



▼ wHat's iNside?

Fitness Center

+ Kids Triathlon 2025

School Liaison Office

+ Back 2 School Resource Fair

Library

+ Summer Reading Program

Liberty

+ Cardboard Regatta Construction Days

Community Classes

+ Summer Tennis Academy



vaMos!

MWRROTA MONTHLY MAGAZINE

iSsue#158

august2025



MWRROTASpain

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR





Tremeka Foucher
Cashier at Flix

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

Now-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

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.-11 p.m.

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



mwr navsta rota, spain

PSC 819 BOX 14 / FPO, AE 09645

Tel: 011 (34) 956-82-1517

Tel (On Base): 727-1517

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727-2326

Julie Dinh, Support Service Director
727-1505

CSC (SW/AW) Ruiz, Kenya, LCPO Galley
727-1407

Christina Rodriguez, CYP Director
727-2458

Doug Hasselbring, Community Recreation Director
727-1410

Cody Butler, Fitness Director
727-3264

Sara Fine, Business Operations Director
727-1429

marketing office

Amber Courtney-Duncan, Marketing Director
727-1515

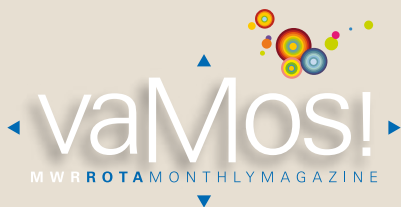
social contact

Website www.navymwrrota.com

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.

vaMos is published monthly, with a circulation of 1,800 by MWR Rota, Spain.



PROTEIN COLADA

Pineapple, Coconut, Vanilla Protein



AUGUST

LIMITED OFFER!



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

comMunity classes

956 82-2354 or DSN 727-2354
Rota_MWRcommunityclasses@us.navy.mil

Summer Dance Lessons

CHILDREN BALLET LESSONS AGES 3-10 YEARS OLD)

Time slots available

Ages 3-5 years old:

Mondays, 10:30-11:30 a.m.

Ages 6-10 years old:

Mondays, 11:30 a.m.-12:30 p.m.

Once per week: \$45/month

Twice per week: \$70/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

Wednesdays, 10:30-11:30 a.m. Ages 4-9 years old. \$40 per month.

FLAMENCO LESSONS

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!

Summer Tennis Academy

Camp 1: Tuesday-Saturday, Aug. 5-9

Camp 2: Monday-Friday, Aug. 11-15

TEDDY TENNIS, Ages 4-6 years old: 9-10 a.m.

NET NINJAS, Ages 7-12 years old: 10-11 a.m.

TENNIS TITANS, Ages 13-18 years old: 11 a.m.-Noon.

Each camp is \$80 per child.

Also private lessons available for adults and children.

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

Summer Break Tennis Academy focuses on skill development and game play. 60 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.

Summer 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!

Summer 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.

SUMMER IS HERE
AND WE STILL WANT
TO LEARN SOMETHING NEW!

sPecial events

956 82-2527 or DSN 727-2527

CHEF ROBERT IRVINE'S WARRIOR KITCHEN

SEPT. 4

11:30 a.m.-1:30 p.m.

at the NAVSTA Rota Galley

Don't miss this unique opportunity to meet celebrity chef, Robert Irvine, enjoy a special meal and taste some of his culinary creations!

Open to all US DoD ID card holders! Normal Galley fees apply.

For more information, call the Liberty Center at 727-2527



Learn more at
ArmedForcesEntertainment.com





BOOTS ON, DRINKS UP!

FRIDAY
AUG. 22,
6:30 p.m. LA PLAZA

Join us for an unforgettable night of country dancing!
Experience the joy of dance and great music!

FOOD AND DRINKS SPECIALS!

Open to DoD ID card holders only.

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

BOARD GAME SATURDAY

Saturday, Aug. 9, 4-10 p.m. at la Plaza. All ages.

Enjoy a fun game session at la Plaza! Bring along your favorite board games to share. Friendly competition, and a chance to connect with fellow game enthusiasts! Food & 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:
Rota_MWRSpecialEvents@us.navy.mil

Open to U.S. DoD I.D. cardholders only – All ages
Deadline Aug. 5.

sSpecial events

956 82-2527 or DSN 727-2527

piNz

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

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, Aug. 14, 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.



