

<u>Fletcher Fitness Center</u>

Building 306 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

Indoor Triathlon



Month of January

Start your new year's engines with a row, bike and a run with our indoor triathlon. It's a 10 minute row, 30 minute bike, 20 min treadmill (1hr total). The score is the total distance in

mileage, most mileage wins.

Basketball 5 on 5 League

Coaches Meeting Monday, January 8 at 11:45 a.m.

League will kick off on January 16. Challenge other commands on the base in this fun and competitive tournament.

<u>Discount Tickets, Trips</u> <u>& Tours at ITT</u>

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.

Winter Tickets Available

New England Aquarium \$17 Simons Theatre at NE Aquarium \$6 Museum of Science \$15 OMNI Theater at MOS \$4 Planetarium at MOS \$4 Legoland Discovery Center (date & time specific) \$22

Ice Castles



Monday, February 19 (President's Day)

\$50 includes admission and van transportation or \$34 to meet us there Back by popular demand, this year's Ice Castles brings fairy tales to life in North Woodstock, NH. Let your imagination run wild as you explore caverns and tunnels made entirely from ice. Race down an ice-carved slide, enjoy hot cocoa under the caverns and next to a wishing well. We depart PNSY at 2 PM for Lincoln, NH, stop for a quick bite (dinner cost not included) and at 5 PM we arrive at the Ice Castles. We leave North Woodstock at 7 PM and return back by 9 PM.

Free Movies

The movies play in the Shipyard Auditorium, Building 22.



<u>Friday Movies at 6 p.m.</u> January 5 - Golda (PG-13) January 12 - No Movie January 19 - Retribution (R) January 26 - Dumb Money (R)

Saturday Movies at 2 p.m. January 6 - Willy Wonka & the Chocolate Factory (G) January 13 - No Movie January 20 - Charlie and the Chocolate Factory (PG) January 27 - Aquaman (PG-13)

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

Recreation Equipment Rental

Building H10 More info call: 207-438-1514 Operational Hours: Mon-Fri, 8:30 a.m. - 3:30 p.m.

Sunday River, ME Ski Trip February 8-11 To book the trip please visit: the ski ticket link: https://shop.sundavriver. com/s/portsmouth-naval-shipvard-2024 lodging link: https://sundayriver.com/booklodging?Group=86E374&resultFilterValue=I&Checkin=02/07/2024&Checkout=02/11/2024&pid=36449 Validation Code: 86E374 This ticket link will bring you to the "Portsmouth Naval Shipyard 2024" page. You can click on tickets, discounted group rentals and adult group lessons and add them to your cart. Please note to click on the date that you will begin skiing and not your date of arrival at the resort (unless you plan to arrive early and ski that day). Once you fill your cart and go to check out, you will be asked for a "validation code". Use the code above and complete your transaction. Please note - Tickets can be purchased up until the day of ski, but rentals and lessons need to be purchased no later than 48 hours from your arrival.

Stay Connected

Get updates right on your phone! Sign up for our texting program: **Text PNSYFUN to** 888-697-6762

You can also download the NAVY MWR PNSY App! Available on both Apple Store and Google Play.

Machine Woodworking Fundamentals I

Workshop schedule for 2024: Friday evenings. January 19, 26, and February 2, and 9. Class will run from 5 to 7 p.m.

Minimum age is 15 years old. Minors will need a parent or guardian to accompany them (parents and guardians do not need to take the class).

Fees:

Military or Dependents \$40.00 each DoD Civilian \$60.00 each Materials are included Tools & PPE will be provided for use during shop time.

Deadline to sign up for this workshop is January 12, 2024, and is on a first come first served basis. Your place in this workshop is only confirmed after payment is received.

Workshop Instructors: Mark DeVeber and Craig Steidle For more details and to reserve a spot contact the instructor at mark.shipyardwoodcrafters@gmail.com

Start off the New Year by learning some new skills!!

The objective of this workshop is to introduce the participant to using machines for woodworking in a safe and efficient manner. It is geared for the hobbyist with limited to no experience in woodworking, and is interested in learning. In this class you will be taught how to properly use the bandsaw, drill press, compound miter saw, table saw, jointer, and thickness planer (other machines may be added as time permits). With knowledge of these primary machines you will be able plan out and start creating projects made from wood.

This workshop will be taught over the course of 4 sessions, and will consist of lectures, demonstrations, and practical work. Class size is limited to 8 participants to maximize instruction with the students. Fees paid include use of the shop throughout the 4 week session of the workshop during normal operating times. So you will be able to start creating as you learn.

Wood Hobby Shop | Building H10 | 207-438-1820 www.navyLIFEpnsy.com | www.facebook.com/pnsyffr

