**What’s Inside?**

**Tickets and Travel**
- Sea Life Park in Benalmadena

**Outdoor Rec**
- Multi-Adventure Trip in Almuñécar

**Liberty**
- Geocaching Day

**Golf Course**
- Cross Country 4 Person Scramble

**Pinz Bowling**
- National Bowling Day Special
We are

MWR Admin/Support
Services, 727-1517
Monday—Friday, 7:30 a.m.—4 p.m.

CYP
CDC, 727-1100
Monday—Friday, 6 a.m.—6:30 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

SAC, 727-2839
Monday—Friday, 6 a.m.—6:30 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

Youth Center: Jams
and Gravity, 727-4625
Monday—Friday, Noon—6:30 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

Youth Sports, 727-4721
Monday—Friday, 9:30 a.m.—6:30 p.m.
Saturday, Sunday and
U.S. Holidays, Closed

RECREATION
Aquatics Center, 727-2129
Monday—Friday, 6 a.m.—6 p.m.
U.S. Holidays, Saturday and
Sunday, Closed

Housing Pool, 727-4882
Wednesday—Sunday, noon—7 p.m.
Open U.S. Holidays.
Monday and Tuesday, Closed

Fitness Center, 727-2565
Monday—Thursday, 5 a.m.—9 p.m.
Friday, 6 a.m.—8 p.m.
Saturday and Sunday, U.S. Holidays, 6 a.m.—8 p.m.
24 hours unattended fitness access available for registered patrons.

Community Classes, 727-2354
Liberty, 727-2527
Daily, 11 a.m.—6 p.m.
Library, 727-2418
Monday, Wednesday and Friday, 9 a.m.—6 p.m.
Tuesday and Thursday, 9 a.m.—7 p.m.
Saturday, Closed
Sunday and U.S. Holidays, 9 a.m.—2 p.m.

Outdoor Recreation, 727-3101
Monday—Friday and
U.S. Holidays, 10 a.m.—6 p.m.
Saturday and Sunday, Closed

Tickets & Travel, 727-3101
Monday—Friday and
U.S. Holidays, 10 a.m.—6 p.m.
Saturday and Sunday, Closed

BUSINESS ACTIVITIES
Gourmet Bean
Fleet Landing
Monday—Friday, 7:30 a.m.—2 p.m.
Saturday and Sunday, Closed

Library
Monday—Friday, 7:30 a.m.—2 p.m.
Saturday and Sunday, Closed

El Patio
Bombers Fresh Mex, 727-3712
Monday—Friday, 10 a.m.—7 p.m.
Saturday, Sunday, Closed

The Tower Pub, 727-3712
Monday—Friday, 4–11 p.m. (last order 10:30 p.m.)
Saturday, Sunday, Noon—7:30 p.m. (last food order 6:30 p.m.)

Flix, 727-3709
El Patio Indoor Theaters
Monday—Sunday.

Check naomymwrrota.com for
movie times and schedule.

Drive-in
Check naomymwrrota.com for
movie times and schedule.

Golf, 727-2260
Daily, 9 a.m.—8 p.m.

Pinz, 727-2112
Sunday—Thursday, 11 a.m.—10 p.m.
Friday and Saturday, 11 a.m.—12:30 p.m.

Pinz American Cafe
Sunday—Thursday, 11 a.m.—9 p.m.
Friday and Saturday, 11 a.m.—10 p.m.

La Plaza, 727-6323
Champion’s Bar
Wednesday—Sunday, 4:30 p.m.
Monday and Tuesday, Closed

Pizza Villa, 727-3212
Daily, 9:30 a.m.—8 p.m.

