



Morale, Welfare and Recreation

Providing support and leisure services designed for use by U.S. military personnel (Active, Reserve, Retired), their families, and current DoD civilian employees. Specializing in Fitness, Sports, Recreation, Food and Beverage operations, and Child & Youth programs.



Program & Event Highlights

FREE Rentals

March SPRING SPECIAL

GET OUT AND EXPLORE
THE WATER WITH FREE
RENTALS FOR MWR
PATRONS - LIMITED
RESTRICTIONS,
UNLIMITED ADVENTURE!



FREE USE OF HUMAN POWERED WATERCRAFT!

- CANOES
- KAYAKS
- STANDUP PADDLEBOARDS

- FIRST COME FIRST SERVED -
NO RESERVATIONS TAKEN FOR THIS INCREDIBLE OFFER,
ON PREMISES ONLY / NO OVERNIGHT USE

OPEN THU - MON : 9AM - 4:30PM



Whiting Park 850-623-2383

ADDRESS

5499 Old River Road
Milton, FL 32583

Hours of operation:

Friday, Saturday, Sunday and Monday, 9:00am - 4:30pm
Tuesday, Wednesday and Thursday, Closed

Program & Event Highlights

SIGN UP NOW

FREE

FOOD, FUN AND PRIZES!



DUBLIN THE FUN 5K

ADULT BEVERAGES AVAILABLE

FOOD, FUN

4 MARCH 2023
RACE START - 1000 AM

& DOGS

AFTER PARTY!

REGISTER NOW



MWR
MORALE, WELFARE AND RECREATION
NAVAL AIR STATION
WHITING FIELD

THANK YOU TO OUR SPONSORS

PETSMART

FIRST COMMAND



CALL 850-623-7412

REGISTER NOW!

THANK YOU TO OUR SPONSORS



NO NAVY ENDORSEMENT IMPLIED



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Program & Event Highlights

Happy Birthday Dr Seuss

CELEBRATE WITH US!
Wednesday-Friday
MARCH 1-3

Drop In!

- Dr. Seuss display
- Rhyming game



Create a
"Cat in the
Hat" craft!



No registration required - open to all MWR patrons
CALL US FOR DETAILS | 850-623-7861

Story Time

Wednesdays at 10am

Join us each week!

Let us read two illustrated books to you.
Plus other seasonal activities too.



RESERVATIONS ARE NOT NEEDED
BUT ARE RECOMMENDED AS SPACE IS LIMITED
850-623-7861



Adult BOOK CLUB

Join us for lively discussion as we explore
a variety of authors and genres, expanding
your reading world while making new friends.

4pm on the last Thursday of each month



No registration required - open to MWR patrons age 18+
CALL US FOR DETAILS AT 850-623-7861



EGGVENTURE TRAIL EASTER EGG HUNT

THE BIGGEST HUNT OF THE YEAR!

KID ZONE BOUNCERS GAMES

SATURDAY

MARCH

25

9AM-3PM



Easter Bunny
Photos

FAMILY FRIENDLY

COLORFUL EGGS AND DECORATIONS WILL LINE A TRAIL AS
FAMILIES WALK IN GROUPS TO FIND EGGS BASED ON CLUES.



No Navy Endorsement Implied



COMMUNITY RECREATION
850-623-7032



Fitness / Sports



Run a Nautical Mile (6,076 feet) while completing various strength intervals along the way to test your cardio and endurance.

March 1-31
Sports Complex



www.NavyMWRWhitingField.com/Nautical

SIGN UP NOW!

- The first 30 participants will earn an event performance hoodie!
- Prizes awarded to the top 3 male and female finishers.

Homeschool P.E. Classes

4 week session, 2x per week
Wednesdays + Fridays

AGES 5-8: 1130-1215

AGES 9-12: 1230-1315



FREE CLASSES

BEGINNING
MARCH 8



Register at the
Fitness Center!

Follow Us: #WFMWR
www.NavyMWRWhitingField.com
Fitness Center: 850-623-7412

FLAG FOOTBALL

SEASON BEGINS: WED, JAN 25

GAMES EACH WEDNESDAY AT
5:30PM, 6:30PM, AND 7:30PM
AT THE SPORTS COMPLEX.



NAS Whiting Field
Sports Coordinator
850-623-7412



NAS WHITING FIELD

RUN Club

0730
EVERY OTHER
SATURDAY
FEB 4 & 18
MAR 4 & 18



Runners and walkers of
all abilities are welcome!

