



what's iNside?

Library

+ Summer Reading Program

Pinz Bowling

+ Take Dad Bowling

Special Events

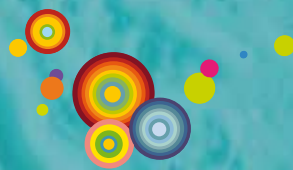
+ 1 Degree of Separation Comedy Show

Tickets and Travel

+ Boat Party in the Bay of Cadiz

Golf Course

+ The U.S. Open Pick A Pro



vaMos!

MWR ROTA MONTHLY MAGAZINE

iSsue#156

juNe2025



MWR ROTA SPAIN

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR





Thomas A. Kubalewski
Fleet Readiness Director

OUR MISSION

To provide the Fleet, Fighter and Family with world-class program excellence that will enhance both mission readiness and well-being aboard Naval Station, Rota, Spain.

OUR VISION

Pro-actively aligning our organization, strategies and processes in support of the Mission. To be recognized as the MWR Department within the entire enterprise that provides the highest quality of support to our customers.

OUR GUIDING PRINCIPLES

Our professional workforce is committed to continual improvement, understanding our customers' needs, and the requirements of the organization. We will deliver services that meet the mission and vision, operating in the most effective and efficient way.



MWR ROTASPAIN

we are

MWR Admin/Support Services, 727-1517
Monday-Friday, 7:30 a.m.-4 p.m.

CYP
CDC, 727-1100
Monday-Friday, 6 a.m.-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed
SAC, 727-2839
Monday-Friday, 6 a.m.-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed
Youth Center: Jams and Gravity, 727-4625
Monday, Tuesday, Thursday and Friday, 2:35-6:30 p.m.
Wednesday, 1:35-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed
Youth Sports, 727-4721
Monday-Friday, 9:30 a.m.-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed

RECREATION
Aquatics Center, 727-2129
Monday-Friday, 6 a.m.-7 p.m.
Saturday and Sunday, Closed
U.S. Holidays, 9 a.m.-5 p.m.
From June 23-Sept. 2:
Monday-Friday, 6 a.m.-1 p.m.
Saturday, Sunday and U.S. Holidays, Closed
Community Classes, 727-2354
Fitness Center, 727-2565
Monday-Thursday, 5 a.m.-9 p.m.
Friday, 5 a.m.-8 p.m.
Saturday, Sunday and U.S. Holidays, 8 a.m.-8 p.m.
24 hours unmanned fitness access available for registered patrons.

Golf, 727-2260
Daily, 9 a.m.-8 p.m.
Housing Pool, 727-4882
Starting June 11,
Wednesday-Sunday, Noon-7 p.m.
U.S. Holidays, Noon-7 p.m.
Liberty, 727-2527
Daily, 1-10 p.m.
Library, 727-2418
Monday, Wednesday and Friday,
9 a.m.-6 p.m.
Tuesday and Thursday, 9 a.m.-7 p.m.
Saturday, Closed
Sunday and U.S. Holidays, 9 a.m.-2 p.m.
Outdoor Recreation and Tickets & Travel, 727-3101
Monday-Friday and U.S. Holidays, 10 a.m.-6 p.m.
Saturday and Sunday, Closed



FOOD AND BEVERAGE

Gourmet Bean
Fleet Landing
Monday-Friday, 7:30 a.m.-2 p.m.
Saturday and Sunday, Closed
Library Cafe
Monday-Friday, 7:30 a.m.-2 p.m.
Saturday and Sunday, Closed
El Patio
Bombers Fresh Mex, 727-3712
Monday-Friday, 10 a.m.-7 p.m.
Saturday, Sunday, Closed
The Tower Pub, 727-3712
Monday-Friday, 4-11 p.m.
(last order 10:30 p.m.)
Saturday-Sunday, Noon-7 p.m.
(last food order 6:30 p.m.)
Flix, 727-3709
El Patio Indoor Theaters
Wednesday-Sunday.
Check navymwrrota.com for movie times and schedule.

Drive-in
Check navymwrrota.com for movie times and schedule.
Pinz, 727-2112
Sunday-Thursday, 11 a.m.-10 p.m.
Friday and Saturday, 11 a.m.-11 p.m.
Pinz American Cafe
Sunday-Thursday, 11 a.m.-9 p.m.
Friday and Saturday, 11 a.m.-10 p.m.
La Plaza, 727-6323
Champion's Bar
Wednesday-Sunday, 4-11 p.m.
Monday and Tuesday, Closed
Pizza Villa, 727-3212
Daily, 11 a.m.-10 p.m.

Hours of operation are subject to change. Check our website for the most up to date hours of operation.
navymwrrota.com



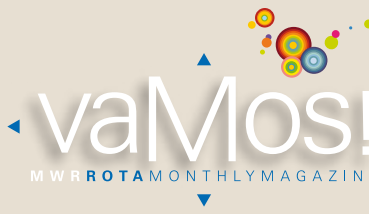
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727-1429

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Facebook www.facebook.com/RotaMWR

Phone code
Commercial, 956-82-XXXX
DSN, 727-XXXX



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Information subject to change.
The appearance of advertising in this magazine does not constitute endorsement of products and services by the Department of Defense, the Navy, U.S. Naval Station Rota, Spain or its publisher. All ads in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical disability, political affiliation or any other non-merit factor for the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.
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MEXICAN PIZZA

Mexican-Style Pizza with a Refried Bean and Salsa Base, topped with Mozzarella Cheese, Ground Beef Taco Meat, and Pico De Gallo. Served with a Side of Guacamole and Fire-Roasted Salsa.

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ORDER NOW



TASTE THE TRADITION.
S I N C E 1 9 8 4

1° OF SEPARATION

A Look at Depression and Suicide

Funny

sPecial events
956 82-2527 or DSN 727-2527

1 Degree of Separation is a comedy show and suicide prevention effort aimed at ending the stigma of mental illness through discussion, laughter and straight talk.

Join us for laughter with a message of healing.
All shows are free.



MONDAY,
June 16

2-3:30 p.m.
at the old Flix Movie Theater

US DoD ID Card holders only. Ages 18 years and older.

Call the Liberty Center at 956 82-2527 or DSN 727-2527 for more information.



Board Game Saturday!

Saturday, June 14, 4-10 p.m. at la Plaza. All ages.

Enjoy a fun game session at la Plaza! Play our selection of board games or bring along your favorite one to share. Friendly competition, and a chance to connect with fellow game enthusiasts! Food and beverages available for purchase. Open to DoD ID card holders only. For more information, call the Liberty Center at 727-2527.

WHERE IS CANDELITA?

Candelita is hiding somewhere in our VAMOS Magazine! Look carefully and investigate every nook and corner of the pages.

