

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



January 2025 MWR AT-A-GLANCE

LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

- Monday**
Orange Chicken
- Tuesday**
Bibimbap
- Wednesday**
Crispy Fried Chicken
Sandwich
- Thursday**
California Burrito
- Friday**
Turkey Pot Pie

BRODIE'S

- Monday**
California Sandwich
- Tuesday**
Sriracha Pork Quesadilla
- Wednesday**
Taco Supreme Pizza
- Thursday**
Chicken Fried Rice
- Friday**
Fried Shrimp Po' Boy

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 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



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, JANUARY 16

The Fire Inside (PG-13) 6 p.m.

FRIDAY, JANUARY 17

Sonic the Hedgehog 3 (PG) 5:30 p.m.

The Lord of the Rings:

The War of the Rohirrim (PG-13) 8 p.m.

SATURDAY, JANUARY 18

Moana 2 (PG) 5:20 p.m.

The Fire Inside (PG-13) 8 p.m.

SUNDAY, JANUARY 19

The Lord of the Rings:

The War of the Rohirrim (PG-13) 6 p.m.

HARIO VILLAGE THEATER

SATURDAY, JANUARY 18

The Lord of the Rings:

The War of the Rohirrim (PG-13) 5:30 p.m.

SUNDAY, JANUARY 19

The Fire Inside (PG-13) 5:30 p.m.



JANUARY EVENTS:

CAR VEHICLE SAFETY CHECK CLASS at the Auto Hobby Shop

Thursdays • 5:30 - 6:30 p.m. • Free

This is a great skill class that will teach you how to inspect your tires, brakes, and fluids to ensure your vehicle stays running all year round. The Auto Hobby Shop offers other classes and workshops on a weekly basis. Visit: navymwrsasebo.com for current listings.

SMALL BOWL MAKING CLASS at the Wood Hobby Shop

Fridays • 4 - 6 p.m. • \$4

Create a traditional style bowl in this challenging and fun class! The Wood Hobby Shop offers other classes and workshops on a weekly basis. Visit: navymwrsasebo.com for current listings.

WINTER SCAVENGER HUNT at the Library

All Month • Free

Win a small penguin stuffy after finding every hidden clue (while supplies last)!

KUJU FOREST PARK SKI and SNOWBOARDING at the Outdoor Adventure Center (OAC)

Friday, January 17 • \$99

Friday, January 31 • \$99

Includes transportation, guide, and a basic snowboarding set (while supplies last). For more information on this trip(s) please visit, or call the OAC Office at 252-3500.

KIJIMA KOGEN AMUSEMENT PARK at the Tickets and Travel Office

Saturday, January 18 • 7 a.m. - 8:30 p.m. • \$50 - \$80

Kijima Kogen is an amusement park the whole family can enjoy. Attractions include: putt-putt, go-kart racing, and the majestic wooden roller coaster "Jupiter," the first wooden roller coaster in Japan made with 60,000 pieces of wood. Ice skating will also be available. Register for this trip by Thursday, January 16 at the Tickets and Travel Office.

RECYCLE WALK

at the Outdoor Adventure Center (OAC)

Sunday, January 19 • 10 a.m. - 4 p.m. • Free

Enjoy a long walk in the Ainoura area for some recycle therapy. Difficulty level: 2 (for distance.) Register for this trip by Thursday, January 16 at the OAC Office.

ICHIRAN NO MORI RAMEN FACTORY and LALAPORT FUKUOKA

at the Tickets and Travel Office

Sunday, January 19 • 8:15 a.m. - 8 p.m. • \$555

If you love ramen, you don't want to miss this tour to Ichiran no Mori! Discover the history behind this famous ramen, and learn how it's made. You will also have time to walk through Fukuoka's newest mall. Enjoy over 220 stores, a Toy Museum, and catch a glimpse of the life size Mobile Suit Gundam statue.

NATIONAL PENGUIN AWARENESS DAY at the Liberty Center

Monday, January 20 • 4 p.m. • Free

Enjoy snacks, drinks, and a penguin movie marathon starting at 4 p.m. at the Liberty Center. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

PRINCESS AND PIRATE STORYTIME at the Library

Wednesday, January 22 • 10:30 - 11:30 a.m. • Free

Listen to stories from far away lands, sing royal songs, and make princess crown and pirate hat crafts!

MOTHER AND SON SAFARI BALL at Harbor View Club (HVC)

Saturday, January 25 • 5 - 8 p.m. • \$10 - \$25

Let's get wild! We present a Safari Ball with adventures you won't want to miss. Purchase your tickets from the HVC Cash Cage by Tuesday, January 21. For more information, please contact the HVC at 252-2929.

FITNESS SCHEDULE

MAIN BASE

MONDAY

2'S Day on Monday Spin	9:30 - 10:15 a.m.
Yin Yoga	11 a.m. - 12 p.m.
Jiu-Jitsu (7-9 y/o) - \$	4 - 4:45 p.m.
Strong Nation	4:20 - 5 p.m.
Jiu-Jitsu (4-6 y/o) - \$	5 - 5:45 p.m.
Stretch & Tone	5:10 - 5:55 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.
Cycle	5:45 - 6:30 p.m.
Jiu-Jitsu - \$	6 - 7:45 p.m.

WEDNESDAY

Zumba	9 - 10 a.m.
Cycle	10:15 - 11:00 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

Cycle	9:30 - 10:15 a.m.
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.

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.
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**(Peer Led & Registration Required)*

HARIO

MONDAY

Cycle	4 - 4:45 p.m.
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TUESDAY

Hatha Flow Yoga	4:45 - 10:45 a.m.
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WEDNESDAY

Wild Card Wednesday	9 - 10 a.m.
Cycle	10:15 - 11:00 a.m.

THURSDAY

Cycle	10:15 - 11 a.m.
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FRIDAY

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