



July 2021

Volume 31 Number 7

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

**f Like Us On
Facebook**

"MWR Pensacola"

**DOWNLOAD
our app:**

"Navy MWR Pensacola"



Available on the
App Store

GET IT ON
Google play

join
our
team

WE ARE
HIRING



NAVYMWRPENSACOLA.COM/JOBS

**APPLY NOW
GREAT BENEFITS!**

MONTH OF JULY
NASP & CORRY STATION FITNESS CENTERS
OPEN TO ALL ELIGIBLE PATRONS

**FREEDOM
5K
VIRTUAL
Fun Run**

MEDALS AWARDED FOR TOP 3
AGE CATEGORIES: 18-29, 30-39, 40-49 & 50+

THANK YOU TO OUR SPONSOR
runningwild
NO NAVY ENGAGEMENT IMPLIED.

FIRST 100 TO REGISTER WILL RECEIVE A T-SHIRT. SCAN QR CODE TO REGISTER AND SUBMIT COMPLETED TIME.
ANYONE WHO ENTERS AND COMPLETES THE 5K WILL BE ENTERED IN A DRAWING SPONSORED BY RUNNING WILD.

WWW.NAVYMWRPENSACOLA.COM

SHERMAN COVE MARINA

Open 7 days a week 7 am - 5 pm 452-2212

BOAT RENTALS ~ 7 AM - 5 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 9 am - 7 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.**



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

READING COLORS Your WORLD.

Find your local MWR Summer Reading Program at
Beanstack.com/DoD and earn prizes
for reading, or join the Virtual Program at
DoDVirtualSRP.beanstack.org.

Sponsored by

DoD MWR LIBRARIES SUMMER READING PROGRAM on library locations worldwide

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#NASPLibrary

Stop by Station Library, Sunday - Thursday 9 a.m. - 7 p.m.
for weekly events and FREE giveaways **July 1 - August 1.**

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

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

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WWW.NAVYMWRPENSACOLA.COM

Your Education Shouldn't Stop for Deployment

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/Disclaimer

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.**

AQUATICS 2021

SUMMER PROGRAMS

WATER BABIES 2 SESSIONS

MUSTIN POOL
SATURDAYS
9:00AM - 10:00AM
Ages 6 mos to 3yrs
JUNE 5, 12, 19 & 26 JULY 10, 17, 24, & 31

» MIL	\$30
» DoD	\$35
» CIV	\$40

NASP MORNING GROUP 3 SESSIONS

MUSTIN POOL
TUESDAY - FRIDAY
8:00AM - 8:45AM
6yrs & Up
3, 4, & 5yrs
JUNE 8-18, JULY 13-23 & JULY 27-AUG 6

» MIL	\$50
» DoD	\$55
» CIV	\$60

CORRY MORNING GROUP 3 SESSIONS

CORRY POOL
TUESDAY - FRIDAY
8:00AM - 8:45AM
6yrs & Up
3, 4, & 5yrs
JUNE 8-18, JULY 13-23 & JULY 27-AUG 6

» MIL	\$50
» DoD	\$55
» CIV	\$60

EVENING LESSONS 12 SESSIONS

CORRY POOL
TUESDAY - FRIDAY
Ages 3yrs & Up
Beginners 4:45PM - 5:15PM
Intermediate 5:20PM - 5:50PM
JUNE 8-11, JUNE 15-18, JUNE 22-25 JUNE 29-JULY 2
JULY 13-16, JULY 20-23, JULY 27-30
AUG 3-6, AUG 10-13, AUG 17-20, AUG 24-27, AUG 31-SEPT 3

» MIL	\$25
» DoD	\$30
» CIV	\$35

1-ON-1

MUSTIN & CORRY POOL
All Ages 30 MINUTES
BASED ON INSTRUCTOR AVAILABILITY

»	\$15
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JUNIOR LIFEGUARD CAMP

