

MWR Beacon Newsletter for NAS Whiting Field

October 2018



We'd like to hear from you! We value your patronage and feedback and your comments are extremely important to us. Please take the time to fill out an electronic comment card. Let us know how we have met your expectations or how we can improve our services.

FEEDBACK: "<https://www.navymwrwhitingfield.com/feedback>"

COMMUNITY RECREATION: Includes Tickets & Travel, Whiting Park, Outdoor Recreation & Gear Issue, Picnic & Pavilion areas, Wiggly Field Dog Park, and our Paintball Field.

** Visit Community Recreation on our web site: <https://www.navymwrwhitingfield.com> **

<u>Florida Winter Gardening</u>	1630, Tuesday, October 2, 2018 and 1100, Thursday, October 4, 2018
Atrium Classroom	Bldg 1417
Learn the basics of a successful winter garden in Florida. This will be a 30-45 minute presentation by UF Master Gardener Judy Ingram followed by a question & answer period. 2 sessions will be held; the first will be Tuesday October 2nd @ 1630 and the second on Thursday October 4th at 1100. Both will be held in the Atrium Classroom inside Bldg. 1417.	

<u>Pub Trivia</u>	1600, Friday, October 5, 2018
Ace's Pub	BLDG 2942, 7426 USS Lexington Circle, Milton, FL 32570
Join us on the first Friday of every month for trivia in Aces Pub located in NGIS. Trivia starts at 1600ish and includes 6 rounds of varying subjects. A maximum of 4 per team, everyone gets a prize. October prize: Each teammate receives a certificate valid at Whiting Park for one full day use of either a kayak or paddleboard.	

<u>Fall Brewery Tour</u>	1000, Saturday, October 6, 2018
Community Recreation	Bldg 1417
Saturday 6 October, join us for our fall Brewery Tour for just \$20. Price includes transportation and swag! Purchases at each brewery will be made on your own. Arrive at NAS Whiting Community Recreation Office at 9:45 AM for a 10:00 departure. We'll tour 4 local breweries and have a long stop for lunch on your own. We'll return to NAS Whiting around 5:00 PM. To register, stop by or call Community Recreation at 850-665-6250. == This event is for ages 21 and over ==	

<u>1/2 Off Pontoon Boat Rental</u>	Columbus Day Weekend, October 6-8, 2018
Whiting Park Recreation Area	5499 Old River Rd, Milton, FL 32583

Half price regular pontoon rentals for Columbus Day weekend. All pontoons except towing pontoon. Half price is off hourly rate not daily rate. Must have Whiting Park Boaters Safety Card and Florida Boaters Safety Card if born after January 1, 1988. Can reserve a pontoon up to one week in advance if you have the Parks boaters Safety card.

Visit the Whiting Park webpage "<https://www.navymwrwhitingfield.com/programs/b5da2722-8d35-4d0f-a117-d47d363e2053>" or call us at 850-623-2383 for more information.

<u>Guided Kayak Tours at Whiting Park</u>	1400-1600, Sundays, October 7,14,&21, 2018
Whiting Park Recreational Area	5499 Old River Rd, Milton, FL 32583
Start with a basic familiarization of kayak use then take a group guided tour on the beautiful Blackwater River. The tours are \$5 per person and made for all skill levels. After the hands on fundamentals of kayak operation, we'll paddle around exploring nature from the water and visit the pristine sandbars found on the waterway. Reserve your boats now with Whiting Park at 850-623-2383.	

<u>FREE Family Movie at Whiting Park</u>	1830, Saturday, October 13, 2018
Whiting Park Recreational Area	5499 Old River Rd, Milton, FL 32583
Join us for a FREE Family Movie at Whiting Park on the banks of the beautiful Blackwater River. We'll set up the big inflatable screen and watch the film Teen Titans Go to the Movies and sundown. Bring your lawn chairs or blanket snacks to relax and enjoy.	

