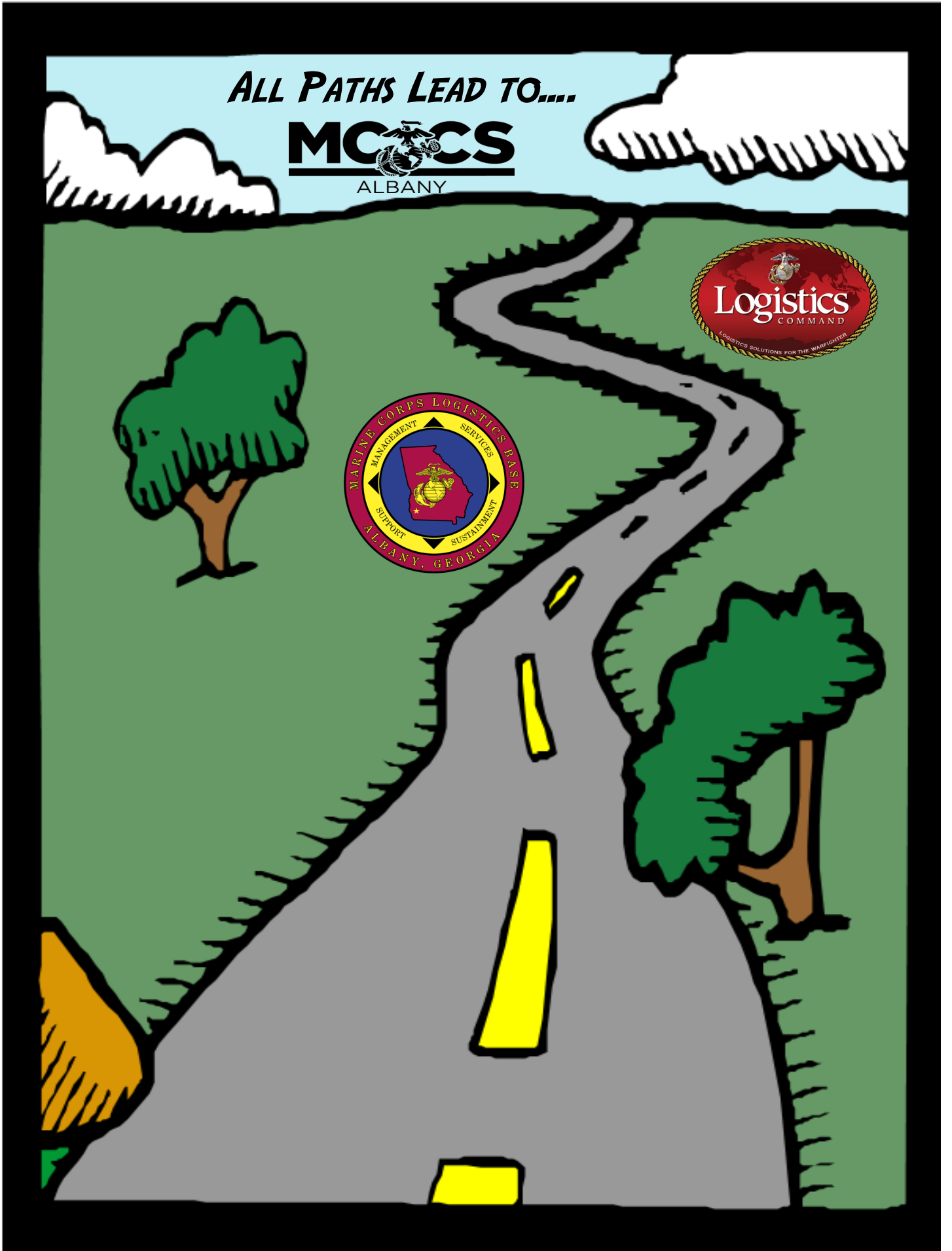


*ALL PATHS LEAD TO....*

**MC CS**  
ALBANY





## **Welcome to the “helpful hints” of Marine Corps Community Services (MCCS)**

These helpful hints will provide you a quick snap shot of the valuable services we provide, along with important information. It is our pleasure and duty to maintain a well-trained, highly motivated staff, dedicated to consistently providing quality goods and innovative services and programs, while continuously improving the quality of life of our patrons.