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

mwr navsta rota, spain
PSC 819 BOX 14 / FPO, AE 090645
Tel: 011 (34) 956-82-1517
Tel (On Base): 727-1517

Thomas Durning, Fleet Readiness
Director
727-2326

Julie Dinh, Support Service Director
727-3509

Nolly Dixon, Food Service Officer
727-3407

Christina Rodriguez, CYP Director
727-2458

Doug Hasbrouck, Community
Recreation Director
727-3410

Beth Whirner, Fitness Director
727-3564

Sara Fine, Food and Beverage Director
727-3429

marketing office
Amber Courtney-Duncan,
Marketing Director
727-1515

social contact
Website www.navymwrrota.com
Facebook www.facebook.com/RotaMWR

Phone code
Commercial, 956-82-XXXX
DSN, 727-XXXX

FORTIFY YOUR BLENDZ
WITH A PROTEIN BOOST
TO MAXIMIZE THE DAY
whey + plant-based
options available

BOMBERS
Fresh Mex
Farm to Table
USO
El Patro Indoor Theaters
Flix
Drive-in
FORTIFY YOUR BLENDZ
WITH A PROTEIN BOOST
TO MAXIMIZE THE DAY
whey + plant-based
options available

Blendz
Fresh.Fast.Smooth

vaMos! is an authorized publication for members of the
military services and families stationed overseas. Its
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affiliation or any other non-merit factor for the
purchase, use or patronization of the services and
options available.

vaMos! is published monthly with a circulation of 1,800
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**EARLY LITERACY PROGRAM**

**Tuesdays in August. Themes: Colors.**

**Times:** 11-11:30 a.m. and 12-12:30 p.m. Ages 0-5.

Bring your little ones to the new Early Literacy program, where stories, music, words and movement are important. Come and learn with us the five practices of Early Literacy Initiative: **TALK, SING, READ, WRITE AND PLAY.** Reservations required. Spaces are limited. All children must be accompanied by a parent or caregiver.

**SUMMER READING PROGRAM 2024**

Read, Renew, Repeat makes for a wonderfully diversified summer reading program that encourages reading as a restorative method of self-improvement and self-preservation.

**Register at the MWR Library or online at:**
https://NSRota.beanstack.org

All ages, TEC Card holders only.

Each week a new craft is planned for Kids (Ages 5-12 years old), Teens (Ages 13-17 years old) and Adults (Ages 18 years and older). Crafts will be Tuesdays and Thursdays, 12 a.m.-Noon and Noon-2 p.m.

**SRP 2024 Party will be on Aug. 13.**

**ADULT BOOK**

**TALKING TO STRANGERS**
by Fiona Barton

Karen Simmons was looking for love on all the dating apps when she turned up dead after a Valentine’s Day meet-up. She ran a popular hair salon, and her murder is a shock to her small town of Epping in Essex, England. Journalist Kiki Nunn pounces on the case, hoping that this story will be the scoop she needs to rev up her flagging career. Her aggressive newsgathering style antagonizes Elise King, the detective on the case, and Kiki soon feels stonewalled. She decides to do her own investigating and dives headlong into the online dating scene in hopes of finding Karen’s killer and her big story.

**YOUNG ADULT BOOK**

**SUCH CHARMING LIARS**
by Karen McManus

Since Kat was four, she and her mother, Jamie, have been living in hiding, changing their names and location after Kat’s abusive father. After a failed marriage lasting only 48 hours in Las Vegas, Jamie works at Spotless, a cleaning company that is a front for a forgery ring, especially forged jewelry. Jamie wants to work for a legitimate business, and her boss, Gem, is agreeable, provided Jamie help her with one last job at a birthday party for the head of a wealthy family. Complications quickly arise. Kat tags along with Jamie, and they learn that the 48-hour ex-husband, Luke, and his son, Sam, are also in attendance. It doesn’t take long for everything to implode: Jamie becomes violently ill; Kat witnesses the murder of one of the family’s sons, Parker Sutherland; and the murderer also has Jamie in his sights. Kat, Liam, and Parker’s nephew Augustus join forces to solve the mysteries and stay alive as blame and suspicion ricochet around the compound.

**JUVENILE BOOK**

**THE NIGHT LIBRARIAN**
by Christopher Lincoln

When ten-year-old Turner loses his father’s first edition copy of Dracula in the library, he both must partner with the Night Librarian to try and find it. But first, they must use her magic to recapture some of the most dangerous book villains who are loose in the library while befriending other characters like Peter Pan and Alice along the way. It’s Night at the Museum, but you know, a library. A subplot involving Page and Turner’s absent parents helps with adding some backstory and motive, but doesn’t really pay off in any major way. Overall, it’s a wonderful adventure filled with fantasy high jinks, snarky middle grade comments, and plenty of literary references that any library lover will appreciate. But the real star is Lincoln’s artwork—this classic yet cartoonish Quentin Blake-inspired style brings the book to life with its many illustrations.

