

MWR ROTA MONTHLY MAGAZINE
MORALE, WELFARE AND RECREATION
Fleet And Family Readiness
U.S. Naval Station Rota, Spain
www.navymwrrota.com/
www.facebook.com/RotaMWR



VAMOS

JULY 2026. NO.169

- Independence Fest 2026
- Patriot Games
- Summer Camps
- Isla Magica in Sevilla
- Multi-Activities in a Salt Factory Estuary in Chiclana

EMPLOYEES OF THE MONTH



ROBERTO FENIX HERNANDEZ

Maintenance Lead

Roberto has been a driving force behind the success of the Maintenance Department, consistently demonstrating leadership, initiative, and an unwavering commitment to the mission! He played a critical role in overseeing daily operations, coordinating the setup and breakdown of numerous installation events, and leading more than 50 in-house work orders. From preparing sports fields to supporting major ceremonies and community events, Roberto's reliability and dedication help ensure smooth operations across the installation.



MILAGROS VILLALBA
CYP Assistant

Milagros is recognized for her professionalism, teamwork, and dedication to the Rota CDC. In the absence of a wing lead, she maintained strong communication with leadership while fostering positive relationships with coworkers and families. As a toddler classroom educator, Milla creates a warm, welcoming, and nurturing environment where children can thrive. Her positive attitude, collaborative spirit, and commitment to quality care make her a valued member of the CYP team!

Thomas A. Kubalewski,
Fleet Readiness Director
727-2326

Fabiola Mundo,
Support Service Director
727-1429

Manny Manlogon,
Food Service Officer
727-1407

Meg Geary,
Acting CYP Director
727-1105

Doug Hasselbring,
Community Recreation Director
727-1410

Cody Butler,
Fitness Director
727-3264

Sara Fine,
Business Operations Director
727-1505

MARKETING OFFICE
Amber Courtney-Duncan,
Marketing Director
727-1515

SOCIAL CONTACT
www.navymwrrota.com
www.facebook.com/RotaMWR

PHONE CODE
Commercial, 956-82-XXXX
DSN, 727-XXXX

MWR NAVSTA ROTA, SPAIN

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Tel: 011 (34) 956-82-1517
Tel (On Base): 727-1517

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Information subject to change.

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vamos>> MWR ROTA MONTHLY MAGAZINE, JUNE 2026

MWR

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
Closed until Sept. 7

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.

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 Pool, 727-4882
Wednesday-Sunday, Noon-7 p.m.

Outdoor Recreation and Tickets & Tours, 727-3101
Monday-Friday and U.S. Holidays, 10 a.m.-6 p.m.
Saturday and Sunday, Closed



DINING AND ENTERTAINMENT

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 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, 727-2923 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 Admin/Support Services, 727-1517
Monday-Friday, 7:30 a.m.-4 p.m.

LA PLAZA | PIZZA VILLA | CHAMPIONS BAR | GOURMET BEAN CAFE | PINZ AMERICAN CAFE | BOMBERS FRESH MEX | TOWER PUB

PROTEIN COLADA

Pineapple, Coconut, Vanilla Protein



Saturday, July 11

Open to everyone. Free admission.
Snack bar available for food and beverage purchases.
All movies will be family friendly.

Drive-In will OPEN the second Saturday of each month for a free showing!



Drive-In THEATER
FREE SHOWING

NAVY ENTERTAINMENT PRESENTS:

LARRY FLEET

JULY 2, 9 p.m. | LA PLAZA

LIVE AT  1776-2026

FREE CONCERT FOR ALL AGES!

Food & beverages available for purchase



SPECIAL EVENTS

Rota_MWRSpecialEvents@us.navy.mil Bldg. #48

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.

PAINT AND SIP

Thursday, July 16, 5 p.m. at the Tower Pub.

\$10. Must register by July 14.

Enjoy a fun and relaxing evening of painting and socializing! No experience needed – participants will be guided step by step to create their own acrylic painting while enjoying a great atmosphere. Canvas & painting materials included. Drinks not included. Estimated duration: 2 hours. Stop by the Liberty Center to sign up for this event. Limited to 15 spots! Open to DoD ID cardholders only. All ages.

LATIN NIGHT

Friday, July 31, 8 p.m. at La Plaza.

Join us for a lively Latin Night full of music, movement, and great vibes. Start the evening with a free dance class led by professional instructors, open to all levels – no experience needed. Stay after the class for social dancing and great music! Open to DoD ID cardholders only. All ages.



NAVSTA ROTA, SPAIN



Independence Fest

UNITED STATES OF AMERICA

1776 – 2026



LIVE MUSIC FEATURING LARRY FLEET

FOOD & BEVERAGES

CARNIVAL RIDES & GAMES

AIR TOYS & WATER SLIDES

FIREWORKS

NEW! VIP LOUNGE ACCESS

SKIP THE CROWDS AND EXPERIENCE INDEPENDENCE FEST IN STYLE.

FOLLOW US ON SOCIAL MEDIA FOR PACKAGE DETAILS!

CARNIVAL RIDES BRACELETS

Can be purchased at the Liberty Center until July 1 for \$7

(U.S. DoD I.D. cardholders only).

\$10 (at the event, all participants).

