



▼ wHat's iNside?

Special Events

+ Chef Robert Irvine's Warrior Kitchen

Tickets and Travel

+ Columbus Day Weekend
in Northern Morocco

Library

+ Halloween Bookmark Contest

Liberty

+ Cardboard Boat Regatta

Community Classes

+ Remembrance 9.11 Walk/Run



vaMOS!

MWRROTA MONTHLY MAGAZINE

iIssue#159

sepTember 2025



MWRROTASpain

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR



Shakira
Recreation Aide at Pinz

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

Starting Sept. 2:
Monday-Friday, 6 a.m.-7 p.m.
Saturday and Sunday, Closed
U.S. Holidays, 9 a.m.-5 p.m.

Community Classes, 727-2354

Fitness Center, 727-2565
Monday-Thursday, 5 a.m.-9 p.m.
Friday, 5 a.m.-8 p.m.
Saturday, Sunday and U.S. Holidays, 8 a.m.-8 p.m.
24 hours unmanned fitness access available for registered patrons.

Golf, 727-2260

Daily, 9 a.m.-8 p.m.

Housing Pool, 727-4882

From Sept. 6-Oct. 13:
Saturday, Sunday and U.S. Holidays, Noon-7 p.m.
Monday-Friday, Closed

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

Thomas A. Kubalewski, Fleet Readiness Director
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

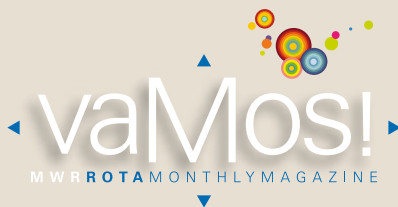
social contact

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.

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CHICKEN NACHO GRANDE

HANDCRAFTED FRESH MEX



NOW AT



Crispy Tortilla Chips topped with Sliced Chicken, Spicy Cheese Sauce, Roasted Corn and Black Beans, Fire-Roasted Salsa, Fresh Pico De Gallo, and a Cilantro Ranch Drizzle

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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.

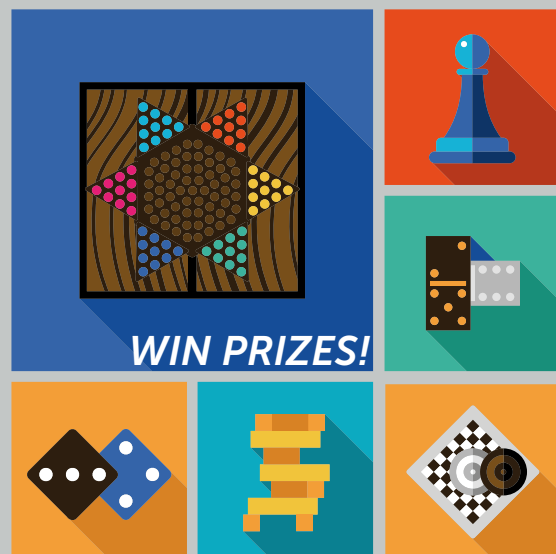
OUR VISION
Pro-actively aligning our organization, strategies and processes in support of the Mission. To be recognized as the MWR Department within the entire enterprise that provides the highest quality of support to our customers.

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



sSpecial events
956 82-2527 or DSN 727-2527



WIN PRIZES!



BOARD GAME SATURDAY

Saturday, Sept. 13, 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. Free admission. Open to DoD ID card holders only. For more information, call the Liberty Center at 727-2527.

Join us for a fun-filled

family



LAUGHTER, PRIZES AND MEMORIES AWAIT!

WEDNESDAY
SEPT. 24
AT LA PLAZA
4:30 p.m.

Free admission!
ALL AGES!

No registration required.
Food and beverages
will be available for purchase.

U.S. DoD card holders only.

WIN PRIZES!



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 Sept. 5.



TOWERPUB



KARAOKE NIGHT

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

THURSDAY
SEPT. 18
AT TOWER PUB
7 P.M.

FREE ADMISSION!

FOOD AND BEVERAGES
WILL BE AVAILABLE FOR PURCHASE.

SING ALONE OR
WITH YOUR FRIENDS.

U.S. DoD card holders only.

Ages 18 years and older.

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

SAVE THE DATE!

U.S. DoD ID Cardholders Only
100% ID Check

TRUNK OR TREAT 2025

SATURDAY,
OCT. 25 5-9:30 P.M.
MWR DRIVE-IN
MOVIE THEATER
3 TRUNK OR TREAT SESSIONS!

FAMILY REGISTRATION: STARTING OCT. 1
STAY TUNED FOR A NEW WAY TO REGISTER FAMILIES ONLINE.

TRUNK REGISTRATION: STARTING SEPT. 1
MWR provides the candy and you hand it out! For a reserved space in this year's event, you must register your themed vehicle at the Liberty Center by Oct. 15 or until full.

