

# 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](http://www.navymwrsasebo.com)



August 2024

## MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

### CHOPS

**Monday**  
Meatloaf  
**Tuesday**  
Spicy Pork Adobo  
**Wednesday**  
Thai Chicken Green Curry  
**Thursday**  
Chicken Alfredo  
**Friday**  
Fried Fish Sandwich

### BRODIE'S

**Monday**  
BBQ Beef  
**Tuesday**  
TSO Rice Bowl  
**Wednesday**  
Chicken Alfredo Calzone  
**Thursday**  
Loaded Nachos  
**Friday**  
Chicken Salad Sandwich

## 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

#### THURSDAY, AUGUST 22

Deadpool & Wolverine (R) 6 p.m.

#### FRIDAY, AUGUST 23

Despicable Me 4 (PG) 5:30 p.m.  
It Ends with Us (PG-13) 8 p.m.

#### SATURDAY, AUGUST 24

Twisters (PG-13) 5:30 p.m.  
Alien: Romulus (R) 8 p.m.

#### SUNDAY, AUGUST 25

Deadpool & Wolverine (R) 6 p.m.

#### THURSDAY, AUGUST 29

Longlegs (R) 6 p.m.

### HARIO VILLAGE THEATER

#### SATURDAY, AUGUST 24

It Ends with Us (PG-13) 5:30 p.m.

#### SUNDAY, AUGUST 25

Alien: Romulus (R) 5:30 p.m.



## ALL MONTH:

### 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 also 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 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:

### SAIHI SILVER BOWL with the Liberty Center

**Wednesday, August 21 • \$8**

**Departs Liberty Center at 5 p.m.**

Enjoy 3 games of bowling. Shoes included. *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

## CONT...

### EARLY READER STORYTIME IN HARIO! with the Library

**Thursday, August 22 • Free**

**Open to ages 0-5 • 2:30 - 3:30 p.m.**

Our theme this week is Friendship! We will feature stories, songs, finger plays and rhymes!

### WOOD SIGN PAINTING with the Liberty Center

**Friday, August 23 • LBJ: \$20 • E6+: \$30**

Show off your artistic talent and come paint a wooden sign at Liberty! Our instructor will show you the techniques. Snacks and drinks will be provided. *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

### KAWATANA BIKING TOUR with the Outdoor Adventure Center (OAC)

**Saturday, August 24 • \$30 per person**  
**Depart OAC: 10 a.m. • Return OAC: 5 p.m.**

Join us on an interesting ride to Kawatana Bay on Omura Wan. *Please bring food and drinks*  
*Difficulty Level: 1-2*

### HIGHLIGHT OF THE WEEK!

### THE CARDBOARD BOAT RACE! hosted by the Main Base and Hario Teen Centers

**Saturday, August 24 • Free • Ages 5+**

Come check out all these incredible fits of engineering as the kids of Sasebo race their cardboard boats across the Hario pool! The race will start at 9 a.m. so make sure to get there early and grab a good view point!

### AINOURA TO TAKASHIMA ISLAND TO BANDAKE HIKE

**with the Outdoor Adventure Center (OAC)**

**Sunday, August 25 • \$35 per person**  
**Depart OAC: 9:30 a.m. • Return OAC: 5 p.m.**

Join us on a ferry ride to Takashima Island. Once on the island, we will hike to the Bonsake Overlook. *Please bring yen for food and drinks.*  
*Difficulty Level: 1-2*

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

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

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

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.

Last Day: September 2nd

### HARIO

#### TUESDAY

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

#### WEDNESDAY

Wild Card Wednesday 8:30 - 9:30 a.m.

#### FRIDAY

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