

# BEACON

August

NEWSLETTER

2021



Library Summer Reading Program  
- and -

**Back to School  
BASH**  
- on the -  
**Magic School Bus**

Thursday, August 5 - see page 3

**Group Exercise Classes!**

- Get fit with new people  
See page 8



# Program & Event Highlights

## Community Recreation

Back to School Bash (Thu, Aug 5 – pg3)  
Build and Play: Wood Toys (Sat, Aug 7 – pg4)  
Group Pontoon Course (Sun, Aug 8 and Sat, Aug 28 – pg6)  
Dog Days of Summer at Wiggley Field (Sat, Aug 14 – pg5)  
Paint & Sip (Wed, Aug 11 – pg4)  
Sunset Cinema at Whiting Park (Fri, Aug 20 – pg5)  
Kayak the Blackwater River Tour (Sun, Aug 22 – pg6)



## Library

Story Time (Every Wed at 10am – pg12)  
Tower Book Club (Thu, Aug 26 – pg12)

**Summer Reading Program**  
**Celebration of Readers Event (Thu, Aug 5 – pg3)**



## Fitness/Aquatics

Group Fitness Classes (page 8)  
Back to School Dive-In Movie (Fri, Aug 6 – pg3)  
Whiting Survivor Challenge (Aug 21 – pg7)



**New pool hours on**  
**Aug 15**  
**- See page 10**

## On the Cover!



Our Group Fitness Classes are a big hit!

Take a look at our schedule of classes. There's something for everyone. – see page 8.

## WATCH FOR THESE ICONS!

**CLICK!**



➤ Click to sign up or register for an event through our secure website

**CLICK!**



➤ Click to explore all the information about the event or program through our website

# Back to School Events!

## Library Summer Reading Program

### Back to School BASH

on the  
**Magic School Bus**

**Thursday, August 5  
4:00pm to 6:00pm**



**WHITING PARK**

**5499 Old River Road, Milton, FL 32583**

In partnership with the **Library Summer Reading Program**

### Featuring:

Music, Games, Face Painting, and Balloon Art  
(FOOD AVAILABLE FOR PURCHASE)

Awards and prizes for our Summer Reading Program!

**Prefilled bags of  
School Supplies\*  
while they last!**

\*School supplies are only for DEERS enrolled military dependent children who will be in Kindergarten through 12th grade for the 2021-2022 school year.



Thank you to our sponsor  
**PenAir Federal Credit Union**  
for all your support this summer!  
- No Endorsement Implied -



**FOR INFORMATION CALL 850-623-7032**

It's time for our MWR Back to School Bash and Celebration of our Library Summer Reading Program!

Join us on Thursday, August 5, 4:00 – 6:00 pm at Whiting Park on the Blackwater River.

Be ready for an exciting **Magic School Bus** theme party filled with lots of activities!

Pick up prefilled bags of School Supplies while they last (must meet DEERS eligibility).

Play with games and have fun with Balloon Art and Face Painting.

Certificates will be presented to all readers who have completed the Library Summer Reading Program. All this while we enjoy the beautiful voices of the Blue Anchor Belles filling the air. Food will be available for purchase too.

Thank you to our sponsor PenAir Federal Credit Union for all your support this summer!

## Join the Fun at the **Biggest Pool in Town!**

Let's get ready for school with the family friendly movie Finding Dory on the Big Screen next to our pool. You can play and float around in the water during the movie on your own floaty. Approved USGC floaties are recommended but not required, just not too big, for everyone's safety.

Feel free to bring your own snacks too - we just need to keep them out of the pool. You must have a current Swimmer Safety Card to play in the deep zone.

**Date and Time:** Friday, August 6<sup>th</sup>

**Eligibility:** Military/ DOD ID card holders and family members

**Location:** NAS Whiting Field Pool

**What to bring:** Pool Floaties and snacks

## Back to School

### DIVE-IN MOVIE

**Friday,  
August 6<sup>th</sup>  
7:00pm**

*at the Biggest Pool in Town!*

**Bring your Floaties!  
> or use ours  
FREE Refreshments!**



NAS Whiting Field Swimming Pool 850-623-7412

# Programs & Events

Use MyFFR for online registration: <https://myffr.navyaims.com/wbwsc/nrsewhitingfield.wsc/wbsplash.html?wbp=1>

## Kids Build & Play Nature Quest

Saturday  
Aug 7, 11am-1pm

\$10 per  
child

Decorate  
Wood Toys!