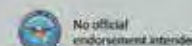
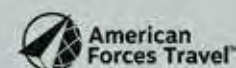


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sSpecial events



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](https://www.ArmedForcesEntertainment.com)



CHEF ROBERT IRVINE'S WARRIOR KITCHEN

THURSDAY, 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](https://www.ArmedForcesEntertainment.com)



CHEF ROBERT IRVINE'S WARRIOR KITCHEN

THURSDAY, SEPT. 4

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

at the NAVSTA Rota Galley



OUTDOOR REC

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

NIGHT KAYAK AND SANCTI PETRI CASTLE TOUR IN CHICLANA
Wednesday, Sept. 3, 5:30-11:45 p.m.
Experience one of the most scenic, relaxing, and rewarding tours by kayak 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 Sancti Petri, the 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.

SURF AND SUP XXL BAY OF CADIZ IN ROTA
Saturday, Sept. 6, 9 a.m.-2 p.m.
\$85 per person. Must register by Sept. 3.

Get ready to enjoy a discipline in which we combined rowing and surfing. Big SUP, big fun! Surfing is a great way to stay fit, de-stress yourself and meet new people. By the end of the course, you should have enough knowledge to be able to practice the skills taught at your local beach. 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. Must know how to swim.

ONE DAY MULTI-ACTIVITIES IN SANTA TERESA SALT FACTORY ESTUARY IN CHICLANA
Tuesday, Sept. 9, 4-11 p.m.
\$100 per person. Must register by Sept. 5.

Three activities in one hot summer day in Chiclaná'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.

CANYON DESCENDING
Saturday, Sept. 13, 6:45 a.m.-8 p.m.
\$85 per person. Must register by Sept. 10.

Canyoneering (also called canyon descending) consists of descending rivers by combining the techniques of climbing, caving and swimming. This activity is experiencing a spectacular popularity because of the beauty of its routes and the ideas of true adventure. Trip includes roundtrip transportation, insurance, gear and professional guide. Must know how to swim.

QUADS TOUR IN TARIFA
Saturday, Sept. 20, 8 a.m.-4 p.m.
\$130 per person. Must register by Sept. 15.

Join MWR Navy Outdoor Recreation for this fun 4-wheel quad tour in Tarifa. Our guide will take you through the natural reserve of Los Alcornocales for two hours. You will experience the wonderful scenery of Tarifa and will 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,



HIKING AT GRAZALEMA NATURAL PARK
Saturday, Sept. 27, 7:30 a.m.-7 p.m.
\$45 per person. Must register by Sept. 24.

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

ROCK CLIMBING
Saturday, Oct. 4, 9 a.m.-5 p.m.
\$75 per person. Must register by Oct. 1.

Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre-defined route without falling. Rock climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility and balance along with mental control. Climbing rock walls in a secure way can be a great way to enjoy the scenery from a unique and surprising perspective. Now it's time to get out and test your skills climbing in Sierra de Grazalema, with MWR Navy Outdoor Recreation. Trip includes roundtrip transportation, guides and climbing equipment.

COLUMBUS DAY WEEKEND MULTI-ADVENTURE TRIP IN ALMUÑECAR (GRANADA)
Friday-Monday, Oct. 10-13.
Departure: 4 p.m. Return: 6 p.m.

\$395 per person in a double room.
Must register by Sept 29.

Enjoy canyon descending and kayaking during this 4-day adventure tour. **Saturday**, you will journey to Rio Verde, the most attractive canyon descending in Andalucía. You will have to rappel (under waterfalls), jump (one with a height of 12 meter), slide slip, swim, walk... **Sunday**, we will do an ocean caves kayak tour in the beautiful bay of La Herradura at the beginning of the Maro cliffs. It is full of orange coral and has an interesting history. Trip includes roundtrip transportation by van, lodging in a three or four-star hotel in a double occupancy with breakfast, activities (canyon descending and ocean kayak) equipment, local guides and free time. The activity is designed for an active person. It requires some skills and endurance. You need to be able to swim. Meals other than breakfast in the hotel are not included.

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.

TICKETS AND TRAVEL

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 2 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 transportation, local guide, entrance to a monument and free time to shop and enjoy the local food and wine.

NAUTICAL TOURISM - SAILBOAT AND TAPAS IN THE BAY OF CADIZ

Friday, Sept. 12, 6-10:30 p.m. \$115 per person. Must register by Sept. 10.

GRANADA SELF-GUIDED

Saturday, Sept. 13, 6 a.m.-11 p.m. \$70 per person / No cost for child under 14 years old. Must register by Sept. 10.

CEUTA (SPANISH AFRICA) HISTORICAL TOUR

Saturday, Sept. 20, 7 a.m.-9 p.m.
\$120 per adult / \$90 per child 2-14 years old / No cost for child under 2 years old.
Must register by Sept. 17.