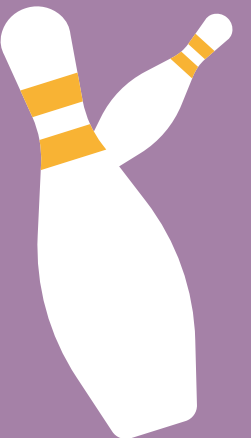
KIDS BOWL FREE

END OF SUMMER TOURNAMENT

FRIDAY,
AUG. 15
3 p.m.

The top Averages through this season of
Kids Bowl Free will compete in a Tournament.
You need to be registered and actively
participating with the KBF Summer program.

**TOP 3 KBF LEAGUE AVERAGES WILL BE AWARDED
AND THE TOURNAMENT CHAMPION AS WELL AS THE
2025 MVP!**



Rota_MWRPinz@us.navy.mil
BOWLING CENTER
956-82-2112 or DSN 727-2112

EARLY LITERACY PROGRAM

August. Sign up every Tuesday.

Theme: **AUGUST COLORS**

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.

AUGUST STEAM KIDS

Glow In The Dark Chime

Wednesday, Aug. 27, 3-6 p.m. Ages 5-12 years old.

Come, make and decorate with glowing paint a beautiful pasta chime for your room. No registration needed.



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!

Now-Aug. 31

Activity dates:

Now-Aug. 13 (sign-up is required)

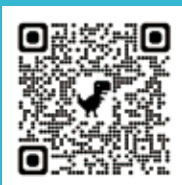
Reward collection:

Now-Aug. 31

iOS



Android:



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.

books REVIEW



KIDS

BREATH IN_BREATH OUT

by Doris Elys

This novelty board book introduces the concept of finding your zen, keeping calm, and taking deep breaths with the aid of soft, brain-tingling touch-and-feels on every page. Scoot close, little one, let's sit side by side. It's time to unwind. It's time to calm our minds. Little ones can relax and wind down with this gentle book that feels like a warm hug after a long day with interactive elements on each page including crinkly flaps, heat-sensitive strips, and more!

JUVENILE

WITCHCAKES: SWEET MAGIC

by Kara Lareau

Welcome to the most magical bakery -- Witchcakes! Little Blue, a witch-in-training, delivers baked goods all over their town, and helps their neighbors with a touch of magic. Cozy up with this sweet chapter book with irresistible full-color art on every page! In a magical bakery called Witchcakes there's a young witch-to-be named Blue. Blue's Mama bakes with magic and Blue makes the deliveries! They ride their bike all over town with their basket filled with magical scones, tartes, and pies to deliver. There's always something going on in Shelville and Blue loves to help their neighbors -- especially if helping them means they get to use a little bit of magic. Cook up some love with Blue as they use magic and problem-solving to be the best helper they can be in their whimsical little town. And there's a special magical recipe at the end of the book!

YOUNG ADULT

SPIRITS

by Colin Lawler

Spirits is an all-ages fantasy/adventure comic. It follows 12-year-old Will Thompson as he learns to see the spirits around us to find and rescue his younger brother's stolen soul.

ADULT

SOMETHING TO LOOK FORWARD TO

by Fannie Flagg

Fannie Flagg once said that what the world needs now is a good laugh. And that is what she gives us in these warmhearted, always surprising stories about people who are finding clever ways to deal with the curveballs life sometimes throws at us. Velma in Kansas, a loving great-grandmother, struggles to bridge generational gaps with her family. We cheer for Helen, in Ithaca, New York, who takes an audacious course of action when her husband leaves her for a younger woman. In Bent Fork, Wyoming; in Milwaukee, Wisconsin; in Tucson, Arizona; and in towns and cities all across America, people figure out inventive ways to overcome obstacles to happiness. And in Fort Wayne, Indiana, Special Agent Frawley is studying the mysteries of being human from an original perspective.

chiLd & youth

• cyp

PARENT EDUCATION OPPORTUNITY: Parenting Skills: Back to School Transitions

Wednesday, Aug. 13, 4-5 p.m. School Age
Care Bldg. #41.

• cdc (6 weeks -5 years)

956-82-1100 or DSN 727-1100

usn.rota.navstarotasp.mbx.fleet-readiness-cdc@us.navy.mil

Bldg. #1963. Open: 6 a.m.-6:30 p.m.

Preschool Graduation

Monday, Aug. 11, 10:30 a.m.

Come one, come all! If your child has attended the CDC this year for full-time care, hourly care, or even just camps, join us for a big celebration as we watch them walk across the big stage at the CDC for Preschool Graduation. Let's honor their achievements and celebrate this significant milestone together. Don't miss this memorable event filled with joy and pride! For more details, visit the front desk.