THURSDAY
JULY 2

5-11 p.m.
AT LA PLAZA

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.
Four Monkeys (Pop/Rock Cover Band)

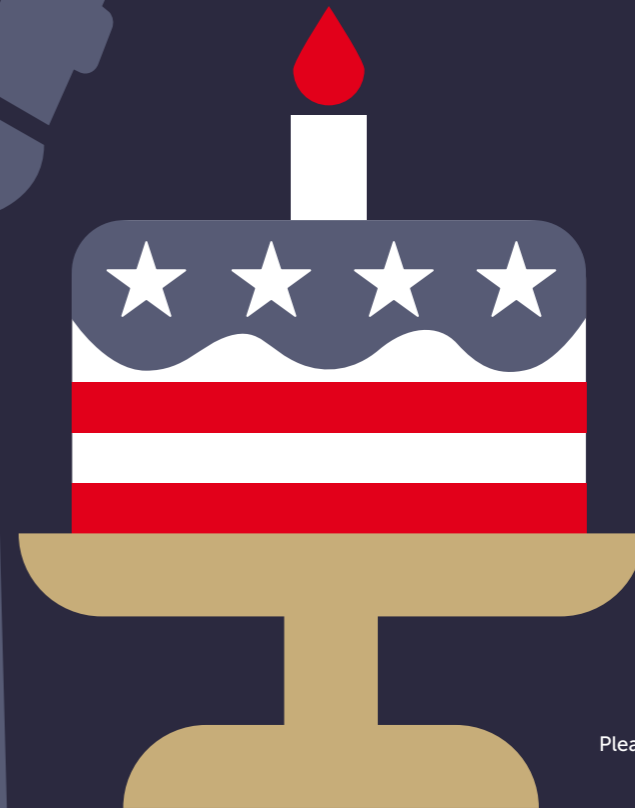
6:45 p.m.
CO's Opening Remarks & National Anthem

7-8:30 p.m.
Ape Oscura (Rock Cover Band)

8:40-8:50 p.m.
USO Pie Eating Contest

9-10:30 p.m.
Larry Fleet (Navy Entertainment Headline Band)

10:45-11 p.m.
Fireworks Show



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.

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

Sponsored by:



No Navy endorsement implied.

TICKETS & TOURS

vamos>> MWRROTAMONTHLYMAGAZINE, JULY 2026

956-82-3101 or DSN 727-3101

Rota_MWROutdoor@us.navy.mil

Rota_MWRTicketsandtravels@us.navy.mil

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

Community Recreation
Bldg. #48

OUTDOOR REC

FOR EXPLORERS, HISTORY LOVERS,
AND RELAXED TRAVELERS

CULTURE & DISCOVERY

TORREMOLINOS (MALAGA) SELF-GUIDED

Saturday, July 4, 7:30 a.m.-9 p.m.
\$60 per person / No cost for child under 14 years old. Must register by July 1.

Heart of the Costa del Sol and is a tourist paradise. City known for its blend of traditional Andalusian charm, sprawling sandy beaches and a highly inclusive, cosmopolitan atmosphere. **Trip includes round-trip transportation only.**

NERJA CAVES IN MALAGA AND HISTORICAL TOUR

Saturday, July 11, 6 a.m.-9 p.m.
\$110 per adult / \$65 per child 2-14 years old / No cost for child under 2 years old. Must register by July 8.

This delightful town is known for its beautiful Mediterranean beaches, delicious local fish, tropical fruits, unforgettable Balcony of Europe, and famous Cave of Nerja. **Trip includes transportation, entrance to the cave, guided visit of the town of Nerja, and some free time.**

VEJER DE LA FRONTERA HISTORICAL TOUR AND BOLONIA ROMAN RUINS

Saturdays, July 18, 8 a.m.-6 p.m.
\$55 per adult / \$35 per child 2-14 years old / No cost for child under 2 years old. Must register by July 15.

A picturesque town perched high on a limestone headland. Houses in the town are whitewashed and most date back to the Moorish times. Considered one of the most beautiful white villages in the region of Andalucía. Claudio Baelo Roman Ruins is an ancient coastal city that offers a complete look at Roman urban planning in a spectacular natural setting facing the Strait of Gibraltar. **Trip includes round-trip transportation, guided visit of Vejer, entrance to the ruins, and some free time.**

MALAGA SELF-GUIDED

Saturday, July 25, 7 a.m.-9 p.m.
\$60 per person / No cost for child under 14 years old. Must register by July 22.

A vibrant Mediterranean hub that blends its ancient heritage with a modern culture of museums, sandy beaches and a thriving gastronomic scene. **Trip includes round-trip transportation only.**

FOR THOSE WHO WANT ACTIVE LEISURE
AND MULTI-GENERATIONAL TOURISM

LEISURE AND ENTERTAINMENT

ISLA MAGICA AMUSEMENT/WATER PARK IN SEVILLA

Saturday, Aug. 1, 10 a.m.-7 p.m.
\$105 per adult / \$75 per child 4-10 years old / No cost under 3 years old. Must register by July 29.

First urban theme park in the world and is themed around the Spanish Age of Discovery. 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! **Trip includes round-trip transportation and entrance to the theme and water parks.**

OUTDOOR TRIPS
DIFFICULTY LEVEL

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

ICONIC PATHS, SCENIC LANDSCAPES,
AND OUTDOOR EXPLORATION

TRAILS, NATURE & ACTIVE ESCAPES

1 ONE DAY MULTI-ACTIVITIES IN SANTA TERESA SALT FACTORY ESTUARY IN CHICLANA

Saturday, July 11, 9:30 a.m.-4 p.m.
\$100 per person. Must register by July 8.

Three activities in one hot summer day in Chiclana's estuary zone consisting of speed boat tour on the ocean water canals, kayak/SUP paddle board tour, and thalassotherapy (natural spa circuit) consisting of two hypersaline pools, a magnesium pool, and a mud pool. **Trip includes round-trip transportation, and all the activities.** Meals are not included.

BUOYANCY AND MOVEMENT
ON THE SEA WATERS

ON-WATER SURFACE ADVENTURE

1 STAND UP PADDLE BOARD IN THE WATERS OF ROTA

Saturday, July 4, 9 a.m.-2 p.m.
\$60 per person. Must register by July 1.

Experience one of the most scenic, relaxing and rewarding tours in MWR Navy Outdoor Recreation, Stand Up Paddle Boarding on the Bay of Cadiz! **Includes round-trip transportation, equipment, and expert guides.**

3 NIGHT KAYAK AND SANCTI PETRI CASTLE TOUR IN CHICLANA

Thursday, July 23, 5:30 p.m.-11:45 p.m.
\$85 per person. Must register by July 20.

