



November 2021

Volume 31 Number 11

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

FREE SURPRISE BAG!

Mickey Mouse Birthday!

DRIVE THRU EVENT

NOVEMBER 18 11AM - 1PM

DRIVE BY STATION LIBRARY TO SEE MICKEY & MINNIE!

PICK UP A FREE SURPRISE BAG!

NO RESERVATIONS REQUIRED, LIMITED SUPPLIES.
FOR MORE INFO CALL 850-452-3194

**f Like Us On
Facebook**

"MWR Pensacola"

**DOWNLOAD
our app:**

"Navy MWR Pensacola"



Available on the
App Store

GET IT ON
Google play

MWR
COMMUNITY RECREATION

Family Beach

pictures with Santa

November 20 ~ 1300-1600

FREE

10 minute sessions
at Ski Beach!

**Reservations only*

Reserve your spot!
At Tickets & Travel or for
more info call 850.452.6354

WWW.NAVYMWRPENSACOLA.COM

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.

Our Military Support Team is Here to Help With:

- » GI Bill® Questions
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- » Assistance with VA Benefits
- » Scholarships for Spouses and Children



ColumbiaSouthern.edu/Mil » 877.347.6050

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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

Christmas *Feeling Crafty*



3 set craft!

November 18 ~ 1800
Mustin Beach Club

Save time and buy your ticket online by scanning the QR code. Or purchase your ticket at the Tickets & Travel Office.





\$15

Per Person



Free snacks & Cash Bar

For more info call 850-452-6354

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.

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.



ZUMBA

COUNTRY

LINE DANCING

NOVEMBER 17 1730 DECEMBER 1
MUSTIN BEACH CLUB

FITNESS IN THE CLUB



FOR MORE INFORMATION CALL 850-452-2137
APPETIZERS & BEVERAGES AVAILABLE 1500-1900

BAYOU GRANDE MARINA

Bldg. 3244

452-4152



Full Moon Float

NOVEMBER 19 ~ 1800 - 2100

FREE SELECT RENTALS AVAILABLE

Come paddle after dark for FREE!

Underwater lights - All gear provided

Open to all MWR eligible patrons

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}



NOVEMBER:

11/10 • Station Library

**Bring the kids out to play
and explore what the Library
has to offer!**



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



Rated (R)



Rated (PG)



Rated (PG13)



Rated (PG13)

**NavyMWRPensacola.com
for movies and times**

www.NAVYMWRPENSACOLA.COM



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!

DOUBLE
CHEESE
BURGER



ORIGINAL
BACON
CHEESE
BURGER



CHICKEN
TENDERS
SANDWICH
GRAND OR
YOUR CHOICE



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
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



*Pools closed first full weekend of the month
For more info call **850.452.9429** or go to
www.navyMWRPensacola.com



HOURS FOR NOVEMBER

Indoor Pool

LAP SWIM

Mon. - Thurs. 1600-2100

Sat. - Sun. 1200-1600

REC SWIM

Mon. - Thurs. 1900-2100

Sat. - Sun. 1200-1600

SKILL PRO

Tues. & Thurs. 1600-1700

Barrancas Beach

Friday - Sunday 1000-1800

1 ON 1 & GROUP SWIM LESSONS

We teach all skill levels. Call the office at
850-452-9429 for specifics.

Mustin Beach Pool

**Mustin Beach Pool closed for winter season*

Corry Station Pool

**Corry Pool closed for winter season*

TURKEY LEFTOVER 5K

DECEMBER 2

RADFORD FITNESS CENTER ~ 0800



PRIZES First 100 families to register will
receive a **FREE T-SHIRT!**

AWARDS For top Male, Female
winners by age categories.

For more information
please ask fitness center staff.

