

▶ wHat's iNside?

Flix Drive-In

+ Army-Navy Football Game

Special Events

- + Winter Wonderland
- + The Trading Card Expo

Fitness Center

+ Jingle Bell Pet Walk

Liberty

+ Holiday Party



iSsue#162

deCember2025





MWRROTASPAIN

U.S. Naval Station Rota, Spair
www.navymwrrota.com





Antonio González Sánchez,

Antonio has been a crucial member of the N92 Maintenance Department during the month of October.

He led the charge with multiple improvement and repair projects

for the Gateway Galley, helping with final preps for their upcoming NEY award Inspection.

He played as critical role with setup for the MWR Trunk or Treat event and with his willingness to help with any facility issues across N92 programs, he continues to be a valuable asset to the entire Program.







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.

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.-5 p.m.

Housing Pool, 727-4882 Closed for the season

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



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.

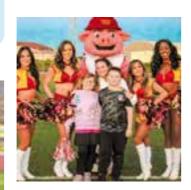
La Plaza, 727-6323

Champion's Bar Wednesday-Sunday, 4-11 p.m. Monday and Tuesday, Closed

Pizza Villa, 727-3212

Daily, 11 a.m.-10 p.m.





mwr navsta rota, spain PSC 819 BOX 14 / FPO, AE 09645 Tel: 011 (34) 956-82-1517 Tel (On Base): 727-1517

Thomas A. Kubalewski, Fleet Readiness Director 727-2326

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Website www.navvmwrrota.com Facebook www.facebook.com/RotaMWR

Commercial, 956-82-XXXX DSN. 727-XXXX



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SATURDAY

DEC. 6

EL PATIO COMPLEX -IN FRONT OF BOMBERS/TOWER PUB/FLIX-

3-7 p.m.

Carnival Ride Wristbands

(includes unlimited rides)
Pre-Sale: \$7 | Event day: \$10 Sales begin Saturday Nov. 15 at the Liberty Center

Airtoys and Polar Express rides are FREE

LIVE MUSIC

FOOD & BEVERAGES

CARNIVAL RIDES & GAMES

ARTS & CRAFTS

POLAR EXPRESS TRAIN RIDES

HOLIDAY TREE LIGHTING

SPECIAL VISIT FROM SANTA VIA HELO AND FIRE TRUCK!



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The appearance of advertising in this magazine does not constitute endorsement of products and services by the Department of War, 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.



FOR MORE INFORMATION, PLEASE CALL 956-82-2527 OR DSN 727-2527





NOON at the

El Patio

Yu-Gi-Oh!, One Piece TCG, Digimon TCG, Flesh and Blood, Lorcana, CCG Supplies, pro athletes, and more!

Stop by the Liberty Center to reserve a table for this event. Must register by Wednesday, Dec. 10. All ages!

U.S. DoD Card Holders only. For more information, please call 956-82-2527.

YOUR "KEY" TO HOLIDAY FUN!

ARMED FORCES ENTERTAINMENT

PRESENTS:

POLINA

SENDEROVA

SATURDAY DEC.6

5:40 p.m. Live at Winter Wonderland

From holiday hits to your favorite chart-topping singles, they are here to help ring in the festive season.





Learn more at ArmedForcesEntertainment.com











MARC

STARTING MONDAY, DEC. 8

STEPHEN

DAKIN

RUDOLPH **CONTESTS**

Operations Side of the base (ages 18 years and older) or find Rudolph in the Housing Area (ages 17 and under) and win a prize! Clues will be posted on

Find Santa on the

the Rota MWR Facebook page each weekday starting Monday, Dec. 8 until found.

HAPPY HOLIDAY HUNTING!



HOLIDAY SPIRIT

HOUSE DECORATING CONTEST

Channel your inner Clark Griswold by adorning your house and front lawn with Yule-tide cheer!

REGISTER YOUR HOME BY FRIDAY, DEC. 12.

Judging will take place on Monday, Dec. 15.

On base family housing only. Prizes will be awarded to the three most festive houses so don't hold back!