Experience one of the most scenic, relaxing, and rewarding outdoor trips kayaking on the Bay of Cadiz in Sancti Petri, Chiclana while enjoying the picturesque sunset view and the Castle erected in the middle of the bay. **Includes round-trip transportation, equipment, and expert guides.**

3 SAILING AND WINDSURFING COURSE BAY OF CADIZ IN ROTA

Saturday, July 25, 9 a.m.-2 p.m.
\$110 per person. Must register by July 22.

Never done it before? Discover Sailing and Windsurfing course will get you started to learn in a structured way to sail and windsurf. No experience needed. **Includes round-trip transportation, equipment, and the course.**

3 KAYAKING AT LOS CORRALES BEACH IN ROTA

Saturday, Aug. 1, 9 a.m.-2 p.m.
\$60 per person. Must register by July 29.

An activity that offers a peaceful way to explore the coastline's natural beauty, culture, and from the water. **Includes round-trip transportation, equipment, and expert guides.**

HIGH-ENERGY EXPERIENCES
FOR THRILL-SEEKERS

ADVENTURE & ADRENALINE

5 CANYON DESCENDING

Saturday, July 18, 6:45 a.m.-8 p.m.
\$85 per person. Must register by July 15.

Take on an adrenaline-packed canyon adventure combining climbing, swimming and rappelling through stunning natural terrain. Guided by professionals, this experience is designed for confident adventurers. **Includes round-trip transportation, equipment, insurance, and guide.**

LIBRARY >>

PLANT A SEED, READ



SUMMER READING PROGRAM 2026

THEME : PLANT A SEED, READ.
Plant a Seed, Read is rooted in the concept of farm to table. Both food and stories connect us to our family, economy, and ecology. Plant a Seed, Read will provide a context for exploring culture, history, science, health, and human connection.



REGISTRATION ONGOING
(via Beanstack App for tracking your reading minutes)

PROGRAM DATES:
Now-Sunday, Aug. 30.

ACTIVITY DATES:
Tuesdays and Thursdays, Now-Aug. 11.
Sign-up is required at the Library.
Spaces are limited.

REWARD COLLECTION:
Thursday, July 9-Sunday, Aug. 30.
We are going paperless. Sign up and log minutes 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. Prizes: Limited quantities available. Open to U.S. DoD ID card holders only.

STEAM: L.E.A.P. INTO BOOKS! LITERACY, EXPLORATION, ART & PLAY

L.E.A.P into Books! Is an innovative educational program that bridges the love of reading with the excitement of hands-on learning. Designed for children aged 6 to 12, this initiative offers monthly STEAM workshops inspired by books selected by Rota MWR Library. Each Workshop becomes an immersive experience where literature meets science, technology, engineering, art, and mathematics- all through play, creativity and exploration.

Ages 6-9 years old:
Tuesday, July 21, 4-6 p.m.
Ages 10-12 years old:
Thursday, July 23, 4-6 p.m.
Sign up is required.
Open to U.S. DoD ID card holders only.

SCIENCE & EXPERIMENTS
CHEMICAL REACTIONS,
CIRCUITS WITH FRUITS, SIMPLE
BIOLOGY EXPERIMENTS.

EARLY LITERACY PROGRAM

Every Tuesday in July.
Sign-ups are open.
Theme: OUTDOOR EXERCISE
Times: 11-11:30 a.m. and 2:45-3:15 p.m.
Ages 0-5 years old.
Bring your little ones to the 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.



956-82-2418 or DSN 727-2418
Rota_MWRLibrary@us.navy.mil
Bldg. #3306

SUMMER ENJOY

CHEILD & YOUTHE

SAC

(k-6th grade)
956-82-2839 or DSN 727-2839
Bldg. #41
Rota_CYPsac@us.navy.mil

SAC SUMMER CAMP REGISTRATION

Summer Camp Registration continues. Please contact our front desk (956-82-2839) to learn about weekly themes and field trips. Subject to availability and eligibility.

Registration packet can be picked at Bldg. #41 (School Age Care) or downloaded at navymwrrota.com

WEEK #	DATES	CAMP THEME
3	June 29- July 2*	SPACE EXPLORERS
4	July 6-10	RAINFOREST ADVENTURE
5	July 13-17**	MUSIC AND MOVEMENT
6	July 20-24	SUPER HEROES
7	July 27- 31**	SPY WEEK
8	August 3-7	CIRCUS INVASION
9	August 10-14	CIRCUS INVASION

* (Closed July 3 in observance of Independence Day)
**July 17 and 31, Friday Family Lunch, 11:30 a.m. (let our front desk know by Thursday)



SAC SPECIALTY CAMPS

Open to current Summer Camp attendees and hourly care users – dates and times subject to change.

OPTIMUS LEGO ROBOTICS
June 29-July 2, 9-11 a.m.
Circuit building, and much more activities based on fun learning through hands-on STEAM activities.

ANIMATION ACADEMY
July 6-10, 9-11 a.m.
Learn the science of animation from an award-winning animator and professor. This hands-on workshop will bridge the gap between imagination and technology by exploring the fundamentals of artistic and scientific principles of animation.

BATUCADA
July 13-15, 9-11 a.m.
A percussion workshop featuring Brazilian Percussion – Batucada. This three day workshop is a dynamic, playful and highly visual education program that teaches through play and repetition, culminating in a smashing performance and personal satisfaction.

MISSOULA CHILDREN'S THEATER
July 27-31. Join us!
See more information on the next page.

CIRCUS INVASION
Part 1: August 3-7 | Part 2: August 10-14
Ages 8-12 years old, 9:30-11 a.m. | Ages 6-8 years old, 11:42 a.m.-12:45 p.m.
Through a circus skills workshop, participants are taught the fundamental skills of movement, coordination and balance, while developing confidence in themselves and their peers, enhancing mental health and fostering the acceptance of differences and abilities. Part 2: More fun and learning, but a little bit more challenging than part 1. We will end with a grand finale show demonstrating their learned skills and talents. We welcome families and friends to the show.