Play on the Water!



850-623-7032

Register by:  
Aug 4

Community Recreation

## Kids Build & Play: NATURE QUEST

Decorate wooden toys then explore Blackwater River with our watercraft. Pre-staged kayaks, canoes, and stand-up paddleboards available for free at the event.

**Date and Time:** Saturday, August 7<sup>th</sup>, 11:00am-1:00pm

**Location:** Whiting Park

**Eligibility:** Military/ DOD ID card holders and family members

**Fee:** \$10- per child

**Provided:** Price includes all supplies and use of our human powered watercraft.

CLICK!



**Fee:** \$10- **REGISTRATION IS MANDATORY BY AUGUST 4**  
**Register:** Call Community Recreation at 850-623-7032

## Get creative with us!

Spend the evening painting your very own Cactus Themed masterpiece at our Paint and Sip. Our paint night will include an instructor lead paint night with all art supplies provided and a drink ticket.

**Date and Time:** Wednesday, August 11<sup>th</sup>, 4:30pm

**Location:** Sikes Hall

**Eligibility:** Military/ DOD ID card holders and family members

**Fee:** \$25- per person

**Provided:** Price includes all supplies and a beverage ticket.

**What to bring:** Inner Bob Ross

CLICK!



**Fee:** \$25- **REGISTRATION IS MANDATORY BY AUGUST 9**  
**Register:** Call Community Recreation at 850-623-7032

## Cactus Theme Paint & Sip

Per Person  
\$25

Create your masterpiece  
of art at our Cactus Themed  
Paint and Sip Party!!

- Instructor-led
- All supplies included
- ... and drink ticket too!

Sign Up Now!

Community Recreation  
850-623-7032



4:30pm

Sikes Hall  
Wed, August 11

REGISTER BY  
Monday, Aug 9

# Programs & Events

## Let's Paw-Ty Together!

You're invited to the...  
**DOG DAYS OF SUMMER**

at Wiggley Field Dog Park

SATURDAY

AUG 14  
9:00-11:00am



Celebrate summer with your pup at Wiggley Field Dog Park. This event will give your pup an opportunity to splash around in our doggie pools, or chase the sprinklers. Let your pup cool off with a puppuccino, or sign up for the cannonball competition. New to the area? This event is a great way to meet new pups and people.

**Date and Time:** Saturday 14<sup>th</sup> from 9:00-11:00am

**Eligibility:** Military/ DOD ID card holders and family members

**Location:** Wiggley Field Dog Park

**Provided:** Puppuccinos, water activities and music

**What to bring:** Best Summer Looks

**Fee:** FREE

**For more information:** Call Community Recreation at 850-623-7032

## Outdoor Movie

Enjoy Whiting Park's Sunset Cinema  
Presenting: Movie, Art, and Ice Cream!

Festivity begins at 6pm and includes Water Gun Painting and Ice Cream prior to the movie viewing. There may be some games in the water: bring/ wear swim clothes.

**Registration is required  
for the art and ice cream\***

Not interested in painting and ice cream?  
**Join us for the free movie  
starting at 7:30pm.**

**SUNSET CINEMA**  
Whiting Park  
Friday Aug 20  
FREE MOVIE AT 7:30PM  
PRESENTING MOVIE, ART, + ICE CREAM!\*  
\* \$6 REGISTRATION (BY AUG 16)  
FOR WATER GUN PAINTING AND ICE CREAM  
BEGINNING AT 6PM PRIOR TO THE MOVIE  
Call 850-623-2385

**\* Fee: \$6- REGISTER FOR THE ART & ICE CREAM BY AUGUST 16**  
**Register:** Call Whiting Park at 850-623-2383

# Get Outdoors

## Learn the basics, then explore the Blackwater River!

### Group Pontoon Course

#### Date and Time:

Sunday, August 8 12:00-2:00pm

Saturday, August 28 12:00-2:00pm

**Fee: \$10-**

**REGISTRATION IS MANDATORY  
BY FRI, AUG 6 and FRI, AUG 27**



Prepare for pontoon renting with our group course. Our instructor will provide you with a walk-through of our Safe Boater Course. You will have a chance to see what we look for in the On-Water Practical and time to complete the Written Test. On-Water Practical will be individually scheduled at a later date with your instructor.