We hope this booklet simplifies your daily planning and will be your pathfinder to navigating our programs and services. We look forward to serving you and strive to be #1 amongst the Marine Corps Community Services organization, providing quality services and programs, so exceptional, that we are your first choice. We do not take for granted your valuable time and patronage. Working together, we can help you become strong and resilient.

Thank you for your service!

Sincerely,  
Deborah D. Bouyer  
Director, Marine Corps Community Services



# Semper Fit

## **Daniels Family Fitness Center**

- We have certified Personal Trainers
- We offer the Micro-Fit testing system at no charge. This fitness assessment program can determine your current level of fitness in 20 minutes
- We have a Nutritional Educator who can assist in menu planning to help meet your needs

## **High Intensity Tactical Training (H.I.T.T.)**

- H.I.T.T. is offered at Boyett Park Monday-Friday from 5:30 - 7:30 a.m. and 11 a.m. - 1 p.m. We also offer H.I.T.T. Level 1 and 2 certification training throughout the year

## **Thomason Gym**

- We offer a variety of Intramural Sports throughout the year to include: football, basketball, softball, soccer, volleyball, dodgeball, and kickball

## **Helpful Hints**

- Racquetball Court
- Bosma Skeet/Pistol Range is open with reservations only
- The base pool is open Memorial Day through Labor Day. We have lap swim, Aquatics Maximum Power-Intense training (AMP-IT), swim lessons, lifeguard certification, and private instruction
- The Single Marine Program (SMP) offers events, trips, volunteering, and fundraising opportunities monthly

# Family Care Branch

Provides stability for military children through programs that reduce the impact of a mobile military lifestyle

## **Marine Corps Family Team Building (MCFTB)**

Provides Marines and their families with the skills and tools necessary to fully embrace and enjoy their Marine Corps careers

## **Core Training Programs**

- Family Readiness Program
- Readiness and Deployment Support
- Life Skills Training
- Lifestyle, Insights, Networking, Knowledge, and Skills (L.I.N.K.S.)
- Located within the Life Long Learning Center, Bldg. 7122

## **Children and Youth Programs**

Provides child care and recreational programs for children 6 weeks to 18 years of age

## **Child Development Center**

- Offers nurturing, developmentally-appropriate care for children from 6 weeks to 5 years of age on full-time, part day, or drop-in basis
- Certified by the Department of Defense and accredited by the National Association for the Education of Young Children and the National Afterschool Association
- Professional preschool curriculum and learning programs, delivered by a highly-qualified staff, foster the social, emotional, physical, and intellectual growth of each child
- One FREE pre-kindergarten classroom (availability is first-come, first-served), funded by Bright from the Start, open to eligible children who turn 4 on or before September 1st of the current school year (limited capacity of 22 children)
- Located at Bldg. 7600

## **Family Care Branch (cont.)**

### **School Age Care**

- Available for children from 5 to 12 years of age
- Certified by the Department of Defense and accredited by the Council on Accreditation
- Boys and Girls Club of America affiliate incorporating relevant learning, character, and leadership programs within daily curriculum
- Dynamic summer camp programs available during school breaks
- Activity calendar includes a busy schedule of field trips to local attractions, movies, bowling, and swimming
- Located at Bldg. 7600

### **Exceptional Family Member Program**

- Assists Headquarters with assignment coordination to ensure enrolled families are stationed at a duty location that is able to provide special services for exceptional family members
- Ensures qualifying families have access to these services at all points during the transition process
- Provides social networking opportunities, support, and information pertaining to medical and educational needs
- Located within the Life Long Learning Center, Bldg. 7122