<u>Meet Us at the Pumpkin Patch</u>	1300-1800, Monday, October 15, 2018
Community Recreation	Bldg 1417
No school? Meet us at Holland Farms on Monday, 15 October at 1PM for a day of fun! Enjoy a hayride to the pumpkin patch, pick your pumpkin and ride back to spend the day on the playground, at the petting zoo, in the corn maze and more until 6PM! Stop by Community Recreation Ticket Office or call us at 850-665-6250 to register. Spaces are limited. Upon your registration you will receive a voucher from us to present to Holland Farms at the gate for a discounted fee of only \$8.00!	

<u>Paint & Sip</u>	1700, Thursday, October 18, 2018
Ace's Pub	BLDG 2942, 7426 USS Lexington Circle, Milton, FL 32570
Join our instructor in Aces Pub for a step-by-step instruction to paint your fall owl for just \$25! All supplies will be provided; you bring the fun. These paints are made to stay, so we recommend you don't wear your favorite outfit. Register by Tuesday the 16th. Sign up by stopping or calling Community Recreation at 850-665-6250.	

<u>Haunted Evening Road Trip</u>	1700, Friday, October 19, 2018
Community Recreation	Bldg 1417
Join us for a scream filled evening as we tour CreepTown USA near downtown Milton. There's a Hunted Town, a Foggy Maze, a Creepy Forest and a Train Ride too! Price at the CreepTown USA gate is free for those age 5 and under ... \$10 for all others (\$1 military discount if eligible).	

<u>Fall Festival and Craft Fair</u>	1000-1400, Saturday, October 27, 2018
Community Recreation	Bldg 1417

Here's the opportunity for families to come together and have fun at our Fall Themed Festival and Craft Fair. The Atrium will be transformed inside and out, packed with activities to celebrate the season. We'll have Vendor Craft Booths, Food Vendors, Hay Rides to the Pumpkin Patch, Bounce Houses, Face Painting, a Baby Zone, Trunk & Treat displays, Games, and Costume Contests for People and Pets too!

Let us know if you'd like to decorate your trunk for the competition.

<u>MWR Rental Equipment</u>	Our office offers a variety of leisure travel services including discount ticket sales to various attractions throughout the country and local attractions. We also offer lodging, cruises, bus tours, airfare packages all over the world, and other special services. Active Duty Military, Retired, Dependents, DoD civilians and all MWR authorized patrons can purchase tickets. All prices are inclusive of our surcharge. VISA, MasterCard, American Express and Discover are accepted.
Ice Flyers Tickets	It's hockey season! Come out and see our very own Pensacola Ice Flyers. The Tickets & Travel Office has center ice seating available at \$17.50 each and they can be used for ANY HOME GAME. Purchase tickets in advance and use for any 2018-19 Regular Season game. Take a look on the Ice Flyers website "" for a few "Military Special and Theme" games offered this season where tickets are available at an even better savings for the select games.
OWA Tickets Coming Soon!	OWA (oh-waah) "visitowa.com" is a 520-acre resort destination on the Gulf Coast in Foley Alabama. Enjoy its amusement park or admission-free Downtown OWA for dining, shopping and more. Stay tuned for discounted tickets coming soon through Community Recreation at 850-623-6250.
Outdoor Recreation	Outdoor Recreation offers equipment rentals for a variety of equipment. Call 850-665-6250 for additional information.

<u>Canoe and Kayak Drop-Off Trips</u>	All Summer Long
Whiting Park / Drop off at Bridge on Munson Highway (Just South of Bob's Canoes)	5499 Old River Rd, Milton, FL 32583
Ten mile trip down river back to Whiting Park. Only \$25 per boat with a 2-person minimum. Up to 3 people per canoe or single or double kayak. Stop by or call Whiting Park at 850-623-2383.	Drop Off Times: ~1000 (8 hour trip) ~1100 (7 hour trip) ~1200 or 1300 (serious paddling required)

FREE Paintball and BBQ Event	0900, Saturday, October 20, 2018
Whiting Warriors Paintball Field	"FREE OPEN PLAY" for the last day of paintball
Register at Community Recreation Office	850-665-6250
Come one come all to our FREE MWR Military Appreciation Paintball and BBQ event thanks to the generous sponsorship of the Warhaws Organization www.warhaws.org . The course will be open for all eligible MWR patrons to enjoy a morning of paintball and BBQ ... all expenses paid! Register in advance with the Community Recreation office. "Sponsorship does not imply endorsement by the Navy"	

FITNESS: Includes the Fitness Center, Aquatics, Sports Programs, Archery Range, Fitness Classes, Runs, and all other fitness programs.