**Eligibility:** Military/ DOD ID card holders and family members

**Fee: \$10- REGISTRATION IS MANDATORY BY FRI, AUG 6 and FRI, AUG 27**

**Register:** Call Whiting Park at 850-623-2383

### Guided Kayak Tour

**Sunday  
August 22  
9am-2pm**



Soak up some sunshine. Learn the basics of kayaking from your guide. Use your new knowledge to explore the Blackwater River for a guided tour. We'll stop for lunch and relaxing on a sandbar before returning to Whiting Park.

**Eligibility:** Military/ DOD ID card holders and family members

**Fee: \$10- REGISTRATION IS MANDATORY BY AUGUST 20**

**Register:** Call Whiting Park at 850-623-2383

# Fitness / Sports

## FITNESS CENTER:

### HOURS OF OPERATION:

Monday – Friday 4:30am-9:00pm

Sat, Sun & Hol 8:00am-4:00pm



## Fitness News

Let us help you  
Stay Fit!

Follow along on our



ALWAYS READY

## WHITING FIELD MWR FITNESS CENTER

Filled with top of line Fitness Equipment, our Fitness Center is designed to keep you Mission Ready. Speak with a certified trainer about any of your fitness needs today.

M-F 0430-2100  
S/S- 0800-1600  
HOLIDAY- 0800-1600  
PHONE: 850.823.7412

### Follow us! eWFMWR

for up to date info,  
equipment highlights,  
workout tips,  
challenges,  
and more!

Or download our APPs

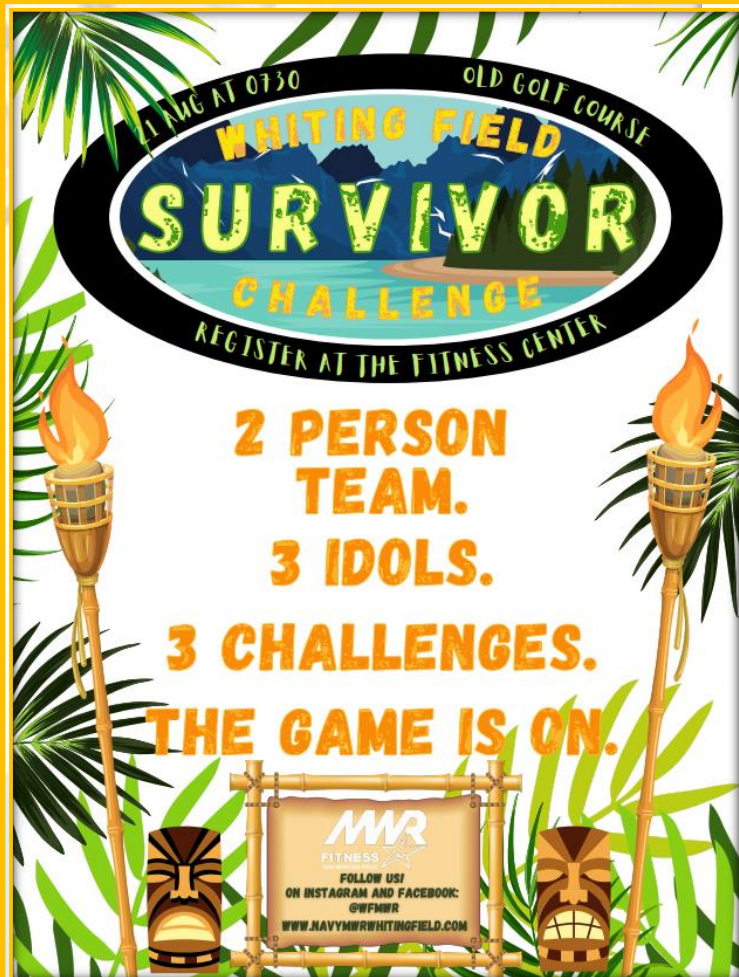


[www.NavyMWRWhitingField.com](http://www.NavyMWRWhitingField.com)

In this game, fire represents your life .... do you have what it takes to outplay your opponents?

Join the Fitness Team on Saturday, August 21 at 7:30am at the Old Golf Course for your chance to drop your buffs, gain immunity, and survive this unique 5K! This challenge is on!

Register your team at the fitness center!