FITNESS CENTER 850-623-7412



Food & Beverage

SPECIAL OFFER



Located inside the
AIRDALES RECREATION CENTER

(850) 623-7521

Scan the QR code for
Location hours



PIZZA

Thin Crust "Artisan" Style Personal Pizzas

PEPPERONI MADNESS

RED SAUCE, MOZZARELLA, LOADED WITH PEPPERONI
9.00

MEGA MEATS

RED SAUCE, MOZZARELLA TOPPED WITH SAUSAGE,
BACON, HAM, MEATBALLS & PEPPERONI
11.00

THE SWEET 'N' SPICY PIG

CHIPOTLE BBQ, SHREDDED PORK, BACON, JALAPENOS,
BANANA PEPPERS, MOZZARELLA WITH RED PEPPER FLAKES
11.00

TRADITIONAL CHEESE

RED SAUCE, MOZZARELLA, AND PARMESAN
8.00

GARDEN GROOVE

WHITE SAUCE, PESTO, MOZZARELLA, SPINACH, ONIONS, PEPPERS, MUSHROOMS,
OLIVES, TOMATOES, DRIZZLED WITH BALSAMIC GLAZE
9.00

WINGS & THINGS

TRADITIONAL BONE IN WINGS

SERVED NAKED OR TOSSED IN YOUR FAVORITE SAUCE
BUFFALO, BBQ, SPICY BBQ, CAJUN DRY RUB OR JERK SEASONED
6 EACH - 8.95 OR 12 EACH - 17.50

CRISPY CHICKEN TENDERS

SERVED WITH A SIDE OF CHIPOTLE BBQ OR HONEY MUSTARD
8.00

THE PIG MAC

MAC & CHEESE, PULLED PORK, BACON & CHEDDAR,
DRIZZLED WITH SPICY BBQ SAUCE
8.00

SHOESTRING FRIES

SIDE - 2.25 BASKET - 3.00

UPTOWN SIGNATURE FRIES

CAJUN FRIES

SIDE - 2.75 BASKET - 4.00

ROSEMARY PARMESAN FRIES

SIDE - 3.00 BASKET - 4.50

TOASTED SUBS

MEATBALL PARM

RED SAUCE, MOZZARELLA,
LOADED WITH MEATBALLS AND PARMESAN
7.50

3-CHEESE CHICKEN

ALFREDO, PESTO, MOZZARELLA TOPPED WITH
SPINACH, MARINATED CHICKEN & PARMESAN
7.50

THE ITALIAN

HAM, PEPPERONI, ITALIAN SAUSAGE, BANANA PEPPERS
ONION & PEPPER WITH ITALIAN DRESSING AND MOZZARELLA
8.00

CAPRESE

TOMATOES & MOZZARELLA, TOPPED WITH
SPINACH, PESTO & BALSAMIC GLAZE
6.00

PULLED PORK

CHIPOTLE BBQ, SHREDDED PORK AND BANANA PEPPERS,
TOPPED WITH MOZZARELLA
9.00

KIDS CORNER

FOR OUR GUESTS 10 & UNDER

Kids meals include small fries and a small soda or bottled water

CRISPY CHICKEN TENDERS MEAL

7.50

CHEESE PIZZA MEAL

7.50

MAC N CHEESE MEAL

7.50

BEVERAGES & SWEETS

FRESH BAKED COOKIE - 1.75

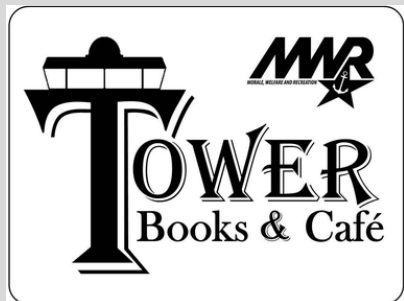
FOUNTAIN BEVERAGE - 2.25



SOUTH FIELD SNACK BAR

Phone: 850-623-6574

Located inside the South Field Squadron Building, this snack bar offers a little bit of everything!



The perfect place to meet up with friends, relax or study!



CAJUN FRIES



PEPPERONI MADNESS



CHICKEN WINGS



WHITING FIELD WARRIORS

FITNESS INCENTIVE PROGRAM

Follow Us:   @WFMWR
www.NavyMWRWhitingField.com
Fitness Center: 850.623.7412

Get involved, get
active, and **EARN**
PRIZES!

VISIT THE FRONT DESK AT THE
FITNESS CENTER TO ENROLL

GAIN

- 3 points Go to the gym or the pool
- 5 points Attend a group fitness class
- 8 points Participate in a club or sports team
- 10 points Attend an event

REWARD

- 75 points Earn a water bottle
- 100 points Earn a tote bag
- 150 points Earn a hand towel
- 200 points Earn a lunch bag
- 300 points Earn a t-shirt



Whiting Field Warriors
Fitness Incentive Program

Name: _____