CDC

(6 weeks-5 years)
956-82-1100 or DSN 727-1100
Bldg. #1963
Rota_CYPcdc@us.navy.mil
Open: 6 a.m.-6:30 p.m.

REDUCED HOURS
Thursday, July 2, 7:30 a.m.-2:30 p.m.
CDC will have reduced hours for mission essential personnel only..

WATER PLAY!
Summer fun begins! Full details for water play will be available from your classroom teachers.

ICE CREAM SOCIAL
Friday, July 17, 3:30-4:30 p.m.
Music and chill on our grass area with the children. Bring your picnic blanket and enjoy cold treats and music.

CYP CLOSURE

Friday, July 3,
due to Independence Day





SCAN ME!
ONLINE PORTAL



SCAN ME!
FOR MILITARY
CHILD CARE



SCAN ME!
FOR REGISTRATION
FORMS

To register for any of our CYP programs to include School Age Care, Youth Center, Youth Sports and Recreation, and Child Development, please fill out the registration forms by using this QR code for registration forms

Sign-ups open for Summer Camp hourly care; subject to availability and eligibility. To check availability for Hourly Care our registered users can use our QR Code or follow the link to CYP Online Payments under Child and Youth Programs on navymwrrota.com.

MISSOULA CHILDREN'S THEATER PRESENTS: HANSEL AND GRETEL

Coming to Rota from **July 27-31**. Children from 1st to 12th grade are eligible to audition and participate.

The Missoula Children's Theatre proudly presents an original musical adaptation of the Brothers Grimm age-old tale of a journey, a secret and a grand adventure.

An **audition** will be held for the Missoula Children's Theatre (MCT) production of Hansel and Gretel. **Monday, July 27**, 10 a.m.-Noon at DGF Multi-Purpose building. Those auditioning should arrive at 9:50 a.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition.

Registered CYP youth, entering 1st-12th Grade are encouraged to audition. No advance preparation is necessary and there is no cost for the program. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities.

The Missoula Children's Theatre touring productions are complete with costumes, scenery, props and makeup. MCT Tour Actor/Directors will conduct rehearsals throughout the week from 10 a.m. to 2:30 p.m. each day. The full performance of Hansel and Gretel will take place on Friday evening, July 31, in the DGF Multi-Purpose Building at 4:30 p.m.



JAMS (ages 10-12) and GRAVITY (ages 13-18) Bldg. #3053
956-82-4625 or DSN 727-4625
Rota_CYPYouth@us.navy.mil

YOUTH

SUMMER HOURS OF OPERATION Effective until Aug. 17

Open weekdays Noon-6:30 p.m. for daily activities.

SUMMER SPECIALTY CAMPS

Camps will be conducted at the Youth Center Building 3053.

ANIMATION CAMP

Monday- Friday, July 6-10, 12:30-2:30 p.m. Ages 10-14 years old. \$40. Must register and pay at CYP Online by July 5.

Magic of Movement Animation Academy is a hands-on workshop designed for curious minds ages 10 to 14 years old. During the 10 hours of instruction students will bridge the gap between imagination and technology by exploring the fundamental artistic and scientific principles of animation.

OPTIMUS STEM CAMP

This camp engages campers in the exciting world of robotics, videogames programming and 3D design and printing. Designed as an engaging and easy way to introduce kids to robotics, campers will work with a very current and real-world theme. Campers work as scientists and engineers as they progress through their projects and challenges, putting their creative problem solving skills to the test.

As well as robotics, they will learn to design their 3D projects and at the end of the week they will take home their own project printed in a 3D printer.

SESSION 1:

Monday-Friday, July 13-17, 1-4 p.m. Ages 10-14 years old. \$50. Must register and pay at CYP Online by July 10.

SESSION 2:

Monday-Friday, Aug. 3-7, 1-4 p.m. Ages 10-14 years old. \$50. Must register and pay at CYP Online by July 31.

TEEN CULINARY CAMP

Tuesday-Thursday, July 21 - 23, 2-5 p.m. \$30. Teen ages 13 years and older. Must register and pay at CYP Online by July 20.

Teens will learn to cook and bake a variety of dishes and treats and then enjoy their work. Spaces are limited.

Camps will be conducted at the Youth Center Building 3053.

MUSIC MONDAYS

Mondays in July, Noon-1:30 p.m. at the Youth Center.

Youth Center members who are interested in music can come train with a professional musician to work on songs and learn the basics of digital music recording and editing. Free of charge and no registration necessary.

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.

Youth Center will be closed on **Thursday, July 2**, to support Independence Fest event

YOUTH SPORTS

956-82-4721 or DSN 727-4721

Bldg. #41

Rota_CYPYouthSports@us.navy.mil

YSF SUMMER CLINICS REGISTRATION OPEN!

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..

>>>MINI-ME SPORTS CAMP

Monday-Thursday, June 29-July 2,

9-10 a.m. MWR Fitness Track.

Ages 3-5 years old. \$25.

Young athletes will run, jump, kick and throw for three days of on the track and field. Learn strength and endurance yoga and always push-ups.

>>>BASKETBALL CAMP

Monday-Friday, July 6-10, 9 a.m.-Noon.

DGF High School Gym. Ages 8-15. \$60.

Learn Fundamentals Basketball with Coach Shelton.

The focus will be shooting, dribbling, passing and games to reinforce the drills that were learned. Those with advanced skills will be offered fast paced, high energy, high impact drills and spacing in offense and defense.

>>>TENNIS CAMP

1st Session: Monday-Friday, July 20-24.

2nd Session: Monday-Friday, Aug. 10-14.