Preschool Transition to SAC

Monday-Friday, Aug. 11-15.

In preparing our upcoming kindergarteners to go to the before and after school program, we'll support the children in learning about the rules and fun activities at the "big kids" program. The schedule for the week will be in the Child Development Center program.

• SAC (k-6th grade),

956-82-2839 or DSN 727-2839 | Bldg. #41.

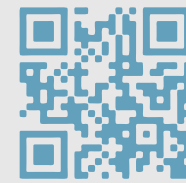
usn.rota.navstarotasp.mbx.fleet-readiness-sac@us.navy.mil

Family Lunch and Summer Camp Show

Friday, Aug. 15, 11:30 a.m.

Join us for our Friday Family Lunch and Summer Camp Show case. The children have been developing circus performance skillsets and they are ready to show it off!

Come join us for a delicious meal starting at 11:30 a.m. and then for the performance after.



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.



• youth sports

956-82-4721 or DSN 727-4721

usn.rota.navstarotasp.mbx.fleet-readiness-youth-sports@us.navy.mil

NEXT SPORTS SEASONS

Activity Sport	Sign-Up Period	Registration Closes	Assessment Day	Session Dates	Ages	Cost
SOCCER	Now-Aug. 18	Aug. 18	Aug. 26	Aug. 26-Oct. 9	6-14 years old	\$60
START SMART SOCCER	Now-Aug. 18	Aug. 18	N/A	Sept. 9-Oct. 7	3-5 years old	\$25
FLAG FOOTBALL	Sept. 23-Oct. 21	Oct. 21	Oct. 28	Oct. 28-Dec. 18	6-14 years old	\$60
START SMART FOOTBALL	Sept. 23-Oct. 21	Oct. 21	N/A	Nov. 4-Dec. 9	3-5 years old	\$25

SUMMER SOCCER CAMP

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 this camp. 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.

Register now. Camp is for girls and boys.

Open until full. Space is limited.

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

Check out: <https://www.navy.mwrrota.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..

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.



BACK 2 SCHOOL RESOURCE FAIR

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

F.E.E.T. (Friends Exploring Espana Together) Youth Sponsorship

Aug. 7, 9:30 a.m.-4:30 p.m. Grades rising 6-12. Free but youth must be registered with CYP. Must register by Aug. 5, noon.

The School Liaison and Youth Programs will conduct an Orientation for new students to make sure the teens are informed about the many programs Rota has to offer and to ensure they are given the opportunity to make friends and enjoy their new duty station. They will also meet youth center staff and other key community members. Youth will travel with staff to explore the beautiful city of Cádiz.

Rota Elementary New Family Orientation

Aug. 8, 10 a.m. at the Multi-Purpose Building. Rota Elementary School would like to welcome new families for Orientation.

Back 2 School Resource Fair

Aug. 14, 1-4 p.m. at the NEX. Join the School Liaison, NEX, the USO, Red Cross, FFSC, MFLCs, Population Health, CYP, DoDEA, the Boys and Girls Scouts and many other community organizations inside the NEX as we host our annual Back 2 School Resource Fair inside the NEX main store. Join the fun and win prizes! Must be TEI cardholders to participate and open to all families (DoDEA, Homeschool and Spanish Schools) and resources all community members.

Rota Elementary Open House

Aug. 15, 1:30-3 p.m. at Rota Elementary. Families can tour the campus, meet school administrators, teachers, drop off school supplies, and explore the school. Classroom assignments will be available too!

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.smores.com/36j0z>

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,

JAMS (ages 10-12)

and GRAVITY (ages 13-18)

956-82-4625 or DSN 727-4625

usn.rota.navstarotasp.mbx.fleet-readiness-youth-center@us.navy.mil



Hours of Operation

Starting Aug. 4 through the duration of summer vacation the Youth Center will be open Monday to Friday from 1-6 p.m.

On Aug. 18, in-school hours of operation will resume:
- Mondays, Tuesdays, Thursdays and Fridays, 2:35-6:30 p.m.
- Wednesdays, 1:35-6:30 p.m.

Summer Daily Attendance Game 2025

In August.

Registered Youth Center members may enter once per day for a drawing to win a gift cards every week during the weeks of summer until Aug. 8. 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 Aug. 5 and 12.

Leadership Club Recruitment

Starting Aug.18.

