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 ROTAMonthly Magazine

Issue#99

March 2020

U.S. Naval Station Rota, Spain
www.navymwrrotas.com/
www.facebook.com/RotaMWR
Recreation Aide
Lexie Benson
Station Rota, Spain.
Malaga Historical Tour
Saturday, March 7, 7:30 a.m. - 9:30 p.m.
Register by March 11. $50 (adult) / $45 (child).
Visit the old Jewish quarter, 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 Giralda Minaret. Across from the Cathedral is the Alcazar, a 14th century palace built in a Moorish style. Some say it is 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 for shopping.

Sevilla Historical Tour
Saturday, March 14, 7:30 a.m. - 9:30 p.m.
Register by March 11. $50 (adult) / $45 (child).
We visit the old Jewish quarter, 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 Giralda Minaret. Across from the Cathedral is the Alcazar, a 14th century palace built in a Moorish style. Some say it is 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 music as well as a rhythmic punctuation by hand-claps and other methods. There are different types of scenes within flamenco, which are defined by characteristic melodies, rhythmic and harmonic structures. It is rooted in the gypsy (placeto) Andalusia and probably influenced by North African rhythms. The ‘Grana’ has settled in Andalusia early in the 18th century and by the end of the 20th century several centres of ‘tanta groto’ had emerged in Jerez, Coria and Sevilla. Due to late hours, small children are discouraged. Trip includes transportation, tour of a 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. $55 (adult) / $45 (child).
Tickets and Travel will introduce you to the North African culture and history. Spend three unique days and nights in the northernmost city Tangier. Tangier and Chefchauen. The trip includes bus transportation, ferry tickets, lodging, guided visits, and all meals. No refunds after the payment or deposit deadline.

SKIS, SNOWBOARDS, BOOTS AND HELMETS
NOW AVAILABLE AT OUR OUTDOOR RENTAL
956-522-3101 or DSN 727-3101
FOR THE SEASON
LAST TRIP
OUTDOOR RENTAL
956-522-3101 or DSN 727-3101
FOR THE SEASON

UPCOMING TRIPS

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 of Grazalema is internationally known for its cheeses and tapas. It hosted the World Cheese Composition Events, to include 3rd Best Cheese of the World, Best Cheeses of Spain and many other awards. We will tour the factory and have some cheese tasting session! 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 Cordoba range. It runs on the foot of the Peñón de Zafarrayon, one of the largest craters resting areas in Western Europe. The route meanders through the valley crossing four volcanos and through 30 tunnels along the way. Length: 36 kilometers in 3.75 hours. Price includes transportation. bike, gear and expert guide.

Rock Climbing
Saturday, March 28, 9 a.m. - 5 p.m.
Register by March 25.
$15. Ages 18 years and older.
Combining physical strength with mental focus, rock climbers study routes, figuring out moves as they go, and free themselves. We will go 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 Serra de Grazalema.

Canyon Descending
Saturday, April 1, 8 a.m. - 6 p.m.
Register by April 1.
$85. Ages 18 years and older.
After some equipment adjustment, 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 proper safety jacket, helmet, ropes and harnesses.

Tangier Guided Visit
Saturday, April 4, 6 a.m. - 3:30 p.m.
Register by April 1 (adult) / $32 (child).
We will take you to North Africa for a guided tour to Tangier to include the Great Mosque of Tangier (15th century) and the Kasbah of Tangier and back. Our local passport is required. You may need visa or if you are US citizen.

OVERNIGHT IN MOROCCO
Friday-Sunday, June 5-7
Register by May 22. $450 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 nights in the northernmost city Tangier to include a stop to see the camels. Tour includes bus transportation to Tangier, ferry tickets, lodging, guided visits, and all meals. No refunds after the payment or deposit deadline.

GRANADA
SKI AND SNOWBOARDS TRIP
(THREE DAYS)
Friday-Sunday, March 6-8
Register by March 2.
$135 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 5,000 feet, providing sunshine most of the winter. Sierra Nevada has 123 km of marked slopes, with 12 lifts for all levels and excellent quality snow. There is a cross-country skiing circuit, snow park and recreational areas for non-skiers. Lift ticket price is 48€ per day. This clearance requirement does not apply to government civilian personnel, family members, dependents, and contractors. If additional assistance is needed, please contact the Base Force Service Office 850-626-4207 or 956-199-6204. Visa maybe required for non-U.S. citizen.