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

Ages 9-15: 10:30 a.m.-Noon.

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

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

Monday-Friday, July 13-17, and 27-31,

9 a.m.-Noon. Ages 6-14 years old. \$60.

Youth Sports Complex.

Learn the game futbol (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.

YOUTH SOCCER SEASON

Open registration starts **Tuesday, July 21.**

Ages 6-15 years old. \$60 (End of

Season Pizza Party included.

Open until filled. Don't delay, only a few spaces left.

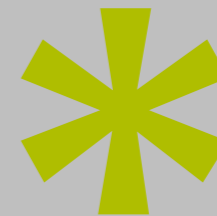
MANDATORY SKILLS ASSESSMENT

Sept. 1, 5 p.m. at Youth Sports Complex. Ages 6-15 years old.

START SMART (MOTOR SKILLS DEVELOPMENT)

Sept. 8, 4 p.m. at Youth Sports complex. Ages 3-5 years old. Every Tuesday. \$25.

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



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.

956-82-2425 or DSN 727-2425

Bldg. #41

SLPRota@us.navy.mil

SCHOOL LIAISON OFFICE

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.smores.com/vgemr> for local education information.

FRIENDS EXPLORING ESPANA TOGETHER (FEET) YOUTH SPONSORSHIP

Wednesday, Aug. 5, 9 a.m.

at SAC bldg. #41. For youth entering grades 6-12 and registered with the Youth Center.

Inviting new youth to learn about our community and opportunities, tour Rota MHS and visit the city of Cadiz. The trip is free, but please bring euros for lunch. Space is limited.

NEW STUDENT & PARENT ORIENTATIONS WITH ROTA COMPLEX SCHOOLS

Friday, Aug. 7, at Multi-Purpose Building (MPB) Rota Complex Schools.

Grades K-5, 10 a.m. Grades 6-12, 11 a.m.

BACK 2 SCHOOL RESOURCE FAIR

Thursday, Aug. 13, 1-4 p.m. at NEX main store.

Join the School Liaison, NEX, the USO, Red Cross, FFSC, MFLCs, Population Health, Dental Clinic, CYP, DoWEA, the Boys and Girls Scouts and many other community organizations. Join the fun and win prizes! Must be TEI cardholders to participate and open to all families (DoWEA, Homeschool and Spanish Schools).

INTERESTED IN SPANISH SCHOOLS?

Wednesday, Aug. 19, 9:30 a.m. at SAC.

Learn about the registration process for Spanish Public Schools.

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.

MUSIC LESSONS

SUMMER PRIVATE PIANO LESSONS

Time slots available

Tuesdays, Wednesdays and Thursdays,
10 a.m.-1:30 p.m.

\$83 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 WILL BE BACK IN SEPTEMBER

DANCE LESSONS

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!

JIU JITSU CLASSES

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

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.
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.

JITSU/SELF-DEFENSE SEMINAR- EXCLUSIVELY FOR WOMEN

Saturday, July 18, 10 a.m.-Noon.

\$20. Female, 18 years and older

Do you have no prior experience, or have you simply
not yet found the courage to take the first step?
Then this is the ideal opportunity for you to gain
your first insights into the most effective
self-defense techniques—in a motivating and safe
atmosphere—while simultaneously discovering how
Jiu-Jitsu can positively impact your self-confidence
and overall well-being.

SUMMER CAMPS

SUMMER TENNIS CLINICS

MWR Summer Break Tennis Clinics focus on skill
development and game play. Our Tennis coach with more
than 30 years of experience will lead you to the highest
level of competition!

DATES:

Camp 1: July 20-24

Camp 2: July 27-31

Camp 3: Aug. 3-7

Camp 4: Aug. 10-14

AGE GROUPS:

TEDDY TENNIS

Monday-Friday, 9:30-10 a.m.

Ages 4-6 years old. \$60 per child.

NET NINJAS

Monday-Friday, 10:10-11 a.m.

Ages 7-12 years old. \$80 per child.

TENNIS TITANS

Monday-Friday, 11:10 a.m.-Noon.

Ages 13-18 years old. \$80 per child.

ADULT TENNIS CLINICS

July 25-26, Aug. 1-2 or Aug. 8-9.

Saturday and Sunday, 10-11 a.m.

Ages 18 years and older. \$50 per person.

FAMILY TENNIS CLINICS

July 25-26, Aug. 1-2 or Aug. 8-9.

Saturday and Sunday, 11 a.m.-Noon.

All ages. \$100 per family.

50 minutes of class each day where participants will learn
the basics of tennis or more advanced levels of tennis as
appropriate for age and skill level.

Classes located at Fitness Center Tennis Fields.

SUMMER TUMBLING CAMP

One week of fun and exercise!

July 13-17.

AGE GROUPS

Toddlers 1-3 years old

Monday-Friday, 9:30-10:15 a.m.

\$65 per child.

Ages 4-6 years old

Monday-Friday, 10:15-11:15 a.m.

90\$ per child.

Classes located at Fitness Center.

SUMMER DANCE CAMPS

A week of music and movement for our young artists!

DATES:

Camp 1: July 20-24

Camp 2: Aug. 3-7

AGE GROUPS:

BABY BALLET

Monday-Friday, 9:30-10:30 a.m.

Ages 3-5 years old. \$60 per child.

BALLET FUSION

Monday-Friday, 10:30-11:30 a.m.

Ages 6-9 years old. \$60 per child.

FLAMENCO

Monday-Friday, 11:30 a.m.-12:30 p.m.

Ages 8 years and older. \$60 per child.

Classes located at Fitness Center.



COMMUNITY CLASSES

MWR Community Classes offer a range of different options to learn something
new! To register, stop by Liberty front desk (Bldg. #48) from 1-6 p.m. every day
including weekends and decide on what you will learn next!



