



Volume 26 Number 6

# At Ease

June 2017

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook

**MWR Pensacola**

**GO MOBILE!**  
"navylifepensacola"



[www.navymwrpensacola.com](http://www.navymwrpensacola.com)

MWR General Information: 850-452-3806

## SWIMMING POOLS ARE OPEN!

Be part of a Guinness Book World Record!  
Sign-up at the Aquatic Office for this  
FREE opportunity to be part of history!!



**The World's Largest  
Swimming Lesson™**

June 22, 2017

**Mustin & Corry Pools ♦ Noon - 6 pm**

**Register now  
for  
Swim Lessons  
and  
Summer Camps!**

**See Page 13  
For Details!**



## Private Pool Parties

Available at Mustin and Corry Pools  
\$150.00 for exclusive use for up to 75 guests.  
Lifeguards are included. Larger parties welcome.  
Additional fees apply

**June 21 ♦ Mustin Pool  
Movie Starts At Dark  
850-452-9429**



**FREE!**



aqua

**ZUMBA**

**Corry Station Pool  
16 & Older ♦ 6 - 6:45 pm  
Each Wednesday**

# GEICO MILITARY

Proudly serving the  
Military since 1936.

[Start Quote](#)

Sponsorship of this event does not imply endorsement  
by the Federal government of products or services

## Auto Skills Center

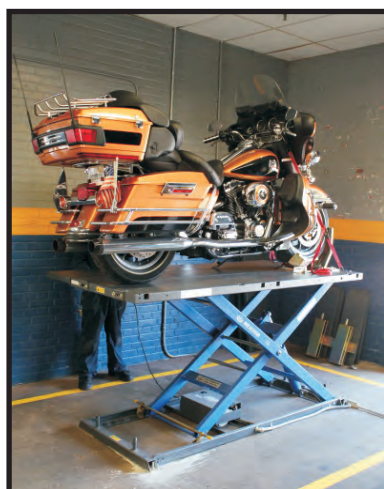
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542  
NASP Corry, Building 1006

*Do Vehicle Repair Yourself At Corry Auto Skills!*

- ★ 10 Covered Stalls
- ★ 3 Overhaul Bays
- ★ 3 Frame Lifts
- ★ 5 Drive-on Lifts
- ★ 2 Car Wash Bays
- ★ Thousands Of Tools

**We Also Have Knowledgeable Assistants!**

## We Also Have Motorcycle & ATV Lifts



**Our Lifts Will  
Accommodate  
Motorcycles,  
ATV's, Gators  
Golf Carts, &  
Lawnmowers**

**Lift Rates:  
\$6/ Hour \$30/Day**

### Hours of Operation

Tuesday - Friday . . . . . 11 am - 7 pm  
Saturday . . . . . 11 am - 7 pm  
Sunday, Monday & Holidays . . . . . Closed



## JUNIOR SUMMER CAMP & LEAGUES

**JUNIOR GOLF CAMPS \$60 AGES 5 -13**  
(\$10 off if you sign up for additional camps)

Each junior will receive a hat, balls, and snacks. No equipment needed!  
There will be four different dates (2 for beginners & 2 for intermediate/advanced). 0800 - 1100  
June 6 - 8(Beg) June 20 - 22(Int/Adv) July 11 - 13(Beg) July 25 - 27(Int/Adv)

**FUNDamental Junior League \$75 AGES 5 -10**  
(\$65 if junior is signed up for one of the camps)

New/beginner golfers will have four 2 hour sessions (30 minute clinic, 1 hour 30 minutes playing  
in a team setting). League includes shirt, hat, and balls. No equipment needed! 0800 - 1000  
June 13th(Tues) June 27th(Tues) July 10th(Mon) July 18th(Tues) Aug 1(Tue)

**Junior League Travel Team \$199 AGES 8 -13**

Intermediate/advanced golfers will have a 2 hour practice once a week and have 4-6 matches  
at courses in the area in a scramble format. League includes shirt, hat, balls, tees, instruction  
from a PGA professional, and golf during tournaments and practice.

