

June 2023

Portsmouth Shipyard Currents

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

Puffin Watch & Boothbay Harbor, ME Day Trip Saturday, June 24, 2023

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 (tickets for the garden are purchased on your own). We'll depart PNSY at 7 AM and return to PNSY at 7 PM.

Sign up at ITT, Building 22 | 207-438-2713

www.navylifePNSY.com | www.facebook.com/pnsyfr

\$80

(includes van
transportation)

\$55

(meet us there)



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

Murph Challenge

Month of June

Perform the following in order:

- 1 Mile Run
- 300 Squats
- 200 Push-ups
- 100 Pull-ups
- 1 Mile Run



Fastest time completes wins a prize.

June Fitness Challenge:

Max Deadlift

Month of June

Contestants will be weighed in. Weight will be rounded up to the nearest 5 lbs. Each person will have three attempts. You cannot go down in your weight selection. You must pull the weight from the floor to an upright position. Knees must be locked with shoulders back. The weight must be controlled back to the ground and may not be dropped from the top position. Highest max attempt wins a prize.



Soccer League

Sign up by June 5

League will run from June 12 to August 8 Challenge other Commands and shops in this fun and competitive league. It will be a 6 on 6 league play. The regular season schedule and playoffs will be determined by how many teams sign up.



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.

Deep Sea Fishing

Sunday, June 4 or Sunday, September 10

\$75 per person
Price includes Rod rental & bait
Boat leaves from the PNSY, Back Channel Marina at 8 a.m. and will return at 3:30 p.m.
You'll fish from New England's most productive fishing grounds! Pack a lunch & come enjoy a great full day of fishing.
You can bring your fish home whole or the boat staff will fillet it. All people going on trips MUST come in to office and sign hold harmless papers. No sign papers no trip. For 12 years and older. No alcohol allowed.



Moxie & Moose

Saturday, July 8

\$30 for van transportation & park admission OR \$6 to meet us at park (Veterans and Military are \$5 at gate)
The one and only Moxie Festival in the world. Moxie chugging, whoopie pie contest, a fireman's muster along with vendors and all things Moxie. If you haven't been, mark your calendars. On our way to the festival we'll stop at the Maine Wildlife Park in Gray, ME and relax with a variety animals and birds from Maine. We leave the shipyard at 9 a.m. and after our moose visit, we'll lunch at the Moxie Festival & be back by 5 p.m.

Reid, Red's & Relics

Saturday, June 10

\$30 includes van transportation and park admission.
(Admission to museum is not included but active military and their families are free)
Have you been Reid State Park? Eaten a lobster roll at Red's? Seen some relics at the Maine Maritime Museum in Bath? Why not do all three in one day! We leave the Shipyard for 8 a.m. and arrive at Reid State Park for 10 a.m. You can enjoy the beaches, the dunes, and the sun. For those interested, we'll head to Red's Eats in Wiscasset and picnic by the water. Afterwards, we'll visit the Maine Maritime Museum in Bath and their docked 1906 Schooner. You won't see everything but your admission includes another day for later use. We depart at 4 p.m. and return to the Shipyard by 6 p.m. Depending on the weather, we'll spend more time at the Museum but still visit the park.

Free Movies

Free movies play in the Shipyard Auditorium, Building 22.
Friday Movies are at 6 p.m. and Saturday Movies are at 2 p.m. To find a full list of movies that will be playing this month visit our FB page: www.facebook.com/pnsyffr



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.



Whale Watch Cruise

Saturday, August 12, 2023



If you haven't seen whales on the seacoast, then this is your chance. Spend the afternoon with us on the water watching nature at its best. Join us in Rye, NH when we leave for a 3-4 hour cruise to view whales in their favorite splashing grounds - Yes you may get wet! We leave from the Shipyard at 1 pm and start our adventure on the seas at 2 pm. Return time may vary but we'll be return to the Shipyard by 7 pm.

\$60 for van transportation
\$47 to meet us there (there is \$5 cash parking fee required on site)

Get your tickets at ITT, Building 22 | 207-438-2713

Get all your PNSY MWR Updates at www.navalynlifePNSY.com | www.facebook.com/pnsyffr