

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)



SATURDAY, MAY 3rd
HARIO NEX PARKING LOT

FAMILY GAMES, ADULT'S CORNHOLE TOURNAMENT
AND FLEA MARKET

4 - 8
PM

MWR "At a Glance"

LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Orange Chicken

Tuesday

Pulled Pork Tacos

Wednesday

Spice Larb Gai

Thursday

California Burrito

Friday

Spaghetti and Meatballs

BRODIE'S

Monday

Chicken and Sausage Gumbo

Tuesday

Brodie's Club Sandwich

Wednesday

Kogi BBQ Chicken

Thursday

Chicken Salad Sandwich

Friday

Korokke Plate

ONGOING EVENTS

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 1

The Woman in the Yard (PG-13) 6 p.m.

FRIDAY, MAY 2

A Minecraft Movie (PG) 5:30 p.m.
Thunderbolts (PG-13) 8 p.m.

SATURDAY, MAY 3

A Minecraft Movie (PG) 5:30 p.m.
Thunderbolts (PG-13) 8 p.m.

SUNDAY, MAY 4

A Minecraft Movie (PG) 6 p.m.

HARIO VILLAGE THEATER

SUNDAY, MAY 4

A Minecraft Movie (PG) 5:30 p.m.



UPCOMING EVENTS:

POKÉMON CLUB MEET UP

at the Library

Tuesday, April 29 • 2:30 - 3:30 p.m.

Come hang out, learn, play, and talk all things pokémon. Bring your cards, show them off and trade. Open to all ages. This event is the last Tuesday of each month.

SENRYUGA WATERFALL WALK

with Outdoor Adventure Center

Saturday, May 3 • 10 a.m. - 3 p.m. • \$15

A moderate walk to a beautiful waterfall in nearby Yoshi-cho. Bring yen for snacks and drinks. Difficulty level: 1-2. Register at the Outdoor Adventure Center office by Thursday, May 1.

CINCO DE MAYO CELEBRATION AND FLEA MARKET

at Hario Cantina/Hario NEX Parking Lot

Saturday, May 3 • 4 - 8 p.m.

Family games, adults cornhole tournament, flea market, and tacos for sale! Celebrate in style at the Hario Mini NEX parking lot.

HASAMI & ARITA CHINAWARE SALE

with Travel and Tours

Saturday, May 3 • 7:30 a.m. - 4 p.m. • \$40

Hasami fans and pottery buyers fill the streets of the town during this festival, which features booths from over 100 porcelain producers and dealers. Register at the Travel and Tours office by Thursday, May 1.



GLASS ART MAKING AT IKITSUKI ISLAND

"Mother's Day Special"

with Travel and Tours

Sunday, May 4 • 8:15 a.m. - 4 p.m. • \$55

Visit Itsutsuki Island, the next island after Hirado, to create your own glass masterpiece and enjoy a short tour around the island. Register at the Travel and Tours office by Thursday, May 1.

MAY THE FOURTH BE WITH YOU MOVIE DAY

with the Liberty Center

Sunday, May 4 • 10 a.m. - 10 p.m. • Free

Enjoy a full day of Star Wars movies at the Liberty Center. Of course, we will start with Episode 4 and show them in the order of release. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

ARITA POTTERY FESTIVAL URBAN WALK

with Outdoor Adventure Center

Sunday, May 4 • 10 a.m. - 5 p.m. • \$25

A moderate 7km walk through the streets of Arita during the annual Pottery Festival. Bring yen for snacks and drinks. Level 3-4. Register at the Outdoor Adventure Center office by Thursday, May 1.

MAY THE FOURTH BE WITH YOU SWIM CHALLENGE

at the Fleet Fitness Complex Indoor Pool

Sunday, May 4 • 9 a.m. - 4 p.m. • Free

Test your endurance with a 500m swim. Earn Captain's Cup points as you power through the water like a true Jedi. Whether you swim at light speed or take your time, every stroke brings you closer to victory!

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 - 6 p.m.

WEDNESDAY

Spin	8:30 - 9:30 a.m.
Hiit & Hustle	10 - 11 a.m.

THURSDAY

Hiit & Hustle	8:30 - 9:30 a.m.
Body Burn	10 - 11 a.m.
Spin 101 (1st Thurs./month)	11:30 a.m. - 12:30 p.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.