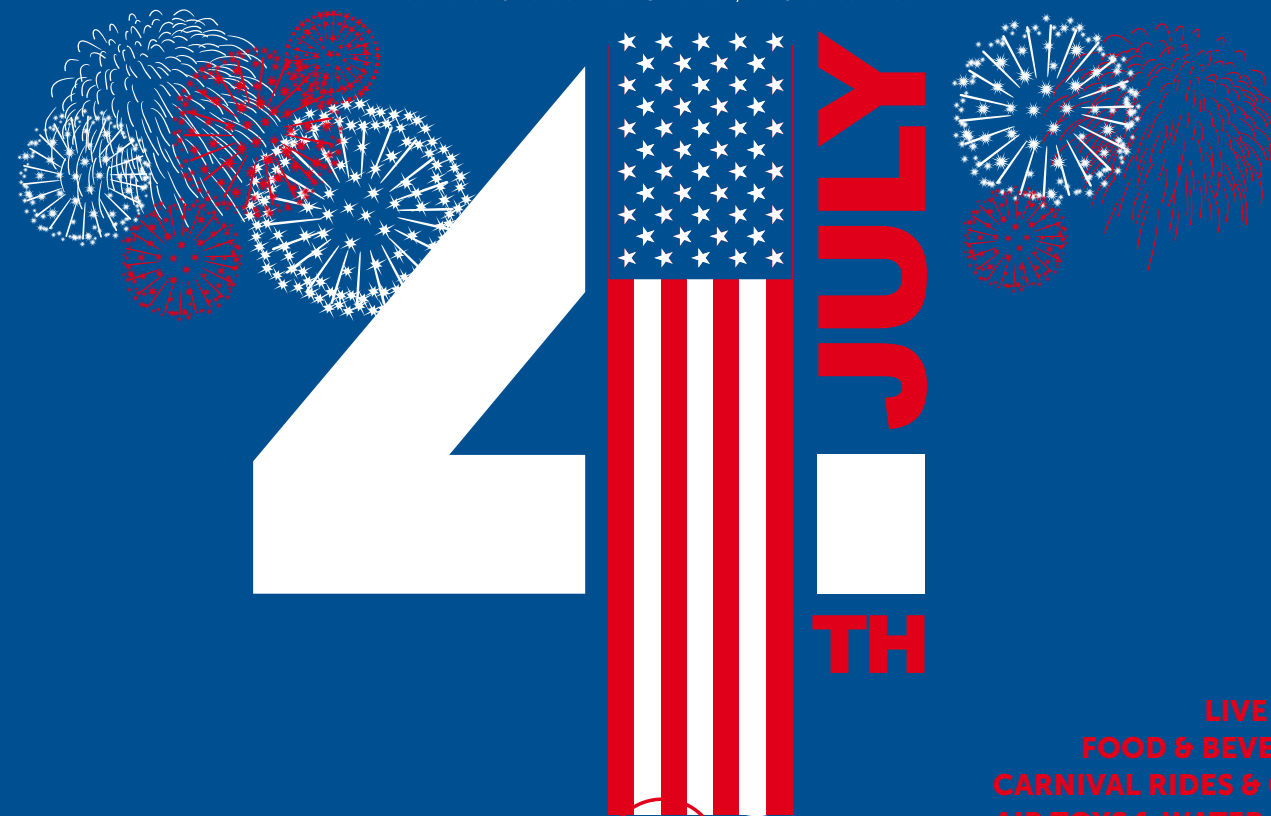
YOU FOUND IT?

Be the first person to tell us the right location and get a prize!

To participate, let us know where Candelita is hiding:
usn.rota.navstarotasp.mbx.fleet-readiness-comm-recreation@us.navy.mil
Open to U.S. DoD I.D. cardholders only – All ages
Deadline June 5.



NAVSTA ROTA, SPAIN



Independence
Fest 2025
UNITED STATES OF AMERICA 1776

FRIDAY, JULY 4, 5-11 p.m. AT LA PLAZA
LIVE MUSIC FEATURING "RAELYNN"

TIMELINE:

- 5-11 p.m.: Food & Beverage Booths, Carnival Rides & Games Open
- 5-10 p.m.: Family Fun Zones Open
- 5-6:30 p.m.: Ape Oscura (Rock Cover Band)
- 6:45 p.m.: CO's Opening Remarks & National Anthem
- 7-8:30 p.m.: LeRoy Onestone & The Fireballs (Bob Marley Tribute Band)
- 8:40-8:50 p.m.: USO Pie Eating Contest
- 9-10:30 p.m.: RAELYNN (Navy Entertainment Headliner)
- 10:45-11 p.m.: Fireworks Show

Please, call for more information 956-82-2527 or DSN 727-2527 from 1-10 p.m. daily



Sponsored by:



NO OUTSIDE FOOD OR BEVERAGES or PETS are permitted. 100% bag inspections will be conducted by NAVSTA Security. Families and individuals are encouraged to bring blankets, lawn chairs, towels and swim suits.

No official U.S. Navy endorsement is implied



RAWL TOUR!

CELEBRATE ANIMAL RIGHTS AWARENESS WEEK WITH MWR BY JOINING OUR RAWL INFORMATION TOURS!

Tour options:

-Tuesday, June 24, 5:30 p.m. from the Liberty Center Parking Lot (Bldg. #48).

-Thursday, June 26, 10:30 a.m. from Baskin Robin Parking Lot (Housing Area).

Must register at the Liberty Center by June 23.

All ages. Family friendly.

Visit the shelter, interact and learn about their rescued animals. NAVSTA Rota furry friends will be excited to see you! US DoD ID card holders only.

Outdoor Recreation trips are open to adults 18 years and older only.



CANYON DESCENDING

Saturday, June 7 and July 26,
6:45 a.m.-8 p.m. \$85 per person. Must register by June 4 or July 23.

Canyon descending consists of descending rivers by combining the techniques of climbing, caving and swimming. This activity is experiencing a spectacular popularity because of the beauty of its routes and the ideas of true adventure. Must be able to swim. Trip includes roundtrip transportation, insurance, gear and professional guide.



HIKING AT GRAZELEMA NATURAL PARK

Saturday, June 14, 7:30 a.m.-7 p.m.
\$45 per person. Must register by June 11.

The Grazelema Park is situated in the north east corner of Cadiz province and spills into the north west of Malaga province. The parklands northern border is the Zahara and El Gator reservoir which through the summer is a remarkable shade of blue. The area is captivating as so much of it is accessible and can easily be explored with new wonders on every turn. There are many footpaths where one can view the diverse habitats such as a shaded riverside, high exposed mountain peak or vertical cliffs that are home to nesting raptors. Trip includes roundtrip transportation and expert guide. No experience required.



VIA FERRATA IN GRAZELEMA PARK

Saturday, June 21, 7:30-6 p.m.
\$85 per person. Must register by June 18.

Check this off your bucket list! The Via Ferrata (Italian for "iron way") is a mountain route equipped with steel cables, ladders, and other fixed anchors i.e. wooden walkways and suspended bridges. The artificial equipment makes the route feasible- even to an inexperienced climber. It will allow you to hike on ledges, climb vertical walls, and reach the peaks of mountains! Running along ledges, up vertical rock walls and across exposed mountainsides, the artificial equipment makes the peaks accessible to everyone with a good level of fitness. Trip includes round trip transportation, expert guide and gear.

DIFFICULTY LEVEL

- 1: Low
- 1-2 2: Low/Moderate
- 3: Moderate
- 3-4 4: Moderate/High
- 5: High
- 5-6 6: Very High

SAILING AND WINDSURFING COURSE

Saturday, June 28, 9 a.m.-2 p.m.
\$100 per person. Must register by June 25.

MWR Navy Outdoor Recreation "Discover Sailing and Windsurfing courses" provide an opportunity for people of all backgrounds and abilities to have a fun, safe, accessible and affordable experience.



Price includes roundtrip transportation, all sailing and windsurfing gear and qualified instructors. Note: No previous experience is necessary although you must be able to swim.