Up until now, not too many people can say "Been there-done that," when it comes to visiting the continent of Africa, without actually leaving Spain. MWR will take you to Ceuta, an autonomous city of Spain located on the North African side of the Strait of Gibraltar which separates it from the Spanish mainland. It is approximately an hour by ferry from the port of Algeciras and it basks in the waters of the Atlantic ocean and the Mediterranean sea, bordering Morocco in the west. The area of Ceuta is approximately 28 square kilometers (11 sq mi). Ceuta is dominated by a hill called Monte Hacho, on which there is a fort used by the Spanish Army. The city enjoys a mild Mediterranean subtropical climate. Passport required. We will need your passport information beforehand. Trip includes: bus, ferry, panoramic tour, historical walking tour, lunch (modest meal and is optional) and some free time to shop. Note: The trip itinerary is subject to change due to unforeseen circumstances i.e., ferry schedule and availability and weather condition to cross the Strait of Gibraltar.

SEVILLA HISTORICAL TOUR

Saturday, Sept. 27, 7:30 a.m.-6:30 p.m.
\$80 per adult / \$60 per child 2-14 years old / No cost for child under 2 years old.
Must register by Sept. 24.

Visit the cathedral, the old Jewish quarters and the Plaza de España. Sevilla, the capital of Andalucía, is home to the 3rd largest Gothic Cathedral in the world, where you can enjoy views of the city from the top of the famous La Giralda Minaret. Across from the Cathedral is the Alcázar, a 14th-century palace built in a Moorish style. Some say it's comparable to the Alhambra in Granada. The city is also known for its many tapas bars, so even without the sites, you are sure to have a pleasant day walking and shopping your way through the winding streets of the Triana Quarter in the old part of the city. Historical tour includes roundtrip transportation, local guide, entrance fee and some free time. Passport or Spanish Driver's License number is required at sign-up. Information needed to book entrance to the cathedral of Sevilla.

RONDA HISTORICAL TOUR

Saturday, Oct. 4, 7:30 a.m.-6:30 p.m. \$90 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old.
Must register by Oct. 1.

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

COLUMBUS DAY WEEKEND IN NORTHERN MOROCCO

Saturday-Monday, 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.



SEVILLE
TETOUAN
CEUTA
MOROCCO

EARLY LITERACY PROGRAM

SEPTEMBER. Sign up every Tuesday.

Theme: **ALPHABET**

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.

STEAM FULL AHEAD

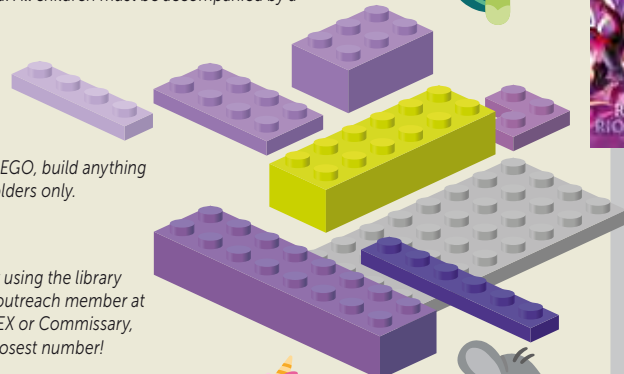
Lego Mania

Friday, Sept. 19, 4-5 p.m.

Drop in to build, imagine and play with LEGO, build anything your imagination can create. TEI card holders only.

Take a Guess!

How much money has NS Rota saved by using the library in FY25? Keep an eye out for the library outreach member at these spots: Bombers, Fitness Center, NEX or Commissary, enter a poll! Prizes will be given to the closest number!



30TH HALLOWEEN BOOKMARK CHALLENGE "NIGHTMARE BEFORE CHRISTMAS"

Tuesday, Sept. 16- Thursday, Oct. 16, 4-6 p.m.
Ages 5-12 years old.
Come and participate in the 30th Halloween Bookmarked Challenge.

Do your wonderful Halloween themed bookmarks creations at the library, black and white or color, no embellishments. But if you wish to take home, ask library staff for the blank bookmarks and a registration form. Only to TEI card holders. No preregistration required. Just come by and do your magic. Library will provide the coloring materials and bookmarks.

books REVIEW



KIDS

AUTUMN LEAVES

by Mirka Hokkanen

Discover the incredible journey of leaves each season and their essential role in nature! As winter fades into spring, the big job of leaves begins-unfurling from buds and stretching out to soak up the sun. From delicate maple leaves to the large fronds of ferns and everything in between, learn what leaves can do in this pitch-perfect picture book for young readers.

JUVENILE

THE COURT OF THE DEAD

by Rick Riordan

A few months after returning from the depths of Tartarus, demigods Nico di Angelo and Will Solace agree to join Nico's half-sister Hazel Levesque at Camp Jupiter on the West Coast. She needs their help in managing a situation that the boys inadvertently brought about: the demigods showed the monsters of the Underworld that they have options; they don't have to be evil. Now some of those monsters have taken up residence at Camp Jupiter to seek refuge. Nico and Will are on site assisting Hazel when one by one monsters start disappearing from camp.