** Visit our Fitness Center web site: "<https://www.navywmwrwhitingfield.com/fitness>" **

<u>MWR FITNESS SCHEDULE</u>			
	Water Fitness	0900 – 0950	Pool

MONDAY	Strength Fusion Yoga	1130 – 1215	Group X Room
	Circuits	1600 – 1645	Basketball Court
TUESDAY	Stroller Fitness	1000 – 1050	Basketball Court
	Chaos Spin	1200 – 1245	Group X Room
	Hardcore Abs	1630 – 1700	Group X Room
WEDNESDAY	Water Fitness	0900 – 0950	Pool
	Story Time	1000 – 1100	Tower Books & Café
	Sunset Yoga	1600 – 1645	Group X Room
	Power House	1700 – 1800	Weight Room
THURSDAY	Yoga	1130 – 1215	Group X Room
	Water Fitness	1600 – 1645	Pool
FRIDAY	Stroller Fitness	1000 – 1050	Basketball Court
	Chaos Spin	1200 – 1245	Group X Room

[Chaos Spin](#): Indoor cycling class designed to reduce body fat while increasing lean body mass.

[Circuits](#): A form of sports training involving performing different exercises in rotation. It targets strength building and muscular endurance.

[Strength Fusion Yoga](#): Intense core-focused ‘Mat Class’ which blends Pilates, Sports Conditioning, and Yoga.

[Stroller Fitness](#): Full body workout for mom/dad and fun for baby(s) too. There is no age requirement, as long as your child will stay in the stroller for the entire hour long class.

[Sunset Yoga](#): This yoga class is focused on de-stressing your life at a lower intensity than our Yoga class.

[Water Fitness](#): Looking for a super-efficient workout that will target the cardiorespiratory system, tighten and tone every muscle from head to toe, increase your flexibility and range of motion, strengthen your core, as well as move you toward your weight loss goals? Water has the ability to offer ALL these benefits plus you'll beat the heat and have fun in the process.

[Yoga](#): Exercises that use slow movements and stretching. It's great for increased strength, flexibility and balance.

[One on One Training Sessions](#): Free personalized training plans and sessions are available for any personal fitness goals you may have. Our personal trainers are here to offer assistance with plans for weight loss, improved strength, tone and firm, increase muscle mass, general fitness and PRT standards.

<u>Spin-a-Thon (EXTENDED)</u>	October 1-12, 2018
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets

The Fitness Center has extended the Spin-a-Thon! Join in this fun and exciting opportunity for you to jump into the “Fit Lifestyle”. Interest piqued? Here is the nitty gritty. Attend 6 of our Chaos Spin classes by 12 October, get your card signed, and turn it in for your reward courtesy of our Whiting Field Navy Exchange. After we reward you once, drop off your completed card into the hopper bin for our Grand Prize Drawing. We will be pulling two lucky names out for a Garmin Forerunner Sport Watch with Heart Rate and Calorie Burning tracking. Sign up at the Front Desk of the Fitness Center and get your spin on....

So What exactly is Chaos Spin? It's calorie burning, endorphin releasing, and muscle defining all at the same time. Each class is only 45 min long and we target legs, shoulders, back, and core. High energy music gets you in the mood and the energy of the class keeps you going! Come join in, you'll be glad you did ☺

Everyone completing our September Spin-a-Thon by attending six of our Chaos Spin classes will receive a cool gift courtesy of our Navy Exchange. Two lucky folks will receive our Grand Prize ... a Garmin Forerunner Sport Watch!

<u>Flag Football</u>	1730, Every Monday & Wednesday
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Sports Complex	Langley Street
Join us for Captain's Cup Flag Football at the MWR Sports Complex. Games begin every Monday and Wednesday at 5:30pm.	

