



▼ wHat's iNside?

Liberty

Celtic Highland Games 2020

Special Events

Heather Marie and Friends
Comedy Tour

Fitness Center

St. Paddy's Run 5k/10k

Pinz

St. Patrick's Day Bowling



vaMos!

MWR ROTA MONTHLY MAGAZINE

iSsue#99

maRch2020



MWRROTASpain

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR





Lexie Benson
Recreation Aide

we are

MWR Admin/Support Services, 727-1517
Monday - Friday, 8 a.m.-5 p.m.

CYP CDC, 727-1100
School Days:
Monday-Friday, 6 a.m.-6:30 p.m.
U.S. Holidays, Closed

SAC, 727-2839
School Days:
Monday-Friday, 6 a.m.-6:30 p.m.
U.S. Holidays, Closed

Youth Center Jams and Gravity and Youth Sports 727-4625/4721
School Days:
Monday-Friday, 3-6:30 p.m.
Thursdays, 1:45-6:30 p.m.
Non-School Days: Noon-6:30 p.m.

RECREATION Aquatics Center, 727-2129
Monday-Friday, 6 a.m.-1 p.m.
and 3-7:30 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, 9 a.m.-5 p.m.

Housing Pool, 727-4882
Closed for the season.

Tickets & Travel, 727-3101
Monday-Friday, 10 a.m.-6 p.m.

Liberty, 727-2527
Monday-Sunday, 1-10 p.m.

Library, 727-2418
Monday-Thursday, 9 a.m.-7 p.m.
Friday, 9 a.m.-6 p.m.
Saturday Closed
Sunday, 9 a.m.-2 p.m.

Outdoor Recreation, 727-3101
Monday-Friday, 10 a.m.-6 p.m.



BUSINESS ACTIVITIES Cafe.com
Fleet Landing
Monday-Friday, 7:30 a.m.-2 p.m.
Library
Monday-Friday, 7:30 a.m.-2 p.m.
Flix, 727-2328
Wednesday-Sunday
Drive-In: Saturdays only
Check navymwrrota.com for movie schedule.

Golf, 727-2260
Monday-Friday, 9 a.m.-Dusk
Saturday and Sunday, 8:30 a.m.-Dusk

Pinz, 727-2112
Sunday-Thursday, 11 a.m.-10 p.m.
Friday-Saturday, 11 a.m.-11 p.m.
Pinz American Cafe
Sunday-Thursday, 11 a.m.-9 p.m.
Friday-Saturday, 11 a.m.-10 p.m.

Pizza Villa, 727-3212
Monday-Friday, 11 a.m.-10 p.m.
Saturday, Sunday,
and Spanish Holidays, Noon-10 p.m.

La Plaza, 727-6323
Sunday, 2-11 p.m.
Monday-Thursday, 11 a.m.-11 p.m.
Friday, 11 a.m.-1 a.m.
Saturday, 2 p.m.-1 a.m.

Dailydish
Monday-Friday, 11 a.m.-2 p.m.
Saturday and Sunday, Closed
Pizza Villa Express, 727-6323
Monday-Friday, 11 a.m.-11 p.m.
Saturday-Sunday, 2-11 p.m.

Champion's Bar
Sunday-Thursday, 4-11 p.m.
Friday - Saturday, 2 p.m.-1 a.m.
Beer and wine available during all dining hours

Cash Cage
Monday-Friday, 11 a.m.-5 p.m.
Saturday-Sunday, Closed



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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727-1507

Thomas Durning, MWR Director
727-2326

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727-1505

Galley Director, CSCS Bongbonga (acting)
727-1407

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727-1752

Catherine Knapp, CYP Director
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Information subject to change.

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ONGOING PROGRAMS

FAMILY FUN DAYS
Every Sunday after 1 p.m.

FREE PGA SPOUSE GOLF LESSONS
Tuesdays, 11 a.m.-Noon.

FREE USAA RANGE BALLS FOR 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
after 3:30 p.m.

\$13 unlimited golf. Carts are \$9 double rider or \$12 single rider.

KEY GOLF SPECIAL
Are you PCSing or TDY to Rota?
Present your hotel key at the golf shop and you are eligible for the following:
Standard Club Rental:
\$5 (9 holes); \$8 (18 holes)
Green Fee:
\$2 off (9 holes or 18 holes)
Note: Discount will be taken from standard green fees.

LIBERTY GOLF DAY
Last Sunday of month.
Starts at 1 p.m.

ST. PATRICK'S DAY 3 CLUB GOLF TOURNAMENT

Saturday, MARCH 14
Check-in by 9 a.m.
Shotgun start: 9:30 a.m.
\$20 per person plus green fees.

Format: Individual Net Stroke Play.
We will assign you a handicap if you do not have one established.
Play with three clubs only (yes, the putter counts as a club).

SIGN UPS FOR ALL GOLF PROGRAMS
ARE TAKEN IN THE GOLF PRO-SHOP.
CALL US AT 956-82-2260



NGIS IS THE PREFERRED LODGING CHOICE FOR ALL TDY TRAVEL, MILITARY, CIVILIAN, FAMILY & FRIENDS

5 TIMES ZUMWALT AWARD WINNER

NAVY GATEWAY INNS & SUITES

For reservations and information: 1-8777-NAVY-BED ~ NGIS.dodlodging.net
Front Desk: Off-base, (34) 956-82-1871 / On base, 727-1871

MWR LIBRARY
AND FLEET LANDING

LTO
sandwich
LIMITED TIME OFFER



TUNA SALAD SANDWICH

TUNA, LETTUCE, RED ONION
AND MAYONNAISE
ON SPANISH BREAD

MARCH 1 - 31

PRICE \$6
WHILE SUPPLIES LAST



MWR ROTA AS PAINT

Malaga Historical Tour

Saturday, March 7, 7 a.m.-9 p.m.

Register by March 4.

\$60 (adult) / \$45 (child).

The city 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. Historical tour includes transportation, entrance fee to the monument, a walking tour with a local guide and free time for shopping.

Sevilla Historical Tour

Saturday, March 14, 7:30 a.m.-7:30 p.m.

Register by March 11.

\$60 (adult) / \$45 (child).

Visit the old Jewish quarters, the Plaza de España and the Cathedral. Sevilla is home to the third 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 transportation, a local guide, entrance fee for the Cathedral and some free time.

Bodega, Tapas and Flamenco Show

Friday, March 27, 5:30-11 p.m.

Register by March 25.

\$80 (adult) / \$55 (child).

