

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 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

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

HOMESCHOOL Support Group



FREE & open
to all SOFA
Homeschool families

- Kids will have free play at the centers, complete a fun project such as baking, art and STEM, followed by youth sports for the last half hour
- We meet every 1st, 2nd, 3rd and 4th Wednesdays of the month from 9 a.m. - 11 a.m. (alternating between Main Base School Age Center and the Hario School Age Center)

MAIN BASE
Sept. 7th & Sept. 21st
Oct. 5th & Oct. 19th
Nov. 2nd & Nov. 16th
Dec. 7th

HARIO
Sept. 14th & Sept. 28th
Oct. 12th & Oct. 26th
Nov. 9th & Nov. 23rd
Dec. 14th

For more information, contact Christy Johnson at: DSN 252-2206

Now through August 31, 2022

MWR AT-A-GLANCE

www.MWRSaseboJapan.com • Facebook: MWR Sasebo Japan



JOIN OUR TEAM AT MWR SASEBO

JOB OPENINGS INCLUDE:

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

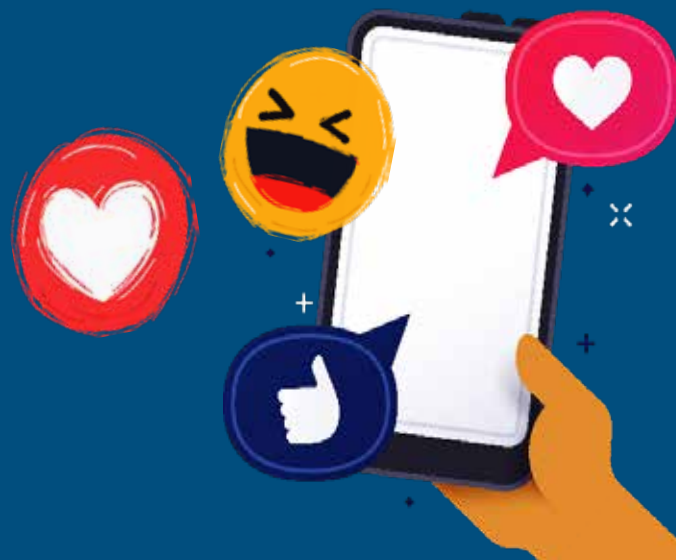
FOR WEEKLY JOB LISTINGS, VISIT:

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

STAY CONNECTED!

Follow us on Facebook
& Instagram

Visit our official webpage at
www.navywmwrsasebo.com



LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M.-2 P.M.

HARBOR VIEW CLUB

Monday
Braised Beef Bowl
Tuesday
Cheesy Pasta Carbonara
Wednesday
California Burrito
Thursday
Chinese Sesame Chicken
Friday
Reuben's Cousin

BRODIE'S

Monday
The Primal Protein Burger
Tuesday
Pulled Pork Sandwich
Wednesday
Chipotle Chicken Bowl
Thursday
Beef Burrito
Friday
BLT Wrap

ON-GOING 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 NIGHT

Every Wednesday
Harbor View Club - Sakata Ballroom
6-9 p.m. Doors open at 5 p.m.
Game package \$20
18 and older no guests allowed

MONGOLIAN BARBECUE

Every Thursday
Harbor View Club - Sakata Ballroom
5-9 p.m. • 75¢ per oz

MOVIES SCHEDULE

Movie schedule is subject to change without notice.

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

* = Free Admission

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

SHOWBOAT

THURSDAY, SEPTEMBER 1

Beast (R) 6:30 p.m.

FRIDAY, SEPTEMBER 2

Easter Sunday (PG-13) 6:30 p.m.

*Resident Evil: Welcome to Raccoon City (R) 9 p.m.

SATURDAY, SEPTEMBER 3

DC League of Super-Pets (PG) 6:30 p.m.

Nope (R) 9 p.m.

SUNDAY, SEPTEMBER 4

Easter Sunday (PG-13) 6:30 p.m.

THURSDAY, SEPTEMBER 8

Mrs Harris Goes to Paris (PG) 6:30 p.m.

NEW MOVIES!



HARIO VILLAGE

SATURDAY, SEPTEMBER 3

Paws of Fury:
The Legend of Hank (PG) 3 p.m.

SUNDAY, SEPTEMBER 4

Easter Sunday (PG-13) 3 p.m.

UPCOMING . . .

Summer Pool Hours

Main Base Outdoor Pool
Monday-Friday: 5 a.m.-6 p.m.
Saturday-Sunday: CLOSED

Hario Outdoor Pool
Monday-Thursday: CLOSED
Friday-Sunday: 12-6 p.m.
Call the Fleet Fitness Complex at 252-3595 for more information!

