What's Inside?
Fitness Center
Kids Color Run

Special Events
Eggsploration 2024
Imagination Movers

Youth Programs
Operation Megaphone Lock-In

Pinz Bowling Center
Month of the Military Child Tournament

CYP
Purple UP Power Orbs
Teen Employment program
we are

MWR Admin/Support Services, 727-3517
Monday-Friday: 7:30 a.m.-4 p.m.

CYP
CDC, 727-1100
Monday-Friday: 8 a.m.-5 p.m.
Saturday, Sunday and U.S. Holidays: Closed

SAC, 727-2839
Monday-Friday: 8 a.m.-5:30 p.m.
Saturday, Sunday and U.S. Holidays: Closed

Youth Center: Jams and Gravity, 727-4625
Monday-Thursday: 8 a.m.-7 p.m.
Friday, Saturday, Sunday: 8 a.m.-5 p.m.
Closed: U.S. holidays

Youth Sports, 727-4721
Monday-Friday: 9:30 a.m.-4:30 p.m.
Saturday, Sunday: 9 a.m.-4 p.m.
U.S. Holidays: Closed

RECREATION
Aquatics Center, 727-2129
Monday-Friday: 8 a.m.-5:30 p.m.
Saturday, Sunday and U.S. Holidays: Closed

Housing Pool, 727-4882
Closed: For the season.

Fitness Center, 727-2565
Monday-Thursday: 5 a.m.-9 p.m.
Friday, Saturday: 5 a.m.-11 p.m.
Sunday: 8 a.m.-9 p.m.

House, 727-3450
Monday-Friday: 8 a.m.-5 p.m.
Saturday: 8 a.m.-4 p.m.
U.S. Holidays: Closed

Pet Day Care Center, 727-2842
Monday-Friday: 8 a.m.-5 p.m.
Saturday: 8 a.m.-12 p.m.
U.S. Holidays: Closed

Outdoors Recreation, 727-3110
Monday-Friday: 8 a.m.-5 p.m.
Saturday and Sunday: Closed

Tickets & Travel, 727-3101
Monday-Friday: 8 a.m.-4 p.m., Saturday and Sunday: Closed

**BUSINESS ACTIVITIES**
Gourmet Bean
Branch Locations:
Monday-Thursday: 7:30 a.m.-4 p.m.
Friday: 7:30 a.m.-5 p.m.
Saturday: 7:30 a.m.-4 p.m.
Closed: U.S. holidays

El Palito
Monday-Thursday: 11 a.m.-3 p.m., 5 p.m.-10 p.m.
Friday, Saturday: 11 a.m.-10 p.m.
Sunday: 11 a.m.-4 p.m.
Monday-Friday: Closed

Flix, 727-3709
Friday, Saturday: 11 a.m.-10 p.m.
Sunday: 11 a.m.-4 p.m.

Pi Pica Indoor Theaters
Monday-Wednesday: 11 a.m.-7 p.m.
Thursday: 11 a.m.-9 p.m.
Closed: U.S. holidays

Drive-In
9:30 a.m.-9 p.m.
Closed: U.S. holidays

Golf, 727-2260
Monday-Friday: 7 a.m.-9 p.m.
Saturday, Sunday: 7 a.m.-10 p.m.

**MWR Community Classes**
596-82-2354 or DSN 727-2354

**SEVILLANAS DANCE FOR FERIA SEASON**
Wednesdays, 9:30-10:30 a.m.
$45 per person, Adults 18 years and older, Classes at the Fitness Center,
In this class we will work on improving your skills with the beautifully elegant dance of southern Spain, Sevillanas. Whether you are still learning or are an avid dancer, you will be able to learn a simple step version of Sevillanas to join the fun and festive atmosphere of the Feria de Abril! For this empowering cultural experience that helps you enjoy Feria and live the local culture.

