



May 2021

Volume 31 Number 5

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"



Available on the
App Store

GET IT ON
Google play

Murder Mystery Dinner

*Open to Patrons
18 years & Up!
Period attire
encouraged!*

\$10

*Murder Prohibited: A 1920's
Murder Mystery Experience*

Includes Dinner & Entertainment

Mustin Beach Club - May 7
Doors Open 1830, Show & Dinner at 1900

Tickets sold online or at Tickets & Travel Office More Info: 850-452-6354

MWR
MORALE, WELFARE AND RECREATION
NAS PENSACOLA

REGISTER FOR EVENTS ONLINE!

STEP 1: CREATE AN ACCOUNT *Only one account needed per family
STEP 2: VALIDATE ACCOUNT AT TICKETS & TRAVEL
*Open to DoD cardholders only

BUY YOUR TICKET ONLINE NOW!
MYFFR.NAVYAIDS.COM/WBWSC/NRSEPPENS.WSC/WBSPASH.HTML

FOR MORE INFO 850-452-6354

OPERATOR UGLY FITNESS CHALLENGE

MONTH OF MAY



MWR FITNESS

**NASP & CORRY STATION
FITNESS CENTERS**

GROUP SCHEDULE CLASSES Radford Fitness Center Mondays at 1115 Portside Fitness Center Tuesdays at 1630 Wenzel Fitness Center Fridays at 1730 Family Fitness Tuesdays at 1630	EVENT DAYS NASP Portside 1500 Tuesday May 11th Corry Station Turf Field 1600 Tuesday May 18th
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FOR MORE INFORMATION SEE FRONT DESK.
SCAN QR CODE TO REGISTER AND SUBMIT COMPLETED TIME.



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 MAY

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.



CINCO DE MAYO

VIRTUAL 5K

**NASP & CORRY STATION
FITNESS CENTERS**

MONTH OF MAY
OPEN TO ALL ELIGIBLE PATRONS

ENTER AND COMPLETE THE 5K TO BE ENTERED
IN A DRAWING SPONSORED BY RUNNING WILD



SCAN QR CODE TO REGISTER
AND TO SUBMIT COMPLETED TIMES.
FOR MORE INFO SEE THE FRONT DESK.



MEDALS AWARDED TO 1ST, 2ND, & 3RD
PLACE WINNERS IN EACH AGE CATEGORIES.
AGE CATEGORIES: 18-29, 30-39, 40-49, 50+



runningwild
NO NAVY ENDORSEMENT IMPLIED.

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:

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- » Tuition Rates Below DoD Cap
- » Scholarships for Spouses and Children



ColumbiaSouthern.edu/Mil » 877.347.6050

Orange Beach, Ala. | Contact employment information available at ColumbiaSouthern.edu/discuss

*Many information services are available online. For more information, visit our website at ColumbiaSouthern.edu/military. We are committed to providing you with the best possible experience. Please contact us if you have any questions or concerns. We are here to help.

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
14' LASER
19' FLYING SCOUT
PADDLEBOARDS
CANOES AND KAYAKS



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

WWW.NAVYMWRPENSACOLA.COM



**Indoor Pool closed May 23rd - May 28th
Outdoor season and New Indoor hours start May 29th*

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

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



HOURS FOR MAY

Indoor Pool

LAP SWIM

Mon., Tues., Thurs., & Fri.
1600-2000
Wed. 1600 - 1800

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 April 26 - May 20

Mon. & Thurs. 1700 - 1745 - Age 4-6 Guppies
Mon. & Thurs. 1800 - 1850 - School Age
Goslings

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.



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.

◀ MAY COURSE:

- Pretest Date: May 7 & May 11 @ 1900
- Class Dates: May 15 (1000-1700),
May 16 (1000-1700), May 21 (1800-2100),
May 22 (1500-2000), May 23 (1500-2000)

◀ JUNE COURSE:

- Pretest Date: June 2 & June 5 @ 1800
- Class Dates: June 8-13 1800-2200

◀ MAY RECERTIFICATION COURSE:

*Must hold a current ARC Lifeguard Certification
May 12-14 @ 1800-2100



NAS Pensacola
MWR AQUATICS OFFICE:
850-452-9429

NASP_AQUATICS@NAVY.MIL

www.NAVYMWRPENSACOLA.COM



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

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 (SMALL OR MEDIUM 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

BOWLING CENTER

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

CORRY GRILL

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

OLD CROW'S NEST

MONDAY - TUESDAY	6PM - 10PM
WEDNESDAY - THURSDAY	5PM - 10PM
FRIDAY	5PM - MIDNIGHT
SATURDAY OPEN TO ACTIVE DUTY AND THEIR DEPENDENTS	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



Rated (R)



Rated (R)



Rated (PG13)



Rated (PG13)

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 FAMILY FUN!

ENJOY A MOVIE UNDER THE STARS!

