

Youth Center

Golf Course

Fitness Center

LibertyCeltic Highland Games

Val\os!

M W R R O T A M O N T H L Y M A G A Z I N E

iSsue#141



OUR**GUIDING** PRINCIPLES





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-Wednesday and Friday, 2:45-6:30 p.m. Thursday, 1:45-6:30 p.m Non school day, 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.-7 p.m. U.S. Holidays, 9 a.m.-5 p.m. Saturday and Sunday, Closed

Housing Pool, 727-4882 Closed for the season

Fitness Center, 727-2565 Monday-Thursday, 5 a.m.-9 p.m. Friday, 5 a.m.-8 p.m. Saturday, Sunday and U.S. Holidays, 8 a.m.-8 p.m. 24 hours unmanned fitness access

available for registered patrons. Community Classes,

727-2354 Liberty, 727-2527 Daily, 1-10 p.m.

Library, 727-2418 Monday, 9 a.m.-7 p.m. Tuesday-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 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 p.m. (last food order 6:30 p.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.-5 p.m. Summer hours start on March 31: Daily, 9 a.m.-8 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.

La Plaza, 727-6323

Champion's Bar Wednesday-Sunday, 4-11 p.m. Monday and Tuesday, Closed

Pizza Villa, 727-3212 Daily, 11 a.m.-10 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 09645 Tel: 011 (34) 956-82-1517 Tel (On Base): 727-1517

Thomas Durning, Fleet Readiness Director 727-2326

Julie Dinh, Support Service Director 727-1505

Nolly Dizon, Food Service Officer 727-1407

Christina Rodriguez, 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 Amber Courtney-Duncan, Marketing Director 727-1515

social contact

Website www.navvmwrrota.com Facebook www.facebook.com/RotaMWR

Phone code

Commercial, 956-82-XXXX DSN. 727-XXXX



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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 1,800

COME JOIN US FOR OUR ANNUAL EASTER EVENT!



EGGSPLOS

AT LA PLAZA **BALL FIELDS**

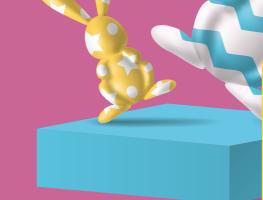
EGG HUNTS AIR TOYS

GAMES AND PRIZES

CRAFTS

PHOTO WITH THE EASTER BUNNY

FOOD AND BEVERAGES AVAILABLE FOR PURCHASE



SPONSORED BY







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 hunts and all of the other fun activities.

Open to U.S. I.D. cardholders only.

at 956-82-2527 or DSN 727-2527, daily, 1-10 p.m.







Vamos! MWRROTAMONTHLYMAGAZINE, MARCH 2024

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

956-82-3101 or DSN 727-3101

TICKETS AND TRAVEL Veier de la Frontera **Historical Tour and Bolonia**

Saturday, March 2, 8 a.m.-6 p.m. \$55 per person / \$35 per child 2-14 years old / No cost for child under 2 years old. Must register by Feb. 28.

Roman Ruins

Vejer is a picturesque town perched high on a limestone headland. Although it was captured from the Moors by Fernando III el Santo, 700 years ago, it has not lost any of its Arab features. The town has several monuments worth seeing including, remains of a castle, the old wall and several gates. Climb the castle walls for a panoramic view of the open countryside. Local artisan shops in town offer a wide selection of hand-made goods at reasonable prices. After spending time in Vejer you will visit the Baelo Claudia Roman ruins in Bolonia

Baelo Claudia was undoubtedly the most important city in the framework of Andalusian Rome, under the jurisdiction of Claudius Caesar. It was erected at the end of the Second Century BC. The fall began to take place after the crisis in the Third Century AD and was worsened by the effects of a huge seaquake, the raids by Mauritanian hordes and dominant Germanic Pirates. Historical tour includes roundtrip transportation, a local guide in Vejer and entrance

Malaga Historical Tour

Saturday, March 9, 7 a.m.-9 p.m. \$65 per person / \$55 per child 2-14 years old / No cost for child under 2 years old. Must register by March 6.

