football, volleyball, basketball, racquetball and bowling.

Other special events such as fun runs are planned as staff time and facilities are available.

For more information, visit our website at www.mwrcapecod.com

ROXY MOVIE THEATER

Movie Phone: (508) 968-6452

Management Phone: 508-968-6585

Address: 5219 Turpentine Road

Facebook: <https://www.facebook.com/RoxyTheaterCapeCod/>

Hours of Operation / Show Times:

Friday: 7:30 p.m.

Saturday Afternoon: 5:00 p.m.

Saturday Evening: 7:30 p.m.

Sunday: 2:00 p.m.



The 410-seat Theater shows popular movies on Fridays, Saturdays, and Sundays.

Get your movie schedule by e-mail. If you'd like to be sent an electronic reminder of the weekly updated show schedule and all other MWR-related announcements please email us at MWR.InformationDesk@gmail.com and be added to our newsletter.

A growing movie library with recent titles along with classics and family movies!

Admission is FREE for all MWR patrons and guests.

Great snacks at low prices. The theater has a concession area which serves hot buttered popcorn, candy, and cold drinks. Purchasing snacks from the concession stand helps ensure the theater will continue to be open for on-base entertainment for your whole family.

Looking for a large venue to hold training? The theater can seat 410 people and has audio visual and public address capabilities.

The theater can also be rented out for Birthday Parties!

Movie Ratings. Be advised that children 16 years and under will not be permitted into R rated movies without the consent of a parent or guardian. The parent or guardian must be present when the child is admitted.

For more information, visit our website at www.mwrcapecod.com

FALCON GOLF CLUB

Office Phone: (508) 968-6781

Address: Building 3352 Goenther Road

Hours of Operation: (seasonal, contact the Club for hours)

The Falcon Golf Club is a challenging nine hole (normally played as eighteen) facility. The course consists of two par 5, five par 4, and two par 3 holes (one of which is considered by many as the most difficult par 3 on the Cape). As an eighteen-hole course it is 6,706 yards long and has par of 72.



The Golf Course also encompasses a driving range and an excellent putting green. The pro shop offers golf carts, pull carts, rental clubs, and demo clubs.

The Falcon Pro Shop carries brand name clubs. Shoes - Shirts - Outerwear and much more at unbeatable prices! The Shop hours vary by the season, so call for a price quote or to check shop hours.

Golf lessons are also available, call (508) 968-6781 for more information.

For more information, visit our website at www.mwrcapecod.com

FALCON GRILL AND CATERING

Phone: (508) 968-6781

Address: Building 3352 Goenther Road

Hours of Operation: (seasonal, contact the Deli for hours)

The Falcon Grill is a snack bar, which serves lunch seven days a week seasonally and Monday-Friday year round. Orders can be called in to (508) 968-6454 to ensure faster service.

The facility also holds the Falcon Function Room which can seat 100 people, and has a screen and overhead projector for meetings and presentations.

Catering:

Don't want to worry about food? Catering for your event can be arranged by calling the Club Manager at (508) 968-6781.



For more information, visit our website at www.mwrcapecod.com

C-SIDE RECREATION CENTER

Phone: ITT and Gear Issue: (508) 968-6447

Birthday Parties or Private Parties: (508) 968-6444

Address: Building 5210 East Hospital Road

Hours of Operation: Call for hours. Closed on major holidays.

The C-Side Recreation Center plays host to a variety of activities and programs. The Center includes Free Wi-Fi and the following:

Information, Tickets and Tours (ITT): MWR has access to a variety of discount tickets to major theme parks and local attractions at significant savings to the majority of our patrons. Current offerings include, but are not limited to: Disney Theme Parks, Colonial Williamsburg, and Six Flags New England, along with a host of local and out of state attractions. **As of June 2018, the ITT office will be taking appointments for tickets on Wednesdays. Please call ahead for an appointment at (508) 968-6447.**

MWR ITT also has access to several **military vacation clubs and resorts** which can save you money on your PCS or family vacation. Please give us a call to see how we can save you money.

