

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.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)

Shower Climbing Trip - Manager's Special!
with MWR Travel & Tours, Liberty, and the
Outdoor Recreation Center
Sunday, August 31 • 7 A.M. - 7 P.M. • \$100



MWR "At a Glance"

LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Chicken Quesadilla

Tuesday

Spaghetti and Meatballs

Wednesday

Chicken Adobo and Egg

Thursday

California Burrito

Friday

Sweet and Sour Fried Fish

BRODIE'S

Monday

Chicken Fried Rice Bowl

Tuesday

Pulled Pork Tacos

Wednesday

Chicken Alfredo Calzone

Thursday

Chicken Vegetable Pasta

Friday

Shrimp Po' Boy

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, AUGUST 28

The Fantastic Four: First Steps (PG-13) 6 p.m.

FRIDAY, AUGUST 29

The Bad Guys 2 (PG) 5:30 p.m.
Caught Stealing (R) 8 p.m.

SATURDAY, AUGUST 30

Snow White (PG) *Free Admission!* 5:30 p.m.
Caught Stealing (R) 8 p.m.

SUNDAY, AUGUST 31

Karate Kid: Legends (PG-13) 6 p.m.

HARIO VILLAGE THEATER

SATURDAY, AUGUST 30

The Bad Guys 2 (PG) 5:30 p.m.

SUNDAY, AUGUST 31

The Naked Gun (PG-13) 5:30 p.m.



UPCOMING EVENTS:

5 POINT SAFETY CHECK FOR CARS AND MOTORCYCLES

at the Wood & Auto Hobby Shop

Friday, August 29 • 5:30 - 6:30 p.m. • Free!

This class will teach you what to look for before starting any long road trips in your car or bike. Register by calling 252-3977. *Please be advised that you must complete the Auto Hobby Shop safety class to gain admittance to the shop for events and leisure. These classes occur on Saturdays from 1 - 1:30 p.m. The class is FREE.*

MARINE WORLD AQUARIUM IN FUKUOKA

with the Liberty Center

Saturday, August 30 • 10 a.m.

• **Free transportation!**

Dive into the mesmerizing world of marine life with a visit to the aquarium! After your visit, enjoy free time exploring the vibrant city of Fukuoka, and grab a delicious treat. Please sign up at the Liberty Center, located on the 2nd floor of the Fleet Fitness Complex. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders*

KAYAKING TRIP

with the Outdoor Adventure Center

Saturday, August 30 • 10 a.m. - 4 p.m. • \$45

View 99 Islands up close and personal. Be sure to pack a lunch and enjoy the true beauty of Sasebo! Price includes transportation, kayak, safety equipment, and guide. Bring food and drink. Difficulty level: 1-2. Open to SOFA personnel 18+. Register for this trip at the Outdoor Adventure Center office by Thursday, August 28.

MOUNT KOKUZO HIKE

with the Outdoor Adventure Center

Sunday, August 31 • 10 a.m. - 4 p.m.

• **Free transportation!**

Dubbed the "Matterhorn of Kyushu," Mt. Kokuo is one of Kyushu's one hundred famous mountains. Bring yen for snacks and drinks. Difficulty level: 2-3. Open to all SOFA sponsored personnel. Register for this trip at the Outdoor Adventure Center office by Thursday, August 28.

DISNEY ON ICE 2025

with Travel and Tours

Sunday, August 30 • 9:45 a.m. - 7:30 p.m.

• **\$110 - \$40**

Take a magical journey with Mickey, Minnie, and friends through the timeless stories of Cinderella, Aladdin, Toy Story, and today's favorites including Encanto, Frozen 2, and Moana. Create new memories, and celebrate unforgettable adventures of Disney and Pixar as they are brought to life in new ways. Sign up for this trip by Thursday, August 28.

SHOWER CLIMBING IN KAMA CITY

with Travel & Tours, Liberty and Outdoor

Adventure Center - Manager Special!

Sunday, August 31 • 7 a.m. - 7 p.m. • \$100

Attention thrill seekers! Take advantage of the natural beauty and wonder of the Kaho Alps as you traverse streams and waterfalls during this canyoning experience. Sign up at the Travel & Tours, Outdoor Adventure Center or Liberty office's today!

MISO MAKING TOUR

with Travel and Tours

Monday, September 1 • 9 a.m. - 1 p.m. • \$55

The first in our, "Made in Japan," series! Experience making your own miso, then indulge in a traditional, healthy Japanese lunch that includes miso soup with chicken, and summer vegetables. Sign up for this trip by Thursday, August 28.

IRON MAN MOVIE MARATHON

at the Liberty Center

Monday, September 1 • 12 p.m. • Free!

Enjoy this Double Feature of Iron Man and Iron Man 2. Enjoy free snacks and drink on us! *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders*

INTRODUCTION TO JAPANESE CALLIGRAPHY

at the Community Education Center (CEC)

Select Dates • 2:30 - 3:30 p.m. • Free!

Don't miss out on this FREE Japanese Calligraphy course happening this fall! All supplies for the class will be provided; show up ready to learn and have fun! Limit to 15 people, per class. Register by email: atobe12@gmail.com. *Dates available: September 25, October 6 & 23.*

FITNESS SCHEDULE

MAIN BASE

MONDAY

Vinyasa Yoga 1 - 2 p.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.
Women's Self Defense 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.
Cycle 10:15 - 11:15 a.m.
Vinyasa Yoga 1 - 2 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.

FRIDAY

Adult Judo & Jiu-Jitsu - \$ 6 - 7 a.m.
Vinyasa Yoga 9 - 10 a.m.
Adult Hip Hop Dance - \$ 10:30 - 11:15 a.m.
Spin & Strength 2:30 - 3:30 p.m.
Vinyasa Yoga 4 - 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.
\$(Registration Required)

HARIO

MONDAY

Vinyasa Yoga 9 - 10 a.m.

TUESDAY

Body Burn 8:30 - 9:30 a.m.
Spin 5:30 - 6:30 p.m.

WEDNESDAY

HIIT & Hustle 8:30 - 9:30 a.m.

THURSDAY

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

FRIDAY

Spin 8:30 - 9:30 a.m.
Karate (5-8) - \$ 5-6 p.m.
Karate (9+) - \$ 6-7 p.m.