The city of Malaga, the capital city of the province of Malaga, is the second-largest city of Andalucía and lies along the Costa Del Sol. Famous for the "pasas" (raisins). Malaga is also well known for its superb wines. This historical tour will take you to the cathedral, Castle of Alcazaba, the harbor area, the local market and the location where Picasso was born. Trip includes roundtrip transportation, local guide, entrance to a monument and free time to shop and enjoy the local food and wine.

Flamenco Show and Dinner

Saturday, March 16, 6-10 p.m. \$100 per person. Ages 18 years and older. Must register by March 13.

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 Andalucia and probably influenced by North African rhythms. The "Gitanos" had settled in Andalucia 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

Butterfly Museum and Puerto Marina in Benalmadena

Saturday, March 23, 7 a.m.-9 p.m. \$60 per person / \$50 per child 2-14 years old / No cost for child under 2 years old. Must register by March 20.

Tickets and Travel is taking a trip to the butterfly museum located in Benalmadena, Málaga. In this spectacular Thai temple, you can walk among more than 1,500 exotic butterflies from around the world, flying freely in a tropical paradise between waterfalls and flowers. You will be able to observe how they are born, how they reproduce and enjoy learning many things about these wonderful insects. Seventy percent of the specimens in the park are self-produced and the remaining thirty percent are imported from their country of origin. Almost every day, a new specimen is born, visitors can watch as the butterflies break out of their cocoons and spread their colorful wings

for the first time. Most species of butterflies have an average life expectancy of two weeks. This means that the park's population is renewed every 14 days. The trip includes roundtrip transportation, entrance to the butterfly museum, and some free time to visit the Buddhist temple and Puerto Marina in the town of Benalmadena

Semana Santa (Holy Week **Procession) in Sevilla**

Friday, March 29, 3 p.m.-2 a.m. \$35 per person / No cost for child under 14 years old. Must register by March 27.

Tickets and Travel will take you to one of the Andalucian cities with the highest Semana Santa tradition. In Sevilla, thousands of people walk about the city to view the religious processions that take place daily during Semana Santa. These processions occur at various locations throughout the city. Note: Be prepared to immerse yourself in a big crowd. Give yourself plenty of time to return to the bus pick up point in Sevilla. This trip includes roundtrip

Granada Self-Guided

Saturday, March 30, 6 a.m-11 p.m. \$40 per person / No cost for child under 14 years old. Must register by March 27.

Tickets and Travel takes you to explore the home to the fortress La Alhambra. Granada was the Moors final stand on the Iberian Peninsula. After over 700 years of reign, the Christian's final siege laid on this city and its palace perched high above. Today the city still retains much of its North African influence through stores, restaurants and teahouses. The long-time capital of Moorish Andalucía, offers some of the most important reminders of this time in Spanish history. The city offers charming narrow streets filled with flowers, taverns serving up the famous Trevélez jamon, flamenco in the gypsy caves of Sacromonte, shopping and more. This trip includes roundtrip transportation only.

Running of the Bulls in Arcos

Sunday, March 31, 9 a.m.-6 p.m. \$35 per person / No cost for child under 14 years old. Must register by March 27.

Feel the adrenaline pulse through your body as fierce Spanish bulls run the winding streets of Arcos de la Frontera. Traveler will take you to the heart of the action as we join thousands of locals who celebrate this occasion each year. The streets are guaranteed to be filled with daring Spaniards ready to challenge the bull. The first bull will run at noon and the second at 3 p.m. NAVSTA personnel are not authorized to run with the bull. The trip includes roundtrip transporation only.

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.