# Group Fitness

# FITNESS SCHEDULE

**Get your group exercise groove on and join us for classes!**

Join us in the morning or afternoon.

We offer a variety of cardio, strength, and mobility classes.

All fitness levels are welcome!

**Registration is highly encouraged for all classes, especially cycling due to a limited number of spots.**

**MON**

**0545:** Command/FEP (per reservation)  
**1130:** Swim & Strength ~ Pool  
**1615:** Abs ~ Group X

**TUE**

**0545:** Cycling ~ Group X  
**0915:** Circuits ~ Group X  
**1130:** Cycling ~ Group X

**WED**

**0545:** Command/FEP (per reservation)  
**1130:** Stretch & Mobility ~ Group X  
**1615:** Cycling & Strength ~ Group X

**THU**

**0545:** Cycling ~ Group X  
**0915:** Weight-lifting ~ Gym  
**1615:** Circuits ~ Group X

**FRI**

**0545:** Command/FEP (per reservation)  
**0915:** Cycling & Core ~ Group X  
**1130:** Bags, Bells & Beyond ~ Gym

**SAT**

**0915:** Swim & Bike ~ Pool & Group X  
\*Class is every other Saturday after Run Club. Combined with the Run Club this is a great opportunity to begin training for a triathlon.

## CLASS DESCRIPTIONS

### Cycling (45 min):

During this class, the instructor will guide you through a ride set to motivational music that is sure to get you sweating! All fitness levels welcome! (Please arrive early to ensure proper bike set up).

### Cycling + Core (50 min):

This class will consist of a 40 minute ride on the bike followed by a 10 minute core training routine. (Please arrive early to ensure proper bike set up).

### Cycling + Strength (45 min):

This class will involve a combination of high intensity cardio on the bike and strength-based exercises off the bike to result in a full-body circuit-style workout. (Please arrive early to ensure proper bike set up).

### Stretch & Mobility (30 min):

Don't forget about the yin to your yang! This class will encompass low-intensity mobility exercises, static and dynamic stretching, and yoga-style moves to target improving overall stability, relieve tension, and increase flexibility.

### Circuit Training (45 min):

These functionally-based workouts will have you moving quickly from one exercise to the next. By utilizing various exercise equipment and formats, this class will help you increase overall muscular endurance and work capacity.

### Abs (30 min):

Perfect for all levels, this class targets the deep core muscles and abdominals to support the spine, improve posture, and get your beach body on!

### Swim & Strength Conditioning (50 min):

Want to get a full-body cardio workout that's low impact and keeps you cooled off in the heat? This group class will be a combination of swimming and low-weight/calisthenic dry-land exercises focused on building endurance and strength.

### Weight-lifting (45 min):

Learn how to use correct technique for a variety of free weight movements including: bench press, deadlift, squats, and overhead press. All skill levels welcome.

### Bags, Bells, & Beyond (45 min):

A strength workout utilizing non-traditional equipment and unorthodox methods (kettle bells, sandbags, stones, etc.)

### Swim & Bike (75 min):

This is a full-on cardio class that's designed to help you build overall endurance in a low-impact way. Additionally, if you're interested in training for a triathlon, this would be a great addition to your training routine. We will spend 30 minutes cycling (incorporating intervals) followed by 30 minutes swimming, working on building stamina while focusing on maintaining proper form. Transition time allowance: 15 minutes. (Please arrive early to ensure proper bike set up).

## Attending Classes

- Registering for classes is highly encouraged due to a limited number of spots.
- All equipment will be sanitized/disinfected prior to and after class.
- For classes which use equipment, equipment will not be shared instead each class member will have their own equipment for class. In the event that a singular piece is used, measures will be taken for that item to be sanitizer/disinfected between class members.



**NAS WHITING FIELD  
FITNESS CENTER  
850-623-7412**

**Mon-Fri: 0430-2100  
Weekends: 0800-1600  
Holiday: 0800-1600**



## Pop-up Challenges

Join our Fitness Team at our pop-up challenges and you could win something cool!

Win  
Something  
Cool!!



## It's Softball Season!

Our afternoon games have been hit and miss due to the foul weather in July.

