

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

Tickets & Travel

252-3433/2165

Showboat Theater

252-6996

Hario Village Theater

252-8753

STAY CONNECTED

Visit our official MWR Website
for events and information:

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



MWR "At a Glance"

LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Terayaki Chicken with Yakisoba

Tuesday

Open-Faced Roast Beef Sandwich

Wednesday

Spiced Pork Adobo

Thursday

Beef Lasanga

Friday

Fish Taco

BRODIE'S

Monday

Tso Chicken Rice Bowl

Tuesday

Sriracha Pork Quesadilla

Wednesday

BBQ Chicken Pizza

Thursday

Chicken and Broccoli Pasta

Friday

Fried Fish Sub

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

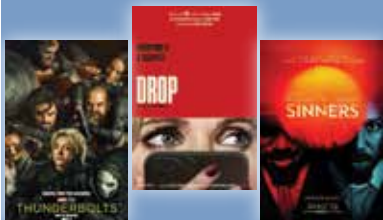
Morale, Welfare and Recreation

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, MAY 15

Until Dawn (R) 6 p.m.

FRIDAY, MAY 16

Sinners (R) 5:30 p.m.
 Warfare (R) 8:30 p.m.

SATURDAY, MAY 17

Drop (PG-13) 5:30 p.m.
 Sinners (R) 8 p.m.

SUNDAY, MAY 18

The Amateur (PG-13) 6 p.m.

HARIO VILLAGE THEATER

SATURDAY, MAY 17

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

SUNDAY, MAY 18

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



UPCOMING EVENTS:

DJ REQUEST NIGHT

at Hario Cantina

Friday, May 16 • 5 p.m. - 12 a.m.

Dance to your favorite music all night long!
 Specialty food and drink menu available from
 5 - 9 p.m. *Please, no children after 8 p.m.*

PAINTBALL IN HARIO

with Outdoor Adventure Center

Saturday, May 17 • 12 - 4 p.m. • \$20

Suit up for some spring paintball!! Price
 includes marker and all required safety
 equipment. Bring your own drinks and snacks.
 Register for this trip at the Outdoor Adventure
 Center office by Thursday, May 15.

DOLPHIN WATCHING & JAPAN'S

LONGEST FOOT BATH

with Travel and Tours

Saturday, May 17 • 8 a.m. - 6 p.m.

\$80 - \$65

Watch these beautiful animals as they swim
 and jump playfully in their natural habitat, the
 waters just off Shimabara Peninsula. Register
 for this trip at the Travel and Tours office by
 Thursday,
 May 15.



PAINTBALL WITH LIBERTY

the Liberty Center

Saturday, May 17 • 11 a.m. - 2 p.m. • \$20

Transportation, 1,000 rounds of paintballs, and
 paintball marker included! Gather your friends
 for some friendly competition, or join a team for
 even more fun! Please sign up at the Liberty
 Center, located on the second floor of the Fleet
 Fitness Complex. *To be eligible for the Liberty
 program, you must be Active Duty on single or
 unaccompanied orders.*

TAO! CONCERT IN NAGASAKI

with Travel and Tours

Sunday, May 18 • 12:30 - 9:30 p.m. • \$90

Tribal costumed drum virtuosos entertain with
 pulse-pounding taiko drumming and acrobatic
 moves in this energetic performance. Register
 for this trip at the Travel and Tours office by
 Thursday, May 15.

BOAT FISHING TRIP

with Outdoor Adventure Center

Sunday, May 18 • 5 a.m. - 5 p.m. • \$100

Join us for seasonal saltwater boat fishing. Price
 includes guide, transportation, bait, cooler, rod
 and reel; tackle is not included. Bring drinks and
 snacks. Level 1-2. Register for this trip at the
 Outdoor Adventure Center office by Thursday,
 May 15.

FITNESS SCHEDULE

MAIN BASE

MONDAY

Sweat n' Sculpt 8:30 - 9 a.m.
 Cycle 9:30 - 10:30 a.m.
 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.
 Cycle 4:30 - 5:15 p.m.
 Jiu-Jitsu - \$ 6 - 7:45 p.m.

WEDNESDAY

Zumba 9 - 10 a.m.
 Cycle 10:15 - 11:00 a.m.
 Sweat n' Sculpt 12:15 - 12:45 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.
 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.
 Cycle 6:15 - 7 p.m.

FRIDAY

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

**(Peer Led & Registration Required)*

HARIO

TUESDAY

Body Burn 8:30 - 9:30 a.m.
 Spin 10 - 11 a.m.
 Hiit & Hustle 5:30 - 6:30 p.m.

WEDNESDAY

Spin 8:30 - 9:30 a.m.
 Hiit & Hustle 10 - 11 a.m.
 Spin 101 (1st Wed./month) 5:30 - 6:30 p.m.

THURSDAY

Hiit & Hustle 8:30 - 9:30 a.m.
 Body Burn 10 - 11 a.m.
 Spin 5 - 6 p.m.

FRIDAY

Spin 8:30 - 9:30 a.m.
 Hiit & Hustle 10 - 11 a.m.
 Karate - \$ 5-6 p.m.
 Karate - \$ 6-7 p.m.