

FEATURE



Guided Kayaking & Fishing Trip

Saturday, August 7

8:30 a.m. - 2 p.m. •

\$45 per person

Open to SOFA sponsored personnel,
ages 18 & up

Registration Deadline: Thursday, August 5

Register at the Outdoor
Adventure Center!

MONDAY, AUGUST 2 - MONDAY, AUGUST 9

MWR AT-A-GLANCE

WWW.MWRSASEBOJAPAN.COM

MONDAY-FRIDAY • 11 A.M.-2 P.M.

HARBOR VIEW CLUB

Monday

Roast Pork Loin

Tuesday

Country Fried Steak

Wednesday

BBQ Chicken with Baked Beans

Thursday

Roasted Turkey Sandwich

Friday

Shrimp Fried Rice

BRODIE'S

Monday

Homestyle Chicken Pot Pie

Tuesday

Southwest Bowl

Wednesday

Spicy Korean Beef Bowl

Thursday

Bacon Ranch Chicken Burrito

Friday

Sloppy Joe

ONGOING EVENTS

BINGO NIGHT

Every Wednesday

Doors open at 5 p.m. • Game starts at 6 p.m.

\$20 per package • Harbor View Club

Open to SOFA sponsored personnel,
ages 18 years & older (Guests are not allowed)

MONGOLIAN BARBECUE

Every Thursday Night

5-9 p.m. • 75¢ per oz

Harbor View Club - Sakata Ballroom

SUNDAY BRUNCH

Every Sunday

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

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

LUNCH SPECIALS

MOVIE SCHEDULE

Movie schedule is subject to change without notice.

Visit <https://www.navywmr.org/programs/motion-pictures/theaters>

* = Free Admission

SHOWBOAT

NOTICE:

The Showboat Theater is only opened on Thursdays, Fridays, Saturdays and Sundays until further notice.

THURSDAY, AUGUST 5

*Shrek (PG) 1 p.m.
Peter Rabbit 2: The Runaway (PG) 6:30 p.m.

FRIDAY, AUGUST 6

The Suicide Squad (2021) (R) 6:30 p.m.

SATURDAY, AUGUST 7

Jungle Cruise (PG-13) 6:30 p.m.

SUNDAY, AUGUST 8

The Boss Baby: Family Business (PG) 6:30 p.m.

HARIO VILLAGE

SATURDAY, AUGUST 7

The Boss Baby: Family Business (PG) 3 p.m.

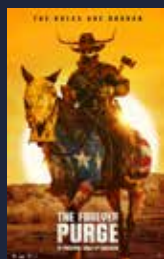
SUNDAY, AUGUST 8

The Forever Purge (R) 3:10 p.m.

FRIDAY, AUGUST 13

*Shrek (PG) 1:00 p.m.

NEW MOVIES!



UPCOMING

Nagasaki Penguin Aquarium with Travel & Tours

Saturday, August 7

Adult/Junior: \$35

Child/Infant: \$30

Departs: MB 11 a.m. • Hario 11:45 a.m.

Returns: Hario 5:15 p.m. • MB 5:45 p.m.

Registration Deadline: Thursday, August 5

Register at the Travel & Tours office or online on WebTrac.

Guided Kayaking & Fishing Trip with Outdoor Adventure Center

Saturday, August 7

8:30 a.m. - 2 p.m. • \$45 per person

Open to SOFA sponsored personnel, ages 18 & up

Registration Deadline: Thursday, August 5

Register at the Outdoor Adventure Center.

Price includes transportation, kayak, rod and reel and a cooler with ice. Please bring drinks and snacks.

Summer Lifetime Youth Sports Clinic with Child & Youth Programs

Monday, August 9 - Friday, August 13

10:30 a.m. - 12 p.m. • Free

Departs: Hario Community Center 10 a.m.

Returns: Hario Community Center 1 p.m.

Registration Deadline: Thursday, July 29

Register at the Main Base or Hario Age Care/Child Development Centers.