Practice is Wednesday afternoons 1600 - 1800 (June - Aug)

Matches are TBD

\*All programs and leagues are taught by a PGA Professional

For more info call Josh Meador A.C. Read 452-2454



## Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523  
Movie Info (recording) ♦ 850-452-3522



**Affordable  
Admission Fees!  
HD Digital Movies:**

Adult, \$4  
Children Ages 6 - 11, \$2  
Children Age 5 & Younger Free

**3D Digital Movies:**

Adult, \$5  
Children Ages 6 - 11, \$3  
Children Age 5 & Younger Free

### Upcoming movies:

Guardians of the Galaxy: Vol 2  
King Arthur: Legend of the Sword  
Snatched ♦ Alien: Covenant  
Diary of a Wimpy Kid: The Long Haul  
Everything ♦ Everything ♦ Baywatch  
Pirates of the Caribbean: Dead Men Tell No Tales

**Open To AD, Ret, DOD, Contractors & Family!**





Upcoming movies will be announced on MWR facebook [www.facebook.com/mwrpensacola](http://www.facebook.com/mwrpensacola) and MWR web site: [www.navymwrpensacola.com](http://www.navymwrpensacola.com)

Movie On The Lawn (MOTL) continues every 2nd & 4th Saturday through August 12

Movies Begin at Dark in Front of Portside Gym - Bldg. 627 NASP

**Free Popcorn**

Bring your Lawn Chairs - Blankets - Coolers

In case of rain, the movie will be canceled. Check facebook for rain-outs or call 452-2372.



**Thank You To Our Sponsor**

SPONSORSHIP OF THIS EVENT DOES NOT IMPLY ENDORSEMENT BY THE FEDERAL GOVERNMENT OF PRODUCTS OR SERVICES.



## NASP Corry Station Softball



(10 VS 10 Teams)

**June 27 - August 22, 2017**  
**NASP Corry Softball Fields**

Deadline to Enter: June 15, 2017 @ 1100

Coaches Meeting: June 15, 2017 @ 1100

MWR Sports Office Bldg. 3738

**For More Information Contact Your Command Sports Representative or Call the NASP Sports Office: 850-452-6520**



Eligible Patrons: Active Duty & Their Spouses, Ready Reservists, DOD & Permanent Contracted Personnel of NASP Corry Station

## NASP Corry Station Best Ball Golf



(2 Person Teams)

**June 23, 2017**  
**A.C. Read Golf Course Par 72**

Deadline to Enter: June 9, 2017 @ 1100

Coaches Meeting: June 9, 2017 @ 1100

MWR Sports Office Bldg. 3738

**For More Information Contact Your Command Sports Representative or Call the NASP Sports Office: 850-452-6520**



Eligible Patrons: Active Duty & Their Spouses, Ready Reservists, DOD & Permanent Contracted Personnel of NASP Corry Station

## NASP Corry Station 4-on-4 Sand Volleyball



(4 Person Teams)

**June 10, 2017**  
**NASP Corry Station Wenzel Gym**  
**Check-in Time: 8 am**

Deadline to Enter: June 2, 2017 @ 1100

Coaches Meeting: June 2, 2017 @ 1100

MWR Sports Office Bldg. 3738

**For More Information Contact Your Command Sports Representative or Call the NASP Sports Office: 850-452-6520**



Eligible Patrons: Active Duty & Their Spouses, Ready Reservists, DOD & Permanent Contracted Personnel of NASP Corry Station



## NASP Corry Bowling Center



Each  
Tuesday 6:30 - 8:30pm  
Friday 10pm - Midnight  
Saturday 7:30 - 9:30pm & 10pm - Midnight

**Two Hours Of Bowling & Shoes  
Only \$8 Per Person!**

**We Offer Group  
Bowling Party  
Packages Too!**



Call the Bowling Center  
For Information  
Or Party Reservations  
850-452-6380



### WE'RE HIRING LIFEGUARDS

— APPLY NOW AT —  
[www.navymwrpensacola.com](http://www.navymwrpensacola.com)

**Starting pay \$10.70**

Call 850.452.9429  
for more information





# FOOTGOLF



**A.C. READ GOLF COURSE**  
**Open Daily**



**NEW  
SPORT!**

**June 10**  
**National**  
**Ice Tea Day**



**Purchase a  
Large  
Ice Tea  
for the price  
of a Regular  
At the Corry Grill**

**MWR FRIENDS  
& FAMILY  
ANY AGE  
LEAGUE**

**Starting Sunday  
June 11<sup>th</sup>, 4 PM**  
2<sup>nd</sup> and 4<sup>th</sup> Sundays of the month

**Three person team  
\$5 per person per week  
6 weeks long**

For more info  
Call the Bowling Center  
850-452-6380

**June 18<sup>th</sup>**  
**Happy Fathers Day**



**Dad's bowl FREE**  
When accompanied  
by a child.  
(up to 6 games)

**June 19<sup>th</sup>**  
**Garfield the Cat Day**



**Wear something  
GARFIELD**  
**Bowl 1 game  
get the 2<sup>nd</sup> FREE**

### Foot Golf Fees:

**\$6.00 - Military**  
**\$6.50 - DOD**  
**\$7.00 - All Guest**  
**\$5.00 - Juniors**

### Cart Fees:

**\$7 - Adults**  
**\$5 - Juniors**



**(age 17 & under)**

**Try a round of Footgolf  
at A.C. Read Golf Club**  
**Call 452-2454 for more info**



**2 for \$10**

FootGolf  
Cart Fee Extra (\$7 person)  
Expires 6/30/2017



**2 for \$10**

FootGolf  
Cart Fee Extra (\$7 person)  
Expires 6/30/2017



## PARTY PACKAGES



Plan your next party or event with the help of MWR. We offer a variety of party packages for any occasion.

### Corry Bowling Center 452-6380

Available Times: Sat. 1330 & 1600  
Sun. 1330

Cost: \$80 Includes Cosmic Bowling, 2 lanes for 2 hours, shoes, sodas, and party supplies (Additional lanes \$8)

Birthday Meals: \$4 per person

No outside food allowed except for cake and ice cream

MWR Birthday Bowling Pin \$20 (upon request)



### Portside Cinema 452-3523

Available Times: Sat. or Sun.  
1000, 1200, 1230, 1430, or 1500

Cost: \$120 Includes 30 guests, movie, and popcorn. No outside food allowed except for cake and ice cream

\$25 deposit due 10 days prior to event  
(Additional guests are \$4 each)

### Bayou Grande Marina 452-4152

Crow's Nest Room Rental

Package available during daylight hours,  
(Oct-Mar) 800-1500, (Apr-Sep) 0900-1600

Cost: \$250 for room only

\$300 for room plus up to 12 kayaks,  
paddleboards, or canoes.

\$150 refundable cleaning deposit



### Ski Beach Recreation 281-0134

Available Times: Daylight hours year round

Cost: \$50 required when booking

Includes use of pavilion (holds 25 people)

2 kayaks and 2 paddleboards for 3 hours

(additional time can be purchased for \$5 per rental per hour.)



## PARTY PACKAGES



### MWR Aquatics Pool 452-9429

Available Times: Tues. - Sun. 1900-2200

Cost: Includes at least 2 lifeguards for 3 hours

\$150 1-75 people (\$30 each add. hour)

Additional pricing available for more than 75 guests

The All-Navy SPLASH test will be administered at the beginning of the party to all patrons 17 and under who do not possess a valid 2017 SPLASH card. Individuals that don't pass must remain in water that does not go above their armpits.

Outside food and beverage is allowed in designated areas only.



### Blue Angel Park 281-5489

Paintball Party

Available Times: Field is available for rent

Fri-Mon (Must be 12 yrs old to play)

Cost: \$100 required when booking

Includes field fee and equipment for 10 guests.

(additional guests \$13 military and \$18 civilian)

Paint must be purchased on site.



We want your feedback

[navymwrpensacola.com/online-survey](http://navymwrpensacola.com/online-survey)

For more info on activities offered by MWR please visit our website  
[navymwrpensacola.com](http://navymwrpensacola.com)



## MIX IT UP AT MUSTIN BEACH CLUB



Be the master of your summertime drink!

**June 15th 4 - 6 pm at  
Mustin Beach Club Ready Room**

Learn how to make your favorite summer drinks!  
For just \$20 you'll discover six of the best beverages for summer and receive your own specialty glass, t-shirt, recipes, and gift bag! Don't miss the fun includes samples and appetizers! **\*21 & up only\***



Space is limited call 452-2137 to reserve your spot.

## NASP Corry Station Swimming



(4 Person Teams)

**June 24, 2017**

**NASP Corry Station Pool**

Deadline to Enter: June 8, 2017 @ 1100

Coaches Meeting: June 8, 2017 @ 1100

MWR Sports Office Bldg. 3738

**For More Information Contact Your  
Command Sports Representative or Call the  
NASP Sports Office: 850-452-6520**



**Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,  
DOD & Permanent Contracted Personnel of NASP Corry Station**





**Blue Angel Park  
Disc Golf Courses**  
are open Thrus - Mon. rental discs are available at Blue Angel Outpost Marina  
2100 Bronson Rd. Pensacola, FL 32506  
For more info call 850.281.5489

**Palmetto Disc Golf Course**  
18 Holes  
Difficulty - Amateur

**Pines Disc Golf Course**  
18 Holes  
Difficulty - Intermediate

**Oaks Disc Golf Course**  
18 Holes  
Difficulty - Intermediate

\*Coming soon Corry Station Disc Golf Course  
at Corry field behind Wenzel Fitness Center

**Radford Disc Golf Course**  
is open Mon. - Sat. rental discs are available at Radford Fitness Center the course is behind the Fitness Center  
450 Radford Blvd. Pensacola, FL 32508  
For more info call 850.452.9845  
18 Holes  
Difficulty - Beginner



**MWR** COMMUNITY RECREATION **NAVY MWR PENSACOLA.COM**



# Karate

NASP School of Karate

## Shotokan Karate

**Instructor:**  
**Sensei John Wynne**  
Over 40 years experience  
Godan (5th Degree Black Belt)

Open to active duty, retirees, reservists,  
DOD and family members Ages 9 and up to adult

**Cost:**  
\$20 per month (\$22 DOD)

**Class Hours:**  
**Beginners:** Tuesday 5:30 - 7:15pm ♦ Thursday 5 - 6pm  
**Advanced:** (Beginners Class Required)  
Monday 5:30 - 7:30pm ♦ Thursday 6:15 - 7:45pm  
Make Up: Saturday 10am - 1pm

**Where:**  
Portside Gym, Bldg. 627  
For additional information  
call 850.452.7810 / 850.452.7813 / 850.291.0940

Karate-Do, the Japanese method of self defense, uses the unarmed capabilities of the human body. Karate-Do is a pathway to self development.

Seeking to empty the self through Karate-Do,  
life can be lived... without distorted views of reality...



## NAS Pensacola Captain's Cup Softball League



**Wednesday July 19, 2017**  
**Barrancas Sports Complex**  
(Coaches meeting & deadline to enter, June 9  
at 11 am in the Portside Gym, Bldg 627)

**For More Information Contact Your  
Command Sports Representative or Call the  
NASP Sports Office: 850-452-4391/4292**



**Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,  
DOD & Permanent Contracted Personnel of NAS Pensacola**

## CORRY BOWLING CENTER COSMIC

Tuesday 6:30-8:30 pm  
Friday 10 pm - Midnight  
Saturday 7:30-9:30 pm & 10 pm -Midnight  
\$8 per person  
Shoes and 2 Hours of bowling

**June 2<sup>nd</sup>**  
**Leave the office early day**  
**Cosmic Bowling moved**  
**9 - 11 pm**

**"LET THE GOOD  
TIMES ROLL"**  
**ANY AGE  
LEAGUE**  
**Starting Monday  
June 5<sup>th</sup>, 6 PM**  
**Three person team**  
**\$5 per person per week**  
**8 weeks long**

**For more info  
Call the Bowling Center  
850-452-6380**

**SUMMER  
YOUTH  
BOWLING CAMPS**  
**JUNE 7 - 9**



**COST  
\$65  
LUNCH  
INCLUDED**  
Ages: 5yrs - 18yrs  
Time: 9 am - 1 pm  
Call Corry Bowling Center to sign up  
850-452-6380 (must have access to the base)



## Blue Angel Park

Daily ♦ 8 am - 4 pm ♦ 850-281-5489

### Saturday Morning Sailing Classes



June 3 & 17 Beginner 10 am - 3 pm .....\$35  
June 10 & 22 Intermediate 10 am - 3 pm..\$40  
By Appointment - Advanced Keel Class

## Sherman Cove Marina

NAS Pensacola ♦ 850-452-2212

### Pontoon Boat Rentals

There are plenty of nice boating days in the mild Florida climate. Go for a lunchtime cruise to the Oyster Bar on Perdido Key. Go beach combing in a secluded cove or a remote beach.

**22' Pontoon Boat:** \$28 / \$70 / \$140  
**25' Pontoon Boat:** \$30 / \$75 / \$150  
**17' Boston Whaler Skiff:** \$15 / \$40 / \$75  
**17' Cape Horn:** \$30 / \$75 / \$150  
**21' Edge Waters:** \$35 / \$90 / \$150

## Bayou Grande Marina

Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

### Saturday Morning Sailing Classes



It Only Takes  
One Saturday Morning Class  
To Be Certified  
To Rent Our Sailboats!

June 3 & 17 Beginner 10 am - 3 pm .....\$35  
June 10 & 24 Intermediate 10 am - 3 pm ....\$45

Call 850-452-4152 to schedule  
your sailing class!

### BGM Boat & Board Rentals

**14' Sunfish:** \$7.00 / \$35.00  
**14' Laser:** \$7.50 / \$38.00  
**18' Hunter:** \$8.50 / \$43.00  
**19' Flying Scot:** \$9.00 / \$45.00  
**22' Catalina:** \$19.00 / \$100.00  
**Canoes & Kayaks:** \$6.00 / \$30.00 (No class required)  
**Paddleboards:** \$6.00 / \$30.00 (No class required)

*Rent A Boat,  
It's Cheaper  
Than Buying One!*

## NAS Pensacola Captain's Cup Golf Tournament

### Best Ball



(4 Person Teams)

**Friday June 9, 2017**

**A.C. Read Par 72 Golf Course**

(Deadline to enter, June 1. Greens fees due by June 6)

For More Information Contact Your  
Command Sports Representative or Call the  
NASP Sports Office: 850-452-4391/4292



Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,  
DOD & Permanent Contracted Personnel of NAS Pensacola

## NAS Pensacola Captain's Cup Beach Volleyball



**Saturday June 3, 2017**  
**Check In Time: 0830**

For More Information Contact Your  
Command Sports Representative or Call the  
NASP Sports Office: 850-452-4391/4292



Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,  
DOD & Permanent Contracted Personnel of NAS Pensacola

## Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523  
Movie Info (recording) ♦ 850-452-3522

# FREE MOVIES Every Wednesday In June!

Get your **FREE** ticket early!  
Box Office Opens 10am

## Wenzel Basketball Camp

June 12 - 15 ♦ 1 - 2 pm

NASP Corry Station

Wenzel Fitness Center, Bldg 3711



Open To All Eligible  
MWR Patrons Ages 13 & Up

This camp is designed to help  
athletes at any level evolve their game.  
Athletes will receive instruction  
on offensive/defensive drills,  
shoot technique, dynamic stretching,  
ball handling etc.

leon.freeman@navy.mil ♦ 850-452-6198

## GET GOLF READY

Lesson Plans (Week-to-Week)

### LESSON ONE

Introduction to Golf

Posture, Grip, Aim (PGA)

Introduction: Putting

Introduction: Fitness/Warm-up

### LESSON TWO

Review: LESSON ONE

Introduction: Chipping, Pitching,  
and Greenside Bunkers

### LESSON THREE

Review: LESSON ONE & TWO

Introduction: Full Swing - Irons

Introduction: Fairway, Rough,  
and Fairway Bunkers

### LESSON FOUR

Review: LESSON THREE

Introduction: Full Swing - Woods,  
Irons, and Hybrids

### LESSON FIVE

Review: LESSON FOUR  
PLAY GOLF



Lessons Presented by:  
A.C. Read Golf Club Professionals

Josh Meador, PGA  
Wayland Abernathy III, PGA

### Summer 2017 Sessions:

June 5 - July 10 (Mondays)  
1700-1800

June 6 - July 11 (Tuesdays)  
1700-1800

June 10 - July 8 (Saturdays)  
0900-1000

### Cost:

Active Duty/Retired & Families \$89  
Civilian Guests \$99



Stop by the Golf Shop to register for the session that fits your schedule.  
For more info call Josh or Wayland at A.C. Read 452-2454

## A&W All American Food

Located in the Portside Entertainment Center  
850-453-8196

## NEW DAILY SPECIALS!

### Monday

\$1 Cheeseburgers

### Tuesday

\$1 Coney Dogs

### Wednesday

\$5 Two Papa Burger Singles

### Thursday

\$5 (pick from one of the following):

Cheeseburger Meal

Coney Dog Meal

2pc. Hand-Breaded Chicken

Tenders Meal

All meals include medium Float and chili cheese fries.

### Friday

\$5 Bacon Cheeseburger Combo





# NASP GROUP FITNESS SCHEDULE JUNE 2017

MONDAY			TUESDAY		
0900-0945	Circuit - Robin	Radford	0900-0945	Pilates - Keri	Radford
1115-1200	Pilates - Keri	Radford	0900-0930	TTCT - Chris	Portside
1200	NOFFS Functional Fitness	Portside	0930-1000	TTCT - Chris	Portside
1630	NOFFS Functional Fitness	Portside	0900-1000	Paddle Board - Andi	Bayou Grande
1600-1645	Cardio Kickboxing - Roger	Radford	1000-1045	Strong by Zumba - Veronica	Radford
1700-1745	S.A.C. - Ann	Radford	1030-1100	"Six Pack" Abs - Chris	Portside
1800-1845	Relax Yoga - Dana	Radford	1100-1130	TTCT - Chris	Portside