**Dance Lessons**
**CHILDREN BALLET LESSONS (AGES 3 - 18 YEARS OLD)**
Time slots available:
Ages 3-5 years old: Mondays and Wednesdays, 4-5 p.m.
Ages 6-20 years old: Wednesdays, 5-6 p.m.
$45 per month for 1 hour per week.

**FLAMENCO KIDS**
Mondays- Fridays, 6 p.m. Ages 4-9 years old, $40 per month.

**LATIN DANCE LESSONS**
Thursdays, 4:30-5:30 p.m.
$45 per month, Adults 18 years and older.

**KIDS AND TEENS LYRICAL JAZZ DANCE**
Thursdays, 4:30-5:30 p.m.
$45 per month, Ages 6-11 years old.
Classes located at Fitness Center.
A comprehensive class of lyrical jazz dance that offers a fusion of jazz with all styles to engage the movements of the dancer. Latin Jazz style, with an emphasis on footwork.

**Music Lessons**
**PRIVATE PIANO LESSONS**
Time slots available:
Mondays, Tuesdays, 4-5 p.m.
$50 per hour.

**PRIVATE GUITAR & UKELELE LESSONS**
Time slots available:
Wednesdays and Thursdays, 4-8:30 p.m.
$50 per hour.

**Aikido Classes**
Mondays, 6:45-7:45 p.m.
Ages 12-19 years old:
Tuesdays, 6-7 p.m.
Aikido is a modern, non-aggressive Japanese martial art, the study of which enables not only the techniques based purely in self-defense but also includes character development and philosophical ideas that can improve one's lifestyle.

**Paint & Sip Night at “Pinz”**
Friday, April 19, 7 p.m.
Pinz Bowling Center.
$33. All materials included. 4-8 p.m. and beverages available for purchase.

**FREE Birthday Cake**
Come and join us for our event to create your own masterpiece. Spend a creative and fun evening with your friends while you enjoy a relaxing time.
Tickets and Travel
Sanlucar de Barrameda Historical Tour
Saturday, April 6, 9 a.m.-4 p.m.
$60 per person / $40 per child 2-14 years old. No cost for child under 2 years old. Must register by April 3.
This stop is on the left bank of the mouth of the River Guadalquivir, on whose banks is rich fruit and vegetables, where the famous Vincentian winds are produced, near the coast and the river there are beaches and large forests, such as Alcörreal, and must have been part of those of Barbate, which is part of the Dorsal Natural Park. There is a multitude of factors, all of interest to industry, such as climate, the beaches of Playa de la Caleta, Los Pájaros or the La Loma, and a number of monuments: San Isidro Castle, Old Castle Church, Church of San Martin, Church of the Holy Trinity, the Church of San Jerónimo, the Church of the Holy Cross, the Church of San Pedro, and many others.

Military Child Month Reduced Price Trip to Castellar Zoo
Saturday, April 13, 9 a.m.-5 p.m.
$40 per person / $20 per child 2-14 years old / No cost for child under 2 years old. Must register by April 10.
The Military Child Month Reduced Price Trip to Castellar Zoo is located 9 km southwest of Seville. The zoo is renowned for its unique range of exotic animals, including lions, tigers, elephants, and zebras. The trip is open to all children under the age of 14.

Essence and Flavor of Tuna
Saturday, April 27, 10 a.m.-6 p.m.
$110 per person, 18 years and older. Must register by April 24.
Tuna Lovers? Try some of the best tuna caught in the local area. We will take you through the negotiations and culinary traditions of Barbate, which is known for its delicious tuna. Tuna are caught along the coast in a traditional fishing method called ‘smalhalls’. Tuna fish caught at this time of the year, at its peak in quantity and flavor, are caught along the coast on their way to the Mediterranean Sea to spawn. We will visit the tuna fish factory NOHAC and observe the ‘tuna fish in the water’ and the preparation of the ‘tuna sandwich’. After that, we will enjoy a tasting of tuna products. We will finish with lunch in a local restaurant. The trip includes round-trip transportation, tuna factory visit with tasting, and lunch.