YOUNG ADULT

CROOKED KINGDOM

by Leigh Bardugo

The Dregs Edition of the #1 New York Times bestseller Crooked Kingdom, sequel to Six of Crows, features new cover art, black stained edges, and updated maps. When you can't beat the odds, change the game. Kaz Brekker and his crew have just pulled off a heist so daring even they didn't think they'd survive. But instead of divVying up a fat reward, they're right back to fighting for their lives. Double-crossed and badly weakened, the crew is low on resources, allies, and hope. As powerful forces from around the world descend on Ketterdam to root out the secrets of the dangerous drug known as jurda parem, old rivals and new enemies emerge to challenge Kaz's cunning and test the team's fragile loyalties.

ADULT

WHAT WE CAN KNOW

by Ian McEwan

2014: At a dinner for close friends and colleagues, renowned poet Francis Blundy honors his wife's birthday by reading aloud a new poem dedicated to her, 'A Corona for Vivien'. Little does anyone gathered around the candlelit table know that for generations to come people will speculate about the message of this poem, a copy of which has never been found, and which remains an enduring mystery. 2119: Just over one hundred years in the future, much of the western world has been submerged by rising seas following a catastrophic nuclear accident. Those who survive are haunted by the richness of the world that has been lost. In the water-logged south of what used to be England, Thomas Metcalfe, a lonely scholar and researcher, longs for the early twenty-first century as he chases the ghost of one poem.

child & youth

CYP CLOSURE

Monday, Sept. 1,
due to Federal Holiday Labor Day

• **SaC (k-6th grade),**
956-82-2839 or DSN 727-2839
Bldg. #41.

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

School Early Out

SAC half day:

Monday, Sept. 22: 11 a.m.-6:30 p.m.

SAC Open House

Friday, Sept. 5, Noon-1 p.m.

Must register by Sept. 4, COB.

Open House - Brown Bag Lunch tour. Come and see what we're about! Take a tour throughout our facilities, do some activities and grab a brown bag lunch...just like our SAC kids! Talk with our other CYP professionals and find out what goes on here throughout the year.

World Literacy Day Book Review Day

Monday, Sept. 8.

Bring in a review of your favorite book and put in on the book review board to encourage others to read!

SAC Fall Equinox Party

Monday, Sept. 22, 3-5 p.m.

Fall Equinox is literally just around the corner! Come celebrate with us and say good-bye to summer in a big way. We will be decorating with fall colors, playing fall games and having a fall snack!

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.



SCAN ME!
ONLINE PORTAL



SCAN ME!
FOR MILITARY
CHILD CARE



SCAN ME!
FOR REGISTRATION
FORMS



• 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.

Read to the Children

As the new school year starts, come join us by reading to the children in your child's classroom!

Your voice can inspire a love of books. Whether it's a childhood favorite or a fun new story, we would love for you to join us for a special read-aloud time! Come make memories and spark imaginations. Talk to the front desk receptionist to coordinate a time.



• youth sports

956-82-4721 or DSN 727-4721
usn.rota.navstarotasp.mbx.fleet-readiness-youth-sports@us.navy.mil

YOUTH FOOTBALL SEASON

FLAG FOOTBALL AND START SMART FOOTBALL

Open registration starts
Tuesday, Sept. 23 for both activities.
\$60. Ages 6-15. Open until filled.
Don't delay, spaces are limited.

MANDATORY SKILLS ASSESSMENT

Tuesday, Oct. 28, 5 p.m.
at the Youth Sports Complex.

Motor Skills Development (Start Smart)

Begins Nov. 4, every Tuesday,
4 p.m. \$25. Ages 3-5.

Coaches CPR Class

Thursdays, Sept. 4 and 18, 9 a.m. Bldg. 41.
Please call or email to be scheduled for training.

Coaches Morning Training

Thursdays, Sept. 11 and 25. Times TBD by
class size. Bldg. 41.
Please call or email to be scheduled for training.

**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.

VOLUNTEER COACHES AND OFFICIALS NEEDED FOR YOUTH SOCCER SEASON!



• 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

JAMS Late Night at the Youth Center!

Friday, Sept. 12, 7-9 p.m. JAMS
participants ages 10-12 years old.
The Youth Center will have a "Games Night". Come
enjoy a variety of games and snacks with your
friends. The event is free but spaces are limited and
pre-registration and a permission slip are required to
be turned in by Wednesday, Sept. 10 to participate.

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.

College Readiness Workshop

Monday, Sept. 22, 12:30 p.m.
The School Liason Office will provide a workshop
for youth to help prepare them for University. 12:30
a.m. to 2 p.m. at the Youth Center.

• 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.

Homeschool SY 25-26 Kick-Off

Friday, Sept. 5, 11 a.m.-1 p.m.
SAC Bldg. #41. Must register by Sept. 3.
Kick off the new school year by connecting with other
Homeschool families and learning about resources available for
the Homeschool Community. The MWR Library will present
information about their activities. Lunch will be provided.

