

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



July 2024 MWR AT-A-GLANCE

LUNCH SPECIALS

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

- Monday**
Chicken & Waffles
- Tuesday**
Beef Lasagna
- Wednesday**
Pad Krapow (Thai Basil Chicken)
- Thursday**
Teriyaki Chicken, Rice, & Broccoli Bowl
- Friday**
Fried Fish

BRODIE'S

- Monday**
Fried Chicken Curry
- Tuesday**
Taco Salad Bowl
- Wednesday**
BBQ Chicken Pizza
- Thursday**
Fried Fish Sandwich
- Friday**
Fried Chicken Caesar Wrap

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



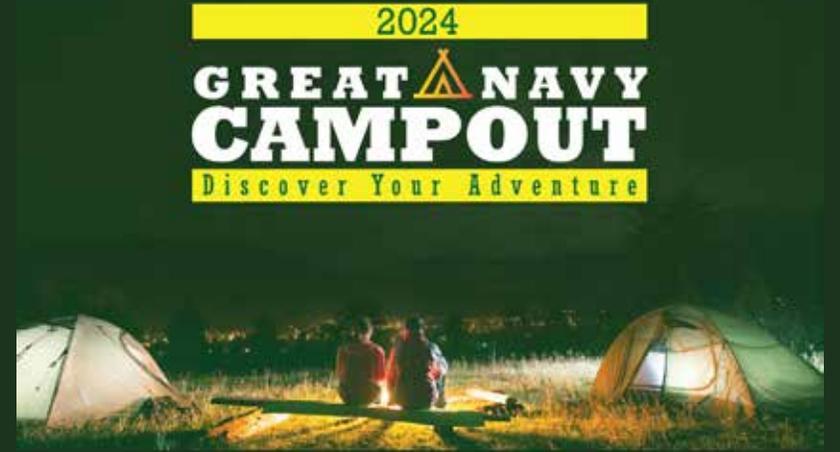
BINGO

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.



Saturday, July 27th • Free at Hario Sports Field

For more information, make sure to check out the "Highlight of the week" inside!

MOVIE SCHEDULE

Movie schedule is subject to change without notice.

TICKET PRICES: ADULT \$3 • CHILD \$2
3D MOVIES: ADULT \$5 • CHILD \$3



SHOWBOAT THEATER

TUESDAY, JULY 23

Free Admission!
Shazam! (PG-13) 1 p.m.

WEDNESDAY, JULY 24

Free Admission!
Ice Age: Collision Course (PG) 1 p.m.

THURSDAY, JULY 25

Free Admission!
Deadpool (R) 6 p.m.

Free Admission!
Deadpool 2 (R) 8 p.m.



HARIO VILLAGE THEATER

THURSDAY, JULY 18

Free Admission!
PAW Patrol:
The Mighty Movie (PG) 1 p.m.



ALL MONTH:

2024 SUMMER READING PROGRAM with the Library

Ends Monday, August 19
Open to all ages • Free

To register, visit sasebomwr.beanstack.com or download the Beanstack app and search for "Sasebo CFA." There are registration goodie bags at the library, while supplies last, BUT you can win prizes all summer!

FREE SUMMER BREAK MATINEES at the Showboat & Hario Village Theaters

Tuesdays & Wednesdays • Showboat
Thursdays & Fridays • Hario Village
Catch free 1 p.m. movies all summer at a theater close to you! Doors open at 12:30 and children 11 and under must be accompanied by a parent or legal guardian.

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:

GET OFF BASE ON DEMAND! with the Liberty Center

Wednesday, July 24 • Free
Want to head to the mall with a group of friends or go to the beach to watch the sunset? The possibilities are endless, let's go! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

FAMILY STORYTIME IN HARIO with the Library

Thursday, July 25 • Free • Open to all ages
2:30 p.m. - 3:30 p.m.
Join us for storytime and crafts that will be fun for the whole family! Our theme is Ice Cream and we are located in the Hario Chapel.

TOBATA GION FESTIVAL - SUMMER TRIP with the Liberty Center

Saturday, July 27 • Free
Depart: 2 p.m. • Return: 11 p.m.
Visit this shrine festival that has been held for over 200 years. At night, Yamasaka will become a pyramid of light! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

HIGHLIGHT OF THE WEEK!

THE GREAT NAVY CAMPOUT

with the Outdoor Adventure Center (OAC)
Saturday, July 27 • Free at Hario Sports Field!
Camp all night beneath the stars, or glamp for a few hours. At dusk, relax and enjoy a free movie provided by Hario Village Theater. Movie snacks are available for purchase (cash only - USD or JPY). Camping equipment available for rent at OAC! *Difficulty Level: FUN!*

EBOSHI TO OAC WALK

with the Outdoor Adventure Center (OAC)
Sunday, July 28 • \$10 per person
Depart OAC: 10 • Return OAC: 3 p.m.
We will start at the peak of Mount Eboshi and walk to OAC! *Open to SOFA ages 18+ • Please bring yen for snacks and drinks.*

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.
Yin Yoga	11 a.m.-12 p.m.
Jiu-Jitsu (4-6 y/o) - \$	4-4:45 p.m.
K-Pop & Hip Hop Cardio	4-5 p.m.
Jiu-Jitsu (7-9 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

Yoga	10:30-11:30 a.m.
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

Yoga	11 a.m.-12 p.m.
Zumba Toning	4:20-5 p.m.
Beginners Judo - \$	4-5 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.
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MAIN BASE SUMMER OUTDOOR POOL

Mon - Thurs: 1 p.m. - 6 p.m.
Friday: 10 a.m. - 12 p.m.

HARIO

TUESDAY

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

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