### **School Liaison Program**

- Assists school-aged children with maintaining academic success during relocations
- School Shopping tours
- Provides a wide range of resources that facilitate successful school transitions for parents, students, schools, commanders and communities
- Located within the Life Long Learning Center, Bldg. 7122

### **Helpful Hints**

- April is Month of the Military Child
- November is Month of the Military Family

## **Business Operations**

### **Marine Corps Exchange (MCX)**

- We offer five cents off each gallon of gas when you pay by cash or Military Star Card
- Price match guarantee and special orders

### **Information, Tickets and Tours (ITT)**

- We offer discounted tickets to theme parks, sporting events, and NASCAR racing
- Hotel discounts! We make the reservations for you
- Customized vacations to meet your needs and budget
- Balloons and gift items for your special occasions
- Fresh flowers for Special Occasions

### **Outdoor Adventures**

- Rental camping gear to include, canoes, campers, and trailers
- Rental party equipment such as tables, chairs, bouncy houses, coolers, water slides, and more
- Reservations may be taken 30 days in advance

### **Theater**

- Movies are shown on Thursday, Friday, and Saturday at 7 p.m.
- Occasional Saturday children's movies at 1 p.m.

## **Business Operations (cont.)**

### **Auto Skills Center**

- We offer state of the art equipment, five indoor bays, and an outside work area for Do-It-Yourself enthusiasts
- Comprehensive repair manuals are available along with assistance from our professional staff
- We offer minor repair services from tires and oil changes to radiator and air conditioning servicing
- Please contact the Auto Skills Center for a more complete list of services and pricing
- All Base employees are eligible to utilize this facility

### **Pin City Bowling Alley**

- Available by reservation, to schedule call 639-5227

### **Helpful Hints**

- The MCX has Western Union, UPS, and postage stamps
- The MCX is open on all Federal Holidays, excluding Thanksgiving and Christmas Day
- ITT hosts a Travel and Recreation Trade Show every March
- Is your vehicle fading in the south Georgia sun? Try out the paint booth at Auto Skills Center and your car will look brand new
- The theater and bowling center offer parties for any occasion

## **Food and Hospitality**

### **Town and Country Restaurant and Catering**

- Town and Country has a full catering menu to assist in planning events. Our staff can customize any menu to taste or budget
- We can provide catering services to any location on base (including housing) and package "To Go" food for off base residents
- We have rental items: warmers, linens, tables, chairs, and more. Patrons pick up/return items to Town and Country

### **Helpful Hints**

- Short on Time? Call in your order for the Grill at 639-9490 during regular operating hours (debit/credit cards only)
- Daily \$5 specials in the Bar & Grill for lunch and dinner
- All \$5 specials offered on Saturdays
- Three facilities available for rental: SNCO Lounge, Officer's Club Conference Room, and Grand Ballroom
- We offer vouchers that can be paid in advance and used as a gift card to either one of our restaurants

**Prices and Hours are subject to change without notice.**

## **Marine & Family Programs**

### **Lifelong Learning Center / Bldg. 7122**

Assisting Marines and their families in the preparation, development, and achievement of personal and professional goals to help them succeed in life.

### **Education and Career Assistance**

- Advisors are available to provide information and guidance on post-secondary schools, technical schools, and certificate programs
- Your point of contact for tuition assistance and testing (ASVAB, SAT, ACT, AFCT, DLPT, DLAB)

## **Marine & Family Programs (cont.)**

### **Personal Financial Management**

- Classes and one-on-one counseling sessions on a wide range of financial topics: from home and car buying to investment in Thrift Savings Plans

### **Family Member Employment Assistance**

- Assists military spouses and other dependent family members in a proactive approach to employment through career and skill assessments, job search guidance, resume writing workshops, educational guidance and referrals

### **Transition Readiness**

- Training includes Military Occupational Code (MOC) Crosswalk - how to translate military skills, training, and experience into civilian sector language
- Veteran's Affairs briefings. Learn what your benefits options are
- Department of Labor Employment Workshop
- Individual Transition Plans (ITP) - tailored plans to identify, organize, and execute your transition and post-separation goals
- Additional resources based on a personal assessment needs