General Cape Recreation Information: Looking for something to do? The MWR office stocks a variety of pamphlets, handouts, and maps of the activities found on the Cape. Stop by and take a look.

For more information, visit our website at www.mwrcapecod.com

C-SIDE RECREATION CENTER (Continued)



Gear Issue Program: Missing equipment to make your stay on Cape Cod more enjoyable? Or looking to make that home improvement job just a little easier? Our BCC MWR Gear Issue Program can help. Our list of gear s always changing but here's a sample:

Recreational Equipment: portable grill (trailer), coolers, tables/chairs, coffee urns, portable volleyball sets, horseshoes, cornhole sets etc.

Home Improvement Equipment: chainsaws, generators, log splitters, rototillers, seed spreaders, slice/core aerators, 5'x10' open trailer and more!

A complete list of items available for checkout, along with additional policies involving the checkout program is available at the MWR Gear Issue/Ticket Office at the C-Side.



C-SIDE SNACK SHACK

Phone: (508) 968-6517

The restaurant offers pizzas, assorted bar food, beer, wine and a variety of sodas. Call in orders accepted at 508-968-6517.

Hours of Operation: Friday and Saturday
4:00 p.m. - 9:00 p.m.

Closed: Sunday - Tuesday

Closed SOME Holiday Weekends (watch for announcements)

C-SIDE RECREATION CENTER (continued)

C-SIDE BAR

The C-Side Bar is a fully stocked bar with 4 large screen TVs, foosball and dart boards. The bar is a great place to unwind and meet with friends.



BOWLING CENTER

Phone: (508) 968-6477

Six lanes, state of the art scoring system, bumpers on all lanes and special lighting. Available for Birthday Parties or Morale

Events. There is a Wednesday Night Adult league and a Thursday afternoon Youth league.

Hours of Operation:

Wednesday and Thursday: 4:00 p.m. - 9:00 p.m.

Friday: 4:00 p.m. - 10:00 p.m.

Saturday: 4:00 p.m. - 10:00 p.m.

Closed Sunday – Tuesday

Closed SOME Holiday Weekends

SWIMMING POOL

Phone: (508) 968-6476

Hours of Operation: Open Mid-June - Labor Day

The outdoor, heated pool is utilized for swimming and swim lessons as well as Air Station training. A schedule of activities is posted before each season.

For more information, visit our website at www.mwrcapecod.com

TEMPORARY QUARTERS

Address: 5204 Ent Street

Phone: (508) 968-6461

Office Hours: Monday - Sunday 0800 to 1545

Townhouse In-Season rates run from July 1 – August 31.
Townhouse Off-Season rates run from September 1 – June 30.
Please see the website for current rates.

Check in time is 1300-1545 Sunday - Saturday.

Check out is by 1100. Late check in and checkout must be approved by the Lodge Host.

RESERVATION PROCEDURE:

- PCS members may make a reservation ninety days in advance
- TDY/TAD personnel may make a reservation 60 days in advance
- Vacationers may make a reservation thirty days in advance in-season and forty-five days off-season up to ten days, then space available
- Requests for stays over 30 days must have written authorization
- Cancellation is 14 days notice to avoid a one night charge
- Pet friendly rooms available

POLICY:

- A copy of Military Orders and valid ID must be presented at check in
- NO SMOKING
- QUIET TIME 2200-0700

For more information, visit our website at www.mwrcapecod.com

TEMPORARY QUARTERS (continued)

WINGS INN

- * Wings Inn is located at USCG Base Cape Cod.
- * Its location makes it convenient to many beaches, golf, and other recreational areas. Base has easy access to both Route 28 and Route 6.
- * Wings Inn is located next to the MWR Office and within walking distance of the CG Exchange, C Side Recreation Center, C Side Lanes, Roxy Movie Theater, and also the C Side outdoor pool.

TOWNHOUSES

- * Townhouse reservations require a 3 night minimum stay.
- * Townhouse units have 3 bedrooms and 1 bath respectively.
- * Units are furnished and we provide the linens.