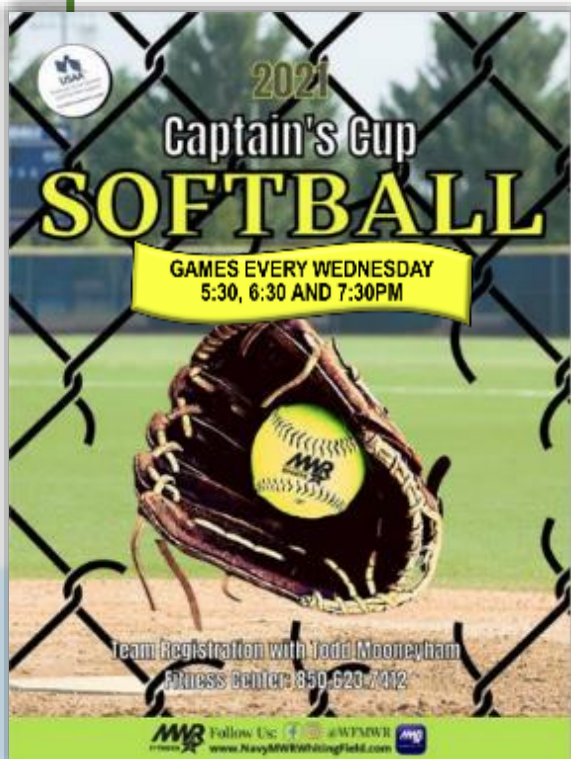
Join us on Wednesday afternoon at the softball fields to encourage the teams. Come out early and join a team if space permits.

Thank you to the generous support of our sponsor USAA.com  
- No Endorsement Implied -

Sponsored by:



No Endorsement Implied



Call the Fitness Center for details  
**850-623-7412**



# Aquatics

Open for Lap Swim and Recreational Swim as follows:

Open for Lap Swim and Recreational Swim as follows:

Saturday-Sunday 9:30am-4:00pm  
Monday-Friday 11:00am-6:00pm

Open for Lap Swim only as follows:

Monday-Friday 6:00am-8:00am



**Weather Notice:**  
The pool closes for inclement weather.



**Effective Sunday August 15<sup>th</sup> as follows:**

- Sunday: 12:00pm-4:00pm Recreation and Lap Swimming
- Monday through Thursday: 6:00am-8:00am Lap Swimming
- Friday: Closed
- Saturday: 10:00am-4:00pm Recreation and Lap Swimming



## Join the Fun at the Biggest Pool in Town!

### Special Guest

## Mermaid Story Time - *at the Pool*

**Saturday, Aug 14  
at 9:00am**

Come join us out at the pool as our very own mermaid reads us a book! Register in the Fitness Center.



# Liberty News

**\* LIBERTY PROGRAM IS OPEN TO ACTIVE DUTY AND GEO-BACHELORS \***

# Outlying Field Summer Celebration

**Dates:** August 23-26

We're brining the summer celebration to our Outlying Fields (OLF's) this month.

Our hardworking teams will enjoy a special treat. We'll be making the rounds to ensure the brave men and women of our OLF's receive the attention they deserve.

Thank you for your service!



# LIBERTY CENTER REMAINS CLOSED

# Hang In There Folks!

**It won't be long until we relocate to  
Airdales Recreation Center.**

- ✓ **New Food & Beverage Operation**
- ✓ **Huge Gaming Areas**
- ✓ **Kid's Play Zone**
- ✓ **Stadium Seating Movie Theater**
- ✓ **and so much more!**



# Navy General Library (Tower Books)

## HOURS OF OPERATION:

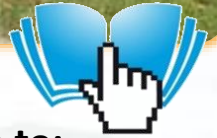
Monday – Friday 8:00am-4:00pm

**PATRONS:** All Eligible Patrons

## SERVICE NOTES:

- The Library is open to browse resources
- Returned items are not available for at least 24 hours

You can request an item by either calling the Library at 850-623-7861 or email the Library at [whitingfieldlibrary@gmail.com](mailto:whitingfieldlibrary@gmail.com)



To view our catalog go to:

["https://milrec.bibliovation.com"](https://milrec.bibliovation.com)

## Join us for Story Time every Wednesday at 10am!



We'll meet in the Tower Books and Café to take you on an adventure!

This program is recommended for ages 2-4 and parents must be present with their children for the duration of the program.

Registration is not required but space is limited.



