

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 CAFÉ (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 • 252-3588
Welcome Center • 252-3595

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

NAVY SEA LEGS CHALLENGE

March 27 - 31

Complete 10 miles of walking/running or 1,500M of swimming

Call Fleet Fitness Complex for details at 252-3595



Now through March 31, 2023 MWR AT-A-GLANCE



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

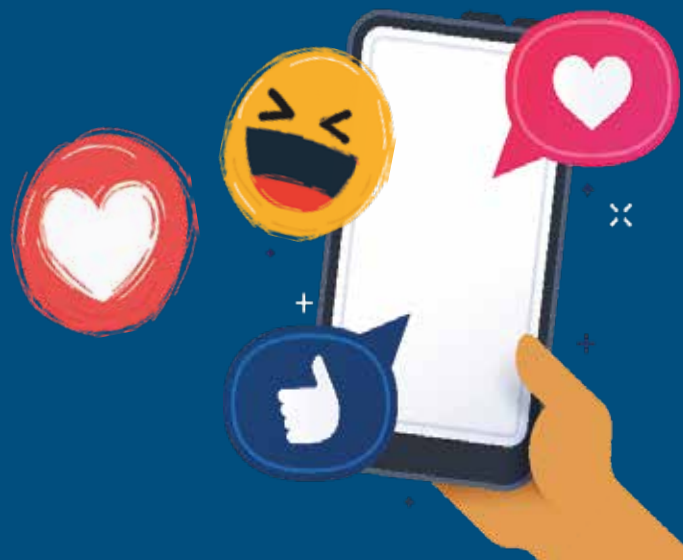
FOR WEEKLY JOB LISTINGS, VISIT:

[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



LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

HARBOR VIEW CLUB

Monday
Texacali Hoagie

Tuesday
Spaghetti

Wednesday
Asian Plate

Thursday
Ham Steak

Friday
California Burrito

BRODIE'S

Monday
Shogayaki

Tuesday
Taco Salad

Wednesday
BLT Sandwich

Thursday
Korean Fried Chicken

Friday
Reuben Sandwich

ON-GOING 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 NIGHT

Every Wednesday

Harbor View Club - Sakata Ballroom
6-9 p.m. Doors open at 5 p.m.

Game package \$20

18 and older no guests allowed

MONGOLIAN BARBECUE

Every Thursday

Harbor View Club - Sakata Ballroom
5-9 p.m. • 75¢ per oz

MOVIE SCHEDULE

Movie schedule is subject to change without notice.

Visit <https://www.navy.mwr.org/programs/motion-pictures/theaters>

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

SHOWBOAT

TUESDAY - MARCH 21

John Wick (R) *Free Admission* 6:30 p.m.

WEDNESDAY - MARCH 22

John Wick: Chapter 2
(R) *Free Admission* 6:30 p.m.

THURSDAY - MARCH 23

John Wick: Chapter 3 - Parabellum
(R) *Free Admission* 6:30 p.m.

FRIDAY - MARCH 24

Cocaine Bear (R) 6:30 p.m.
Shazam! Fury of the Gods (PG-13) 9:30 p.m.

SATURDAY - MARCH 25

Closed for Scheduled Power Outage

SUNDAY - MARCH 26

Jesus Revolution (PG-13) 6:30 p.m.

TUESDAY - MARCH 28

Shang-Chi and the Legend of the Ten Rings
(PG-13) *Free Admission* 1:00 p.m.

Thor: Love and Thunder
(PG-13) *Free Admission* 4:00 p.m.

WEDNESDAY - MARCH 29

Spider-Man: No Way Home
(PG-13) *Free Admission* 1:00 p.m.

Doctor Strange in the Multiverse of Madness
(PG-13) *Free Admission* 4:00 p.m.

THURSDAY - MARCH 30

Cocaine Bear (R) 6:30 p.m.

HARIO VILLAGE

SATURDAY - MARCH 25

Cocaine Bear (R) 5:30 p.m.

SUNDAY - MARCH 26

Jesus Revolution (PG-13) 5:30 p.m.

THURSDAY - MARCH 30

Harry Potter and the Sorcerer's Stone
(PG) *Free Admission* 1:00 p.m.

Harry Potter and the Chambers of Secrets
(PG) *Free Admission* 4:00 p.m.

UPCOMING . . .

5 POINT SAFETY CHECK CLASS FOR CARS AND MOTORCYCLES

At the Auto Hobby Shop

Fridays • 4:30-5:30 p.m. • \$5

This class will teach you what to look for before starting any long road trips with your car or bike! Stay safe this winter with a check you can do yourself and in your driveway before those long winter drives.

AUTO HOBBY SAFETY CLASS

At the Auto Hobby Shop

Saturdays • 1-1:30 p.m. • Free

Introduction to Auto Hobby Shop services, products, equipment and schedule. We will also cover basic safety practices that are in force at the Auto Hobby Shop. This class is mandatory for all patrons. An AHS Safety card will be issued upon training completion.

BASICS OF BOWL MAKING

At the Wood Hobby Shop

Wednesdays • 4-6 p.m. • Free

Come and learn how to turn a bowl or a small glass.

BASICS OF TABLE MAKING

At the Wood Hobby Shop

Thursdays • 4:30-6 p.m. • Free

Come and learn how to make a simple table for your living space.