For more information or to register your house, please stop by or call the Liberty Center at 956-82-2527 or DSN 727-2527.



Food and beverages will be available for purchase

WHETHER YOU'RE A SHOWER SINGER OR A STAR PERFORMER, EVERYONE'S WELCOME

U.S. DoD card holders only. Ages 18 years and older.

Call the Liberty Center at 727-2527, 1-10 p.m. daily for more information.

BOARD GAME SATURDAY

Saturday, Dec. 13, 4-10 p.m. at la Plaza. All ages. Every second Sagturday! Bring your favorite board games to share and dive into friendly competition with fellow game lovers. It's the perfect chance to play, connect, and unwind-plus, you could win exciting prizes! Food and beverages available for purchase. Free admission. 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 closely and explore every nook and cranny of the pages. THINK YOU'VE FOUND HER?

Be the first person to tell us the correct location and win a prize!

Email: Rota_MWRSpecialEvents@us.navy.mil to participate before the 5th.

Open to U.S. DoD I.D. cardholders only - All ages







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 Fall League 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, Dec. 11, 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

Fridays and Saturdays, 7-11 p.m. Groups up to five people can bowl for \$23 per lane for one hour, including shoe rental.

child & youth

CYP CLOSURE

Friday, Dec. 25, due to Christmas Day

Friday, Jan. 1, due to New Year's Day

CYP Hiring

Fair for CYP

Leads and

Program

Assistants

Youth Center.

Friday, Jan. 30, at

Bring your resume, email

passport with Spanish visa.

addresses of two professional

references, military orders, TEI,



SCAN ME!

CHILD CARE



Sac (k-6th grade),

956-82-2839 or DSN 727-2839

SAC Full Day Camp: Monday, Dec. 8. Teacher Training.

Winter Camp

Tuesday-Saturday, Dec. 23-Jan. 2.

SAC hours 6 a.m.-6:30 p.m. (school

resumes Jan. 5)

Please contact SAC or sign up on militarychildcare.com if you are interested in your child attending our weekly camp full time or visit our office if you need hourly care.

> Family Art Day Recycled Art

Friday, Dec. 12, 4-5 p.m. Create art at SAC as a family by using common throw-away items, or take

nstructions to use at home together.

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 AND TEEN **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 CYP Online 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

Please remember that it is imperative that our front desk receives any changes in parent contacts, emergency contacts, shot records or special needs for your children.

• CCC (6 weeks -5 years)

956-82-1100 or DSN 727-1100

Friday, Dec. 5.

A coco bar will be available for parents in the morning after you drop off your children stop by and make yourself

Friday, Dec. 12, 3:30 p.m.

Parents are welcome to come and join their children in their classrooms decorating cookies.

Friday, Dec. 19, 3:30 p.m.

We will have a winter art bending display for each age oup for parents to bid on their favorite art work to win.



After Winter Wonderland, follow the clues to find our red-nosed friend. Clues will be posted on Facebook.







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.smore.com/vgemr for local education information

Homeschool Meet & Greet

Friday, Dec. 5, 11 a.m. at the SAC building #41. Homeschool families must register by Dec. 3, space is

College Readiness Workshop

Monday, Dec. 8, 12:30 p.m. at the Youth Center (next to DGF).

Topics covered in the workshops include college applications, degree options, exploring, planning, applying, programs & majors, campus life, on-time graduation, enrollment, succeed and graduate. Scholarships, financial aid and FAFSA Information covered too. Free to all participants including parents, middle / high school students and high school graduates and other community members.

Interested in Spanish Schools?

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

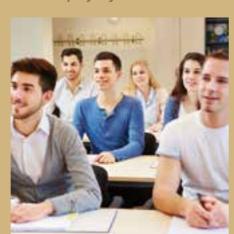
SLP Scholarship Link https://www.smore.com/36j0z

Tutor.Com for Military

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

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.



youth programs,

YOUTH CENTER | YOUTH SPORTS

JAMS (ages 10-12) and GRAVITY (ages 13-18) 956-82-4625 or DSN 727-4625

Rota_CYPYouth@us.navy.mil

Weekly Clubs meet on Mondays, Tuesdays, Thursdays and Fridays at 3:30 p.m. and Wednesdays at 2:15 p.m.

