

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

Merale, Welfare and Recreation

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)

Father's Day Brunch

THE HARBOR VIEW CLUB
ESTABLISHED 1981

Sunday, June 21
10 a.m. - 2 p.m.

Adults (12+): \$25 • 6-11: \$15 • 5 & Younger: Free

June 9th - June 23rd

MWR "At a Glance"

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Spaghetti & Meatballs

Tuesday

Bi-Bim-Bap

Wednesday

Chicken Enchillada

Thursday

Shepherd's Pie

Friday

Maryland Crab Cake Sandwich

BRODIE'S

Monday

Sloppy Joe

Tuesday

Empanada Plate

Wednesday

Combination Pizza

Thursday

Chicken-Fried Chicken Plate

Friday

Double Hot Dog Meal

ONGOING EVENTS

SUNDAY BRUNCH

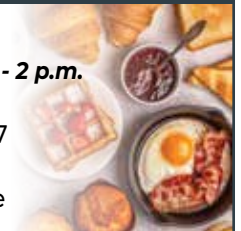
Every Sunday • 10 a.m. - 2 p.m.

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



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, JUNE 11

Pressure (PG-13) 6 p.m.

FRIDAY, JUNE 12

The Breadwinner (PG) 5:30 p.m.

Obsession (R) 8 p.m.

SATURDAY, JUNE 13

The Sheep Detectives (PG) 2 p.m.

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

The Devil Wears Prada 2 (PG=13) 8 p.m.

SUNDAY, JUNE 14

The Breadwinner (PG) 2 p.m.

Obsession (R) 6 p.m.

HARIO VILLAGE THEATER

FRIDAY, JUNE 12

Toy Story 4 (G) - Free Admission! 6 p.m.

SATURDAY, JUNE 13

The Breadwinner (PG) 5:30 p.m.

SUNDAY, JUNE 14

The Sheep Detectives (PG) 5:30 p.m.

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

UPCOMING EVENTS:

JAPANESE CULTURE CLASSES: IKEBANA FLOWER ARRANGEMENT

brought to you by MWR Sasebo
Thursday, June 11 • 4 - 5 p.m. • Free!
In the Hario Chapel

Ikebana is the aesthetics of subtraction. Expressing a rich world with just a small amount of vegetation and flowers. Limit of 15 people. Register at least 48 hours before at the Travel & Tours office or by calling 252-3433.

LAKE KINRUN YUFUJI with Outdoor Adventure Center

Saturday, June 13 • \$45
Depart OAC: 5:30 a.m. • Return OAC: 2 p.m.
A small shrine is located at the southern end of this picturesque lake, famous for its morning mist. Bring yen for snacks and drinks. Difficulty Level: 1-2.

SOFTBANK HAWKS SUMMER BASEBALL with Travel & Tours

Saturday, June 13 • All Seats: \$70
Departs: 9:15 a.m. • Returns: 9 p.m.
Join us to watch the Softbank Hawks vs. Yakult Swallows! Special pricing available for Liberty eligible sailors, must register with Liberty Center.*
**To be eligible, you must be Active Duty on single or unaccompanied orders. One Liberty discounted ticket per eligible customer.*
***Tickets purchased in advance, so we are unable to offer refunds for this trip.*

GUIDED PADDLE BOARDING TRIP • 18+ with Outdoor Adventure Center

Sunday, June 14 • \$45
Depart OAC: 10 a.m. • Return OAC: 4 p.m.
Let's go to Ainoura port and explore some of the island by paddle board! Includes transportation, paddle board, safety equipment, and guide. Bring food and drinks. Difficulty Level: 2-3.

SUMMER READING KICKOFF PARTY at MWR Main Base Library

Sunday, June 14 • 10 a.m. - 12 p.m. • Free!
Celebrate the start of our 2026 Summer Reading Program (SRP) with some fun activities, hands-on craft stations, cool treats, and even more exciting surprises for the whole family! Pre-register for SRP 2026 by Friday, June 12 to receive a goodie bag at the Main Base Library (while supplies last). All ages welcome.

FATHER'S DAY PRIZE BINGO at Galaxies Night Club

Sunday, June 14 • Adults: \$25 • Under 16: \$20
Doors Open: 4 p.m. • Game Starts: 5 p.m.
Come win Dad a prize at our special Father's Day edition of prize bingo with over \$1,200 in prizes! This month's grand prize is a 28" Blackstone Griddle Grill valued at \$400. All ages welcome.

IMPERIAL JAPANESE FORTRESS HIKE • 18+ with Outdoor Adventure Center

Saturday, June 20 • \$10
Depart OAC: 10 a.m. • Return OAC: 3 p.m.
While it's a somewhat esoteric spot, it's a scenic, hidden gem and valuable relic of the former Japanese military. Bring yen for snacks and drinks. Difficulty Level: 1-2.

SALTWATER BOAT FISHING TRIP • 18+ with Outdoor Adventure Center

Sunday, June 21 • \$15 + ¥13,000 Charter Fee
Depart OAC: 5 a.m. • Return OAC: 5 p.m.
Includes guide, bait, rod, and reel. Difficulty Level: 3.



SCAN QR CODE FOR MORE EVENTS!



HIGHLIGHT EVENT OF THE WEEK!

FATHER'S DAY BRUNCH at Harbor View Club

Sunday, June 21 • 10 a.m. - 2 p.m.
Adults (12+): \$25 • 6 - 11y: \$15 • 5y & Younger: Free

Celebrate Dad at Father's Day Brunch with an assortment of brunch dishes served buffet style. We have a charcoal grill available for Dad to cook steak just the way he likes it! RSVP at Harbor View Club Cash Cage or call 252-2945. Walk ins welcome, reservations recommended.

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 Strength 9 - 10 a.m.
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

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)

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)

!(Class schedule begins Monday, June 15)