



▼ wHat's iNside?

Special Events

2021 Independence Fest

Youth Sports

Summer Clinics

Youth Center

Summer Camps

Golf Course

Red, White and Blue Golf Tournament

Pinz Bowling Center

Independence Weekend Special



◀ vaMos! ▶

MWR ROTA MONTHLY MAGAZINE

▼
iSsue#111

july 2021



MWRROTASpain

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR





Dolores Martin-Bejarano
Sales Clerk

We are

MWR Admin/Support Services, 727-1517

Monday-Friday, 8 a.m.-5 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 and Youth Sports 727-4625/4721

Monday-Friday, Noon-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed

RECREATION

Aquatics Center, 727-2129

Monday-Friday, 6 a.m.-1 p.m.
Saturday-Sunday, Closed

Housing Pool, 727-4882

Wednesday-Sunday, Noon-7 p.m.
Monday and Tuesday, closed for maintenance

Fitness Center, 727-2565

Monday-Thursday, 5 a.m.-9 p.m.
Friday, 5 a.m.-8 p.m.
(Monday-Friday closed for cleaning from 10-11 a.m. and 3:30-4:30 p.m.)
Saturday, Sunday and U.S. Holidays, 9 a.m.-5 p.m.

Community Classes, 727-2354

Liberty, 727-2527

Daily, 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 and U.S. Holidays, 9 a.m.-2 p.m.

Outdoor Recreation, 727-3101

Monday-Friday, 10 a.m.-6 p.m.
Saturday, Sunday and U.S. Holidays, Closed

Tickets & Travel, 727-3101

Monday-Friday, 10 a.m.-6 p.m.
Saturday, Sunday and U.S. Holidays, Closed



Hours of operation are subject to change due to Covid-19. Check our website for the most up to date hours of operation. navymwrrota.com

BUSINESS ACTIVITIES

Cafe.com

Fleet Landing

Monday-Friday, 7:30 a.m.-2 p.m.
Saturday, Sunday and U.S. Holidays, Closed

Library

Monday-Friday, 7:30 a.m.-2 p.m.
Saturday, Sunday and U.S. Holidays, Closed

El Patio

Bombers Fresh Mex, 727-3712
Daily, 11 a.m.-9 p.m.

The Tower Pub, 727-3712

Food daily, 4-11 p.m. (last order 10:30 p.m.)
Bar, Sunday-Thursday, 4-11 p.m. and Friday-Saturday, 4 p.m.-1 a.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.

Golf, 727-2260

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

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.

Pizza Villa, 727-3212

Daily, 11 a.m.-11 p.m.

La Plaza, 727-6323

Pizza Villa Express, 727-6323
Wednesday-Sunday, 4-11 p.m. (last order 10:30 p.m.)
Monday and Tuesday, Closed

Champion's Bar

Sunday, Wednesday and Thursday, 4-11 p.m.
Friday and Saturday, 4 p.m.-midnight

Monday and Tuesday, Closed

Cash Cage

Monday-Friday, 9 a.m.-5 p.m.
Window Service, 11 a.m.-5 p.m.
Saturday and Sunday, Closed



mwr navsta rota, spain

PSC 819 BOX 14 / FPO, AE 09645

Tel: 011 (34) 956-82-1517

Tel (On Base): 727-1517

Megan Ryan, Fleet Readiness Director
727-1507

Thomas Durning, MWR Director
727-2326

Julie Dinh, FF&R NAF Business Manager
727-1505

Nolly Dizon, Food Service Officer
727-1407

Lisa Ali, NGIS General Manager
727-1752

Catherine Knapp, CYP Director
727-2458

Doug Hasselbring, Community Recreation Director
727-1410

Beth Winsper, Fitness Director
727-3264

Sara Fine, Food and Beverage Director
727-1429

marketing office

Amy Hutyra, Marketing Director

727-1515

rota_mwrmarketing@eu.navy.mil

social contact

Website www.navymwrrota.com

Facebook www.facebook.com/RotaMWR

Phone code

Commercial, 956-82-XXXX

DSN, 727-XXXX



vaMos is an authorized publication for members of the military services and families stationed overseas. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and do not imply endorsement thereof. Editorial content of vaMos is edited, prepared and provided by the Rota MWR Marketing office.

Information subject to change.

The appearance of advertising in this magazine does not constitute endorsement of products and services by the Department of Defense, the Navy, U.S. Naval Station Rota, Spain or its publisher. All ads in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical disability, political affiliation or any other non-merit factor for the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

vaMos is published monthly, with a circulation of 2,000 by MWR Rota, Spain.

sPecial events

LIVE MUSIC

FOOD & BEVERAGES

CARNIVAL RIDES & GAMES

AIR TOYS & WATER SLIDES

PATRIOTIC TATTOOS

FIREWORKS!

★ U.S. DoD ID cardholders only.

Sponsored by:



Navy endorsement not implied.



liBerty JULY EVENTS

single or unaccompanied
servicemen and women

956-82-2527 or DSN 727-2527

LIBERTY NIGHT AT THE MOVIES

Thursday, July 1, 7 p.m.

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

Come join the Liberty staff at Flix Movie Theater for a free showing. 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.

WEIRD ICE CREAM DAY

Friday, July 2, 6 p.m.

Come try some odd ice cream flavors.

FRIED CHICKEN DAY

Tuesday, July 6, 6 p.m. Free

Come join us at Liberty Center to celebrate national fried chicken day will some delicious fresh fried chicken.

NATIONAL NAPPING DAY

Wednesday, July 7, all day. Free

Come in your best lounge wear and chill out a Liberty with Sleepy Time tea and cookies. We'll make sure the recliners are extra comfy for an afternoon snooze.

LIBERTY'S BOWLING NIGHT AT PINZ

Thursday, July 8, 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.