Marbella and Puerto Banus Self-Guided Tour
Saturday, May 5, 9:30 a.m.-9:30 p.m.
$35 per person / No cost for child under 8 years old. Must register by May 1.
Marbella and Puerto Banus are two very popular locations for a self-guided tour. Arrangements for this tour can be made on the day or beforehand.

Military Child Month Reduced Price Trip to Castellar Zoo
Saturday, April 13, 9 a.m.-5 p.m.
$40 per person / $20 per child 2-14 years old / No cost for child under 2 years old. Must register by April 10.

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

Paintball
Saturday, April 6, 8 a.m.-4 p.m.
$75 per person. Must register by April 3.
Paintball is one of the newest outdoor activities to become popular among teens and adults alike. This activity is for ages 14 and older. It involves shooting at targets with compressed air guns and wearing protective gear. Participants are divided into teams and are given safety instructions before the game begins. The cost includes round-trip transportation.

Sevilla Spring Feria
Saturday, April 20, 10 a.m.-7 p.m.
$35 per person / No cost for child under 14 years old. Must register by April 12.
Feria season in Sevilla, known as the “Grande Feria de Sevilla”, begins on the first official day of spring. This is a week of events including dancing, running and celebrating with local artists and local community members. During the Feria week, there are fireworks, parades, and other events to celebrate the start of spring.

Hiking El Pinsaparr Graziela
Saturday, April 13, 7:30 a.m.-5:30 p.m.
$60 per person. Must register by April 3.
Visit one of the five national Andalusian forests of Almirez Pinosar in one of the most beautiful landscapes of Spain, which is located in the Natural Park of Sierra de Grazalema. This hike begins along the route that connects Grazalema and Bajaque by ascending the western side of the Sierra del Tajo. The main attraction is the Spanish white oak, which grows here in the shade and never becomes a dominant that is neat and colorful. Enjoy majestic views of Sierra Nevada, Presa, Sierra de la Serena, and Sierra Nevada. Top includes round-trip transportation and support guide. All participants will receive a t-shirt.

Canyon Descending
Saturday, April 20, 6:00 a.m.-10:00 a.m.
$85 per person, Must register by April 17.
Canyon descending is called canyoning or deep canyoning, consisting of descending canyons by combining the techniques of climbing, scuba diving, and opening. This activity is experiencing a particular popularity because of the beauty of the water and the altitude of the activity. Top includes round-trip transportation, insurance, equipment, and support guide. No need to be afraid of water.

Rock Climbing in Grazalema
Saturday, April 27, 9 a.m.-1 p.m.
$55 per person. Must register by April 24.
It’s time to get out and test your skills climbing in Sierra de Grazalema, with ABRA Oudon Rock Climbing. It’s not important to say that this kind of sport is not for everyone and those who are “meaning” for the first time should be extra careful. Climbing rock walls in a secure way can be a great way to enjoy the scenery from a unique and exciting perspective. Wear appropriate clothing, good walking shoes and bring water and some snacks. Top includes round-trip transportation, guides and climbing equipment.

Memorial Day Weekend Multi-Adventure Trip in Almuñecar (Granada)
Friday-May, Monday, May 24-27.
$385 per person in a double room. Must register by May 17.
Join us for the Carol L. Adams Adventure Trip in Granada! Amazing canyon hiking and spartan-style ocean swimming. Campers discover the ‘Pico de Yo’. The most attractive canyon descend in Andalucía. You'll be rewarded with wonderful lush views from the height of 12 meters, slide, swim, etc. Your trip is only limited by your imagination. Top includes round-trip transportation, snorkeling and a traditional tapas dinner.
Ongoing Programs

Family Fun Days
Every Sunday, after 1 p.m.
Free Usaa® Range Balls for Active Duty Military

Twilight Special
Seven days a week, 4:00-8 p.m. 20% off greens fees. Cart per 25 double rates or $15 single rates.

