

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)



MWR "At a Glance"

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Orange Chicken

Tuesday

Chicken Mussamun Thai Curry

Wednesday

Tonaktsu - Japanese Pork Cutlet

Thursday

California Burrito

Friday

Shrimp Pasta Alfredo

BRODIE'S

Monday

Cuban Pork Rice Bowl

Tuesday

Chimichurri Chicken Salad

Wednesday

Spicy Hawaiian Calzone

Thursday

Pasta Plate

Friday

Fried Chicken Ceasar Wrap

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

LUNCH SPECIALS

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, JUNE 5

The Accountant 2 (R) 6 p.m.

FRIDAY, JUNE 6

Karate Kid: Legends (PG-13) 5:30 p.m.
Ballerina (R) 8 p.m.

SATURDAY, JUNE 7

Fight or Flight (R) 5:30 p.m.
Shadow Force (R) 8 p.m.

SUNDAY, JUNE 8

Ballerina (R) 6 p.m.

HARIO VILLAGE THEATER

SATURDAY, JUNE 7

Lilo & Stitch 2025 (PG) 5:30 p.m.

SUNDAY, JUNE 8

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



UPCOMING EVENTS:

"LEVEL UP" SUMMER READING PROGRAM at the Library

All Summer Long • June 15 - August 12
Pre-registration starts Monday, June 2!

We are all about puzzles and games in various forms; digital, traditional and more! Join #summerreading to celebrate and find new ways to learn and elevate your skills. We have a community goal of 375,000 minutes - help us achieve it by participating! Our kick-off party is Sunday, June 15 from 10:30 a.m. - 1:30 p.m. at the Library. Celebrate, have some treats, and pre-registree's will be able to pick up their Summer Reading Registration goodie bags (while supplies last)! Sign up at any time this summer.

Visit: <https://sasebomwr.beanstack.org>. You can also download the Beanstack App, and search for Sasebo CFA.

FIT-4-FUJI CHALLENGE at Fleet Fitness Complex

All Month Long!
With climbing season right around the corner, we can help make sure you have what it takes to reach the summit. Complete one, or all four routes on the stair-climber - log your steps as you progress! This challenge can be tackled at any time during the month of June. Participants may also be eligible for Captain's Cup Points. For more details visit the Fleet Fitness Complex, or call 252-3595.

KAYAKING TRIP with Outdoor Adventure Center

Saturday, June 7 • 10 a.m. - 4 p.m. • \$25

Enjoy kayaking through a labyrinthine archipelago, which contains the highest density of islands in Japan. Price includes transportation, kayak, safety equipment, and guide. Bring food and drink. Open to all SOFA sponsored personnel 18+. Register for this trip at the Outdoor Adventure Center office by Thursday, June 5.

KOKURA CASTLE AND RIVER WALK with Travel and Tours

Saturday, June 7 • 8 a.m. - 7:30 p.m. • \$55

Originally built in 1602 by Hosokawa Tadaoki, it is an impressive castle with double and triple moats! Register for this trip at the Travel and Tours office by Thursday, June 5.

ESCAPE ROOM TRIP the Liberty Center

Saturday, June 7 • 10 a.m. - 8 p.m. • \$20

Join us on an immersive experience where participants are locked in a themed room and have to solve puzzles and escape before time runs out! Afterwards, enjoy shopping and sightseeing in Fukuoka. Please sign up at the Liberty Center, located on the second floor of the Fleet Fitness Complex. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

DISCOVER SASEBO with Travel and Tours

Sunday, June 8 • 8:15 a.m. - 5 p.m. • \$50 - \$35

We'll visit some of Sasebo's most famous sightseeing spots, then enjoy a premium buffet lunch at one of the finest mountainside resorts (with yet another stunning view!). Register for this trip at the Travel and Tours office by Thursday, June 5.

SALTWATER FISHING AT OAC with Outdoor Adventure Center

Sunday, June 8 • 10 a.m. - 3 p.m. • Free!

Open to all SOFA sponsored personnel! Includes bait, guide, rod and reel. Bring drinks and snacks.

SUMMER SPLASH OFF!

at the Main Base & Hario Outdoor Pools
Wednesday, June 11 • 10 a.m. - 3 p.m. • Hario
Thursday, June 12 • 1- 6 p.m. • Main Base

Learn essential water tips, enjoy fun activities and get the chance to take the Navy Youth Swim Test to earn your Navy Youth Swim License! *A parent or guardian must be present for all youth 10-15 years old while they participate in the swim test.*

FITNESS SCHEDULE

MAIN BASE

MONDAY

Sweat n' Sculpt	8:30 - 9 a.m.
Cycle	9:30 - 10:30 a.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.
Jiu-Jitsu (7-9 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.
Cycle	4:30 - 5:15 p.m.
Jiu-Jitsu - \$	6 - 7:45 p.m.

WEDNESDAY

Zumba	9 - 10 a.m.
Cycle	10:15 - 11:00 a.m.
Sweat n' Sculpt	12:15 - 12:45 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.
Cycle	6:15 - 7 p.m.

FRIDAY

Adult Judo & Jiu-Jitsu - \$	6 - 7 a.m.
Spin & Sculpt	9:30 - 10 a.m.
Adult Hip Hop Dance	10:30 - 11:15 a.m.
Spin & Sculpt	4:30 - 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.

**(Peer Led & Registration Required)*

HARIO

TUESDAY

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

WEDNESDAY

Body Burn	8:30 - 9:30 a.m.
Hiit & Hustle	10 - 11 a.m.
Body Burn	5:30 - 6:30 p.m.

THURSDAY

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

FRIDAY

Hiit & Hustle	8:30 - 9:30 a.m.
Body Burn	10 - 11 a.m.
Karate - \$	5-6 p.m.
Karate - \$	6-7 p.m.