When school resumes the Youth Program staff will be recruiting members for the Torch and Keystone Leadership Clubs. Members who participate in Torch and Keystone can steer the direction of youth programming offered at the Youth Center and participate in projects that assist others in the Rota Community.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 4 YC Open 1-6 p.m. Library Activity 3-5 p.m.	August 5 YC Open 1-6 p.m.	August 6 YC Open 1-6 p.m.	August 7 YC Open 1-6 p.m. F.E.E.T. Field Trip 9:30 a.m.-4 p.m.	August 8 YC Open 1-6 p.m. Pinz Bowl 3-5 p.m., \$10
August 11 YC Open 1-6 p.m. Library Activity 3-5 p.m.	August 12 YC Open 1-6 p.m.	August 13 YC Open 1-6 p.m.	August 14 YC Open 1-6 p.m. Back 2 School Fair at NEX 1-4 p.m.	August 15 YC Open 1-6 p.m. School Open House 1:30-3 p.m.
August 18 First Day of School YC Open 2:35-6:30 p.m.	August 19 Regular School Day YC Open 2:35-6:30 p.m.	August 20 Early Release School Day YC Open 1:35-6:30 p.m.	August 21 Regular School Day YC Open 2:35-6:30 p.m.	August 22 Regular School Day YC Open 2:35-6:30 p.m.
August 25 Regular School Day YC Open 2:35-6:30 p.m.	August 26 Regular School Day YC Open 2:35-6:30 p.m.	August 27 Early Release School Day YC Open 1:35-6:30 p.m.	August 28 Regular School Day YC Open 2:35-6:30 p.m.	August 29 Regular School Day YC Open 2:35-6:30 p.m.



NEXT HIRING FAIR

Oct. 16, 9:30 a.m.-2:30 p.m.
at the Youth Center in housing

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



FFSC understands the difficulty in uprooting from a duty station where you've already established friends come to a new duty station and make new connections. It can be hard to find your footing again. To assist with this transition, FFSC has several programs available for you with the goal being to establish community connections and foster new friendships.

- **LIFE SKILLS:**
Anger Management, Stress Management and Parenting.
- **CHILD AND ADOLESCENT CLINICAL COUNSELING:**
Available by appointment.
DGF on-site counseling. Peer Mediation and Mentoring Program.
- **CLINICAL COUNSELING AT FFSC:**
Available by appointment.
Non-medical individual and couples.
- **OMBUDSMAN, FRG AND DEPLOYMENT:**
Monthly Assembly Meetings, FRG Training, Cycles of Deployment, Re-integration.
- **RELOCATION:**
PCS workshops, Smooth Move, Intercultural Relations, Loaner Locker, Sponsorship.
- **SAPR:**
24/7 SAPR hotline, UVA refresher training, command training, 40-hr initial training.
- **TRANSITION AND FAMILY EMPLOYMENT READINESS:**
TAP Workshops, Capstone, Federal Job Workshops, Resume Reviews (Federal and Private Sector).
- **INFORMATION AND REFERRAL:**
Available in office Monday-Friday, 8 a.m.-4 p.m.
Available via phone 727-3232 // 956-82-3232, Monday-Friday 8 a.m.-4 p.m.
Available via email Monday-Friday at usn.rotanavstarotasp.mbx.ffsc@us.navy.mil
- **RETIRED ACTIVITIES OFFICE:**
Available by appointment on Tuesdays and Thursdays, 1-4 p.m.
- **VETERANS BENEFITS ADVISOR:**
Available by appointment.
VA Benefit Advisors are available to provide remote One-On-One Assistance sessions via phone or email to answer questions, explain VA benefits and connect you to helpful resources. Please reach out to your VA Benefits Advisor below between 8 a.m.-4 p.m. local time for assistance. Please do not send documents with PII to VA Benefits Advisors.
VA benefits adviser, Kristine DeHoux: kristine.dehoux.ctr@vatap.calibresys.com

DATES PROGRAMS

01/02/03		
MON 04	RETIREMENT TRANSITION WORKSHOP	Aug. 4-8, 8 a.m.-4:30 p.m.
05		
WED 06	10 STEPS TO A FEDERAL JOB	9 a.m.-12:30 p.m.
	EFMP TRAINING	2-3 p.m.
THU 07	CONSUMER AWARENESS	10-11 a.m.
	COMMAND SPONSORSHIP	10-11:30 a.m.
08/09/10		
MON 11	MANAGING MY EDUCATION	Aug. 11-12, 8 a.m.-4:30 p.m.
	INTER-CULTURAL RELATIONS (ICR)	Aug. 11-13, 8:30 a.m.-3 p.m.
12		
WED 13	ONE LOVE WORKSHOP	9-11 a.m.
14-17		
MON 18	INTER-CULTURAL RELATIONS (ICR)	Aug. 18-20, 8:30 a.m.-3 p.m.
19		
WED 20	PRIVATE SECTOR RESUME WRITING WORKSHOP	10 a.m.-Noon
	EFMP PARENT SUPPORT GROUP	11 a.m.-1 p.m.
THU 21	CONSUMER AWARENESS	10-11 a.m.
22/23/24		
MON 25	TRANSITION WORKSHOP	Aug. 25-29, 8 a.m.-4:30 p.m.
	INTER-CULTURAL RELATIONS (ICR)	Aug. 25-27, 8:30 a.m.-3 p.m.
26-31		