**KIDS BOOK**

**MOONCAKES MEAN FAMILY**
by William Shum

In this story designed to engage early readers, charming characters combine with simple text, lovely illustrations, and laugh-out-loud humor to help bond kids’ confidence and create lifelong readers!
**Malaga Self-Guided**

**Saturday, Aug. 10, 6-10:30 p.m.**
$50 per person / Adults 18 years and older only. Must register by Aug. 7 and Aug. 8.
Unravel yourself within Tolos and Tour one of its sailboat rides around the Bay of Malaga. Feel the peace and harmony with nature while navigating at sea. Enjoy the natural beauty of the area, those views, and the beautiful sailing in the sea.

**Nautical Tours:**
- **Sailboat and Tapas in the Bay of Cadiz**
  - Fridays, Aug. 9 and 30, 5-6 p.m.
  - $40 per person / No cost for child under 14 years old.
  - Must register by July 14.

**Sanlucar Horse Race on the Beach Self-Guided**
- **Saturday, Aug. 7, 3-10 p.m.**
  - $40 per adult / $55 per child ages 2-14 years old / No cost for child under 14 years old.
  - Must register by Aug. 4.

**Malaga Self-Guided**
- **Saturday, Aug. 7, 3-10 p.m.**
  - $40 per adult / $55 per child ages 2-14 years old / No cost for child under 14 years old.
  - Must register by Aug. 4.

**Malaga Self-Guided**
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  - Must register by Aug. 4.
COME JOIN OUR 2024 SUMMER CAMP!!
FROM JUNE 24 TO AUGUST 2 ONE TO SIX WEEKS
MONDAY THRU FRIDAY
9:00 AM TO 2:00 PM

Summer Camp Registration Continues:
Please contact our front desk (956-82-2839) to learn about weekly themes and field trips. Subject to availability and eligibility. Field trips for hourly care only on a space available basis in order of sign up.

Week 8  July 29-Aug. 2  Friday Family Lunch, Aug. 2, 11:30 a.m. (sign up by Thursday)
Week 9  Aug. 5-9
Week 10  Aug. 12-16  Friday Family Lunch, Aug. 16, 11:30 a.m. (sign up by Thursday)

Registration packet can be picked at bldg. 41 (SAC) or downloaded from the internet at navymwrrota.com.

Ongoing Programs

Golf Tournament

Cross Country 4 Person Scramble Golf Tournament
Saturday, Aug. 3
Shotgun start at 9 a.m.
$20 per person plus green fees (100% of the entry fee is returned to the prize fund as gift certificates).
Format: Individual Net Stroke Play. All 18 holes are set differently for a fun par 3 golf course tournament.
Course will be set up 100% different than our normal layout. The course will be set up for a fun par 3 golf course tournament.

Parent Orientation
Tuesday, Aug. 13, 3:30 p.m.
Come one, come all! If your child has attended the CDC this year for full-time care, hourly care, or even just camps, join us for a big celebration, as we watch them walk across the stage of life's greatest milestones together. Don't miss this memorable event filled with joy and pride!
10 Weeks of Summer Daily Attendance Game

Starting July 19

10 Weeks of Summer Daily Attendance Game

Monday-Friday:
- 9:30 a.m.-1:45 p.m.
- 2:45-6:30 p.m.
- 6:30-9:30 p.m.

10 weeks of Summer Vacation, the contest starts again so the more days a youth attends each day the better their chances of winning a prize. Prize drawing dates are August 2, 9 and 16.

THURSDAY, AUG. 8
- Early Release, opening at 1:45 p.m.
- "Game of Life" board game.
- "Back to School" bingo with prizes, including MWR Bucks and a signed parent permission slip.

FRIDAY, AUG. 9
- Early Release, opening at 1:45 p.m.
- "Skat-boat" card game.