SAILOR ADVENTURE QUEST: PAINTING 101

Monday, July 12, 19 and 26, 6-8 p.m. Free

Bring your Picasso skills and join us and one of our community class instructors for a night of fun and painting. Liberty Center will provide art supplies.

SHARK AWARENESS DAY

Wednesday, July 14, 6 p.m. Free

Watch Jaws and Sharknado to learn valuable life preservation skills, just in case.

NATIONAL GUMMY WORM DAY

Thursday, July 15, 6 p.m. Free

Who doesn't love gummy worms? Come celebrate national gummy worm day with us. Free gummy worms!

MOON DAY

Tuesday, July 20, 6 p.m. Free

Come watch Apollo 13 and Stargaze.

OLD JOKE DAY

Saturday, July 24, 6-8 p.m. Free

Tell your best old school joke and whoever makes the liberty staff laugh the hardest wins a mystery box!

LIBERTY GOLF DAY

Sunday, July 25, 1 p.m. Free for

single/unaccompanied E6 and below.

Spend your Sunday afternoon, relaxing in the sun. Enjoy a round of golf paid for by MWR. 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.

LIPSTICK DAY

Thursday, July 29, 6-8 p.m. Free

Try your hand at recreating some of the hottest lipstick trends on YouTube. Whoever is the closest to nailing the look will win an MWR mystery box! Liberty Center will provide makeup.

HARRY POTTER'S BIRTHDAY

Saturday, July 31, 1-10 p.m. Free

We will have a Harry Potter movie marathon and Butterbeer (non-alcoholic).

MWR PRESENTS
INDEPENDENCE FEST
July 4, 5-11 p.m. at La Plaza

TIMELINE OF EVENTS

5-11 p.m.

Food Booths and Beverage Tent
Carnival Rides and Games

5-10 p.m.

Family Fun Zone

5-6:30 p.m.

"Steve Bond and the Americans"
(Live Band)

6:45-6:50 p.m.

CO's Opening Remarks and
National Anthem

7-8:30 p.m.

"Lady and The Cats" (Live Band)

8:40-8:50 p.m.

USO Pie Eating Contest

9-10:30 p.m.

"The Buzz Lovers"
(Nirvana Tribute Band)

10:45-11 p.m.

FIREWORKS SHOW



NO OUTSIDE FOOD OR BEVERAGES or PETS are permitted. 100% bag inspections will be conducted by NAVSTA Security. Face masks and social distancing are required. Families and individuals are encouraged to bring blankets, lawn chairs, towels and swim suits.

TRIPS



RONDA HISTORICAL TOUR

WITH TICKETS AND TRAVEL

Saturday, July 3. \$48 per person for

single/unaccompanied E6 and below

Come and explore the wonderful city of Ronda

with a guided tour from our Traveler team.

Provided: roundtrip transportation, tour and guide.

CANYON DESCENDING WITH OUTDOOR RECREATION

Saturday, July 17. \$68 per person for

single/unaccompanied E6 and below

Let Outdoor Recreation take you on a Canyon

Descending adventure that you will never forget!

Trip includes roundtrip transportation, expert guide and equipment. Please bring euro and snacks.



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

TICKETS AND TRAVEL

Ronda Historical Tour

Saturday, July 3, 7:30 a.m.-7 p.m.

\$60 per adult / \$45 per child under 14 years old.

Must register by June 30.

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. Walk intensive tour, please wear comfortable walking shoes and bring sun protection gear. Historical tour includes: Roundtrip transportation, local guide, entrance to monuments and free time to shop and try local foods.

Flamenco Show and Dinner

Saturday, July 10, 6-10:30 p.m.

\$80 per adult. Must register by July 7.

MWR will take you for a night of cultural experience watching flamenco. It 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 Andalusia and probably influenced by North African rhythms. The "Gitanos" had settled in Andalusia early in the 15th century and by the end of the 18th century several centers of "cante jondo" had emerged in Jerez and Sevilla. Trip includes: Roundtrip transportation, show and dinner.

Malaga Historical Tour

Saturday, July 17, 7 a.m.-9 p.m.

\$60 per adult / \$45 per child under 14 years old.

Must register by July 14.

The city of Malaga, the capital city of the province of Malaga, is the second-largest city of Andalusia 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: Roundtrip transportation, local guide, entrance to monuments and free time to shop and enjoy the local food and wine.

Gibraltar Rock Tour

Saturday, July 24, 7:30 a.m.-7:30 p.m.

\$65 per adult / \$55 per child under 14 years old.

Must register by July 21.

Tickets and Travel is taking a trip to Gibraltar! The best way to enjoy Gibraltar is to join one of MWR's historical rock tours. Learn the history of Gibraltar, its people and all about the famous Barbary Apes! A U.S. passport is required. Non-U.S. citizens may need Visas. Rock tour includes: Roundtrip transportation, guided tour and free time to shop and enjoy Gibraltar cuisine. Bars, restaurants and stores widely accept euros and credit cards. Local currency is Gibraltar pounds.

Arabian Bath and Dinner

Saturday, July 31, 5:30-11 p.m.

\$115 per adult, 18 years and older. Must register by July 28. Adults 18 years and older only.

MWR Tickets and Travel will bring you a unique and very relaxing experience. Don't wait! Sign up now and enjoy the wafting scent of incense and essential oils and the soothing sound of tinkling water and Arab music the moment you enter the Hamman Andalusi facility. Trip includes: Roundtrip transportation, bath, tea, massage, aroma therapy, dinner and drinks.

OUTDOOR REC

Sailing and Windsurfing

Two dates: Saturday, July 3, 9 a.m.-2 p.m.

and Friday, July 23, 4:30-8:30 p.m.

\$100 per person.

Must register by June 30 or July 21.

MWR Navy Outdoor Recreation "Discover Sailing and Windsurfing courses" provide an opportunity for people of all backgrounds and abilities to have a fun, safe, accessible and affordable experience.

