

June 2025

Portsmouth **Shipyard Currents**

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

Popham Fort & Beach **Saturday, June 7, 2025**



Maine has some of the most beautiful beaches but some are hidden. This is your chance to enjoy this state park without the drive. We leave the Shipyard at 7 am to arrive in Phippsburg, Maine at 9 am. We'll enjoy the Popham Fort and Beach then leave at 1 pm to stop at Wild Oats Bakery in Brunswick (or you can bring lunch). We'll return to the Shipyard by 4 pm after a stop in Buglight in Portland.

\$30 per person

**Contact ITT in building 22
or call 207-438-2713**

**www.navylifePNSY.com
www.facebook.com/pnsyffr**



Fletcher Fitness Center

Building 301

Programs & Events are FREE
to all authorized patrons

More info call: 207-438-4261

NEW HOURS

Mon-Fri, 4:30 a.m. - 8 p.m.

Sat, 7:30 a.m. - 4 p.m.

Sun, 7:30 a.m. - Noon

*Hours are subject to change

Monthly Challenge: Max Deadlift Competition



Weight must be pulled from the floor to upright position. Knees locked and shoulders back. Weight must be controlled back to the ground and not dropped from upright position. You will have 3 attempts. You cannot go down in weight selection. Subtract bodyweight from highest poundage lifted for final score. Participants will be listed on records board in the order they finish.

Disc Golf Tournament

Wednesday, June 25 | 4 p.m.

It is a perfect time of year to play in our Disc golf tournament. Disc golf is scored like traditional golf but it involves throwing a disc from a tee off point to a target (a basket with chains). Players keep count of throws (or strokes); and just like golf the lowest number of strokes wins. Report to Fitness Center for Scorecards. Winner will receive a prize.



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.

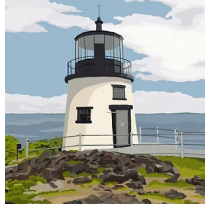
Mount Battie & Midcoast Lighthouses Trip

Sunday, July 13, 2025

\$30 per person

If you haven't been to Rockland Breakwater and Owls Head

Lighthouse this is your chance. We depart at 8 am for Owls Head stopping for lunch at Owls Head General Store which is famous for their seven napkin burger but you can pack food with you too. We'll eat and enjoy the views at Owls Head at 11:30 am. At 1 pm we'll walk the one mile breakwater in Rockland (weather permitting and there is a nice beach to hang if you prefer the mainland). At 3 pm we'll climb Mount Battie (in a van not ourselves) at Camden Hills State Park and enjoy the awesome views there. We arrive home by 6 pm. The perfect summer trip for a Maine staycation.



Free Movies

Free movies play in the Shipyard Auditorium, Building 22.

Friday Movies are at 6 p.m

June 6 - Love Hurts (R)

June 13 - No Movie

June 20 - Valiant One (R)

June 27 - Wolf Man (R)

Saturday Movies are at 2 p.m.

June 7 - Paddington in Peru (PG)

June 14 - No Movie

June 21 - Dog Man (PG)

June 28 - Daredevil (PG13)

Crescent Beach

Saturday, July 19, 2025

\$30 per person

**All park admissions
are included**



We've earned a great summer so don't miss this trip to one of our most beautiful beaches. We leave the Shipyard at 8 am and arrive in Cape Elizabeth, ME to enjoy Crescent Beach by am when it opens. Later we'll have lunch at the Lobster Shack at Two Lights (or pack your own) and visit Kettle Cove, and Two Lights State Park before returning to the shipyard by 4 pm.

Puffin Watch & Boothbay Harbor, ME Day Trip

Sunday, July 20, 2025

\$60 to meet there

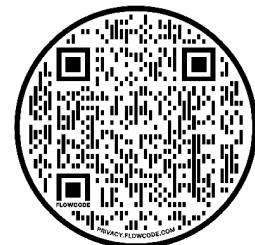
\$90 includes

van transportation

Enjoy the day in
Boothbay Harbor, ME!



We'll start the day on the water looking for Puffins during the Puffin watch cruise. Be sure to pack snacks & water. There are plenty of opportunities for sightseeing, shopping and lunch in Boothbay Harbor after the Cruise. There will also be van transportation available to visit the Coastal Botanical Gardens. We'll depart PNSY at 7 am and return to PNSY at 7 am.



www.navylifePNSY.com