Start Dinghy and Hobbie Cat 15 Sailing Course

Your Discover Sailing journey starts here as you learn the fundamental skills of sailing. Dinghies are small sailing boats and a great way to get into sailing. You will be introduced to the fun of dinghy sailing in a safe and supportive environment. No prior sailing experience needed.

Windsurfing

The thrill of windsurfing is second to none and this course is catered for those keen to getting into windsurfing. The program is designed to assist participants in obtaining the necessary skills to deal with all weather conditions, recognize their own limitations and have respect for the elements and provide them with the skills and experience to enjoy the thrill of windsurfing. This course teaches the very basics of windsurfing including teaching participants how to sail to a chosen point on the water and return to where they started in light winds.

FAMILY TRIP: THEME/WATER PARK ISLA MAGICA IN SEVILLA

Saturday, June 7, 10 a.m.-7 p.m.
\$40 per person. Must register by June 4. MWR Tickets and Travel and Youth Teen Center have teamed up to offer this special priced trip to one of the most popular theme/water parks in the region. The park will amaze you with some incredible state-of-the-art attractions, great audio-visual effects, fascinating shows, entertaining parades and games, as well as numerous stores and restaurants that suit everyone's taste. A day of fun for the family! The trip includes roundtrip transportation and entrance to the theme and water parks.

BODEGA TOUR AND FLAMENCO SHOW WITH TAPAS

Saturday, June 14, 6-11 p.m. \$120 per person. Ages 18 years and older only.

Spend the evening enjoying Spain's culture through a sherry wine tour and authentic flamenco dinner show. Flamenco involves singing, dance and guitar as well as rhythmic punctuation (by hand-claps and other methods). There are different types of pieces within flamenco, which is defined by unique melodic, rhythmic, and harmonic structures. It is rooted in the gypsy (gitano) of Andalusia and likely influenced by North African rhythms. The "Gitanos" had settled in Andalusia early in the 15th century, and by the end of the 18th century several centers of "cante jondo" had emerged in Jerez and Sevilla. Trip includes roundtrip transportation, wine tour and tasting, flamenco show and dinner tapas style.

ALBUFEIRA, PORTUGAL SELF-GUIDED

Saturday, June 21, 6 a.m.-11 p.m.
\$70 per person / No cost for child under 14 years old. Must register by June 18. Albufeira is famous for its beaches. In history it was a thriving seaport and

had its own castle that was later destroyed in the earthquake of 1775. However, most of the older parts of the town that survived have been carefully maintained. Enjoy the beautiful beaches, rock formations, boat rides, local foods or go shopping. The trip includes roundtrip transportation only. Bus ride is approximately 4 hours each way, Portugal is one hour behind Spain, and local currency is euros. You may bring beachwear.

BOAT PARTY IN THE BAY OF CADIZ (IN WHITES)

Saturday, June 28, 5:30-11 p.m.
\$100 per person. Ages 18 years and older only. Must register by June 25.

Tickets and Travel will celebrate the end of summer in true Spanish style! Join MWR and Cruise the Bay of Cadiz during our sunset white party. We will be sailing on Spain's largest catamaran and watching the sun dip below into the sea while DJ Viny keeps party going. Price includes roundtrip bus to Cadiz, DJ and three hours sunset cruise. Dress code: Casual, all white everything.

RONDA HISTORICAL TOUR

Saturday, July 5, 7:30 a.m.-6:30 p.m.
\$90 per adult / \$70 per child 2-14 years old / No cost for child under 2 years old. Must register by July 2.

Visit one of the most beautiful places in Spain with MWR. Some artifacts found in Ronda date back to prehistoric times, as far as 28,000 BC. The forces of Catholic Spain took control of the town in 1485. Three bridges, Puente Romano ("Roman Bridge"), Puente Viejo ("Old Bridge") and Puente Nuevo ("New Bridge"), span the canyon. The term "nuevo" is a bit of a misnomer since this bridge was completed in 1793. Another important site in Ronda is the Plaza de Toros de Ronda, the oldest bullfighting ring in Spain that is still used today. The partially intact baños árabes ("Arab baths") are found below the city and date back to the 13th and 14th centuries. Ernest Hemingway and Orson Welles resided in Ronda for many years, and both wrote about its beauty. Trip includes roundtrip transportation, local guide, entrance to monuments and some free time.

Trips are open to U.S. DoD I.D. cardholders only. Registration is required.





FOR MORE INFORMATION
PLEASE CALL 956-82-2260 OR DSN 727-2260

THE U.S. OPEN PICK A PRO 2025 Golf Tournament

Saturday, **June 14**

Shotgun start at 9 a.m.
\$20 per person plus green fees.

(100% of entry fee to prize fund as gift certificates).

Format: Two Golf Tournament's

1. Two Player. Two Person scramble using team's Net Stroke play from Saturday's round.
2. Each players will pick PGA Tour player's name as their partner. On Sunday, we will combine your Pro's score with your Team's Net Score.



child & youth

CYP CLOSURE

Thursday, June 19, due to Federal Holiday

cdc (6 weeks -5 years)

956-82-1100 or DSN 727-1100
Rota_CDC@eu.navy.mil
Bldg. #1963. Open: 6 a.m.-6:30 p.m.

Donuts with Grown-Ups!

Thursday, June 13, until 10 a.m.

Join us for a sweet start to the day! We're inviting all parents, grandparents, and guardians to come into the center and share a donut and some quality time with your child. This special parent involvement activity is a wonderful way to connect, make memories, and see your child's day-to-day environment. Stop in, share a smile (and a sprinkle), and start the morning together! Because a donut tastes even better when shared with someone you love!

SAC (k-6th grade),

956-82-2839 or DSN 727-2839
Rota_SAC@eu.navy.mil | Bldg. #41.

School Closures

SAC half day:

Tuesday, June 10: Last day of School (ends at 11:05 a.m.).
Lunch will be served upon arrival.

SAC full days:

Wednesday, Thursday and Friday, June 11-13:
Full days off School.



SCAN ME!
FOR MILITARY
CHILD CARE



SCAN ME!
ONLINE PORTAL



SCAN ME!
FOR REGISTRATION
FORMS

CHILD CARE AVAILABILITY

Childcare is available for all eligible personnel from 6 a.m. to 6:30 p.m., Monday-Friday at the CDC for ages 6 weeks to 5 years, before and after care for Universal Pre-Kindergarten, and PSCD enrolled children. Come to the CDC for more information! At the SAC we provide before and after school care during the school year for Kindergarteners through 12 years of age and provide summer camps. Please call us for more information.

CDC, SAC, YSF, TEEN AND SL REGISTRATION AND SIGN-UP INFORMATION:

- CYP Registration- All documents are accessible via the QR code or via the MWR webpage (www.navymwrrota.com). Submit the forms for SAC/Youth/YSF registration to SAC, Bldg 41 or for the CDC at Bldg. 1963
- Use MCC.com for: Reserving a CDC/SAC FULL TIME and SAC CAMP for your child:
- Use CYPOnline.com for:
 - Sign-ups for Teen/YSF programs (after registering for CYP)
 - Reserving a CDC/SAC- Camp and Hourly Childcare space
 - After registering for CYP, Sign-ups for Teen/YSF Programs
- You must already have a registration form on file with CYP to use the online system.
- Contact the CDC/SAC Program for help with your Family ID.



REGISTRATION CONTINUES 2025 SUMMER Camp

Registration Open

Please Contact our Front Desk (956-82-2839 or DSN 727-2839) to learn about weekly themes and special events. Subject to availability and eligibility.