Key Golf Special
Are you PGA or L1 or L2 at Rota? Present your PGA key at the golf shop to be eligible for the following:
Standard Club Rental: $10 (shipping)
$8 for 15 clubs
Free cart fee (2pp or 1pp (same cart rate)
Note: Discount will be taken from standard green fees

Liberty Golf Day
Sunday, April 28, starts at 1 p.m.
No U.S. military environment required

For More Information or To Register For Any of These Events
Please Call 956-82-3260 Or DSN 727-3260

SAC, CDC, YSF, SL and Teen Registration and Sign-Up Information

- CYP Registration: All documents are accessible via the QR code or via the MWR website at mwr.mccrady.army.mil/cyp.
- Submit the forms for SAC/YSF/SL registration to SAC, Biloxi or for the CDC at Biloxi, 3433 Libby Rd., Biloxi, MS 39531.
- Use CYP.com for registering a CDC/SAC, FULL TIME and SAC CAMP for your child.
- Use CYP.com for fee payment.
- Please register for CDC/SAC, FULL TIME and Monthly and SAC Camps
- Re-registering a CDC/SAC-Camp, HOURSLY care spot
- Sign-ups for Teen/YSF programs (after registering for CYP)

Child Care Availability
Children is available for all eligible personnel from 8:00 a.m. to 5:00 p.m. Monday through Friday at the CDC for ages 3 weeks to 5 years, before and after care for School Start and PSCD enrolled children. Come to the CDC for more information, or the SAC we provide care during the school year for Kindergarteners through 3rd grade. Please call for more information.

CVP Wide Event
Child Abuse Prevention, Education and Reporting
Thursday, April 11, 6-8 p.m., SAC Child Care, Biloxi, MS
- Age Appropriate Guidance Techniques
Friday, April 19, Noon-6 p.m., CDC, Biloxi, MS

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www.volvolmilitarysales.com, Phone: Sergio Becerra (+34) 684 20 88 76, or email: sergio@volvolmilitarysales.com

Month of April
Throughout the Month of the Military Child (April) CYP will be releasing Purple Up Power Balls on the base and to those who register. Where they will land. Each Purple Up Power Ball will contain an encouraging message meant to empower the Military Child that finds it and instructions on how to collect their prize.

One Purple Up Orb will be released each Monday throughout the month. Hour in hour, and the prizes will be awarded to the child finder (any child of a TBI card-holding parent through age 18 who is eligible to use MWR facilities). Watch for weekly class on the Rota MWR Facebook page!
YOUTH DAILY ACTIVITIES FOR APRIL

Monday, April 1
- Power Hour: 1-4 p.m.
- Do Art Club: 4 p.m.
- Gurt Jumps

Tuesday, April 2
- Power Hour: 1-4 p.m.
- Gardening Club: 4 p.m.
- Bash Team

Wednesday, April 3
- Power Hour: 1-4 p.m.
- Overeeks

Thursday, April 4
- Rotation Meeting: 2-5 p.m.
- Power Hour: 1-4 p.m.
- Gaming with crusher

Friday, April 5
- Power Hour: 1-4 p.m.
- Togo Rip: 7:30 a.m.
- Create your own Monday’s sun hat

Monday, April 6
- Power Hour: 1-4 p.m.
- Teen Club: 4 p.m.
- “vandal’s” game

Tuesday, April 7
- Power Hour: 1-4 p.m.
- “chicken Chicks” game

Wednesday, April 8
- Power Hour: 1-4 p.m.
- 6 p.m.	4-6 p.m.

Thursday, April 9
- Rotation Meeting: 2-5 p.m.
- Power Hour: 1-4 p.m.
- Drawing with paint

Friday, April 10
- Rotation Meeting: 2-5 p.m.
- Power Hour: 1-4 p.m.
- Drawing with paint

FIVE-WEEK EMPLOYMENT SESSIONS
(for teens ages 14-18 years old)

CVP will host the Teen Employment Program (TEP) that provides work-based learning opportunities to teens seeking part-time opportunities 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 in April 2023. Next resume writing and interview workshop will be conducted at the Youth Center May 14 to educate youth on applying for employment.