Spend the evening enjoying Spain's famous sherry wine and authentic Flamenco dancing. Flamenco involves singing, dance and guitar as well as rhythmic punctuation (by hand-claps and other methods). There are different types of pieces within flamenco, which are defined by characteristic melodic, rhythmic and harmonic structures. It is rooted in the gypsy (gitano) of Andalucía and probably influenced by North African rhythms. The "Gitanos" had settled in Andalucía early in the 15th century and by the end of the 18th century several centers of "cante jondo" had emerged in Jerez, Cadiz and Sevilla. Note: Due to late hours, small children are discouraged. Trip includes transportation, tour of a sherry bodega, wine tasting, tapas and a flamenco show.

BUTTERFLY MUSEUM AND PUERTO MARINA IN BENALMADENA

Saturday, March 28, 6:30 a.m.-8:30 p.m.

Register by March 25.

\$50 (adult) / \$45 (child).

Tickets and Travel is taking a trip to the butterfly museum located in Benalmadena, Málaga. In this spectacular Thai temple, you can walk among more than 1,500 exotic butterflies from around the world, flying freely in a tropical paradise between waterfalls and flowers. Almost every day, a new specimen is born, visitors can watch as the butterflies break out of their cocoons and spread their colorful wings for the first time. The trip includes transportation, entrance to the butterfly museum and some free time to visit the Buddhist temple and Puerto Marina in Benalmadena.

For Tickets and Travel trips: Adult: 14 years and older
Child: 2-14 years old | No charge for children under 2 years old

TICKETS AND TRAVEL

UPCOMING TRIPS

Tangier Guided Visit

Saturday, April 4, 6 a.m.-8:30 p.m.

Register by April 1. \$125 (adult) / \$110 (child).

We will take you to North Africa for a guided tour of Tangier to include The Medina, Grand Socco, The Kasbah, and panoramic tour of the city outskirts to include a stop to see the camels. Tour includes bus transportation to Tarifa, ferry ticket, bus service in Tangier, and lunch. U.S. tourist passport is required. Visa maybe required for non-U.S. citizen.

OVERNIGHT IN MOROCCO

Friday-Sunday, June 5-7

Register by May 22. \$415 double occupancy room per person / \$480 single occupancy room / \$375 per child.

Tickets and Travel will introduce you to the North African culture and history. Spend three unique days and two splendid nights in Northern Morocco visiting two of its cities, Tangier and Chefchaouen. The trip includes bus transportation, ferry tickets, lodging, guided visits, and all meals. No refunds after the payment or deposit deadline.

Important Note: For active duty, a country clearance must be obtained through APACS (<https://apacs.dtic.mil/apacs/>) prior to the trip. This process takes at least 30 days to complete. The required Antiterrorism Level 1 (OCONUS) training can be completed on NKO or <https://atlevel.dtic.mil/at/>. This clearance requirement does not apply to government civilian personnel, family members, retirees, and contractors. If additional assistance is needed, please contact the Base Force Protection Office at 956-82-2907 or DNS 727-2907. Tickets and Travel office will verify before the trip if active duty participant is in compliance.

TICKETS AND TRAVEL WILL TAKE YOU TO ONE OF THE WHITE-WASHED VILLAGES IN THE PROVINCE OF CADIZ:

EL BOSQUE

FOODIE TOUR:

CHEESE MAKING

SATURDAY MARCH 21

9 a.m.-5 p.m.

Register by March 18.

\$75 per person.

Ages 18 years and older.

The cheese factory, "El Bosqueño", located in this beautiful village at the Grazalema is internationally known for the prizes and recognitions it had received from several International Cheese Competition Events, to include Third Best Cheese of the World, Best Cheese of Spain and many other awards. We will tour the factory and have some cheese tasting sessions. Afterwards, we will take you to one of the local restaurants for a great lunch.

Bike Ride Olvera

Saturday, March 21, 7:30 a.m.-6:30 p.m.

Register by March 18.

\$45. Ages 18 years and older.

The Via Verde de la Sierra bike ride is an easy bike ride along an abandoned railway through the banks of Guadalete river and the Cadiz range. It runs on the foot of the Peñon de Zaframagon: one of the largest vulture nesting areas in Western Europe. The route meanders through the valley crossing four viaducts and through 30 tunnels along the way. Length: 36 kilometers or 23 miles. Price includes transportation, bike, gear and expert guide.

Rock Climbing

Saturday, March 28, 9 a.m.-5 p.m.

Register by March 25.

\$55. Ages 18 years and older.

Combining physical strength with mental focus, rock climbers study routes, figuring out moves as they go, and then use power, flexibility and agility to conquer dizzying heights. Price includes guides, transportation, and all climbing equipment. Now it's time to get out and test your skills climbing in Sierra de Grazalema!

Canyon Descending

Saturday, April 4, 8 a.m.-8 p.m.

Register by April 1.

\$85. Ages 18 years and older.

After some equipment instruction, the group will descend into the canyon and the excitement will pick up with rappelling, dropping into deep pools of water and natural slides. We will provide you with neoprene suit, jacket, helmet, ropes and harnesses.



956-82-3101 or DSN 727-3101
tickets and travel / outdoor rec

HIKING "EL TORREÓN"

Saturday March 14, 8 a.m.-5 p.m.

Register by March 11. \$45 per person.

Ages 18 years and older.

Rising above everything else in the Grazalema's Natural Park is the triumphant peak of El Torreón. The 360-degree views from the 1,654 meter summit allows you to see the mountains, the pinsapo fir forest, valleys and white villages, down to the rock of Gibraltar and the oceans that surround it. If you are lucky you may also see Africa, shimmering on the horizon. Conquering the highest peak in a region is always a rewarding challenge.

Important: Participants interested need to be fit, this is an advanced level hike.



OUTDOOR REC

GRANADA

SKI AND SNOWBOARD TRIP

(THREE DAYS)

Friday-Sunday, March 6-8

Register by March 2.

\$195 per person. Ages 18 years and older.

The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort that has numerous runs of varying difficulties to satisfy all levels of skiers at an altitude of over 10,000 feet, and brilliant sunshine most of the winter. Sierra Nevada has 110 km of marked slopes, with 131 runs for all levels and excellent quality snow. There is a cross-country skiing circuit, snow park and recreational areas for non-skiers. Night skiing is available on Saturdays, weather permitting. Trip includes transportation by van, lodging (three-four person apartments), snowboard equipment (board, boots and helmet) and ski equipment (ski, boots, and helmet).

Space is limited.

Important: Trip does not include lift tickets, meals, or any other ski accessories.

Lift ticket price is 48€ per day.



SKIS, SNOWBOARDS, BOOTS AND HELMETS
NOW AVAILABLE AT OUR
OUTDOOR RENTAL

LAST TRIP
FOR THE SEASON



St. Patrick's Day BOWLING

TUESDAY,
MARCH 17
11 a.m.-9 p.m.

Either you are Irish or not, wear green and bowl one game for **FREE!**
Shoe rental fee applies.
Open to all customers with base access.