<u>Dodgeball Tournament</u>	1630, Wednesday, October 3, 2018
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
There will be a Dodgeball Tournament held at the Fitness Center Gymnasium on Wednesday, 3 October 2018 at 1630.	

<u>Archery Tournament</u>	0900, Saturday, October 6, 2018
Archery Range	Golf Course Road
The competition begins at 9:00am at our Archery Range on Golf Course Road on the way out to Mulligan's Grill and our Paintball Facility. Prizes for the top three archers. There is a \$5.00 registration fee for this event, which includes one raffle ticket, and children ages 14 and under are free. Additional raffle tickets are \$1.00 each or six for \$5.00. Registration is open until Friday, 28 September. **NO BROADHEADS – ALL BOWS MUST BE DECLARED AT THE MAIN GATE ** Call the Fitness Center at 850-623-7412 for more information.	

<u>Kids Soccer Camp</u>	1645-1815, October 9-11, 2018
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
Learn the skills and techniques used in soccer, from dribbling, passing through to shooting and tackling. This camp is aimed at both boys and girls aged 5-11 yrs old, of all abilities. The camp will run Oct 9th-11th from 1645-1815. Ages 5-8yrs will be 1645-1730 and 8-11yrs will be from 1730-1815. Hurry and book now as spaces will fill up fast and there are only 12 spaces available per age group. Call the Fitness Center at 850-623-7412.	

Lb for Lb Challenge	1700, Wednesday, October 17, 2018
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
Come and join us and compete during the Powerhouse Club hours on Wednesday, 17 October from 1700 to 1800. This month's exercises will be 1 rep max for clean & clean and press, there will be 3 attempts and trophies for the overall Male and Female competitors. We will be using the Schwartz/Malone Formula which takes into consideration bodyweight and Age of competitors. Hope to See you there!"	

<u>Horse Shoes Tournament</u>	1630, Wednesday, October 17, 2018
Sports Complex Horse Shoe Pits	Langley Street
There will be a Horse Shoes Tournament held at the Sports Complex on Wednesday, 17 October at 1630	

Energy Conservation Awareness 5k Fun Run & FREE BBQ	1000, Thursday, October 25, 2018
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets

Join us for a 5k Fun Run to build awareness for energy conservation. Our generous sponsors Gulf Power Siemens will provide run t-shirts and a FREE BBQ. Register with the Fitness Center at 85-623-7412.

Spooktacular SPIN	Tuesday, October 30, 2018
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
It's true...cardio and fun CAN coexist! We've got a "spooky fun ride" for you this month. Join us for our Spooktacular Spin where we'll get a heart pumping, calorie burning workout on the bike with Special themed music, décor and lights as well as some Halloween trivia and treats to keep your brain entertained. It'll be the fastest, funnest ride you've been on in a while :)	

<u>Corn Hole Tournament</u>	1630, Wednesday, November 14, 2018
Sports Complex Horse Shoe Pits	Langley Street
There will be a Corn Hole Tournament held at the Sports Complex Football Field on Wednesday, 14 November at 1630.	

<u>3 on 3 Basketball Tournament</u>	1600, Wednesday, November 28, 2018
Fitness Center / Gym	Bldg. 3148, Yorktown and Saratoga Streets
3 on 3 Basketball Tournament held in the Basketball Gym on Wednesday, 28 November at 1600	

<u>POOL & AQUATICS</u>		
<u>Last day for Lap Swimming is Thursday, 11 October</u>		
MONDAY - FRIDAY	0600-0800	Lap swimming
The Water Fitness class scheduled from 0900-0950 will still be held on the following days: Sept 24th, 26th and October 1st, 3rd, and the last class will be on Oct 10th.		
There will be no Lap Swimming or Water Fitness classes on Monday Oct. 8th (Federal Holiday)		

CHILD DEVELOPMENT CENTER (CDC): Includes the Child Development Center, Child Development Homes and the School Liaison Officer.