Start Dinghy and Hobbie Cat 15 Sailing Course

Your Discover Sailing journey starts here as you learn the fundamental skills of sailing and are introduced to the fun of dinghy sailing in a safe and supportive environment. No prior sailing experience needed.

Windsurfing

The thrill of windsurfing is second to none and this course is catered for those keen to getting into windsurfing. The program is designed to assist participants in obtaining the necessary skills to deal with all weather conditions, recognize their own limitations and have respect for the elements and provide them with the skills and experience to enjoy the thrill of windsurfing. This course teaches the very basics of windsurfing including teaching participants how to sail to a chosen point on the water and return to where they started in light winds.

Price includes: Roundtrip transportation, all sailing and windsurfing gear and qualified instructors.

Note: No previous experience is necessary, although you must be able to swim.

Night Kayak and Sancti Petri Castle Tours

Two dates: Tuesday, July 6 and

Wednesday, July 21, 5-11:45 p.m.

\$85 per person.

Must register by July 2 or July 19.

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

Surf and SUP XXL

Friday, July 9, 5-9 p.m.

\$85 per person. Must register by July 7.

Have you ever tried or wanted to try Stand Up Paddle (SUP) Boarding? Now is your chance! Get up and try the SUP XXL! A unique experience for teams, a frenetic and refreshing team building activity. Get ready to enjoy a discipline in which we combine rowing and surfing.

Big SUP, big fun!

Surfing

Surfing is a great way to stay fit, de-stress yourself and meet new people. Our beginner's courses are taught in a safe, fun and informative environment. By the end of the course, you should have enough knowledge to be able to practice the skills taught at your local beach. The course will also cover beach and water safety theory. Trip includes: Roundtrip transportation, expert guide and gear. No experience required but must know how to swim.

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

Registration is required.

956-82-3101 or DSN 727-3101

Stand Up Paddle Board

Saturday, July 10, 9 a.m.-2 p.m.

\$45 per person. Must register by July 7.

Experience one of the most scenic, relaxing and rewarding tours in MWR Navy Outdoor Recreation. Your journey begins at the Navy Outdoor Recreation Adventure Center where you'll be fitted with a Personal Flotation Device (PFD) before a 10 minute drive to a Rota beach where we'll set off. On the beach, your guide will fit you with a paddle and paddle board before providing some brief instruction both on the sand and in the water. With our long 10-12 foot Surftex paddle boards, most people generally get the hang of stand up paddle boarding within just a few minutes. Once everyone is comfortable, we'll push off for a fantastic experience on the beach. Trip includes: Roundtrip transportation, expert guide, Stand Up Paddle Board and all gear. No experience required but must know how to swim.

Fishing Trips

Two dates: Saturday, July 10 and

Saturday, July 24, 9 a.m.-2 p.m.

\$145 per person. Must register by July 7 or

July 21. Open to adults and children.

Let's go fishing! Join MWR Outdoor Recreation for an exciting day of sport fishing in the beautiful Gulf of Cádiz. Climb aboard a Charter fishing boat in Rota and an experienced Captain will take you out to sea for four hours of trolling fishing. Of course, there is no guarantee that you will reel in a whopper but what you catch is yours to keep or share. Children under 17 years old must be accompanied by a parent or guardian. Minimum six participants, maximum nine participants. Trip includes: Roundtrip transportation, fishing license, rods and bait, insurance and safety equipment. No experience required.

Canyon Descending in Benahavis, Malaga

Saturday, July 17, 7 a.m.-7:30 p.m.

\$85 per person. Must register by July 14

and be able to swim.

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. The Guadalmina River begins near Igualeja, in the Sierra Bermeja of the Serrania de Ronda and flows into the sea at Guadalmina Beach in Marbella, Malaga. The most interesting part of the river is the area near the village of Benahavis known as "Las Angosturas". Level for beginners. Trip includes: Roundtrip transportation, insurance, gear and professional guides.

Local Kayak Trip: Bay of Cadiz

Saturday, July 24, 9 a.m.-2 p.m.

\$45 per person. Must register by July 21.

Experience one of the most scenic, relaxing and rewarding tours in MWR Outdoor Recreation - Kayaking on the Bay of Cadiz! Kayaks are great fun to paddle, easy to climb on and off and are a great way to explore the bay. The journey begins at the MWR Community Recreation Center where you'll be fitted with a Personal Flotation Device (PFD) before a 10-minute drive to a Rota beach where we'll set off. Trip includes: Roundtrip transportation, expert guide, kayak and life vest. No experience required but must know how to swim.

FOODIE TOUR LAS SALINAS: SALT FACTORY VISIT, TASTING AND DINNER

Friday, July 23, 6-11:30 p.m.

\$85 per person. Must register by July 21.

18 years and older only.

MWR Tickets and Travel will take you to one of the salt factories in the local area. Since 1775 the "Salina San Vicente" in San Fernando offers the best and most careful hand-made, natural and organic Virgin Sea Salt. With no additives or preservatives, it only contains the elements that provides its origin, the Atlantic Ocean. In this trip, the process of making the salt and also its culinary uses will be explained.

The trip includes roundtrip transportation, a guided visit through "La Salina", a tasting menu with food and different types of salts and a dinner.



Join MWR Navy Outdoor Recreation for this amazing ascent to the Mulhacen, located at Sierra Nevada, Granada!! Mulhacen rises to 3,482m making it the highest peak in the Iberian Peninsula and continental Spain. It is part of the Sierra Nevada range in the Cordillera Penibetica and also the highest peak in Europe outside of the Alps and the Caucasus Mountains. It's also the third most topographically prominent peak in Western Europe, after Mont Blanc and Mount Etna. Its name comes from the Spanish transcription of Muley Abul Hassan, the penultimate Muslim King of Granada in the 15th century.

Trip includes: Roundtrip transportation, lodging at mountain retreat, dinner on Saturday and breakfast on Sunday, qualified guides, helmet, rope and common material, activity photos and certificate of attendance.

