

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

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)

MISSOULA CHILDREN'S THEATRE IS COMING TO SASEBO JULY 27TH !



July 21st - July 28th

MWR "At a Glance"

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Orange Chicken

Tuesday

Pulled Pork Tacos

Wednesday

Chicken Adobo & Egg

Thursday

California Burrito

Friday

Cajun Shrimp wih Pasta

BRODIE'S

Monday

Texas Patty Melt

Tuesday

Mojo Pork Taco Salad Bowl

Wednesday

Chicken Parmesan Sandwich

Thursday

Chicken Alfredo Pasta Plate

Friday

Tso Rice Bowl

ONGOING EVENTS

SUNDAY BRUNCH

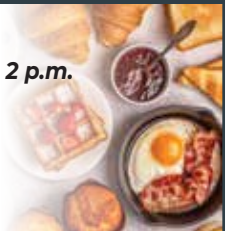
Every Sunday • 10 a.m. - 2 p.m.

Harbor View Club

Adults and Kids 12+: \$17

Ages 6 - 11: \$8

Ages 5 and under: Free



BINGO NIGHT

Every Wednesday

Harbor View Club

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

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, JULY 23

Disclosure Day (PG-13) 6 p.m.

FRIDAY, JULY 24

Minions & Monsters (PG) 5:30 p.m.
Jackass: Best and Last (R) 8 p.m.

SATURDAY, JULY 25

Toy Story 5 (PG) 2 p.m.
Supergirl (PG-13) 5:30 p.m.
Jackass: Best and Last (R) 8 p.m.

SUNDAY, JULY 26

Moana (PG) 2 p.m.
The Death of Robin Hood (R) 6 p.m.

HARIO VILLAGE THEATER

THURSDAY, JULY 23

Despicable Me 4 (PG) 1 p.m.

FRIDAY, JULY 24

Sonic the Hedgehog 3 (PG) 1 p.m.

SATURDAY, JULY 25

Movie in the Park @ Hario Ball Field
The Super Mario Galaxy Movie (PG) 7:30 p.m.

SUNDAY, JULY 26

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

🆓 - Free Admission

Keep up with the latest movie schedule on
www.NavyMWRsasebo.com!

UPCOMING EVENTS:

ADULT BOOK CLUB • 18+

at the Main Base Library

Tuesday, July 21 • 4 - 5 p.m. • Free!

Join our community of adult readers for Adult Book Club!

ON BEYOND BUGS STORYTIME

at the Main Base Library

Wednesday, July 22 • 10:30 - 11:30 a.m. • Free!

For ages 4 years old & younger.

PAINT, SNACK, AND SAVE

with the Main Base Library

Thursday, July 23 • 2 - 4 p.m. • Free!

For ages 13 - 17 years old.

JAPANESE CULTURE CLASSES:

INTRO TO FUROSHIKI "FABRIC WRAPPING"

brought to you by MWR Sasebo

Thursday, July 23 • 2:30 - 3:30 p.m. • Free!

In the Hario Chapel Classrooms C & D

Limit of 15 people. Register at least 48 hours before at the Travel & Tours office or by calling 252-3433 / 2165.

LALAPORT SHOPPING EXPERIENCE

with The Liberty Center*

Saturday, July 25 • 11 a.m. • Free!

Hop on the Liberty shuttle and visit LaLaport: a bustling shopping center with a unique blend of traditional charm and modern allure. Take in the local culture all while enjoying a day of satisfying your shopping needs. Shuttle departs at 11 a.m.

**To be eligible, you must be Active Duty on single or unaccompanied orders.*

COUNTRY MUSIC NIGHT

at Galaxies Nightclub

Saturday, July 25 • 6 p.m. - 1 a.m. • Free!

Come join us for your favorite country music hits! Full bar, cornhole, darts, and billiards available for your entertainment.



SCAN QR CODE FOR MORE EVENTS!



FREE MOVIE IN THE PARK:

THE SUPER MARIO GALAXY MOVIE

at Hario Ball Field

Saturday, July 25 • 7:30 p.m. • Free!

All ages welcome! Children 11 years old and younger must be accompanied by a parent or legal guardian. Beach chairs and blankets welcome. No alcohol or pets allowed. Concessions available for purchase (cash and card payments accepted, USD for cash payments only).

FREE SMOOTHIE WALK

with Outdoor Adventure Center

Sunday, July 26 • Free

Depart OAC: 10 a.m. • Return OAC: 3 p.m.

Join us as we search for the perfect smoothie to help cool down on a hot summer day. Bring yen for snacks. Difficulty Level: 1-2.

HIGHLIGHT EVENT OF THE WEEK!

MISSOULA CHILDREN'S THEATRE

IS COMING TO SASEBO **JULY 27TH !**



AUDITION

MONDAY, JULY 27TH
10 A.M. - 12 P.M.

REHEARSALS

TUESDAY - THURSDAY
ESTIMATED 10 A.M. - 2:30 P.M.

HARBOR VIEW CLUB'S SAKATA BALLROOM

PRACTICES THROUGHOUT THE WEEK WILL BE BASED ON THE CHILD'S PART AND WILL BE ANYWHERE BETWEEN THAT TIME. PACKED LUNCH SHOULD BE BROUGHT THROUGHOUT THE WEEK.

THE SHOW

FRIDAY, JULY 31ST
DOORS OPEN: 4:30 P.M.
SHOWBOAT THEATER

THE SHOW WILL BE PERFORMED ON FRIDAY, JULY 31ST AT 5 P.M. AND WILL BE OPEN TO THE PUBLIC.

YOU CAN SIGN UP YOUR 6-18 YEAR OLD CHILDREN AT MAIN BASE OR HARIO CHILD DEVELOPMENT CENTERS OR SCHOOL AGE CARE FACILITIES. THE SIGN UP DEADLINE IS JULY 17TH

FITNESS SCHEDULE

MAIN BASE

MONDAY

Vinyasa Yoga 8:45 - 9:45 a.m.
Adult Cardio Hip Hop (13+) 10 - 10:45 a.m.
Vinyasa Yoga 1 - 2 p.m.
Strong Nation 4:45 - 5:15 p.m.
Jiu-Jitsu (4-6 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

Vinyasa Yoga 7 - 8 a.m.
Zumba 9 - 10 a.m.
Vinyasa Yoga 1 - 2 p.m.
Karma Yoga 4:45 - 5:45 p.m.

THURSDAY

Spin - ! 9 - 10 a.m.
Yoga 11 a.m. - 12 p.m.
Beginner 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

Vinyasa Yoga 9 - 10 a.m.
Adult Hip Hop Dance 10:30 - 11:15 a.m.
Vinyasa Yoga 4 - 5 p.m.

SATURDAY

Karma Yoga 9:30 - 10:30 a.m.

\$ (Registration Required)

! (Active Duty Priority)

HARIO

MONDAY

Lower Body Strength 9 - 10 a.m.
Hydro Burn 11:15 a.m. - 12 p.m.

TUESDAY

Upper Body Burn 10:45 - 11:45 a.m.

WEDNESDAY

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

THURSDAY

Hip Hop Spin 9 - 10 a.m.

FRIDAY

Core & Conditioning 11 - 11:45 a.m.
Mobility 12 - 12:45 p.m.
Karate (5-8) - \$ 5 - 6 p.m.
Karate (9+) - \$ 6 - 7 p.m.

\$ (Registration Required)