College Readiness Workshop

Monday, Sept. 22, 12:30 p.m.
Youth Center (next to DGF).
Topics covered in the workshops include college applications,
degree options, exploring, planning, applying, programs &
majors, campus life, on-time graduation, enrollment, succeed
and graduate. Scholarship, financial aid and FAFSA Information
covered too. Free to all participants including parents, middle /
high school students and high school graduates and other
community members.

Interested in Spanish Schools?

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

SLP Scholarship Link:
<https://www.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.

SEPTEMBER YOUTH CENTER HOURS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 YC Closed for Labor Day	02 Regular School Day YC Open 2:35-6:30 p.m.	03 Early Release School Day YC Open 1:35-6:30 p.m.	04 Regular School Day YC Open 2:35-6:30 p.m.	05 Regular School Day YC Open 2:35-6:30 p.m.
08 Regular School Day YC Open 2:35-6:30 p.m.	09 Regular School Day YC Open 2:35-6:30 p.m.	10 Early Release School Day YC Open 1:35-6:30 p.m.	11 Regular School Day YC Open 2:35-6:30 p.m.	12 Regular School Day YC Open 2:35-6:30 p.m. JAMS Late Night at the YC 7-9 p.m.
15 Regular School Day YC Open 2:35-6:30 p.m.	16 Regular School Day YC Open 2:35-6:30 p.m.	17 Early Release School Day YC Open 1:35-6:30 p.m.	18 Regular School Day YC Open 2:35-6:30 p.m.	19 Regular School Day YC Open 2:35-6:30 p.m.
22 Early Release School Day YC Open 11 a.m.-6:30 p.m.	23 Regular School Day YC Open 2:35-6:30 p.m.	24 Early Release School Day YC Open 1:35-6:30 p.m.	25 Regular School Day YC Open 2:35-6:30 p.m.	26 Regular School Day YC Open 2:35-6:30 p.m.
29 Regular School Day YC Open 2:35-6:30 p.m.	30 Regular School Day YC Open 2:35-6:30 p.m.			



DATES PROGRAMS

01/02	
WED 03	LEADERSHIP & CFS AWARENESS FORUM 10-11:30 a.m.
THU 04	COMMAND SPONSORSHIP Noon-1 p.m.
05/06/07	
MON 08	INTER-CULTURAL RELATIONS (ICR) Sept. 8-10, 8:30 a.m.-3 p.m.
TUE 09	JOB INTERVIEW TECHNIQUES 10 a.m.-Noon
10	
THU 11	LEADERSHIP & CFS AWARENESS FORUM 10-11 a.m.
12/13/14	
MON 15	TRANSITION WORKSHOP Sept. 15-19, 8 a.m.-4:30 p.m.
TUE 16	OMBUDSMAN BASIC TRAINING Sept. 16-18, 8:30 a.m.-3:30 p.m.
WED 17	ONE LOVE WORKSHOP 1-3 p.m. EFMP TRAINING 2-3 p.m.
18/19	
SAT 20	FINCA LA PINTORA GASTRONOMIC TASTING ROTA 6-11 p.m.
21	
MON 22	INTER-CULTURAL RELATIONS (ICR) Sept. 22-24, 8:30 a.m.-3 p.m.
TUE 23	10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m.
WED 24	EFMP PARENT SUPPORT GROUP 10-11 a.m.
THU 25	LEADERSHIP & CFS AWARENESS FORUM 10-11 a.m.
FRI 26	BOOTS TO BUSINESS Sept. 26-27, 8:30 a.m.-4 p.m. VA HOME LOAN 11 a.m.-12:30 p.m.
27/28	
MON 29	INTER-CULTURAL RELATIONS (ICR) Sept. 29-Oct. 1, 8:30 a.m.-3 p.m.
30	
16-30	BASIC SPANISH CLASSES Tuesdays, Sept 16, 23 & 30, 9-10:30 a.m. INTERMEDIAL SPANISH CLASSES Tuesdays, Sept 16, 23 & 30, 11 a.m.-12:30 p.m.



HONORING NAVY OMBUDSMAN

On September 14, 1970, Admiral Elmo Zumwalt Jr, then Chief of Naval Operations, took a step toward strengthening the bond between service members families and the command when he issued Z-gram 24. This directive established the Navy Family Ombudsman Program.

Appointed by the Commanding Officer, Ombudsmen are official command volunteers who act as trusted links between command leadership and the families of Sailors. They work to ensure information flows smoothly, concerns are addressed, and resources are accessible. By bridging the gap between home and command, Ombudsmen contribute directly to family readiness and mission success.

The role requires compassion, discretion, and unwavering dedication. Whether providing updates during deployments, assisting in times of crisis, or simply being a listening ear, Ombudsmen serve as pillars of strength within the Navy community.

Each September, we take time to recognize these exceptional individuals, with September 14th designated as Ombudsman Appreciation Day. Throughout the month, commands and communities across the fleet host events and offer thanks to those who serve in this unique and essential role.