Refer to flyer for more details

3-on-3 Streetball Tournament with Fleet Fitness Complex

Saturday, August 21

10 a.m. • Free

Open to SOFA sponsored personnel, ages 18 & up

Registration Deadline: Wednesday, August 18

Register at the Fleet Fitness Complex.

Takachiho Overnight with Travel & Tours

Saturday, September 4 - Sunday, September 5

Departs (Saturday): MB 6:45 a.m. • Hario 7:30 a.m.

Returns (Sunday): Hario 8 p.m. • MB 8:30 p.m.

Registration & Refund Deadline: Friday, August 6

Register at the Travel & Tours office.

Price includes transportation, overnight stay at the Solest Hotel, breakfast, Yokagura, Takachiho Gorge boat ride and Amaterasu Railway train ride.

Refer to flyer for more details

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

HARIO CANTINA
252-8857

SHOGUN CAFÉ (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 • 252-3588
Welcome Center • 252-3595

HARIO FITNESS CENTER
252-8960

HOSPITALITY

NAVY GATEWAY INNS & SUITES
252-3794

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

THEATERS

Showboat Theater • 252-3822/6996
Hario Village Theater • 252-8753

Movie times published weekly at
<https://www.navymwr.org/programs/motion-pictures/theaters>



JOIN OUR TEAM AT MWR SASEBO!

POSITIONS AVAILABLE INCLUDE:

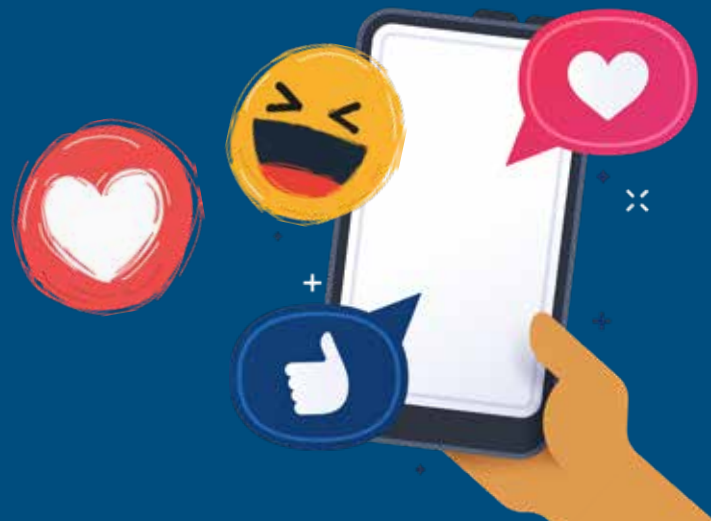
LIFEGUARDS • BARTENDERS
CHILD & YOUTH PROGRAMS
FOOD SERVICES • RECREATION AIDS:
FITNESS • THEATER • LIBERTY CENTER
LIBRARY • OUTDOOR ADVENTURE CENTER

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 & INSTAGRAM
[@MWRSASEBOJAPAN](https://www.facebook.com/MWRSASEBOJAPAN)

VISIT OUR OFFICIAL WEBPAGE AT
WWW.NAVYMWRSASEBO.COM



OPEN TO AGES
7-18 YEARS OLD
(ENROLLED IN 1ST - 12TH GRADE)

SUMMER LIFETIME YOUTH SPORTS CLINIC



Child and Youth Programs



BOYS & GIRLS CLUBS
OF AMERICA

REGISTRATION IS OPEN NOW THRU FRIDAY, AUGUST 6

Notice: In accordance with current COVID restrictions, all participants must wear a mask and there will be no spectators permitted. Be aware that any changes in the current PHO may result in the cancellation of the program.

FREE



CLINIC SCHEDULE:

MONDAY: Badminton

TUESDAY: Basketball

WEDNESDAY: Swimming
(Main Base Outdoor Pool)

THURSDAY: Soccer

FRIDAY: All Sports

**MONDAY, AUGUST 9 -
FRIDAY, AUGUST 13**

10:30 A.M.-12 P.M. • FLEET FITNESS COMPLEX

HARIO TRANSPORTATION:

Departs (Hario Community Center): 10 a.m.