THURSDAY, AUG. 15
- Early Release, opening at 1:45 p.m.
- "Charades" game
- "Lego" challenge.
- "Scrabble" board game.

FRIDAY, AUG. 16
- Early Release, opening at 1:45 p.m.
- "Merry Kart" tournament.

THURSDAY, AUG. 22
- Early Release, opening at 1:45 p.m.
- "Charades" game
- "Mario" tournament.
- "Lego" challenge.
- "Skat-boat" card game.

FRI, AUG. 23
- Early Release, opening at 1:45 p.m.
- "Charades" game
- "Lego" challenge.
- "Scrabble" board game.

SUN, AUG. 25
- Early Release, opening at 1:45 p.m.
- "Skat-boat" card game.

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

All field trips require pre-registration on CYP online and a signed parent permission slip. No refunds after the day prior to the trip.

**Note:** A youth may only win one gift card per week even if his or her name is drawn more than once. The gift cards which will be awarded 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.) Every Monday the contest draws two $7.50 MWR Bucks, two $10 MWR Bucks and one $15 MWR Bucks.
Summer Dance Lessons

**FLAMENCO KIDS**

**Wednesdays,** 10:30-11:30 a.m. $45 per month. Adults 18 years and older. The Flamenco is a solo dance characterized by hand clapping, percussive footwork, and intricate hand, arm, and body movements. Learn this unique art of dance in the hands of an experienced teacher.

**FLAMENCO AND SEVILLANAS LESSONS**

**Wednesdays,** 9:30-10:30 a.m. $45 per month. Adults 18 years and older. The Flamenco is a highly-expressive Spanish dance form. Flamenco dance is a solo dance characterized by hand clapping, percussive footwork, and intricate hand, arm, and body movements. Learn this unique art of dance in the hands of an experienced teacher.

**FLAMENCO KIDS**

**Ages 4-9 years old. $40 per month. Ages 10-16 years old. $45 per month.**

**FLAMENCO AND SEVILLANAS LESSONS**

**Ages 10-16 years old. $45 per month.**

**Children option:** Twice a week for $70 per month.

**Ages 5-7 years old. $45 per month. Ages 8-13 years old. $45 per month.**

**Children option:** Twice a week for $70 per month.

**Ages 5-7 years old. $50 per month. Ages 8-13 years old. $50 per month.**

**Children option:** Twice a week for $70 per month.

**Aikido Classes**

**Ages 5-7 years old. Tuesdays or Thursdays, 4-4:45 p.m. $45 per month.**

**Ages 8-13 years old. Tuesdays or Thursdays, 4:50-5:50 p.m. $45 per month.**

**Children option:** Twice a week for $70 per month.

**Jiu Jitsu Classes**

**Ages 5-7 years old. Thursdays, 4:30-5:30 p.m. $45 per month. Ages 8-13 years old. Tuesdays, 4:30-5:30 p.m. $45 per month.**

**Children option:** Twice a week for $70 per month.

**Ages 5-7 years old. $50 per month.**

**Ages 8-13 years old. $50 per month.**

**Children option:** Twice a week for $70 per month.

**UKELELE LESSONS**

**PRIVATE PIANO LESSONS**

**Time slots available on Mondays and Fridays, 10 a.m.-2:30 p.m. $75 for a punch card for four 30-minute lessons.**

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

**PRIVATE GUITAR AND INSTRUMENT LESSONS**

**Time slots available on Wednesdays, 4:30-5:30 p.m. Thursdays, 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.**

**SHOE RENTAL NOT INCLUDED.**

**SHOE RENTAL FOR $35 WITH A PURCHASE OF ANY PITCHER.**

**SHOE RENTAL FOR $15 WITH A PURCHASE OF ANY PITCHER.**

**OFFERED ON THE SECOND THURSDAY OF EACH MONTH.**

**FAMILY NIGHT**

**Tuesdays, 5-10 p.m.**

**SHOE RENTAL FOR $25 WITH A PURCHASE OF ANY PITCHER.**

**COUPLES NIGHT**

**WEDNESDAYS, 6-10 p.m.**

**Liberty’s Bowling Night**

**Thursday, Aug. 8**  Enjoy a night of bowling and pizza with Liberty (free for single unaccompanied AD E-6 and below). On the second Thursday of each month sign in on the Liberty sign-up sheet at the front counter at Pinz.

