

Freedom Lanes Bowling Center



is a one-stop-shop for bowling enthusiasts of any age! Our bowling center boasts highly trained staff, a full-service pro shop, 16 professionally maintained lanes and a fully-stocked snack bar, with food made fresh to order! Freedom Lanes offers "Cosmic Bowling" on Saturday nights and is aggressively pursuing additional league business! Consider Freedom Lanes for bowling birthday parties, command functions or rent the entire center for large group events, at everyday low prices! Call the Freedom Lanes Front Desk today at **757-433-2167** for additional info and pricing!

Bowling Prices:

- **Shoe Rental** **\$2.50**
- **Sunday All Day** **\$3**
- **Monday - Saturday** **\$3**
(11 a.m. to 4 p.m.)
- **Monday- Thursday** **\$4**
(4 p.m. to close)
- **Friday** (4 p.m. to close) **\$4.25**
- **Saturday** (4 p.m. to 8 p.m.) **\$4.25**
- **Saturday Cosmic Bowling** **\$4.50**
(8 p.m. -Close)

ALL PRICES ARE PER PERSON PER GAME AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Party Package Information:

- **Standard Party** **\$125**

The full package includes:

- Two lanes for two hours (up to 12 bowlers)
- Shoe rentals for everyone
- Two large, one-topping pizzas, two pitchers of soda with one FREE refill each.

THERE IS A \$50 NON-REFUNDABLE DEPOSIT AT THE TIME OF BOOKING.

EXTRA OPTIONS (maximum of six bowlers)

- **Extra lane \$16 per lane/per hour**
- **Extra pizza \$15 each (\$1.25 per topping)**
- **Extra pitcher \$6.50 each**



Rent-a-Center Packages:

- **Rent all 16 lanes \$600** (\$75 nonrefundable deposit due at time of booking)
- **Rent eight lanes \$350** (\$50 nonrefundable deposit due at time of booking)
- Packages include three hours of unlimited bowling for up to six bowlers per lane, plus FREE shoe rentals. No outside food or drink are permitted except for cake or ice cream.

Guest list is due at least seven business days before the party date. Not valid on holidays or Friday and Saturday nights after 5 p.m. Prices are subject to change without notice.

Freedom Lanes Pro Shop

The NAS Oceana Freedom Lanes Pro Shop makes available to each valued customer:

- Great prices and special orders;
- One FREE game to test out your new ball with the purchase of a new bowling ball.
- Fitting & Drilling Service available by appointment

NAS Oceana Great Escape Liberty Center & Freedom Lanes Bowling Center

911 E Ave. Bldg. 540 | Virginia Beach, VA 23460

Single Sailor/Marine Program: 757-433-2391/2112
Bowling Front Desk: 757-433-2167
Community Recreation: 757-433-2981

HOURS OF OPERATION:

SUNDAY TO THRSDAY: 11 a.m. - 9 p.m.
FRIDAY & SATURDAY: 11 a.m. - 11 p.m.
OPEN ON ALL FEDERAL HOLIDAYS

NAS OCEANA COMMUNITY RECREATION & SINGLE SAILOR/MARINE PROGRAMS



Single Sailor/Marine Program

Community Recreation

Bowling



NavyLifeNASO.com

Facebook: [nasodnmwr](https://www.facebook.com/nasodnmwr)
Instagram: [nasoceana](https://www.instagram.com/nasoceana)



TEXT NASOFUN TO 888-697-6762



Single Sailor/Marine Program

Discover new leisure interests, computer access, gaming tournaments, billiards, movies, social activities, trips and recreational outings. The best part is most of these activities are either FREE or low cost for E-1 through E-6, age 18 or older.

- Leisure skill development programs (rock climbing, hiking, cooking, kayaking, paddle boarding, etc.)
- Trips and outings to various leisure and recreational destinations
- Shuttle services for shopping, beaches and festivals
- In-house Liberty programming (movie nights, tournaments, barracks bashes, trivia nights, DIY nights, etc.)
- Watch-parties for major sporting events
- Holiday events and gatherings

Amenities

- Xbox One, Xbox Series X, PS4, PS5 & Wii
- Mini-movie theater (reclining stadium seats) with over 200 HD movies to choose from
- State-of-the-art theater surround sound
- Internet laptops with CAC readers
- Printing, faxing & scanning
- Billiards (pool) & ping pong tables
- Air hockey
- Lounge areas
- HD TVs
- Wi-Fi



Bored on base & need something to do?

Shuttle Services

The NASO Great Escape provides off-base shuttles for Single Sailors E-1 through E-6, with weekly destinations to local area shopping and leisure locations.

Destinations include:

- Lynnhaven Mall & Movie Theater
- Norfolk Premium Outlets
- Red Mill Commons Shopping Center
- NAS Oceana NEX & Commissary

Specialty Shuttle Services

The NASO Great Escape offers specialty shuttle services to specific requested destinations. For more information about large group shuttles or to arrange a shuttle, please see the NASO Great Escape front desk staff or call 757-433-2391/2112.



Stop by the Great Escape front desk to check the shuttle schedule or call 757-433-2391/2112 to sign-up for your next outing!

Community Recreation Program

Events and programming include (but are not limited to) day trips to various leisure and recreational destinations to encourage community discovery, creative expression programs (such as art and entertainment activities.), Community Recreation also offers facilitated healthy leisure skill development such as classes, workshops and clinics; all while fostering social interaction among peers and the community.

What is Community Recreation?

The Community Recreation program engages patrons by providing recreational programs and services in the areas of:

- Outdoor recreation
- Community events
- Discount tickets to attractions
- Vacation bookings
- Leisure skills development
- Recreation equipment rentals
- Lodging rentals at Dam Neck Cottages
- Parks & picnic areas
- Information and referral to a variety of recreational offerings in the local area.

Eligibility

Eligible Community Recreation patrons include active duty military and their families, Reservists, retirees, DoD civilians and DoD contractors.