THURSDAY, LEAGUE NIGHT

PINZ BOWLING LEAGUES:
Where good friends, great times and competitive fun all come together!

Join us to make friends, break records, reconnect with old pals and make new memories. Experience laid-back fun, lane side friendship and lively competition. Your team is waiting for you!

ONGOING BOWLING WEEK!

DGF Students Night

Mondays, 5-7 p.m. All ages.
Groups up to five people can bowl for one hour including shoe rental for \$20. Children 13 years and younger require adult supervision.
Don't have a group of five people? Join us nonetheless! Buy one game and get a second game for free (shoe rental applies).

Active Duty Members Lunch Bowling

Monday-Friday, 11 a.m.-2 p.m.
Join us during your lunch break, buy a complete meal and drink and you will receive a complimentary game including shoe rental.

Family Night

Tuesdays, 5-7 p.m.
Families up to five people can bowl for one hour including shoe rental for \$20.

Liberty's Bowling Night

Wednesday, March 11.
Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied E-6 and below). Sign in on the Liberty sign-up sheet at the front counter at Pinz. Shoe rental included.

Cosmic Bowling

Fridays, 7-10 p.m.
and **Saturdays, 6-9 p.m.**
Groups up to five people per lane can bowl for one hour including shoe rental for \$20.



The Fleet & Family Support Center

Meeting Your Needs at Home & at Sea

FFSC ROTA



Exceptional Families

Exceptional Service

WHAT IS THE DD FORM 3054?



The DD Form 3054 is a tool that guides the family needs assessment process by which the EFMP Family Support provider, in partnership with the family, assesses, documents, and prioritizes the unique needs of the family.

The **DD Form 3054** supports consistent, enhanced, and continuous EFMP Family Support and has three sections:

01

FAMILY NEEDS ASSESSMENT

02

FAMILY SERVICES PLAN

03

INTER-SERVICES TRANSFER SUMMARY (ISTS)

WHEN SHOULD THE DD FORM 3054 BE COMPLETED, AND WHO COMPLETES IT?

A family can request a DD Form 3054 when they want more than Information & Referral (I&R) from EFMP Family Support.

The EFMP Family Support provider completes the DD Form 3054 through collaboration with families.

The DD Form 3054 is a living document and can be updated to reflect a family's changing needs.

To learn more about the EFMP program, the DD Form 3054 and how it can help your family, call us at the Fleet & Family Support Center Rota or stop by to see our EFMP Collateral Duty Case Liaison.



Xiomara Bowes
Work and Family Life Supervisor
EFMP Collateral Duty Case Liaison
DSN: 727-3232 / Commercial: 956-82-3232

FLEET AND FAMILY SUPPORT CENTER
Hours: Monday-Thursday 8 a.m. - 6:30 p.m., Fridays 8 a.m. - 3:30 p.m.
727-3232 (on base) and 956-82-3232 (off base)
Located on the first floor of the Community Support Building #3293
Email: FFSC.Rota@eu.navy.mil

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

facebook.com/ffsc.rotar



2020
MARCH

DATES PROGRAMS

MON	02	COMMAND FINANCIAL SPECIALIST COURSE March 2-6, 0830-1630
TUE	03	10 STEPS TO A FEDERAL JOB 0930-1230
THU	05	OMBUDSMAN ASSEMBLY MEETING 1115-1315 SAPR VA REFRESHER 1400-1500
MON	09	INTER-CULTURAL RELATIONS (ICR) March 9-12, 0830-1500 SPOUSE MEET AND GREET 1100-1300
TUE	10	DROP-IN RESUME REVIEW 1000-1200
FRI	13	A.N.C.H.O.R.E.D. 1200-1300
MON	16	CREATING YOUR RESUME 0930-1230
TUE	17	BUSY BEES 0930-1030 OMBUDSMAN BASIC TRAINING March 17-19, 0930-1600
WED	18	BARBADILLO WINERY IN SANLUCAR 0800-1600
THU	19	CAPSTONE TGPS 1000-1200 SAPR VA REFRESHER 1400-1500 S.P.A.R.K (SINGLE PARENTS ACTIVELY RAISING KIDS) 1500-1630
FRI	20	DONUTS WITH DAD 0900-1000
MON	23	TRANSITION WORKSHOP March 23-25, 0800-1630 INTER-CULTURAL RELATIONS (ICR) March 23-26, 0830-1500
WED	25	DROP-IN RESUME REVIEW 1600-1700
THU	26	MANAGING YOUR EMPLOYMENT (FORMERLY DOLEW) March 26-27, 0830-1630 THE STARS ARE LINED UP FOR MILITARY SPOUSES 1000-1200
FRI	27	S.T.A.R 1200-1300
TUE	31	POSTPARTUM DEPRESSION CLASS 1200-1330 CAPSTONE TGPS 1200-1400 IA RESOURCES 1300-1400
03-26		INTRODUCTION TO SPANISH March 3-26, Tues/Thurs 0930-1115

PINZ AMERICAN CAFE

HOURS OF OPERATION:
Sunday-Thursday, 11 a.m.-9 p.m.
Friday and Saturday, 11 a.m.-10 p.m.

FRESH-MADE SANDWICHES

Served with your choice of side: french fries, potato chips, or side salad (lettuce, tomatoes and onion)

AMERICAN BURGER \$7.25

This 5 oz. Angus Burger comes topped with shredded lettuce, a thick slice of tomato, pickles, cheddar cheese, all served on a gourmet bun. Customize it by adding two slices of crispy bacon for an extra \$1.25.

PHILLY STEAK ROLL \$7.50

Strips of seasoned beef sirloin topped with melted provolone cheese, grilled onions, and peppers all loaded on a hoagie roll.

GRILLED CHEESE \$4.50

Buttery sourdough bread toasted with cheddar or habanero cheese.

GRILLED CHICKEN BURGER \$7.25

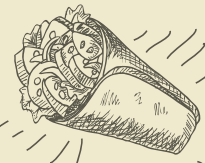
A delicious and tender grilled chicken breast topped with cheddar cheese, grilled onion, lettuce, tomato, and a touch of honey mustard all sandwiched between our signature bun (served with side of choice: chips, french fries, or side salad)

CLUB SANDWICH \$7.50

Treat yourself to our version of an old American favorite, a triple-decker sandwich with chicken breast, bacon, mayonnaise, lettuce and tomato (served with side of choice: chips, french fries, or side salad)



ALWAYS FRESH



HEALTHY OPTIONS

SOUTHWEST CHICKEN SALAD \$7.50

Fresh romaine lettuce topped with grilled chicken, corn, fresh tomatoes, onion, bacon, crispy tortilla strips, and served with chipotle ranch dressing

BLT WRAP \$7.50

Crispy bacon, juicy tomatoes, fresh chopped lettuce, all wrapped in a tomato tortilla. Served with your choice of side: french fries, potato chips, or side salad (lettuce, tomatoes, onion)

CHICKEN CAESAR WRAP \$7.50

Chopped grilled chicken, crispy romaine lettuce, and fresh tomatoes tossed with Caesar dressing and wrapped in a spinach tortilla. Served with your choice of side: french fries, potato chips, or side salad (lettuce, tomatoes, onion)

CLASSIC CHICKEN CAESAR SALAD \$7.50

Crispy romaine lettuce heart served with gourmet croutons, Parmesan cheese, and a sprinkle of crunchy bacon bites, all topped with tender chicken breast grilled to perfection and served with Caesar dressing.

