

March 2025

Portsmouth Shipyard Currents

Your source for information for MWR, CYP, Fleet & Family Support Services, Family & Bachelor Housing at Portsmouth Naval Shipyard, Kittery, Maine

FLETCHER FITNESS CENTER



24/7 OPERATION
NOW AVAILABLE!

WHO IS ELIGIBLE?

Active Duty/Reservists and their Dependents, Retirees, DoD Eligible MWR patrons 18+ (Active Duty 17+) and eligible patrons ages 10-17 (when under the direct supervision of a parent or legal guardian) who is a Navy MWR authorized patron. Guests are prohibited during unstaffed hours of operation.



HOW TO SIGN UP

Step 1: Visit the website: <https://myffr.navyaims.com/navyma/navyma.html> or scan the QR code

Step 2: Fill out red required items in both the NEW ACCOUNT INFORMATION and HOUSEHOLD PRIMARY INFO sections. Then go to EMERGENCY CONTACTS section and Add New Contact (not in red but still required). If "Duplicate Check" box pops up, you already have an account (likely because you have rented a locker at some point). Follow the prompt to the user recovery page and enter your email to reset your password then skip to Step 4. *If you are utilizing an MCI computer and your reCAPTCHA does not work properly, you will be required to change your NMCI proxy or utilize a personal device to register.

Step 3: Verify email (Check spam)

Step 4: Visit the Fletcher Fitness Center during staffed hours to complete registration and fill out the waiver form. Staffed hours are: 0500 to 2000 Monday through Friday, 0800-1600 Saturday and Sunday

More info call 207-438-4261

www.navalynlifePNSY.com | www.facebook.com/pnsyffr

Fletcher Fitness Center

Building 301

Programs & Events are FREE to all authorized patrons

More info call: 207-438-4261

Mon-Fri, 5 a.m. - 8 p.m.

Sat & Sun, 8 a.m. - 4 p.m.

*Hours are subject to change

Airdyne Challenge

Month of March

March fitness

competition at the Fletcher Fitness center for the whole month.

The greatest mileage attained on the Airdyne in 5 minutes wins. Winner will receive a plaque.



Discount Tickets, Trips & Tours at ITT

Building 22

More info call: 207-438-2713

Operational Hours:

Mon-Thurs, 8 a.m. - 6 p.m.

Fri, 8 a.m. - 8 p.m. | Sat, 1 - 6 p.m.

*On all trips there are no refunds if a customer cancels unless we are able to fill their spot.

Portland Mailboat Run

Saturday, April 26

Adults \$47, Seniors 65+ \$43, & Children \$36

Experience Casco Bay on a true working boat on Portland's mailrun. We travel to Little Diamond, Great Diamond, Long, Cliff and Chebeague Islands. The round trip cruise takes about 3 hours and while there's an opportunity to hop on and off the boat, for this trip, we'll only go on one of the islands for a quick stop. But you'll get a feel for future opportunities later in the summer. We leave PNSY at 10 am and will join the noon boat in Portland returning back by 5 pm. Pack a lunch or grab something before we leave. Don't miss the boat and your opportunity to stamp out a beautiful day on the water!

Acadia National Park Trip

Sunday, May 25

(Memorial Day Weekend)

\$40 includes admissions and transportation

Spend part of your holiday weekend with us. As New England's only national park, Acadia is a must see. You won't see it all but you'll enjoy amazing places all in one day. Leave the driving and reservations to us. We leave the shipyard at 7 am and wonder at Acadia National Park's Thunder Hole for 11 am. After a brief stop at Otter's Point, enjoy lunch (on your own) and a hike at Jordan's Pond. Our last stop is Cadillac Mountain. We leave Acadia at 4 pm, have dinner in Bangor and back by 9 pm.

Free Movies

The movies play in the Shipyard Auditorium, Building 22.

Friday Movies at 6 p.m.

March 7 - Saturday Night (R)

March 14 - We Live in Time (R)

March 21 - Here (PG13)

March 28 - Bonhoeffer: Pastor. Spy. Assassin. (PG13)

Saturday Movies at 2 p.m.

March 1 - Captain America: The Winter Soldier (PG13)

March 8 - Conclave (PG)

March 15 - Venom: The Last Dance (PG13)

March 22 - The Help (PG13)

March 29 - Wreck-It Ralph (PG)

Updates or changes to movies that will be playing this month visit: www.facebook.com/pnsyffr



www.navylifePNSY.com

Recreation Equipment

Rental

Building H10

More info call: 207-438-1514

Operational Hours:

Mon-Fri, 8:00 a.m. - 3:30 p.m.

Ski/Ride Equipment Rental



There is still time to hit the slopes! Come check out what Recreation Equipment Rental has to offer!

Item Description	Daily	Weekend
Alpine Ski Package*	\$18	\$27
XC Ski Package*	\$18	\$27
Skis Only	\$12	\$20
Boot Only	\$12	\$20
Poles Only	\$6	\$8
Snowshoes	\$6	\$12
Snowboard	\$18	\$27

(3 Day Weekend & Weekly Rates available)

Stay Connected:

Get MWR & FFR updates right on your phone!

Text PNSYFUN to 888-697-6762

Sign up TODAY! You'll be the first to know about discounted tickets, trips, fitness events, & MORE!

OR download the NAVY MWR PNSY App! Available at Apple Store & Google Play

