MWR
MORALE, WELFARE AND RECREATION
NAS PENSACOLA

October 2021

Volume 31 Number 10

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

Like Us On Facebook

"MWR Pensacola"

DOWNLOAD our app:

"Navy MWR Pensacola"

NavyMWR Pensacola

Available on the App Store

GET IT ON Google play

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

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

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

MWR COMMUNITY RECREATION

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
- 14' LASER
- 19' FLYING SCOUT
- PADDLEBOARDS
- CANOES AND KAYAKS

*RENTALS AVAILABLE FOR ALL ELIGIBLE PATRONS.

Serving Military Students *for More Than* 25 Years

The Flexibility You Need. The Support You Deserve.

Whether you're deployed or ready to transition into civilian life, at Columbia Southern University, we're proud to support our military students. For more than 25 years, we've provided our students with quality, online degree programs at an affordable rate, with textbooks and transfer credit evaluation at no cost.

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The Department of the Navy does not endorse any company, sponsor or their products or services.

BAYOU GRANDE MARINA

Sailing Classes

MATE A
5 HR CLASS

SKIPPER B
5 HR CLASS

MWR NAS PENSACOLA

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.

WALK THRU HISTORY

NAVAL AVIATION TO THE F14 TOMCAT

1300 - 1500 ◆ NOVEMBER 11 ◆ NAVAL AVIATION MUSEUM AT THE NIMITZ FLIGHT DECK

Masks are required and social distancing will be enforced.

- Join us for a guided 90 minute tour covering Naval Aviation from the A1 Triad to the F14 Tomcat, including a timeline of Pensacola Naval Air Station from 1911 to present.
- Open to the first 30 MWR eligible patrons
- NAS Pensacola Naval Aviation Museum at Nimitz Flight Deck 1750 Radford Blvd

RESERVE YOUR SPOT TODAY:
WELLNESS CENTER 850-452-6802

MWR FITNESS

For more information please call the Wellness Center at 452-6802

MWR FITNESS

NASP & CORRY FITNESS CENTERS

FALL ROWING CHALLENGE

SEPTEMBER 15TH - OCTOBER 15TH

INDIVIDUALS ROWING 10,000M OR 20,000M

CONCEPT2 PRIZES

SCAN QR CODE TO REGISTER AND LOG YOUR METERS

SPONSORED BY: concept 2

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

SCAN THE QR CODE TO REGISTER AND SUBMIT YOUR METERS ROWED. FOR MORE INFORMATION SEE FRONT DESK.

WWW.NAVYMWRPENSACOLA.COM

BAYOU GRANDE MARINA

Bldg.3244 452-4152

Full Moon Float

OCTOBER 20 ~ 1800 - 2100

FREE SELECT RENTALS AVAILABLE

Come paddle after dark for FREE..

Underwater lights - All gear provided

Open to all MWR eligible patrons

*Event subject to change (back facebook for cancellation)

SKI BEACH

COMMUNITY RECREATION AREA

Located on Bayou Grande Marina

MWR COMMUNITY RECREATION

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 10AM - 12PM

MWR COMMUNITY RECREATION

OCTOBER:
- 10/13 • Blue Angel Park Playground
- 10/27 • Ski Beach Playground

Bring the kids out to play!

Locations will vary on NASP & Corry Station

Subject to change or cancel for inclement weather

MWR PENSACOLA

850-452-3806

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

NavyMWRPensacola.com for movies and times

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
A&W
ALL AMERICAN FOOD
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
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
MWR

MWR
MORALE, WELFARE AND RECREATION
NAS PENSACOLA
CORRY RECREATION CENTER
CORRY GRILL
Serving a variety of burgers, sandwiches, salads & appetizers!
SUNDAY - THURSDAY
1700 - 2100
FRIDAY - SATURDAY
1700 - 2200
CALL: 850-452-6380

MWR AQUATICS

For more info call 850.452.9429 or go to
www.navymwrpensacola.com

POOL HOURS FOR OCTOBER

Indoor Pool

LAP SWIM
Tues. - Fri. 1600-1900

MASTERS
Tues. - Fri. 1700-1800

PNY
Tues. - Fri. 1800 - 1900

GUPPIES & GOSLINGS
Tues. & Fri. 1800-1900

Mustin Beach Pool

LAP SWIM
Tues. - Fri. 0530-0730
Tues. - Fri. 1100-1300

RECREATIONAL
Tues. - Fri. 1600-1900
Sat. 1000-1800
Sun. 1200-1800

AQUA ZUMBA
Tues. & Thurs. 1800-1900

Corry Station Pool

*Corry Pool will be closed until next summer

Barrancas Beach

7 days a week 1000-1800

1 ON 1 & GROUP SWIM LESSONS
We teach all skill levels. Call the office at 850-452-9429 for specifics.

NASP Group Fitness October Schedule 2021

MONDAY		
0900 - 0945	Yoga - Mimi	Radford
1115 - 1200	Lower body - Andi	Radford
1630	Tread & Shed - Shiela	Portside
1730	Tread & Shed - Shiela	Portside