MENU

Stop by and try one of our sandwiches or delicious salads and check out the rest of our menu!



SPRING RECESS

Spring Recess is just around the corner. If you are in need of care during that time, please sign up via www.militarychildcare.com for the full week or use the link to CYP online via www.navywmwrrota.com link.

SAVE YOURSELF TIME, REGISTER ONLINE!

www.militarychildcare.com for CDC and SAC Registration for **FULL TIME CARE**, or <https://www.navywmwrrota.com/child-youth/cyp-online-payment> to register for **YOUTH SPORTS AND TEEN PROGRAM ACTIVITIES**

Registration and payments.

You must already have a registration form on file with CYP to use the online system.

Get your Family ID from us if you don't remember it.

HOURLY CARE RESERVATIONS at CDC and SAC

CARE IS AVAILABLE FOR YOUR CHILD at the CDC for ages 6 weeks to 5 years and at SAC for Kindergartners through 12 years on a space available basis for \$5 per hour. All children need to be registered in the program prior to making reservations.

Please visit our website at www.navywmwrrota.com to learn how to use CYP Online to make reservations. If you have any questions, please do not hesitate to contact us:

CDC:

Rota_CDC@eu.navy.mil - 956-82-1100 or DSN 727-1100

or SAC:

Rota_SAC@eu.navy.mil - 956-82-2839 or DSN 727 2839

- **SAC** (k-6th grade), 956-82-2839 or DSN 727-2839

PARENT PARTICIPATION OPPORTUNITY

Dr. Seuss "Green Eggs and Ham" Birthday Snack

Monday, March 2, 5-6 p.m.

Come join your kids for a Green Eggs and Ham snack in celebration of Dr. Seuss's birthday. Some of Dr. Seuss famous characters will be in attendance.



PI DAY

Friday, March 13, 5-6 p.m.

Join us for some pi (3.14) and some Pie prepared by our very own Kid Chefs!

School Closures (SAC All Day Cams)

Friday, March 13. DGF Staff Training Day.

CLUBS

A GREAT HOURLY CARE OPPORTUNITY!

Sign your child up to participate in a weekly Club!

Daily:

TRIPLE PLAY CHALLENGE,

Monday-Friday, 3:30 p.m. Each day youth will be learning and practicing different games and activities meant to strengthen and enhance their skills.

Mondays:

THE ARTS CLUB, 4 p.m.

Tuesdays:

EDUCATION AND CAREER CLUB, 4 p.m.

Wednesdays:

HEALTH AND LIFE SKILLS CLUB, 4 p.m.

Thursdays:

4H: COMMUNITY SERVICE CLUB, 3:30 p.m.

Fridays:

SPORTS, FITNESS AND REC

AND STEM CLUBS, 4 p.m.



school liaison office, 956-82-2425 or DNS 727-2425

Homeschool Meet & Greet

Friday, March 6, 11 a.m.-1 p.m.

Pinz Bowling Center.

The School Liaison Office will host a quarterly Homeschool Meet And Greet for Rota area homeschool families. It is a great opportunity for families to share ideas and connect. Free bowling will be provided.



Special Needs Parent Support Group

Tuesday, March 10, 9 a.m.

Tuesday, April 24, 9 a.m.

At the Air Terminal Food Court.

The SLO Liaison will host our monthly Special Needs Support Group for Parents. It is a great opportunity for families to connect.

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

Friday, March 13, 9 a.m.-5 p.m.

SAC, Building 41. Space is limited.

The School Liaison Office and Youth Programs conducts an Orientation/Field Trip for new students during the summer 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 school administrators, meet youth center staff and other key community members. We will also take a trip by ferry to Cadiz and do a scavenger hunt. Lunch and snack are provided, and the cost is free. Open to all new youth going into grades 6-12. Youth must be registered with CYP Youth Programs.



LA CALETA, CADIZ

youth sports, 956-82-4721 or DSN 727-4721

Youth Baseball and Start Smart Registration

Begins Tuesday, March 31.

Ages 6-15 years old. \$60.

Register online now at CYPOnline by reaching the link on www.navywmwrrota.com Open until filled. Spots fill quickly!

Mandatory Skills Assessment

April 28, 5 p.m. at the Youth Sports Complex.

For registered baseball players.

Motor Skills Development Registration

(Start Smart): Tuesdays, beginning March 10,

4 p.m. Ages 3-5 years old practice with a parent.

\$25. Limited spaces.

Coaches CPR Class

Friday, March 13, 9 a.m. Bldg #41.

Please email Rota_youthsports@eu.navy.mil or call to attend trainings.

Are you a member of the Parents Association for Youth Sports (PAYS)? If so, take advantage and enroll now to guarantee your spot in this year's baseball season. Those not enrolled will not be allowed to assess. Not a PAYS member yet?

Anyone can be one, just go to

<http://www.nays.org/payonline>

or contact us to learn how.

CREATE YOUR OWN TRIP



Wanting to get out, see and do more here in Southern Spain? Youth ages 15-17 years old registered with CYP and interested in creating their own trip on those days off from school, only need to stop by the Youth Center! We will work together to plan and organize the trip with staff and transportation. Ideas are welcome, dates and opportunities will be limited and you must have seven people to participate.

TEEN EMPLOYMENT PROGRAM

For Teens 14-18 years old. Child and Youth Programs will host the Teen Employment Program (TEP) that provides work-based learning opportunities to teens seeking work experience and skill development.

The TEP is a stepping stone for career development and is designed to encourage exploration of interests or careers, skill development and completion of training modules. Look out for the vacancy announcements to be posted late March.

Teens must be available for interviews during the week of **May 11-15**.

youth center, 956-82-4625 or DSN 727-4625

JAMS (ages 10-13) and GRAVITY (ages 13-18)

Youth Center Open

Friday, March 13, Noon-6:30 p.m.

No school day.

Indoor Rock Climbing

Friday, March 13, 9 a.m.-3 p.m.

Register by March 11. Ages 10-18 years old. \$5.

Open to registered members of Youth Programs only.