Returns (Hario Community Center): 1 p.m.

REGISTRATION INFORMATION:

- Please register at the Main Base CDC (252-2985), the Hario CDC (252-8842), the Main Base SAC (252-2989), or the Hario SAC (252-8763).
- Registration hours are Monday-Friday from 7 a.m.-5:30 p.m.
- Before enrollement, all youth MUST be signed-up and enrolled in PAYS online. Please register at <https://www.nays.org/paysonline/how-it-works.cfm>

For more information, contact the Youth Sports Coordinator, Cory Serfoss, at 252-2989 or Cory.Serfoss@fe.navy.mil.

OPEN TO SOFA SPONSORED PERSONNEL, AGES 18 & UP

STREET 3-ON-3 BALL *Tournament*

REGISTRATION DEADLINE: WEDNESDAY, AUGUST 18
REGISTER AT THE FLEET FITNESS COMPLEX

SATURDAY, **AUG. 21**
10 A.M. • FREE
FLEET FITNESS COMPLEX

Defense, box out, rebound, dribble, pass, jump shot, swish! That's the sound of a player who has enough game to play in a 3-on-3 streetball tournament. Designation is subject to change.



THIS IS A CAPTAIN'S CUP EVENT!
EARN POINTS FOR YOUR COMMAND
TO WIN THE CAPTAIN'S CUP!

For more information, call 252-6891.

SHIMONOSEKI

CITY DAY TOUR



SATURDAY, AUGUST 28

ALL SEATS: \$60

REGISTRATION DEADLINE: WEDNESDAY, AUGUST 25
REGISTER AT THE TRAVEL & TOURS OFFICE OR ONLINE VIA WEBTRAC.

DEPARTS: MB 7 A.M. • HARIO 7:45 A.M.
RETURNS: HARIO 8:30 P.M. • MB 9 P.M.



Visit Akama Shrine,
Kamon Wharf,
Karato Market
(known for its blowfish),
Kanmon Bridge,
an undersea pedestrian
tunnel linking
Yamaguchi to Kyushu
Island and enjoy free
time at Mojiko Retro
Town in Kitakyushu!

FOR MORE INFORMATION, CALL 252-3433.

LOVE TO TRI | **SWIM BIKE RUN**



500M SWIM



12K BIKE



4K RUN

**SATURDAY,
SEPT 4**
6 A.M.-10 A.M.
STARTING AT FFC INDOOR POOL

**\$40 WITH T-SHIRT
\$20 WITHOUT T-SHIRT**

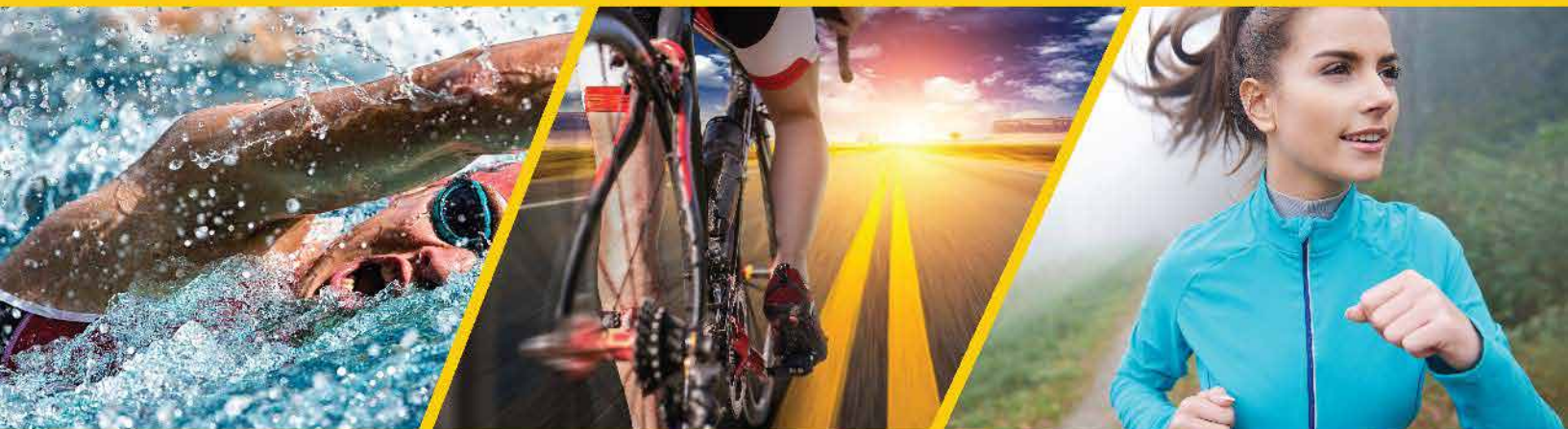
(PARTICIPANTS MUST BRING THEIR OWN BIKE & HELMET;
BIKES MUST BE REGISTERED WITH CFAS PRIOR TO EVENT)