**Call us for more information  
850-623-7861**

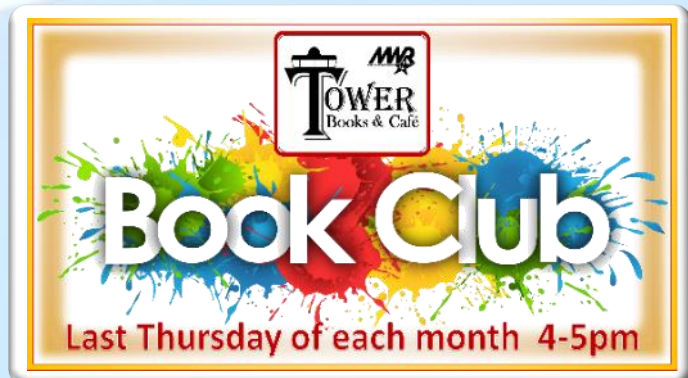
Sponsored by First Command - Pensacola, FL  
<https://www.firstcommand.com/insurance/>



## Be a part of the lively conversation!

Our next gathering will be on Thursday, August 26<sup>th</sup> from 4:00pm to 5:00pm in the library conference room. We will be discussing Dark Matter by Blake Crouch.

Visit the Tower Books & Café to pick up your book and get your name on the list.



# Food & Beverage



## North Field Snack Bar, Bldg. 1492

**Phone: 850-623-2692**

Located next to the North Field hangars,  
featuring

“South of the Border” menu options.

Hours of operation: Mon-Fri, 7:00am-2:00pm

## Menu



## Menu

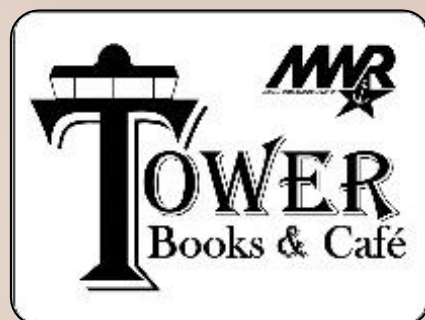


## Tower Café, Bldg. 2998

**Phone: 850-623-7290**

Our Tower Café is the perfect place to relax,  
read and study. This is our own gourmet  
coffee shop featuring Starbucks products,  
pastries, breakfast sandwiches and panini's all  
day. This is a great study spot!

Hours of operation: Mon - Fri 6:00am-1:00pm



**\$7.75**



## Chicken Bleu Salad

Choice of chicken or beef



Refreshing salad with tomatoes, blue cheese crumbles,  
candied pecans and bacon bits.  
Suggested dressing: Balsamic



## South Field Snack Bar, Bldg. 2977

**Phone: 850-623-6574**

Located inside the South Field Squadron  
building, serving up traditional fast order  
menu items.

Hours of operation: Mon-Fri, 6:00am-7:00pm

## Menu



# Community Recreation

## CLEAR CREEK RV PARK

### HOURS OF OPERATION:

Monday – Friday 8:00am-4:00pm

On Site Services available at the Community Recreation Office.

## Clear Creek RV Park



*Stay! Play! Relax!*

### SERVICE NOTES:

- Reservations must be in advance and can be provided by calling the office at 850-623-7032 or by calling the 24/7 call center at 877-628-9233 (877-NAVY-BED) or by accessing <https://get.dodlodging.net>



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American Forces Travel is the official leisure travel website for Morale, Welfare and Recreation (MWR).  
[www.americanforcetravel.com](http://www.americanforcetravel.com)



## COMMUNITY RECREATION

(Bldg. 1417 Operations)

**HOURS OF OPERATION:** Monday – Friday

8:00am-4:00pm

**PATRONS:** All Eligible Patrons

### SERVICE NOTES:

- Reservations for equipment check out is strongly encouraged by calling:  
850-623-7032 / 850-665-6250 M-F 8:00am-4:00pm

**PRICE LIST**

### Rental Equipment List

[Outdoor Recreation Rental Equipment.pdf](#)

**PRICE LIST**

Download our latest  
[Tickets & Travel Brochure.pdf](#)



# Whiting Park



## Whiting Park Recreation Area

- Six Riverfront Acres
- Boat Rentals
- Grills & Pavilions
- Fishing pier & more



5499 Old River Road  
Milton, FL 32583  
850-623-2383

## Be ready with the Boater Safety Course

NAVY MWR

### "Boater Safety Course"

In accordance with CNIC standards, NAS Whiting Field has implemented a boater safety course.