BASE CAPE COD RECREATION HOUSE

- * Reservations can be made year round for one night or a week.
- * House sleep 8 comfortably with 3 bedrooms and 2 baths.
- * Units are furnished and we provide the linens.

For more information, visit our website at www.mwrcapecod.com

TEMPORARY QUARTERS (continued)

NANTUCKET RECREATIONAL HOUSE

Phone: (508) 968-6461

Credit Cards Only



All members wishing to utilize the Nantucket Recreational House **must be familiar with the current Recreational Housing Rental Instruction** for policies, regulations and procedures concerning usage of the Nantucket Recreational House. Copies of the instruction are available at www.mwrcapecod.com .

During summer peak season, reservation requests will be accepted for six nights only. All reservations will be Saturday to Friday.

During off peak months, reservations requests will be accepted for a minimum of three days and a maximum of six; Check in/out times remains the same. Reservations are first come, first serve.

Reservation requests by all eligible MWR patrons must be submitted 3 months in advance. Reservations will be accepted in the first week of the submitting month. For example, March 1 - 7 the link will be open for peak season and April 1-7 for fall season (**or until filled**).

Please visit MWR website for booking dates and information. First come, first serve with priority. **Bookings will only be accepted through the MWR website during booking periods. Phone calls and emails requesting reservations will not be considered.**

For more information, visit our website at www.mwrcapecod.com

TEMPORARY QUARTERS (continued)

RECREATIONAL VEHICLE PARK

Phone: (508) 968-6461

Location: Joint Base Cape Cod (JBCC)

Buzzards Bay, MA which is located on Cape Cod.



May 1 - October 31 Full Hookup
November 1 - April 30 Electric Only

Number of Sites and amenities: 5 graveled sites with: 50 amps electric, Water and sewer hook-up & Picnic Table.

Vehicle Restrictions: RV or hard shell campers only; No pop up campers or tents allowed. RV's are allowed to park 1 additional vehicle on their site. (No additional RV, Campers etc. allowed)

Check-In: Check-in will take place at the Wings Inn Temporary Quarters located in Building 5204 on Ent Street. All RV's and campers MUST use the BOURNE GATE to access the JBCC.

Check-In Time: A check-in time will be coordinated when the reservation is made. The check-in time will also appear on the confirmation letter.

Check-Out Time: Check-out time is 11:00 a.m. at the Wings Inn.

Reservations: The sites are available to MWR authorized patrons only. Reservations are required and can be made by contacting the Wings Inn at (508) 968-6461, up to 90 days prior.

Credit card information is required to confirm and hold reservations. Cancellations must be made 14 days before arrival as not to incur a cancellation fee. Late cancellations or no-shows will be charged for a nights stay.

For more information, visit our website at www.mwrcapecod.com

TEMPORARY QUARTERS (continued)

Length of stay: The maximum length of stay at one time is 14 days with a maximum stay of 28 days in a calendar year. After the initial 14 day stay is completed, patrons can continue on a space available basis if the site is not reserved. This second period can last up to 14 additional days (28 days total).

Pets are allowed at the sites but must be kept on a leash at all times. Owners must clean up after their pet and must ensure their pet (s) have current vaccinations. Pets cannot be left alone at the site. Do not leave your pet outside unattended, especially at night.

Quiet Hours are observed from 2200 – 0700.

Use of alcohol is restricted to the site. Individuals must be 21 or over to consume alcohol.

LONG TERM STORAGE FACILITY

For your RV, boat, trailer, or camper. Storage plan options include monthly, bi-annual or annual. The lot is available to all MWR patrons living on or off base. Questions on eligibility please call (508) 968-6461.



Beach Pass Program: Visiting most of the major beaches on the Cape will cost you money during the summer (Memorial Day – Labor Day). Through the generosity of the local townships, the MWR office has a stock of **FREE day use** beach parking passes which our eligible patrons can check out. For more information contact the Wings Inn at (508) 968-6461.

For more information, visit our website at www.mwrcapcod.com

NOTES:

