

# At Ease

Serving NAS Pensacola & NASP Corry Station

## Contact Us:

MWR General  
 Information

(850) 452-3806

450 Radford Blvd

Bldg. 4143

Monday - Friday

8:00 am - 4 pm

CLICK HERE TO TAKE  
 OUR SHORT SURVEY

WE WANT YOUR  
 FEEDBACK

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

Like Us On  
 Facebook

"MWR Pensacola"

DOWNLOAD  
 our app:

"Navy MWR Pensacola"



Available on the  
 App Store

GET IT ON  
 Google play

## Will You Tri?



### ROW

CHALLENGE 1  
 2000 METERS  
 CHALLENGE 2  
 5000 METERS



### BIKE

CHALLENGE 1  
 BIKE 7 MILES  
 CHALLENGE 2  
 BIKE 11 MILES



### RUN

CHALLENGE 1  
 1.5 MILES  
 CHALLENGE 2  
 (3.1 MILES) 5K

## MONTH OF APRIL

Each challenge must be completed at one time. Submit screenshots of each activity when it's completed by scanning the QR code. Patrons will be submitted in the drawing once they have completed both challenges. Each time you complete both challenges during the month of April, you will be entered in a drawing to win a Concept 2 rower. All participants will receive a T-Shirt.



**concept 2**

Thank you to our sponsor. No Navy endorsement implied.  
 For more information see the Front Desk.



## MOVIE ON THE LAWN

FRONT OF PORTSIDE GYM BLDG. 627 STARTS AT DUSK

OPEN TO ALL  
ELIGIBLE  
PATRONS!

ENJOY A  
MOVIE UNDER  
THE STARS!



**SATURDAY APRIL 24TH**

BRING YOUR BLANKETS ~ LAWN CHAIRS ~ COOLERS

If it rains the movie will be canceled, check Facebook for rain-outs or call 452-2372

THANK YOU TO OUR SPONSORS



**APRIL 17 | TICKETS \$5 EACH**  
1100-1300 | Open to Active Duty and Dependents ONLY

Come enjoy a picnic on the back lawn and visit with some of your favorite characters!

For more information please call 850-452-6354



# APRIL is the month of the Military Child ~ Purple Up

Celebrate Month of the Military Child - Wear purple on April 15th to support military children

## DEALS & SPECIALS:

**Corry Bowling Center 850.452.6380**

In honor of Month of the Military Child, Active Duty families will be offered a BOGO special on games.



**A&W 850.453.8113**

Kid's Meals will be reduced to \$2.50 for Month of the Military Child.



**Portside Cinema 850.452.3522**

Military kids will be offered a FREE kids soda or popcorn with the purchase of a movie ticket through the month of April.



**Ski Beach 850.281.0134**

50% off paddle boards and kayak rentals for Active Duty Dependents when accompanied by an adult through the month of April.



## GRAB & GO GIVE AWAYS:

**For Active Duty and Dependents ONLY**

**Go Fly a Kite Give Away**

Pick up your FREE kite at Ski Beach  
**April 15 - April 18** and enjoy flying it at your favorite windy spot on "Go Fly a Kite Day," April 18th!



**Grow Kit Give Away**

Pick up your FREE Grow Kit at Ski Beach  
**April 22 - April 25.** Celebrate Earth Day while teaching your child how things grow!

**MOTMC Family Craft Kit**

DIY Tic-Tac-Toe boards  
Stop by Tickets & Travel beginning **April 26**, to collect your FREE craft kit. (While supplies last)

## SPECIAL EVENTS:

**Mini Duck Carnival**

Join us **April 4** for games, prizes and so much fun at Mustin Beach Pool 1300-1500, open to all eligible patrons.

**Purple Up MOTMC - Virtual 5K**

Join us for a virtual 5K run to celebrate MOTMC! Take a picture of the QR code, input your information to register and upload a screenshot of your time! Check Facebook or Fitness Center for QR code.

**Character Picnic**

Come enjoy a picnic on the back lawn of **Mustin Beach Club, April 17 1100-1300.** Open to Active Duty and Dependents ONLY. Tickets are **\$5 per person online registration available.** Tickets will be sold online, check Facebook for the link.

**Movie On the Lawn Series**

Bring your chairs and blankets and enjoy a movie under the stars on Portside Lawn every **2nd and 4th Saturday** each month through August. Open to all eligible patrons, social distancing will be enforced. We ask that patrons stay with their family.



**Character Picnic**  
Mustin Beach Club

**APRIL 17 | TICKETS \$5 EACH**  
1 100-1300 | Open to Active Duty and Dependents ONLY

Come enjoy a picnic on the back lawn and visit with some of your favorite characters!

For more information please call 850-452-6354

NAS PENSACOLA  
CORRY STATION  
**FITNESS CENTERS**

**NAVY**  
SERIAL ASSAULT PREVENTION & RESPONSE  
**MONTH OF APRIL**

**MWR FITNESS**

**Virtual 5K**  
AWARENESS & PREVENTION

**Your voice has power!**  
Medals for 1st, 2nd, 3rd place male and female.

Take a picture of the QR Code, input your information to register and upload screen shot of your time.

**USAA** **FIRST COMMAND**

Thank you to our sponsors. No Navy endorsement implied.

**USAA**

**HELPING YOU DURING THIS CRISIS IS WHAT WE'RE MADE FOR**

**VISIT USAA.COM/CORONAVIRUS OR CALL 800-531-8521**

That all, be held in the company of active duty members. The Department of the Navy does not intend to use company names or other products or services. MWR is a service of the Navy. No endorsement or implied endorsement. Neither the United States nor any part of the federal government officially endorses any company, product or service. Membership only. Entry and prices subject to change. © 2020 USAA. 272054-0420

**SKI BEACH**  
**COMMUNITY RECREATION AREA**  
*Located on Bayou Grande Marina*

**MWR COMMUNITY RECREATION**

**OPEN THURS. - MON. 9 AM - 6 PM**

**ON-SITE & OFF-SITE RENTALS AVAILABLE**  
**KAYAKS & PADDLE BOARDS**  
**FOR ACTIVE DUTY ONLY & THEIR DEPENDENTS**

**PLAYGROUND IS NOW OPEN!**

**~NO LARGE GROUPS**  
**~SOCIAL DISTANCING WILL BE ENFORCED**

**www.NAVYMWRPENSACOLA.COM • 850.281.0134**



## Earn Your Degree Online. Anytime. Anywhere.

Columbia Southern University's dedicated military support team is comprised of current and former military members who understand your unique needs. They are available every step of the way to ensure you make the most of your benefits, for you and your loved ones.

### Our Commitment to Serving Military Students and Their Families Includes:

- » Tuition Assistance
- » Military Training Credits
- » Tuition Rates Below DoD Cap
- » Scholarships for Spouses and Children



ColumbiaSouthern.edu/Mil » 877.347.6050

Orange Beach, Ala. | Confidential employment information available at ColumbiaSouthern.edu/Disclosure

More information about education benefits offered by VA is available at: [www.education.va.gov](http://www.education.va.gov). For more information on discounts, please contact your employer or the U.S. Department of Defense (DDO) personnel. Products or services cannot be considered or applied retroactively by the DoD.

[https://www.columbiasouthern.edu/ip/mil?utm\\_source=NAS%2BNewsletter&utm\\_medium=Banner&utm\\_content=2021%2BNAS%2BMWR%2BNewsletter&utm\\_campaign=Military&adCode=5001](https://www.columbiasouthern.edu/ip/mil?utm_source=NAS%2BNewsletter&utm_medium=Banner&utm_content=2021%2BNAS%2BMWR%2BNewsletter&utm_campaign=Military&adCode=5001)

## BAYOU GRANDE MARINA Sailing Classes

**MATE A  
5 HR CLASS**

**SKIPPER B  
5 HR CLASS**

Class Size is limited to 5, with all social distancing requirements and masks required during on land instruction. Private lessons area available.

**\*\*WEATHER PERMITTING, TIMES MAY CHANGE.\*\***

**FOR MORE INFO CONTACT  
BAYOU GRANDE MARINA AT 850-452-4152.**

## DISC GOLF

Disc golf is a combination of Frisbee and Golf. Players throw the disc toward the basket. Players throw the disc where the previous disc has landed until every player's disc lands in the basket. The lowest throw count at the end of the game is the winner!

### Radford Disc Golf Course

Open Mon - Sat

Rental discs are available at Radford Fitness Center.

Course behind the Fitness Center  
450 Radford Blvd. Pensacola, FL 32508  
For more info call (850) 452-9845

9 Holes  
Beginner Course

### Blue Angel Park Disc Golf Courses

Open Thurs - Mon

Rental discs are available at Blue Angel Park Outpost Marina.  
2100 Bronson Rd. Pensacola, FL 32506  
For more info call (850) 281-5489

Palmetto Course  
18 Holes  
Amateur Course

Pines Course  
18 Holes  
Intermediate Course

Oaks Course  
18 Holes  
Intermediate Course



### Corry Station Disc Golf Course

Open 7 Days/Week

Rental discs are available at Wenzel Fitness Center or Corry Liberty Center.  
Course behind the Fitness Center  
3711 Chief's Way, Pensacola FL 32507  
For more info call (850) 452-6198

9 Holes  
Beginner Course

**NAVYMWRPENSACOLA.COM**

## SHERMAN COVE MARINA

Open 7 days a week 7 am - 4 pm 452-2212

### BOAT RENTALS ~ 7 AM - 4 PM

*Fuel Dock closed*

22' PONTOON BOAT  
17' BOSTON WHALER SKIFF  
17' CAPE HORN  
21' EDGE WATERS

#### RENTAL INFORMATION

HOURLY - 1 HR

HALF DAY - 3 HRS

FULL DAY - 6 HRS

**\*RENTALS AVAILABLE - LIMITED AVAILABILITY AT THIS TIME**

## BAYOU GRANDE MARINA

Open 7 days a week 6 am - 6 pm 452-4152

### BGM BOAT & BOARD RENTAL

14' SUNFISH  
18' HUNTER  
22' CATALINA  
CANOES AND KAYAKS  
14' LASER  
19' FLYING SCOUT  
PADDLEBOARDS



**\*RENTALS AVAILABLE FOR ALL ELIGIBLE PATRONS.**

**WWW.NAVYMWRPENSACOLA.COM**





For more info call **452.9429** or go to  
[www.navymwrpensacola.com](http://www.navymwrpensacola.com)

*\*Pool is closed first full weekend of the month*



## HOURS FOR APRIL

### Indoor Pool

#### LAP SWIM:

Mon., Tues., Thurs., & Fri.  
 1600-2000

#### REC/LITE LAP:

Mon., Tues., Thurs., & Fri. 1900-2100  
 Sat. & Sun. 1200-1700

#### PNY - Pensacola Navy Youth

Mon., Tues., Thurs., & Fri.  
 1800-1900

#### LIFEGUARD PREP

Mondays \$5  
 1900-1945

#### MASTERS

Mon., Tues., Thurs., & Fri.  
 1630-1730

#### SKILL PROFICIENCY

Mon., Tues., Thurs., & Fri.  
 1600 - 1700

#### GUPPIES & GOSLINGS March 29 - April 22

Mon. & Thurs. 1700 - 1745 - Age 4-6 Guppies

Mon. & Thurs. 1800 - 1850 - School Age  
 Goslings

#### LAP SWIM

Wed. 1600 - 1800

#### FIN SWIM

Fri. 1900 - 2000

#### WATER POLO

Tues. & Fri. 1630 - 1730

#### 1 ON 1

Classes available 6 days a week

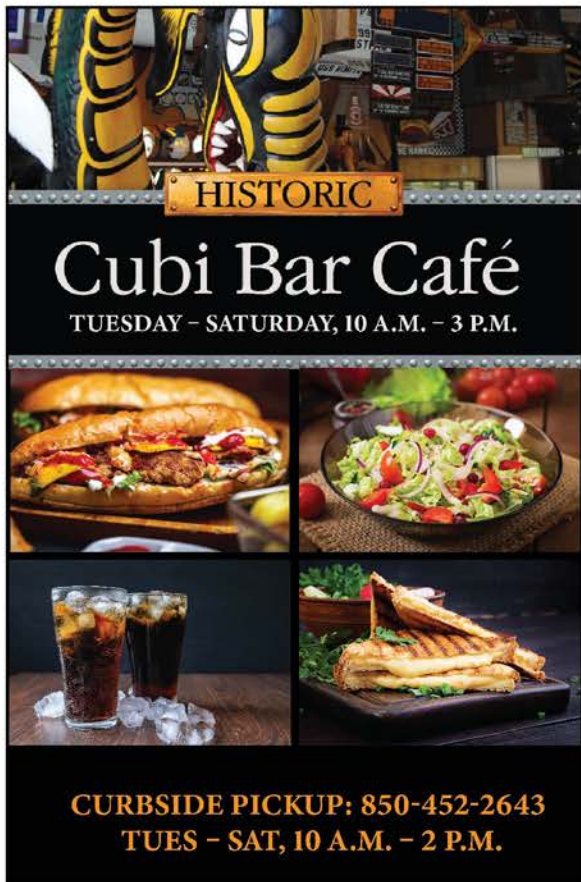
We teach all skill levels. \$15 for a 30 minute class. Call the office for specifics.



**April 17**  
**1200 - 1700**

**April 18**  
**1200 - 1500**





**HISTORIC**

# Cubi Bar Café

TUESDAY – SATURDAY, 10 A.M. – 3 P.M.

**CURBSIDE PICKUP: 850-452-2643  
TUES – SAT, 10 A.M. – 2 P.M.**

## DAILY SPECIALS

Portside Food Court Bldg 3912

<b>MONDAY</b> <b>\$6</b>	CHICKEN SANDWICH OR CHICKEN TENDERS COMBO	
<b>TUESDAY</b> <b>\$1</b>	<b>CONEY DAY</b>	 MAKE IT A COMBO FOR \$3.50 MORE
<b>WEDNESDAY</b> PICK ANY 2 FOR <b>\$6</b> All Day!	DOUBLE CHEESE BURGER MAKE IT A COMBO FOR \$3.50 MORE CHICKEN TENDERS SANDWICH OR FRIES & MORE BEER	   
<b>THURSDAY</b> <b>\$1</b>	<b>CHEESE BURGER</b>	 MAKE IT A COMBO FOR \$3.50 MORE
<b>FRIDAY</b> <b>\$6</b>	<b>BACON CHEESEBURGER COMBO</b>	

**OPEN 7 DAYS A WEEK 1000 - 2200**



## MUSTIN BEACH CLUB

**MONDAY - FRIDAY  
1100 - 1400**

**DINE IN OR TAKE OUT**

**CALL: 850-791-1884**



## Hissho SUSHI

**OPEN 7 DAYS A WEEK  
1000-2200  
INSIDE THE PORTSIDE FOOD COURT**





**PORTSIDE TWIN Cinema**  
NAVAL AIR STATION PENSACOLA

Box Office Opens 9 AM 🐦 850-452-3523  
Movie Info (recording) 🐦 850-452-3522

Affordable Admission Fees  
Adults: \$4 ~ 3D is \$5  
Children 6 - 11 yrs: \$2 ~ 3D is \$3  
Children 5 yrs & under: FREE

**1700 & 1800 MOVIES**  
ACTIVE DUTY STUDENTS

**1300 & 1400 MOVIES**  
ELIGIBLE PATRONS

[NavyMWRPensacola.com](http://NavyMWRPensacola.com)  
for movies and times

**BAYOU GRANDE MARINA**  
Bldg. 3244 452-4152

**Full Moon Float**  
APRIL 26 ~ 1700 - 2000  
FOOD & DRINKS FOR PURCHASE  
Come paddle after dark for FREE..  
Underwater lights - All gear provided  
Kayaks, Tandem Kayaks  
& Paddle boards

Open to all MWR eligible patrons

**MWR BOWLING**

**HOURS OF OPERATION**  
CALL 850-452-6380 FOR MORE INFORMATION

**BOWLING CENTER**

MONDAY - THURSDAY	2PM - 9PM
FRIDAY	2PM - 10PM
SATURDAY <small>OPEN TO ACTIVE DUTY AND THEIR DEPENDENTS</small>	1PM - 10PM
SUNDAY	1PM - 7PM

**CORRY GRILL**

MONDAY - THURSDAY	10:30AM - 8PM
FRIDAY	10:30AM - 9PM
SATURDAY <small>OPEN TO ALL ELIGIBLE PATRONS</small>	1PM - 9PM
SUNDAY	1PM - 7PM

**OLD CROW'S NEST**

MONDAY - TUESDAY	6PM - 10PM
WEDNESDAY - THURSDAY	5PM - 10PM
FRIDAY	5PM - MIDNIGHT
SATURDAY <small>OPEN TO ACTIVE DUTY AND THEIR DEPENDENTS</small>	5PM - 11PM
SUNDAY	2PM - 9PM

**MWR COMMUNITY RECREATION**  
presents  
**MOVIE ON THE LAWN**  
FRONT OF PORTSIDE GYM BLDG. 627 🐦 STARTS AT DUSK

**THE CROODS A NEW AGE**

OPEN TO ALL ELIGIBLE PATRONS!  
FREE FAMILY FUN!  
ENJOY A MOVIE UNDER THE STARS!

**SATURDAY APRIL 24TH**  
BRING YOUR BLANKETS ~ LAWN CHAIRS ~ COOLERS  
If it rains the movie will be canceled, check Facebook for rain-outs or call 452-2372

THANK YOU TO OUR SPONSORS

USAA FIRST COMMAND FEP Vision



## CORRY AUTO SKILLS CENTER

Bldg. 1006 Phone: 850-452-6542

*Do your vehicle fast!*

- ★ 10 COVERED STALLS
- ★ 3 FRAME LIFTS
- ★ 2 CAR WASH BAYS
- ★ 3 OVERHAUL BAYS
- ★ 5 DRIVE-ON LIFTS
- ★ THOUSANDS OF TOOLS

Our lifts will accommodate motorcycles, ATV'S, Gators, Golf Carts & Lawnmowers.

**Lift Rates:**

**\$6.50/hr & \$35/day**



### Hours of Operation

Tues - Sat.....11 am - 7 pm

Sun, Mon, & Holidays.....Closed



Become a  
**CERTIFIED  
LIFEGUARD  
TODAY!!!**



## NAS Pensacola MWR Aquatic Team

### REQUIREMENTS:

- 15 years of age
- Pass Pretest
- 100% Attendance of Course

### PRETEST:

- 300 yard Swim  
(Freestyle, Breaststroke or Combination)
- 2 minute Tread (without hands)
- 20 yard Brick Retrieval

### PRICE:

Course: \$185 (Pretest: \$15 + Class: \$170)

**Military, DOD, Contractors, Civilians:  
ALL ARE WELCOME!**

Evening Courses are held aboard  
NAS Pensacola at the Indoor Pool, Bldg. 3828  
A portion of the course must be completed  
online prior to the first class.

### APRIL COURSE:

- Pretest Date: Apr 5, Apr 13 or Apr 15 @ 1900
- Class Dates: Apr 16, Apr 17, Apr 18, Apr 23, & Apr 24  
Fri. (1800-2100), Sat. (1000-1700), Sun. (1000-1700)



**NAS Pensacola  
MWR AQUATICS OFFICE:  
850-452-9429**



**PURPLE  
UP** FOR  
MILITARY  
KIDS

**5K  
VIRTUAL  
FUN RUN**

**NASP & CORRY FITNESS CENTERS**

**MONTH OF APRIL**



April is designated as Month of the Military Child.

Join us for a Virtual 5k run.

Spin Medals awarded for each age category.

Youth 17- under • 18-29 • 30-39 • 40-49 • 50+

Take a picture of the QR Code,  
input your information to register  
and upload screen shot of your time.

For more information see front desk.



**WWW.NAVYMWRPENSACOLA.COM**



## CORY GROUP FITNESS APRIL SCHEDULE 2021

MONDAY			WEDNESDAY		
0930 - 1015	CRUSHIT - Jessica	Family Fitness	0930-1015	Spin - Jessica	Family Fitness
1200 - 1400	Fitness Training - Tim	Wellness	1200 - 1400	Fitness Training - Tim	Wellness
1530 - 1730	Fitness Training - Tim	Wellness	1530 - 1730	Fitness Training - Tim	Wellness
1700 - 1745	Insane Abs - Chris	Wenzel	1630	Spin - Lisa	Family Fitness
TUESDAY			1700 - 1745	Insane Abs - Chris	Wenzel
0930 - 1015	Yoga - Mimi	Family Fitness	THURSDAY		
1200 - 1400	Fitness Training - Tim	Wellness	0930-1015	Anything Goes - Robin	Family Fitness
1530 - 1730	Fitness Training - Tim	Wellness	1200 - 1400	Fitness Training - Tim	Wellness
1630 - 1715	Strength Training - Jessica	Family Fitness	1530 - 1730	Fitness Training - Tim	Wellness
1700 - 1745	Get In The Zone - Chris	Wenzel	1630-1714	Zumba - Veronica	Family Fitness
			FRIDAY		
<b>WENZEL - 850.452.6198</b> Corry Station Bldg. 3711 Mon - Friday: 0400-1900 Closed for Cleaning 1000-1100 & 1400-1500 Saturday & Sunday: 0900-1700 Closed for Cleaning 1230-1330			1200 - 1400	Fitness Training - Tim	Wellness
			1530 - 1730	Fitness Training - Tim	Wellness
			1700 - 1745	Operator Ugly - Chris	Wenzel
<b>WELLNESS - 850.452.6802</b> Corry Station Bldg. 3712 Mon - Fri: 0500-1800 Closed for Cleaning 1000-1100 & 1400-1500 Weekends & Holidays: Closed					
<b>FAMILY FITNESS - 850.452.6004</b> Corry Station Bldg. 3712 Mon - Fri: 0700-1800 Closed for Cleaning 1200-1300 Sat & Sun & Holidays: Closed					

## Will You Tri?



**MWR**  
FITNESS  
**VIRTUAL TRIATHLON CHALLENGES**



**ROW**

**CHALLENGE 1**  
2000 METERS  
**CHALLENGE 2**  
5000 METERS



**BIKE**

**CHALLENGE 1**  
BIKE 7 MILES  
**CHALLENGE 2**  
BIKE 11 MILES



**RUN**

**CHALLENGE 1**  
1.5 MILES  
**CHALLENGE 2**  
(3.1 MILES) 5K

**MONTH OF APRIL**

Each challenge must be completed at one time. Submit screenshots of each activity when it's completed by scanning the QR code. Patrons will be submitted in the drawing once they have completed both challenges. Each time you complete both challenges during the month of April, you will be entered in a drawing to win a Concept 2 rower. All participants will receive a T-Shirt.



