

DIRECTORY

MWR ADMINISTRATION

Monday - Friday • 8 a.m. - 5 p.m.

Administration

252-3472

Human Resources

252-3328

FOOD & BEVERAGE

Harbor View Club Administration

252-2929

Harbor View Club Cash Cage

252-3965

Chops

252-2955

Brodie's

252-2977 / 252-2978

Galaxies Nightclub

252-2980

Shogun Cafe (Galley)

252-3429

CHILD & YOUTH PROGRAMS

Child Development Center (CDC)

Main Base: 252-2985

Hario: 252-8842

School Age Care Center (SAC)

Main Base: 252-2989

Hario: 252-8763

Teen Center

Main Base: 252-2901

Hario: 252-8968

Youth Sports and Fitness

252-2989

FITNESS & AQUATICS

Fleet Fitness Complex (FFC)

252-3595 / 3588

Aquatics

252-2925

Hario Fitness Center

252-8960

COMMUNITY RECREATION

Deployed Forces Support (DFS)

252-6896

Auto/Wood Hobby Shops

252-3977

Liberty Center

252-3756

Library

252-3593

Outdoor Adventure Center (OAC)

252-3500

Paws & Claws

252-2905

Travel & Tours

252-3433 / 2165

Showboat Theater

252-6996

Hario Village Theater

252-8753

STAY CONNECTED

Visit our official MWR Website
for events and information:

www.navywmrsasebo.com

Follow us on Facebook
and Instagram
at MWR Sasebo Japan



JOIN OUR TEAM

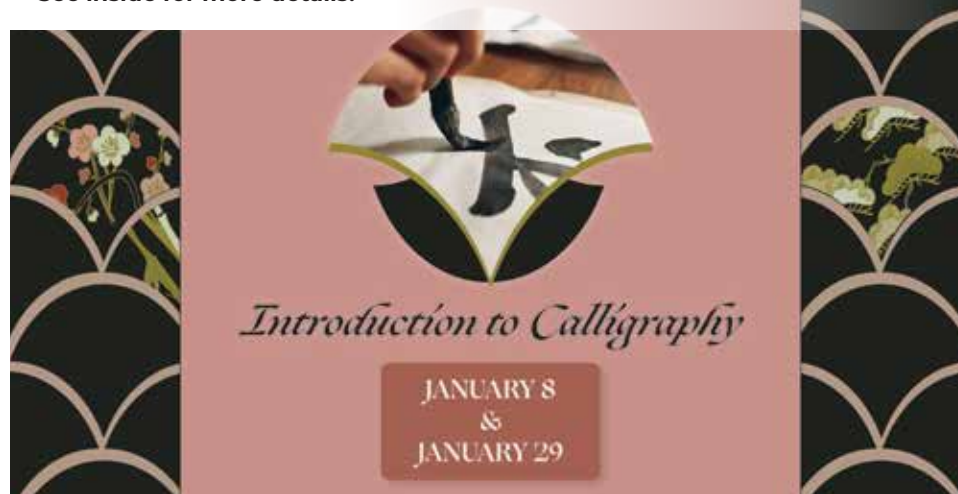
LIFEGUARDS • BARTENDERS
CHILD & YOUTH PROGRAMS
FOOD SERVICES • RECREATION AID
FITNESS • THEATER • LIBRARY
LIBERTY CENTER
OUTDOOR ADVENTURE CENTER

FOR WEEKLY JOB LISTINGS, VISIT:

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

THIS WEEK'S FEATURE TRIP

See inside for more details!



January 6th - 13th

MWR "At a Glance"

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Tonkatsu (Japanese Pork Cutlet)

Tuesday

Gryos

Wednesday

Spaghetti & Meatballs

Thursday

California Burrito

Friday

Shrimp Alfredo Pasta

BRODIE'S

Monday

Chicken Torta

Tuesday

Beef Tacos

Wednesday

BBQ Pork Sandwich

Thursday

Pepperoni Flatbread

Friday

Fried Chicken Rice Bowl

ONGOING EVENTS

SUNDAY BRUNCH

Every Sunday • 10 a.m. - 2 p.m.

Harbor View Club • Sakata Ballroom

Adults and Kids 12+: \$17

Ages 6 - 11: \$8 • Ages 5 and under: Free



Morale, Welfare and Recreation

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, JANUARY 8

Avatar: Fire and Ash (PG-13) 6 p.m.

FRIDAY, JANUARY 9

Zootopia 2 (PG) 5:30 p.m.

Song Sung Blue (PG-13) 8 p.m.

SATURDAY, JANUARY 10

Anaconda (PG-13) 5:30 p.m.

Five Nights at Freddy's 2 (PG-13) 8 p.m.

SUNDAY, JANUARY 11

Avatar: Fire and Ash (PG-13) 6 p.m.

HARIO VILLAGE THEATER

SATURDAY, JANUARY 10

Avatar: Fire and Ash (PG-13) 5:30 p.m.

SUNDAY, JANUARY 11

Zootopia 2 (PG) 5:30 p.m.



Keep up with the latest movie schedule on
www.NavyMWRsasebo.com!