Important note: The activity is designed for an active person. It requires some skill and endurance. Advanced level.

NOTE: All activities are subject to COVID-19 travel restrictions.

COVID MITIGATIONS FOR ALL TRIPS:

- Face mask required at all times.
- Limited group size.
- Social distancing.
- Hand sanitizer will be provided.



Outdoor Recreation trips are open to adults 18 years and older only, except if specified.



956-82-2260 or DSN 727-2260

Red, White and Blue ●●●

FOUR PERSON SCRAMBLE GOLF TOURNAMENT

SATURDAY, **JULY 3**
9 a.m. Tee times begin

\$20 plus green fee (100% of the entry fee is returned to the prize fund as gift certificates).

Players will play as a team from the red, blue and white tee markers.



BRITISH OPEN **PICK A PRO** GOLF TOURNAMENT

SATURDAY, **JULY 17**
9 a.m. Tee times begin.

\$20 plus green fee
(100% of the entry fee is returned to the prize fund as gift certificates)

Individual Stroke Play and a second tournament where you will get to pick any PGA Tour professional's name playing in the British Open Tournament to combine with your net score.

FOR MORE INFORMATION OR
TO REGISTER FOR ANY OF THESE EVENTS
PLEASE CALL 956-82-2260 OR DSN 727-2260.



PHOTOS ARE USED FOR ILLUSTRATIVE PURPOSES. DISHES MAY LOOK DIFFERENT.



CHICKEN ALI-OLI SANDWICH

Chicken breast, ali-oli sauce
and lettuce

\$6



\$3

GAZPACHO

Cold soup of tomato,
green pepper, garlic,
bread, olive oil and vinegar.

Combo sandwich and soup **\$8**



JULY PIZZA OF THE MONTH

PEPPERONI, PEPPERONI AND PEPPERONI...
RED SAUCE AND CHEESE, OF COURSE.

TRIPLE

**PEPPERONI
PEPPERONI
PEPPERONI**



\$11.²⁵
MEDIUM SIZE

Available while supplies last.
For more information or to place an order,
please call 956-82-3212 or DSN 727-3212.

comMunity classes

956 82-2354 or DSN 727-2354

Community Classes gives our community a way to learn new skills and to improve existing skills.

Learning throughout life is associated with greater satisfaction, optimism and overall a better ability to deal with stress.

Stop by Liberty Center front desk from 1-10 p.m. daily and decide what you will learn next!

ART WORKSHOPS FOR ADULTS

Uncover your creativity with our weekly art classes and workshops especially designed for adults. Participants will explore their creative potential through these lessons and will leave the class with their unique masterpiece!

ART LESSONS

\$60 if once per week for one month (four lessons). \$115 for eight-week course, two hours per week (eight lessons). All materials included in price.

Learning to See and Draw and Painting for Fun

Mondays and Wednesdays, 5 p.m.
In these classes adults will learn simple techniques to learn how to draw and paint. Students will complete a series of projects using different styles and experimentation with traditional and nontraditional media.

WORKSHOPS AVAILABLE

Pop Art and Color Theory
Wednesday, July 7, 14 and 21,
10 a.m.

\$30, price includes three 1.5-2-hour sessions and all supplies
Participants will be guided to make their Pop Artwork of their preferred subject matter, step-by-step using simple techniques and color theory studies.

MINDFULNESS 8-WEEK COURSE

Mondays, 5-7:30 p.m.
at NGIS Cádiz Room
\$235 per course

Enrolling in this Mindfulness-Based Stress Reduction (MBSR) course is a simple way to learn techniques that can improve your life, by training your mind to be more flexible, helping with your physical and mental health, through your own inner resources, to become personally and professionally a better human being*. Home practice is required every day and course includes one full-day retreat to be held on a Saturday or Sunday. Participants will receive a MBSR certificate of completion at the end of the course.

Registration is required. To register, please visit the Liberty Center, Building 48 daily 1-10 p.m.

LEARN ALL THE BENEFITS THAT MINDFULNESS CAN BRING TO YOUR LIFE!!

Spanish Classes

Individual Lessons:

Private lessons, \$80 for a punch card for four lessons.

Group Lessons:

Paid on a monthly basis.

\$40 if once per week, \$70 if twice per week.

Times available

Tuesdays and Thursdays

• **Individual lessons:** Check times available.

• **Children (ages 5-14 years old)**

Group Lessons: 4-5 p.m.

• **Adults (ages 15 years and older)**

Group Lessons:

11:30 a.m.-12:30 p.m.,
5-6 p.m., 6:10-7:10 p.m.

Living in a foreign country can be hard enough, not speaking the language can present its own frustrations.

Learn to eat out, ask for directions

and do your shopping.

We will transform your commitment into a fun

experience. Start learning

Spanish now!

SUMMER DANCE LESSONS

Ballet Lessons (ages 5-10 years old)

Time slots available

Mondays, 11:30 a.m.-12:30 p.m. Children ages 3-5 years old. **Thursdays, 11:30 a.m.-12:30 p.m.** for ages 6-10 years old.

\$40 per month for once per week.

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 Lessons for Adults and Children

Time slots available

Tuesdays, 11:30 a.m.-12:30 p.m. Children ages 6-11 years old.

Wednesdays, 11:30 a.m.-12:30 p.m. Adults, 18 years and older.

\$40 per month once per week.

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. The most important thing is to know and understand Flamenco through the body, paying attention to all its parts, gaining confidence in your body and leaving shyness behind. This is the opportunity to learn this unique art of dance with an experienced teacher who will guide you through this beautiful tradition.

MUSIC LESSONS

Summer Private PIANO Lessons

Time slots available **Mondays, Thursdays and Fridays, 9:30 a.m.-1:30 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.

Summer Private GUITAR and UKELELE Lessons

Time slots available

Wednesdays, 10 a.m.-2 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.

VIRTUAL CLASSES ARE ALSO AVAILABLE ON REQUEST!