** Visit the CDC website: "<https://www.navymwrwhitingfield.com/programs/1d5f7d69-eedd-4f2b-89f3-015b153fc9af>" **

<u>Hourly Child Care</u>	0530 to 1830, Monday - Friday
Child Development Center	Bldg. 36, California Street
Hourly Care is available at our Child Development Center. This program is a short term care option (not to exceed 25 hours in a week or 12 hours in a day) that families can book up to 30 days in advance if space in the child's age group is available. To submit a request for care, please visit the " http://www.militarychildcare.com " web site. For more information, please call the Child Development Center at 850-623-7472.	

LIBRARY: Includes the Navy General Library and its associated programs located in the Tower Café.

** Visit our Navy General Library web site:

“<https://www.navymwrwhitingfield.com/programs/fb5cc93b-b7e5-41e0-9e22-49d32bbb8b59>”

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Tower Books and Café Library Hours

MONDAY	0800 – 1800
TUESDAY	0800 – 1800
WEDNESDAY	0800 – 1800
THURSDAY	0800 – 1900
FRIDAY	0800 – 1800
SATURDAY	1000 – 1400
SUNDAY	CLOSED

Visit the library web site:

<https://www.navymwrwhitingfield.com/programs/fb5cc93b-b7e5-41e0-9e22-49d32bbb8b59>

Family Game Nights

Drop-in between 1400 to 1700, Every Thursdays

Tower Books & Café

BLDG 2998, USS Long Island St, Milton, FL 32570

Drop in each Thursday anytime from 2-7pm, stop by with your family and friends to play a game on us! Choose from 18 classic and new titles, such as Scrabble and Settlers of Catan, and games like Battleship for kids too!

STEAM Ahead

Tuesday, October 2 & 16, 2018

Tower Books & Café

BLDG 2998, USS Long Island St, Milton, FL 32570

Join us every 1st and 3rd Tuesday (beginning in September) for an after school program to promote STEAM education, for elementary to middle school ages. STEAM uses: Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. Please register by calling us at 850-623-7861

Story Time

1030, Every Wednesday

Tower Books and Café

BLDG 2998, USS Long Island St, Milton, FL 32570

Join us every Wednesday for Story Time in the Tower Books & Café. 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.** This event is open to all eligible MWR patrons. For more information, call 850-623-7861

Mommy Coffee Meet Up

1100, Wednesday, **October 17, 2018**

Tower Books and Café

BLDG 2998, USS Long Island St, Milton, FL 32570

Get a little extra time to hang out after Story Time on Wednesday, 17 October. We'll provide outdoor playhouses for the kids and some pop-ups for shade, weather permitting. You supply the conversation and fun! Take advantage of the beautiful summer and our wonderful coffee shop in Tower Books and Cafe!

Tower Book Club

1600, Thursday, **October 25, 2018**

Tower Books & Café	BLDG 2998, USS Long Island St, Milton, FL 32570
Once a month we will meet to enjoy a discussion about a pre-chosen book. Join us for our monthly meetings. Get to know our group and have engaging conversation with your fellow bibliophiles.	

Halloween Themed Story Time	1030, Wednesday, October 31, 2018
Tower Books and Café	BLDG 2998, USS Long Island St, Milton, FL 32570
A special Halloween Theme is in store for Story Time on this day! This week's Wednesday Story Time gathering will feature a seasonal favorite suitable for the younger audiences in the Tower Books & Café. 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. This event is open to all eligible MWR patrons. For more information, call 850-623-7861	

Writer's Block	Every Monday in October & November 2018
Tower Books & Café	BLDG 2998, USS Long Island St, Milton, FL 32570
Hone your writing skills in this two month, weekly writers group. Local authors and writers from the Panhandle Writer's Club will teach you the basics of outlines, creating characters, plot development, and more. Then in November, challenge yourself to write a 50,000-word novel in a month! Meetings every Monday from 4:30pm to 5:30pm beginning on October 1st, and run through October and November. We will have a special meeting on Friday, November 30 to wrap up our writing challenge and celebrate those who completed.	

FOOD AND BEVERAGE: Includes Mulligans Grill, South Field Snack Bar, North Field Snack Bar, and the Tower Cafe. ** Visit the Food and Beverage website: " https://www.navymwrwhitingfield.com/dining " **	
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