

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.navymwrsasebo.com/directory-more/job-opportunities)

STAY CONNECTED!

Follow us on Facebook at
MWR Sasebo Japan

Visit our official webpage at
www.navymwrsasebo.com



Guided Kayak Expedition! with the Outdoor Adventure Center (OAC)



Saturday, July 20 • All Seats: \$45

We will transit from Shikamachi - Oya Port to Emukae Town.
Enjoy the ocean scenery while getting some exercise paddling!
Difficulty Level: 2-3 • Please bring food and drinks

July 2024

MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday
Chicken & Waffles
Tuesday
Beef Lasagna
Wednesday
Pad Krapow (Thai Basil Chicken)
Thursday
Teriyaki Chicken, Rice, &
Broccoli Bowl
Friday
Fried Fish

BRODIE'S

Monday
Fried Chicken Curry
Tuesday
Taco Salad Bowl
Wednesday
BBQ Chicken Pizza
Thursday
Fried Fish Sandwich
Friday
Fried Chicken Caesar Wrap

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.

LUNCH SPECIALS

MOVIE SCHEDULE

Movie schedule is subject to change without notice.



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

SHOWBOAT THEATER



WEDNESDAY, JULY 17

Free Admission!
Sing 2 (PG) 1 p.m.

THURSDAY, JULY 18

Horizon: An American Saga - Chapter 1 (R) 6 p.m.

FRIDAY, JULY 19

Twisters (PG-13) 5:30 p.m.
The Bikeriders (R) 8 p.m.

SATURDAY, JULY 20

The Bikeriders (R) 5:30 p.m.
The Watchers (PG-13) 8 p.m.

SUNDAY, JULY 21

Twisters (PG-13) 6 p.m.

HARIO VILLAGE THEATER

THURSDAY, JULY 18

Free Admission!
Charlie and the Chocolate Factory (PG) 1 p.m.

FRIDAY, JULY 19

Free Admission!
Sing 2 (PG) 1 p.m.
Free Admission!
Aladdin (1992) (PG) 6 p.m.

SATURDAY, JULY 20

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

SUNDAY, JULY 21

The Bikeriders (R) 5:30 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 the theaters close to you! Doors open at 12:30 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 at Liberty 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:

KUMA RIVER WHITE WATER RAFTING with the Liberty Center

Saturday, July 20 • LBJ: \$45 • E6+: \$55
Depart: 9 a.m. • Return: 5 p.m.

Beat the heat and enjoy the thrill of white water rafting. This is a popular rafting spot in Japan that doesn't disappoint! During your trip, you will also get to swim in calmer waters and explores caves! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

KORKURA GION DAIKO FESTIVAL with Information, Travel, and Tours (ITT)

Saturday, July 20 • All Seats: \$45
Depart: MB - 11:15 a.m. • Hario - 12 p.m.
Return: Hario - 10 p.m. • MB - 10:30 p.m.

The castle town of Kokura is filled with the sounds of Taiko drumming during this exciting annual festival!

GUIDED KAYAK EXPEDITION with the Outdoor Adventure Center (OAC)

Saturday, July 20 • \$45 per person
Open to SOFA ages 18+

Depart OAC: 10 a.m. • Return OAC: 5 p.m.
We will transit from Shikamachi - Oya Port to Emukae Town. Enjoy the ocean scenery while getting some exercise paddling! Please bring food and drinks. *Difficulty Level: 2-3*

PAINTBALL AT HARIO with the Outdoor Adventure Center (OAC)

Sunday, July 21 • \$20 per person
Open to SOFA ages 18+ • 12 - 4 p.m.
You can also reserve your own private game on a Monday, Thursday or Friday! *Includes paintballs, marker & all required safety equipment.*

ICHIRAN NO MORI RAMEN FACTORY & SAYONARA MARINOVA CITY with Information, Travel, and Tours (ITT)

Sunday, July 21 • All Seats: \$55
Depart: MB - 8:15 a.m. • Hario - 9 a.m.
Return: Hario - 6 p.m. • MB - 6:30 p.m.
Ramen lovers! Tour the famous Ichiran No Mori factory and learn about the history behind the ramen! Also scratch the shopping itch at Kyushu's largest outlet mall before it closes it's doors.

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.
Yin Yoga 11 a.m.-12 p.m.
Jiu-Jitsu (4-6 y/o) - \$ 4-4:45 p.m.
K-Pop & Hip Hop Cardio 4-5 p.m.
Jiu-Jitsu (7-9 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

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

Yoga 11 a.m.-12 p.m.
Zumba Toning 4:20-5 p.m.
Beginners Judo - \$ 4-5 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.

FRIDAY

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