



February 2021

Volume 31 Number 2

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



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



NAS Pensacola MWR Aquatic Team

**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.

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)

FEBRUARY COURSE:

- Pretest Date: Feb 5, Feb 9 or Feb 11 @ 1900
- Class Dates: Feb 12, 13, 14, 19 & 20
Fri. (1800-2100), Sat. (1000-1700), Sun. (1000-1700)

MARCH COURSE:

- Pretest Date: Mar 5, Mar 9 or Mar 11 @ 1900
- Class Dates: Mar 12, 13, 14, 19 & 20
Fri. (1800-2100), Sat. (1000-1700), Sun. (1000-1700)

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

www.NAVYMWRPENSACOLA.COM

CLICK HERE TO TAKE
OUR SHORT SURVEY

**WE WANT YOUR
FEEDBACK**

www.navymwrpensacola.com



Like Us On

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"MWR Pensacola"

**DOWNLOAD
our app:**

"Navy MWR Pensacola"



Available on the
App Store



GET IT ON

Google play

www.NAVYMWRPENSACOLA.COM • 850.281.0134

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

[illegible]

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

OPEN TO ACTIVE DUTY STUDNETS ONLY

Serving Those Who Serve

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 day 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. | Careful employment information available at ColumbiaSouthern.edu/Disclosure.

Military and/or veteran education benefits offered by the U.S. Government under the Office of U.S. Government Employees' Education Assistance (www.oea.gov). These are not federal employment benefits. All federal employment benefits are provided by the U.S. Government. Any reference to U.S. Government of Defense (DoD) benefits is not a guarantee of benefits and does not constitute an offer of employment by the U.S. Government.

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

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

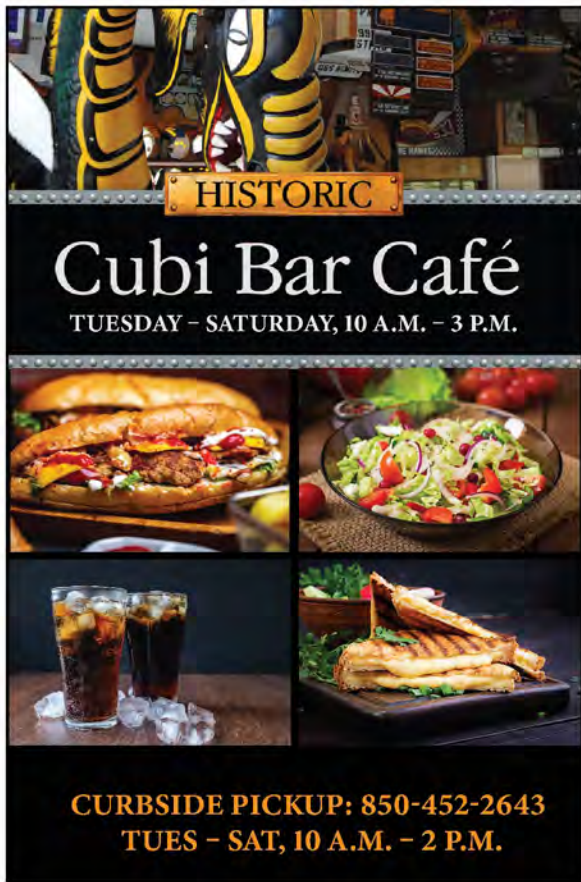
BGM BOAT & BOARD RENTAL

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

***RENTALS AVAILABLE FOR ACTIVE DUTY
STUDENTS WHO RESIDE IN THE BARRACKS ONLY.**



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 \$6	PAPA BURGER SINGLE COMBO	
THURSDAY \$1	CHEESE BURGER	 MAKE IT A COMBO FOR \$3.50 MORE
FRIDAY \$6	BACON CHEESEBURGER COMBO	

OPEN 7 DAYS A WEEK 1000 - 2200 TAKEOUT ONLY



MUSTIN BEACH CLUB

**MONDAY - FRIDAY
1100 - 1400**

DINE IN OR TAKE OUT

CALL: 850-791-1884




MWR
MORALE, WELFARE AND RECREATION
NAS PENSACOLA

CORRY RECREATION CENTER

CORRY GRILL

Serving a variety of burgers, sandwiches, salads & appetizers!

