

# FEATURE



## Max Rep Bench Press Combine

at the Fleet Fitness Complex

**Saturday, March 20**

**\$5 per person • 10 a.m.- 2p.m.**

**Registration Deadline:**

**Saturday, March 13**

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. Check out the attached flyer for more info!

**MONDAY, MARCH 8 - MONDAY, MARCH 15**

# MWR AT-A-GLANCE

[WWW.MWRSASEBOJAPAN.COM](http://WWW.MWRSASEBOJAPAN.COM)

**MONDAY-FRIDAY • 11 A.M.-2 P.M.**

## HARBOR VIEW CLUB

**Monday**

Meatloaf

**Tuesday**

Lasagna

**Wednesday**

Teriyaki Grilled Chicken

**Thursday**

Double Turkey Burger

**Friday**

Sweet Thai Chili Shrimp

## BRODIE'S

**Monday**

Chicken Caesar Wrap

**Tuesday**

Taco Rice Bowl

**Wednesday**

Italian Meatball Sandwich

**Thursday**

Brodie's Turkey Special

**Friday**

Grilled Turkey & Swiss Sandwich

## ONGOING EVENTS

### BINGO NIGHT

Every Wednesday

Doors open at 5 p.m. • Game starts at 6 p.m.

\$20 per package • Harbor View Club

Open to SOFA sponsored personnel,  
ages 18 years & older (Guests are not allowed)

### TURKEY THURSDAYS

Every Thursday

11 a.m.-1 p.m. • Brodie's

Order the Brodie's Turkey Special for only \$9!

### MONGOLIAN BARBECUE

Every Thursday Night

5-9 p.m. • 75¢ per oz

Harbor View Club - Sakata Ballroom

### SUNDAY BRUNCH

Every Sunday

10 a.m.-2 p.m. • Harbor View Club - Sakata Ballroom

Ages 12 & up: \$15, Ages 6-11: \$7, Ages 5 & under: Free

## LUNCH SPECIALS

# MOVIE SCHEDULE

Movie schedule is subject to change without notice.

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

\* = Free Admission

## SHOWBOAT

### NOTICE:

The Showboat Theater is only opened on Thursdays, Fridays, Saturdays and Sundays until further notice.

#### THURSDAY, MARCH 11

Raya and the Last Dragon (PG) 6:30 p.m.

#### FRIDAY, MARCH 12

The Little Things (R) 6:30 p.m.

#### SATURDAY, MARCH 13

Raya and the Last Dragon (PG) 6:30 p.m.

#### SUNDAY, MARCH 14

Judas and the Black Messiah (R) 6:30 p.m.

## HARIO VILLAGE

### NOTICE:

The Hario Village Theater is closed until further notice due to technical difficulties. We apologize for the inconvenience.

## NEW MOVIES!



UPCOMING

### Notice:

Reservations are still be taken for all OAC and ITT trips. Trips are subject to cancellation based on the most up-to-date PHO status at the time. Customers will be notified prior to the trip.

### Japanese Traditional Wood Craft & Okawa Furniture with Travel & Tours

Saturday, March 13

All Seats: \$60

Departs: MB 9 a.m. • Hario 9:45 a.m.

Returns: Hario 6 p.m. • MB 6:30 p.m.

Registration Deadline: Thursday, March 11

### Hirado Shijiki Hike with the Outdoor Adventure Center

Saturday, March 13

9:30 a.m.-6 p.m. • \$10 per person

Open to SOFA sponsored personnel, ages 13 & up

Registration Deadline: Thursday, March 11

### Costco Pop-Up Tour with Travel & Tours

Sunday, March 14

All Seats: \$30

Departs: MB 7:45 a.m. • Hario 8:30 a.m.

Returns: Hario 4:30 p.m. • MB 5 p.m.

Registration Deadline: Thursday, March 11

### Scheduled Paintball Game with the Outdoor Adventure Center

Sunday, March 14

10 a.m.-2 p.m. • \$15 + cost of paintballs

(\$59 per box of 2,000 rounds)

Open to SOFA sponsored personnel, 18 years & up

Registration Deadline: Thursday, March 11

A minimum of 8 participants are required to run a game. All game prices include gear and equipment. Paintballs can be purchased at the Hammerhead Dive Shop.

### Dollar-Rama Movie Nights at the Showboat Theater

Thursdays in March

6:30 p.m. • Ages 6 & up: \$1 Admission

Children 5 years & under: Free

Please check attached flyer for complete details!

### CFL Training Course with Navy Fitness Sasebo

Monday, March 29 - Friday, April 2

Free • Fleet Fitness Complex

Open to Active Duty Military Personnel

Registration Deadline: Friday, March 12

Please check attached flyer for more details on how to register!