Availability is limited, so make sure you are up to date on registration at SAC, check the calendar, and sign up early on line.

Camps begins Monday, June 16!

Week 1: June 16-20, (closed June 19) / Friday Family Lunch!

Week 2: June 23-27

Week 3: 30 June 30-July 3 (closed on July 4)

ONGOING PROGRAMS



FAMILY FUN DAYS Every Sunday, 1-8 p.m.

FREE USAA* RANGE BALLS FOR US ACTIVE DUTY MILITARY

Tuesdays and Thursdays,
4:30-6 p.m.

With PGA tips by appointment
only on Thursdays.

TWILIGHT SPECIAL

Seven days a week. 4:30-8 p.m.
\$17 unlimited golf. Carts are \$13 double
rider or \$15 single rider.

KEY GOLF SPECIAL

Are you PCSing or TDY to Rota?
Present your hotel key at the golf shop and
save \$2 off your green fees (green fees are
based on rank) and save \$2 off your cart fees.
Note: Not valid with other programs.

LIBERTY GOLF DAY

Sunday, June 9, 1-8 p.m..

*No U.S. Navy endorsement is implied



MWR RED, WHITE AND BLUE 4 BALL SCRAMBLE GOLF TOURNAMENT

Saturday, **June 28**

Shotgun start at 9 a.m.
\$20 per person plus green fees.

(100% of entry fee to prize fund as gift certificates).

Players will tee off from
the red, White and Blue tee Boxes



USE THIS CODE TO REGISTER

MISSOULA CHILDREN'S THEATER PRODUCTION OF "ROBIN HOOD" IS COMING TO ROTA

Adapted by Michael McGill
Music and Lyrics by Michael McGill

JULY 14-18

Children from 1st to 12th grade are eligible to audition and participate.

The time is simply long ago and the place is the magical, mythical Sherwood Forest. Our hero, Robin Hood, and his Merry Band of colorful characters seek the help of the Foresters, manage to waylay the Aristocrats and set out to rescue Maid Marion and Marion's Maid. Prince John tries to stay calm as his Sheriff, guards and horsemen botch Robin's arrest thanks to the aromatic Skunks. Wacky humor and an original score add to this fresh new look at a legendary outlaw in a legendary time.



CHILD DEVELOPMENT CENTER | SCHOOL AGE CARE YOUTH CENTER | YOUTH SPORTS

• youth programs,
JAMS (ages 10-12)
and GRAVITY (ages 13-18)
956-82-4625 or DSN 727-4625
Rota_youthcenter@eu.navy.mil



Summer Daily Attendance Game 2025

Begins Monday, June 16.

Registered Youth Center members may enter once per day for a drawing to win a gift cards every week during the weeks of summer vacation starting June 16. To enter, registered Youth Center members age 10 years and older must sign into the Youth Center building on Tuesday, Wednesday or Thursday or the activity location – Library on Monday; PINZ on Friday and complete their daily entry form. A drawing will take place every Tuesday at 4 p.m. for youth who attended the previous week. Five gift cards will be drawn each Tuesday in varying amounts. (Note: A youth may only win one gift card per week even if his or her name is drawn more than once).

The gift cards which will be drawn are two \$7.50 MWR Bucks, two \$10 MWR Bucks and one \$15 MWR Bucks (Participants do not have to be present to win, they will be contacted if they are not in the building at that time.) Every Monday the contest starts again so the more days a youth attends each week the more chances they have to win. Prize Drawing dates are June 24, July 1, 8, 15, 22, 29, Aug. 5, 12.

New Summer Hours Of Operation

Effective the week of June 16 the Youth Center will be open Tuesday, Wednesday and Thursday from 1:30-5:30 p.m.

On Mondays and Fridays, the Youth Center will be closed. On Mondays a Youth Center activity will be offered at the Library from 3 to 5 p.m. On select Fridays, a discounted activity will be offered at PINZ Bowling Center.

TRANSPORTATION IS NOT PROVIDED BY THE YOUTH CENTER. Parents or guardians must bring their children to these events.



DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 2-6	Regular School Day YC Open 2:35-6:30 p.m.	Regular School Day YC Open 2:35-6:30 p.m.	Early Release School Day YC Open 1:35-6:30 p.m.	Regular School Day YC Open 2:35-6:30 p.m.	Youth Center closed for mandatory CYP Training Day
June 9-13	Regular School Day YC Open 2:35-6:30 p.m.	Last Day of School YC Open 11:15 a.m.-5 p.m.	YC Open Noon-5 p.m.	YC Open Noon-5 p.m.	Youth Center Closed Start of Summer Splash. Outdoor Pool 3-5 p.m.
June 16-20	Youth Center Closed Library 3-5 p.m.	YC Open 1:30-5:30 p.m.	YC Open 1:30-5:30 p.m.	Holiday Closed	Youth Center Closed Pinz Bowl 3-5 p.m.
June 23-27	Youth Center Closed Library 3-5 p.m.	YC Open 1:30-5:30 p.m.	YC Open 1:30-5:30 p.m.	YC Open 1:30-5:30 p.m.	Youth Center Closed Pinz Bowl 3-5 p.m.
June 30-July 4	Youth Center Closed Library 3-5 p.m.	YC Open 1:30-5:30 p.m.	YC Open 1:30-5:30 p.m.	YC Open 1:30-5:30 p.m.	Holiday Closed

• youth sports

956-82-4721 or DSN 727-4721
Rota_youthsports@eu.navy.mil

Summer Clinics



GOLF CAMP

June 23-27.

Ages 6-8: 9-10:30 a.m.

Ages 9-14: 10:30 a.m.-Noon.

At the Rota Golf Course. \$60 (1h and 20 min sessions)

Youth Sports and Fitness Staff will use the very effective SNAG teaching principle for our kids to learn. Oversized golf clubs to emphasize success and confidence. Two daily camps divided by age groups. Come on and learn the great game of golf.

MINI SPORTS TRACK AND FIELD

June 30-July 3, 10-11 a.m. Ages 3-5. \$50. High School Gym.

This camp will introduce many fun sports from indoor soccer, basketball, track and field, walks and runs. This is sure to be one of the most popular camps so sign up before its filled up. Kids will participate in activities all around the base. Parents will receive a schedule at sign-up.

BASKETBALL CAMP

July 7-11, 9 a.m.-Noon. Ages 8-14. DGF High School Gym. \$60.

This camp will introduce Basketball Dribbling, Passing and Shooting Fundamental along with Endurance, Strength and Conditioning Training. Indoor and Outdoor running daily with this program.

TENNIS CAMP

1st Session: July 14-18

2nd Session: July 28-Aug. 1.

Ages 6-8: 9-10:15 a.m.

Ages 9-15: 10:30-11:45 a.m.

Base Tennis Courts behind the SAC building. \$60.

Tennis is back, If you wanted your child to learn tennis, now is the time. Sign-ups are limited and once filled that is it. Depending on the numbers this camp could be broken down into three age groups.

SOCCER CAMPS

July 21-25 and Aug. 4-8, 9 a.m.-Noon. Ages 6-14. Youth Sports Complex. \$60.

Learn the game Fútbol (soccer) with YSF. All skill levels will be challenged at these camps. Sign up for both to get double the skill improvement. The August camp is a great camp to tune your skills before the new season in September. Kids will be divided by age groups in both camps.

MULTI-SPORTS CAMP

Aug. 11-15, 9 a.m.-Noon. Ages 8-14. DGF High School Gym. \$60.

