

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

Tickets & Travel

252-3433/2165

Showboat Theater

252-6996

Hario Village Theater

252-8753

STAY CONNECTED

Visit our official MWR Website
for events and information:
www.navywmwsasebo.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.NAVYWMWSASEBO.COM/
DIRECTORY-MORE/JOB-OPPORTUNITIES](https://www.navywmwsasebo.com/directory-more/job-opportunities)

Saltwater Fishing & BBQ

Saturday, March 22nd • with the Outdoor Adventure Center

Free • Starts at OAC: 12 p.m. • Ends at OAC: 5 p.m.



MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Chili Dog

Tuesday

Chicken Enchilada

Wednesday

Tom Yum Gai

Thursday

Meatloaf

Friday

Shrimp Po' Boy

BRODIE'S

Monday

Chicken Ranch Wrap

Tuesday

Chicken Taco Salad

Wednesday

Grilled Texas Reuben

Thursday

3 Pulled Pork Tacos

Friday

Fried Fish Sandwich

ONGOING EVENTS

SUNDAY BRUNCH

Every Sunday

Harbor View Club • Sakata Ballroom

10 a.m. - 2 p.m.

Ages 12 and over: \$15

Ages 6 - 11: \$7

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. - 2 p.m.

95¢ an ounce

LUNCH SPECIALS

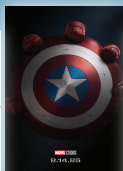
Morale, Welfare and Recreation

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, MARCH 13

Heart Eyes (R) 6 p.m.

FRIDAY, MARCH 14

Dog Man (PG) 5:30 p.m.

Captain America:
Brave New World (PG-13) 8 p.m.

SATURDAY, MARCH 15

Love Hurts (R) 5:30 p.m.

Heart Eyes (R) 8 p.m.

SUNDAY, MARCH 16

Flight Risk (R) 6 p.m.

HARIO VILLAGE THEATER

SATURDAY, MARCH 15

Dog Man (PG) 5:30 p.m.

SUNDAY, MARCH 16

Companion (R) 5:30 p.m.



UPCOMING EVENTS:

WE'RE SO LUCKY TO HAVE YOU!

at the Library

March 10th - 14th • Free • All Day

Join our craft table for a wee bit 'o fun and create a marvelous piece that you get to take home!

IF I CAUGHT A LEPRECHAUN

at the Library

March 12th • Free • 10:30 - 11:30 a.m.

What would you do if you caught a leprechaun? Join us for storytime and activity. Make sure to wear the color green!

FAMILY BOARD GAME AFTERNOON

at the Library

March 14th • Free • 10 a.m. - 5 p.m.

Come and game with us for a day of friendly family competition and fun for all ages. We've got Sorry, Trouble, Battleship, Jenga, and plenty more games to choose from!

HIKE TO YOSHI TOWN

with the Outdoor Adventure Center

Saturday, March 15th • Free

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

Join us as we travel by rail to Yoshi Town Area, then explore a natural stone bridge. *Bring 2,500 Yen for train fare and snacks. Difficulty Level: 2.5

PAINTBALL AT HARIO

with the Outdoor Adventure Center

Sunday, March 16th • \$20 • 10 a.m. - 2 p.m.

Includes paintball marker and all required safety equipment. You must buy your own paintballs (available at OAC) and bring drinks and snacks.

SHAMROCK SHINDIG!

at the Liberty Center

Monday, March 17th • Free • 6 p.m.

Come celebrate at the Liberty Center with free food, activities, and movies! *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders*

ADULT BOOK CLUB MEETINGS

at the Library

March 18th • Free • 4 - 5 p.m. • 18+

The first 10 people to sign up get a free copy of the book of the month! This month's book is "The City and it's Uncertain Walls" by Haruki Murakami.

LIBERTY AMBASSADOR BOWLING

at the Liberty Center

Wednesday, March 19th • Free • 3 p.m.

We want to hear from your thoughts and ideas to enhance our program! Afterwards, enjoy some free bowling! Limited to the first 7 people. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

SALTWATER FISHING & BBQ AT THE OUTDOOR ADVENTURE CENTER

with the Outdoor Adventure Center

Saturday, March 22nd • Free

Starts at OAC: 12 p.m. • Ends at OAC: 5 p.m.

Includes bait, grill and guide! *Bring food to grill. Difficulty Level: 1

KANOUKAEN FIRE FESTIVAL

at the Liberty Center

Saturday, March 22nd • Departs at 3 p.m. • Free

Head to Nagasaki to see the biggest festival in Kyushu! The Nagasaki Lantern Festival is a celebration of the Chinese New Year. You'll see countless lanterns, the Emperor Parade, and more! *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

BIKE TO SAIKAIBASHI PARK

with the Outdoor Adventure Center

Sunday, March 23rd • \$20

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

Join us as we peddle our way from Hario to Saikaibashi Park! Includes Transportation, Bike and guide! *Bring Yen for drinks and snacks. Difficulty Level: 3

FITNESS SCHEDULE

MAIN BASE

MONDAY

Sweat n' Sculpt 8:30 - 9 a.m.
Cycle 9:30 - 10:15 a.m.
Jiu-Jitsu (7-9 y/o) - \$ 4 - 4:45 p.m.
Strong Nation 4:45 - 5:15 p.m.
Jiu-Jitsu (4-6 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.
Swim Squad* 5:30 - 6:30 p.m.
Jiu-Jitsu - \$ 6 - 7:45 p.m.
Cycle 6:15 - 7 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.
Swim Squad* 5:30 - 6:30 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.
**(Peer Led & Registration Required)*

HARIO

MONDAY

Cycle 4 - 4:45 p.m.

TUESDAY

Hiit & Hustle 8:30 - 9:30 a.m.
Hatha Flow Yoga 9:45 - 10:45 a.m.
Spin 10 - 11 a.m.

WEDNESDAY

Spin 8:30 - 9:30 a.m.
Wild Card Wednesday 9 - 10 a.m.
Body Burn 10 - 11 a.m.

THURSDAY

Body Burn 8:30 - 9:30 a.m.
Hiit & Hustle 10 - 11 a.m.
Cycle 10:15 - 11 a.m.
Spin 101 (1st THURS./MONTH) 11:30 a.m. - 12:30 p.m.

FRIDAY

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