To all Navy Ombudsmen—past and present—Thank You. Your commitment, resilience, and care do not go unnoticed. You are the quiet professionals who stand watch with our families, and for that, we are deeply grateful.

As we celebrate Ombudsman Appreciation Day, let us remember that behind every Sailor is a family, and behind every family, there is an Ombudsman ready to serve.

FLEET AND FAMILY SUPPORT CENTER
Hours: Monday-Friday, 8 a.m. - 4 p.m.

727-3232 (on base) and 956-82-3232 (off base)
Located on the first floor of the Community Support Building #3293
Email: usn.rota.navstarotasp.mbx.ffsc@us.navy.mil

24/7 NAVSTA Rota
Sexual Assault Helpline

646-407-871



FFSC Rota Spain

For any other class availability, please call us.



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, Sept. 28, 1-8 p.m..

*No U.S. Navy endorsement is implied



USE THIS CODE TO REGISTER

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

FUN 2 PERSON 4 BALL SCRAMBLE TOURNAMENT

SATURDAY, SEPT. 13

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



BOWLING CENTER

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, Sept. 11, 7-9 p.m.
Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied AD E-6 and below). On the second Thursday of each month sign in on the Liberty sign-up sheet at the front counter at Pinz.

Cosmic Bowling

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

piNz 956-82-2112 or DSN 727-2112

Labor Day Weekend SPECIAL

SATURDAY-MONDAY,
AUG. 30-SEPT. 1 1-5 p.m.

PITCHERS, PINZ AND PHILLY'S
(OR ANY SANDWICH WILL DO)

One Pitcher + 1 Hour Bowling + 2 Meals

for only
\$40
(Shoe rental included)

**PINZ
FALL BOWLING
LEAGUE**

Pinz Fall Bowling League is around the corner. Gather your team of friends, your command, or a bunch of cool people that you've never met before and sign up for our Fall Bowling League. Registration ends Sept. 30.



Music Lessons

PRIVATE PIANO LESSONS

Time slots available

Monday-Thursday, 3-7:30 p.m.
\$79 for a punch card for four 30-minute lessons.

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

comMunity classes

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

Dance Lessons

CHILDREN BALLET LESSONS

Time slots available

Ages 3-5 years old:

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

Ages 6-10 years old:

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

Once per week: \$45/month

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

FLAMENCO KIDS

Mondays, 5:30-6:30 a.m. Ages 4-9 years old.
\$45 per month.

FLAMENCO LESSONS

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

\$50 per month. Adults 18 years and older. Classes located at Fitness Center.

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

Tennis Group Lessons

Ages 4-6 years old:

Wednesdays, 3:30-4 p.m.

Once per week: \$60/month

Ages 7-11 years old:

Wednesdays and/or Fridays, 4-5 p.m.

Ages 12-18 years old:

Wednesdays and/or Fridays, 5-6 p.m.

Once per week: \$80/month

Twice per week: \$125/month

Also **private lessons** available:

\$160 per punch card (4 lessons).

Tennis is a fantastic sport to take up and a great way of getting outside. It's ideal for improving cardiovascular fitness and strength. Our coach is highly qualified and passionate about what he does. If you prefer private lessons, we can organize! Classes located at the Fitness Center.

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.

Aikido Classes for Children

Ages 5-7 years old:

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

Pre-Tumbling Lessons for Children

Ages 1-3 years old:

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

\$45 per month.

Ages 4-5 years old:

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

Ages 6-7 years old:

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

Ages 8-9 years old:

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

Ages 10 years & older:

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

\$50 per month.

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

My Baby & Me: Yoga, Infant Massage & Exercise on the Ball

Thursdays, Sept. 18, 25 and Oct. 2.

Three week series: \$45.

For parents and pre-walkers. 60 minutes class where parents will enjoy movement with their babies, learning developmental skills to do with their babies, and massage in a warm supportive environment.



CARDBOARD BOAT REGATTA

JOIN THE DUCT TAPE ARMADA
IN A RACE FOR THE AGES!

FRIDAY,
SEPT. 5

5:30 p.m.
MWR Outdoor Pool
Free

Build your boat and set sail across the
wild waters of the MWR outdoor pool

Can your boat stay afloat? Can your boat
survive pirate attacks? Can your boat be the first
to reach the opposite shore?

The rules are simple: Two members of your
team must power a boat made of only
cardboard and duct tape past the pirates and
across the pool, don't sink!

Provided: All building materials and transport of boats to the
pool. Supplies will be available for pick up at the Liberty center.
Pizza and water guns will be provided.

SAILOR ADVENTURE QUEST



INTRODUCTION TO AIKIDO (6-WEEK PROGRAM)

Tuesdays, Sept. 16-Oct. 15,
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.

CEUTA



SEPTEMBER events

WESTERN THEME CRAFT DAYS Mondays in September.

Come join us every Monday this month to complete your own
Western themed craft. From embroidering a western design on
your shirt to upcycling clothes you aren't ready to throw away
into bandanas we will guide you through it all. Provided: Space
and materials to design your own western crafts.