This camp will introduce many fun sports from indoor soccer, basketball, dodge-ball, track and field events, walks and runs. This is sure to be one of the most popular camps so sign up before its filled up. Kids will participate in activities all around the base. Parents will receive a schedule a week prior.

Are you a new Sports parent in the Rota community? Not a PAYS member yet?

If so, take advantage and enroll now for this year's Youth Sports season. Those not enrolled will not be allowed to assess in the Mandatory Assessment for team selection in the sports season. Anyone can be one, just go to <http://www.nays.org/payonline> or contact us to learn how.

WE NEED COACHES AND VOLUNTEERS TO BE READY FOR SOCCER!!!
BE A COMMUNITY LEADER
BECOME A YSF VOLUNTEER

Register Now!

Registration for all Sports Summer Morning Camps have started. All camps are for girls and boys. Open until full. Space is limited.

Save yourself time, register online!
www.militarychildcare.com

Check out:

<https://www.navymwrrota.com/child-youth/cyp-online-payment> to register for this convenient service. You must already have a registration form on file with CYP to use the online system. Get your Family ID number from us if you don't remember it and sign up before all spots are gone..

Start of Summer Splash Party

Friday, June 13, 3-5 p.m.
at the MWR Outdoor pool.

Come start your summer at the Housing Pool with relay races, competitions and fun.

Reminder: Navy Youth swim test required for each youth. Non-swimmers must stay in the shallow end of the pool.

Youth Monthly Recognition

Each month the Youth Center Staff will recognize a Teen, "Youth of the Month" and a Pre-Teen, "Amazing Kid of the Month". Youth Center staff members are on the lookout for youth who demonstrate positive participation, volunteerism, good sportsmanship and character as well as leadership in various Youth Center clubs or day to day activities.

• school liaison office,

956-82-2425 or DSN 727-2425
SLPRota@us.navy.mil

Just Arrived to Rota and need to Register Your Child in DoDEA?

If you have a school age (K-12) student and need to register for school, please visit <https://www.smcore.com/vgemr> for local education information.

Homeschool Field Meet & Greet

Friday, June 6, 11 a.m.-1 p.m. at Rio Salado Park by the Puerto Gate Entrance,

Homeschool families are invited to the end of the school year Meet & Greet! Bring a picnic lunch. Morning information will be posted on the Rota Area Homeschool Facebook page or contact the SLP for details.

Interested in Spanish Schools?

Please contact the School Liaison to set up an appointment to learn about the registration process for Spanish Public School.

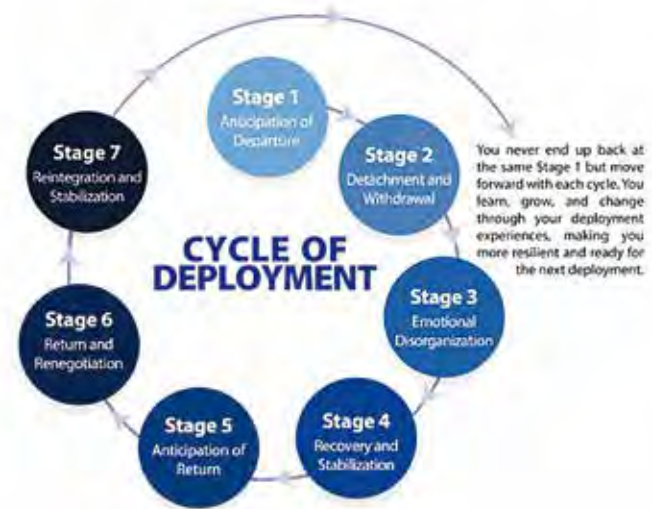
SLP Scholarship Link:
<https://www.smcore.com/36j0z>

Tutor.Com for Military Families

Tutor.com for U.S. Military Families (Tutor.com/military), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

Call the School Liaison Before You Go

If you are planning to PCS or change your duty station in the future, contact the School Liaison to help you with your transitions. Your School Liaison can also put you in contact with your gaining installation's SL.



NAVIGATING NEW NORMS: THE EMOTIONAL CYCLE OF DEPLOYMENT

DEPLOYMENT. It is not always an easy topic to discuss. Service members are sometimes apprehensive about having to tell their loved ones they will be gone for a while. There can be feelings of guilt for leaving someone else to take care of their household duties. Family members can be a bit nervous about the upcoming changes in routine. Parents, partners and children sometimes feel the pressure of the additional responsibilities while maintaining their own day-to-day tasks.

The Emotional Cycle of Deployment describes the emotional and behavioral changes that may occur during a deployment. Understanding this cycle and common emotions for each stage can help service members and their families adjust to the changes they will experience.

When we take the time to understand what we are feeling, we can find healthy ways to navigate our emotions. Whether it is the 1st deployment or the 15th, there will always be some type of emotion attached to it. However, one thing about the military community is the resiliency it's known for. Resiliency is the ability to withstand, recover and grow in the face of stressors and changing demands. No matter what role you play in your military family, communicating, seeking the assistance you need and maintaining a positive attitude are going to be key to the successful deployment and reunification of the family.

If you or anyone you know is having trouble navigating the stages, experiencing emotions that are escalating or becoming unmanageable, know that there is assistance available. There are free, confidential counseling services available for active duty service members and married couples through the Fleet and Family Support Center (DSN 7277-3232 or locally 956-823-232). Please contact our office for available resources to spouses and children. Life Skills classes are also available. Please check the monthly calendar in the VAMOS and on our Facebook page.

CYCLE OF DEPLOYMENT

Stage 1: Anticipation of Departure

Before deploying, service members may be working extra hours to prepare for departure. The time apart, added to the stress of longer working hours, can result in tension at home.

Stage 2: Detachment and Withdrawal

This second stage usually takes place during the last week before deployment. This is a period of heightened anxiety and conflicting emotions.

Stage 3: Emotional Disorganization

During this stage, family members must adjust to the changes at home. They create new routines as they assume new responsibilities.

Stage 4: Recovery and Stabilization

The recovery and stabilization stage occurs when spouses settle into their new routines and realize that they can manage the family affairs. For spouses, a strong support network can reduce their stress level and increase their resiliency.

Stage 5: Anticipation of Return

The anticipation of homecoming may be tinged with anxiety as spouses consider their changing roles when their service members return home. Open communication about expectations for homecoming can help alleviate these concerns.

Stage 6: Return and Renegotiation

After the initial excitement of homecoming has passed, there is a period of adjustment to new roles and routines. Tension and arguments may increase as everyone redefines their roles and responsibilities. Communication is essential to successful reintegration.

Stage 7: Reintegration and Stabilization

During this final stage, life will normalize. It may take a few months, but everyone will adjust to the changes. Communication is the key to successfully dealing with these challenges.