WEDNESDAY		
1000 - 1100	Pump - Andi	Radford
1115 - 1200	UBS - Robin	Radford
1630	Tread & Shed - Shiela	Portside
1730	Tread & Shed - Shiela	Portside
0530 - 0730	Lap Swim	Mustin Pool
1100 - 1300	Lap Swim	Mustin Pool
1600 - 1900	Rec Swim	Mustin Pool
1700 - 1900	Lap Swim	Indoor Pool

FRIDAY		
0900 - 0945	Spin - Andi	Radford
1115 - 1200	Yin Yoga - Andi	Radford
0530 - 0730	Lap Swim	Mustin Pool
1100 - 1300	Lap Swim	Mustin Pool
1600 - 1900	Rec Swim	Mustin Pool
1700 - 1900	Lap Swim	Indoor Pool

SATURDAY		
1000 - 1800	Rec Swim	Mustin Pool

TUESDAY		
0900 - 0945	Pilates - Keri	Radford
1115-1200	Zumba - Veronica	Radford
1800 - 1845	Aqua Zumba - Veronica	Mustin Pool
1630	Challenge your Bench, Clean, Deadlift and Squat	Portside
0530 - 0730	Lap Swim	Mustin Pool
1100 - 1300	Lap Swim	Mustin Pool
1600 - 1900	Rec Swim	Mustin Pool
1700 - 1900	Lap Swim	Indoor Pool
1700 - 1900	Skill Pro class	Mustin Pool
1800 - 1845	Aqua Zumba - Veronica	Mustin Pool

THURSDAY		
0900 - 0945	Yoga - Mimi	Radford
1115 - 1200	Chaos Cycle - Keri	Radford
1800 - 1845	Aqua Zumba - Veronica	Mustin Pool
1630	Mobility/Foam Roll/Stretch - Shiela	Portside
1730	Mobility/Foam Roll/Stretch - Shiela	Portside
0530 - 0730	Lap Swim	Mustin Pool
1100 - 1300	Lap Swim	Mustin Pool
1600 - 1900	Rec Swim	Mustin Pool
1700 - 1900	Lap Swim	Indoor Pool
1700 - 1900	Skill Pro class	Mustin Pool
1800 - 1845	Aqua Zumba - Veronica	Mustin Pool

SUNDAY		
1200 - 1800	Rec Swim	Mustin Pool

RADFORD - 850.452.9845
Bldg. 4143
Monday-Friday: 0500-1900
Closed for Cleaning 1400-1430
Saturday: 0900-1700
Sunday & Holidays: Closed

PORTSIDE - 850.452.7810
Bldg. 606
Monday-Friday: 0500-1900
Closed for Cleaning 1330-1430
Saturday, Sunday & Holidays: 0900-1700

AQUATICS - 850.452.9429
Closed first full weekend of the month for cleaning

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Corry Group Fitness October Schedule 2021

MONDAY		
0900 - 1000	CRUSHIIT - Jessica	Family Fitness
1015 - 1045	Core 30 - Jessica	Family Fitness
0700 - 0730	Balance 30 - Lu	Wellness
1200 - 1400	Fitness Training - Tim	Wellness
1530 - 1730	Fitness Training - Tim	Wellness
0630 - 0715	JumpStart Boot Camp - Will	Wenzel
1700 - 1730	Insane Abs - Chris	Wenzel

TUESDAY		
0900 - 1000	Spin - Jessica	Family Fitness
1100 - 1145	Foam Rolling	Family Fitness
0900 - 0930	Strength Training - Amy	Wellness
1100 - 1200	Functional Fitness - OT	Wellness
1200 - 1400	Fitness Training - Tim	Wellness
1530 - 1730	Fitness Training - Tim	Wellness
1700 - 1800	Get In The Zone - Chris	Wenzel

WEDNESDAY		
0900 - 1000	Yoga - Mimi	Family Fitness
1600 - 1645	Spin - OT	Family Fitness
1200 - 1400	Fitness Training - Tim	Wellness
1530 - 1730	Fitness Training - Tim	Wellness
1700 - 1730	Insane Abs - Chris	Wenzel

THURSDAY		
0900 - 1030	Anything Goes - Robin	Family Fitness
0900 - 0930	Strength Training - Amy	Wellness
1200 - 1400	Fitness Training - Tim	Wellness
1530 - 1730	Fitness Training - Tim	Wellness
1100 - 1145	Inferno Boot Camp - Will	Wenzel

FRIDAY		
0930 - 1030	Cardio & Abs - Jessica	Family Fitness
1000 - 1030	Balance 30 - Lu	Wellness
1200 - 1400	Fitness Training - Tim	Wellness
1530 - 1730	Fitness Training - Tim	Wellness

SATURDAY
SUNDAY

WENZEL - 850.452.6198
Corry Station Bldg. 3711
Monday - Friday: 0400-1900
Closed for Cleaning 1330-1400
Saturday, Sunday & Holidays: 0900-1700

WELLNESS - 850.452.6802
Corry Station Bldg. 3712
Monday - Friday: 0500-1800
Closed for Cleaning 1400-1430
Saturday, Sunday & Holidays: Closed

FAMILY FITNESS - 850.452.6004
Corry Station Bldg. 3712
Monday - Friday: 0700-1800
Closed for Cleaning 1300-1330
Saturday, Sunday & Holidays: Closed