WOOD HOBBY SHOP SAFETY CLASS

At the Wood Hobby Shop

Saturdays • 12-1 p.m. • \$15

Learn safety and basic operating procedures of both stationary and hand tools. There will be a brief introduction to the Wood Hobby Shop staff and rules. A WHS Safety card will be issued upon training completion and passing of the test. This card must be presented to the WHS staff to gain admittance to the shop.

LUCKY LIBRARY BINGO

At the MWR Library

Friday, March 24, 10:30 a.m., Open to all ages

Are you feeling lucky this month? Looking for a fun way to practice your letters and numbers? Come see if you can win some fun prizes by playing bingo at the library!

YUTOKU INARI SHRINE, FLOATING TORII GATE & SHIMABARA PENINSULA

With Liberty

Saturday, March 25, 8 a.m. - 8 p.m.

E6 & UP: \$8, LBJ: \$5

Registration Deadline: March 24

HACKER'S INVITATIONAL GOLF TOURNAMENT

With Fleet Fitness Complex

Saturday, March 25

8 a.m., Tsukumo Golf Course, ¥3,000 green fee

Registration deadline is Wednesday, March 22. Register at the Fleet Fitness Complex. This event is for the average struggling golfer looking to have a good time with friends. Be sure to bring plenty of golf balls.

Karatsu Historic Tour

With Travel & Tours

Sunday, March 26

Adult: \$45, Junior: \$40, Child/Infant: \$35

Depart MB: 7:45 a.m., Hario: 8:30 a.m.

Return Hario: 5 p.m., MB: 5:30 p.m.

On this tour to Karatsu, you will experience the magnificent views from Mt. Kagami, tour the Takatori Residence which was once owned by Koreyoshi Takatori, a prominent coal baron of the time. Lastly we will take a tour of Karatsu Castle, a.k.a., The Centerpiece of Karatsu City.

NAVY SEA LEGS CHALLENGE

With Fleet Fitness Complex

Monday, March 27 - Friday, March 31

MWR authorized patrons who complete 10 miles of walking/running or 1,500M of swimming during the week will earn their "Navy Sea Legs." On a first come first served basis patrons will earn a Navy Sea Legs t-shirt and MWR water bottle. Participants will need to show the MWR Fitness Program their electronic device that tracked their steps or distance to earn their "Sea Legs." For eligible MWR authorized fitness patrons. Children are also eligible. For more information, contact Fleet Fitness Complex at 252-3595.

MAX REP BENCH PRESS COMBINE

With Fleet Fitness Complex

Saturday, April 1, 10 a.m. - 12 p.m.

Think you have what it takes to bench like an NFL prospect? Join us for Navy Fitness Sasebo's own bench press combine! Test how many repetitions you can lift at 225 lbs. for males and 95 lbs for females. For more information, contact Fleet Fitness Complex at 252-3595.

BEPPU HIGH ROPES COURSE & BEPPU HELLS

With Liberty

Saturday, April 15, 7 a.m. - 8:30 p.m.

E6 & UP: \$8, LBJ: \$5

Participants will individually pay on site for admission fees totaling ¥6,820. Registration Deadline: April 14

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 Spin 9-10 a.m.
Zumba Toning 4:20-5 p.m.
Zumba 5:10-6 p.m.
Jiu-Jitsu (4-5 y/o) - \$ 4-4:45 p.m.
Jiu-Jitsu (6-9 y/o) - \$ 5-5:45 p.m.

TUESDAY

Yoga 10-11 a.m.
Jiu-Jitsu - \$ 6-7:45 p.m.

WEDNESDAY

Zumba 10:30-11:30 a.m.
Cheer Dance - \$ 3:30-4:30 p.m.

THURSDAY

Yoga 11 a.m.-12 p.m.
Zumba Toning 4:20-5 p.m.
Zumba 5:10-6 p.m.
Beginners Judo - \$ 4-5 p.m.
Advanced Judo - \$ 5-6 p.m.
Jiu-Jitsu - \$ 6-7:45 p.m.

FRIDAY

Adult Judo & Jiu Jitsu - \$ 6-7 a.m.
K-Pop Fit Dance 9:15-10:05 a.m.
Adult Hip Hop Dance 10:30-11:15 a.m.
Hip Hop Dance - \$ 5-6 p.m.

MAIN BASE POOL Mon-Fri: 5 a.m. - 7 p.m.
Sat: 9 a.m. - 4:30 p.m. | Sun: 11 a.m. - 4:30 p.m.

HARIO

MONDAY

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

TUESDAY

Strong Nation 9:30-10:15 a.m.
Zumba 10:30-11:30 a.m.
K-Pop Fit Dance 6-6:50 p.m.

WEDNESDAY

Fit Camp 9-10 a.m.
Karate - \$ 5-6 p.m.
Karate - \$ 6-7 p.m.

THURSDAY

Strong Nation 9:30-10:15 a.m.
Fit Camp 3-4 p.m.
Zumba 6-7 p.m.

FRIDAY

Zumba 10:30-11:30 a.m.
Gymnastics (3-5 y/o) - \$ 3-4 p.m.
Gymnastics (6+ y/o) - \$ 4-5 p.m.