Neon Dance Party

#WEOWNFRIDAYNIGHTS

Friday, March 20. Extended hours,

closes at 10 p.m. \$5. Ages 10-18 years old.

Register by March 18.

Join us for a bright night of fun with friends! Light refreshments provided. Please make payments online or at building #41. Open to registered members of Youth Programs only.

Recognition Party

Thursday, March 26, 3-4 p.m. Free.

Hosted at the Youth Center and open to registered members of Youth Programs only.

Check out our Youth Center calendar for club dates and times! Hope to see you all at the Youth Center!

- **cdc** (6 weeks-5 years), 956-82-1100 or DSN 727-1100

Dr. Seuss Day at the Center

Monday, March 2, 2 p.m.

Parents come and build a parfait with your child! For all full time and hourly children.

CYP Parent Advisory Board Meeting

Thursday, March 12, Noon at the CDC, Building 1963.

All parents are invited to participate and help us make CYP the best it can be! Our meeting will be focused on Month of the Military Child planning. Lunch will be served.



Every year since 1911, March 8 has been celebrated as International Women's Day. Events held on this day honor women's economic, political and social achievements.

In 1981, Congress passed legislation authorizing and requesting the president to proclaim the week beginning March 7, 1982, as Women's History Week. Congress continued to pass joint resolutions declaring a Women's History Week every March until 1987, when it passed a law designating March 1987 as Women's History Month after being petitioned by the National Women's History Project to do so. Since that time, every president has issued proclamations for Women's History Month.

we can change the world

WOMEN'S HISTORY MONTH

THIS MONTH, WE PAY TRIBUTE TO THE WOMEN WHO PUSHED GENDER-DEFINED BARRIERS. THEY FOUGHT FOR WHAT THEY BELIEVED IN, PAVING THE WAY FOR THE WOMEN WHO CAME AFTER THEM, CHANGING THE COURSE OF HISTORY AND REDEFINING THE UNITED STATES MILITARY.

THESE ARE JUST A FEW OF THEM:

■ Deborah Sampson was born in 1760. At 21 years old, she became the first American woman to serve in combat by enlisting in the Continental Army under the name Robert Shurtleff during the Revolutionary War. She kept her gender hidden by tending to her own battle wounds, but she was discovered when she was hospitalized for a fever.

■ In 1918, Opha Mae Johnson became the first woman to enlist in the U.S. Marine Corps. At that time, about 305 women joined the Marines to perform jobs vacated by male Marines who left to fight in World War I. Female Marines could not be promoted above the rank of sergeant and performed jobs within the United States.

Lt. Col. Merryl Tengesdal stands in front of a U-2 on Feb. 9, 2015, at Beale Air Force Base, California. Tengesdal is the only black female U-2 pilot in history. Tengesdal is the 9th Reconnaissance Wing inspector general and a U-2 pilot. (U.S. Air Force photo/Senior Airman Bobby Cummings)

■ Anna Lee Fisher became the first mother in space when she embarked on mission STS-51A on the space shuttle Discovery in 1984.

■ On June 23, 2008, President George W. Bush nominated Ann Dunwoody as a four-star general in the US Army. Dunwoody was the first woman to ever achieve the rank in the history of the U.S. military.

■ On May 7, 2015, Air Force Lieutenant Colonel Christine Mau strapped into the single-seat F-35 A Lightning II and took it airborne, becoming the first woman in the Air Force's premier fighter aircraft. "Flying is a great equalizer," Mau said.

■ In 2012, Janet C. Wolfenbarger became the first female four-star general in the U.S. Air Force. After receiving her fourth star, she became the commander of Air Force Materiel Command. She had previously served as the military deputy in the Office of the Assistant Secretary of the Air Force for Acquisition at the Pentagon, where she oversaw research and development, testing, production, and modernization of an annual \$40 billion in Air Force programs.

■ While U.S. Marine Corps Captain Katie Higgins credits the many women before her who paved the path and allowed for her to have the opportunity to be the first female pilot of the Blue Angels. In 2014, Higgins was chosen to join the five-person crew aboard the *Fat Albert*—the team's Lockheed C-130 Hercules that carries personnel and equipment.

■ Jessica Ulrika Meir is a NASA astronaut, marine biologist and physiologist. On October 18, 2019, Meir and Christina Koch were the first women to participate in an all-female spacewalk.

The Department of Defense (DoD) is commemorating the 75th Anniversary of World War II by recognizing the contributions and sacrifices made by Service members as well as those who served on the home front.

WOMEN ON THE HOME FRONT

World War II opened a new chapter in the lives of American women. As husbands and fathers, sons and brothers shipped out to fight in Europe and the Pacific, millions of women marched into factories, offices and military bases to work in roles traditionally reserved for men in peacetime.

Between 1940 and 1945, the female percentage of the U.S. workforce increased from 27 percent to nearly 37 percent, and by 1945, nearly one out of every four married women worked outside the home.

The aviation industry saw the greatest increase in female workers. By 1943, 310,000 women worked in the aircraft industry, representing 65 percent of the industry's total workforce.

MILITARY SERVICE DURING WW II

Nearly 350,000 American women served in uniform, both at home and abroad, volunteering for the newly formed Women's Army Auxiliary Corps (later renamed the Women's Army Corps), the Navy Women's

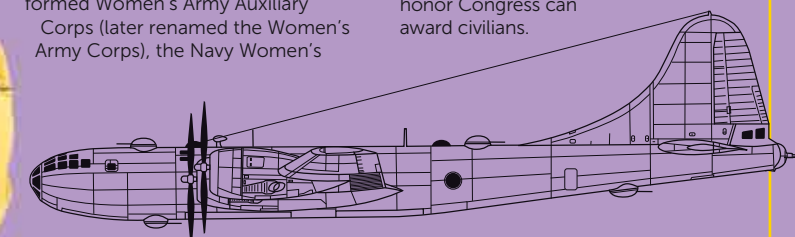
Reserve, the Marine Corps Women's Reserve, the Coast Guard Women's Reserve, the Women Airforce Service Pilots, the Army Nurse Corps and the Navy Nurse Corps.

One of the roles women played in the war was provided by the Women's Airforce Service Pilots (WASPs) who were the first women to fly American military aircraft.

They ferried planes from factories to bases, transported cargo, and trained male pilots how to strafe targets. They accumulated more than 60 million miles in flight distances. More than 1,000 WASPs served, and 38 of them lost their lives during the war.

The WASPs were considered civil service employees and without official military status. They were granted no military honors or benefits, and it wasn't until 1977 that the WASPs received full military status.

On March 10, 2010, at a ceremony in the Capitol, the WASPs received the Congressional Gold Medal, the highest honor Congress can award civilians.