**Cosmic Bowling and Karaoke Jam**

**Fridays and Saturdays, 7-11 p.m.**

**Free game of bowling, including shoe rental, for Military personnel in uniform with the purchase of a complete meal and drink.**

**Strike Out Suicide**

**Friday, Sept. 13, 5-9 p.m.**

**FREE BOWLING and LIVE ENTERTAINMENT.**

**Welcome to Pinz and Fleet and Family Service Center!**

**CELEBRATE NATIONAL BOWLING DAY BY BOWLING FOR FREE!**

**Celebrate National Bowling Day by bowling for free with the purchase of any entree between 11 a.m. and 3 p.m.**

**SHOE RENTAL NOT INCLUDED.**

**ON GOING**

**Active Duty Members in Uniform**

**Monday-Sunday, 11 a.m.-1 p.m.**

**Free game of bowling, including shoe rental, for Military personnel in uniform with the purchase of a complete meal and drink.**

**Family Night**

**Mondays, 4-8 p.m.**

**Families up to five people can bowl for one hour including shoe rental for $15.**

**Barracks and Command Night**

**Wednesdays, 5-10 p.m.**

**Team build and relax with your Command or Barracks. Groups of five or more active duty members bowl for an hour at half price when lanes are available.**

**Liberty’s Bowling Night**

**Thursday, Aug. 8**

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

**Feel welcomed if you are a singer, poet, FREE BOWLING and LIVE ENTERTAINMENT.**

**Center will be offering Pinz Bowling and Fleet and Family Service Center will be offering FREE BOWLING and LIVE ENTERTAINMENT.**

**Welcome! If you are a singer, poet, musician or comedian. We want you to express yourself and be seen.**

**Come enjoy your favorites from the kitchen, while bowling and shoe rental is on us.**
Join us for Geocaching Day and embark on an adventure of discovery! Explore hidden treasures and test your navigation skills while enjoying the great outdoors. It’s a fun-filled day of mystery and excitement for all ages!

**AUGUST EVENTS**

**SAVOR ADVENTURE QUEST**

**PAINTING & MIXED MEDIA 101**
Tuesdays, Aug. 6 and 27, 6 p.m.
Do you have enough desire in your room? No worries, we’ll get you set up with an art instructor so you can create your own work of art to display! Art supplies are provided.

**GUITAR LESSONS**
Wednesdays, Aug. 14 and 28, 6 p.m.
Have you ever thought about trying your hand at guitar? Come to start or continue your musical journey! Guitars are provided.

**YOGA**
Thursday, Aug. 29, 6:15 p.m.
Come take your mind off any stressors you are facing with a relaxing yoga/meditation class. Yoga mats are provided.

**LIBERTY NIGHT AT THE MOVIES**
Thursday, Aug. 8, 6:15 p.m.
Free for single/unaccompanied E6 and below.
Come to the Liberty Theater at El Patio. Free for single/unaccompanied E6 and below. Come to join us as we watch a film of our choice.

**MINIATURE PAINTING**
Saturday, Aug. 6, 2-4 p.m.
Fame or infamy, let your inner artist and artist’s life fantasyК endpoints from our Miniature Fantasy Figurine Painting class—an adventure in every stroke! Miniatures, paint and brushes are provided.

**SUMMER MUSIC & MOCKTAIL MONDAYS**
Mondays. 7 p.m.
Join us for Summer Mondays Music and Mocktail. For our refreshing mocktails and soothing music that will set the perfect tone for a relaxing summer evening. Let’s jam, and groove with friends every Monday night.

**LIBERTY BOWLING AT PINZ**
Thursday, Aug. 15, 6:15 p.m.
Pamper your pup and whip your spirit at Doggie Date Night, a tail-wagging event for mental health awareness! Join us for a night of furry companionship, laughter, and love—something, a centre tackles is the best therapy. Cat’s a feline joy together!