ER HOUR HOMEWORK ASSISTANCE AND FREE CHOICE OF RECREATIONAL **GAMES VAND ACTIVITIES**

DAILY ACTIVITIES

CHILD DEVELOPMENT CENTER | SCHOOL AGE CARE

Mondays

THE ARTS CLUBS: DIGITAL, FINE, APPLIED AND PERFORMANCE ARTS

Tuesdays

LIFE SKILLS CLUBS: MONEY MATTERS. **STEM, 4H GARDENING**

Wednesdays

LEADERSHIP AND SERVICES CLUBS: KEYSTONE, TORCH AND YOUTH OF THE YEAR

Thursdays

HEALTH AND WELLNESS CLUBS: WALKING, COOKING, HIIT AND HEALTHY HABITS

Fridays

FUN FRIDAYS-SPORTS AND RECREATION ACTIVITIES

JAMS Late Night at the Youth Center!

Friday, Dec. 19, 7-9 p.m.

Preteen Late Night, featuring "Gingerbread House Making" for registered members ages 10-12 years. Come enjoy a variety of games and a house making contest with your friends. The event is free but spaces are limited and a permission slip is required to be turned in by Wednesday,

Winter Whisk Off Challenge

Wednesday and Thursday, Dec. 17 and 18, 3 p.m.

Sign up to participate in a culinary challenge

Youth of the Month

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.







FROSTED WINDOW DECORATING LICONTEST

Monday, Dec. 1.

Try your hand at a classic holiday decorating style and help liberty get into the holiday spirit. Create your dream holiday wonderland on the Liberty Center windows and see if you can win best in snow!

NATIONAL MUTT DAY

Tuesday, Dec. 2, 5:30 p.m.

Visit RAWL and pet some cute animals. Help bring some holiday happiness to all the animals that are without a furever home this season.

CHRISTMAS CARDS!!!!

Wednesday, Dec. 3.

Design your own Holiday cards to send to those you will miss/ will miss you the most this season. Provided: Card making tools, envelopes.

LIBERTY MOVIE NIGHT

Thursday, Dec. 4, 7 p.m. Flix Movie Theater. Free for single/unaccompanied E6 and below. All single and unaccompanied active duty members (E-6 & below) are invited to join the Liberty staff at the Flix Movie Theater for a free showing. Enjoy hot buttered popcorn and an ice cold soft drink while you enjoy your movie! On the day of, sign in on the Liberty Sheet at the front counter at Flix.

NATIONAL COOKIE DAY

Thursday, Dec. 4.

A day devoted to cookies, eating cookies, decorating cookies, eating cookies, dipping cookies in milk, eating cookies. Provided: Cookies! Milk! Decorating materials!

COTTON CANDY DAY

Sunday, Dec. 7.

Spin, Spin sugar!!! Make your own cotton candy! Provided:

LIBERTY'S BOWLING NIGHT AT PINZ

Thursday, Dec. 11, 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.

NATIONAL WREATHS ACROSS AMERICA DAY

Saturday, Dec. 13, 1-9 p.m.

Make a wreath in honor and remembrance of a loved one, the wreaths will hang all season long in the center. Provided: Wreath crafting material.

UGLY SWEATER

Monday, Dec. 15.

Design the ultimate tacky holiday sweater to keep you warm this winter! Wear it to the Liberty Holiday party on December 25 for your chance to win the ugliest sweater. Sweaters and decorating supplies will be provided.

MAKE A SNOWFLAKE DAY

Thursday, Dec. 18.

Let's get extra fancy and make it snow in southern Spain.

GAME DAY

Friday, Dec. 19.

Come play games and get competitive!

SNOWBALLS FIGHTS AND SNOW CONES

Saturday, Dec. 20.

Come get a taste of winter wonderland, with fresh made snow for snowball fights and snow cones.

FESTIVUS!