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.rotanavstarotasp.mbx.ffsc@us.navy.mil

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



For any other class availability, please call us.

golf



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

CROSS
COUNTRY
FOUR

Shotgun start 9 a.m.
\$20 plus green fees.
(100% of the entry fee is
returned to the prize fund
as gift certificates).

PERSON
SCRAMBLE
Golf Tournament
**SATURDAY,
AUG. 2**

Golf Course will be set up 100%
different yet fun.

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, Aug. 31, 1-8 p.m..

*No U.S. Navy endorsement is implied

PAR 3
ONE PERSON SCRAMBLE
Golf Tournament
SATURDAY, AUG. 9

Shotgun start 9 a.m.
\$20 plus green fees.
(100% of the entry fee is returned to
the prize fund as gift certificates).

Individual Net Stroke Play on 18 Par 3 Holes

**4 FUN
1 PERSON
SCRAMBLE
TOURNAMENT**

SATURDAY, AUG. 23

Shotgun start 9 a.m. \$20 plus green fees.
(100% of the entry fee is returned to
the prize fund as gift certificates).



USE THIS CODE
TO REGISTER



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

Saturday, Aug. 2, 9:30 a.m.-4 p.m.

\$100 per person. Must register by July 30.

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. Meals are not included.

NIGHT KAYAK AND SANCTI PETRI CASTLE TOUR IN CHICLANA

Tuesday, Aug. 5 and Sept. 3, 5:30-11:45 p.m.
\$85 per person. Must register by Aug. 1 and Sept. 1.

Experience one of the most scenic, relaxing, and rewarding tours by kayaking on the Bay of Cadiz in Sancti Petri. The Castillo de Sancti Petri is a defensive fortification located on an island located in the middle of the bay. This stronghold of great strategic and military importance was part of the line of fortifications that protected the entrance of Sancti Petri. Here, you will discover the true meaning of virtues like courage, loyalty, sacrifice and teamwork, which the troops of Sancti Petri Castle fought for two and a half years fighting for the values of Spain's first Constitution of 1812. Trip includes roundtrip transportation, guide, kayak and life vest. No experience required. Must know how to swim.

QUADS TOUR IN TARIFA

Saturday, Aug. 9, 8 a.m.-4 p.m.

\$130 per person. Must register by Aug. 6.

For the adventurous spirit, we will offer 4 wheels quad tours designed for those looking for excitement and a challenge. Our guide will take you through the natural reserve of Los Alcornocales for two hours. You will experience the wonderful scenery of Tarifa and meet domestic animals including cows, goats, and horses. You will also be taken to the top of Santuario de la Luz to enjoy the amazing views of Tarifa's beaches. First time riders are welcome and no experience is necessary! Trip includes roundtrip transportation, quads ride and expert guide.

STAND-UP PADDLE BOARD AND KAYAK TOUR AT LOS CORRALES BEACH

Saturday, Aug. 16, 9 a.m.-2 p.m.

\$60 per person. Must register by Aug. 13.

Stand up paddle boarding (SUP) is great for the whole family. Most people without experience will learn in just a few minutes. This means you'll spend more time having fun, and less time trying to figure out the sport! Along with stand-up paddle boards, you can also kayak your way along the Bay of Cadiz. Enjoy a fantastic experience on the beaches of Rota! Trip includes roundtrip transportation, guide and all gear.

SURF AND SUP XXL BAY OF CADIZ IN ROTA

Saturday, Aug. 23, 9 a.m.-2 p.m.

\$85 per person. Must register by Aug. 20.