**BOOK DAY (ON THE BEACH)**
Friday, Aug. 16, 6-7 p.m.
Escape to paradise with our ultimate beach day getaway! Enjoy the sand between your toes, soak up the sun, and dive into crystal-clear waters. Bring your favorite book and unplug as you enjoy a day of fun, sun, and endless summer vibes at Rota beach!

**BE AN ANGEL DAY**
Thursday, Aug. 22, 7 p.m.
Join us for Be An Angel Day. Let’s spread kindness with a special craft activity and snacks. Embrace the joy of giving and be an angel in someone’s day! Crafts and snacks are provided.

**GOLF DAY**
Sunday, Aug. 25, 1-4 p.m.
Free for single/unaccompanied E6 and below.
Spend your Sunday afternoon, relaxing in the sun. Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before Noon.

**FAST PHO WITH LIBERTY**
Friday, Aug. 30, 6-9 p.m.
Come learn how to make a fast and satisfying bowl of Pho with the Liberty staff! One pot Pho individual cooking class and some yummy ingredients provided.

**DISCOUNTED LIBERTY TRIPS**

**Isla Magica with T&T**
Saturday, Aug. 24, 9 a.m.-7 p.m.
Must register by Aug. 21. Ages 18 years and older. $56 per person for single/unaccompanied E6 and below. We will take you to one of the most popular theme/water parks in the region. This part will arm you with some incredible sight-of-the-art attractions, great audio-visual effects, fantastic shows, entertaining parades and games, as well as numerous stores and restaurants that will exceed your tastes.

**Liberty Overnight Multi-Adventure Trip with ODR in Granada**
Friday-Monday, Aug. 30-Sept. 2.
Departure: 4 p.m. Return: 6 p.m. Ages 18 years and older. $308 per person for single/unaccompanied E6 and below in a double room. Must register by Aug. 23. Join us for this great Multi-Adventure trip in Granada! Amazing canyon descending and spectacular ocean kayaking. Canyon descent “Rio Verde” is the most attractive canyon/technology of Andalucía. You will have to rappel through waterfalls, jump one with a height of 2 meter, slide, swim, walk... Ocean kayak tour on the beautiful bay of Isla Mágica at the beginning of the Alpujarras. It’s full of orange coral and has an interesting history. Trip includes round-trip transportation by van, lodging four-star hotel in a double occupancy with breakfast, activities (canyon descending and ocean kayaking) equipment for activities, local guides and free time. The activity is designed for an active person. It requires some skills and endurance. You need to be able to swim. Meals other than breakfast/dinner in the hotels are not included.

**OVERNIGHT MULTI-ADVENTURE TRIP**

**INVENTOR’S MONTH: CARDBOARDS REGATTA SIGNUP**
Friday, Aug. 23, 7 p.m.
Free for Liberty eligible E6 and below. Must register your teams of four at the Liberty Center no later than Tuesday, Sept. 3. Join the duct tape Armada in a race for the ages! Build your boat and set sail across the wild waters of the NHR outdoor pool. Can your boat stay afloat? Can your boat survive pirate attack? Can your boat be the first to reach the opposite shore? The rules are simple: Two members of your team must build a boat made of only cardboard and duct tape; paint the sails and across the pool. Do not sink! All building materials and transport of boats to the pool will be provided. Supplies will be available for pick up at the liberty center starting Aug. 21. Be prepared to set sail on Friday, Sept. 1.

**956-82-2527 or DSN 727-2527**
Single or unaccompanied servicemen and women.
FFSC understands the difficulty in uprooting from a duty station where you've already established friends come to a new duty station and make new connections. It can be hard to find your footing again. To assist with this transition, FFSC has several programs available for you with the goal being to establish community connections and foster new friendships.