OPEN FOR TAKEOUT

MONDAY - THURSDAY 1030 - 2000 • FRIDAY & SATURDAY 1030 - 2100 • SUNDAY 1300 - 1900

CALL: 850-452-6380

Station Library



FEBRUARY EVENTS

Are you looking for something fun to do?
Then come along to the Station Library
250 Chambers Avenue, Building 634
during the month of February and join in our
activities. We will observing the following
National days during the Month.

2nd February - National Groundhog day
Make a paper bag puppet

7th February - Superbowl Sunday Raffle
Join in for a chance to win Dinner and a Movie

8th February - National Kite flying day
Make a mini paper kite

10th February - National Teddy Bear Day
Make a washcloth Teddy Bear

14th February - Valentine's Day
(Random Acts of Kindness Day)
Make a rose & tell us about your random
acts of kindness



16th February - National Chocolate Mint Day
Stop by and collect a Chocolate Mint treat bag.

23rd February - National Dog Biscuit Day
Come collect a treat for your best friend

28th February - National Science Day
Join the STEAM QUEEN for a science project!

Blind Book Date and Red Book Display
Intrigued? Then stop by and choose a book
from the selection.

Every Wednesday - Conversations in Japanese

For more information contact Station Library at 850-452-4362.

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
for movies and times

BAYOU GRANDE MARINA

Bldg. 3244

452-4152

Full Moon Float
FEB 27 ~ 1700 - 2000
FOOD & DRINKS FOR PURCHASE
Come paddle after dark for FREE..
Underwater lights - All gear provided
Kayaks, Tandem Kayaks
& Paddle boards

*Event subject to change check Facebook for cancellations
Open to Active Duty only this time.

WWW.NAVYMWRPENSACOLA.COM



FEBRUARY 12 - 14

TAKE A PICTURE OF THE QR CODE
ENTER YOUR INFORMATION AND
SUBMIT A SCREENSHOT OF YOUR TIME.



OPEN TO MWR ELIGIBLE PATRONS

AWARDS FOR

MALE, FEMALE, IN EACH AGE CATEGORY
AGE CATEGORY: 18-29, 30-39, 40-49 & 50+

1ST 2ND & 3RD

For more information call 452-9845.



MWR FITNESS

**NASP & CORRY
FITNESS CENTERS**

ROWING CHALLENGE
FEBRUARY 15th - 27th

Row 25,000 meters at your own pace and your schedule.
Awards 1st, 2nd and 3rd places male and female for each age category
Age Category: 18-29, 30-39, 40-49, 50-59 and 60+

FOR MORE INFORMATION
SEE FRONT DESK.

TAKE A PICTURE OF THE QR CODE,
INPUT YOUR PERSONAL INFORMATION
TO REGISTER AND SUBMIT YOUR TIMES.

**CELEBRATING
BLACK HISTORY MONTH**

**4 STAR "CHAPPIE"
CHALLENGE**

Achieve all 4 stars
before the end of the month and receive
a certificate of completion and T-shirt.

CHAPPIE'S YEAR OF BIRTH

CHAPPIE'S COMBAT MISSIONS KOREA

F4 FIGHTER JET

CHAPPIE'S COMBAT MISSIONS VIETNAM

NASP & CORRY FITNESS CENTERS

ENTIRE MONTH OF FEBRUARY

TAKE A PICTURE OF THE QR CODE, INPUT YOUR PERSONAL INFORMATION TO
REGISTER. UPLOAD PHOTOS AND INFORMATION ONCE YOU HAVE COMPLETED ALL 4 EVENTS



For more info call **452.9429** or go to
www.navy.mwr.pensacola.com

POOL

HOURS FOR FEBRUARY

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.
16300-1730

SKILL PROFICIENCY

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

GUPPIES & GOSLINGS Feb 1 - Feb 26

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

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

LAP SWIM

Wed. 1600 - 1800

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.



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CERTIFIED LIFEGUARD
TODAY!!!