Get up and try the SUP XXL! A unique experience for teams, a frenetic and refreshing team building activity. Get ready to enjoy a discipline in which we combine rowing and surfing. Big SUP, big fun! Surfing is a great way to stay fit, de-stress yourself and meet new people. Our beginner's courses are taught in a safe, fun and informative environment. By the end of the course, you should have enough knowledge to be able to practice the skills taught at your local beach. You'll be shown the basics of surfing in easy to follow step by step instruction, firstly on the beach and then in the water. Our instructors will be with you at all times, in and out of the water. The course will also cover beach and water safety theory. Trip includes roundtrip transportation, expert guide, equipment and life vest. No experience required but must know how to swim.

SAILING AND WINDSURFING COURSE

Saturday, Aug. 30, 9 a.m.-2 p.m.

\$100 per person. Must register by Aug. 27.

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.

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. 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.

OUTDOOR
REC

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

DIFFICULTY LEVEL

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

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

TORREMOLINOS (MALAGA) SELF-GUIDED

Saturday, Aug. 2, 7:30 a.m.-9 p.m.

\$60 per person / No cost for child under

14 years old. Must register by July 30.

Join Tickets and Travel and visit this beautiful coastal town.

Torremolinos is located in the heart of the Costa del Sol and is a tourist paradise, being the first town in the whole of Spain to open up to international mass tourism. Its success story began in the 1950's when the European travel market turned its eyes to sunny and cheap Spain. The trip only includes roundtrip transportation.

NAUTICAL TOURISM - SAILBOAT AND TAPAS IN THE BAY OF CADIZ

Friday, Aug. 8 and 29, 6-10:30 p.m. \$115 per person. Must register by Aug. 6 and 27.

Unwind yourself, and join Tickets and Travel to one of its sailboat rides around the Bay of Cadiz. Feel the peace and harmony with nature while navigating at sea. Enjoy the breeze and gentle wind blowing, the ocean scent, the caress of sun on your skin, and the wonderful blue sea horizon; a treat to all the senses. Tapas and drinks will be served onboard. The trip includes roundtrip transportation, sailboat ride, and tapas and drinks.

VEJER DE LA FRONTERA HISTORICAL TOUR AND BOLONIA ROMAN RUINS

Saturday, Aug. 9, 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 Aug. 6.

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.

ALBUFEIRA, PORTUGAL SELF-GUIDED

Saturday, Aug. 16, 6 a.m.-11 p.m.

\$70 per person / No cost for child under

14 years old. Must register by Aug. 13.

Albuferia 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 gastronomy 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.

SANLUCAR DE BARRAMEDA HISTORICAL TOUR

Saturday, Aug. 23, 9 a.m. - 4 p.m.

\$65 per adult / \$45 per child 2-14 years old /

No cost for child under 14 years old.

Must register by Aug. 20.

The town stands on the left bank of the mouth of the River Guadalquivir, where the famous Manzanilla wine is

produced; near the coast and the river there are beaches and pine forests, part of the Doñana Natural Park. The town dates back to Muslim times and its narrow streets reach down towards the river and the sea. There are a multitude of factors of interest to tourists, such as the climate, the beaches and a number of monuments. In the 15th and 16th centuries it has acquired great importance as a point of contact with America, with many expeditions setting sail from its harbour, such as Columbus' 1498 expedition and the one undertaken by Magellan and Elcano in 1519. In 1583 it was declared a permanent starting point for such journeys. The trip includes roundtrip transportation, guided visit of the town and some free time for shopping and enjoy the town's local gastronomy and wine.

MARBELLA AND PUERTO BANUS SELF-GUIDED

Saturday, Aug. 30, 7:30 a.m.-9 p.m. \$60 per person /

No cost for child under 14 years old.

Must register by Aug. 27.

Marbella and Puerto Banus are two great locations for a self-guided tour. Remnants of Marbella's history can be seen in the well-preserved architecture and streets of the casco antiguo. Puerto Banus is a cosmopolitan area, attracting the rich and famous and is full of restaurants and shops. The trip includes roundtrip transportation only.

MALAGA HISTORICAL TOUR

Saturday, Sept. 6, 7 a.m.-9 p.m.

\$90 per adult / \$55 per child 2-14 years old /

No cost for child under 14 years old.

Must register by Sept. 3.

The city of Malaga, the capital city of the province of Malaga, is the second-largest city of Andalucía and lies along the Costa Del Sol. Famous for the "pasas" (raisins), Malaga is also well known for its superb wines. This historical tour will take you to the cathedral, Castle of Alcazaba, the harbor area, the local market and the location where Picasso was born. Trip includes roundtrip transportatio, local guide, entrance to a monument and free time to shop and enjoy the local food and wine

COLUMBUS DAY WEEKEND IN NORTHERN MOROCCO

Oct. 11-13. Departure: 6 a.m. Return: 11 p.m.