SATURDAY MAY 8TH
BRING YOUR BLANKETS ~ LAWN CHAIRS ~ COOLERS
If it rains the movie will be canceled, check Facebook for rain-outs or call 452-2372

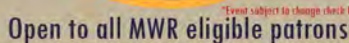
THANK YOU TO OUR SPONSORS





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452-4152

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WWW.NAVYMWRPENSACOLA.COM

CORY GROUP FITNESS MAY 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	1700 - 1745	Insane Abs - Chris	Wenzel
TUESDAY			THURSDAY		
0930 - 1015	Yoga - Mimi	Family Fitness	0930-1015	Anything Goes - Robin	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
1630 - 1715	Operator Ugly - Jessica	Family Fitness	FRIDAY		
1700 - 1800	Get In The Zone - Chris	Wenzel	1200 - 1400	Fitness Training - Tim	Wellness
			1530 - 1730	Fitness Training - Tim	Wellness
			1730 - 1830	Operator Ugly - Chris	Wenzel

WENZEL - 850.452.6198

Corry Station Bldg. 3711

Mon - Friday: 0400-1900

Closed for Cleaning 1000-1100 & 1400-1500

Saturday & Sunday: 0900-1700

Closed for Cleaning 1230-1330

WELLNESS - 850.452.6802

Corry Station Bldg. 3712

Mon - Fri: 0500-1800

Closed for Cleaning 1000-1100 & 1400-1500

Weekends & Holidays: Closed

FAMILY FITNESS - 850.452.6004

Corry Station Bldg. 3712

Mon - Fri: 0700-1800

Closed for Cleaning 1200-1300

Sat & Sun & Holidays: Closed



OPERATOR UGLY

FITNESS CHALLENGE

MONTH OF MAY

NASP & CORRY STATION

FITNESS CENTERS

GROUP SCHEDULE CLASSES

Radford Fitness Center
Mondays at 1115
Portside Fitness Center
Tuesdays at 1630

Wenzel Fitness Center
Fridays at 1730
Family Fitness
Tuesdays at 1630

EVENT DAYS

NASP Portside
1500 Tuesday May 11th

Corry Station Turf Field
1600 Tuesday May 18th

FOR MORE INFORMATION SEE FRONT DESK.
SCAN QR CODE TO REGISTER AND SUBMIT COMPLETED TIME.

NASP GROUP FITNESS MAY SCHEDULE 2021

MONDAY			TUESDAY		
1115-1200	Yoga - Mimi	Radford	0900-0945	Pilates - Keri	Radford
1115 - 1200	Operator Ugly - Andi	Radford	1115-1200	Anything Goes Cardio - Robin	Radford
1800 - 1845	Yoga - Mimi	Radford	1630	Operator Ugly	Portside
1630	Tread & Shed - Shiela	Portside	1600 - 1700	Skill Pro	Indoor Pool
1730	Tread & Shed - Shiela	Portside	1630 - 1730	Masters	Indoor Pool
1600 - 1700	Skill Pro	Indoor Pool	1600 - 2000	Lap Swim	Indoor Pool
1630 - 1730	Masters	Indoor Pool	1630 - 1730	Water Polo	Indoor Pool
1600 - 2000	Lap Swim	Indoor Pool	1900 - 2100	Rec/Lite Lap	Indoor Pool
1900 - 2100	Rec/Lite Lap	Indoor Pool			
WEDNESDAY			THURSDAY		
0900-0945	TRX/Row - Rosie	Radford	0600-0645	Spin - Rosie	Radford
1115-1200	Learn To Paddle - Andi	Bayou	0900-0945	Yoga - Mimi	Radford
1800 - 1845	Yoga - Dana	Radford	1115-1200	Chaos Cycle - Keri	Radford
1630	Tread & Shed - Shiela	Portside	1630	Mobility/Foam Roll/Stretch - Shiela	Portside
1730	Tread & Shed - Shiela	Portside	1730	Mobility/Foam Roll/Stretch - 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			
1630 - 1730	Masters	Indoor Pool			
1600 - 1900	Lap Swim	Indoor Pool			
1630 - 1730	Water Polo	Indoor Pool			
1900 - 2000	Fin Swim	Indoor Pool			
1900 - 2100	Rec/Lite Lap	Indoor Pool			
			SUNDAY		
			1200-1700	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

Closed first full weekend of the month for cleaning



CINCO DE MAYO

VIRTUAL 5K

NASP & CORRY STATION
FITNESS CENTERS

MONTH OF MAY
OPEN TO ALL ELIGIBLE PATRONS

ENTER AND COMPLETE THE 5K TO BE ENTERED
IN A DRAWING SPONSORED BY RUNNING WILD



SCAN QR CODE TO REGISTER
AND TO SUBMIT COMPLETED TIMES.
FOR MORE INFO SEE THE FRONT DESK.



MEDALS AWARDED TO 1st, 2nd, & 3rd
PLACE WINNERS IN EACH AGE CATEGORIES.
AGE CATEGORIES: 18-29, 30-39, 40-49, 50+



NO NAVY ENDORSEMENT IMPLIED