MULTIPLE LOCATIONS
MONDAY - FRIDAY
8:00 AM - 12:00 PM
Ages 11 - 16yrs
JUNE 21 - JULY 9

3 WEEK CAMP	» MIL	\$100
	» DoD	\$110
	» CIV	\$120

PUDDLE JUMPERS 2 SESSIONS HALF DAY

MUSTIN POOL
WEDNESDAY - FRIDAY
9:30AM - 12:30PM
5yrs to 8yrs
JUNE 16-18
JULY 28-30

» MIL	\$20
» DoD	\$30
» CIV	\$40



KIDZ SAILING 1 SESSION HALF DAY

BAYOU GRANDE MARINA
THURSDAY - FRIDAY
12:30PM - 4:30PM
7yrs to 9yrs
JULY 15 - 16

» MIL	\$40
» DoD	\$50
» CIV	\$60

KIDZ KAYAK 1 SESSION HALF DAY

SKI BEACH RECREATION AREA
WEDNESDAY - FRIDAY
12:30PM - 4:30PM
7yrs to 9yrs
JULY 7 - 9

» MIL	\$20
» DoD	\$30
» CIV	\$40



WATER SAFETY PATROL CAMP

2 SESSIONS HALF DAY
SKI BEACH RECREATION AREA
MONDAY - FRIDAY
8:00 AM - 12:00 PM
7yrs to 10 yrs
JUNE 21-25 JULY 26-30

» MIL	\$30
» DoD	\$40
» CIV	\$50

PADDLEBOARD 2 SESSIONS HALF DAY

SKI BEACH RECREATION AREA
MONDAY - FRIDAY
12:30PM - 4:30PM
10yrs to 16yrs
JUNE 14 - 18 & AUGUST 2 - 6

» MIL	\$30
» DoD	\$40
» CIV	\$50



SAILING 3 SESSIONS HALF DAY

BAYOU GRANDE MARINA
MONDAY - FRIDAY
8:00AM - 12:00PM
(Must attend Session 1 or 2 to do 3)
JUNE 7 - 11 JULY 12 - 16 JULY 19 - 23

» MIL	\$100	» \$100	» \$60
» DoD	\$110	» \$110	» \$70
» CIV	\$120	» \$120	» \$80

KAYAK 1 SESSION HALF DAY

SKI BEACH RECREATION AREA
MONDAY - FRIDAY
12:30PM - 4:30PM
10yrs to 16yrs
JULY 19 - 23

» MIL	\$30
» DoD	\$40
» CIV	\$50



MARINE SCIENCE 1 SESSION HALF DAY

SKI BEACH RECREATION AREA
MONDAY - FRIDAY
12:30PM - 4:30PM
11yrs to 16yrs
JUNE 28 - JULY 2

» MIL	\$30
» DoD	\$40
» CIV	\$50



** Water Tests must be passed before registration for most Aquatics Program(s). For further information on Programs please contact the Aquatics Office at 850.452.9429. Visit WWW.NAVYMWRPENSACOLA.COM **



For more info call **452.9429** or go to
www.navymwrpensacola.com

**Pools are closed on Mondays, except July 5 pools open*



HOURS FOR JULY

Mustin Beach Pool

LAP SWIM

Tues. - Fri 0530-0730

Tues. - Fri 1100-1800

RECREATIONAL/LAP SWIM

Tues. - Fri. & Sun. 1200-1800

Sat. 1000-1800

SKILL PRO CLASS

Tues. & Thurs. 1700-1800

AQUA AEROBICS

Wed. 1000-1100

AQUA ZUMBA

Thurs. 1800-1900

Corry Station Pool

LAP SWIM

Tues. - Fri 0530-0730

RECREATIONAL/LAP SWIM

Tues. - Fri. & Sun. 1200-1800

Sat. 1000-1800

MASTERS

Tues. - Fri. 1700-1800

PNY

Tues. - Fri. 1800 - 1900

GUPPIES & GOSLINGS

Tues. & Fri. 1800-1850

AQUA ZUMBA

Tues. 1200-1300

Barrancas Beach

7 days a week 1000-1800

POOLS OPEN JULY 5

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.



**SUMMER CAMPS
& SWIM LESSONS**



We're Hiring Lifeguards

Call MWR Aquatics

850-452-9429

www.NAVYMWRPENSACOLA.COM/JOBS





HISTORIC
Cubi Bar Café
TUESDAY – SUNDAY, 11 A.M. – 3 P.M.



CURBSIDE PICKUP: 850-452-2643
TUES – SAT 11 A.M. – 2 P.M.

DAILY SPECIALS 
Portside Food Court Bldg 3912

MONDAY
\$6 CHICKEN SANDWICH OR CHICKEN TENDERS COMBO 

TUESDAY
\$1 **CONEY DAY** 
MAKE IT A COMBO FOR \$3.50 MORE

WEDNESDAY
PICK ANY 2 FOR **\$6** All Day!
MAKE IT A COMBO FOR \$3.50 MORE
DOUBLE CHEESE BURGER, ORIGINAL BACON CHEESE BURGER, CHICKEN TENDERS SANDWICH (REGULAR OR KING BEANS), PAPA BURGER SINGLE 