TICKETS AND TRAVEL IS TAKING A TRIP TO THE BUTTERFLY MUSEUM. TICKETS AND TRAVEL WILL TAKE YOU TO THE NORTH AFRICAN CULTURE AND HISTORY. SPEND THREE UNIQUE DAYS AND NIGHTS IN THE NORTHERNMOST CITY TANGIER TO INCLUDE A STOP TO SEE THE CAMELS. TOUR INCLUDES BUS TRANSPORTATION TO TANGIER, FERRY TICKETS, LODGING, GUIDED VISITS, AND ALL MEALS. NO REFUNDS AFTER THE PAYMENT OR DEPOSIT DEADLINE.
BOWLING CENTER
956-82-2332 or DSN 727-2332

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 $2. Children 12 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 half price for five or more people.

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 $2.

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 of the lane. One game rental included.

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

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

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

The DF 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 (USS)

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

To learn more about the EFMP program, the DD Form 3054 and how it can help your family, call us at the Past & 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
March 72-3232 / Commercial 956-82-3232
Email: rota.bowes@eu.navy.mil

FLEET AND FAMILY SUPPORT CENTER
24/7 NAVSTA Rota
Sexual Assault Helpline
646-407-871

facebook.com/ffsc.rota
**CHILD & YOUTH**

**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.navywmrota.com link.

**HOURLY CARE RESERVATIONS**

**at CDC and SAC**

- **CARE IS AVAILABLE FOR:**
  - Your Child at the CDC: 2 weeks to 5 years old.
  - At SAC for Kindergarteners: 2 days a week, 3 hours a day.

**February 28th**

**NO STAFFED CCA**

**RESERVATIONS**

- CDC (6 weeks-5 years), Rota_SAC@navy.mil - 956-82-2839 or DSN 727 2839
- SAC: CDC: 6 weeks-5 years, contact us:
  - cdc@navy.mil - 956-82-2839 or DSN 727-2839
  - SAC: 6 weeks-5 years and at SAC for Kindergarteners, contact us:
  - Rota_SAC@navy.mil - 956-82-2839 or DSN 727-2839

**SAVE YOURSELF TIME, REGISTER ONLINE!**

www.militarychildcare.com for CDC and SAC Reservation for FULL TIME CARE, or https://www.navymwrrota.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.

**MARCH 2020**

- **THURSDAY, MARCH 12,** Noon at the CDC, Building 993.
- **CYP Parent Advisory Board Meeting**
  - All parents are invited to participate and help us make CYP the best it can be! Our meeting will be focused on needs of the Military Child planning. Lunch will be served.

- **FRIDAY, MARCH 13,** Noon at the CDC, Building 41.
- **SAC Day Camps**
  - (SAC All Day Camps)
  - Full Time Care, SAVE YOURSELF TIME, REGISTER ONLINE!
  - www.militarychildcare.com
  - www.miltarychildcare.com

**YOUTH SPORTS AND TEEN PROGRAM ACTIVITIES**

- **PI DAY**
  - Friday, March 13, 5-6 p.m.
  - Join us for some fun and come Prepared by our own Kids Chefs!

- **School Closures**
  - SAC All Day Camps
  - 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
    - **COMMUNITY SERVICE CLUB**
      - 3:30 p.m.
  - - Fridays
    - **SPORTS, FITNESS AND REC**
      - 4 p.m.
    - **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.
  - Post 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.

- **Dr. Seuss “Green Eggs and Ham” Birthday Snack**
  - Monday, March 2, 5-6 p.m.
  - Come see your kids for a Green Eggs and Ham snack in celebration of Dr. Seuss’s birthday. Some of Dr. Seuss’s famous characters will be in attendance.

- **Special Needs Parent Support Group**
  - Tuesday, March 10, 3-4 p.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 Employment Together)**
  - Tuesday, March 10, 3-4 p.m.
  - At the Air Terminal Food Court.
  - 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.

