

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



Bike to Westernmost Japan!
with the Outdoor Adventure Center (OAC)

Sunday, May 12 • Open to SOFA ages 18+ • \$30
Ride to a beautiful area along the Hirado Straits!
Includes a guide, transport, and a bike!

May 1-31

MWR AT-A-GLANCE

MONDAY-FRIDAY • 11 A.M. - 2 P.M.

CHOPS

- Monday**
Orange Chicken
- Tuesday**
Tonkatsu
- Wednesday**
Chicken Mussamun Thai Curry
- Thursday**
Beef Lasagna
- Friday**
Philly Cheesesteak

BRODIE'S

- Monday**
Honey Mustard Chicken Sandwich
- Tuesday**
Chili & Cheese Hotdogs
- Wednesday**
Cajun Chicken Pasta
- Thursday**
Sriracha Steak Quesadilla
- Friday**
Chimichurri Chicken Salad

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



THURSDAY, MAY 9

The First Omen (R) 6 p.m.

FRIDAY, MAY 10

Kingdom of the Planet of the Apes (PG-13) 5:30 p.m.

Monkey Man (R) 8:30 p.m.

SATURDAY, MAY 11

Free Admission!
The Blue Angels (G) 5:30 p.m.

Civil War (R) 8 p.m.

SUNDAY, MAY 12

Kingdom of the Planet of the Apes (PG-13) 6 p.m.



HARIO VILLAGE THEATER

SATURDAY, MAY 11

The Blue Angels (G) 5:30 p.m.

SUNDAY, MAY 12

Civil War (R) 5:30 p.m.



UPCOMING . . .

PIZZA TUESDAYS

At Harbor View Club

Tuesdays through May 28 • 5-8 p.m. • \$10

Enjoy delicious pizza with freshly made pizza dough! Choose from pepperoni, cheese, Hawaiian or veggie! 12" fresh made pizza.

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!

JAPANESE CULTURE CLASS

At the Liberty Center with FFCS

Every other Friday at 3 p.m.

Join Eriko-San from FFSC at Liberty 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.

EARLY READER STORYTIME: FAMILIES

at the Library

Friday, May 10 • 10:30 a.m. • Free

Open to ages 0 - 5

Come and join us for an hour of fun and learning, where we will have stories, songs, finger plays and more in a relaxed setting.

SALTWATER BOAT FISHING

with the Outdoor Adventure Center (OAC)

Saturday, May 11 • 4 p.m. • \$100 Per Person

Open to SOFA ages 18+

Depart OAC: 5 a.m. • Return OAC: 4 p.m.

Includes a guide, cooler, rod, and reel! Please bring your own snacks and drinks.

Difficulty Level: 2-3

SHIMATETSU CAFE TRAIN

with Information, Travel, and Tours (ITT)

Saturday, May 11

Ages 13+: \$65 • 6-12: \$45 • 0-5: \$25

Depart MB: 8 a.m. • Hario: 8:45 a.m.

Return Hario: 5 p.m. • MB: 5:30 p.m.

Enjoy the scenic view of country side, seaside, and even mountainous views from Isahaya to Shimabara in the Nagasaki Prefecture while enjoying delicious, locally sourced foods and sweets unique to this train! **No meals provided**

PAINTBALL AT HARIO!

at the Liberty Center

Saturday, May 11 • 10:30 a.m. - 2 p.m. • \$20

Includes transportation, gear, and 1,000 rounds! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

MOTHER'S DAY BRUNCH!

at Harbor View

Sunday, May 12 • 10 a.m. - 2 p.m.

Ages 12+: \$25 • 6-11: \$15 • 0-5: Free

Celebrate all Mom does by bringing her to an amazing brunch that includes carving and breakfast stations, freshly baked desserts, and more! Plus, every adult gets a FREE mimosa and bloody mary!

BIKE TO WESTERNMOST JAPAN!

with the Outdoor Adventure Center (OAC)

Sunday, May 12 • Open to SOFA 18+ • \$30

Depart OAC: 10 a.m. • Return OAC: 5 p.m.

Ride to a beautiful area along the Hirado Straits! Includes a guide, transport, and a bike! Please bring yen for snacks and drinks. *Difficulty Level: 2-3*

NATIONAL CHOCOLATE CHIP COOKIE DAY!

at the Liberty Center

Wednesday, May 15 • 10:00 a.m.

Come grab a cookie to celebrate National Chocolate Chip Cookie Day (while supplies last)! *In order to be eligible for the Liberty program, you must be Active Duty on single or unaccompanied orders.*

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

Yin Yoga	8:15 - 9:15 a.m.
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	4-5 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.
Total Body Blast Circuit	4-5 p.m.
Jiu-Jitsu - \$	6-7:45 p.m.

WEDNESDAY

Cycle	9:30-10:15 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	5-5:50 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.
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

TUESDAY

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

WEDNESDAY

Cycle Bootcamp	8:30 - 9:30 a.m.
(5/1 & 5/22 only)	
Karate - \$	5-6 p.m.
Karate - \$	6-7 p.m.