- **LIFE SKILLS:** Anger Management, Stress Management and Parenting.
- **CHILD AND ADOLESCENT CLINICAL COUNSELING:** Available by appointment. DGE on-site counseling, Peer Mediation and Mentoring Program.
- **CLINICAL COUNSELING AT FFSC:** Available by appointment. Non-medical individual and couples.
- **OMBRUSSMAN, FRG AND DEPLOYMENT:** Monthly Assembly Meetings, FRG Training, Cycles of Deployment, Re-integration.
- **RELOCATION:** PCS workshops, Smooth Move, Intercultural Relations, Loaner Locker, Sponsorship.
- **SAPR:** 24/7 SAPR hotline, UVA refresher training, command training.
- **TRANSITION AND FAMILY EMPLOYMENT READINESS:** TAP Workshops, COP, Federal Job Workshops, Resume Reviews (Federal and Private Sector).
- **INFORMATION AND REFERRAL:** Available in office Monday-Friday, 8 a.m.-4 p.m. Available via phone 727-3232 / 956-82-3232, Monday-Friday 8 a.m.-4 p.m. Available via email Monday-Friday at usn.rota.navstarotasp.mbx.ffsc@us.navy.mil
- **RETIRED ACTIVITIES OFFICE:** Available by appointment on Tuesdays and Thursdays, 1-4 p.m.
- **VETERANS BENEFITS ADVISOR:** Available by appointment. VA Benefit Advisors are available to provide remote One-On-One Assistance sessions via phone or email to answer questions, explain VA benefits and connect you to helpful resources. Please reach out to your VA Benefits Advisor below between 8 a.m.-4 p.m. Local time for assistance. Do not send documents with PII to VA Benefits Advisors. VA benefit advisor, Kristine DeHoux: kristine.dehoux.ctrs@vatap.calibersys.com

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CHALLENGE OF THE MONTH: Nautical Mile Challenge

In August by appointment. The Nautical Mile Challenge is an individual and team interval running challenge where the goal is to run a Nautical Mile (6076ft) while completing various strength intervals along the way to test your cardio and endurance. The event is performed on a running track or measured course and starts with a quarter mile run. After the first lap, 5k pushups are performed in the internal zone. These pushups can be performed fast or slow and with as many breaks as needed. The participant then runs the second lap, and performs 5k squats in the zone. After covering the third lap, the participant performs 5k sandbag cleans (25lbs). After finishing the cleans, the participant heads out for the final lap. When they hit the internal zone, they pull up a 25lb sandbag and sprint with the bag 80 feet to the finish.

CFL Meeting

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

Youth Fitness Certification

August by appointment, 11 a.m.
Ages 10-17 years old. Youth certification teaches the fundamentals of fitness, proper use of equipment in the facility and DoD policies that pertain to physical fitness in MWR facilities. Youth 10-13 years old must be with parents and youth 14 years and older can use the fitness center on their own.

INTRAMURAL SPORTS CALENDAR

FREE AGENT SIGN-UPS

TEAM SIGN-UPS

1. You can sign up your team or command using the Teams QR code, or you can sign up individually using the Free Agents QR code.
2. Sign-ups will be open till 11:30 a.m. of the deadline date.
3. Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.
4. Any questions and/or suggestions to Info, Sports@rota.mil

LEARN-TO-SWIM LESSONS:

Ages 8 months-3 years old.
July 31-Aug. 9, Wednesday-Friday,
Parent & Child Swim Class

Must register at the Fitness Center by Aug. 30, Noon. $15 for all athletes. Participation medals for all participants. TEI card holders only.

The kids Triathlon is an opportunity for young kids aged 4-17 to learn about triathlon and competition in a friendly and fun way thanks to courses and distances adapted to their capacity.

The children are divided into categories according to their age, to enable them to practice with other children on their level.

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OUTDOOR POOL SUMMER SCHEDULE

Open for lap swim, PRT, Unit level training or Command PT.on Monday-Friday, 6 a.m.-1 p.m.
Closed U.S. Holidays.

LEARN-TO-SWIM LESSONS:

July 31-Aug. 9, Wednesday-Friday, 10-10:30 a.m.
Ages 8 months-3 years old.

The kids Triathlon is an opportunity for young kids aged 4-17 to learn about triathlon and competition in a friendly and fun way thanks to courses and distances adapted to their capacity.

The children are divided into categories according to their age, to enable them to practice with other children on their level.

2. Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.
3. Any questions and/or suggestions to Info, Sports@rota.mil
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