

# DIRECTORY

## MWR ADMINISTRATION

Administration • 252-3472  
Monday - Friday • 8 a.m. - 5 p.m.  
Human Resources: 252-3328

## FOOD & BEVERAGE

**HARBOR VIEW CLUB**  
252-3965

**CHOPS AMERICAN GRILL**  
252-2955

**BRODIE'S**  
252-2977 / 252-2978

**GALAXIES' NIGHTCLUB**  
252-2980

**SHOGUN CAFE (GALLEY)**  
252-3429

## CHILD & YOUTH PROGRAMS

**CHILD DEVELOPMENT CENTER**  
Main Base • 252-2985  
Hario • 252-8842

**SCHOOL AGE CARE CENTER**  
Main Base • 252-2989  
Hario • 252-8763

**TEEN CENTER**  
Main Base • 252-3797  
Hario • 252-8968

**YOUTH SPORTS & FITNESS**  
252-2989

## FITNESS & AQUATICS

**FLEET FITNESS COMPLEX**  
Welcome Center • 252-3595 252-3588

**HARIO FITNESS CENTER**  
252-8960

## COMMUNITY RECREATION

**DEPLOYED FORCES SUPPORT**  
252-6896

**AUTO/WOOD HOBBY SHOPS**  
252-3977

**LIBERTY CENTER**  
252-3756

**LIBRARY**  
252-3593

**OUTDOOR ADVENTURE CENTER**  
252-3500

**PAWS & CLAWS**  
252-2905

**TRAVEL & TOURS**  
252-3433/2165

**SHOWBOAT AND VILLAGE THEATER**  
252-6996 • 252-8753

## LIFEGUARDS NEEDED

CALL AQUATICS AT  
0956-50-2925 OR 252-2925  
FOR DETAILS



## JOIN OUR TEAM AT MWR SASEBO

### JOB OPENINGS INCLUDE:

LIFEGUARDS • BARTENDERS •  
CHILD & YOUTH PROGRAMS •  
FOOD SERVICES • RECREATION AID •  
FITNESS • THEATER • LIBRARY •  
LIBERTY CENTER •  
OUTDOOR ADVENTURE CENTER

FOR WEEKLY JOB LISTINGS, VISIT:

[HTTPS://WWW.NAVYMWRSASEBO.COM/  
DIRECTORY-MORE/JOB-OPPORTUNITIES](https://www.navymwrsasebo.com/directory-more/job-opportunities)

## STAY CONNECTED!

Follow us on Facebook at  
MWR Sasebo Japan

Visit our official webpage at  
[www.navymwrsasebo.com](http://www.navymwrsasebo.com)



## Guided Kayaking Trip with the Outdoor Adventure Center



Saturday, May 4 • Open to SOFA 18+ • \$45  
Join us as we kayak around 99 islands. Bring yen for snacks and drinks.

May 1-31

## MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

### CHOPS

**Monday**  
Orange Chicken  
**Tuesday**  
Tonkatsu  
**Wednesday**  
Chicken Mussamun Thai Curry  
**Thursday**  
Beef Lasagna  
**Friday**  
Philly Cheesesteak

### BRODIE'S

**Monday**  
Honey Mustard Chicken  
Sandwich  
**Tuesday**  
Chili & Cheese Hotdogs  
**Wednesday**  
Cajun Chicken Pasta  
**Thursday**  
Sriracha Steak Quesadilla  
**Friday**  
Chimichurri Chicken Salad

## LUNCH SPECIALS

## ONGOING EVENTS

### SUNDAY BRUNCH

Every Sunday  
Harbor View Club - Sakata Ballroom  
10 a.m. - 2 p.m.

Ages 12 & up: \$15  
Ages 6-11: \$7  
Ages 5 & under: Free



### BINGO

Every Wednesday  
Harbor View Club - Sakata Ballroom  
Doors open at 5 p.m. Game starts at 6 p.m.  
Open to SOFA 18+ • \$25 per game package



### MONGOLIAN BARBECUE

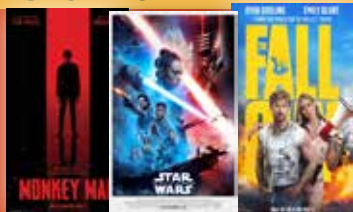
Every Thursday  
Harbor View Club - Sakata Ballroom  
5 - 9 p.m.

## MOVIE SCHEDULE

Movie schedule is subject to change without notice.

**TICKET PRICES: ADULT \$3 • CHILD \$2**  
**3D MOVIES: ADULT \$5 • CHILD \$3**

### SHOWBOAT THEATER



#### THURSDAY, MAY 2

Late Night with the Devil (R) 6 p.m.

#### FRIDAY, MAY 3

The Fall Guy (PG-13) 5:30 p.m.

*Free Admission!*  
The Beekeeper (R) 8:00 p.m.

#### SATURDAY, MAY 4 (FREE)

Star Wars: Episode VII  
The Force Awakens (PG-13) 3 p.m.

Star Wars: Episode VIII  
The Last Jedi (PG-13) 5:20 p.m.

Star Wars: Episode IX  
The Rise of Skywalker (PG-13) 8 p.m.

#### SUNDAY, MAY 5

Monkey Man (R) 6 p.m.



### HARIO VILLAGE THEATER

#### SATURDAY, MAY 4

Soul (PG) 5:30 p.m.