UPCOMING EVENTS:

ADULT BOOK CLUB • 18+

at the Library

Tuesday, January 6 • 4 - 5 p.m. • Free!

Join your library staff as we read and discuss a new book every month! This month's book is "Butter: A Novel of Food and Murder" by Asako Yuzuki.

COOKING IN MUGS

with the Liberty Center

Wednesday, January 7 • 4 a.m. • Free!

Our Cooking in Mugs series continues! Come in and learn how to make an egg scramble in a mug! Starts at 4 p.m. while supplies last! *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders. *Requires a refundable \$15 deposit.*

COUNTRY NIGHT

with the Hario Cantina

Friday, January 9 • 6 - 9 p.m. • Free!

Loaded nacho menu available for purchase while supplies last!

FISHING LURE MAKING • 13+

with the Outdoor Adventure Center

Saturday, January 10 • Free!

11 a.m. - 4 p.m.

Come and learn how to make fishing lures with us! *Difficulty Level: 1-2*

YUTOKU INARI SHRINE & SAKE MILL

with Travel and Tours

Saturday, January 10 • All Seats: \$110

Depart: Main Base - 9 a.m. • Hario - 9:45 a.m.

Return: Hario - 4 p.m. - Main Base - 4:30 p.m.

Yutoku Inari-jinja, located in Saga Prefecture, is one of the largest Inari-jinja (shrines sacred to the god of business prosperity) in all of Japan! We'll also tour a Sake Mill and see how this traditional drink is made, as well as taste several types and grades.

SALTWATER BOAT FISHING

with the Outdoor Adventure Center

Sunday, January 11 • \$15 + Fee • 5 a.m. - 4 p.m.

Enjoy a day out on the water. This chartered trip includes a guide, bait, rod and reel. *Difficulty Level: 3*
The ¥13,000 charter fee must be brought with you when making your reservation. Bring snacks and drinks.

HIRADO CITY DAY TOUR

with Travel and Tours

Sunday, January 11 • Adult: \$55, 17-6: \$45

5 & younger: \$35

Depart: Hario - 8:15 a.m. • Main Base - 9 a.m.

Return: Main Base - 4:30 p.m. - Hario - 5 p.m.

Step back in time and discover this centuries-old historic port that was once a major point of contact with Holland and Portugal. Then view the island, as the samurai once did, from the top of Hirado Castle.



HIGHLIGHT EVENT OF THE WEEK!

JAPANESE CULTURE CLASSES: INTRODUCTION TO CALLIGRAPHY

brought to you by MWR

Thursday, January 8 • 2:30 - 3:30 p.m. Free!

In the Community Education Center

All the supplies will be provided. Please register by emailing "atobe12@gmail.com"

at least 48 hours prior to the class. Limit of 15 people.

FITNESS SCHEDULE

MAIN BASE

MONDAY

Adult Cardio Hip Hop (13+) 10 - 10:45 a.m.
Vinyasa Yoga 1 - 2 p.m.
Strong Nation 4:45 - 5:15 p.m.
Jiu-Jitsu (4-6 y/o) - \$ 5 - 5:45 p.m.
Stretch & Flow 5:30 - 6 p.m.
Jiu-Jitsu - \$ 6 - 7:45 p.m.

TUESDAY

Yoga 10:30 - 11:30 a.m.
Jiu-Jitsu - \$ 6 - 7:45 p.m.

WEDNESDAY

Vinyasa Yoga 7 - 8 a.m.
Zumba 9 - 10 a.m.
Vinyasa Yoga 1 - 2 p.m.
Power Yoga 4:45 - 5:45 p.m.

THURSDAY

Yoga 11 a.m. - 12 p.m.
Beginners Judo - \$ 4 - 5 p.m.
Zumba Toning 4:20 - 5 p.m.
Advanced Judo - \$ 5 - 6 p.m.
Zumba 5:10 - 6 p.m.
Jiu-Jitsu - \$ 6 - 7:45 p.m.

FRIDAY

Adult Judo & Jiu-Jitsu - \$ 6 - 7 a.m.
Vinyasa Yoga 9 - 10 a.m.
Adult Hip Hop Dance 10:30 - 11:15 a.m.
Spin Strength 12 - 1 p.m.
Vinyasa Yoga 4 - 5 p.m.

SATURDAY

Beginner Power Yoga 9:30 - 10:30 a.m.

\$ (Registration Required)

HARIO

MONDAY

Vinyasa Yoga 9 - 10 a.m.
Kids Hip Hop (4-7 y/o) 2:45 - 3:30 p.m.

TUESDAY

Body Burn 8:30 - 9:30 a.m.

WEDNESDAY

Total Strength 8:30 - 9:30 a.m.
Rest & Recovery 9:30 - 10:30 a.m.

THURSDAY

Body Burn 8:30 - 9:30 a.m.

FRIDAY

Spin 8:30 - 9:30 a.m.
Total Strength 9:30 - 10:30 a.m.
Karate (5-8) - \$ 5-6 p.m.
Karate (9+) - \$ 6-7 p.m.