### **Library Services**

- Providing a balanced, unbiased collection of print, non-print, and virtual resources to support the lifelong learning, enrichment, and recreational needs of the Marine Corps community

### **Information and Referral (I & R)**

- Everything you need to know about arriving or departing MCLB Albany
  - ◇ Welcome Aboard Briefs and Checkouts
  - ◇ PCS Sponsorship Training
  - ◇ PCS Workshops
  - ◇ Installation/Community Specific Information
  - ◇ Retiree Affairs

### **Prevention, Education & Counseling Center / Bldg. 7260**

#### **Behavioral Health**

Our goal is to keep Marines and their families mentally and emotionally strong

#### **Community Counseling & Prevention**

- Teaches stress management techniques, coping skills, and how to detect the early warning signs of distress
- Suicide Prevention programs and training
- Combat Operations Stress prevention and treatment to promote Marine Total Fitness

#### **Substance Abuse**

- Provides wellness oriented treatment and aftercare for individuals with substance abuse and dependency disorders, especially those which interfere with mission readiness and interpersonal functioning Promote prevention through training and awareness

## **Marine and Family Programs (cont.)**

### **Family Advocacy Program**

- Addresses child and domestic abuse within the Marine Corps Community through prevention, intervention, and treatment
- Counselors and Victim Advocates assist in protecting victims and supporting families
- Registered nurses offer parenting education and counseling to expectant parents and families with children up to 5 years of age

### **Sexual Assault Prevention & Response**

- Works to prevent and eliminate incidents of sexual assault through awareness, training, and education
- Provides essential support and care to victims, including Confidential Restricted Reporting, Unrestricted Reporting, crisis intervention, and resource referrals

**Victim Advocate 24/7 Helpline (229) 347-2651**

**Sexual Assault 24/7 Helpline (229) 881-3883**

### **Helpful Hints**

- April is Child Abuse Awareness Month
- October is Domestic Violence Month as well as Red Ribbon Week
- Library Summer Reading Program begins a week after school is out and continues through the summer. Special craft and reading days for Valentine's Day, Easter, Mother's and Father's Day

## **Human Resources**

- We provide recruitment, services, and training for Non-Appropriated Fund (NAF) employees.
- We are located in the MCCS Main Office, Bldg. 3600.
- Human Resources and Training Information: <http://crossroads/MRG/Pages/HRMS.aspx>
- Applications are accepted online only for open positions.
- For job vacancies, please visit: <http://usmc-mccs.org/careers>
- For questions or issues applying, contact: [albany.vacancies@usmc-mccs.org](mailto:albany.vacancies@usmc-mccs.org)

## **Marketing Venues**

- Facebook
- Flyers/Posters
- MCCS Website
- Wildcards
- Military Welcome Aboard Brief
- Civilian Human Resources Employee Orientation
- Electronic Marquees
- PowerPoint presentation at the Theater
- Marketing Hotline (229) 639-5268



# MCCS OPERATING HOURS

## **Auto Skills Center 639-5226**

- Tuesday-Friday 11:30 a.m. - 7:30 p.m.
- Saturday 9 a.m. - 4:30 p.m.
- Sunday, Monday, and Federal holidays closed

## **Barber Shop 432-9485**

- Monday-Friday 7 a.m. - 5 p.m.
- Saturday 9 a.m. - 2 p.m.
- Sunday and Federal holidays closed

## **Child Development Center**

- Monday-Friday 6 a.m. - 6 p.m.
- Saturday, Sunday, and Federal holidays closed

## **Daniels Family Fitness Center 639-6234**

- Monday-Friday 4 a.m. - 10 p.m.
- Saturday and Sunday 9 a.m. - 3 p.m.
- Federal holidays closed