#### SUN, MAY 5

The Fall Guy (PG-13) 5:30 p.m.



## UPCOMING . . .

### OIL CHANGE CLINIC

**At the Auto Hobby Shop**

**Wednesdays• 4:30-5:30 p.m. • Free**

This is a great skills class that will teach you how to change your own oil. This will help you save money in the long run and keep your car running great!

### SOLDERING CIRCUIT BOARDS CLASS

**Saturdays• 4:30 - 5:30 p.m. • \$4 per hour**

This fun class will teach you the basics of circuit board maintenance and set up! We will attach resistors, capacitors, and integrated circuits.

### JAPANESE CULTURE CLASS

**At the Liberty Center with FFSC**

**Every other Friday at 3 p.m.**

Join Eriko-San from FFSC at Liberty for Japanese language classes, culture classes, and more! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

### PIZZA TUESDAYS

**At Harbor View Club**

**Tuesdays through May 28 • 5-8 p.m. • \$10**

Enjoy delicious pizza with freshly made pizza dough! Choose from pepperoni, cheese, hawaiian or veggie! 12" fresh made pizza.

### MAY THE 4TH BE WITH YOU!

**at the Liberty Center**

**May 3-4 • 10 a.m. - 10 p.m.**

Come to Liberty for 2 full days of all things Star Wars! Movie marathon, snacks, activities and more! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

### STAR WARS CRAFTERNOON

**at the MWR Library**

**Friday, May 3 • 4 p.m. • FREE**

Stop in and join us as we celebrate Star Wars day! We will make fun, exciting themed crafts for all ages.

### HASAMI AND ARITA

**CHINAWARE SALE**

**with Travel and Tours**

**Saturday, May 4 • All seats: \$40**

**Depart MB: 7:30 a.m. • Hario: 8:15 a.m.**

**Return Hario: 3:30 p.m. • MB: 4 p.m.**

More than 600 shops line a 4km street near Arita Station as ceramic lovers from all over Japan visit the largest porcelain festival in Japan!

### GUIDED KAYAK TRIP

**with the Outdoor Adventure Center**

**Saturday, May 4 • Open to SOFA 18+ • \$45**

**Depart OAC: 10 a.m. • Return OAC: 3 p.m.**

We will explore the area around 99 islands. Bring snacks and drinks.

### STAR WARS MOVIE TRIATHLON!

**at Showboat Theater**

**Saturday, May 4 • Doors open at 2:30 p.m.**

**FREE! • All movies are PG-13**

Come out and join our Star Wars Movie Marathon featuring Episode VII, Episode VIII, and Episode IX for FREE! We will also be selling collectible cups and toppers that come with a FREE medium size popcorn and drink!

### CINCO DE MAYO BRUNCH

**at the Harbor View Club**

**Sunday, May 5 • 10 a.m. - 2 p.m.**

**Adults: \$15 • Kids 6-11: \$7**

**Kids 5 and under: Free**

Enjoy a delicious Mexican brunch featuring carne asada, tacos, margaritas and more! Adults over 20 will get a free margarita or mimosa with purchase.

### CINCO DE MAYO FIESTA!

**at the Liberty Center**

**Sunday, May 5 • 2 p.m. • Free**

Come on over to Liberty and celebrate Cinco de Mayo! Join us for chips and salsa, mocktails, and activities! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

## FITNESS CLASSES SCHEDULE

Be sure to get your after hour access card from the FFC front desk. Schedule is subject to change without notice.

### MAIN BASE

#### MONDAY

Yin Yoga	8:15 - 9:15 a.m.
2'S Day on Monday Spin	9:30-10:15 a.m.
Jiu-Jitsu (4-6 y/o) - \$	4-4:45 p.m.
K-Pop & Hip Hop Cardio	4-5 p.m.
Jiu-Jitsu (7-9 y/o) - \$	5-5:45 p.m.
Core Strength & Static Stretching	5:10-5:55 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

#### TUESDAY

Yoga	10:30-11:30 a.m.
Total Body Blast Circuit	4-5 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

#### WEDNESDAY

Cycle	9:30-10:15 a.m.
Hatha Flow Yoga	11 a.m. - 12 p.m.
Cheer Dance - \$	3:30-4:30 p.m.
Power Yoga	4:45-5:45 p.m.

#### THURSDAY

Yoga	11 a.m.-12 p.m.
Zumba Toning	4:20-5 p.m.
Beginners Judo - \$	4-5 p.m.
Advanced Judo - \$	5-6 p.m.
Zumba	5-5:50 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

#### FRIDAY

Adult Judo & Jiu-Jitsu - \$	6-7 a.m.
Spin and Sculpt	9:30-10 a.m.
Adult Hip Hop Dance	10:30-11:15 p.m.
Hip Hop dance - \$	5-6 p.m.

#### FRIDAY

Beginner Power Yoga	9:30-10:30 a.m.
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#### MAIN BASE INDOOR POOL

Mon - Fri: 5 a.m. - 7 p.m.

Saturday: 9 a.m. - 4:30 p.m.

Sunday and Holidays: 11 a.m. - 4:30 p.m.

### HARIO

#### TUESDAY

Hatha Flow Yoga	9:45 - 10:45 a.m.
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#### WEDNESDAY

Cycle Bootcamp	8:30 - 9:30 a.m.
<b>(5/1 &amp; 5/22 only)</b>	
Karate - \$	5-6 p.m.
Karate - \$	6-7 p.m.