

# 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

## Spring Festival With MWR at Hario Ball Field



Sunday, March 30. 10 a.m. to 2 p.m. • Free!  
Hop on over to Hario ball field for an egg hunt, photos, carnival games and more!

## 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](http://www.navywmwrsasebo.com)

MARCH 1-30

## MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

### CHOPS

**Monday**  
General Tso's Chicken  
**Tuesday**  
Loco Moco  
**Wednesday**  
Gyros  
**Thursday**  
Ultimate Grilled Cheese &  
Tomato Soup  
**Friday**  
Fish Tacos

### BRODIE'S

**Monday**  
Cali-Rito's (Burrito)!  
**Tuesday**  
Chicken & Waffles  
**Wednesday**  
El Cubanito Sandwich  
**Thursday**  
Pipe-Burger Chili  
**Friday**  
Reuben

## LUNCH SPECIALS

## 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.

## MOVIE SCHEDULE

Movie schedule is subject to change without notice.

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

### SHOWBOAT THEATER



#### WEDNESDAY MARCH 27

Sonic the Hedgehog 2 (PG) 1:00 p.m.  
*Free Admission!*

#### THURSDAY MARCH 28

Kung Fu Panda 4 (PG) 6:00 p.m.

#### FRIDAY MARCH 29

Godzilla x Kong (PG-13) 5:30 p.m.  
Ghostbusters:  
Frozen Empire (PG-13) 8:00 p.m.

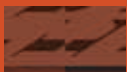
#### SATURDAY MARCH 30

Kung Fu Panda 4 (PG) 5:30 p.m.

Godzilla x Kong (PG-13) 8:00 p.m.

#### SUNDAY MARCH 24

Godzilla x Kong (PG-13) 6:00 p.m.



### HARIO VILLAGE THEATER

#### THURSDAY MARCH 28

The Super Mario Bros Movie (PG-13) 1:00 p.m.

#### FRIDAY MARCH 29

Sonic the Hedgehog 2 (PG) 1:00 p.m.  
*Free Admission!*  
Barbie (PG-13) 6:00 p.m.

#### SATURDAY MARCH 30

Godzilla x Kong (PG-13) 5:30 p.m.

#### SUNDAY MARCH 17

Ghostbusters:  
Frozen Empire (PG-13) 5:30 p.m.

## UPCOMING . . .

### OIL CHANGE CLINIC

At the Auto Hobby Shop

**Wednesdays• 4:30-5:30 p.m. • Free**

This is a great skills class that will teach you how to change your own oil. This will help you save money in the long run and keep your car running great!

### SOLDERING CIRCUIT BOARDS CLASS

**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.

### WOMENS HISTORY MONTH

At MWR Library

**March 1-31 • Free**

Celebrate Women's History Month by exploring the lives and works of influential women writers. Join us for programs, resources, and recommended reading.

### MOUNT SAKURAJIMA HIKE

With the Outdoor Adventure Center

**Saturday, March 30**

**Depart OAC: 6 a.m. • Return OAC: 6 a.m.**

**\$70 per person • Open to SOFA 18+**

Join us as we continue our hikes through the active volcanoes on Kyushu Island. We will travel to Kogoshima prefecture to explore the area around one of the most active volcanoes in all of Japan!

### SPRING FESTIVAL

With MWR at Hario Ball Field

**Saturday, March 30 • FREE! • 10 a.m.-1 p.m.**

Hop on over to Hario Ball Field on Saturday, March 30 for the Spring Festival! We'll have an egg hunt, photos with the easter bunny, carnival games, activities and more! FFSC will also have their Kids Fest! Yen and Dollar accepted for some activities.

### EASTER BRUNCH

at the Harbor View Club

**Sunday, March 31 • 10 a.m. to 2 p.m.**

**Ages 12+: \$25 • Ages 6-11: \$10**

**Ages 5 and under: Free**

Come enjoy Easter Brunch at Harbor View Club! We will have omelette's, biscuits and gravy, pancakes, pastries, a carving station, and so much more! Something the whole family is guaranteed to enjoy! Reservations are recommended call 252-3965 to reserve.

### KARATSU HISTORIC TOUR

With Travel and Tours

**Sunday, March 31**

**Adults: \$45, Junior:\$40, Child/Infant: \$35**

**Depart MB: 7:45 a.m. • Hario: 8:30 a.m.**

**Return Hario: 5 p.m. • MB: 5:30 p.m.**

On this tour to Karatsu you will experience the magnificent views from Mt. Kagami, tour of the Takatori Residence which was once owned by Koreyoshi Takatori, a prominent coal baron of the time. Lastly, we will take a tour of Karatsu Castle aka the centerpiece of Karatsu City.

### TRIVIA NIGHT

At Harbor View Club

**Tuesday, April 2 • 5:30 - 8 p.m.**

**Open to ages 20+ • \$10 per person**

It's trivia night at Harbor View! Come with a team or come alone, you'll be able to play either way! Round 1 will be movie trivia, round 2 will be music trivia, and round 3 will be a mystery round! Prizes will be awarded to winners. Buy your tickets at Harbor View Club's cash cage!

## 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.  
Jiu-Jitsu (4-6 y/o) - \$ 4-4:45 p.m.  
K-Pop & Hip Hop Cardio 4:30-5:30 p.m.  
Jiu-Jitsu (7-9 y/o) - \$ 5-5:45 p.m.  
Stretch & Recovery 5:40-6:20 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

Cycle 9:30-10:15 a.m.  
Cheer Dance - \$ 3:30-4:30 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.  
Spin and Sculpt 9:30-10 a.m.  
Adult Hip Hop Dance 10:30-11:15 p.m.  
Strong Nation 4-4:40 p.m.  
Hip Hop dance - \$ 5-6 p.m.

#### FRIDAY

Beginner Power Yoga 9:30-10:30 a.m.

#### MAIN BASE INDOOR POOL

Mon - Fri: 5 a.m. - 7 p.m.

Saturday: 9 a.m. - 4:30 p.m.

Sunday and Holidays: 11 a.m. - 4:30 p.m.

### HARIO

#### WEDNESDAY

Cycle Bootcamp 8:30 - 9:30 a.m.  
**(3/6 & 3/27 only)**  
Karate - \$ 5-6 p.m.  
Karate - \$ 6-7 p.m.