Senryuga Falls Hike WITH THE OUTDOOR ADVENTURE CENTER

Saturday, September 3
10 a.m.-3 p.m. • \$55 per person
Open to ages 13 and up
Get back to nature for a view of a picturesque waterfall, located near Yoshi.
Bring Yen for snacks and drinks. Difficulty level: 1-2

Apple Picking & Outlet Shopping WITH TRAVEL & TOURS

Saturday, September 10
All seats: \$30
Depart: MB 7:45 a.m. • Hario 8:30 a.m.
Return: Hario 4:30 p.m. • MB 5 p.m.
Pick fresh apples right off the trees followed by a stop at Premium Outlet Tosu.

Nagasaki City & Island Lumina WITH LIBERTY

Saturday, September 10
2:30 p.m.-12 a.m.
E6 & up: \$28 | LBJ: \$25
Registration deadline: September 2nd.
To be eligible for the Liberty Program you must be Active Duty on Single or Unaccompanied Orders

Guided Kayak Trip to Iyoshimen Beach WITH THE OUTDOOR ADVENTURE CENTER

Saturday, September 17
9:30 a.m.-5 p.m. • \$45 per person
Open to ages 18 and up
See another side of Japan with a trip to a secluded beach (near Tabiracho).
Pack a lunch and bring Yen for snacks and drinks.

Sasebo Tops & Huis Ten Bosch WITH LIBERTY

Saturday, September 17
1:30 p.m.-10:30 p.m.
E6 & up: \$10 | LBJ: \$5
Registration deadline: September 14th.
Participants will individually pay onsite for admissions ¥6,300.
To be eligible for the Liberty Program you must be Active Duty on Single or Unaccompanied Orders

Temples of Hirado WITH TRAVEL & TOURS

Saturday, September 17
Adult/Junior: \$35, Child/Infant: \$30
Depart: Hario 8:15 a.m. • MB 9 a.m.
Return: MB 4 p.m. • Hario 4:30 p.m.
Visit Saikyou-ji, Komyo-ji and Zuiun-ji, three historical temples on the beautiful island of Hirado!

Guided Paddle Board Trip at Shinhondo Park WITH THE OUTDOOR ADVENTURE CENTER

Sunday, September 25
10 a.m.-4:30 p.m. • \$45 per person
Open to ages 18 and up
Grab an oar and venture out with us to Shinhondo Park.
Pack a lunch and bring Yen for snacks and drinks.

Marinoa City Mall and E-ZO/Teamlab Fukuoka WITH LIBERTY

Saturday, October 1
10 a.m.-8:15 p.m.
E6 & up: \$13 | LBJ: \$10
Registration deadline: September 28th.
Participants will individually pay onsite for activities, prices vary.
To be eligible for the Liberty Program you must be Active Duty on Single or Unaccompanied Orders

Kagoshima Weekend Tour WITH LIBERTY

Saturday, October 22- Sunday October 23
7 a.m.-10 p.m. | E6 & up: \$70 | LBJ: \$60
Registration deadline: October 10.
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

2's Day on Monday Spin 9-10 a.m.
K-Pop Fit Dance 10:30-11:30 a.m.
Jiu-Jitsu (4-5 y/o) - \$ 4-4:45 p.m.
Jiu-Jitsu (6-9 y/o) - \$ 5-5:45 p.m.

TUESDAY

2's Day Spin 6-7 a.m.
Yoga 10-11 a.m.
Zumba 5-5:50 p.m.
Jiu-Jitsu - \$ 6-7:45 p.m.

WEDNESDAY

Zumba Toning 9-9:40 a.m.
Zumba 10:30-11:30 a.m.

THURSDAY

Yoga 11 a.m.-12 p.m.
Zumba Toning 4:20-5 p.m.
Zumba 5:20-6 p.m.
Beginners Judo - \$ 4-5 p.m.
Advanced Judo - \$ 5-6 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.
K-Pop Fit Dance 3:40-4:30 p.m.
Hip Hop dance - \$ 5-6 p.m.

HARIO

MONDAY

Zumba 10:30-11:30 a.m.

TUESDAY

Zumba 10:30-11:30 a.m.

WEDNESDAY

Total Body Blast 9:30-10:30 a.m.
Karate - \$ 5-6 p.m.
Karate - \$ 6-7 p.m.

THURSDAY

Zumba 6-7 p.m.

FRIDAY

Zumba 10:30-11:30 a.m.
Gymnastics (3-5 y/o) - \$ 3-4 p.m.
Gymnastics (6-8 y/o) - \$ 4-5 p.m.

SATURDAY

Zumba 10:30-11:30 a.m.