WOMEN PLAYED AN IMMEASURABLE ROLE DURING WORLD WAR II, SERVING BRAVELY AND WITH DISTINCTION FROM THE INITIAL ATTACK ON PEARL HARBOR TO THE LAST DAYS OF THE PACIFIC CAMPAIGN.



REIKI AND PERSONAL DEVELOPMENT WORKSHOPS

Our instructor, Marta Martin, teaches thousands of students around the world through her online platform and instructs on-site workshops throughout Spain. She is also the author of several published books.

JOIN CELEBRITY MAKEUP ARTIST AND HAIR STYLIST, RACHEL DAVIS AS YOU LEARN ALL OF HER TIPS AND TRICKS IN THE BEAUTY INDUSTRY ELEVATING YOUR PERSONAL BEAUTY GAME!

MARCH WORKSHOPS: INTRO TO SKINCARE AND FLAWLESS FOUNDATION

Wednesday, March 4, 10:30 a.m.-Noon
\$35 per person.

Join us as we set up a consistent and effective skincare routine based on your skin type and lifestyle and how to achieve flawless foundation! Great skin is always in!

BRUSHES, BLUSH AND BRUNCH

Wednesday, March 18, 10:30 a.m.-Noon
\$35 per person.

Come out and enjoy some breakfast while learning about the ultimate makeup brushes, how to clean them, deciding which ones you actually need for their multi-purpose uses along with looking your most youthful self-perfecting the application and placement of blush!

MAKE-UP LESSONS: BEAUTY BOOT CAMP

Looking for an eventful, fun-filled evening with other women to share experiences and get glam?! If watching online beauty tutorials is too frustrating for you, this hands-on class is perfect for you! Come alone or bring a friend or family member to practice on (for my fellow aspiring Artists!) Rachel Davis will guide you through each step of the specified topic of the week!

BELLY DANCE

Tuesdays, 10-11 a.m.
\$45 per month per person.
Adult group class.

Learn Belly dance oriental and lyrical style. Belly dance is primarily a torso movement dance, with an emphasis on articulations of the hips. In addition to torso movements, dancers will use level changes, traveling steps, turns and spins. To complete this wonderful dance, the arms are used to frame and accentuate movements of the hips, for intense gestures, and to create beautiful lines and shapes with the body.

REIKI LEVEL I WORKSHOP:

Saturday, March 14,
9 a.m.-1 p.m. and 2-4 p.m.
(6 hours course) at Liberty Center.
\$140 per person per workshop.
Ages 18 years and older.

Take Reiki trainings to enhance your energy level, find mental and emotional balance, and enjoy an overall sense of profound well-being that will transform your life. Open up to new possibilities in your life and feel whole and full of enthusiasm.

PERSONAL DEVELOPMENT WORKSHOP:

Tuesday, March 17, 5:30-7 p.m.
at Liberty Center. \$40 per person per workshop. Ages 18 years and older.

Personal development classes teach you how to dissolve any mental or emotional blockages that prevent you from being, doing or having anything you want. Personal development considers a human being as someone fully capable of living their wildest dreams, and teaches them the extraordinary power within their own mind, how their mind works (for the good and the bad), and how to follow the steps that will make their dreams a reality.

Ballet Classes

Tuesdays,
Ages 3-5: 3:45-4:40 p.m.
Ages 6-8: 4:50-5:50 p.m.
Wednesdays, Ages 9-11: 4:50-5:50 p.m.
\$40 once a week per month.
60-minute class.

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

Hand Lettering & Faux Calligraphy for Beginners Workshops

Thursday, March 26, 5:15-6:45 p.m.
\$25 per person. Adults only.
18 years and older.

PREPARE YOUR OWN CARDS, SEATING CARDS AND MENUS!

Learn the art of "Faux Calligraphy" and "Print Lettering" with a Micron pen. In this workshop you will learn how to form letters, lay out your design, and add embellishments. All the skill levels are welcome. You will take home your Micron pen and extra practice sheets so you are ready to create your own hand lettered holiday cards, place cards, menus and more.

Music Classes

Private Guitar Lessons

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

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

Private Piano Lessons

Time slots available **Mondays, Tuesdays, Thursdays and Fridays, 3-7 p.m.** \$72 for a punch card for four 30-minute lessons.

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

Private Voice Lessons

Time slots available **Tuesdays, 3-7 p.m.** \$72 for a punch card for four 30-minute lessons.

Our voice teacher guides beginner, intermediate, and advanced singers through the various stages of vocal progression, assisting with pitch training, developing timbre and keeping steady tempo.

Students in our music program (piano, guitar, and voice) will receive weekly private lessons and will prepare for two recitals per year.

Spanish Classes

Times available: **Mondays, 10:15-11:15 a.m. / 11:15 a.m.-12:15 p.m. / 3-4 p.m. / 4-5 p.m. / 5-6 p.m. / 6-7 p.m.**

Tuesdays and Wednesdays, 10:45-11:45 a.m. / 3:30-4:30 p.m. / 4:30-5:30 p.m. / 6-7 p.m.

Thursdays, 3:30-4:30 p.m. / 4:45-5:45 p.m. / 5:45-6:45 p.m.

Individual Lessons: \$20 per hour.

(punch card: \$80 per card for four lessons).

Group Lessons: \$45 once a week per month, \$75 twice a week per month.

Did you know that people who speak two or more languages have significantly better overall cognitive abilities than those who speak one? Furthermore, living in a foreign country can be hard enough, not speaking the language can present its own very frustrating circumstances. We can help you with our Spanish Community Classes.

Flamenco Dance Lessons

Mondays, 10-11 a.m. Adults.

Wednesdays, 3:45-4:45 p.m. Children.

\$40 once a week per month, 60-minute class.

Flamenco dance is a highly-expressive, Spanish dance form. The Flamenco is a solo dance characterized by hand clapping, percussive footwork, and intricate hand, arm, and body movements.

Sevillanas for Feria

Wednesdays, 10-11 a.m.

Tuesdays, 4:50-5:50 p.m.

\$40 once a week per month.

Learn or improve your skills with the popular folkloric dance of southern Spain, las Sevillanas! You will be able to learn a simplified version of Sevillanas to join the celebration of Feria's season! Join us for this wonderful cultural experience that helps you enjoy Feria and live the local culture!

Aikido Classes

Ages 5-7: Thursdays, 4-4:45 p.m. \$40.

Ages 8-13: Thursdays, 4:50-5:50 p.m. \$45.

Ages 14-17: Mondays, 4-5 p.m. \$45.

Ages 18 and older: Mondays, 5:15-6:45 p.m. \$50.

Ladies Class, ages 18 and older:

Saturdays, 10-11:30 a.m. \$50.

Co-ed Class, 18 and older:

Saturdays, 11:45 a.m.-1:15 p.m. \$50.