The town stands on the left bank of the mouth of the River Guadalquivir, on land whose interior is rich in fruit trees and vineyards, where the famous Manzanilla wine is produced; near the coast and the river there are beaches and pine forests, such as La Algaida, and mud flats such as those at Bonanza, which is part of the Doñana Natural Park. There are a multitude of factors of interest to tourists, such as the climate, the beaches of Baio de Guia, La Calzada, Las Piletas and La Jara, and a number of monuments: Saint James Castle, Our Lady's Church, the Duke of Medina Sidonia's Palace and Saint Domingo's Convent. In the 15th and 16th centuries it has acquired great importance as a point of contact with America, with many expeditions setting sail from its harbour, such a Colombus' 1498 expedition and the one undertaken by Magellan and Elcano in 1519. In 1583 it was declared a permanent starting point for such journeys. The trip includes roundtrip transportation, guided visit of the town and some free time for shopping and enjoy the town's local gastronomy and wine.









professional guide. Note: you need to be able to swim. 3



Via Ferrata in **Grazalema Natural Park** Saturday, March 16, 7:30 a.m.-6 p.m.

Canyoneering (also called canyon descending) consists of

spectacular popularity because of the beauty of its routes

and the ideas of true adventure. Trip includes roundtrip

transportation, insurance, wet suit, harness, helmet and

caving and swimming. This activity is experiencing a

descending rivers by combining the techniques of climbing,

OUTDOOR REC

Outdoor Recreation trips are open

to adults 18 years and older only.

\$85 per person. Must register by March 13. A Via Ferrata (Italian for "iron way") is a mountain route equipped with steel cables, ladders, and other fixed anchors, for example wooden walkways and suspended bridges. The artificial equipment renders feasible an exposed route even to the inexperienced climber, and allows those not versed in climbing technique to hike on ledges, climb vertical walls, and reach the peaks of mountains. Running along ledges, up vertical rock walls and across exposed mountainsides, the artificial equipment makes the peaks accessible to everyone with a good level of fitness. Trip includes roundtrip transportation, expert guide and gear. Difficulty level: moderate.

Hiking Garganta del Capitan in Los Alcornocales Natural Park

Saturday, March 23, 7:30 a.m.-7 p.m.

\$60 per person. Must register by March 20. Outdoor Recreation is offering The Garganta del Capitán hike, in the municipality of Algeciras within the limits of the Los Alcornocales Natural Park and the Intercontinental Biosphere Reserve of the Mediterranean, Along the route we find laurel forests with alders, ash trees, laurels and gall oaks. On the way we can enjoy the views of the Bay of Algeciras, the cork oak forest, or the public mountain Hoyo de Don Pedro. We can also see tombs from the Bronze Age carved in the sandstone rock as well as the tombstone of the supposed "Captain" that gives its name to this gorge as well as old flour mills whose remains can still be seen on the banks of the stream. Along the trail there are frequent areas of shade. Maximum altitude is 140 m, unevenness of 125 m. Low/moderate level activity 7-kilometer hike. Trip includes roundtrip transportation and expert guides.

Mountain Bike Ride at La Via Verde in Rota

Saturday, March 30, 9 a.m.-2 p.m.

\$25 per person. Must register by March 27. The Rota's Greenway is on the old railway line linking El Puerto de Santa Maria and Sanlucar de Barrameda through the town of Rota. This ride is a low/moderate level challenge, in which you will be biking 30km. You can bring your own bike or get one (included in the price) at MWR Outdoor Recreation.

Paintball Saturday, April 6, 8 a.m.-4 p.m.

\$75 per person. Must register by April 3.

Paintball is one of Europe's fastest-growing sports and is becoming increasingly more popular in Spain. Paintball is played in over 40 countries, by millions of men and women, of all ages and lifestyles. There are already many people who play paintball on a regular basis, just like any other sport or hobby. Paintball combines teamwork, strategy and skill into a fun, exciting and action-packed day. Trip includes roundtrip transportation, semi-automatic paintball gun, clip with 500 paintballs, protective masks and camouflage gear.

OVERNIGHT MULTI-ADVENTURE TRIP IN ALMUNECAR

Friday-Monday, May 24-27. \$385 per person. Must register by May 17.









956-82-2418 or DSN 727-2418 Rota_library@eu.navy.mil



















together while we sing, read, play, and grow. This program is best suited for pre-readers (ages 1-5) and their parents.

Times: 11-11:30 a.m. and 2:30-3 p.m.

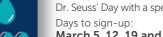
JOIN US to jump-start early

literacy skills for toddlers and

Parents and children will learn

Theme for March: Women Tuesday, March 5 we will celebrate Dr. Seuss' Day with a special visit

March 5, 12, 19 and 26



preschoolers!