Tuesday, Dec. 23, 6-8 p.m.

Gather around an aluminum pole and participate in the "Airing of Grievances."

Vejer de la Frontera Historical Tour and Bolonia Roman Ruins

Saturday, Dec. 27, 8 a.m.-6 p.m. \$44 for single/unaccompanied E6 & below. Must register by Dec 24.

Vejer is a picturesque town perched high on a limestone headland. Although it was captured from the Moors by Fernando III el Santo, 700 years ago, it has not lost any of its Arab features. The town has several monuments worth seeing including, remains of a castle, the old wall and several gates. Climb the castle walls for a panoramic view of the open countryside. Local artisan shops in town offer a wide selection of hand-made goods at reasonable prices. After spending time in Vejer you will visit the Baelo Claudia Roman ruins in Bolonia. Baelo Claudia was undoubtedly the most important city in the framework of Andalusian Rome, under the jurisdiction of Claudius Caesar. It was erected at the end of the Second Century BC. The fall began to take place after the crisis in the Third Century AD and was worsened by the effects of a huge seaquake, the raids by Mauritanian hordes and dominant Germanic Pirates. Historical tour includes roundtrip transportation, a local guide in Vejer and entrance to the ruins.

SAILOR ADVENTURE QUEST



GUITAR LESSONS

Wednesdays, Dec. 10 and 17,

6 p.m. Free for single/unaccompanied E6 and below.

Have you ever thought about trying your hand at guitar? Whether you're a beginner or looking to refine your skills, this is your chance to learn from the best. Learn to strum, pick, and play your favorite tunes on a real guitar, with guidance tailored to your skill level and musical interests. Come to start or continue your musical journey! Guitars are provided.

CHRISTMAS EVE PARTY! NATIONAL EGGNOG DAY

Wednesday, Dec. 24, 6-8 p.m.
White Flenhart gift exchange while you sin

White Elephant gift exchange while you sip on the sweet elixir of the elves, eggnog! Gifts, eggnog provided.

NATIONAL CARD PLAYING DAY

Sunday, Dec. 28

Texas Hold em' all day long!

LIBERTY GOLF DAY

Sunday, Dec. 28, 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 1 p.m.

BACON DAY

Monday, Dec. 29.

Bacon + pancakes= BACON PANCAKES

NEW YEAR'S EVE

Wednesday, Dec. 31, 1 p.m.-1 a.m.

Come watch movies and sip on warm cider with us until the New Year!











FOOTBALL GAME

SATURDAY, 13

Gate opening, 5:30 p.m. Game time, 9 p.m. **DRIVE-IN**

BBQ | LAWN GAMES | INFLATABLES TAILGATE DECORATION CONTEST AND BEST SPIRIT WEAR CONTEST AND OF COURSE,

THE BEST FOOTBALL GAME!!!

Free entrance | Parking first come, first choice

Concessions available | Attendees may bring their own food and utensils to grill | Grills provided by MWR | Cars may be parked overnight

Notice: In case of bad weather the event will take place at Tower Pub

CALL 956-82-3709 OR DSN 727-3709 FOR MORE INFORMATION

CHRISTMAS LUNCH

DECEMBER 25 AT THE GALLEY

HOURS

Military and their families: 11:30 a.m.-4:30 p.m. DoD Personnel and their families: 2-4:30 p.m. Local National employees: 3-4:30 p.m.

We look forward to serving you. HAPPY HOLIDAYS!



Active duty and their family members, federal civilian employees, retirees, authorized guests (local national employees working on base): \$11.20

Spouses and other dependents of enlisted personnel in pay grades E1 through E4: \$8.55

Christmas Day

Roast Pig (Lechon)

Salmon Primavera

Baked Ham W/ Pineapple Raisin Sauce

Rotisserie Chicken

Baked Macaroni and Cheese

Rice Pilaf

Candied Sweet Potatoes

Shrimp Cocktail w/ Cocktail Sauce

Antigua Blend

Buttered Corn on the Cob

Assorted Salad

Assorted Cakes

Assorted Cookies

Assorted Sushi Rolls

\$11.55

No official U.S. Navy endorsement is implied





MANAGING STRESS;

Stress is a fact of life, none of us are immune to stress. We most often times associate stress as

develop coping skills, especially in military life. However, constant and severe stress often causes

health issues and performance problems. What are things we can do to prevent or manage stress?

