

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 •
Welcome Center • 252-3595 252-3588

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

SHOWBOAT AND VILLAGE THEATER
252-6996 • 252-8753

LIFEGUARDS NEEDED

CALL AQUATICS AT
0956-50-2925 OR 252-2925
FOR DETAILS



JOIN OUR TEAM AT MWR SASEBO

JOB OPENINGS INCLUDE:

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)

STAY CONNECTED!

Follow us on Facebook at
MWR Sasebo Japan

Visit our official webpage at
www.navymwrsasebo.com



Christmas in the Park with MWR

Friday, December 1 • 4-7:30 p.m.
Free • Located at Nimitz Park

Join us for a visit from Santa, photo ops, park
lighting, crafts, carnival games and more!

NOVEMBER 1-30 MWR AT-A-GLANCE

LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

HARBOR VIEW CLUB

Monday
Crispy Fried Chicken Burger
Tuesday
California Burrito
Wednesday
Tom Kha Gai
Thursday
Bibimbap
Friday
Chicken Alfredo

BRODIE'S

Monday
Country Fried Chicken & Gravy
Tuesday
One Topping Pizza
Wednesday
El Cubanito Sandwich
Thursday
Korean Fried Chicken
Friday
Cowboy Burger

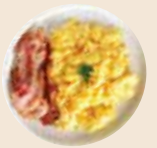
ONGOING EVENTS

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

Join Harbor View Club every
Sunday for Brunch! With buffet
stations with a variety of your
favorite brunch foods, it is sure to
be enjoyable for the whole family!



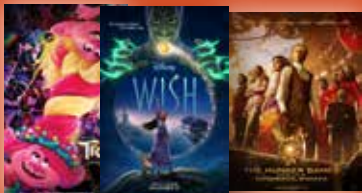
MOVIE SCHEDULE

Movie schedule is subject to
change without notice.

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

**ALL MOVIES ARE FREE ADMISSION
THROUGH JANUARY 5, 2024**

SHOWBOAT THEATER



THURSDAY NOVEMBER 23

Trolls Band Together (PG) 2:00 p.m.

FRIDAY NOVEMBER 24

Wish (PG) 5:30 p.m.
Five Night's at Freddy's (PG-13) 8:00 p.m.

SATURDAY NOVEMBER 25

Trolls Band Together (PG) 5:30 p.m.
Five Nights at Freddy's (PG-13) 8:00 p.m.

SUNDAY NOVEMBER 26

The Hunger Games: The Ballad of
Songbirds and Snakes (PG-13) 5:30 p.m.



HARIO VILLAGE THEATER

SATURDAY NOVEMBER 25

Wish (PG) 5:30 p.m.

SUNDAY NOVEMBER 26

The Hunger Games: The Ballad of
Songbirds and Snakes (PG-13) 5:30 p.m.



UPCOMING . . .

DISC BRAKES CLASS

At the Auto Hobby Shop

Fridays • 5:30 - 6:30 p.m. • Free

Come by and learn how to swap out your old
brake pads with new ones for a safer drive!

BOWL MAKING CLASS

At the Wood Hobby Shop

Thursdays • 4 - 5 p.m.

Fee: Price of wood

This class will keep you safe while learning
how to turn a wooden block into a nice bowl
or cup to take home!

THANKSGIVING LUNCHEON

at Brodie's

Thursday, November 23

11 a.m. - 2 p.m. • \$12 per plate

Brodie's will have Thanksgiving Meal plates
featuring Turkey, Roasted Pineapple Ham,
Sage Dressing, and more! Single or
unaccompanied Active Duty, we will be
providing FREE dine-in or to-go meals. Sign
in at Brodie's with a Liberty Center staff
member for your voucher.

THANKSGIVING BUFFET

at The Harbor View Club

Thursday, November 23 • 11 a.m. to 5 p.m.

Ages 12+: \$25 per person

Ages 6-11 years old: \$10 per person

Ages 5 and under: Free

Come dine-in at the Harbor View Club this
Thanksgiving! We will be serving classic
American favorites such as ham, turkey,
dressing, and a whole lot more!
*Reservations can be made at the HVC Cash
Cage. 252-2946.*

TODOROKI FALLS

FAMILY WALK

With the Outdoor Adventure Center

Saturday, November 25

Ages 13+ • \$20 per person

Depart OAC: 10 a.m. • Return OAC: 5:30 p.m.

We will explore Todoroki Falls and the Shiota
River in Ureshino. Bring yen for drinks and
snacks. **Difficulty level: 1-2**

NIGHT PIER FISHING TRIP

With the Outdoor Adventure Center

Sunday, November 26

\$25 per person

Depart OAC: 5 p.m. • Return OAC: 10 p.m.

Join us for seasonal pier fishing on Sasebo Bay.
Includes rod, reel, cooler, and ice. Bring drinks
and snacks. **Difficulty level: 3**

CHRISTMAS IN THE PARK

With MWR

Friday, December 1

4-7:30 p.m. • Nimitz Park • Free!

Join us for a visit from Santa, photo ops, park
lighting, crafts, carnival games, music, & more!
Limited food will be available for purchase. Yen
and US dollar accepted for food and other
activities. Please have photo ID. No pets,
alcohol, or large bags allowed.

6v6 DODGEBALL

With MWR Fitness

Saturday, December 2 • 10 a.m.

Register by November 29 at the FFC

Test your mobility and agility to see if you can
dodge a ball. Let's get in the Holiday Spirit with
a fun game of dodgeball! This is a Captain's
Cup event!

SMALL BOAT FISHING TRIP

With the Outdoor Adventure Center

Saturday, December 2

\$90 per person

Depart OAC: 5 a.m. • Return OAC: 5 p.m.

Join us for seasonal saltwater boat fishing.
Includes cooler and ice. Rod and reels are
available for rent. No tackle included. Bring
snacks and drinks. **Difficulty level: 3**

SARAHAMA RIDGELINE CONIFER

TREE HIKE

With the Outdoor Adventure Center

Sunday, December 3

\$20

Depart OAC: 10 a.m. • Return OAC: 5:30 p.m.

Looking to take a photo of the perfect tree this
holiday season? We will explore the Cedar and
Pine forest along the Sarahama Ridgeline.
Bring drinks and snacks. **Difficulty level: 3**

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	9:30-10:15 a.m.
Jiu-Jitsu (4-6 y/o) - \$	4-4:45 p.m.
K-Pop & Hip Hop Cardio	4:30-5:30 p.m.
Jiu-Jitsu (7-9 y/o) - \$	5-5:45 p.m.
Stretch & Recovery	5:40-6:20 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

TUESDAY

Yoga	10:30-11:30 a.m.
Power Yoga	4:45-5:45 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

WEDNESDAY

Cycle	9:30-10:15 a.m.
Cheer Dance - \$	3:30-4:30 p.m.

THURSDAY

Yoga	11 a.m.-12 p.m.
Zumba Toning	4:20-5 p.m.
Beginners Judo - \$	4-5 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.
Strong Nation	4-4:40 p.m.
Hip Hop dance - \$	5-6 p.m.

FRIDAY

Beginner Power Yoga	9:30-10:30 a.m.
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MAIN BASE INDOOR POOL

Mon - Fri: 5 a.m. - 7 p.m.

Saturday: 9 a.m. - 4:30 p.m.

Sunday and Holidays: 11 a.m. - 4:30 p.m.

HARIO

WEDNESDAY

Karate - \$	5-6 p.m.
Karate - \$	6-7 p.m.