\$775 per person in a double room | \$805

single room | \$550 child under 14 years old.

Must register by Sept. 28.

Ages 9 years and older.

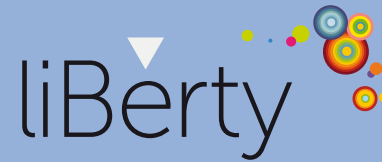
Tickets and Travel will introduce you to North African culture and history. Spend three unique days and two splendid nights in Morocco. We will visit four cities: Tetouan the old capital of the Spanish Protectorate, the beautiful Blue city of Chefchaouen with its mountainous surrounding, Asilah and Tangier, the economic and administrative capital of Northern Morocco. The trip includes roundtrip bus transportation, ferry tickets, lodging in four star hotel, all meals, and guided visits of the cities. No refunds after payment deadline. Note: For active duty, a country clearance must be obtained through APACS (<https://apacs.dtic.mil/apacs/>) prior to the trip. Passport information required at the time of registration.



community Rec

TICKETS
AND
TRAVEL

956-82-2527 or DSN 727-2527
single or unaccompanied
servicemember



AUGUST eVents

SUMMER MOVIE MARATHON SATURDAYS

Saturdays in August all day!

Come escape that summer heat in our movie theater while we binge on popcorn and the best summer classics!

LIBERTY CLEANUP SCAVENGER HUNT

Wednesday, Aug. 6, 6-8 p.m. Free admission for Liberty eligible E6 and below.

Come pick up your checklist and PPA/trash bags and set off to clean up the surrounding areas of the Liberty Center. Provided: Trash bags, gloves, scavenger hunt checklist.

LIBERTY NIGHT AT THE MOVIES

Thursday, Aug. 7, 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.

INTERNATIONAL CAT DAY

Friday, Aug. 8, 5 p.m..

Staff will transport you from the Liberty Center to RAWL to learn about volunteer opportunities and to help volunteer for a cat shift! Provided: roundtrip transportation.

LIBERTY'S BOWLING NIGHT AT PINZ

Thursday, Aug. 14, 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.

ARCADE GAME SUMMER OLYMPICS

Friday, Aug. 15, 7 p.m.

Come participate in the Liberty Arcade Game Summer Olympics 2025. Participants will compete in basketball, pinball, and our kickboxer games to find who reigns supreme based on an overall combined ranking! Be the winner, win a prize!

WORLD PHOTOGRAPHY DAY

Tuesday, Aug. 19, 6 p.m.

Staff will guide you on a tour around some of the lesser known areas around base where you can capture the perfect shot for your Instagram, Facebook or Tik-Tok! Provided: Transportation around base, staff with a knowledge of photography, and a Polaroid camera so you can bring home your own souvenir from a great day out with your Liberty friends!

SUMMER JUNK JOURNALING

Thursday, Aug. 21, 6-9 p.m.

Bring in some of your favorite junk from your summer adventures to start your own junk journal with the Liberty staff! Provided: Scrapbook supplies, glue, markers, etc.

DOGGIE DATE NIGHT WITH RAWL

Monday, Aug. 25, 5:30 p.m.

Pamper a RAWL 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. Let's fetch joy together!

SELF CARE FRIDAY

Friday, Aug. 29, 6-10 p.m.

Come get your R&R on at the Liberty Center! Kick back in one of our massage chairs, listen to our relaxing lo-fi playlist with the lights low and face masks on to shake off your work week. Provided: Face Masks and a relaxing environment

LIBERTY GOLF DAY

Sunday, Aug. 31, 1-8 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.

CARDBOARD REGATTA



MONDAYS,
IN AUGUST

6-9 p.m.

at the Liberty Center

Come join us every Monday this month to get your boats ready for the Cardboard Boat Regatta held in Sept. 5. Don't forget to register your team with the Liberty staff to participate in this exciting event! Provided: Cardboard, markers, and duct tape for you to design your own boat!



SAILOR
ADVENTURE
QUEST



INTRODUCTION
TO AIKIDO
(6-WEEK PROGRAM)

Tuesdays, Aug. 5-Sept. 2,
5:30-6:30 p.m.

Sign-up at Liberty Center.

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.

Night Kayak and Sancti Petri Castle Tour in Chiclana

Tuesday, Aug. 5, 5:30-11:45 p.m.

Free for single/unaccompanied

E6 & below. Must register by Aug. 1.