First, we should learn to recognize when we feel stressed. Stress can cause a variety of symptoms.

Some people experience back pain and tense muscles, headaches, nausea or stomach pain, trouble

Once we learn to recognize stress, we can first try to stay in the present. Try to be aware of what is

happening in the present and focus your attention on what you are doing in any given moment.

When your thoughts turn to the past and the future, try to bring them back to the here and now.

expressing anger. You cannot always control when you are going to feel angry, but you can control

how you respond to it. Many people who experience anger usually do not know how to confront it

Knowing how to relax is an important part of staying military and family ready. It reduces stress

and promotes resiliency. By taking long, slow breaths, you increase your oxygen and calm yourself

techniques and see which ones work for you. Experiment with some visualization exercises, go for a

walk, listen to music or read a book. Lastly, if necessary seek assistance. The fleet and family support

offers stress management classes as well as counseling and a list of other resources for assistance.

Additionally, Military OneSource provides tips for recognizing and managing the symptoms of

counseling and information about available resources, such as health and wellness coaching. If you

stress. While Military OneSource does not provide health care services, it does offer non-medical

or someone you know is in crisis contact the Military Crisis Line at 988, then press 1, or access

https://www.militaryonesource.mil/health-wellness/healthy-living/managing-stress/managing-stress-the-essentials/

https://www.militaryonesource.mil/health-wellness/healthy-living/managing-stress/managing-stress-the-essentials/>

down. Even a few deep breaths can relax tension throughout your body. Try different relaxation

Express any of anger in constructive ways. There is a difference between feeling angry and

being something negative, but not all stress is bad. It can motivate you to change behavior and

THE ESSENTIALS

sleeping and fatigue. Less-obvious symptoms include:

Irritability

Apathy

Anxiety or panic attacks

Trouble concentrating

Difficulty making decisions

• Feelings of being out of control

in appropriate and constructive ways.

online chat by texting 838255.

Learn how to Relax

FFSC ROTA ...

DECEMBER

DATES PROGRAMS



INTER-CULTURAL RELATIONS (ICR)

Dec. 8-9, 8:30 a.m.-4 p.m. Dec. 8-10, 8:30 a.m.-3 p.m.

EFMP FAMILY TRAINING COMMAND SPONSORSHIP

Noon-1:30 p.m. **EFMP POC TRAINING**



ONE DAY ICR RRIFE

MBMF PROBLEM SOLVING

VA DEPENDENT EDUCATION BENEFITS

13/14 **INTER-CULTURAL RELATIONS (ICR)** Dec. 15-17, 8:30 a.m.-3 p.m. TRANSITION WORKSHOP



ONE LOVE WORKSHOP

INTERVIEW SKILLS

CHRISTMAS DINNER & FLAMENCO SHOW

23-31

BASIC SPANISH CLASSES Tuesdays, Dec. 2, 9 & 16, 9-10:30 a.m. INTERMEDIAL SPANISH CLASSES sdays, Dec. 2, 9 & 16, 11 a.m.-12:30 p.m.

For any other class availability, please call us.

Sexual Assault Helpline 646-407-871 24/7 NAVSTA Rota







OMBUDSMAN BASIC TRAINING Dec. 2-4, 8:30 a.m.-3:30 p.m

03-07

INTER-CULTURAL RELATIONS (ICR)

FEDERAL RESUME WRITING 9 a m -11·30 a m

WED 10

7:45 a.m.-4 p.m.

Dec. 15-19, 8:30 a.m.-4:30 p.m

MBMF CONNECTION 11 a.m.-12:30 p.m.

02-16



Ages 5-7 years old: Mondays, 4-5 p.m. or Wednesdays, 4:30-5:30 p.m.