DATES PROGRAMS

01	
MON 02	TRANSITION WORKSHOP June 2-6, 8 a.m.-4:30 p.m.
TUE 03	OMBUDSMAN BASIC TRAINING June 3-5, 8:30 a.m.-2:30 p.m.
WED 04	ANGER MANAGEMENT 10-11:30 a.m. MBMF MINDFULNESS Noon-2 p.m.
THU 05	CAR BUYING STRATEGY 10-11 a.m. FLAMENCO SHOW VIEJO AGUJETA 7-10 p.m.
06/07/08	
MON 09	INTER-CULTURAL RELATIONS (ICR) June 9-11, 8:30 a.m.-3 p.m.
TUE 10	10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m.
WED 11	EFMP TRAINING 2-3 p.m.
12	
FRI 13	SPOUSE SPONSORSHIP TRAINING 10 a.m.-Noon
14/15/16	
MON 17	PRIVATE SECTOR RESUME WRITING WORKSHOP 10 a.m.-Noon
	EFMP PARENT SUPPORT GROUP 10-11 a.m. ONE LOVE WORKSHOP 10-11:30 a.m. MBMF FLEXIBILITY Noon-2 p.m.
TUE 18	
19-22	
WED 23	RETIREMENT TRANSITION WORKSHOP June 23-27, 8 a.m.-4:30 p.m. INTER-CULTURAL RELATIONS (ICR) June 23-25, 8:30 a.m.-3 p.m.
24	
THU 25	MBMF PROBLEM SOLVING Noon-2 p.m.
MON 26	RENTING 10-11 a.m. COMMAND SPONSORSHIP 10-11:30 a.m.
27-30	
2-30	SPANISH CLASSES: LUNCH AND LEARN Mondays, June 2, 9, 16, 23 & 30, 11:30 a.m.-12:30 p.m.



SUMMER READING PROGRAM 2025

LEVEL UP AT YOUR LIBRARY

Play is one of the ways we learn to relate to others, to think in new ways, and to foster friendships, new and old. Level Up at Your Library is an all ages summer reading program based around games, laughter and more. Level Up at Your Library reminds us that libraries are not just a space for knowledge, they are a space for fun!

Sign up opens: **Monday, June 9 (via App)**

Program dates: **Tuesday, June 10-Aug. 31**

Activity dates: **June 10-Aug. 13 (sign-up is required)**

Reward collection: **July 10-Aug. 31**

We are going paperless. Sign up and log minutes only via APP. Please scan the QR or search for "Beanstack Tracker" on your app play option! If you need help, please come by the Library or call us.



EARLY LITERACY PROGRAM

Tuesdays, June 3, 10, 17 and 24. Theme: SUMMER.

Times: 11-11:30 a.m. and 2:45-3:15 p.m. Ages 0-5.

Bring your little ones to the new Early Literacy program, where stories, music, words and movement are important. Come and learn with us the five practices of the Early Literacy Initiative: **TALK, SING, READ, WRITE AND PLAY.** Reservations required. Spaces are limited. All children must be accompanied by a parent or caregiver.

books REVIEW

KIDS BOOKS

KAIA AND THE BEES

by Maribeth Moelts

Kaia is the brave type. Like hottest-hot-pepper brave. But there is one thing that scares her: Bees! And right now, thousands of bees live on her roof because Kaia's dad is a beekeeper. Her dad says that the world needs bees and that's why they are beekeepers. But only he goes on the roof, not Kaia — unless she can find a way to be the brave girl she always says she is.



JUVENILE BOOKS:

THE DARK LORD'S DAUGHTER

by Patricia C. Wrede

From the New York Times bestselling author of Dealing with Dragons comes this timeless fantasy, about an ordinary girl who discovers she's the heir to a dark throne, and must find her place between her life on Earth and her magical inheritance.



YOUNG ADULT

THE ENCANTO'S CURSE

by Melissa de la Cruz

A curse has befallen Biringan. Stalking the night sky and sinking sharp teeth in its prey, a vampire-like creature-a manananggal-is terrorizing the kingdom. Now MJ Robertson-Rodriguez must fulfill her duties as the newly crowned queen and restore peace. Except... when MJ wakes up in tattered clothes stained with blood, she quickly realizes the monster lives within her.



ADULT

RICK STEVES ON THE HIPPIE TRAIL

by Rick Steves

Stow away with Rick Steves for a glimpse into the unforgettable moments, misadventures, and memories of his 1978 journey on the legendary Hippie Trail. In the 1970s, the ultimate trip for any backpacker was the storied "Hippie Trail" from Istanbul to Kathmandu.



FLEET AND FAMILY SUPPORT CENTER

Hours: Monday-Friday, 8 a.m. - 4 p.m.

727-3232 (on base) and 956-82-3232 (off base)

Located on the first floor of the Community Support Building #3293

Email: usn.rota.navstarotasp.mbx.ffsc@us.navy.mil

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Sexual Assault Helpline

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SAILOR
ADVENTURE
QUEST

INTRODUCTION TO AIKIDO (6-WEEK PROGRAM)

TUESDAYS,
JUNE 17-22
5:30 p.m.

Want to explore and enjoy the world of martial arts? Stop by the Liberty Center to sign up for this 6-week Aikido introductory course. Once you learn and practice the basics, continue perfecting your Aikido skills through Community Classes!

Fee: \$30 activity deposit.
Deposit is refundable at the end of the 6-week program based on individual Sailor attendance.
Must register at Liberty Center.



GUITAR LESSONS

Wednesdays, June 11 and 25, 6 p.m.

Have you ever thought about trying your hand at guitar? Come to start or continue your musical journey! Guitars are provided.



JUNE eVents

NATIONAL GAME SHOW DAY

Sunday, June 1, 7 p.m.

Come celebrate National Game Show Day at the Liberty Center! Join us for a fun-filled evening as your Liberty staff hosts one of your favorite game shows, packed with exciting challenges and great prizes. Don't miss your chance to test your knowledge, compete with friends, and enjoy some laughs!

MONDAY NIGHT PTSD AWARENESS MONTH - PAPER PLANES

Mondays in June, 7 p.m.

Join us at the Liberty Center for Monday Night PTSD Awareness Month: Paper Planes Crafting! Engage in a relaxing and creative activity while learning about PTSD awareness in a supportive environment. Unwind, connect with fellow sailors, and discover the therapeutic benefits of crafting as we fold, design, and launch paper planes together.

WORLD BICYCLE DAY

Tuesday, June 3, 5 p.m. Free.

Celebrate National Bicycle Day with the Liberty Center as we take a scenic ride to local Rota! Enjoy a relaxing summer evening, soak in the beautiful views, and cap off the trip with a stop for a refreshing ice cream cone. Grab your bike or borrow one of ours and join us for a fun and active adventure! Provided: Bicycle and tour guide.

LIBERTY NIGHT AT THE MOVIES

Thursday, June 5, 7 p.m. Flix Movie Theater.

Free for single/unaccompanied E6 and below.
Come join the Liberty staff for a free movie. Enjoy hot buttered popcorn and an ice-cold soft drink on us!
On the day of, sign in on the Liberty sheet at the front counter of Flix.

LIBERTY BOWLING AT PINZ

Thursday, June 12, 7-9 p.m. Free for

single/unaccompanied E6 & below.
Enjoy a free night of bowling and pizza with Liberty. On the day of, sign in on the Liberty sheet at the front counter in Pinz. Bowling lanes, shoe rental and pizza are provided.

ARMY BIRTHDAY

Saturday, June 14, 1-10 p.m.

Join the Liberty Center as we celebrate the Army's Birthday with an epic Army Movie Marathon! Kick back, enjoy action-packed films honoring the Army, and indulge in free popcorn all day long. Don't miss this chance to relax, honor our soldiers, and enjoy some classic military films!

WORLD SAUNTERING DAY

Thursday, June 19, 1-10 p.m.

Celebrate World Sauntering Day at the Liberty Center and embrace the art of relaxation! Kick back in a massage chair while enjoying a movie, sway in a hammock under the summer sky, or unwind with a good book in a cozy recliner. However you choose to saunter, we've got the perfect spot for you! Provided: Massage chair, hammocks and recliners.