SESSION 1
- Ages 14-18.
- Three: 1-4 p.m.
- Togo: 3 p.m.
- Teens must return all required application documents and be available for interview during the SESSION 1 Info day on April 27, 2:30 p.m. at the School A-402.
- Applicants must arrive to the Info day by 2:30 p.m.

SESSION 2
- Ages 14-18.
- Three: 1-4 p.m.
- Togo: 3 p.m.
- Teens must return all required application documents and be available for interview during the SESSION 2 Info day on June 7, 3:30 p.m. at the School A-402.
- Applicants must arrive to the Info day by 3:30 p.m.

SAC (6-weeks program)
956-42-2473 or 0977-2473
Rota_SAC@eu.navy.mil

Month of the Military Child Mural
In April, parents come out to show on our special helper mural to remind your child and tell the world why your military child is special.

Month of the Military Child Cardboard Mountain
Friday, April 28, 2 p.m.

School Days Adjustments
Monday, April 23
Full SAC Hours: 4-6 a.m.-6:30 p.m.

OPERATION MEGAPHONE (OMP)
Friday, April 21, 7-10 p.m.
For registered Teen Gravity members, ages 15-18.
During the Month of the Military Child, military youth programs will come together to host another OMP, an annual event that connects military teens from around the world. To celebrate the event, Rota Youth Center will host a late night registration. A permission slip must be returned by April 24.

SAC (6-weeks program)
956-42-2473 or 0977-2473
Rota_SAC@eu.navy.mil

National Purple Day Fiesta
Monday, April 17, 5-7 p.m.
Join us for a family-friendly event celebrating the Month of the Military Child, where you and your child can meet other military families.

Carnival/Feria
Friday, April 28, 3-6 p.m.
Join us in the Youth/Physical Health/Pysical Health Community for a special Family Fun Carnival.

 ops will be featured on Info day at 2:30 pm.

Dance Party" will be held on information day at 2:30 p.m.

One week-long camp will be held at 2:30 p.m.

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Our Youngest Patriots

April is Month of the Military Child. This month, take some time to support and recognize the sacrifices made by military children all across the globe.

Month of the Military Child

NMCRS Education Assistance Program
Friday, March 31 to Wednesday, May 15
Applications are currently open.
NMCRS offers need-based scholarships and interest-free loans to the children and spouses of Sailors and Marines to help offset the cost of post-secondary education. Additionally, NMCRS offers interest-free education loans to MECEP/MECP students.
This program is open to:
- Children of active duty, retired, and Sailors and Marines who are under age 23 by September 30, 2023.
- Spouses of active duty and retired Sailors and Marines earning their first Associate, Bachelor’s, or Master’s degree.
For more information please visit:
www.nmcrs.org/our-services/scholarships

USO Month of the Military Child
Teddy Bear Club
Tuesday, April 26, 10-11 a.m. at the USO located in the PAX Terminal, Ages 0-4.
Registration required. https://bit.ly/3wOaS3x

Free Bingo at DGF with the PTA
Friday, April 21, 5-6:30 p.m.
No registration required. All ages.

Robot Making Technology
Thursday, April 25, 2:30-3:30 p.m., at the USO located in the PAX Terminal, Ages 5 and up.

DODEA/Rota School Community
Social Emotional Wellness (SEW)
Wednesday, April 17 beginning at 4:45 p.m. in the Multipurpose building (MPB) of DGF/Rota (2/115) School
Family Night with former Supervising Nurse of the Military Child. The process of establishing and maintaining positive relationships as well as understanding and managing our emotions. Free Dinner, Kids Fun Zone, PTSA Scholastic Book Fair
Stay after for the Stress of Enrichment

NEX Cake Cutting
Monday, April 3
Join us at the Main Entrance of the NEX for a cake cutting at noon to celebrate NEXCOM’s 79th Birthday. Free cake for all in attendance, while supplies last.

