June 2022
Shipyard Currents
Your source for information for MWR, CYP, Fleet & Family Support Services, Family & Bachelor Housing at Portsmouth Naval Shipyard, Kittery, Maine

Open Monday through Friday
0730 to 1530
Building 241
Pre-registration is required for all classes and trainings
Call 207-438-1835

JUNE FFSC CLASS SCHEDULE

Transition Assistance: Mon-Fri, June 6-10, 0800-1600 - This 5-day mandatory course provides info on employment, resume writing, job search, post military finances, benefits, & general resources necessary for transition to civilian life. Take this course within 24 months of retirement or separation.

TAP Vocational Track: Wed & Thurs, June 15 & 16, Virtual - This class offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This Industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with their interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements.

Victim Advocate Training Supplement: Wed, June 1, 0800-1100 - This class will take you from Unit Victim Advocate to Administrative Unit Victim Advocate (AVA), a new position responsible for ensuring command compliance with policy. Prerequisite: SAPR Victim Advocate Basic Training.

CDO/SDO Semi-Annual SAPR Brief: Thurs, June 2, 1300-1400 - Required SAPR Training for all CDOs and SDOs assigned to the watchbill, unless you completed your PQS after April 1st. This brief also fulfills the PQS for prospective CDO/SDOs. This brief consists of a brief overview of the SAPR program, the requirements for a CDO/SDO receiving a SAPR related inquiry, and instruction for SAPR STREPs.

Anger Management Workshop, Tuesdays, June 7 or 14, 0730-0900 - These workshops are designed to offer participants valuable skills in recognizing anger triggers, learning coping strategies, and developing new ways to respond to situations in a healthy manner; thereby reducing stress and improving communication skills both at home and at work. Participants may attend one or all of the sessions and join in at any point, as desired.

FREE MOVIES

Movies play Friday night & Saturday afternoon in the Shipyard Auditorium in Building 22.

Important Information to remember when attending:
-You must sign in with your name & contact number.
-Families may sit together but at a distance from other patrons.
-No congregating in the hallway or Recreation Center.
-Practice social distancing.
*Movies are subject to change

Friday Movie at 6 PM
June 3 - Moonfall (PG13)
June 10 - Cyrano (PG13)
June 17 - Studio 666 (R)
June 24 - Blacklight (PG13)

Saturday Movie at 2 PM
June 4 - Dog (2022) (PG13)
June 11 - Uncharted (PG13)
June 18 - The Batman (2022) (PG13)
June 25 - The Lost World: Jurassic Park (1997) (PG13)

Stay Cool this Summer with Jamaica Island’s Spray Park!
Opens May 26
DAILY 10 AM - 7 PM

Jamaica Island’s Spray Park!
Stay Cool this Summer
DAILY 10 AM - 7 PM
Opens May 26
JUNE FFSC CLASS SCHEDULE

Transition Assistance: Mon-Fri, June 6-10, 0800-1600 - This 5-day mandatory course provides info on employment, resume writing, job search, post military finances, benefits, & general resources necessary for transition to civilian life. Take this course within 24 months of retirement or separation.

TAP Vocational Track: Wed & Thurs, June 15 & 16, Virtual - This class offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This Industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with their interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements.

Victim Advocate Training Supplement: Wed, June 1, 0800-1100 - This class will take you from Unit Victim Advocate to Administrative Unit Victim Advocate (AVA), a new position responsible for ensuring command compliance with policy. Pre-requisite: SAPR Victim Advocate Basic Training.

CDO/SDO Semi-Annual SAPR Brief: Thurs, June 2, 1300-1400 - Required SAPR Training for all CDOs and SDOs assigned to the watchbill, unless you completed your PQS after April 1st. This brief also fulfills the PQS for prospective CDO/SDOs. This brief consists of a brief overview of the SAPR program, the requirements for a CDO/SDO receiving a SAPR related inquiry, and instruction for SAPR STREPs.