Aikido is a modern, non-aggressive Japanese martial art; it includes positive character development and ideals that people can incorporate into their daily lives!

book REVIEW

INFINITY SON

By Adam Silvera

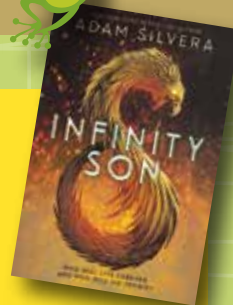
Balancing epic and intensely personal stakes, bestselling author Adam Silvera's *Infinity Son* is a gritty, fast-paced adventure about two brothers caught up in a magical war generations in the making.

Growing up in New York, brothers Emil and Brighton always idolized the Spell Walkers—a vigilante group sworn to rid the world of specters. While the Spell Walkers and other celestials are born with powers, specters take them, violently stealing the essence of endangered magical creatures.

Brighton wishes he had a power so he could join the fray. Emil just wants the fighting to stop. The cycle of violence has taken a toll, making it harder for anyone with a power to live peacefully and openly. In this climate of fear, a gang of specters has been growing bolder by the day.

Then, in a brawl after a protest, Emil manifests a power of his own—one that puts him right at the heart of the conflict and sets him up to be the heroic Spell Walker Brighton he always wanted to be.

Brotherhood, love, and loyalty will be put to the test, and no one will escape the fight unscathed.



STORY TIME

Tuesdays.

Bring your little ones to the Library's weekly story time. You may also bring along a packed lunch if desired. All children must be accompanied by a parent or caregiver. Open to all patrons.

Times and age groups:

Ages 2 and up: 11-11:30 a.m.

Ages 4 and up: 2:30-3 p.m.

March 3: Dr. Seuss

March 10: Frogs

March 17: St. Patrick

March 24: Food

March 31: Spring

sPecial events

956-82-2527 or DSN 727-2527

ARMED FORCES ENTERTAINMENT and MWR PRESENT



HEATHER MARIE & FRIENDS COMEDY TOUR

SATURDAY,
MARCH 14

9 P.M.

AT **LA PLAZA**

FREE

Adults only (18 years and older)



your home away from home



20-100 Mb

We now have the **fastest internet speed** of any local hotel (20 Mb in each apartment with an upgrade option of up to 100 Mb) and **cable Tv** with all the major channels (AXN, FOX, History Channel, etc...)

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Pets are a part of the family

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Ph: 956 846 103
Fax: 956 846 102

Email: info@hotelespadana.com
www.hotelespadana.com



No official U.S. Navy endorsement is implied

dailydish
LA PLAZA RESTAURANT
ROTA, SPAIN

MONDAY

CARAMELIZED ONION FETTUCCINE

Caramelized onion and parmesan sauce over fettuccine noodles. Served with choice of soup or salad and La Plaza's famous knots.

TUESDAY

TURMERIC CHICKEN

Tender strips of chicken in creamy turmeric sauce over basmati rice. Served with choice of soup or salad and rustic bread.

WEDNESDAY

GRILLED BACON WRAPPED PORK LOIN

Grilled bacon wrapped pork loin accompanied with fries. Served with choice of soup or salad and rustic bread.

THURSDAY

ROASTED BEEF TOP LOIN

Herb rubbed beef top loin roasted and served with rosemary potatoes. Served with choice of soup or salad and rustic bread.

FRIDAY

CAJUN CRUSTED FRIED FISH

Fish fried with Cajun breading and Cajun fries. Served with choice of soup or salad and rustic bread.

All meals come inclusive with lemonade or water.

Photo is used for illustrative purposes.
Dish may look different.

DAILYDISH. LA PLAZA
Monday-Friday, 11 a.m.-2 p.m.

ONLY **\$11**

March
FORK & KNIFE



CALLING ALL NAVSTA ROTA COMMANDS!

ARE YOU READY TO COMPETE FOR THE HIGHLANDS?

NINTH ANNUAL

celtic & highland GAMES

FRIDAY,
**MARCH
20**

6:30-9 p.m.
LA PLAZA FIELD



Come and sign up your best five people to compete against other teams in our unique event. Compete in traditional contests including:

- ▶ CABER TOSS
- ▶ HAY BALE HOIST
- ▶ WEIGHT OVER THE BAR
- ▶ STONE PUT
- ▶ HAMMER THROW

**FREE
event**

Five-member teams

IF YOU'VE GOT A KILT, GOOD.
IF NOT, WE WILL PROVIDE ONE!

LIVE BAGPIPE BAND

IRISH FOOD & DRINKS
WILL BE AVAILABLE FOR PURCHASE.

This event is open to single/unaccompanied service members and their guests.

ERIN GO BRAGH!



MARCH eVents

ZEN DAY WEDNESDAY

Wednesday, March 4, 6-8 p.m.
Zen out with some relaxing adult coloring and calm the mind. Namaste.

LIBERTY NIGHT AT THE MOVIES

Thursday, March 5, 6:30 p.m.
Free for single/unaccompanied E6 and below.
Enjoy hot buttered popcorn and an ice cold soft drink while you enjoy your movie! On the day of, sign in on the Liberty sheet at the front counter in Flix.

NATIONAL OREO DAY: FACE THE COOKIE EDITION

Friday, March 6, 6 p.m.
Come out and enjoy milk's favorite cookie at Liberty with a game of face the cookie! You will have 1 minute to try to move the cookie from your forehead to your mouth without using your hands.

NATIONAL NAPPING DAY

Monday, March 9, 1-10 p.m.
Wear your comfiest pj's and take a nap over at the Liberty Center.

single or unaccompanied
servicemen and women



MARCH MADNESS SELECTION MONDAY

Monday, March 16, 1-10 p.m.
It's the start of March Madness which means it's time to get those brackets together. Come out and try your luck at getting the perfect bracket!

ST. PATTY'S DAY MOCKMOSAS, GREEN EGGS & HAM

Tuesday, March 17, 6-8 p.m.
Come celebrate St. Patty's Day with breakfast for dinner at Liberty. Don't risk being pinched, wear some green!



ST. PATTY'S DAY BINGO

Wednesday, March 18, 6-8 p.m. Free.
Are you feeling lucky? Come play a game of St. Patty's Day Bingo for a chance to win a MWR gift certificate. Don't forget to wear your green!

DOGGIE DATE NIGHT WITH RAWL

Monday, March 23, 6-8 p.m.
If you don't have your own pet to give some loving to, then come join us in welcoming the local RAWL dogs here at the Liberty Center! You can even take them on a walk around base!

WAFFLE DAY: EGGO WAFFLE BAR AND STRANGER THINGS EGGO CARD GAME

Wednesdays, March 25, 6-8 p.m.
Join us at Liberty for Waffle Day for Eggo Waffles and all the toppings to go along with it! To top it off well by playing the Stranger Things Eggo Waffle Card game!