IMPORTANT: Students must sign up prior

to the month start. Once the month

begins, they must enroll in the following one.

Ages 8-14 years old: Mondays, 5-6 p.m. or Wednesdays, 5:30-6:30 p.m. Once per week: \$45/month

Twice per week: \$70/month Ages 18 years and older: Mondays, 6-7 p.m.

Jiu Jitsu Classes

or Wednesdays, 6:30-7:30 p.m.

Once per week: \$50/month Twice per week: \$80/month

Brazilian Jiu Jitsu is a predominantly ground-based martial art, using the principals of leverage, angles, pressure and timing, as well as knowledge of the human anatomy, in order to achieve a non-violent submission of one's opponent

Dance Lessons

CHILDREN BALLET LESSONS Time slots available

comMunity classes

Music Lessons

Time slots available

30-minute lessons.

PRIVATE PIANO LESSONS

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

Take individual piano lessons from beginners

Thursdays, 4-8:30 p.m. \$80 for a punch

to advanced; learn to play piano and read

music with our experienced instructor.

Tuesdays, Wednesdays and

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

PRIVATE GUITAR AND

UKELELE LESSONS

to most advanced levels

Time slots available

\$83 for a punch card for four

956 82-2354 or DSN 727-2354

Rota_MWRcommunityclasses@us.navy.mil

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.

Once per week: \$45/month

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. \$45 per month.

FLAMENCO LESSONS

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

\$50 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 vou 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

know some more.

and also for those who

Tennis Group Lessons Ages 4-6 years old:

Wednesdays, 3:30-4 p.m. Once per week: \$60/month

Ages 7-11 years old: Wednesdays and/or Fridays, 4-5 p.m.

Ages 12-18 years old: Wednesdays and/or Fridays, 5-6 p.m.

Once per week: \$80/month

Twice per week: \$125/month Also private lessons available:

\$160 per punch card (4 lessons). Tennis is ideal for improving cardiovascular fitness and strength. Our coach is highly qualified and passionate about what he does. If you prefer private lessons, we can

Pre-Tumbling Lessons for Children

organize! Classes located at the Fitness Center.

Ages 1-3 years old:

Thursdays, 9:30-10:15 a.m. \$45 per month.

Ages 4-5 years old:

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

Ages 6-7 years old: Tuesdays, 3:30-4:30 p.m.

Ages 8-9 years old:

Thursdays, 5-6 p.m.

Ages 10 years & older:

Thursdays, 4-5 p.m.

\$50 per month.

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











picture with Santa.

Ages 18 years and older.

Group Exercise

Wednesday, Jan. 7, 2026.

Holiday Break

prepare for this event.

Join the elite and see if you can muscle up 1000

pounds total weight. Events will include bench press,

squat and deadlift. Please train safely and start now to

Wednesday-Tuesday, Dec. 24-Jan 6.

There will be no group exercise classes,

starting Dec. 25. Class will resume on

956-82-1916 or DSN 727-1916

SIGN UP HERE CREATE YOUR PROFILE WITH IMLEAGUES

SOFTBALL **TOURNAMENT**

Tuesday-Thursday, Dec. 16-18.

PICK UP

GAMES

Must register by Dec. 11 at the Fitness Center.

