

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.navymwrsasebo.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.NAVYMWRSASEBO.COM/DIRECTORY-MORE/JOB-OPPORTUNITIES](https://www.navymwrsasebo.com/directory-more/job-opportunities)

Kanoukaen Fire Festival



Saturday, March 29 • with Liberty or Travel and Tours
Prices vary • Read on for more details!

MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

Monday

Chili Dog

Tuesday

Chicken Enchilada

Wednesday

Tom Yum Gai

Thursday

Meatloaf

Friday

Shrimp Po' Boy

BRODIE'S

Monday

Chicken Ranch Wrap

Tuesday

Chicken Taco Salad

Wednesday

Grilled Texas Reuben

Thursday

3 Pulled Pork Tacos

Friday

Fried Fish Sandwich

ONGOING EVENTS

SUNDAY BRUNCH

Every Sunday

Harbor View Club • Sakata Ballroom

10 a.m. - 2 p.m.

Ages 12 and over: \$15

Ages 6 - 11: \$7

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

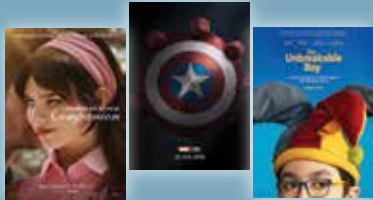
Merale, Welfare and Recreation

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, MARCH 27

Companion (R) 6 p.m.

FRIDAY, MARCH 28

Last Breath (PG-13) 5:30 p.m.

Captain America:
Brave New World (PG-13) 8 p.m.

SATURDAY, MARCH 29

The Unbreakable Boy (PG) 5:30 p.m.

Last Breath (PG-13) 8 p.m.

SUNDAY, MARCH 30

Love Hurts (R) 6 p.m.

HARIO VILLAGE THEATER

SATURDAY, MARCH 29

Captain America:
Brave New World (PG-13) 5:30 p.m.

SUNDAY, MARCH 30

The Unbreakable Boy (PG) 5:30 p.m.



UPCOMING EVENTS:

COUNTRY NIGHT

at the Hario Cantina

Friday, March 28 • 5 p.m. - 12 a.m.

Listen and dance to country music at the Hario Cantina! Limited food menu available from 5 - 9 p.m., but drinks specials will be available all night long. Please, no children after 8 p.m.

KANOUKAEN FIRE FESTIVAL

with the Liberty Center

Saturday, March 29 • 12:45 p.m. • \$20

This festival has roots that go back 400 years when the samurai made their torch-lit journey back home after battle. We will provide you with torches so that you may participate in the procession! Register at the Liberty Center. *To be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

KANOUKAEN FIRE FESTIVAL

with Travel and Tours

Saturday, March 29 • 12:30 - 11:45 p.m. • \$70

The largest fire festival in all of Nagasaki features 200 participants in samurai warrior costume strolling through the cherry trees of Tachibana Park with flaming torches in their hands. Register at the Travel and Tours office by Thursday, March 27.

LIFEGUARD CERTIFICATION COURSE

at the Fleet Fitness Aquatic Center

Registration Deadline: Thursday, April 10 for course dates: April 17 - 20 • \$100*

This course provides entry-level lifeguard candidates with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Candidates must be at least 15 years of age. Register at the Aquatics center. Please call 252-2925 for more details (**and for information on a discounted price!*)

MOUNT UNZEN SPRING HIKE

with the Outdoor Adventure Center

Saturday, March 29 • Free • 6 a.m. - 6 p.m.

Enjoy the early spring blossoms and view from Mt. Unzen. Bring yen for drinks and snacks. Transportation and guide are included. Register for this trip at the Outdoor Adventure Center office by Thursday, March 27. Difficulty Level: 3

EXPLORE HASAMI, MOUNT NAKAO, AND PIZZAIOLI

with Travel and Tours

Sunday, March 30 • \$35 • 10 a.m. - 3:30 p.m.

Explore the history of this pottery village as you tour its potteries and wander its alleyways filled with nostalgic scenes from the past - including one of the world's largest climbing kilns, which made mass production of ceramics possible in the Edo Period (1603-1868). We will be using said kiln to cook your pizza! Register for this trip at the Travel and Tours office by Thursday, March 27.

WORLD CLASS COMEDY

at Galaxies

Friday, April 4 • FREE! • 6 p.m. • 18+

Save the date for Armed Forces Entertainment's World Class Comedy Tour! On Friday, April 4, head to Galaxies, located on the 3rd floor above Brodie's, to enjoy some laughs of the evening. It's going to be a great night!



FITNESS SCHEDULE

MAIN BASE

MONDAY

Sweat n' Sculpt 8:30 - 9 a.m.
Cycle 9:30 - 10:15 a.m.
Jiu-Jitsu (7-9 y/o) - \$ 4 - 4:45 p.m.
Strong Nation 4:45 - 5:15 p.m.
Jiu-Jitsu (4-6 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.
Swim Squad* 5:30 - 6:30 p.m.
Jiu-Jitsu - \$ 6 - 7:45 p.m.
Cycle 6:15 - 7 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.
Swim Squad* 5:30 - 6:30 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.
**(Peer Led & Registration Required)*

HARIO

MONDAY

Cycle 4 - 4:45 p.m.

TUESDAY

Hiit & Hustle 8:30 - 9:30 a.m.
Hatha Flow Yoga 9:45 - 10:45 a.m.
Spin 10 - 11 a.m.

WEDNESDAY

Spin 8:30 - 9:30 a.m.
Wild Card Wednesday 9 - 10 a.m.
Body Burn 10 - 11 a.m.

THURSDAY

Body Burn 8:30 - 9:30 a.m.
Hiit & Hustle 10 - 11 a.m.
Cycle 10:15 - 11 a.m.
Spin 101 (1st THURS./MONTH) 11:30 a.m. - 12:30 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.