WEDNESDAY					
0615-0700	Chaos Spin - Michal	Radford	1100-1800	Lap Swim	Mustin Pool
0900-0945	Spinning - Andi	Radford	1115-1200	Cardio Kickboxing - Roger	Radford
1100-1800	Lap Swim	Mustin Pool	1130-1230	SUP Fitness - Andi	Bayou Grande
1100	Spinning - Regine	Portside	1130-1200	TTCT - Chris	Portside
1115	Chaos Spin - Alyssa	Radford	1600-1645	Spinning - Regine	Radford
1200	NOFFS Functional Fitness	Portside	1630-1730	Fitness Onboard - Andi	Bayou Grande
1600-1645	Zumba - Veronica	Radford	1630-1800	Lap Swim	Indoor Pool
1630	NOFFS Functional Fitness	Portside	1700-1745	TRX - Roger	Radford
1700-1745	Circuit - Robin	Radford	1700	Master's Swim	Indoor Pool
			1800-1845	Active Duty Skill Swim	Mustin Pool
			1800-1845	Yoga - Lela	Radford
			1800-1845	Aqua Aerobics	Mustin Pool

FRIDAY			THURSDAY		
0900-0945	Spinning - Andi	Radford	0900-0945	HIIT - Brittany	Radford
1115-1200	Strong by Zumba - Veronica	Radford	0900-0930	TTCT - Chris	Portside
1100-1800	Lap Swim	Mustin Pool	0930-1000	TTCT - Chris	Portside
			1000-1045	Zumba - Veronica	Radford
			1030-1100	"Six Pack" Abs - Chris	Portside
			1100-1800	Lap Swim	Mustin Pool
			1100-1130	TTCT - Chris	Portside
			1115-1200	PUMP - Michal	Radford
			1130-1200	TTCT - Chris	Portside
			1600-1645	Spinning - Regine	Radford
			1630-1800	Lap Swim	Indoor Pool
			1700	S.A.C. - Ann	Radford
			1700	Master's Swim	Indoor Pool
			1800-1845	Active Duty Skill Swim	Mustin Pool
			1800-1845	Yoga - Lora	Radford
			1800-1845	Aqua Aerobics	Mustin Pool

**RADFORD - 850.452.9845**

Bldg. 4143

Mon - Thur: 0500-2100, Fri: 0500-1800

Sat: 0700-1800, Sun & Holidays: CLOSED

**PORTSIDE - 850.452.7810**

Bldg. 606

Mon - Thurs: 0500-2000, Fri: 0500-1800

Weekends & Hols: 0800-1800

**AQUATICS - 850.452.9429**

Call for hours of operation

Closed Mondays

Indoor Pool Bldg. 3828



SATURDAY		
0900-1000	Power Yoga - Lora	Radford
1030-1130	Zumba - Veronica	Radford



# CORRY GROUP FITNESS SCHEDULE JUNE 2017

MONDAY			WEDNESDAY		
800	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	Circuit Boot Camp - Elva	Family Fitness	900	Spinning - Bob	Wellness
900	Spinning - Bob	Wellness	930	Mommy & Me Yoga - Vina	Family Fitness
930	Balance 30 - Lu	Wellness	1030	Home School Scholar Academy	Family Fitness
1100	Strength Training - Tim	Wellness	1100-1300	Lap Swim	Aquatics
1115	Spinning - Lisa	Wellness	1100	Strength Training - Tim	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1115	Spinning - OT	Wellness
1230-100	Step Out - Lisa	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1630	Spinning - Lena	Wellness	1230-100	Step Out - Lisa	Wellness
1630	"Six Pack" Abs - Chris	Wenzel	1630	Spinning - Lena	Wellness
1645	Zumba - Barbara	Family Fitness	1630	Toddlercize - Toni	Family Fitness
1700	Master's Swim	Aquatics	1630	Insane Abs - Chris	Wenzel
1715	Get Lean 2017	Wenzel	1715	Get Lean 2017	Wenzel
			1800	Aqua Zumba	Aquatics

TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	Toddlercize - Toni	Family Fitness
1100-1300	Lap Swim	Aquatics	945	Fit Mamas - Elva	Family Fitness
1100	Strength Training - Tim	Wellness	1100-1300	Lap Swim	Aquatics
1130	PRT Run Improvement-Leon	Wenzel	1100	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1130	PRT Run Improvement-Leon	Wenzel
			1230-100	Step Out - Lisa	Wellness
			1700	Cardio Box - Dennexx	Family Fitness

**WENZEL - 850.452.6198**

**Corry Station Bldg. 3711**

**Mon - Thurs: 0500-2000, Fri: 0500-1800**

**Weekends & Hols: 0800-1800**

**WELLNESS - 850.452.6802**

**Corry Station Bldg. 3712**

**Mon - Thurs: 0500-1800, Fri: 0500-1600**

**Weekends & Hols: Closed**

**FAMILY FITNESS - 850.452.6004**

**Corry Station Bldg. 3712**

**Mon - Thurs: 0800-1800**

**Fri: 0800-1200**

**Saturdays, Sundays & Hols: Closed**

**AQUATICS - 850. 452.6317**

**Call for hours of operation**

**NEW  
HOURS!!!!**

FRIDAY		
800	Balance 30 - Lu	Wellness
800	Circuit Boot Camp - Elva	Family Fitness
900	Zumba - Barbara	Family Fitness
900	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
930	Balance 30 - Lu	Wellness
1000	Ab Tunes - Dennexx	Family Fitness
1100-1300	Lap Swim	Aquatics
1700	Master's Swim	Aquatics