- **PI DAY**
  - Friday, March 13, 5-6 p.m.
  - Join us for some fun and come Prepared by our own Kids Chefs!

- **Teens must be available for interviews during that time, please sign up via www.militarychildcare.com link.

- **youth sports,**
  - 956-82-4721 or DNS 727-4721

- **Youth Baseball and Start Smart Registration**
  - Begins Tuesday, March 31.
  - Ages 6-15 years old. SSD:
    - Register online now at CYPOnline by reaching the link on www.navymememl.com Open until 4/13. (Start Smart!)
    - 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. (Start Smart!)
        - Please email Rota_youthsports@navy.mil or call 956-82-2839 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 www.navymememl.com/payonline or contact us to learn how.

- **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)**
  - 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 #4. Open to registered members of Youth Programs only.

- **Recognition Party**
  - Thursday, March 26, 5-6 p.m. Free.
  - Hosted by 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!}

**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 this trip with staff and transportation. Ideas are welcome, dates and opportunities will be limited and you must have seven people to participate.
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 a week beginning March 7, 1982, as Women’s History Week. Congress continued to allow 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. 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. The week was petitioned by the National Women’s History Project to do so. Since that time, every president has issued proclamations for Women’s History Month. 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. The week was petitioned by the National Women’s History Project to do so. Since that time, every president has issued proclamations for Women’s History Month. 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. The week was petitioned by the National Women’s History Project to do so. Since that time, every president has issued proclamations for Women’s History Month.

In 1818, 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. In 1818, 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. In 1818, 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. In 1818, 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. In 1818, 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. In 1818, 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. In 1818, 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. In 1818, 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. In 1818, 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.
**REIKI AND PERSONAL DEVELOPMENT WORKSHOPS**

**REIKI LEVEL I WORKSHOP:**
Saturday, March 14, 10 a.m.-2 p.m. $140 per person per workshop. Ages 18 years and older.
Learn about energy healing, improve mental and emotional balance, and enjoy an overall sense of personal 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 cultivates a human being as someone fully capable of living their wildest dreams, and teaches from the extraordinary power within your own mind, how your mind works for the good and the bad, and how to follow the steps that will make their dreams a reality.

**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!**

**MAKE-UP LESSONS: BEAUTY BOOT CAMP**
Looking for an eventful, fun-filled evening with other women to share experiences and get glorious?! Watch online beauty tutorials, and learn how to achieve flawless foundation, hair and makeup! Great ideas always on BRUSHES, BLUSH AND BRUNCH!

**Wednesday, March 18, 10 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 your multi-purpose use, along with learning most importantly how to perfect the application and placement of blush!

**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 hand movements, traveling steps, turns and spins. To complete this wonderful dance, the arms are used to frame and accentuate movements of the hips, for intense postures, and to create beautiful lines and shapes with the body.

**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 and natural glow on your face. Great ideas always on BRUSHES, BLUSH AND BRUNCH!

**Wednesday, March 18, 10 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 your multi-purpose use, along with learning most importantly how to perfect the application and placement of blush!

**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 with the art of “Faux Calligraphy” and Lettering with a Micron pen. In this workshop you will learn how to form letters, lay out your design, and add embellishments. All the tools you need 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.

**Ballet Classes**
Tuesdays, Ages 3-5: 4:45-5:40 p.m.; Ages 6-8: 4:55-5:50 p.m. Wednesdays, Ages 9-11: 4:50-5:50 p.m. $40 or $4 per week per person. 60-minute class.
Dancers will have fun learning basic ballet positions, age-appropriate stretching exercises and control 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.

**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.

**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 learners. Learn to play piano and read music with our experienced instructor.

**Private Voice Lessons**
Time slots available Tuesdays, 3-7 p.m. 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 tempos.

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

**Spanish Classes**
**Time slots available Mondays, Tuesdays, 9:15-9:50 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.**
**Wednesdays and Thursdays, 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 week.