**concept 2**

Thank you to our sponsor. No Navy endorsement implied.  
For more information see the Front Desk.



**WWW.NAVYMWRPENSACOLA.COM**



# NASP GROUP FITNESS APRIL SCHEDULE 2021

MONDAY			TUESDAY		
0900-0945	Anything Goes - Robin	Radford	0530-0615	Spin - Rosie	Radford
1115-1200	Operator Ugly - Andi	Radford	0900-0945	Pilates - Keri	Radford
1800 - 1845	Yoga - Mimi	Radford	1115-1200	Anything Goes Cardio - Robin	Radford
1630	Functional Fitness - Shiela	Portside	1800-1845	Weightlifting Technique - Abby	Radford
1730	Functional Fitness - Shiela	Portside	1630	Operator Ugly	Portside
1600 - 1700	Skill Pro	Indoor Pool	1730	Operator Ugly	Portside
1630 - 1730	Masters	Indoor Pool	1600 - 1700	Skill Pro	Indoor Pool
1600 - 2000	Lap Swim	Indoor Pool	1630 - 1730	Masters	Indoor Pool
1900 - 2100	Rec/Lite Lap	Indoor Pool	1600 - 2000	Lap Swim	Indoor Pool
			1630 - 2000	Water Polo	Indoor Pool
			1900 - 2100	Rec/Lite Lap	Indoor Pool
WEDNESDAY			THURSDAY		
0900-0945	TRX - Rosie	Radford	0600-0645	Spin - Rosie	Radford
1115-1200	Yoga - Mimi	Radford	0900-0945	Yoga - Mimi	Radford
1115-1200	Guts & Glutes Veronica	Radford	1115-1200	Chaos Cycle - Keri	Radford
1800 - 1845	Yoga - Dana	Radford	1800-1845	Weightlifting Technique - Abby	Radford
1630	Functional Fitness - Shiela	Portside	1630	Tread & Shed - Shiela	Portside
1730	Functional Fitness - Shiela	Portside	1730	Tread & Shed - Shiela	Portside
1600 - 1800	Lap Swim	Indoor Pool	1600 - 1700	Skill Pro	Indoor Pool
			1630 - 1730	Masters	Indoor Pool
			1600 - 2000	Lap Swim	Indoor Pool
			1900 - 2100	Rec/Lite Lap	Indoor Pool
FRIDAY			SATURDAY		
0900-0945	Spin - Andi	Radford	1200-1700	Rec/Lite Lap	Indoor Pool
1115-1200	Tempered Yoga - Andi	Radford			
1600 - 1700	Skill Pro	Indoor Pool	SUNDAY		
1630 - 1730	Masters	Indoor Pool	1200-1700	Rec/Lite Lap	Indoor Pool
1600 - 1900	Lap Swim	Indoor Pool			
1630 - 2000	Water Polo	Indoor Pool			
1900 - 2000	Fin Swim	Indoor Pool			
1900 - 2100	Rec/Lite Lap	Indoor Pool			

RADFORD - 850.452.9845

Bldg. 4143

Mon - Fri: 0500-1900

Closed for Cleaning 1400-1500

Sat: 0900-1700 Sun & Holidays: CLOSED

PORTSIDE - 850.452.7810

Bldg. 606

Mon - Fri: 0500-1900

Closed for Cleaning 0900-1000 & 1400-1500

Weekends & Holidays: 0900-1700

Closed for Cleaning 1230-1330

AQUATICS - 850.452.9429

**PURPLE UP**  
FOR MILITARY KIDS

**5K**  
VIRTUAL  
FUN RUN

**NASP & CORRY FITNESS CENTERS**

**MONTH OF APRIL**

April is designated as Month of the Military Child.  
Join us for a Virtual 5k run.  
Spin Medals awarded for each age category.  
Youth 17- under • 18-29 • 30-39 • 40-49 • 50+

Take a picture of the QR Code,  
input your information to register  
and upload screen shot of your time.  
For more information see front desk.