SUMMER PHOTO CONTEST**Month of July.**

Spend July capturing summer memories. Submit your favorite photo from the month of July and on the 31st our come vote on your favorites! Photos must be submitted by July 20th. Photos will be printed and on display at the Liberty Center until the 31st. Prizes will be awarded.

STRATEGY BOARD GAME NIGHT**Monday, July 6, 1-10 p.m.**

Try new games like Catan, Splendor, and Coup while enjoying tasty bites.

PHOTOGRAPHY 101**Tuesday, July 7, 6 p.m.**

Come learn some basic photography skills to up your IG game and improve your chances in winning the summer photography contest.

MOVIE NIGHT AT FLIX THEATRE**Wednesday, July 8, 6:30 p.m.**

Flix Movie Theater. Free for single/unaccompanied E6 and below.

Join the Liberty staff for a free movie night at Flix! Sign in at the front desk day-of. Provided: Movie ticket, popcorn, drink.

LET'S TALK**Wednesday, July 8, 11:30 a.m.-12:30 p.m.**

Join us for discussion on the people skills that make a difference. We'll cover how to handle difficult personalities, communicate under pressure, build stronger relationships, and develop the confidence and leadership skills that set you apart. Whether you're dealing with life underway, working in close quarters, or navigating challenges back home, these practical tools can help you stay composed, earn respect, and lead more effectively. Come connect with fellow Sailors, share experiences, and pick up skills you can use immediately—on the ship, at work, and in life. Limited seats available so register now! Pizza and games will be provided.

BOWLING WITH PINZ**Thursday, July 9, 7-9 p.m.** Free for single/unaccompanied E6 & below.

Strike out (in a good way)! Whether you compete or just vibe, come hang with us. Sign in at the PINZ front counter on the day of the event. Bowling lanes, shoe rental, and pizza are provided.

GAME NIGHT: MARIO KART TOURNAMENT**Saturday, July 11, 3 p.m.**

Think you're the fastest? Prove it. Battle for the trophy and bragging rights. Consoles and prizes will be provided.

DIY CUSTOM BEACH BAG WORKSHOP**Monday, July 13, 6:30 p.m.**

Design your own custom summer beach bag using patches, paint, and embroidery.

VOLLEYBALL AT THE PAVILION**Friday, July 17, 6 p.m.** At Liberty Park.

Kick off July with a sunset volleyball tournament. Teams will rotate in friendly competition while enjoying music and beach vibes.

SEA GLASS**Tuesday, July 21, 6 p.m.**

Join us of a stroll at Admirals Beach to collect sea glass. Provided: transportation and beach vibes.

LIBERTY GOLF DAY**Sunday, July 26, 1-4 p.m.**

Free for eligible 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.

DOGGIE DATE NIGHT WITH RAWL**Monday, July 27, 5:30 p.m.**

Pamper your pup and uplift your spirits at Doggie Date Night! Join us for a night of furry companionship, laughter, and love—because sometimes, a canine cuddle is the best therapy.

SUMMER PHOTO CONTEST WRAP UP**Friday, July 31.**

Spend July capturing summer memories. Submit your favorite photo from the month of July and on the 31st our come vote on your favorites! Prizes provided.

TRIPS**MAD COOL****Wednesday-Sunday, July 8-12.**

Liberty eligible single/unaccompanied personnel. \$340 per person.

Must register by July 1.

Celebrate 10 years of Mad Cool Festival with Rota Liberty! Liberty is heading to Madrid for the hottest concert event of the summer. Experience an unforgettable lineup of bands from every genre and every corner of the world as they take the stage for this milestone celebration.

Don't miss your chance to be part of the music, the energy, and the experience of a lifetime. See you at Mad Cool! **Price includes round-trip transportation, 4-day concert passes and hotel.**

MULTI-ACTIVITIES IN A SALT FACTORY ESTUARY IN CHICLANA**Saturday, July 11, 9:30 a.m.-4 p.m.**

Liberty eligible single/unaccompanied personnel. \$50 deposit refundable upon attendance. Must register by July 8.

Three activities in one hot summer day in Chiclana's estuary zone consisting of speed boat tour by the Las Salinas Santa Teresa ocean water canals; Kayak/SUP paddle board tour at the ocean water canals and Thalassotherapy (natural SPA circuit) consisting of two hypersaline pools, a magnesium pool, and a mud pool.

Trip includes roundtrip transportation and all the activities. Low difficulty level.

NIGHT KAYAK AND SANCTI PETRI CASTLE TOUR IN CHICLANA**Thursday, July 23, 5:30-11:45 p.m.**

\$43 deposit refundable upon attendance.

Must register by July 20.

Sunset, Kayaks & History. Ready to conquer the Bay? Ditch the base routine and paddle out to an island fortress. Concur the Bay of Cadiz, explore the legendary Castillo de Sancti Petri, and catch an epic sunset. This is the ultimate R&R mix of adventure, military history, and good vibes.

Moderate kayak tour to a historic island stronghold. Walk the grounds where troops defended freedom for over two years. Zero Stress: **Transport, expert guides, kayaks, and life vests are all included.** Spots are limited. Grab your crew and sign up today!

MALAGA SELF-GUIDED**Saturday, July 25, 7 a.m.-9 p.m.**

\$30 deposit refundable upon attendance.

Must register by July 22.

Ready for an epic day trip? Málaga is the ultimate mix of historic fortresses, vibrant harbor views, and world-class food. Walk the ancient Alcazaba Castle for panoramic views, hit the local markets for incredible tapas, and enjoy the Mediterranean sunshine. Must-See: The massive Cathedral, the modern waterfront, and Picasso's birthplace. **Trip includes round-trip transportation only.** You call the shots, explore at your own pace, and head back the same day.

vamos >> MW ROTA MONTHLY MAGAZINE, JULY 2026

956-82-2527 or DSN 727-2527

Rota_MWRLiberty@us.navy.mil

Bldg. #48

SAILOR ADVENTURE QUEST**GUITAR LESSONS****Wednesday, July 8 and 22,**

6 p.m. Free for Liberty eligible E6 and below.