LOOKING FOR GYMNASTICS, VIOLIN AND BALLROOM DANCE INSTRUCTORS.

If you are interested in teaching or sharing your knowledge, please contact the Community Classes Coordinator at 956-82-2354 or DSN 727-2354.

Volvo Military Car Sales

Custom build yours today and take delivery in Jerez



Enjoy exclusive benefits when ordering a new Volvo during your deployment at Rota or Moron:

- **Fantastic savings when ordering new Volvo**
Save thousands of dollars compared to Stateside USMSRP when ordering your luxury loaded Volvo.
- **Custom build**
Choose your exact specification and take delivery at the Volvo dealer in Jerez by an English speaking Volvo representative
- **3 years or 30,000 miles FREE servicing**
Free Scheduled Maintenance for 3 years or 30,000 miles (whichever comes first).
- **4 years or 50,000 miles worldwide warranty**
Enjoy 4 years or 50,000 miles (whichever comes first) comprehensive worldwide coverage for your new Volvo.
- **3 years roadside assistance**
When driving in Europe the Volvo assistance service is available 24/7, peace of mind wherever you are in Europe.



Autovillage
US MILITARY CAR SALES

volvomilitarysales.com

Phone Sergio Becerra (+34) 684 20 88 78 or email sergio@volvomilitarysales.com



CHILD CARE AVAILABILITY

Child Care Declaration forms required (single/dual working families only). No hourly care provided at this time. Check for updates to this policy on the MWR website. **Monday-Friday, 6 a.m.-6:30 p.m.** at both the Child Development Center (CDC) for ages 6 months to 5 years old and at the School Age Care (SAC) program for kindergartners through 12 years of age. Please call the CDC at 956-82-1100 or DSN 727-1100 or the SAC program at 956-82-2839 or DSN 727-2839 for more information.

youth sports

956-82-4721 or DSN 727-4721
Rota_youthsports@eu.navy.mil

REGISTER NOW FOR SUMMER CLINICS!

Registration for all camps is open until filled.

Space is limited and registration is required. Please visit our website, <https://www.navy.mwrrotamonthlymagazine.com/child-youth/cyp-online-payment> to register for this convenient service. You must already have a registration form on file with CYP to use the online system. If you do not remember your Family ID, please contact CYP and we can provide it to you.

COVID MITIGATIONS WILL BE ENFORCED AT ALL CLINICS

SUMMER CLINICS

TENNIS CAMP

Monday-Friday, Aug. 2-6.

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

Ages 9-14 years old: 10:30 a.m.-noon.

Base Tennis Courts behind the SAC building. \$60 per week per child.

Tennis is back! If you wanted your child to learn tennis, now is the time.

MULTI-SPORTS CAMP

Monday-Friday, Aug. 16-20,

9 a.m.-noon. DGF Middle High School Gym. \$60 per child. Open to ages 8-14 years old

This camp will introduce many fun sports from indoor soccer, basketball, dodgeball, track and field events, walks and runs. This is sure to be one of the most popular camps so don't delay registering! Kids will participate in activities all around the base. Parents will receive a schedule when they register.

• SAC (k-6th grade),

956-82-2839 or DSN 727-2839

Rota_SAC@eu.navy.mil

Closure

Monday, July 5

SAC closed for federal holiday.
Happy Birthday, USA!



• school liaison office,

956-82-2425 or DSN 727-2425
SLORota@eu.navy.mil

DoDEA Sure Start for SY 2021-22

If you have a child that will turn four years old by September 1, 2021, your child may be eligible for DoDEA's pre-kindergarten Sure Start program. Applications are being accepted now and will continue through the summer.

Spanish Schools Individual Information Appointments

The School Liaison will host individual information appointments for families wishing to use Spanish schools for school year 2021-22 and might need help with the process. Contact the School Liaison for more information or to make an appointment.

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

Tuesday, August 3 or 17, 9 a.m.-5 p.m. School Age Center, Building 41. Open to all new youth going into grades 6-12. Youth must be registered with CYP Youth Programs. The School Liaison Office and Youth Programs conducts 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 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. Space is limited for the F.E.E.T. Youth Sponsorship Orientation and trip. Contact the School Liaison for Sponsorship Request form to reserve your spot.

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 School Liaison.

MANDATORY

Are you a member of the Parents Association for Youth Sports (PAYS)?

Not a PAYS member yet? Anyone can be one, just go to <http://www.nays.org/> payonline or contact us to learn how.

We need coaches and volunteers to be ready!!!
BE A COMMUNITY LEADER.
BECOME A YOUTH SPORTS FITNESS VOLUNTEER

• youth programs,

JAMS (ages 10-12) and GRAVITY (ages 13-18)

956-82-2839 or DSN 727-2839

Rota_youthcenter@eu.navy.mil

DAILY ACTIVITIES FOR JULY

Thursday, July 1	01
- MAKING BRACELETS	
Friday, July 2	02
- Daily summer attendance game week 3 prize drawing at 4:30 p.m.	
- CANVAS PAINTING.	
Monday, July 5	05
- Closed for Independence Day federal holiday	
Tuesday, July 6	06
- "MARIO KART" TOURNAMENT, 1-2 p.m.	
Wednesday, July 7	07
- "APPLES TO APPLES" BOARD GAME	
Thursday, July 8	08
- PORTRAITS (LEARNING TO DRAW FACES)	
Friday, July 9	09
- GARDENING CLUB, 1-2 p.m.	
- Daily summer attendance game week 4 prize drawing, 4:30 p.m.	
- DRAWING WITH CHARCOALS.	
Monday, July 12	12
- "POOL" TOURNAMENT, 1-2 p.m.	
Tuesday, July 13	13
- S.T.E.M. (MAKING HOMEMADE LIP BALM)	
Wednesday, July 14	14
- "JUST DANCE" GAME (STAY FIT), 1-2 p.m.	
Thursday, July 15	15
- HEALTHY HABITS, 1-2 p.m.	
- CROSS STITCH (SMALL PROJECTS)	
Friday, July 16	16
- Daily summer attendance game week 5 prize drawing, 4:30 p.m.	
- "MONOPOLY" BOARD GAME.	
Monday, July 19	19
- PAINTING WITH WATERCOLORS	
Tuesday, July 20	20
- GIANT JENGA	
Wednesday, July 21	21
- "FOOSBALL" TOURNAMENT, 1-2 p.m.	
Thursday, July 22	22
- BRAIN TEASER GAMES.	
Friday, July 23	23
- Daily summer attendance game week 6 prize drawing, 4:30 p.m.	
- MAKING A COLLAGE.	
Monday, July 26	26
- TRIPLE PLAY, 1-2 p.m.	
Tuesday, July 27	27
- "BINGO" GAME	
Wednesday, July 28	28
- MONOCHROMATIC PAINTING	
Thursday, July 29	29
- "CARD" GAMES	
Friday, July 30	30
- "DOMINOES" GAME	
- Daily summer attendance game week 7 prize drawing, 4:30 p.m.	