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, Tuesdays, 3:45-4:45 p.m. Children.**
$40 once a week per month, 60-minute class.
Flamenco is a highly-expressive, Spanish dance form. The Flamenco is a solo dance characterized by hand clapping, percussive footwork, and intricate hand and body movements. The Flamenco is a dance created by Sevillanas to join the celebration of Feria’s season! Join us for this wonderful cultural experience that helps you enjoy Feria and the local culture!

**Sevillanas for Feria**
**Wednesdays, 3-5 p.m.**
**$40 once a week per month.**

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

**Aikido Classes**
**Ages 5-7: Thursdays, 4-4:45 p.m.**
**Ages 8-13: Thursdays, 4:50-5:45 p.m.**
**Ages 14-17: Mondays, 4-5 p.m.**
**Ages 18 and older:**
**Mondays, 5:15-6:45 p.m.**

**Ladies Class, Ages 18 and older:**
**Saturdays, 10-11 a.m.**

**Co-ed Class, 18 and older:**
**Saturdays, 11 a.m.-12 p.m.**

**Looking for VIOLIN, GYMNASTICS, ART AND CRAFTS and TUTORING INSTRUCTOR**
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.
**March eVents**

**March Madness Selection Monday**
*Monday, March 16, 6:30 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.

**March eRips**

**Malaga Historical Tour**
*Saturday, March 14, 6 a.m.-5 p.m.*
Register by March 11, $45 E6 and below, $50 for E7 and above.
This tour will take you to the beautiful city of Malaga, capital city of the province of Malaga, the second largest city of Andalucia and lies along the Costa Del Sol. The Historical tour will take you to the cathedral, the Castle of Alcazaba, the harbor area, the local market and the location where Picasso was born. Provided: transportation, entrance fee to monument, a walking tour with local guide and free time for shopping.

**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!

**Hiking Trip “El Torreón”**
*Saturday, March 14, 9 a.m.-5 p.m.*
Register by March 11, $35 E6 and below, $40 for E7 and above.
This is a day hiking tour with a peak at the top of the highest mountain in Cadiz province. Liberty patron needs to check in with the front desk at the Pro Shop before 1 p.m.

**COMING SOON**
**Memorial Day Weekend Trip to Lisbon, Portugal**
**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 PRT training, as well as intense daily gym sessions teaching serious 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 PRT you will be removed from the course. No Exceptions.

**Youth Fitness Certification**

**Thursday, March 26, 6 p.m.**

This program teaches the fundamentals of fitness, proper use of equipment in our facility and OOD policy that pertains to physical fitness in MWR facilities. After completing this certification youth ages 10-12 years old will be able to use the fitness center facility 10-12 years old with parents, ages 14 years and older on their own.

**Registration and Fees:**

• Youth (13 years and younger) $10 (t-shirt included)
• Adults (14 years and older) $20 (t-shirt included)

**MEALS FOR 1ST, 2ND AND 3RD OVERALL, MALE AND FEMALE: 25 points each.**

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

**Way to earn points:**

- Participate in any one 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.

**GROUP EXERCISE:** 24 points.

**PARTICIPATE IN A SPORT:** 25 points each.

**INDEPENDENT CHALLENGE:** 10 points each.

**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.

**MAY**

- **Spring Pet Walk**
  - Saturday, May 9, 9:30 a.m. Free.

- **CFL Meeting**
  - Wednesday, May 13, 11:30 a.m. Free.

**SUMMER SERIES**

- **Armed Forces Day Mud Run**
  - Saturday, May 30, 10 a.m. Free. Pre-register for t-shirt: May 6

- **Tennis Tournament**
  - Monday, May 18, 8 p.m. Free.

**FALL SERIES**

- **Youth Fitness Certification**
  - Thursday, May 28, 5 p.m. Free.

**SOFTBALL TOURNAMENT**

- **Friday - Sunday, 6-9 P.M.**
  - **MARCH 20-22**
  - **SIGNATURE SERIES:**
    - **Armed Forces Day Mud Run**
      - Saturday, May 30, 10 a.m. Free. Pre-register for t-shirt: May 6
    - **Tennis Tournament**
      - Monday, May 18, 8 p.m. Free.
  - **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 Private Swim Lessons**
  - **$57 for four 30-minute sessions.**

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