# 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

HARIO CANTINA  
252-8857

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

## HOSPITALITY

NAVY GATEWAY INNS & SUITES  
252-3794

## 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

## THEATERS

Showboat Theater • 252-3822/6996  
Hario Village Theater • 252-8753

Movie times published weekly at  
<https://www.navymwr.org/programs/motion-pictures/theaters>



## JOIN OUR TEAM AT MWR SASEBO!

### POSITIONS AVAILABLE INCLUDE:

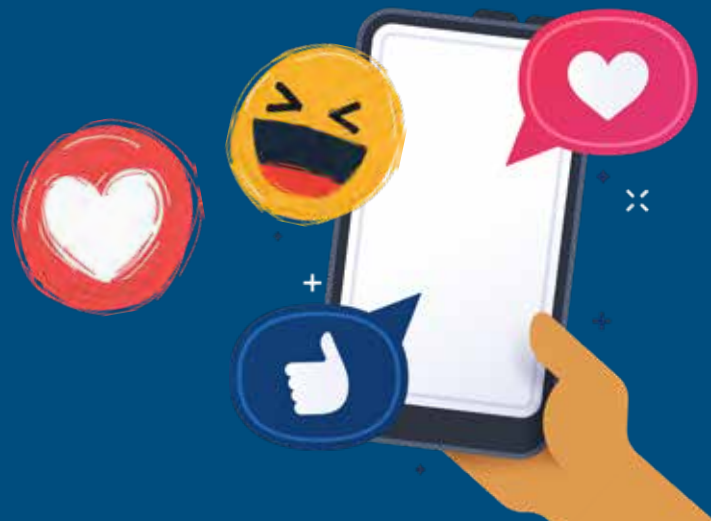
LIFEGUARDS • BARTENDERS  
CHILD & YOUTH PROGRAMS  
FOOD SERVICES • RECREATION AIDS:  
FITNESS • THEATER • LIBERTY CENTER  
LIBRARY • OUTDOOR ADVENTURE CENTER

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 & INSTAGRAM  
[@MWRSASEBOJAPAN](https://www.facebook.com/MWRSASEBOJAPAN)

VISIT OUR OFFICIAL WEBPAGE AT  
[WWW.NAVYMWRSASEBO.COM](http://WWW.NAVYMWRSASEBO.COM)





**OPEN TO SOFA SPONSORED PERSONNEL, 18 YEARS & OLDER**

# MAX REP BENCH PRESS *COMBINE*



**SATURDAY, MARCH 20**

**10 A.M.-2 P.M.**

**\$5 PER PERSON**

**FLEET FITNESS COMPLEX**

Think you have what it takes to bench like a 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.

Medals will be given for first and second place for the following weight class –  
Males: 200 lbs. & up • Under 200 lbs.  
Females: 165 lbs. & up • Under 165 lbs.



For more information, call 252-6899.

**HOW ARE WE DOING?**

SCAN THE QR CODES TO COMPLETE EACH SURVEY!

FITNESS



IM SPORTS



AQUATICS



**REGISTRATION DEADLINE: SATURDAY, MARCH 13  
REGISTER AT THE FLEET FITNESS COMPLEX**



**OPEN TO ALL ACTIVE DUTY MILITARY PERSONNEL**

# **CFL** ***TRAINING COURSE***



**MONDAY, MARCH 29 - FRIDAY, APRIL 2**

**FREE • FLEET FITNESS COMPLEX**

**Registration Deadline:**

**Friday, March 12**

(Seats will be limited to the  
10 students so sign-up early!)

To download the application  
and supporting documents,  
please visit the link below:

[https://www.navyfitness.org/fitness/  
cfl-information/cfl-course-  
application-and-registration](https://www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-registration)

For more information or to register, please contact the Fitness Coordinator,  
Joshua Phillips, at 252-6899 or [Joshua.Phillips@fe.navy.mil](mailto:Joshua.Phillips@fe.navy.mil).





# DOLLAR- RAMA

## Movie Nights

\$1

### THURSDAYS IN MARCH

6:30 p.m.

Showboat Theater

**Ages 6 years & up:**

**\$1 Admission**

**Children 5 years & under: Free**

Candy and popcorn will be available  
for purchase for only \$1 each!  
Bring the family, join some friends  
or come alone and take advantage  
of this dollar savings deal!



Open to SOFA  
Sponsored Personnel,  
All Ages



For more information, call 252-6996.



*MANAGER'S SPECIAL*

# **TURKEY** **THURSDAYS**

**EVERY  
THURSDAY**

STARTING THURSDAY, FEBRUARY 18

**11 A.M.-1 P.M.  
\$9 PER PLATE**



FOR MORE INFORMATION,  
CALL 252-2965



**HOME STYLE ROTISSERIE TURKEY  
ROASTED ON A SPIT!**

**SERVED WITH STUFFING, CORN  
AND A SLICE OF PUMPKIN PIE**