# June 2017 NASP & NAS Corry Fitness Class Descriptions

**Aqua Aerobics:** Traditional style aerobics in the water!

**Balance 30:** Multi-Component training addressing decreased balance.

**Bodies in Motion:** For women over 50, class consists of dancing, strength training, balancing and stretches.

**Box Mania:** A non-choreographed fitness class with power punching and kicking combos on a hand held target. Develop overall strength, cardio conditioning and balance.

**Cardio & Ab Sculpt:** Cardiovascular conditioning and core development.

**Cardio Kickbox:** Classes give you a full body workout and improve your flexibility, coordination, and balance. If you perform the punches with precision and power, you will strengthen your upper body and eventually see more muscle.

**Cardio Box:** Simply – Box Mania with added cardio intervals.

**Chaos Spin:** Cardio intervals on the bike with upper body, abs on the floor. Perfect class for people new to SPIN.

**Circuit Boot Camp:** Fast paced cardio and strength conditioning class! Exercises include body weight and equipment based training designed to provide a full body workout in 60 minutes.

**Fit Mamas:** Designed for moms with little ones, incorporates power walking, running, strength and toning with your child in the stroller.

**Functional Yoga:** Work your entire body, stretching muscles, challenge the cardiovascular system and build foundational strength.

**Get Lean 2017:** Suited for all fitness levels consisting of fun circuits that include muscular strength, endurance, core and cardio conditioning.

**HIIT:** Organized cardio –respiratory training with repeated bouts of short duration, high-intensity exercise intervals and periods of lower intensity intervals of active recovery.

**Home School Scholar Academy:** A physical education class for home schooled students, *proof of homeschooling required.*

**Mommy & Me yoga:** Fun yoga class for mothers and children. Children must be under the age of 2 ½ yrs.

**NOFFS Functional Fitness:** Strength and conditioning workout utilizing functional movements and cardiovascular conditioning. Learn how to correctly and safely use kettlebells, sandbags, TRX and med balls.

**Operation Circuit Madness:** A circuit training class with short rest intervals for improving muscle tone and definition, while improving cardiovascular fitness.

**Paddle Board, SUP Fitness, Fitness OnBoard:** Come check out the hottest thing in fitness – bring a towel, sunscreen and water! Bayou Grande Marina.... 452-9845 for more info!

**PKB (Power Kick Box):** Taking regular kick boxing to the next level!!!

**Pilates:** A classic Pilates method to increase core muscular strength while developing an understanding of Pilates movement.

**POWER Yoga:** Emphasizes strength, flexibility and core work. Breathe, sweat and FLOW to help improve overall body conditioning.

**PRT Run Improvement:** Optimizing fitness & readiness by exceeding minimum standards for the cardio-respiratory event.

**PUMP:** A barbell, dumbbell, and bands class to shape, tone, and strengthen your entire body.

**Relax Yoga:** A slower, more meditative series of stretches to help relieve stress and restore balance to your mind, body and spirit

**S.A.C.:** Combine body weight movements, resistance equipment, dynamic exercises and static holds to get you stronger and tighter from core to extremity.

**Six Pack Abs/ Insane Abs/Ab Tunes:** 30 minutes of fun abs

**Spinning:** Climb and sprint your way towards increasing endurance, increase your energy, burn major calories and jump start your metabolism.

**Step Circuit/ Step & Tone:** Powerful step exercises and dynamic lateral movements are used to improve cardio and endurance fitness.

**Step Out:** 30 min total body cardio and strength workout using the step bench and weights.

**Strength Training:** A comprehensive full body workout that develops general overall fitness through muscular strength and endurance training.

**Strong by Zumba:** Strength, conditioning and body weights to the Zumba beat.

**Toddlercize:** Fun fitness class for walkers to age 6, Learn basic skills like over, under, hand eye coordination, skipping, balance, hopping, jumping and running through fitness.

**TRX:** Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

**TTCT:** Tuff Turf Circuit Training – moderate to high intensity circuit training incorporating cardio, strength and core.

**Yoga:** Posture and stretching in combination with the breath to develop flexibility and relaxation for proper alignment of the body to bring balance, strength and calmness.

