

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 CAFE (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.navywmwrsasebo.com/directory-more/job-opportunities)

STAY CONNECTED!

Follow us on Facebook at
MWR Sasebo Japan

Visit our official webpage at
www.navywmwrsasebo.com



MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

- Monday**
Meatloaf
- Tuesday**
Spicy Pork Adobo
- Wednesday**
Thai Chicken Green Curry
- Thursday**
Chicken Alfredo
- Friday**
Fried Fish Sandwich

BRODIE'S

- Monday**
BBQ Beef
- Tuesday**
TSO Rice Bowl
- Wednesday**
Chicken Alfredo Calzone
- Thursday**
Loaded Nachos
- Friday**
Chicken Salad Sandwich

LUNCH SPECIALS

August 2024 MWR AT-A-GLANCE



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



BINGO

Every Wednesday
Harbor View Club - Sakata Ballroom
Doors open at 5 p.m. Game starts at 6 p.m.
Open to SOFA 18+ • \$25 per game package



MONGOLIAN BARBECUE

Every Thursday
Harbor View Club - Sakata Ballroom
5 - 9 p.m.

MOVIE SCHEDULE

Movie schedule is subject to change without notice.



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



SHOWBOAT THEATER

TUESDAY, AUGUST 6

Free Admission!

Frozen (PG) 1 p.m.

WEDNESDAY, AUGUST 7

Free Admission!

Frozen 2 (PG) 1 p.m.

THURSDAY, AUGUST 8

Inside Out 2 (PG) 6 p.m.

HARIO VILLAGE THEATER

THURSDAY, AUGUST 8

Toy Story (G) 1 p.m.



ALL MONTH:

2024 SUMMER READING PROGRAM with the Library

Ends Monday, August 19
Open to all ages • Free

To register, visit sasebomwr.beanstack.com or download the Beanstack app and search for "Sasebo CFA." There are registration goodie bags at the library, while supplies last, BUT you can win prizes all summer!

FREE SUMMER BREAK MATINEES at the Showboat & Hario Village Theaters

Tuesdays & Wednesdays • Showboat
Thursdays & Fridays • Hario Village
 Catch free 1 p.m. movies all summer at a theater close to you! Doors open at 12:30 p.m. and children 11 and under must be accompanied by a parent or legal guardian.

SELF BETTERMENT CLASSES at the Liberty Center with FFSC

Every Thursday at 2 p.m. • Free
 Join the Fleet and Family Service Center to learn about resume building, investing, and more! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

JAPANESE CULTURE CLASS at the Liberty Center with FFSC

Every other Friday at 3 p.m. • Free
 Join Eriko-San from FFSC for Japanese language classes, culture classes, and more! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

SOLDERING CIRCUIT BOARDS CLASS at the Wood Hobby Shop

Saturdays • 4:30 - 5:30 p.m. • \$4 per hour
 This fun class will teach you the basics of circuit board maintenance and set up! We will attach resistors, capacitors, and integrated circuits.

THIS WEEK:

NATIONAL ROOT BEER FLOAT DAY! with the Liberty Center

Tuesday, August 6 • Free • 3 p.m.
 Enjoy a free rootbeer float, while supplies last! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

SAIHI SILVER BOWL with the Liberty Center

Wednesday, August 7 • \$8 • Depart: 5 p.m.
 Come with us to bowl 3 games at Saihi Silver Bowl, shoes included! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

PAINT AND PLANT! with the Library

Friday, August 9 • Free
Open to all ages • 2:30 p.m. - 4 p.m.
 Join us for a fun social event to paint and plant a flower in your own personalized flowerpot to take home!

LIBERTY PAINTBALL AT HARIO with the Outdoor Adventure Center (OAC)

Saturday, August 10 • 12-4 p.m.
Sign up at the Liberty Center
 Includes paintballs, markers and all required safety equipment.
Open to SOFA ages 18+ or 13+ with a parent or guardian • Please bring food and drinks

UMBRELLA PAINT AND SIP at Harbor View Club

Saturday, August 10 • 5:30 - 8:30 p.m.
Ages 20+ • \$39.95 per person
 Rain or shine, come paint and sip! Join us as our instructors (Ksenia Chigavea & Hannah Jones) guide us to create beautiful paintings and this time we're using real umbrellas as our canvases! *Price includes 2 glasses or non-alcoholic beverages, light appetizers plus all required materials.*

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.
 K-Pop & Hip Hop Cardio 4-5 p.m.
 Jiu-Jitsu (7-9 y/o) - \$ 4-4:45 p.m.
 Jiu-Jitsu (4-6 y/o) - \$ 5-5:45 p.m.
 Core Strength & Static Stretching 5:10-5:55 p.m.
 Jiu-Jitsu - \$ 6-7:45 p.m.

TUESDAY

Jiu-Jitsu - \$ 6-7:45 p.m.

WEDNESDAY

Zumba 9-10 a.m.
 Hatha Flow Yoga 11 a.m. - 12 p.m.
 Cheer Dance - \$ 3:30-4:30 p.m.
 Power Yoga 4:45-5:45 p.m.

THURSDAY

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 p.m.
 Hip Hop dance - \$ 5-6 p.m.

SATURDAY

Beginner Power Yoga 9:30-10:30 a.m.

MAIN BASE SUMMER OUTDOOR POOL

Mon - Thurs: 1 p.m. - 6 p.m.

Friday: 10 a.m. - 12 p.m.

HARIO

TUESDAY

Hatha Flow Yoga 9:45 - 10:45 a.m.

WEDNESDAY

Wild Card Wednesday 8:30 - 9:30 a.m.

FRIDAY

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