FIRST DAY OF SUMMER BEACH DAY

Saturday, June 21, 2-6 p.m.

Kick off the First Day of Summer with a Beach Day at Rota's La Costilla Beach! Enjoy a free ride to the shore, soak up the sun, and relax with the perfect beach getaway. Don't miss this chance to start summer right—reserve your spot today! Roundtrip van ride is provided.

LIBERTY GOLF DAY

Sunday, June 29, 1-4 p.m. Free for

single/unaccompanied E6 and below.
Spend your Sunday afternoon, relaxing in the sun. Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before noon.

DOGGIE DATE NIGHT

Monday, June 30, 5:30 p.m.

Pamper your pup and uplift your spirits at Doggie Date Night, a tail-wagging event for mental health awareness! Join us for a night of furry companionship, laughter, and love – because sometimes, a canine cuddle is the best therapy!

DISCOUNTED LIBERTY TRIPS

Albufeira, Portugal Self-Guided

Saturday, June 21, 6 a.m.-11 p.m.

\$56 per person for single/unaccompanied E6 & below. Must register by June 18.

Albufeira is famous for its beaches. In history it was a thriving seaport and had its own castle that was later destroyed in the earthquake of 1775. However, most of the older parts of the town that survived have been carefully maintained. Enjoy the beautiful beaches, rock formations, boat rides, delicious food or go shopping. Trip includes roundtrip transportation only.

Canyon Descending

Saturday, June 7, 6:45 a.m.-8 p.m.

\$68 per person for single/unaccompanied E6 & below. Must register by June 4.

Canyoneering (also called canyon descending) consists of descending rivers by combining the techniques of climbing, caving and swimming. This activity is experiencing a spectacular popularity because of the beauty of its routes and the ideas of true adventure. Trip includes roundtrip transportation, guide and all gear. Difficulty Level 5: High

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956 82-2354 or DSN 727-2354

rota_communityclasses@eu.navy.mil

Dance Lessons

CHILDREN BALLET LESSONS AGES 3-10 YEARS OLD)

Time slots available

Ages 3-5 years old:

Mondays or Wednesdays, 4:30-5:30 p.m.

Ages 6-10 years old:

Wednesdays, 5:30-6:30 p.m.

\$40 per month for once per week.

Dancers will have fun learning basic ballet positions, age appropriate stretching exercises and correct posture in a positive and creative environment. They will also have the opportunity to express themselves through the physical joy of learning to dance to music.

FLAMENCO KIDS

Mondays, 5:30-6:30 p.m. Ages 4-9 years old. \$40 per month.

FLAMENCO LESSONS

Times available:

Wednesdays, 9:30-10:30 a.m.

\$45 per month. Adults 18 years and older. Classes located at Fitness Center.

Step into the shoes of a flamenco dancer with a lesson tailor-made for beginners. Master the basic body positions with your instructor and let the rhythm whisk you through the studio.

SWING DANCE CLASSES ADULTS (EAST COAST SWING/ JIVE/ LINDY HOP)

Thursdays, 7:15-8:15 p.m.

\$80 per month (one class per week).

Classes located at Fitness Center.

East Coast Swing is a popular dance that's very beginner friendly. Swing dancing has its roots in Lindy Hop but you might be familiar with terms like Jitterbug, Charleston, West Coast Swing, Shag and of course East Coast Swing.

LATIN DANCE LESSONS ADULTS (SALSA, BACHATA, MERENGUE...)

Thursdays, 6:15-7:15 p.m.

\$80 per month (one class per week).

Classes located at Fitness Center.

Learn the basic steps and techniques of Latin Ballroom dance styles. The classes are great fun and taught in a friendly and supportive atmosphere. These classes are perfect for those with little or no Latin dance experience and also for those who know some more!

Music Lessons

PRIVATE PIANO LESSONS

Time slots available

Monday-Friday, 3-7:30 p.m.

\$79 for a punch card for four 30-minute lessons.

Take individual piano lessons from beginners to advanced; learn to play piano and read music with our experienced instructor.

PRIVATE GUITAR AND UKELELE LESSONS

Time slots available

Tuesdays, Wednesdays and Thursdays, 4-8:30 p.m. \$72 for a punch card for four 30-minute lessons.

Full range of adult and kids lessons for all abilities. Customized guitar lessons: Classical, Acoustic, Electric and Bass. Theory and Musical production lessons from beginner to most advanced levels.

Pre Tumbling Lessons for Children

Ages 1-3 years old:

Thursdays, 9:30-10:15 a.m.

\$45 per month (\$15 drop in).

Ages 4-5 years old:

Wednesdays, 3:15-4:15 p.m.

\$50 per month (\$20 drop in).

Ages 6-7 years old:

Thursdays, 3:15-4:15 p.m.

\$50 per month (\$20 drop in).

Ages 8-10 years old:

Thursdays, 4:15-5:15 p.m.

\$50 per month (\$20 drop in).

Ages 10 years and older:

Thursdays, 5:15-6:15 p.m.

\$50 per month (\$20 drop in).

Children will learn the basics of tumbling in a warm supportive environment. Classes will encourage age appropriate creativity, musicality and physicality. Children will have fun with an emphasis on the foundations of tumbling.

Tennis Group Lessons

Wednesdays and/or Fridays

Ages 6-12 years old: 4-5 p.m.

Ages 12-17 years old: 5-6 p.m.

Adult beginners: 6-7 p.m.

Once per week: \$80/month

Twice per week: \$125/month

Also private lessons available. Price \$160 per punch card (4 lessons).

Improve your cardiovascular fitness and strength. Our coach teaches all levels of ability, from complete beginners to advance. If you prefer private lessons, we can organize!

Aikido Classes

Ages 5-7 years old:

Tuesdays, 4:30-5:15 p.m. \$45/month.

Ages 18 years and older:

Tuesdays, 6:30-7:30 p.m. \$50/month

Aikido is a modern, non-aggressive Japanese martial art. The study of Aikido does not involve only techniques based purely in self-defense, but includes positive character development and ideals that people can incorporate into their daily lives!

Jiu Jitsu Classes

Classes will be back in July

MWR COMMUNITY CLASSES OFFER A RANGE OF
DIFFERENT OPTIONS TO LEARN SOMETHING NEW!

piNz 956-82-2112 or DSN 727-2112

rota_bowling@eu.navy.mil
BOWLING CENTER

Take Dad Bowling

CELEBRATE FATHER'S DAY
BY CHALLENGING DAD IN BOWLING

SUNDAY
JUNE 15
2-8 p.m.

BOWLING SPECIAL

FREE SHOE RENTAL AND
50% OFF ONE HOUR OF BOWLING
FOR POPS!

ONGOING

Active Duty Members in Uniform Lunch Bowling

Mondays-Sundays, 11 a.m.-1 p.m.

Free game of bowling, including shoe rental, for Military personnel in uniform with the purchase of a complete meal and drink.

Family Night

Mondays, 4-8 p.m.

Families up to 5 people per lane can bowl for one hour including shoes rental for \$15.

Couples Night

Tuesdays, 5-10 p.m.

Groups of up to four people can bowl for one hour including shoe rental and one pitcher for only \$35.

Barracks Bash and League Bowling Night

Wednesdays, 6 p.m.

Barracks Bash – Challenge anyone to an hour of bowling for Ultimate Bragging rights. \$10 for 1 Hour. Head to Head. Shoe rental Included. Win 10x Head-to-Head Challenges and become the Pinz Barracks Challenge Champion.