## **Information, Tickets and Tours 639-8177**

- Monday-Thursday 9 a.m. - 5 p.m.
- Friday 9 a.m. - 6 p.m.
- Saturday, Sunday, and Federal holidays closed

## **Kelly's Dry Cleaners 438-2565**

- Monday-Friday 9 a.m. - 5 p.m.
- Saturday 9:30 a.m. - 2 p.m.
- Sunday and Federal holidays closed

## **Library 639-5242**

- Monday-Friday 9:30 a.m. - 6:00 p.m.
- Saturday, Sunday, and Federal holidays closed

## **Marine & Family Programs 639-5252 Bldg. 7260**

- Monday-Friday 8:30 a.m. - 4:30 p.m.
- Saturday, Sunday, and Federal holidays closed

## **Marine Corps Exchange 888-6801**

- Monday-Friday 8 a.m. - 7 p.m.
- Saturday, Sunday, and Holidays 10 a.m. - 6 p.m.
- Closed Thanksgiving and Christmas Day

## **Officer's Lounge 639-5571**

- Wednesdays 4:30 - 10 p.m.

## **Outdoor Adventures 693-5221/5241**

- Monday and Friday 7 a.m. - 1 p.m. and 2 - 5 p.m.
- Saturday, Sunday, and Federal holidays closed

## **Personal & Professional Development Bldg. 7122**

- Monday-Friday 8:30 a.m. - 4:30 p.m.
- Saturday, Sunday, and Federal holidays closed
- ◇ Base Education 639-5162
- ◇ Family Team Building 639-5767
- ◇ Personal Financial Mgt 639-6440
- ◇ School Liaison/EFMP 639-7497
- ◇ Transition Readiness/FMEAP 639-9122
- ◇ Information & Referral/Retiree Assistance 639-5278

## **Pin City Bowling Center 639-5234**

- Private bowling parties Wednesdays-Saturdays.
- To schedule, call 639-5234.

## **Pistol and Skeet Range 639-5246**

- Reservations only; must be made 14 days in advance.

## **Pool 639-5195**

- Lap Swim Monday-Friday 6:30-8:30 a.m. & 11 a.m. - 1 p.m.
- Recreational Swim Tuesday-Friday 1-5 p.m.  
Saturday - Sunday 11 a.m. - 5 p.m. (open Federal holidays)

## **SNCO Lounge 639-5571**

- Thursdays 4:30 - 10 p.m.

## **Snack Bar-Bldg. 3500**

- Monday-Friday 7 a.m. - 1 p.m.
- Closed on Federal holidays

## **Subway 432-5000**

- Monday-Friday 8 a.m. - 7 p.m.
- Saturday and Sunday 10 a.m. - 6 p.m.
- Holidays 10 a.m. - 6p.m. (Closed Thanksgiving and Christmas Day)

## **Theater 639-5166**

- Thursday, Friday and Saturday - 7 p.m.
- Occasional Saturday Matinee's at 1 p.m.
- Closed on Federal holidays

## **Thomason Gym 639-5246**

- Monday - Thursday 7:30 a.m. - 7 p.m.
- Friday 7:30 a.m. - 4:00 p.m.
- Saturday, Sunday, and Federal holidays 9:00 a.m. - 3:00 p.m.

## **Town and Country Restaurants 639-5571**

- Restaurant
  - ◇ Monday-Friday 11 a.m. - 2 p.m.
  - ◇ Saturday and Sunday closed
- Bar and Grill-639-9490 (call in orders)
  - ◇ Breakfast 7-9 a.m.
  - ◇ Closed Saturday, Sunday, and Federal holidays
  - ◇ Lunch Monday-Friday 11 a.m. - 2 p.m.
  - ◇ Dinner
    - \* Tuesday-Friday 5-7 p.m.
    - \* Saturday 11:30 a.m. - 3 p.m.
    - \* Sunday, Monday, and Federal holidays closed

**Website: [www.mccsalbany.com](http://www.mccsalbany.com)**

**Facebook Page: [MCCS Albany](#)**