Note: Activities with no time listed are available throughout the day

YOUTH SUMMER CAMPS

Sign-up for our July and August Youth Center camp offerings.

Don't wait to register, spaces are limited.

OPTIMUS LEGO ROBOTICS SPACE MISSION CAMP

Tuesday-Friday, July 6-9,

9 a.m.-noon

Open to ages 10-15 years old. \$50

Participants will utilize Lego robotics kits to complete space missions and will end the week with a robot battle.

TECHMAKERS® STEM CAMP

Monday-Friday, Aug. 9-13,

9 a.m.-noon

Open to ages 10-15 years old. \$50

Techmakers® Education is an educational consultancy for technological training based on STEM (science, technology, engineering and mathematics) and students will gain competencies in Computational Thinking, Robotics, Dronotics, 3D printing, 3D World, Art and digital creativity.

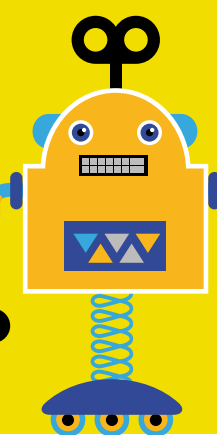
ART CAMP

Monday-Friday, July 26-30,

9 a.m.-noon

Open to ages 10-18 years old. \$50

Youth will develop their artistic talents through a variety of arts including painting, drawing and other medias.



Youth Center SUMMER DAILY ATTENDANCE GAME



Registered Youth Center members may enter once per day for a drawing to win a gift card every week during the 10 weeks of summer vacation.

To enter, Youth must sign into the Youth Center building and complete their daily entry form.

A drawing will take place every Friday at 4:30 p.m. for youth who attended that week. Five gift cards will be drawn each Friday in varying amounts. (Note: a youth may only win one gift card per week even if his or her name is drawn more than once).

The prizes drawn each week will be two \$7.50 MWR gift certificates, one \$10 MWR bucks and two \$25 NEX gift cards. Participants do not have to be present on Friday at 4:30 p.m. to win, they will be contacted if they are not in the building at that time.

Every Monday the contest starts again so the more days a youth attends each week the more chances they have to win. All entries from the previous week will be discarded after the prizes for that week are awarded.

Drawings will happen every **Friday, July 2, 9, 16, 23 and 30 and Aug. 6, 13 and 20.**



MORNINGS WITH MONET

By Barb Rosenstock

Claude Monet is one of the world's most beloved artists and he became famous during his own lifetime. He rejected a traditional life laid out clean and smooth before him. Instead he chose a life of art. But not just any art, a new way of seeing it that came to be called impressionism. Monet loved to paint what he saw around him, particularly the Seine River. He was initially rejected for using bright colors, tangled brushstrokes and condemned for his impressions. But soon art dealers and collectors were lining up each morning to see as Monet saw. Monet, however, waited only for the light. The changing light...

THE VAN GOGH DECEPTION

By Deron R. Hicks

When a young boy is discovered in Washington's D.C. National Gallery without any recollection of who he is, so begins a high-stakes race to unravel the greatest mystery of all: his identity. As the stakes continue to rise, the boy must piece together the disjointed clues of his origins while using his limited knowledge to stop one of the greatest art frauds ever attempted. Digitally interactive, this museum mystery offers QR codes woven throughout the book that bring renowned paintings to readers' fingertips.



READING COLORS

956-82-2418 or DSN 727-2418



JULY SUMMER READING PROGRAM

THEME: READING COLORS YOU WORLD!

Now-Aug. 10, 11a.m.-noon

Come one, come all with a TEI to MWR Library for the Reading Colors Your World: Summer Reading Program. There will be a story time and craft for ages 2-4 years old and crafts for ages 5 years old and older. All children must be accompanied by a parent or caregiver. Spaces are limited. Reservation is required.

Artistic Tuesdays and Thursdays

We will be offering a variety of artistic activities like graffiti painting, watercolor or paint by numbers every Tuesday and Thursday at the library. Registration is required as space is limited for different age groups.

	CHILDREN 2-4 YEARS OLD	CHILDREN 5-12 YEARS OLD	TEENS	ADULTS
July 6 and 8	Paper Ball Art	Butterfly Foil Press	Mosaic Art on Wood	Mosaic Art on Wood
July 13 and 15	Color by Numbers	Color by Number	Paint by Numbers	Paint by Numbers
July 20 and 22	Tempera Art	Free Art	Graffiti	Graffiti
July 27 and 29	Dot to Dot Coloring	Sand Art Mandalas	Mandala Poster Coloring	Stone Art



The
Fleet & Family Support
Center

Meeting Your Needs at Home & at Sea

FFSC ROTA

2021
JULY

Happy Birthday FFSC!

JULY 19, 2021



THE FLEET & FAMILY SUPPORT CENTER ROTA IS HERE FOR YOU!