2026

DEADLINE MEETING

COACH

INTRAMURAL SPORTS

CALENDAR

Captain's Cup Leagues

EVENT	DATES	GAMES	DEADLINE MEETING
DECEMBER 2025			
Cickball Tournament	9-11 (Tuesday-Thursday)	and the same	5 8
Softball Christmas Tournament	16-18 (Tuesday Thursday)	Tue & Thu 5-6pm	12 15
VENT	DATES		DEADLINE
IANUARY			
Basketball Tournament	13-15 (Tues	day-Thursday)	9
Indoor Soccer Tournament		day-Thursday)	16
Basketball Scrimmage Day & Clinic	100100000000000000000000000000000000000	Control of the Contro	- 16
EBRUARY	•		
CC Basketball League	starting on	11 (Wednesdays)	6
CC Indior Socier League	starting on	17 (Tuesdays & Thursdays)	. 13
Superbowl Flag Football Tourname	ent 5-7 (Friday-	Saturday)	4
IARCH			6
Ombudsman' Kickball Tournament		7 (Saturday)	
Softball Spring Tournament	\$1000 PARKETS AND ADDRESS OF THE PARKETS AND ADD	17-19 (Toesday-Thursday)	
Softball Scrimmage Day & Clinic	25 (Wednes	(Gay)	23
PRIL	- 2222	an extra a	20
Outdoor Soccer Tournament	14-18 (Tuesday-Saturday) starting on 23 (Tuesdays & Thursdays)		10
CC Outdoor Soccer League Individual Tennis Tournament	25 (Saturda		21
AY	23 (Settings	97	43
Outdoor Soccer Scrimmage Day &	Clinic 6 (Wednesd	lav)	4
oftball Tournament	16 (Saturda		14
Memorial Basketball Tournament	19-21 (Tues	19-21 (Tuesday-Thursday)	
UNE			
CC Softball League	starting on	4 (Tuesdays & Thursdays)	2
each Volleyball Clinic	10 (Wedne	sday)	8
leach Volley Summer Tournamen	el 27 (Saturda	et .	25
JLY			
Nickleball Tournament I	11 (Saturda	70.17	9
Vaterpolo Tournament	15 (Wednes	00070	13
Tag Football Tournament	29 (Wedner	iday)	27
UGUST	5122005	4.4	- 20
njury Prevention Clinic	19 (Wedner	DI LINE	17
Seach Volley Summer Tournamen	Control of the Contro	77	20
C Flag Football League EPTEMBER	scartingon	27 (Thursdays)	-29
Dodgebull King of the Court	Every Thurs	day	- 0
Pickleball Tournament II	12 (Saturda	T. (200)	10
Outdoor Soccer Fall Tournament	100000000000000000000000000000000000000	day-Saturday)	21
CTOBER			
Folleyball Clinic	14 (Wedne	oday)	12
Volleyball Tournament	100,000,000	Inesday-Thursday)	19
C Volleyball League	starting on.	28 (Wednesdays)	26
OVEMBER			
Pickleball Tournament III	14 (Saturda	ed a control	13
30+ Basketball Tournament	17-19 (Tues	day-Thursday)	15
Flag Football Turkey Bowl	21 (Saturda	w).	19
ECEMBER	11		
Kickball Tournament	12 (Saturda	75 Chillian DOSS	10
Softball Christmas Tournament	15-17 (Tues	day-Thursday)	12

Clinics

3. Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.

1. You can sign up your team/command using the Teams QR code, or you can sign up individually using the Free Agents QR code.

4. Any questions and/or suggestions to rota_mwrfitness@us.navy.mil

2. Sign ups will be over at NOON of the deadline date.

Tournaments

Rota_MWRAquatics@us.navy.mil **INDOOR POOL**

956-82-2129 or DSN 727-2129

aquatics center,

HOURS OF OPERATIONS Monday-Friday, 6 a.m.-7 p.m. Saturday and Sunday, Closed

U.S. Holidays, 9 a.m.-5 p.m. INDOOR POOL LAP SWIM, PRT, UNIT LEVEL TRAINING or COMMAND PT.

Navy Second Class Swim Testing available by appointment only.

LEARN-TO-SWIM LESSONS: Parent & Child Swim Class

Dec. 10-12 and 17-19,

Wednesday-Friday, 10-10:30 a.m.

Two week session. Ages 8 months-3 years old. The parent & child swim class introduces infants and toddlers into the jovs of an aquatics environment for the first time under the care of their parents. Our Swim

Dec. 10-12 and 17-19, Wednesday-Friday,

Two week session. Ages 4 years and older. Taught by American Red Cross Water Safety Instructors. Each of the swimming lesson levels is designed to build upon the next, taking your child on a journey toward becoming a safe and confident swimmer for life.

Instructors provide instruction to the parents

Levels 1-3

3:15-4 p.m. | 4-4:45 p.m. | 5-5:45 p.m.

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





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