LIBERTY NIGHT AT THE MOVIES Thursday, Sept. 4, 7 p.m. Flix Movie Theater.

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

LIBERTY BLACK JACK NIGHT

Tuesday, Sept. 9, 7-9 p.m.

Come to the Liberty Center to see if you can get a Black
Jack against our Dealer!

WANTED POSTER NIGHT

Wednesday, Sept. 10, 7-9 p.m.

Come to Liberty and create your own WANTED Poster. We
will use them to decorate for our End of Summer Rodeo on
the 19th. Provided: Template for your poster, and a Polaroid
camera for your mugshot... we mean photo.

LIBERTY'S BOWLING NIGHT AT PINZ

Thursday, Sept. 11, 7-9 p.m. Free for
single/unaccompanied E6 & below.

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

LIBERTY POOL TOURNAMENT

Friday, Sept. 12, 7 p.m.

Come see who will be named the Liberty Pool Champion.
The winner gets a prize, and bragging rights. Provided: Pool
tables, pool cues, and a prize for the winner!

NERF BUCK HUNTER

Wednesday, Sept. 17, 7-8 p.m.

Come show off your hunting skills, and take a shot at our
Nerf Buck Hunter course! Prize for whoever brings home
the biggest "Buck". Provided: Nerf guns, obstacle course,
and a prize for the winner!

LIBERTY'S END OF SUMMER RODEO

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

Come join liberty staff as we play games, sing karaoke, line
dance, and enjoy the final moments of summer together on
the patio. Bring your cowboy boots/best western outfit!

LIBERTY POKER NIGHT

Tuesday, Sept. 23, 7-9 p.m.

Put your best poker face forward to try your hand at Liberty
Poker Night! Provided: \$500 worth of chips to compete in a
friendly game of poker.

WILD WEST ESCAPE ROOM

Wednesday, Sept. 24, 7-9 p.m.

Come enter the Liberty Salon where you'll have 1 hour to
escape following the clues left by the missing barkeep.

LIBERTY TRIPS

Canyon Descending

Saturday, Sept. 13, 6:45-8 p.m.

\$68 for single/unaccompanied
E6 & below. Must register by Sept. 10.

Join ODR for Canyon Descending! Canyoneering (also called canyon
descending) consists of descending rivers by combining the techniques
of climbing, caving and swimming. This activity is experiencing a
spectacular popularity because of the beauty of its routes and the ideas
of true adventure. Provided: Roundtrip transportation, insurance, a wet
suit, harness/helmet, and professional guide.

Ceuta (Spanish Africa)

Saturday, Sept. 20, 7 a.m.-9 p.m.

\$96 for single/unaccompanied E6 & below. Must
register by Sept. 17.

MWR takes you to Ceuta, an autonomous city of Spain located on the
North African side of the Strait of Gibraltar, on the Mediterranean, which
separates it from the Spanish mainland. It is approximately an hour by
ferry from the port of Algeciras and it basks in the waters of the Atlantic
Ocean and the Mediterranean Sea, bordering Morocco in the west.
The area of Ceuta is approximately 28 square kilometers. Ceuta is
dominated by a hill called Monte Hacho, on which there is a fort used by
the Spanish Army. The city enjoys a mild Mediterranean subtropical
climate. Trip includes: bus, ferry, panoramic tour, historical walking tour,
lunch (modest meal and is optional) and some free time to shop.

Columbus Day Weekend Multi-Adventure Trip in Almuñecar (Granada)

Friday-Monday, Oct. 10-13.

Departure: 4 p.m. Return: 6 p.m.

\$316 per person in a double room.

Must register by Sept 29.

Enjoy canyon descending and kayaking during this 4-day adventure tour.
Saturday, you will journey to Rio Verde, the most attractive canyon
descending in Andalucia. You will have to rappel (under waterfalls), jump
(one with a height of 12 meter), slide slip, swim, walk... Sunday, we will do
an ocean caves kayak tour in the beautiful bay of La Herradura at the
beginning of the Maro cliffs. It is full of orange coral and has an
interesting history. Trip includes roundtrip transportation by van,
lodging in a three or four-star hotel in a double occupancy with breakfast,
activities (canyon descending and ocean kayak) equipment, local guides
and free time. The activity is designed for an active person. It requires
some skills and endurance. You need to be able to swim. Meals other than
breakfast in the hotel are not included. Moderate/High difficulty.

GOLD PANNING FRIDAY

Friday, Sept. 26, 7-9 p.m.

We don't know what has been lurking beneath the soil here
on our grounds, but hope you can help us strike gold! Come
try your luck at panning for gold here at the Liberty Center.

TOY STORY MARATHON

Saturday, Sept. 27, 7-9 p.m.

Come join liberty staff in the movie theater as we escape the
heat in the air-conditioning and watch everybody's favorite
deputy in his many adventures.