THURSDAY
\$1 **CHEESE BURGER** 
MAKE IT A COMBO FOR \$3.50 MORE

FRIDAY
\$6 BACON CHEESEBURGER COMBO 

OPEN 7 DAYS A WEEK 1000 - 2200



MUSTIN BEACH CLUB
MONDAY - FRIDAY
1100 - 1400
DINE IN OR TAKE OUT
CALL: 850-791-1884



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





HOURS OF OPERATION

CALL 850-452-6380 FOR MORE INFORMATION
OPEN TO ALL DOD CARDHOLDERS

BOWLING CENTER

MONDAY - THURSDAY	2PM - 9PM
FRIDAY	2PM - 10PM
SATURDAY	1PM - 10PM
SUNDAY	1PM - 7PM

CORRY GRILL

MONDAY - THURSDAY	10:30AM - 8PM
FRIDAY	10:30AM - 9PM
SATURDAY	1PM - 9PM
SUNDAY	1PM - 7PM

OLD CROW'S NEST

MONDAY - TUESDAY	6PM - 10PM
WEDNESDAY - THURSDAY	5PM - 10PM
FRIDAY	5PM - MIDNIGHT
SATURDAY	5PM - 11PM
SUNDAY	2PM - 9PM

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



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






NavyMWRPensacola.com
for movies and times



MOVIE ON THE LAWN

FRONT OF PORTSIDE GYM BLDG. 627 ☎ STARTS AT DUSK



OPEN TO ALL ELIGIBLE PATRONS!

FREE SNACKS FOR THE FAMILY!

ENJOY A MOVIE UNDER THE STARS!

SATURDAY JULY 10TH

BRING YOUR BLANKETS ~ LAWN CHAIRS ~ COOLERS

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

BAYOU GRANDE MARINA

Bldg. 3244

452-4152



Open to all MWR eligible patrons

*Event subject to change check Facebook for cancellations

SKI BEACH

COMMUNITY RECREATION AREA



Located on Bayou Grande Marina

OPEN THURS. - MON. 10 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

POP-UP PLAYDATES

2ND & 4TH Wednesdays 10^{AM} - 12^{PM}



**JULY:
7/14 & 7/28 • Ski Beach
New Playground!**



Locations will vary on
NASP & Corry Station

Subject to change or cancel for inclement weather

MWR PENSACOLA

850-452-3806



Mustin Beach Club Thursdays

***OPEN TO DOD CARDHOLDERS 18 YEARS & UP**

Taco Buffet - \$7 1630-1830

Chicken & Beef Tacos and Churros for dessert
Drinks: Iced Tea, Lemonade - for 21 yrs up Tequila specials

Tournaments - FREE 1700-1900

CORN HOLE: 7/8

KAN JAM: 7/15

BUCKETBALL: 7/22

YARD DARTS: 7/29



TOURNAMENTS EVERY THURSDAY

www.NAVYMWRPENSACOLA.COM

CORRY GROUP FITNESS JULY SCHEDULE 2021

MONDAY			TUESDAY		
0900 - 1000	CRUSHIT - Jessica	Family Fitness	0930 - 1030	Yoga - Mimi	Family Fitness
0700 - 0730	Balance 30 - Lu	Wellness	1100 - 1200	Tai Chi	Family Fitness
1200 - 1400	Fitness Training - Tim	Wellness	1600 - 1700	Cardio Boxing - Dennexx	Family Fitness
1530 - 1730	Fitness Training - Tim	Wellness	0900 - 0945	Strength Training - Amy	Wellness
1700 - 1745	Insane Abs - Chris	Wenzel	1200 - 1400	Fitness Training - Tim	Wellness
WEDNESDAY			1530 - 1730	Fitness Training - Tim	Wellness
0900 - 1000	Spin - Jessica	Family Fitness	0530 - 0730	Lap Swim	Corry Pool
1630 - 1730	Spin - OT	Family Fitness	1200 - 1800	Lap Swim	Corry Pool
1200 - 1400	Fitness Training - Tim	Wellness	1200 - 1245	Aqua Zumba	Corry Pool
1530 - 1730	Fitness Training - Tim	Wellness	1700 - 1800	Masters	Corry Pool
1700 - 1745	Insane Abs - Chris	Wenzel	THURSDAY		
0530 - 0730	Lap Swim	Corry Pool	0900 - 1000	Anything Goes - Robin	Family Fitness
1200 - 1800	Lap Swim	Corry Pool	0900 - 0945	Strength Training - Amy	Wellness
1700 - 1800	Masters	Corry Pool	1200 - 1400	Fitness Training - Tim	Wellness
FRIDAY			1530 - 1730	Fitness Training - Tim	Wellness
0900 - 1000	Boxing with a Twist - Dennexx	Family Fitness	1700 - 1800	Get In The Zone - Chris	Wenzel
1000 - 1100	Tai Chi	Family Fitness	0530 - 0730	Lap Swim	Corry Pool
1000 - 1030	Balance 30 - Lu	Wellness	1200 - 1800	Lap Swim	Corry Pool
1200 - 1400	Fitness Training - Tim	Wellness	1700 - 1800	Masters	Corry Pool
1530 - 1730	Fitness Training - Tim	Wellness	SATURDAY		
0530 - 0730	Lap Swim	Corry Pool	1000 - 1800	Lap Swim	Corry Pool
1200 - 1800	Lap Swim	Corry Pool	SUNDAY		
1700 - 1800	Masters	Corry Pool	1200 - 1800	Lap Swim	Corry Pool