NATIONAL JOE DAY

Friday, March 27, 1-8 p.m.
Stop in for a cup of joe and a s'more at Liberty!

LIBERTY GOLF DAY

Sunday, March 29, 1 p.m.
Free for eligible E6 and below.
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.



LIBERTY'S BOWLING NIGHT

Wednesday, March 11, 7-9 p.m. Free for single/unaccompanied E6 and 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.

PI DAY

Saturday, March 14, 6-8 p.m.
We will be playing the exciting game of Pie Face and indulging in some delicious pies in honor of Pi Day. Come join us for some fun and treats!

MARCH tRips

Malaga Historical Tour

Saturday, March 7, 7 a.m.-9 p.m.
Register by March 4. \$48 for E6 and below. \$60 for E7 and above.
The city of Malaga, capital city of the province of Andalusia and lies along the Costa Del Sol. The Historical tour will take you to the cathedral, market and the harbor area, the local monument, a walking tour with local guide and free time for shopping.

Hiking Trip "El Torreón"

Saturday, March 14, 8 a.m.-5 p.m.
Register by March 11.
\$36 E6 and below, \$45 E7 and above.
Hike to the top of the highest mountain in Cadiz province.

Liberty Foodie Night at Shamrocks

Thursday, March 19, 6-9 p.m.
\$5 for transportation.
Want to try something different for dinner come to Liberty and we'll give you a ride to Shamrocks restaurant in El Puerto!



COMING SOON

**MEMORIAL
DAY WEEKEND
TRIP TO**

**LISBON,
PORTUGAL**

VIEW OF MALAGA CATHEDRAL

RUN
RUN
RUN



THURSDAY,
MARCH
17
5:30 p.m.

STARTS AT LA PLAZA

Registration and fees:
Register by March 6 to guarantee a shirt.
Adults (14 years and older): \$20 (t-shirt included)
Kids (13 years and younger): \$10 (t-shirt included)

MEDALS FOR 1ST, 2ND AND 3RD,
OVERALL, MALE AND FEMALE

ALL AGES

Signature Series

• fitness, 956-82-2565 or DSN 727-2565



COMMAND FITNESS LEADER (CFL) CERTIFICATION COURSE

Monday - Friday, March 9-13, 7 a.m.-4 p.m.

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 Physical Fitness 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, which covers the administrative actions and duties of a CFL, basic exercise physiology and nutrition principles and basic PRIMs training, as well as intense daily gym sessions teaching various methods for exercise programming.

Important Notice: The cardiovascular assessment of the PRT will include the 1.5 mile run/walk only (no swim, treadmill, 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.

Youth Fitness Certification

Thursday, March 26, 5 p.m.

This program teaches the fundamentals of fitness, proper use of equipment in our facility and DoD policy that pertains to physical fitness in MWR facilities. After completing this certification youth ages 10-17 years old will be able to use the Fitness Center facility: 10-13 years old with parents, ages 14 years and older on their own.



*Signature Series Events

PROGRAM

Accumulate points by participating in Fitness events for **prizes at the end of the year.**

Way to earn points:

- Participate in any six of the listed events marked *Signature Series
- Participate in at least two of the lifting competitions
- Participate in 20 Group Exercise classes throughout the year.

Runs: 25 points each.
Lifting Competitions: 25 points.
20 Group Exercise classes: 25 points.
Participate in a Sport: 25 points each.
Individual Challenges: 10 points each.



• sports, 956-82-1916 or DSN 727-1916

Captain's Cup Outdoor Soccer League

Tuesdays and Thursdays,
starting March 19, 6-9 p.m.
Register by March 11. Free.
Ages 18 years and older.

Roster & Coach Meeting:

Friday, March 13, 4 p.m.
The by-laws, regulations and schedule will be provided at the coaches meeting. League will be developed for 8-12 weeks depending on the number of participants. Awards to champion and runner up.

Captain's Cup Softball League

Mondays and Wednesdays,
beginning March 30, 6-9 p.m.
Register by March 16. Free.
Ages 18 years and older.

Roster & Coach Meeting:

Wednesday, March 18, 4 p.m.
The by-laws, regulations and schedule will be provided at the coaches meeting. League will be developed for 8-12 weeks depending on the number of participants. Awards to champion and runner up.

SOFTBALL TOURNAMENT

Friday-Sunday, 6-9 p.m.

MARCH 20-22



Sign up by MARCH 16.
Free. Ages 18 years and older.

Roster and Coach Meeting: Wednesday, March 18, 4 p.m.

The by-laws, regulations and schedule will be provided at the coaches meeting. Awards for champion and runner up.

Take part
in an
EGGsplosion
of Color!

5K RUN/2K WALK

COMING IN APRIL
**COLOR RUN
2020**

UPCOMING FITNESS EVENTS

APRIL Color Run

Saturday, April 11, 9 a.m. All ages.
T-shirt. Pre-register: Adults \$10. Kids \$5.

CFL Meeting

Wednesday, April 16, 11:30 a.m. Free.

Youth Fitness Certification

Wednesday, April 29, 5 p.m. Free.

MAY

Spring Pet Walk

Saturday, May 9, 9:30 a.m. Free.

CFL Meeting

Wednesday, May 13, 11:30 a.m. Free.

*SIGNATURE SERIES:

*Armed Forces Day Mud Run

Saturday, May 16, 10 a.m. Free.
Pre-register for t-shirt: May 6
(Adult \$15. Kid \$10).

*SIGNATURE SERIES:

*Tennis Tournament

Wednesday, May 27.

Youth Fitness Certification

Thursday, May 28, 5 p.m. Free.

The Learn-to-Swim program focuses on building skills one step at a time. By giving them the opportunity to master one element before moving on to the next, our kids' swim classes make it easy to build confidence in the water.

• aquatics, 956-82-2129 or DSN 727-2129

Parent and Child Swim Lessons

Two week sessions. Six 30-minute classes.

Wednesday-Friday, March 4-6 and

March 11-13, 10-10:30 a.m.

Ages 8 months-3 years old.

Level 1 and 2 Swim Lessons

Two week sessions. Six 45-minute classes.

Wednesday-Friday, March 4-6 and

March 11-13, 4-4:45 p.m.

Ages 4 years and older.

Adult Private Swim Lessons

\$72 for four 30-minute sessions.

Adult Swim lessons are intended to help someone overcome their fear of the water and achieve a minimum level of water competency. Others may wish to improve their swim skill and technique.

Navy 2nd Class Swim Testing

Available by appointment only.





Stretch your coverage, **NOT YOUR BUDGET.**

**BUNDLE YOUR AUTO INSURANCE WITH
RENTERS AND SAVE.¹**

➤ *Even more savings if you live on base.*



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