Military XDS Day NEX Visit
Monday, April 10
In honor of “Purple Up! For Military Kids Day,” all military kids are invited to come into the NEX and visit the customer service desk to receive a special giveaway to celebrate! The giveaway is on a first-come, first-served basis, while supplies last.

Health Promotions/Naval Hospital
Month of the Military Child Lunch Vendor Fair
Thursday, April 18, 11:30 a.m.-2 p.m., Housing Pavilion
Support editText has opportunities for service members and our base Home Based Businesses. Health Promotions will provide healthy snack demonstration and tip sheets that can be used for the whole family.

Upcoming
Student Athlete Sports
Physical Fitness and Health Fair
Thursday May 5, 10 a.m.-5 p.m., Rita Hidalgo Gym
For all students interested in playing any sport including swimming.
We are bringing health care to you! Opportunity for all students interested in playing sports during the 2023-2024 academic year to complete sports physicals while at school. Community groups will also be on site to provide health education.
Library

EARLY LITERACY PROGRAM
Tuesdays in April, MVW Community Recreation Classroom Bldg, 1st Floor.
Times: 11:15, 11:45 a.m. and 12:15-1:30 p.m. Ages 0-5.
Bring your little ones to the new Early Literacy program, where stories, music, songs, and movement are important. Come and learn with us the five practices of Early Literacy activities: TALK, ZING, READ, WRITE, and PLAY. Registration required. Spaces are limited. All children must be accompanied by a parent or caregiver.
Theme for April: MINDFULNESS
(First Month of the Military Child).

books REVIEW

Upcoming Closure.
Due to library renovations we will be closed April 15-May 31. Thank your understanding.

ONLINE

BOWLING CENTER
956-82-2112 or DSN 727-2112
BOWLING@NAVY.MIL

Month of the MILITARY CHILD
BowLING TOURNAMENT
SATURDAY
APRIL 20
Celebrate Month of the Military Child
PARENT AND CHILD ONE DAY BOWLING TOURNAMENT.
Register at the Bowling Center. White space is available.

LibERTy

House Specialty
Fresh & Crispy

Potato Wedges (person and family size)
Hand Battered Chicken Tenders
Mozzarella Sticks
Fried Chicken Wings (8 pieces w/sauce (BBQ, Buffalo and CaJaiun)
Chicken Tenders Combo Pack

NOW AVAILABLE AT BOMBERS, 11 a.m.-7 p.m. Mon.-Fri.

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The Department of the Navy does not endorse any company or its products or services.

For more information on child care options, please visit:

http://www.militaryonesource.com

For more information on additional resources, please visit:

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**NOTICE**

The content of this page appears to be a calendar of events and programs. It mentions various activities such as music nights, workshops, and shows, along with dates and times. The text does not seem to be related to the main content of the page, which is about the community and family support services. It is possible that the columns are not visible due to the image quality.

**Strengthening Communities**

April’s awareness month focuses on our military children by recognizing the Month of the Military Child and Child Abuse Prevention Month. The Navy has a legacy of promoting healthy and resilient military families through a commitment to creating safe and nurturing environments for our children. Adults who are informed, attentive, and supportive make a nurturing environment possible, and as Navy community members, we all play a role.

Informed adults are aware of the developmental stages of children in general. They know what a toddler is physically capable of doing versus a preteen and then can modify their expectations. Informed adults also use resources to educate themselves and receive support in challenging times. Attentive adults provide adequate supervision to children dependent on the child’s maturity. They also notice and lovingly respond when the child is not feeling well, is hungry, or needs quality time. Supportive adults are not only supportive to children’s needs and growth, but also to other adults. They understand that raising children can be demanding and all parents need rest and assistance. They also know the community resources available to service members and their families.

As a Navy community, we are strongest when working as a team and using our core values in everyday decisions that we make.

