

# 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.navywmwsasebo.com](http://www.navywmwsasebo.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.NAVYWMWSASEBO.COM/  
DIRECTORY-MORE/JOB-OPPORTUNITIES](https://www.navywmwsasebo.com/directory-more/job-opportunities)

Details inside!

Introduction to

# FREE! JAPANESE CALLIGRAPHY

August



September



October



The artwork you create is yours to keep!

FOR MORE INFORMATION, PLEASE CALL 252-6816



# MWR "At a Glance"

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

## CHOPS

### Monday

Chili Dog

### Tuesday

Fish & Chips

### Wednesday

Hawaiian BBQ Pulled Pork

### Thursday

Chicken Enchilada

### Friday

Shrimp Po' Boy

## BRODIE'S

### Monday

Korean Fried Chicken

### Tuesday

Grilled Chicken Burrito

### Wednesday

Sausage & Pepperoni Pizza

### Thursday

Spaghetti & Meatballs

### Friday

Brodie's Club Sandwich

## ONGOING EVENTS

### SUNDAY BRUNCH

Every Sunday

Harbor View Club • Sakata Ballroom

10 a.m. - 2 p.m.

Ages 12 and over: \$17

Ages 6 - 11: \$8

Ages 5 and under: Free

### BINGO NIGHT

Every Wednesday

Harbor View Club • Sakata Ballroom

Doors open at 5 p.m.

Game begins at 6:15 p.m.

\$20 per game package

18 and older, no visitors allowed

### MONGOLIAN BARBECUE

Every Thursday

Harbor View Club • Sakata Ballroom

5 p.m.

95¢ an ounce

# LUNCH SPECIALS

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, JULY 31

M3GAN 2.0 (PG-13) 6 p.m.

#### FRIDAY, AUGUST 1

The Naked Gun (PG-13) 8 p.m.

#### SATURDAY, AUGUST 2

Elio (PG) 5:30 p.m.  
M3GAN 2.0 (PG-13) 8 p.m.

#### SUNDAY, AUGUST 3

Superman (PG-13) 6 p.m.

### HARIO VILLAGE THEATER

#### THURSDAY, JULY 31

Sing 2 (PG) 1 p.m.  
*Free Admission!*

#### FRIDAY, AUGUST 1

The Fantastic Four:  
First Steps (PG-13) 1 p.m.

#### SATURDAY, AUGUST 2

Smurfs (PG) 5:30 p.m.

#### SUNDAY, AUGUST 3

The Naked Gun (PG-13) 5:30 p.m.

## UPCOMING EVENTS:

### "LEVEL UP" SUMMER READING PROGRAM

at the Library

**All Summer Long • June 15 - August 12**

We are all about puzzles and games in various forms; digital, traditional and more! Join #summerreading to celebrate and find new ways to learn and elevate your skills. We have a community goal of 375,000 minutes - help us achieve it by participating! Sign up at any time this summer.

Visit: <https://sasebomwr.beanstack.org>. You can also download the Beanstack App, and search for Sasebo CFA.

### POKEMON CLUB MEET UP

at the Library

**Tuesday, July 29 • 4 - 5 p.m. • Free!**

Come hang out, learn, play, and talk all things Pokemon! Bring your cards, show them off and trade. Open to all ages.

### CUSTOM BOWL MAKING CLASS

at the Auto & Wood Hobby Shop

**Thursday, July 31 • 4 - 6 p.m.**

Come in and learn how to make a custom bowl, while having fun in the process! A great class for starting out in wood turning. This class will teach you how to make a bowl from a bowl blank so bring your own wood, or buy one of ours. Register by calling 252-3977. Class occurs every Thursday. *Please be advised that you must complete the Wood Hobby Shop safety class to gain admittance to the shop for events and leisure. These classes occur on Saturdays from 12 - 1 p.m. Cost: \$15*

### NATIONAL COLORING BOOK DAY

with the Liberty Center

**Saturday, August 2 • Free!**

Whether you're a seasoned artist or just looking to unwind with some crayons, the Liberty Center is the perfect place for you to unleash your creativity. Visit us on the 2<sup>nd</sup> floor in Fleet Fitness Complex. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

### KAYAKING TRIP

with the Outdoor Adventure Center

**Saturday, August 2 • 10 a.m. - 4 p.m. • \$45**

View 99 Islands up close and personal. Be sure to pack a lunch and enjoy the true beauty of Sasebo! Price includes transportation, kayak, safety equipment, and guide. Bring food and drink. Difficulty level: 1-2. Open to all SOFA sponsored personnel 18 +. Register for this trip at the Outdoor Adventure Center by Thursday, July 31.

### SOFT BANK HAWKS vs. RAKUTEN EAGLES

with Travel and Tours

**Sunday, August 3 • \$70**

Enjoy all the excitement of Japanese style baseball at the Fukuoka Pay Pay Dome. Game begins at 1 p.m. Register for this trip at the Travel and Tours office by Thursday, July 31.

### SALTWATER BOAT FISHING TRIP

with the Outdoor Adventure Center

**Sunday, August 3 • 5 a.m. - 3 p.m.**

**• \$15 + ¥13,500 (charter fee)**

Enjoy a day out on the water! This trip includes a guide, bait, rod and reel. Bring drinks and snacks. Difficulty level: 3. Open to all SOFA sponsored personnel 18 and older. Register for this trip at the Outdoor Adventure Center by Thursday, July 31. *This game is for SOFA sponsored personnel; ages 17 and younger must be accompanied by a parent or guardian.*

### INTRODUCTION TO JAPANESE CALLIGRAPHY

at the Community Education Center (CEC)

**Tuesday, August 5 • 2:30 - 3:30 p.m. • Free!**

Don't miss out on this FREE Japanese Calligraphy course! All supplies for the class will be provided, and they must be returned by the end of the class. Limit to 15 people, per class. Register by email, at least 48 hours in advance of each class: [atobe12@gmail.com](mailto:atobe12@gmail.com). Other class dates available: August 28, September 25, October 6 & 23.

## FITNESS SCHEDULE

### MAIN BASE

#### MONDAY

Kids Hip Hop (4-7 y/o) 3:15 - 4:15 p.m.  
Jiu-Jitsu (4-6 y/o) - \$ 4 - 4:45 p.m.  
Strong Nation 4:45 - 5:15 p.m.  
Jiu-Jitsu (7-9 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

Zumba 9 - 10 a.m.  
Cycle 10:15 - 11:00 a.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.  
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.  
Adult Hip Hop Dance - \$ 10:30 - 11:15 a.m.  
Hip Hop Dance - \$ 5 - 6 p.m.

#### SATURDAY

Beginner Power Yoga 9:30 - 10:30 a.m.  
Adult Cardio Hip Hop 11 a.m. - 12 p.m.  
*\$ (Registration Required)*

### HARIO

#### TUESDAY

Hiit & Hustle 8:30 - 9:30 a.m.  
Spin 5:30 - 6:30 p.m.

#### WEDNESDAY

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

#### THURSDAY

Spin 8:30 - 9:30 a.m.  
Hiit & Hustle 5:30 - 6:30 p.m.

#### FRIDAY

Spin 8:30 - 9:30 a.m.  
Karate - \$ 5-6 p.m.  
Karate - \$ 6-7 p.m.