LIBERTY GOLF DAY

Sunday, Sept. 28, 12-3 p.m. Free for
single/unaccompanied E6 and below.

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

DOGGIE DATE RAWL NIGHT

Monday, Sept. 29, 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!

MAKE YOUR OWN TRAIL MIX

Tuesday, Sept. 30, 7-9 p.m.

Join the Liberty Team as we teach you how to put together
your own high protein trail mix to hit the Oregon Trail with!



REMEMBRANCE

9/11 WALK/RUN



THURSDAY, SEPT. 11
7 a.m. FREE
At the Fitness Center

On September 11th, the MWR Fitness Center and Rota Fire department will be holding the Remembrance Walk/Run to honor those fallen first responders lost on 9/11. We invite everyone to invite everyone to join us, as we remember those who suffered and lost their lives on 9/11.

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



CFL

Command Fitness Leader
CERTIFICATION COURSE
Monday-Friday, Sept. 29-Oct. 3.
At the Fitness Center and NGIS Cadiz Room. Active Duty only.

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

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

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

Contact MWR Fitness Center for more information.

CHALLENGE OF THE MONTH:
Mini Duathlon
Thursdays in September, 11 a.m.-1 p.m.
Ready to get your feet moving and wheels spinning? Our Mini Duathlon is calling our name Picture this: you start with a sprint, hop on the bike for a thrilling ride, and then finish strong with another sprint.

CFL Meeting
Wednesday, Sept. 17, 11:30 a.m.
CFL Meeting for Command Fitness Leaders and Assistant Command Fitness Leaders. MWR will be starting practical training and updated information for continuing education of the CFL's in Rota.

Youth Fitness Certification
Thursday, Sept. 18, 5 p.m.
Ages 10-17 years old.

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.

1000 Pound Club
and 500 Pound Club
Friday, Sept. 19, 4:30 p.m.
Ages 18 years and older.
Must register at the Fitness Center.
Join the elite and see if you can muscle up 1000 pounds total weight. Events will include bench press, squat and deadlift. Please train safely and start now to prepare for this event.

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

kids TRIATHLON
2025

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

COME
SUPPORT
THEM!!!

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.

3X3
BASKETBALL
TOURNAMENT

Are you a MORNING or an AFTERNOON person?

3on3 clock running basketball games for 3 min or 3 points, whatever comes first! Sign up your team (max 5 players, coed) or sign up as a free agent (+18) at IM Leagues. Snacks and beverages will be available to all participants. Winning team will receive a GYM essentials bag for each participant.

THURSDAYS, SEPT. 18 and 25
• SUNSET 333: Thursday, Sept. 18, 7 p.m.
• SUNRISE 333: Thursday, Sept. 25, 7 a.m.



SIGN UP HERE
CREATE YOUR PROFILE
WITH IMLEAGUES

• sports,
956-82-1916 or DSN 727-1916

INTRAMURAL SPORTS
CALENDAR

EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
SEPTEMBER				
CC Pickleball League	11 (Thursdays)	--	8	--
Lacrosse Tournament	19 (Friday)	--	16	--
Outdoor Soccer Fall Tournament	23-27 (Tuesday-Saturday)	Tue & Thu 5-6pm	19	22
OCTOBER				
Volleyball Conditioning Clinic	18 (Saturday)	--	16	--
Volleyball Tournament	21-23 (Wednesday-Thursday)	Sat 12-1pm	17	--
CC Volleyball League	27 (Mondays & Wednesdays)	--	22	24
NOVEMBER				
30+ Basketball Tournament	18-20 (Tuesday-Thursday)	Mon & Wed 5-6pm	14	--
Flag Football Turkey Bowl	22 (Saturday)	--	19	20

■ 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_Sports@eu.navy.mil



• aquatics center,
956-82-2129 or DSN 727-2129
• outdoor pool,
956-82-4882 or DSN 727-4882
Rota_MWRAquatics@us.navy.mil

INDOOR POOL
HOURS OF OPERATIONS

Monday-Friday, 6 a.m.-7 p.m.
Saturday and Sunday, Closed
U.S. Holidays, 9 a.m.-5 p.m.
Returning to normal hours
on Tuesday, Sept. 2.
Navy Second Class Swim Testing available by appointment only.

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

Sept. 10-12 and 17-19,
Wednesday-Friday, 10-10:30 a.m.
Two week session.
Ages 8 months-3 years old.

Levels 1-3
Sept. 10-12 and 17-19, Wednesday-Friday,
3:15-4 p.m. | 4-4:45 p.m. | 5-5:45 p.m.
Two week session.

OUTDOOR POOL
EXTENDED HOURS

From Sept. 6-Oct. 13:
Saturdays, Sundays and US Holidays,
Noon-7 p.m.
Monday-Friday, Closed
Lap swim: One lane available by
appointment only.

- Annual Navy Youth Swim Test required every year. Youth, 17 and below, 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 Naval Station Rota MWR Aquatics program.

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



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Get Started
900-813-479

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