Register by
scanning the QR code



NASP GROUP FITNESS NOVEMBER SCHEDULE 2021

MONDAY			TUESDAY		
0915 - 1000	Yoga - Mimi	Radford	0915 - 1000	Pilates - Keri	Radford
1115 - 1200	UBS - Andi	Radford	1115-1200	Zumba - Veronica	Radford
1130	Functional Fit - Jessica	Portside	1130	Mobility/Foam Roll/Stretch - Jessica	Portside
1630	Tread & Shed - Shiela	Portside	1630	Challenge your Bench, Clean, Deadlift and Squat	Portside
1730	Tread & Shed - Shiela	Portside	1600 - 2100	Lap Swim	Indoor Pool

WEDNESDAY			THURSDAY		
1000 - 1100	Pump - Andi	Radford	0915 - 1000	Yoga - Mimi	Radford
1115 - 1200	Lower Body - Robin	Radford	1115 - 1200	Chaos Cycle - Keri	Radford
1130	Functional Fit - Jessica	Portside	1630	Mobility/Foam Roll/Stretch - Shiela	Portside
1630	Tread & Shed - Shiela	Portside	1730	Mobility/Foam Roll/Stretch - Shiela	Portside
1730	Tread & Shed - Shiela	Portside	1600 - 2100	Lap Swim	Indoor Pool
1600 - 2100	Lap Swim	Indoor Pool	1800 - 1845	Aqua Zumba - Veronica	Indoor Pool

FRIDAY			SUNDAY		
0900 - 0945	Spin - Andi	Radford	1200 - 1800	Lap/Rec Swim	Indoor Pool
1115 - 1200	Yin Yoga - Andi	Radford			

SATURDAY		
1200 - 1800	Lap/Rec Swim	Indoor 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

TURKEY LEFTOVER 5K

DECEMBER 2

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AWARDS For top Male, Female winners by age categories.

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Register by scanning the QR code



YOGA CLASS



SPIN CLASS



Join our team

WE ARE HIRING

NAVYMWRPENSACOLA.COM

APPLY NOW GREAT BENEFITS!

WWW.NAVYMWRPENSACOLA.COM

CORRY GROUP FITNESS NOVEMBER SCHEDULE 2021

MONDAY			TUESDAY		
0900 - 1000	CRUSHIT - Jessica	Family Fitness	0900 - 1000	Spin - Jessica	Family Fitness
1015 - 1045	Core 30 - Jessica	Family Fitness	1100 - 1145	Foam Rolling	Family Fitness
0700 - 0730	Balance 30 - Lu	Wellness	0900 - 0930	Strength Training - Amy	Wellness
0630 - 0715	JumpStart Boot Camp - Will	Wenzel	1000 - 1100	Fitness Training - Tim	Wellness
1700 - 1730	Insane Abs - Chris	Wenzel	1100 - 1200	Functional Fitness - OT	Wellness
WEDNESDAY			1500 - 1600	Fitness Training - Tim	Wellness
0900 - 1000	Yoga - Mimi	Family Fitness	1100 - 1145	Inferno Boot Camp - Will	Wenzel
1600 - 1645	Spin - OT	Family Fitness	1700 - 1800	Get In The Zone - Chris	Wenzel
1000 - 1100	Fitness Training - Tim	Wellness	THURSDAY		
1500 - 1600	Fitness Training - Tim	Wellness	0900 - 1030	Anything Goes - Robin	Family Fitness
1700 - 1730	Insane Abs - Chris	Wenzel	0900 - 0930	Strength Training - Amy	Wellness
FRIDAY			1100 - 1145	Inferno Boot Camp - Will	Wenzel
1000 - 1030	Balance 30 - Lu	Wellness	SATURDAY		
1000 - 1100	Fitness Training - Tim	Wellness	SUNDAY		
1500 - 1600	Fitness Training - Tim	Wellness			

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

TURKEY LEFTOVER 5K

DECEMBER 2
RADFORD FITNESS CENTER ~ 0800



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AWARDS For top Male, Female winners by age categories.

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YOGA CLASS



SPIN CLASS



join our team

WE ARE
HIRING



NAVYMWRPENSACOLA.COM

**APPLY NOW
GREAT BENEFITS!**

WWW.NAVYMWRPENSACOLA.COM