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. Don't miss this opportunity to unlock your musical potential. Join us for a free guitar lesson and start making music that will captivate the world. *Guitars are provided.*

SELF DEFENSE CLASS**Tuesdays, July 21-Aug. 25,**

5:30 p.m. Free for Liberty eligible E6 and below.

Learn how to defend yourself during this 6-week introductory course.



LIBERTY

single or unaccompanied
servicemembers





NAVSTA ROTA, SPAIN
314-727-3232 / 34-956-82-3232

S.O.S.
SAFETY | OUTREACH | SUPPORT

Service member, family member or civilian
We are here to listen!

SUICIDE **DOMESTIC ABUSE** **SEXUAL ASSAULT**

TALK TO SOMEBODY NOW, CALL:

<p>NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255) Select #1</p> <p>OR IN EUROPE: 00800 1273 8255 OR FROM A BASE PHONE DIAL 118 OR TEXT FROM A U.S. CELLPHONE: 838255</p>	<p>NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-7233 or www.thehotline.org for Live Chat</p> <p>CHILD ABUSE HOTLINE: 1-800-4-A-CHILD (1-800-422-4453) for talk or text or www.childhelp.org for Live Chat</p>	<p>DOD SAFE HELPLINE: +1-877-995-5247 OR +1-202-540-5962 SafeHelpLine.org</p>
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Confidential/privileged communication is always available with a Chaplain.
WEEKDAYS FROM 7:30 a.m. TO 4 p.m.: 956-82-2161
AFTER HOURS AND WEEKENDS: 639-101-864

KNOW HOW TO HELP A.C.T. ASK:
Are you thinking of killing yourself?

CARE:
Listen without judgement and show that you care.

TREAT:
Escort them to immediate help – chaplain, leaders or medical professional – and share the information shared with you.

Take seriously ALL Suicide threats and ALL suicide attempts.

A.C.T.

Contact Family Advocacy Program (FAP) Weekdays at 727-3232 or 956-82-3232 for advocacy, referral, reporting, intervention and prevention of abuse, including DoD categories of emotional, physical, neglect or sexual abuse.
For after hours FAP crisis please contact our Duty Phone at +34 630-912-214

RESTRICTED REPORT:
- Follows current reporting channels: Chain of Command, Family Advocacy Program and Law Enforcement
- Medical Attention, advocacy and counseling will be offered.

UNRESTRICTED REPORT:
- IS confidential
- Command will NOT be notified.
- NO investigation
- NO report
- Medical attention, advocacy and counseling will be offered.

RESTRICTED REPORTS MAY ONLY BE MADE TO: FAP Case Managers and FFSC Clinical Counselors
Restricted reporting NOT available for child abuse.

UNIT VICTIM ADVOCATE 646-407-871
CIVILIAN VICTIM ADVOCATE 616-866-750
SEXUAL ASSAULT RESPONSE COORDINATOR (SARC) 679-480-545

RESTRICTED AND UNRESTRICTED REPORTING OPTIONS ARE AVAILABLE.
For more information on reporting options, contact a Sexual Assault Victim Advocate or Sexual Assault Response Coordinator using the numbers listed above.

YOUR CALL IS CONFIDENTIAL. RESTRICTED REPORTS MAY ONLY BE MADE TO: SARC, Unit Victim Advocate, Civilian Victim Advocate

Naval Station Rota On-base Emergency Dispatch: (on-base phone) 911 or 956-82-2911
Off-Base Local Emergency Services: 112 | Domestic Abuse Spanish National Hotline: 016

DATES	PROGRAMS
01-05	
MON 06	SAFE TALK Noon-4 p.m.
TUE 07	INTER-CULTURAL RELATIONS (ICR) July 7-9, 8 a.m.-3 p.m.
08	
THU 09	BOOTS TO BUSINESS ENTREPRENEURSHIP (B2B) July 9-10, Virtual MBMF STRESS RESILIENCE 11 a.m.-12:30 p.m.
10/11/12	
MON 13	SAFE TALK Noon-4 p.m. TRANSITION WORKSHOP 13-15 July 13-15, 8 a.m.-4 p.m.
14	
WED 15	SPOUSE SPONSORSHIP 10 a.m.-Noon EFMP SUPPORT GROUP 10-11 a.m.
THU 16	SAFE TALK 8 a.m.-4 p.m. CDO TRAINING 1-3 p.m. DOL EMPLOYMENT TRACK July 16-17, 8 a.m.-4 p.m.
17/18/19	
MON 20	ASIST 20-21 July 20-21, 8 a.m.-4 p.m. BOOTS TO BUSINESS ENTREPRENEURSHIP (B2B) July 20-21, Virtual INTER-CULTURAL RELATIONS (ICR) July 20-22, 8 a.m.-3 p.m.
TUE 21	REFRESHER 10 a.m.-Noon
WED 22	COMMAND SPONSORSHIP Noon-1 p.m. ONELOVE 1-3 p.m. ASIST July 22-23, 8 a.m.-Noon
THU 23	MANAGING MY EDUCATION WORKSHOP July 23-24, 8 a.m.-4 p.m. MBMF MINDFULNESS & MEDITATION 11 a.m.-12:30 p.m.
24/25/26	
MON 27	SAFE TALK Noon-4 p.m.
28/29	
THU 30	SAFE TALK 8 a.m.-4 p.m.
31	



RELOCATION ASSISTANCE PROGRAM
Moving Made Easy



CELEBRATE THE 4TH OF JULY AT PINZ WITH OUR 4 FOR 4

4TH OF JULY WEEKEND
Friday-Sunday, July 3-5, 4-8 p.m.
4 Bowlers (bowl 1 hour) + 4 Drinks for only \$40.
Shoe rental not included.
(Guests have the option of any drink including beer, the deal also comes with a large serving of fries to share).