Book Island Reading Club Thursday, March 28, 10 a.m. Ages 18 years and older.

"Love on the Brain" by Ali Hazelwood:

"Retired detective Cal Hooper moves to a remote village in rural Ireland. His plans are to fix up the dilapidated cottage he's bought, to walk the mountains, to put his old police instincts to bed forever...

Book clubs provide a wonderful forum for readers to discuss their passion for reading. It's a fun way to explore reading experiences, establish community and connect with new people over a common love: Reading!



DOG MAN THE SCALET SHEDDER

by Dav Pilkey

P.U.! Dog Man got sprayed by a skunk! After being dunked in tomato juice, the stink is gone but the scarlet red color remains. Now exiled, this spunky superhero must struggle to save the citizens who shunned him! Will the ends justify the means for Petey, who's reluctantly pulled back into a life of crime in order to help Dog Man? And who will step forward when an all-new, never-before-seen villain unleashes an army

THE WRONG BOOK

by Drew Daywalt

What if the narrator of the book you're reading is just...Wrong?! This hilarious book from the author of The Day the Crayons Quit will have you correcting what you're reading and laughing! Do bicycles say cock-a-doodle-doo? Do firefighters shout Ding Dong! before they put out a fire? That's what the narrator of this hilarious picture book thinks! Good thing there are some other characters in this book to set him straight.

THE ENCANTO'S DAUGHTER

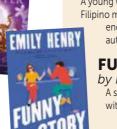
bv Melissa de la Cruz

A young woman claims the throne of a realm inspired by Filipino mythology in this YA romantic fantasy, the first in an enchanting new duet by #1 New York Times bestselling author Melissa de la Cruz.

FUNNY STORY

by Emily Henry

A shimmering, joyful new novel about a pair of opposites with the wrong thing in common.





FUN SCRAMBLE

GOLF TOURNAMENT

\$20 per person plus green fees.

FOR MORE INFORMATION OR TO REGISTER

PLEASE CALL 956-82-2260 OR DSN 727-2260

You can replay each shot one time.

FOR ANY OF THESE EVENTS

(100% of entry fee to prize fund

SATURDAY, MARCH 9

Shotgun start at 9 a.m.

as gift certificates).



1 PERSON

SATURDAY, MARCH 16

Shotgun start at 9 a.m. \$20 per person plus green fees.

Players can use 3 clubs (the putter does count as a club). Format: Individual Net Stroke Play. (100% of entry fee to prize fund as gift certificates).





Are you PCSing or TDY to Rota? Present your hotel key at the golf shop to be eligible for the following:

\$8 (18 holes)

Note: Discount will be taken from standard areen fees.





ONGOING

Active Duty Members in Uniform Lunch Bowling

Mondays-Sundays, 11 a.m.-1 p.m. Free game of bowling, including shoe rental, for Military

Family Night

Mondays, 4-8 p.m.

Families up to 5 people per lane can bowl for one hour including shoes rental for \$15.

Couples Night

Tuesdays, 5-10 p.m.

Groups of up to four people can bowl one hour including

Wednesdays, 6-10 p.m. Join us every Wednesday. BARRACKS BASH – Challenge anyone to an hour of bowling for ultimate bragging rights. \$10 for 1 hour. Head to Head. Shoe rental Included. Win 10x Head-to-Head Challenges and become the Pinz Barracks Challenge Champion.

Liberty's Bowling Night

Thursday, March 14.

Fridays and Saturdays, 7-11 p.m. \$23. Groups up to five people can bowl per lane for one hour,



BOWLING CENTER 956-82-2112 or DSN 727-2112 Karaoke Jam **March 17** | 5-11 p.m. Wear green and come on over to Pinz

bowling to celebrate St. Paddy's Day





AVERAGE JOE'S SPRING BOWLING LEAGUE BEGINS APRIL 2023! Must register by Tuesday, March 19.