Anger Management Workshop, Tuesdays, June 7 or 14, 0730-0900 - These workshops are designed to offer participants valuable skills in recognizing anger triggers, learning coping strategies, and developing new ways to respond to situations in a healthy manner; thereby reducing stress and improving communication skills both at home and at work. Participants may attend one or all of the sessions and join in at any point, as desired.

FREE MOVIES

Movies play Friday night & Saturday afternoon in the Shipyard Auditorium in Building 22

Important Information to remember when attending:
-You must sign in with your name & contact number.
-Families may sit together but at a distance from other patrons.
-No congregating in the hallway or Recreation Center.
-Practice social distancing.
-Movies are subject to change.

Friday Movie at 6 PM
June 3 - Moonfall (PG13)
June 10 - Cyrano (PG13)
June 17 - Studio 666 (R)
June 24 - Blacklight (PG13)

Saturday Movie at 2 PM
June 4 - Dog (2022) (PG13)
June 11 - Uncharted (PG13)
June 18 - The Batman (2022) (PG13)
June 25 - The Lost World: Jurassic Park (1997) (PG13)

Stay Cool this Summer with Jamaica Island’s Spray Park!

Opens May 26
DAILY 10 AM - 7 PM
**Fletcher Fitness Center**
Programs & Events are FREE to all authorized patrons
More info call: 207-438-4261
Mon-Fri, 5 AM - 8 PM
Sat & Sun, 8 AM - 4 PM
*Hours are subject to change

**Warrior (Murph) Fitness Challenge**
Thursday, June 2
By Appointment
Are you tough enough? This challenge will be a great test of your strength, stamina, and willpower! Perform the following exercises:

1 mile run
100 pull-ups
200 push-ups
300 squats
1 mile run
Must start and finish with a 1 mile run and perform the listed exercises in any sequence. The fastest time to complete will receive a plaque and the top performers will be posted on the Challenge Board.

**Discount Tickets, Trips & Tours at ITT, Bldg 22**
More info call: 207-438-2713
Operational Hours:
Mon-Thurs, 8 AM - 6 PM
Fri, 8 AM - 8 PM | Sat, 1 PM - 6 PM
*On all trips there are no refunds if a customer cancels unless we are able to fill their spot.

**Disc Golf Competition**
Wednesday
June 15
4 PM

**Soccer Field**
Frisbee 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 will keep count of throws (or strokes); and just like golf the lowest number of strokes wins. Prizes for all participants, and 1st place wins a special event plaque.

**Discounted Tickets**
ITT offers discounted tickets for local area events and places as well as tickets to Disney, Seaworld, Universal and Busch Gardens. Make sure to stop in or call to see what we offer!

**Monhegan Island Day Trip**
Saturday, June 4
Start your Summer off right!
$65 (includes van & boat transportation)
$45 (drive yourself & meet at boat)
You probably have seen this place in paintings! Discover why Monhegan Island is so popular yet so quiet. No cars, no streets and no shopping malls. One of Maine's secret hideaways.

We leave PNSY at 6 AM and head to New Harbor, ME where we will cruise to and visit the island for 5 hours. You can hike the cliff trails, see Monhegan Lighthouse, visit the Art Museum and have a fish taco on Fish Beach. (Meals are your own) Pack water and snacks. We will depart the island at 3 PM and will stop for dinner before returning to PNSY at 8 PM.

**Whale Watch Cruise**
Saturday, August 6, 2022

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 return to the Shipyard by 7 PM.

$55 for van transportation
$42 to meet us there (there is $5 cash parking fee required on site)

**Get Your Car Ready for Summer**
Get all that salt from the winter roads off in the Auto Hobby’s wash bay with the power washer for $5 Clean out the inside of your car with the FREE vacuum out front. Then top it off with filling up the tires with the FREE air hose. You’re car will be all ready for a beautiful summer!

