

# 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.navywmrsasebo.com](http://www.navywmrsasebo.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.NAVYWMRSASEBO.COM/  
DIRECTORY-MORE/JOB-OPPORTUNITIES](https://www.navywmrsasebo.com/directory-more/job-opportunities)



# MWR "At a Glance"

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

## CHOPS

### Monday

Orange Chicken

### Tuesday

Pulled Pork Tacos

### Wednesday

Spice Larb Gai

### Thursday

California Burrito

### Friday

Spaghetti and Meatballs

## BRODIE'S

### Monday

Chicken and Sausage Gumbo

### Tuesday

Brodie's Club Sandwich

### Wednesday

Kogi BBQ Chicken

### Thursday

Chicken Salad Sandwich

### Friday

Korokke Plate

## ONGOING EVENTS

### EASTER BRUNCH

Sunday, April 20

Harbor View Club • Sakata Ballroom

10 a.m. - 2 p.m.

Ages 12 and over: \$25

Ages 6 - 11: \$15

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, APRIL 17

Warfare (R) 5:30 p.m.

#### FRIDAY, APRIL 18

Novocaine (R) 5:30 p.m.  
The Alto Knights (R) 8 p.m.

#### SATURDAY, APRIL 19

The King of Kings (PG) 5:30 p.m.  
The Amateur (PG-13) 8 p.m.

#### SUNDAY, APRIL 20

Novocaine (R) 6 p.m.

### HARIO VILLAGE THEATER

#### SATURDAY, APRIL 19

Snow White (PG) 5:30 p.m.

#### SUNDAY, APRIL 20

The King of Kings (PG) 5:30 p.m.



## UPCOMING EVENTS:

### MILPARENTS and KIDS ROCK! at the Library All Month

Join the Fleet Family Support Center and the MWR Library in recognizing and celebrating healthy children, positive parenting, and strong communities. Stop by for fun activities and more for all to enjoy.

### CELEBRATE THE MILITARY CHILD - EARLY READER STORYTIME at the Library

**Wednesday, April 16 • 10:30 a.m. • Free**

We come together for storytime to read, sing, finger play, and dance as we help children build key reading skills and offer tips to continue the fun of reading at home. Open to ages 0-5 and their guardians.

### DJ REQUEST NIGHT at Galaxies

**Friday, April 18 • 6 p.m. - 12 a.m.**

Listen and dance to your favorite music, played by our live DJ! Specialty drinks and food available. Located on the 3<sup>rd</sup> floor, above Brodies.

### AQUA EGG HUNT at the Fleet Fitness Aquatic Center Friday, April 18 • 1 - 1:45 p.m. • Free

Find a prize egg, and win a special prize! Youth (ages 0 - 12) will have the opportunity to collect eggs from the pool at varying intervals. Children ages 4 and younger must have an adult swimmer in the pool with the child. Non-swimmers must wear a life jacket. Pre-register online ([navymwrsasebo.com](http://navymwrsasebo.com)) or at the Indoor Pool. Please call 252-2925 for more details.

### PAINTBALL PARTY with the Liberty Center

**Saturday, April 19 • 11 a.m. - 2 p.m. • \$20**

Gather your friends for some friendly competition, or join a team for even more fun. Price includes transportation, 1,000 rounds of paintballs, and marker. Register at the Liberty Center by Wednesday, April 16. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

### EASTER EGG HUNT at the Hario Ball Field

**Saturday, April 19 • 10 a.m. - 1 p.m. • Free**

Enjoy an Easter egg hunt (for ages 0-12), a variety of fun and games, and a petting zoo brought by our friends from the Bio Park Zoo! Bring your camera for a photo op with everyone's favorite bunny.

### PAINTBALL AT HARIO with the Outdoor Adventure Center (OAC)

**Saturday, April 19 • 12 - 4 p.m. • \$20 • 18+**

Includes paintball marker and all required safety equipment. You may purchase your own paintballs when you register. Bring drinks and snacks. Register for this trip at the Outdoor Adventure Center office by Thursday, April 17. *This game is for SOFA sponsored personnel 18+. Ages 17 and younger must be accompanied by a parent or guardian.*

### TAKACHIHO GORGE AND TSUJUNKYO SIGHTSEEING with Travel and Tours

**Saturday, April 12 • 7:15 a.m. - 10:30 p.m. • \$45**

We'll enjoy the day in the center of the stunning mountains to see some of the most beautiful natural wonders Kyushu has to offer. Register at the Travel and Tours office by Thursday, April 17. *\*Children aged 6 and younger are not permitted on this trip.*

### EARTH DAY BEACH CLEAN UP with the Outdoor Adventure Center

**Sunday, April 20 • 10 a.m. - 6 p.m. • Free**

Visit the most western point of mainland Japan to participate in a beach clean up in celebration of Earth Day. Bring yen for food and drink. Open to all SOFA sponsored personnel. Register for this trip at the Outdoor Adventure Center office by Thursday, April 17.

### DISCOVER TAKEO with Travel and Tours

**Sunday, April 20 • 9:30 a.m. - 4:45 p.m.**

**\$45 - \$35**  
Explore Takeo including the famous city library, Takeo Shrine, and Mifuneyama Park, which has a stunning landscape. Register at the Travel and Tours office by Thursday, April 17.

## 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

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

#### WEDNESDAY

Spin	8:30 - 9:30 a.m.
Hiit & Hustle	10 - 11 a.m.

#### THURSDAY

Hiit & Hustle	8:30 - 9:30 a.m.
Body Burn	10 - 11 a.m.
Spin 101 (1 <sup>st</sup> Thurs/month)	11:30 a.m. - 12:30 p.m.
Spin	5 - 6 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.