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 - Pass Pretest
 - 100% Attendance of Course

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NAS Pensacola
MWR AQUATICS OFFICE:
850-452-9429

www.NAVYMWRPENSACOLA.COM



Feb 20
1200 - 1700

Feb 21
1200 - 1500

NASP GROUP FITNESS FEBRUARY SCHEDULE 2021

MONDAY			TUESDAY		
0900-1000	Anything Goes - Robin	Radford	0600-0645	Spin - Rosie	Radford
1115-1200	Full Body S.A.C.	Radford	0900-0945	Pilates - Keri	Radford
1630	Functional Fitness - Shiela	Portside	0900-0945	TRX - Rosie	Radford
1730	Functional Fitness - Shiela	Portside	1115-1200	Anything Goes - Robin	Radford
1600 - 1700	Skill Pro	Indoor Pool	1630-1715	Zumba - Veronica	Radford
1630 - 1730	Masters	Indoor Pool	1800-1845	Weightlifting Technique - Abby	Radford
1600 - 1900	Lap Swim	Indoor Pool	1630	Tread & Shed - Shiela	Portside
1900 - 2100	Rec/Lite Lap	Indoor Pool	1730	Tread & Shed - Shiela	Portside

WEDNESDAY			1600 - 1700	Skill Pro	Indoor Pool
0900-0945	Spin - Veronica	Radford	1630 - 1730	Masters	Indoor Pool
1115-1200	Yoga - Mimi	Radford	1600 - 1900	Lap Swim	Indoor Pool
1115-1200	Full Body S.A.C.	Radford	1900 - 2100	Rec/Lite Lap	Indoor Pool

THURSDAY			1600 - 1800	Lap Swim	Indoor Pool
0900-0945	Spin - Veronica	Radford			
1115-1200	Yoga - Mimi	Radford			
1115-1200	Full Body S.A.C.	Radford			
1630	Functional Fitness - Shiela	Portside			
1730	Functional Fitness - Shiela	Portside			

FRIDAY			0600-0645	Spin - Rosie	Radford
0900-0945	Spin - Veronica	Radford	0900-0945	Yoga - Mimi	Radford
1115-1200	Full Body S.A.C.	Radford	0900-0945	TRX - Rosie	Radford
1600 - 1700	Skill Pro	Indoor Pool	1115-1200	Chaos Cycle - Keri	Radford
1630 - 1730	Masters	Indoor Pool	1800-1845	Weightlifting Technique - Abby	Radford
1600 - 1900	Lap Swim	Indoor Pool	1630	Tread & Shed - Shiela	Portside
1900 - 2000	Fin Swim	Indoor Pool	1730	Tread & Shed - Shiela	Portside
1900 - 2100	Rec/Lite Lap	Indoor Pool	1600 - 1700	Skill Pro	Indoor Pool
			1630 - 1730	Masters	Indoor Pool
			1600 - 1900	Lap Swim	Indoor Pool
			1900 - 2100	Rec/Lite Lap	Indoor Pool

RADFORD - 850.452.9845

Bldg. 4143

Mon - Fri: 0500-1900

Sat: 0900-1700 Sun & Holidays: CLOSED

PORTSIDE - 850.452.7810

Bldg. 606

Mon - Fri: 0500-1900

Weekends & Holidays: 0900-1700

AQUATICS - 850.452.9429

SATURDAY		
1200-1700	Rec/Lite Lap	Indoor Pool

SUNDAY		
1200-1700	Rec/Lite Lap	Indoor Pool



CORRY GROUP FITNESS FEBRUARY SCHEDULE 2021

MONDAY			WEDNESDAY		
0930-1015	HIIT - Jessica	Family Fitness	0930-1015	Spin - Jessica	Family Fitness
1700-1745	Insane Abs - Chris	Wenzel	1700-1745	Insane Abs - Chris	Wenzel
1630-1715	Spin - Jessica	Family Fitness	1630	Spin - Lisa	Family Fitness
TUESDAY			THURSDAY		
0930-1014	Yoga - Mimi	Family Fitness	0930-1015	Step - Robin	Family Fitness
1630-1715	Power Hour - Jessica	Family Fitness	1630-1715	Zumba - Veronica	Family Fitness
1700-1745	Get in the Zone - Chris	Wenzel			

WENZEL - 850.452.6198

Corry Station Bldg. 3711

Mon - Friday: 0500-1900

Saturday & Sunday: 0900-1700

WELLNESS - 850.452.6802

Corry Station Bldg. 3712

Mon - Fri: 0500-1800

Weekends & Holidays: Closed

FAMILY FITNESS - 850.452.6004

Corry Station Bldg. 3712

Mon - Fri: 0700-1800

Sat & Sun & Holidays: Closed



MWR FITNESS

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FITNESS CENTERS**

ROWING CHALLENGE

FEBRUARY 15th - 27th

Row 25,000 meters at your own pace and your schedule.
Awards 1st, 2nd, and 3rd places male and female for each age category.
Age Category: 18-29, 30-39, 40-49, 50-59 and 60+

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