**CHECK-IN BEGINS AT 5:30 A.M.
AT THE FFC INDOOR POOL**

**OPEN TO SOFA SPONSORED PERSONNEL
AGES 15 YEARS & OLDER**

REGISTRATION DEADLINES:

WITH T-SHIRTS: WEDNESDAY, AUGUST 4 • WITHOUT T-SHIRTS: MONDAY, AUGUST 30
REGISTER AT THE FLEET FITNESS COMPLEX OR ONLINE VIA WEBTRAC.



NOTICE: A MINIMUM OF 8 PARTICIPANTS ARE REQUIRED TO RUN THIS EVENT.

f @NAVYFITNESSSASEBO | FOR MORE INFORMATION, CALL 252-2925.





**JOIN US FOR CFAS'
2ND ANNUAL
9/11 HERO CLIMB!**

9.11

HERO CLIMB



**SATURDAY,
SEPT 11**

**9 A.M.-12 P.M. • LOCATION TBD
\$25 WITH T-SHIRT • \$5 WITHOUT T-SHIRT
OPEN TO SOFA SPONSORED PERSONNEL, AGES 12 & UP**

Challenge yourself to climb 110 flights of stairs, symbolic of the 110 stories (nine descents) that the fire fighters and first responders climbed inside the Twin Towers of the World Trade Center. Come out and join us in honoring the 403 fire fighters and law enforcement personnel who lost their lives trying to save others!

Check-in begins at 8:30 a.m. • Opening ceremony begins at 9 a.m.

WAVE START: Kids Climb (Ages 17 & under) - 9:30 a.m. • Adult Heats: Immediately following kids climb

REGISTRATION DEADLINES: With T-Shirt - Sunday, August 8 • Without T-Shirt - Sunday, September 5



**FOLLOW US ON SOCIAL MEDIA
@NAVYFITNESSSASEBO**

FOR MORE INFORMATION, CALL 252-6899.



OPEN TO SOFA SPONSORED PERSONNEL, AGES 18 & OLDER

2021

NOFFS GAMES

SASEBO



JAPAN



SATURDAY,
SEPT. 25

9 A.M.-2 P.M.
(CHECK-IN BEGINS AT 8 A.M.)

NIMITZ PARK

\$25 per person with t-shirt Included

\$5 per person without t-Shirt

Registration Deadlines:

With T-Shirt: Monday, August 23

Without T-Shirt: Monday, September 20

Sign-up your **TEAM OF FOUR** in our first ever NOFFS Games! The top three teams to complete in this obstacle relay race involving NOFFS workouts wins a prize!

For more information, call 252-3595
or contact Kelly Stratoti at Kelly.Stratoti@fe.navy.mil

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  @NAVYFITNESSSASEBO