Experience one of the most scenic, relaxing, and rewarding tours by kayaking on the Bay of Cadiz in Sancti Petri. The Castillo de Sancti Petri is a defensive fortification located on an island located in the middle of the bay. This stronghold of great strategic and military importance was part of the line of fortifications that protected the entrance of Sancti Petri. Here, you will discover the true meaning of virtues like courage, loyalty, sacrifice and teamwork, which the troops of Sancti Petri Castle fought for two and a half years fighting for the values of Spain's first Constitution of 1812. Trip includes roundtrip transportation, guide, kayak and life vest. No experience required. Must know how to swim.

Albufeira, Portugal Self-Guided

Saturday, Aug. 16, 6 a.m.-11 p.m.

Free for single/unaccompanied

E6 & below. Must register by Aug. 13.

Departure from barracks parking lot in front of Liberty Center Description: Join Tickets and Travel, and come join us as we explore Albuferia. Albuferia 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, and delicious food or go shopping. Trip includes roundtrip transportation only.



FREE
LIBERTY TRIPS

• fitness
956-82-2565 or DSN 727-2565
Rota_MWRFitness@us.navy.mil

kids TRIATHLON 2025

SWIM LIKE
A SHARK,
BIKE LIKE
A TIGER AND
RUN LIKE
A GAZELLE!

SATURDAY,
SEPT. 6
10 a.m. Ages 4-17
at the Indoor Pool

Must register at the Fitness Center by Aug. 29, Noon. \$15 for all athletes. Participation medals for all participants. TEI card holders only.

The kids Triathlon is an opportunity for young kids aged 4-17 to learn about triathlon and competition in a friendly and fun way thanks to courses and distances adapted to their capacity. The children are divided into categories according to their age, to enable them to practice with other children on their level.

CHALLENGE OF THE MONTH: One Minute Rowing Challenge

Thursdays, 11 a.m.-1 p.m.
Ready for a quick and intense workout? Take on the 1-minute rowing challenge! See how far you can go in just one minute. Please check with our staff for more info.

Youth Fitness Certification By appointment.

Ages 10-17 years old. Registration is required as space is limited. 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.

August Group Exercise Schedule In August.

Due to the summer season, we are operating with a slightly adjusted schedule to allow more flexibility. Some classes may be offered less frequently, or even suspended for the first two weeks in August. Please contact us for more information.

• aquatics center,
956-82-2129 or DSN 727-2129
Rota_MWRAquatics@us.navy.mil

**INDOOR POOL
HOURS OF OPERATIONS**
Monday-Friday, 6 a.m.-1 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

**Parent and Child
Swim Classes**
Two-week sessions:
July 23-Aug. 1 | Aug. 6-15
Wednesday-Friday, 10-10:30 a.m.
Ages 8 mos.-3 years old. \$50.

**OUTDOOR
RECREATION POOL**
RECREATION SWIM HOURS
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.

Swim Lessons
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 session: Aug. 6-15.
Three time slots available:
3-3:45 p.m. | 4-4:45 p.m. | 5-5:45 p.m.

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

**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.

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.

PICKLEBALL LEAGUE

Thursdays,
starting on Sept. 11,
6-8 p.m.
Must register by Sept. 8.
20 min. / one 11 points set's matches (doubles).
Registration: IM Leagues: <https://www.im-leagues.com/spa/account/registration?schoolId=dbea7568917b4b66aea5aac78a1fdec>

SIGN UP HERE
CREATE YOUR PROFILE
WITH IMLEAGUES



INTRAMURAL SPORTS CALENDAR 2025

EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
AUGUST				
CC Flag Football League	12 (Tuesday-Thursday)			
Injury Prevention Clinic	22 (Friday)			
Beach Volley Summer Tournament II	29-30 (Friday-Saturday)			
SEPTEMBER				
CC Pickleball League	11 (Thursdays)		7	11
Lacrosse Tournament	19 (Friday)		20	
Outdoor Soccer Fall Tournament	23-27 (Tuesday-Saturday)	Fri 5-6pm	27	
OCTOBER				
Volleyball Conditioning Clinic	18 (Saturday)		8	
Volleyball Tournament	21-23 (Wednesday-Thursday)	Tue & Thu 5-6pm	16	
CC Volleyball League	27 (Mondays & Wednesdays)		19	22
Captain's Cup Leagues	21-23 (Wednesday-Thursday)	Sat 12-1pm	16	
	27 (Mondays & Wednesdays)		17	
			22	24

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_Sports@eu.navy.mil



**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.**



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