WENZEL - 850.452.6198
 Corry Station Bldg. 3711
 Mon - Friday: 0400-1900
 Closed for Cleaning 1300-1400
 Saturday & Sunday: 0900-1700

WELLNESS - 850.452.6802
 Corry Station Bldg. 3712
 Mon - Fri: 0500-1800
 Closed for Cleaning 1400-1500
 Saturday, Sunday & Holidays: Closed

FAMILY FITNESS - 850.452.6004
 Corry Station Bldg. 3712
 Mon - Fri: 0700-1800
 Closed for Cleaning 1200-1300
 Saturday, Sunday & Holidays: Closed

NOFFS

Navy Operational Fitness and Fueling System

1

Strength Series helps develop the strength that is needed to perform at the highest of levels.

2

Endurance Series focuses on developing cardiovascular fitness to improve muscular strength.

3

Sandbag Series provides you with a training plan that can be performed in environments with limited equipment options.



WWW.NAVYMWRPENSACOLA.COM

NASP GROUP FITNESS JULY SCHEDULE 2021

MONDAY			TUESDAY		
0900 - 0945	Yoga - Mimi	Radford	0900 - 0945	Pilates - Keri	Radford
1115 - 1200	UBS - Andi	Radford	1115-1200	Paddle Boarding- Andi	Bayou Grande Marina
1800 - 1845	Yoga - Mimi	Radford	1630	Challenge your Bench, Clean, Deadlift and Squat	Portside
1630	Tread & Shed - Shiela	Portside	0530 - 0730	Lap Swim	Mustin Pool
1730	Tread & Shed - Shiela	Portside	1100 - 1800	Lap Swim	Mustin Pool
			1700 - 1800	Skill Pro	Mustin Pool
WEDNESDAY			THURSDAY		
1000 - 1100	H2O Aerobics - Andi	Mustin Pool	0900 - 0945	Yoga - Mimi	Radford
1115 - 1200	Lower Body - Robin	Radford	1115 - 1200	Paddle Boarding- Andi	Radford
1800 - 1845	Yoga - Dana	Radford	1115 - 1200	Chaos Cycle - Keri	Radford
1630	Tread & Shed - Shiela	Portside	1800 - 1845	Aqua Zumba - Veronica	Mustin Pool
1730	Tread & Shed - Shiela	Portside	1630	Mobility/Foam Roll/Stretch - Shiela	Portside
0530 - 0730	Lap Swim	Mustin Pool	1730	Mobility/Foam Roll/Stretch - Shiela	Portside
1000 - 1100	H2O Aerobics - Andi	Mustin Pool	0530 - 0730	Lap Swim	Mustin Pool
1100 - 1800	Lap Swim	Mustin Pool	1100 - 1800	Lap Swim	Mustin Pool
			1700 - 1800	Skill Pro	Mustin Pool
FRIDAY			1800 - 1845	Aqua Zumba - Veronica	Mustin Pool
0900 - 0945	Spin - Andi	Radford	SATURDAY		
1115 - 1200	Tempered Yoga - Andi	Radford	1000 - 1800	Lap Swim	Mustin Pool
0530 - 0730	Lap Swim	Mustin Pool			
1100 - 1800	Lap Swim	Mustin Pool			
SUNDAY					
1200 - 1800	Lap Swim	Mustin 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

AQUATICS - 850.452.9429

Closed first full weekend of the month for cleaning

FREE
5K
VIRTUAL
Fun Run

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NASP & CORRY STATION FITNESS CENTERS
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AGE CATEGORIES: 18-29, 30-39, 40-49 & 50+

THANK YOU TO OUR SPONSOR
runningwild
NO NAVY EMPLOYMENT IMPLIED

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ANYONE WHO ENTERS AND COMPLETES THE 5K WILL BE ENTERED IN A DRAWING SPONSORED BY RUNNING WILD.