

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

STAY CONNECTED!

Follow us on Facebook at
MWR Sasebo Japan

Visit our official webpage at
www.navywmwrsasebo.com



Hasami Biking Tour! with the Outdoor Adventure Center (OAC)



Sunday, June 16 • All Seats: \$30

Interesting ride around Hasami Town!
Please bring yen for snacks and drinks.
Includes bike, transportation, and guide.
Difficulty Level: 2-3

June 2024

MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday
Sesame Chicken

Tuesday
Smash Burger

Wednesday
Spicy Thai Larb Gai

Thursday
Gyros

Friday
Lemon Pepper

Chicken & Bacon Wrap

BRODIE'S

Monday
Crispy Hawaiian
Chicken Sandwich

Tuesday
Pulled Pork Tacos

Wednesday
One Topping Pizza

Thursday
Bufflo Blue Cheese
Chicken Melt

Friday
Cuban Pork Rice Bowl

LUNCH SPECIALS

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

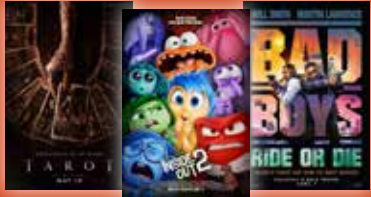
Every Thursday
Harbor View Club - Sakata Ballroom
5 - 9 p.m.

MOVIE SCHEDULE

Movie schedule is subject to change without notice.

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

SHOWBOAT THEATER



TUESDAY, JUNE 11

Free Admission!
WALL-E (G) 1 p.m.

WEDNESDAY, JUNE 12

Free Admission!
Inside Out (PG) 1 p.m.

THURSDAY, JUNE 13

Tarot (PG-13) 6 p.m.

FRIDAY, JUNE 14

Inside Out 2 (PG) 5:30 p.m.
Bad Boys: Ride or Die (R) 8 p.m.



HARIO VILLAGE THEATER

THURSDAY, JUNE 13

Free Admission!
Inside Out (PG) 1 p.m.

FRIDAY, JUNE 14

Free Admission!
Minions: The Rise of Gru (PG) 1 p.m.



ALL MONTH:

2024 SUMMER READING PROGRAM with the Library

Starts Monday, June 10

Open to all ages 0-5 • 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!

OIL CHANGE CLINIC at the Auto Hobby Shop

Wednesdays • 4:30-5:30 p.m. • Free

This is a great skills class that will teach you how to change your own oil. This will help you save money in the long run and keep your car running great!

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:

LIBERTY DINING OUT! with the Liberty Center

Friday, June 14 • Free

Get off base and try 99 Islands American Diner! Free transportation but pay your own tab. *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

FOREST ADVENTURE AND ROUND 1 with the Liberty Center

Saturday, June 15 • LBJ: \$20 • E6+: \$25

Depart: 7:30 a.m. • Return: 6 p.m.

Join Liberty on a trip to Misato and experience Japan's longest over-water zipline! After we'll head to Round 1 for some fun! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

RICE PLANTING

with Information, Travel, and Tours (ITT)

Saturday, June 15 • All Seats: \$30

Depart: MB - 8:45 a.m. • Hario - 9:30 a.m.

Return: Hario - 1 p.m. • MB - 1:30 p.m.

Rice is the primary staple of the Japanese diet, come with us to learn how it's planted!

FRESHWATER FISHING TRIP

with the Outdoor Adventure Center (OAC)

Sunday, June 16 • \$20 per person

Open to SOFA ages 18+

Depart OAC: 10 a.m. • Return OAC: 5 p.m.

Join us for some seasonal saltwater fishing!

Please bring yen for snacks and drinks.

Includes guide, cooler, rod, and reel. Difficulty Level: 1-2

HASAMI BIKING TOUR

with the Outdoor Adventure Center (OAC)

Sunday, June 16 • \$30 per person

Open to SOFA ages 18+

Depart OAC: 10 a.m. • Return OAC: 3 p.m.

Interesting ride around Hasami Town! Please bring yen for snacks and drinks. *Includes bike, transportation, and guide. Difficulty Level: 2-3*

SUMMER ORIGAMI WITH ERIKO-SAN with the Library

Monday, June 17 • 11 a.m. - 12 p.m.

Open to all ages

Join Eriko from FFSC and learn to make special, themed origami creations.

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

Yin Yoga	8:15 - 9:15 a.m.
2'S Day on Monday Spin	9:30-10:15 a.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 *Starting 6/12*	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.
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MAIN BASE INDOOR POOL

Mon - Fri: 5 a.m. - 7 p.m.

Saturday: 9 a.m. - 4:30 p.m.

Sunday and Holidays: 11 a.m. - 4:30 p.m.

HARIO

TUESDAY

Hatha Flow Yoga	9:45 - 10:45 a.m.
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FRIDAY

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