The Fleet and Family Support Centers provide several professional services, free of cost, as a resource to our Navy community, including financial management, employment assistance, personal counseling, and parenting advice. These services help create the enriching family life and community for our military children.

**Strengthening Families**

For more information, please visit the Fleet and Family Support Program at [www.ffsp.navy.mil](http://www.ffsp.navy.mil) or call 956-22-2577 or DSN 727-2527. 2024 APRIL
Come join us for our annual Easter event!

Eggsplosion 2024

Saturday, April 06
At La Plaza Ball Fields

Egg Hunts
Air Tots
Games and Prizes
Crafts
Photo with the Easter Bunny
Food and Beverages
Available for purchase

REGISTRATION IS REQUIRED
Registered from March 1-April 2
Parents must come to the MWR Liberty Center to register their kids
for assigned egg hunts. Families will be assigned a specific 1-hour
and 45-minute time slot to participate in their egg hunt and all of
the other fun activities.

Open to U.S. I.D. cardholders only.
For more information, please call the Liberty Center
at 956-82-2527 or DSN 727-2527, daily, 1-10 p.m.

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Pull Up Challenge
Friday, April 13, 4:30 p.m.
Must register at the Fitness Center.
Register for two pull-up challenges in one day. Try to pull up and bring a second shirt or the day of the event. Be proud! Medal for first, second, and third place male and female.

CFL Meeting
Wednesday, April 17, 3:30 p.m.
CFL Meeting for Command Fitness Leaders and Assistant Command Fitness Leader. Will be starting practical training and updated information for continuing education of the CFL.

Youth Fitness Certification
Thursday, April 25, 5 p.m.
Must register by April 24. Noon on Fitness Center. The Youth Fitness Certification teaches the fundamentals of fitness proper use of equipment in our facility and skill policy that pertains to physical fitness in MWR facilities. Youth are given a fitness orientation, one-on-one weight and cardio training orientation and a written test. After completing this certification youth ages 12-17 will be able to use the Fitness Center facilities.

1000/500 lb Club
Thursday, April 25, 6:30 p.m.
Sign up at the Fitness Center. Ages 18 years and older. Join the club and see if you can reach the goal before the end of the month. Events will include bench press, squat and deadlift.

LEARN-TO-SWIM PROGRAM
Wednesday—Friday, April 3–5 and 10–12.
Parent and Child Swim Lessons
Wednesday—Friday, 10-11 a.m.
Ages 8 months-3 years old.
Each child will receive a free aquatic experience for the first time under the care of their parents. Swim instructors will provide the parents with the necessary swim skills so they can practice with their children between classes. Parent or caregiver must accompany the child into the water and participate in the class.

Learn to Swim Levels 1-2
Wednesday—Friday.
Level 1-2 class, 4-4:45 p.m.
Level 3-5 class, 5-5:45 p.m.
Ages 3 years and older.
This program focuses on building skills one step a time and giving them the opportunity to master one element before moving on to the next. Our own class make it easy for kids to build confidence in the water. Taught by Water Safety Instructors.

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INTRAMURAL SPORTS CALENDAR
APRIL
- October Sensor Tournament 20-22 (Friday—Sunday) 9 30 25
- December Sensor League 20-22 (Wednesday—Thursday) 25 10 25
MAY
- Golf, Field Hockey, and Cornhole 21 (Friday) 20 25 20
- Field Hockey Tournament 20-22 (Saturday) 20 20 10
JUNE
- Beach Volleyball Intramural, Clinic 21-22 (Friday—Sunday) 20 20 20
- Beach Volleyball Intramural, Tournament 21-22 (Friday—Sunday) 20 20 10

1. You can sign up your team/travel team using the Teams QR code, or you can sign up individually using the Free Agents QR code.
2. Sign-up will close by 1100 one week prior to the event date.
3. Regulations and schedules will be sent at least 24 hours prior to the event and/or coach meeting.
4. Any questions and/or suggestions please visit us on www.ustaxconsultants.net/Rota.
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