**Youth Orientation:** In accordance to CNIC Policy, eligible users 10-14 years old must attend a youth orientation session with a trainer before using the fitness centers.

**Zumba:** Combines a motivating fusion of Latin and international music, moves and dynamic combinations.







## Pensacola Navy Youth Swim Team

Mon, Tue, Thu & Fri ♦ 6 - 7 pm  
Call For Pricing

Open to civilian and military families, ages 6 - 18 years old. We offer challenging workouts where improvement is stressed as the ultimate goal.



For general information about these and other Aquatic Programs, call 850-452-9429.

## Squat Competition

Tuesday, June 20  
11am & 5 pm



Wenzel Gym, Bldg 3711  
Open to ALL Eligible MWR Patrons  
The Schwartz/Malone Formula  
will be used to determine both  
male and female winners based  
on weight lifted pound for pound  
leon.freeman@navy.mil ♦ 850-452-6198



## BACKPACKING 101 OVERNIGHT SKILLS COURSE

May 6th - 7th

June 3rd - 4th

Ever get the feeling you just need to get back to nature?

Get out and enjoy a weekend hiking, backpacking, and camping in the woods. We'll show you how!

**BOOK NOW**  
LIMITED SPACE  
AVAILABLE



**ONLY \$35**  
GEAR INCLUDED  
BACKPACKING 101

For more information call 850-281-5489 or 850-452-6354  
Sign up for the skills course at the Tickets and Travel Office Bldg. 3787 at Corry Station



\*Backpacking 101 Skills Course is a prerequisite for all NAS Pensacola CR Backpacking Trips

# Aquatics Camps & Classes

850.452.9429 ♦ naspaquatics@yahoo.com

Call For Pre-Camp Testing. Group testing has priority acceptance. Other times are available...call 452-9429 to schedule!

## MORNING HALF DAY CAMPS

Water tests must be passed  
before registration

Fishing Camp: Serenity Point

Ages 10 - Up ♦ 9:30 am - Noon  
June 6 & 7

Lil Kidz Fishing Camp: Serenity Point

Ages 5-9 ♦ 9:30 am - Noon  
June 8 & 9

Paddleboard Camp Session 1:

Community Recreation Area (Ski Beach)  
8am - Noon  
June 12-16

Puddlejumpers:

Mustin Pool  
9:30 - 12:30 pm  
June 14-16

Junior Lifeguard:

Multiple Locations  
Ages 11-16 ♦ 8 am - Noon  
June 26-July 14 (3 weeks)

Water Safety Patrol Session 1:

Ski Beach  
8am - Noon  
June 12-16

Sailing Camp Session 1:

Bayou Grande Marina  
8 am - Noon  
June 19-23

## OTHER PROGRAMS

Free Aqua Zumba:

Corry Station Pool  
16 & Older ♦ 6 - 6:45 pm  
Wednesday

Free Aqua Aerobics:

Indoor Pool  
16 & Older ♦ 6 - 6:45 pm  
Tuesday & Thursday

Lifeguard Employment Testing:

Ongoing ♦ Call 850-452-9429

Private Parties:

Mustin and Corry Pools  
\$150 for exclusive use  
for up to 75 guests.  
Lifeguards are included

## AFTERNOON HALF-DAY CAMPS

Water tests must be passed  
before registration

Kayak Camp Session 1:

Community Recreation Area  
(Ski Beach)  
Ages 10-16 ♦ 1 - 4:30 pm  
June 6-9

Marine Science:

Community Recreation Area  
(Ski Beach)  
\$60 Mil, \$65 DoD, \$70 Civ  
Ages 11-16 ♦ 1- 4:30 pm  
June 19-23

## SWIM LESSONS

Evening Group Lessons:

Corry Station Pool  
Ages 3 & up  
Beginners: 4:45 - 5:15 pm  
Advanced: 5:20 - 5:50 pm  
S1: Jun 6-9  
S2: Jun 13-16  
S3: Jun 20-23

Water Babies Session 1:

Mustin Pool (Saturdays)  
9 - 10 am  
Ages 6 months- 3 years  
June 3-10-17 & 24

One-On-One Swim Lessons:

Mustin & Corry Station Pools  
All ages  
Call 850-452-9429 for times

## AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



Visit Corry Auto Skills  
to register your vehicle to sell  
at AutoRama Resale Lot



## Check Out Our Treats & Sweets!

Root Beer Floats

Root Beer Freezes

Polar Swirls ~ M&M's, Reese's  
Cookie Dough,  
Oreos

Sundaes ~ Caramel, Strawberry  
Hot Fudge, Chocolate

Ice Cream Cones

Milk Shakes



Located in the Portside Food Court, Building 3912