Liberty's Bowling Night

Thursday, June 12, 7-9 p.m.

Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied AD E-6 and below). On the second Thursday of each month sign in on the Liberty sign-up sheet at the front counter at Pinz.

Cosmic Bowling and Karaoke Jam

Fridays and Saturdays, 7-11 p.m.

Groups up to five people can bowl for \$23 per lane for one hour, including shoe rental.

SCHOOL'S OUT!!!

KIDS BOWL FREE

SUMMER LEAGUE

Monday-Friday, Noon-5 p.m.

Ages 18 years and younger.

Register your children now at: **KidsBowlFree.com**

RECEIVE DAILY COUPONS EACH WEEK!

Bowl and have your scores recorded to enter the leader-board. Each week try to best your position on the leader-board to win prizes in our End of Summer Day in August.

fitNess & aQuatics

• fitness
956-82-2565 or DSN 727-2565



SUMMER SUNRISE SPIN SESSION

FRIDAY
JUNE 27

6:30 a.m.

At the Fitness Center Turf Field

What a better way to start the summer than with an outdoor Sunrise Spin Session and some great music!! Don't be the last to sign-up, limited spots available.



CFL...

Command Fitness Leader CERTIFICATION COURSE

**Monday-Friday,
June 2-6, 7-4 p.m.** At the Fitness Center and Supply Department. Active Duty only.

• Command Fitness Leaders (CFLs) play an integral part in the overall fitness and readiness of Sailors. CFLs are not only responsible for conducting the bi-annual Preventive Health Assessment (PFA) for their commands, but also provide exercise programming and guidance throughout the year to ensure the members of their command maintain physical readiness.

• All CFLs must be trained and certified through the five-day Command Fitness Leader Certification Course.

Important Notice: The cardiovascular assessment of the PRT will include the 1.5 mile run/walk only (no swim, treadmill or bike will be substituted). If you do not meet the BCA requirement for a CFL and do not score an overall of Excellent or higher on the PRT you will be removed from the course. No Exceptions.

Contact MWR Fitness Center for more information.

CFL Meeting

Wednesday, June 18, 11:30 a.m.

CFL Meeting for Command Fitness Leaders and Assistant Command Fitness Leaders. MWR will be starting practical training and updated information for continuing education of the CFL's in Rota.

Youth Fitness Certification

Thursday, June 18, 5 p.m.

Ages 10-17 years old. Must register by June 17. Youth certification teaches the fundamentals of fitness, proper use of equipment in the facility and DOD policy that pertains to physical fitness in MWR facilities. Youth are given a facility orientation, one-on-one weight, cardio training orientation, and a written test. After completing this certification, youth ages 10-17 years old will be able to use the fitness center facility.

CHALLENGE OF THE MONTH: Burpee Box Jumps

Thursdays, 11 a.m.-1 p.m.

Are you ready for some burpees? Try to complete our monthly challenge in the fastest time.



• aquatics center,
956-82-2129 or DSN 727-2129
rota_aquatics@eu.navy.mil

OUTDOOR RECREATION POOL

RECREATION SWIM HOURS

Starting Wednesday, June 11

Wednesday-Sunday, Noon-7 p.m.

Monday and Tuesday: Closed for maintenance.

U.S. Holidays: Noon-7 p.m.

LAP SWIM

1 lane available by appointment only.

**Check out our latest facility upgrades:
LARGE WATER SLIDE, AQUA CLIMBING
WALL AND POOL DECK REFRESH.**

Swim Lessons available

Wednesday-Friday. Two week sessions of six 45 min. classes. \$50.

Ages 4 years and older. Must register at Outdoor pool main office Bldg#593.

Next sessions:

June 11-20 | June 25-July 4 | July 9-18
| July 23-Aug. 1 | Aug. 6-15.

Three time slots available:

3-3:45 p.m. | 4-4:45 p.m. | 5-5:45 p.m.

Annual Navy Youth Swim Test Required

Youth, ages 17 years old and younger, who have demonstrated the necessary skills will have full access to the Aquatic facility, including slides, diving boards, swimmer's zone/deep end and other recreational amenities, as determined by Naval Station Rota MWR Aquatics program.

INDOOR POOL HOURS OF OPERATIONS

(June 23-Sept. 2)

Monday-Friday, 6 a.m.-1 p.m.

Saturday, Sunday and

U.S. Holidays, Closed

JUNE HOURS OF OPERATION

SUN 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Closed	Aquatics Center Closed Outdoor Pool Closed	Aquatics Center 6 a.m.-7 p.m. Outdoor Pool Closed	Aquatics Center 6 a.m.-7 p.m. Outdoor Pool Closed	Aquatics Center 6 a.m.-7 p.m. Outdoor Pool Closed	Aquatics Center Closed Outdoor Pool Noon-7 p.m.

SUN 8	MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Closed	Aquatics Center Closed Outdoor Pool Closed	Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Noon-7 p.m.

SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Closed	Aquatics Center Closed Outdoor Pool Closed	Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Noon-7 p.m.

SUN 22	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center 6 a.m.-1 p.m. Outdoor Pool Closed	Aquatics Center 6 a.m.-1 p.m. Outdoor Pool Closed	Aquatics Center 6 a.m.-1 p.m. Outdoor Pool Noon-7 p.m.	Aquatics Center 6 a.m.-1 p.m. Outdoor Pool Noon-7 p.m.	Aquatics Center 6 a.m.-1 p.m. Outdoor Pool Noon-7 p.m.	Aquatics Center Closed Outdoor Pool Noon-7 p.m.

SUN 29	MON 30
Aquatics Center Closed Outdoor Pool Noon-7 p.m.	Aquatics Center 6 a.m.-1 p.m. Outdoor Pool Closed

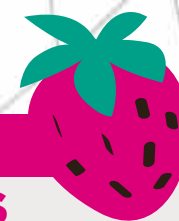
ELIGIBILITY:

U.S. active-duty service members & dependents
DoD civilians and dependents, and U.S. retirees.
Eligible Spanish military, dependents and base
civilians who meet eligibility criteria with Spanish
protocol. 100 percent ID check.



• sports,

956-82-1916 or DSN 727-1916



2025

INTRAMURAL SPORTS CALENDAR

EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
JUNE				
CC Softball League	9 (Mon, Weds & Thursdays)	—	4	6
Beach Volleyball Conditioning Clinic	13 (Friday)	—	11	—
Beach Volley Summer Tournament I	27-28 (Friday-Saturday)	Fri 5-6pm	25	—
JULY				
Disc Golf Tournament	12 (Saturday)	—	8	—
Pickleball Tournament	22-26 (Tuesday-Saturday)	Tue & Thu 5-6pm	18	—
Flag Football Tournament	28-31 (Monday-Thursday)	Mon & Wed 5-6pm	22	—
AUGUST				
CC Flag Football League	12 (Tuesday-Thursday)	—	7	11
Injury Prevention Clinic	22 (Friday)	—	20	—
Beach Volley Summer Tournament II	29-30 (Friday-Saturday)	Fri 5-6pm	27	—

Captain's Cup Leagues

Clinics

Tournaments

- You can sign up your team/command using the Teams QR code, or you can sign up individually using the Free Agents QR code.
- Sign ups will be over at NOON of the deadline date.
- Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.
- Any questions and/or suggestions to Rota_Sports@eu.navy.mil

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