Our programs support individual; and family readiness through a full array of programs and resources, which help Navy families to be resilient, well informed and adaptable to the Navy environment.

WE ARE HERE TO MEET YOUR NEEDS!

WORK & FAMILY LIFE:

- Information & Referral
- Relocation Assistance
- Transition Assistance
- Family Employment Readiness
- Personal Financial Management
- Ombudsman/FRG
- Deployment Support
- Emergency Preparedness & Response
- Life Skills
- EFMP

COUNSELING/FAMILY ADVOCACY:

- Family Advocacy
- Youth & Adolescent Counseling
- Sailor Assistance & Intercept for Life
- New Parent Support Home Visitation Program

SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM (SAPR):

- SAPR Advocacy Services
- Trainings
- On-Site Victims Legal Counsel available

DATES PROGRAMS

THU 01	CDO TRAINING 9-10 a.m.
02-07	
THU 08	LEAD UVA TRAINING 8 a.m.-12 p.m. OMBUDSMAN ASSEMBLY MEETING 11:15 a.m.-1:15 p.m.
09/10/11	
MON 12	ICR CO/FFSC WELCOME TO SPAIN BRIEF 8:30 a.m.-2 p.m.
TUE 13	SAPR VA REFRESHER 10 a.m.-12 p.m.
WED 14	FRG TRAINING 14-July/15-July, 9:30 a.m.-3:30 p.m./9:30 a.m.-12 p.m.
THU 15	CAPSTONE 8:30 a.m.-3:30 p.m. SPOUSE SPONSORSHIP 1-3 p.m.
16/17/18	
MON 19	TRANSITION WORKSHOP July 19-21, 8 a.m.-4:30 p.m. ICR CO/FFSC WELCOME TO SPAIN BRIEF 8:30 a.m.-2 p.m. SPOUSE MEET & GREET 10 a.m.-12 p.m.
TUE 20	10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m.
WED 21	COMMAND SPONSORSHIP 12-1:30 p.m. CDO/ACDO FAP BRIEF 3-4 p.m.
THU 22	CAPSTONE 8:30 a.m.-3:30 p.m. DOL EMPLOYMENT TRACK July 22-23, 8:30 a.m.-4:30 p.m. SAPR VA REFRESHER 2-4 p.m.
23/24/25	
MON 26	ICR CO/FFSC WELCOME TO SPAIN BRIEF 8:30 a.m.-2 p.m.
TUE 27	JOB INTERVIEW TECHNIQUES 9-11 a.m.
28	
THU 29	CAPSTONE 8:30 a.m.-3:30 p.m. IA EVENT RESOURCE FAIR 1-2 p.m.
30/31	



Happy
4th of July!

your home away from home



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...)

20-100 Mb

LA ESPADAÑA APARTHOTEL

Avda. de la Diputación, 150
11520 ROTA, Cádiz

Ph: 956 846 103
Fax: 956 846 102

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



Pets are a part of the family

No official U.S. Navy endorsement is implied

FLEET AND FAMILY SUPPORT CENTER
Hours: Monday-Thursday 8 a.m. - 5 p.m., Fridays 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: FFSC.Rota@eu.navy.mil

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

facebook.com/ffsc.rota



FFSC.Rota@eu.navy.mil



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

5K FOURTH OF JULY PATRIOTIC RUN

★ Thursday, July 1,
11:30 a.m. Free
Wear red, white and blue and join us to
kick off the holiday weekend right with a
5K run that begins at the Fitness Center.

fitNess & aQuatics

• sports, 956-82-1916 or DSN 727-1916

CAPTAIN'S CUP SOFTBALL LEAGUE

Begins July 12. Mondays and Wednesdays.

Softball fields, 2-4. Free

A NEW CAPTAIN'S CUP SOFTBALL IS COMING!

Mandatory coaches meeting on Thursday, July 8 at 6 p.m.
on softball field 1. Registration is required and must be submitted
by July 7 at noon. To register a command or as a free agent,
please visit our Fitness Center or email a completed roster to
Rota_sports@eu.navy.mil

Awards will be given to champion and runner up.

Open to U.S. active-duty personnel, dependents ages 18 years
and older, DoD civilian and U.S. retiree members only.

COVID-19 MITIGATIONS:

- Individual use of the equipment.
- Sanitizer dispenser at the entrance of the field.
- Face mask is required at all times.
- Equipment disinfected before and after the activity using gym wipes.
- Scheduled participation.

• fitness

Youth Fitness Certification

July and August by appointment only.

Open to youth 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 and
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. Please note: Youth 10-13 years old must be
with parents and youth 14 years and older can use
the fitness center on their own, once certified..

CFL Meeting

Wednesday, July 14, 11:30 a.m.

MWR will be administering practical and
updated information/training for continuing
education of the CFL's in Rota.
For Command Fitness Leaders and
Assistant Command Fitness Leaders

- COVID-19 MITIGATIONS:
- Individual use of the equipment (one tennis ball set
per player at serve. One tennis racket per player).
 - Sanitizer dispenser at the entrance of the court.
 - Face mask required at all times, except when the participant
is playing the game.
 - Equipment disinfected before and after use with gym wipes.
 - Delineated warm up and waiting areas.
 - Scheduled games.

GET READY FOR A DOUBLES TOURNAMENT THIS JULY!
DOUBLES TENNIS
TOURNAMENT

TUESDAY-THURSDAY
July 27-29
6-9 p.m.

Tennis Courts near Aquatics Center.
Registration is required.
Must register by noon, July 23.
Players can register via email to Rota_sports@eu.navy.mil or by visiting the
Fitness Center. Open to U.S. active-duty personnel, dependents ages 16 years
and older, DoD civilian and U.S. retiree members only.

Awards for champion and runner up.