All individuals are required to complete our boater safety course and be in possession of their "Boater Safety Card" in order to operate any motorized watercraft at Whiting Park.

The Boater Safety Course consists of a written test and a practical proficiency demonstration for safe operation of our motorized vessels on the waters of the Blackwater River.

1. Test can be taken at any time during normal hours of operation.
2. The practical can be scheduled at the time the test is completed.

A "Boater Safety Card" will be issued by Whiting Park upon successful completion of the written test and the practical proficiency demonstration.

Additionally, those born after 1 Jan 1988 are required to provide proof of completion of the Florida state course available through [www.boatus.org/florida](http://www.boatus.org/florida).

Boater Safety Manuals are available at Whiting Park.

Furthermore, this card / course is reciprocated at NAS Pensacola as well as the completion of the NAS Pensacola boating safety course is recognized at NAS Whiting Field (Whiting Park).



**Take this FREE course!**  
[www.boatus.org/florida](http://www.boatus.org/florida)

## We have pavilions with grills!

All of our boats are available for rent - including our motorized vessels. Enjoy a calm wading area and fishing pier or play volleyball, horseshoes, basketball and an assortment of other games too.

If you'd like to rent one of our power driven vessels, a Boater Safety Course completion is required for those born after Jan 1, 1988. Here's a link to ["BoatUS.org"](http://BoatUS.org)

**Have your credentials ready to use one of our power driven vessels.**

**Born after January 1, 1988? Those born after January 1, 1988 are required to provide proof of completion of the Florida state course.**

Whiting Park Recreation Area  
850-623-2383 or 850-741-8746

Hours of operation:  
Friday - Monday, 9:00am - 6:00pm  
Tuesday - Thursday, Closed

# Ace's Pub

## NOW OPEN

Every Friday -and-  
Thursdays, August 12 & 26  
**3:00pm-6:00pm**

## ACES PUB

(LOCATED IN THE GATEWAY INN)



Visit us in the lobby of  
the Navy Gateway Inns  
and Suites.



Ace's is decorated in a classic aviator theme. Aviation oriented memorabilia provide an elegant theme to this inviting pub. The pub is available for your party or private event too!

# Get Outdoors

CLICK!

EXPLORE!

## Wiggley Field Dog Park



## Wiggley Field

Wiggley Field is an exercise area built especially for our k-9 friends. We've converted the softball field under the water towers into a safe fenced in area to allow your pets a friendly place to play.

- One acre of grassy area surrounded by a padded 4 foot tall safety fence.
- Safety fence uses a double gate entry exit system for increased security.
- Shaded areas in the observation dug-outs and under the oak trees.
- Water faucet with hose and stainless steel bowls.
- Ample parking lot adjacent to dog park.

Call us at Community Recreation for more information 850-623-7032.

## NAS Whiting Field Driving Range

Our driving range features grass tees, mat hitting surfaces, and a separate area for chipping practice. FREE Rental Clubs are available at: Community Recreation and the Fitness Center.

The range is open every day from sunrise to sunset. Range balls are available from the onsite dispenser using our tokens. Dispenser vends approximately 50 balls per token. Purchase \$2.00 tokens at the Community Recreation Desk, Fitness Center, North and South Field Snack Bars and at the Tower Cafe.

Call us at Community Recreation for more information 850-623-7032.

CLICK!

EXPLORE!

The range is open every day from sunrise to sunset.



A simple to use, powerful search tool that reaches our library's full universe of physical and digital assets.



**WHAT'S NEW?**

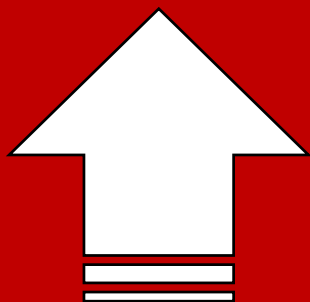
**Biblioovation™**

**An exciting way  
to explore  
YOUR LIBRARY!**

- FEATURES**
- ✓ Search over 8,000 titles available at our library!
  - ✓ Search other library catalogs too!
  - ✓ Your account transfers with you around the world!



[www.navymwrwhitingfield.com](http://www.navymwrwhitingfield.com)



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our publications.**

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**or call 800-531-8521**



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