956-82-2112 or DSN 727-2112 BLDG. #228

PINZ BOWLING CENTER

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 CHALLENGE
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
Thursdays, July 9, 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.

KIDS BOWL FREE SUMMER LEAGUE
Monday-Friday, Noon-5 p.m.
All ages under 18 years old welcomed. Register your children on the Kids Bowl FREE website.
Each week you will receive daily coupons. Bowl and have your scores recorded to enter the leaderboard. Each week try to best your position on the leaderboard to win prizes in August at our End of Summer Bowling Day.



BRITISH OPEN 2 PERSON 4 BALL SCRAMBLE TOURNAMENT & A PICK A PRO TOURNAMENT

Saturday, July 18, 9 a.m. shotgun start.
\$20 entry fee plus green fees.
This format is stress free.
You and a partner get to replay each shot and pick the best shot of the four golf balls played.

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.
PGA golf 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, July 26, 1-8 p.m.
**No U.S. Navy endorsement is implied*

956-82-2260 or DSN 727-2260 Bldg. #231

GOLF

FITNESS >

956-82-2565 or DSN 727-2565
Rota_MWRFitness@us.navy.mil
Bldg. #44



ROWING CHALLENGE

Every Thursday, 11 a.m.-1 p.m.
1 minute, full power. How far can you row before time runs out? Compete, challenge yourself and claim the top spot. Just show up!

PATRIOT GAMES

Thursday, July 2, 8 a.m.
at the Waterfront Fitness.
A team relay competition that pushes participants through a dynamic mix of strength cardio, and endurance challenges. Teams must work together, strategize transitions, and battle through multiple high energy events while competing against

YOUTH FITNESS CERTIFICATION

July and August by appointment.
At the Fitness Center.
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, weight, cardio training orientation. After completing this certification, youth ages 10-17 years old will be able to use the fitness center facility. Registration is required as space is limited.

AQUATICS >

956-82-2129 or DSN 727-2129
956-82-4882 or DSN 727-4882
Rota_MWRAquatics@us.navy.mil
Bldg. #45

AQUATICS CENTER

INDOOR POOL CLOSED

June 22 - 7 Sept.

Due to essential maintenance and repairs.

OUTDOOR POOL

HOURS OF OPERATIONS

RECREATION SWIM:

Wednesday-Sunday, Noon-7 p.m.

Monday and Tuesday: Closed for super chlorination/pool maintenance.

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

LAP SWIM, PRT, UNIT LEVEL TRAINING AND NAVY SECOND CLASS SWIM TESTING:

Wednesday-Friday, Noon-2 p.m.

By appointment only.

Limited space available (1 lane).

LEARN-TO-SWIM LESSONS:

PARENT & CHILD SWIM CLASS

Wednesday-Friday, July 8-10 and 15-17,

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 joys of an aquatics environment for the first time under the care of their parents. Our Swim Instructors provide instruction to the parents.

LEARN-TO-SWIM LESSONS:

LEVELS 1-3

Wednesday-Friday:

3rd session: July 8-10 and 15-17.

4th session: July 22-24 and July 29-31.

Time slots:

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

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.

SPORTS >

956-82-1916 or DSN 727-1916
Rota_MWRFitness@us.navy.mil
Bldg. #45

INTRAMURAL SPORTS CALENDAR

JULY 2026

EVENT	DATES	REGISTER BY
JULY		
Pickleball Tournament I	11 (Saturday)	9
Waterpolo Tournament	15 (Wednesday)	13
Flag Football Tournament	29 (Wednesday)	27
AUGUST		
Injury Prevention Clinic	19 (Wednesday)	17
Beach Volley Summer Tournament II	22 (Saturday)	20
CC Flag Football League	starting on 27 (Thursdays)	24
SEPTEMBER		
Dodgeball King of the Court	Every Thursday	--
Pickleball Tournament II	12 (Saturday)	10
Outdoor Soccer Fall Tournament	22-26 (Tuesday-Saturday)	21
OCTOBER		
Volleyball Clinic	14 (Wednesday)	12
Volleyball Tournament	21-22 (Wednesday-Thursday)	19
CC Volleyball League	starting on 28 (Wednesdays)	26

■ Captain's Cup Leagues
 ■ Clinics
 ■ Tournaments

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.
2. Sign ups will be over at NOON of the deadline date.
3. Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.
4. Any questions and/or suggestions to rota_mwrfitness@us.navy.mil



SIGN UP HERE
CREATE YOUR
PROFILE
WITH IMLEAGUES





**AUTO
INSURANCE**

USAA knows these roads too.

USAA Auto Insurance can help protect you while driving abroad with policies and coverage you can trust. It even goes with you on leave to insurable locations.

And with offices across Europe, we're always here to help.

**If you know you know.
If you don't, we do.**



**Get Started
900-813-479**

Membership eligibility and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association (USAA), USAA Casualty Insurance Company and USAA General Indemnity Company which are domiciled in Texas and are licensed in all 50 United States and D.C.; Guam, Puerto Rico, and/or the Virgin Islands; USAA S.A. UK Branch, authorized by the Prudential Regulation Authority, and regulated by the Financial Conduct Authority and the Prudential Regulation Authority to write coverage in the United Kingdom. USAA S.A. UK Branch Registration Number: England BRO23811, also registered with the Registre du Commerce et des Societes of Luxembourg; or USAA S.A., authorized by the Luxembourg Minister of Finance and supervised by Commissariat aux Assurances to write insurance under the Freedom of Services Directive in Azores, Belgium, France, Germany, Greece, Italy, Netherlands, Portugal and Spain. USAA S.A. Trade and Companies Registration Number: B-224622. Not all products are available to all applicants in all locations. Product availability may vary in some foreign locations due to local laws and restrictions. USAA means United Services Automobile Association and its affiliates. The Department of the Navy does not endorse any company, sponsor or their products or services. © 2025 USAA. 6530182.0424

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