• aquatics center,
956-82-2129 or DSN 727-2129
• housing pool,
956-82-4882 or DSN 727-4882
rota_aquatics@eu.navy.mil

Swim Lessons:

Two week sessions with six classes
per session. 45-minute class
Wednesday, Thursday and Friday.
Class size is limited due to COVID-19
mitigations.
\$45 a session for first child and
additional children \$40 per session.

Session 1: July 7-16

Session 2: July 21-30

Session 3: Aug. 4-13

Registration must be completed in person at the
housing pool. Prior to swim lessons all children will be
required to take a swim assessment.

For more information, please call 956-82-4882,
DSN 727-4882 or via email to
rota_aquatics@eu.navy.mil.

HOUSING OUTDOOR POOL

HOURS OF OPERATION:

NOW-Sept. 6

Wednesday-Sunday, Noon-7 p.m.

**Monday and Tuesday, closed for
maintenance**

ELIGIBILITY

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

HOUSING POOL RULES AND COVID-19 MITIGATIONS

- Recreation and individual lap swimming
- Sanitizer dispenser at the entrance
- Social distancing is required
- Face mask required at all times, except for showering
and swimming
- Reservations are required and must be made by the
individual/family requesting the reservations.
No reservations can be made for friends, etc.
- To make a reservation, please call 956-82-4882
(DSN 727-4882) during normal operating hours.
- Reservations are for one two-hour time block.
- One reservation per individual/family per day.
- Reservation blocks:
Noon-2 p.m. | 2:30-4:30 p.m. | 5-7 p.m.



AQUATICS CENTER/ INDOOR POOL

HOURS OF OPERATION:

NOW-Sept. 6,

Monday-Friday, 6 a.m.-1 p.m.

Saturday-Sunday, Closed
Only lap swimming / PT permitted

Navy Second Class Swim Testing
available by appointment only.

ELIGIBILITY:

U.S. active-duty service members, dependents (18 years
and older), DoD civilians and U.S. retirees. Eligible
Spanish military, dependents (18 years and older) and
base civilians who meet eligibility criteria with Spanish
protocol. 100 percent ID check.

INDOOR POOL COVID-19 MITIGATIONS

- Individual lap swimming.
- Sanitizer dispenser at the entrance.
- Social distancing is required
- Face masks required at all times, except when
showering and swimming.
- Equipment disinfected before and after use. Gym
wipes available and located on pool deck.

POOL TIME
ENJOY YOUR SUMMER



**SAFETY FIRST!! RULES IN ORDER TO MEET SAFETY
STANDARDS, PLEASE REMEMBER THE FOLLOWING:**

- You can bring food, but please NO GLASS!
- Per Navy instruction, any child under the age of three years old is required
to wear a swim diaper, regardless of being potty-trained.
- Annual Navy Youth Swim Test required. Youth, 17 years and younger, who have
demonstrated the necessary skills will have FULL access to the Aquatic facility,
including slides, diving boards, swimmer's zone/deep end, and other recreational
amenities, as determined by Naval Station Rota MWR Aquatics program.

piNz

BOWLING CENTER
956-82-2112 or DSN 727-2112
rota_bowling@eu.navy.mil

INDEPENDENCE WEEKEND SPECIAL

FRIDAY AND SATURDAY,
July 2-3 5-10 p.m.

**Come kick-off Independence Day weekend at
PINZ with one hour of bowling for two people,
a drink pitcher and two meals for \$40.**

KIDS BOWL FREE SUMMER PROGRAM!

**Now-Sept. 3, Monday-Friday,
Noon-5 p.m.**

Do you have a child ages 18 years (still in high
school) and younger? If so, please stop by PINZ
Bowling Center and pick up your informational post
card with everything you need to get your child(ren)
started in this amazing summer program! Open to
U.S. DoD ID cardholders only.

Masks for individuals two years
and older are required at all times
in the facility. Socks required.

PINZ AMERICAN CAFE
CHECK OUR MENU HERE



Active Duty Members in Uniform Lunch Bowling

Monday-Sunday, 11 a.m.-2 p.m.

Join us during your lunch break each weekday from
11 a.m.-2 p.m. Buy a complete meal with a drink and
you will receive a complimentary game, which includes
shoe rental.

Family Bowling

Tuesdays, 5-9 p.m. \$20.

Families (up to five members) can bowl for one hour
including shoe rental.

Wacky Wednesdays (Bowling Games)

Wednesdays, 6-9 p.m.

\$3 shoe rental included.

Spice up your bowling experience with Wacky Bowling by
playing the game! Compete for the highest score while
following the rules for each frame.

Liberty's Bowling

Second Thursday of each month, 6 p.m.

Liberty patrons can enjoy a free night of bowling and
pizza with our Liberty (single unaccompanied active duty
E-6 and below) program. On the second Thursday of
each month sign-in on the Liberty sign-up sheet at the
front counter at Pinz. Must be a Liberty eligible patron to
receive free bowling and pizza.

Cosmic Bowling

Fridays and Saturdays, 7-11 p.m. \$20

Groups up to five people can bowl per lane for one
hour, including shoe rental.

Retro Sundays

Sundays, 6-10 p.m.

Bowl for one hour to the Best of the 70's 80's and 90s
Retro Style. Buy one game and get one free of bowling.
Shoe rental fee applies. Each week the best retro outfit will
win a free game of bowling.

MADE FOR THE MILITARY

Insurance and more,
exactly how you want it.



Visit [USAA.COM/JOIN](https://usaa.com/join)
or call 900-813-479

Paid ad. No federal endorsement of advertiser is intended. MCCS Sponsor. No federal or DoD endorsement implied. The Department of the Navy does not endorse any company, sponsor or their products or services. Neither the Coast Guard nor any other part of the federal government officially endorses any company, sponsor or their products or services. Membership eligibility and product restrictions apply and are subject to change. Property and casualty insurance provided by United Services Automobile Association, and its affiliate property and casualty insurance companies is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2020 USAA. 266569-1020

No official U.S. Navy endorsement is implied