**Get your tickets at ITT, Building 22 | 207-438-2713**
Get all your PNSY MWR Updates at www.navymwrportsmouthshipyard.com | www.facebook.com/pnsyffr

**Discount Tickets, Trips & Tours at ITT, Bldg 22**
More info call: 207-438-1514
Operational Hours:
Mon-Fri, 8 AM - 3:30 PM

**Rent an Inflatable for your Party!**
Daily: $90
Weekend: $135
3 Day Weekend: $180
We have 3 new bounce houses this year:

- Auto Hobby Shop
More info call: 207-438-2981
Operational Hours:
Tue, Wed & Sat, 8 AM - 4:30 PM
Thur & Fri, 8 AM - 8 PM

Call to see if these are available or check out our other ones!

**Recreation Equipment Rental**
More info call: 207-438-2713
Operational Hours:
Mon-Fri, 5 AM - 8 PM
Sat & Sun, 8 AM - 4 PM

*Hours are subject to change
Fletcher Fitness Center
Programs & Events are FREE to all authorized patrons
More info call: 207-438-4261
Mon-Fri, 5 AM - 8 PM
Sat & Sun, 8 AM - 4 PM
*Hours are subject to change

Discount Tickets, Trips & Tours at ITT, Bldg 22
More info call: 207-438-2713
Operational Hours:
Mon-Thurs, 8 AM - 6 PM
Fri, 8 AM - 8 PM | Sat, 1 PM - 6 PM
*On all trips there are no refunds if a customer cancels unless we are able to fill their spot.

Warrior (Murph) Fitness Challenge
Thursday, June 2
By Appointment
Are you tough enough? This challenge will be a great test of your strength, stamina, and willpower! Perform the following exercises:
1 mile run
100 pull-ups
200 push-ups
300 squats
1 mile run
Must start and finish with a 1 mile run and perform the listed exercises in any sequence. The fastest time to complete will receive a plaque and the top performers will be posted on the Challenge Board.

Disc Golf Competition
Wednesday, June 15
4 PM
Soccer Field
Frisbee 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 will keep count of throws (or strokes); and just like golf the lowest number of strokes wins.
Prizes for all participants, and 1st place wins a special event plaque.

Discounted Tickets
ITT offers discounted tickets for local area events and places as well as tickets to Disney, Seaworld, Universal and Busch Gardens. Make sure to stop in or call to see what we offer!

Monhegan Island Day Trip
Saturday, June 4
Start your Summer off right!
$65 (includes van & boat transportation)
$45 (drive yourself & meet at boat)
You probably have seen this place in paintings! Discover why Monhegan Island is so popular yet so quiet. No cars, no streets and no shopping malls. One of Maine's secret hideaways. We leave PNSY at 6 AM and head to New Harbor, ME where we will cruise to and visit the island for 5 hours. You can hike the cliff trails, see Monhegan Lighthouse, visit the Art Museum and have a fish taco on Fish Beach. (Meals are your own) Pack water and snacks. We will depart the island at 3 PM and will stop for dinner before returning to PNSY at 8 PM.

Auto Hobby Shop
More info call: 207-438-2981
Operational Hours:
Tue, Wed & Sat, 8 AM - 4:30 PM
Thur & Fri, 8 AM - 8 PM
GetYour Car Ready for Summer
Get all that salt from the winter roads off in the Auto Hobby’s wash bay with the power washer for $5 Clean out the inside of your car with the FREE vacuum out front. Then top it off with filling up the tires with the FREE air hose. You’re car will be all ready for a beautiful summer!

Get your tickets at ITT, Building 22 | 207-438-2713
Get all your PNSY MWR Updates at www.navymwrportsmouthshipyard.com | www.facebook.com/pnsyffr

Whale Watch Cruise
Saturday, August 6, 2022
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 return to the Shipyard by 7 PM.

$55 for van transportation
$42 to meet us there (there is $5 cash parking fee required on site)