Open to all American and Local Nationals with access to the base. Sign up at Pinz Bowling Center.



personnel in uniform with the purchase of a complete meal

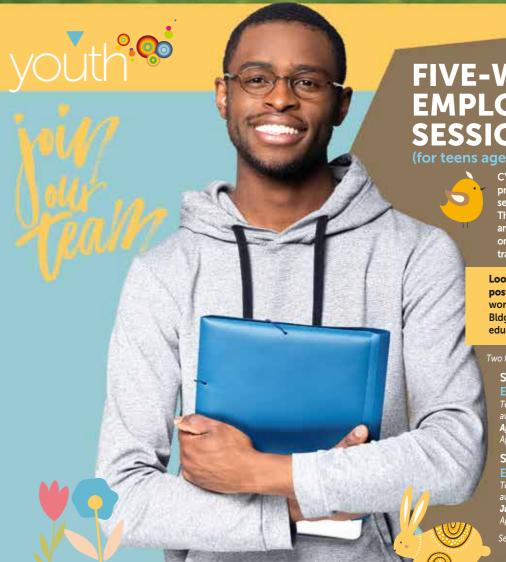
shoes rental for \$35 with a purchase of any pitcher.

Barracks Challenge

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.

Cosmic Bowling and Karaoke Jam

including shoe rental.



ONGOING PROGRAMS FAMILY FUN DAYS

Every Sunday, after Noon

FREE USAA* RANGE BALLS FOR ACTIVE DUTY MILITARY

Tuesdays and Thursdays,

3:30-5 p.m.

With PGA tips by appointment only on Thursdays.

TWILIGHT SPECIAL

Seven days a week. 2:30-5 p.m. \$17 unlimited golf. Carts are \$13 double rider or \$15 single rider.

Standard Club Rental: \$5 (9 holes);

Green Fee: \$2 off (9 holes or 18 holes)

LIBERTY GOLF DAY

Sunday, March 31, starts at

*No U.S. Navy endorsement is implied



Two five-week employment sessions will be offered this year:

Teens must return all required application documents and be available for interviews during the SESSION 1 Hiring Fair on April 22, 9:30 a.m.-12:30 p.m. at the School Age Bldg. 41.
Applicants must arrive to the Hiring Fair by 11:30 a.m.

SESSION 2

Teens must return all required application documents and be available for interviews during the SESSION 2 Hiring Fair on June 7, 9:30 a.m.-12:30 p.m. at the School Age Bldg. 41. Applicants must arrive to the Hiring Fair by 11:30 a.m.



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 webpage (www.navymwrrota.com), submit the forms for SAC/Youth/YSF registration to SAC, Bldg 41 or for the CDC at Bldg. 1963
- Use MCC.com for: Reserving a CDC/SAC FULL TIME and SAC CAMP for your child:
- Use CYPOnline.com for:
- -Paying for CDC/SAC FULL TIME and Hourly and SAC Camps
- -Reserving a CDC/SAC-Camp HOURLY care spot
- -Sign-ups for Teen/YSF programs (after registering for CYP)
- You must already have a registration form on file with CYP to use the online system.
- Get your Family ID from us if you don't remember it.



SCAN ME!

FOR MILITARY

CHILD CARE



SCAN ME! ONLINE PORTAL



Children will kick off the day with a delicious breakfast featuring green eggs and turkey. Throughout the day, we extend a warm invitation to parents and special guests to share the joy of reading with the children. As the little ones savor their meal, let the magic of storytelling come alive captivating their imaginations and creating cherished memories.

Lucky Day

wear their luckiest green attire and parents are encouraged to join in the festivities at 3:30 p.m. Gather with your little ones to create magical memories as you make trail mix together. It's a perfect way to bond and enjoy quality time

CHILD CARE AVAILABILITY

Childcare is available for all eligible personnel from 6 a.m. to 6:30 p.m., Monday-Friday at the CDC for ages 6 weeks to 5 years, before and after care for Sure-Start, and PSCD enrolled children. Come to the CDC for more information! At the SAC we provide care during the school year for Kindergarteners through 12 years of age. Please call us for more information.

CYP WIDE EVENT

Parent Involvement Board / **Parent Educacion Opportunity:** Weathering the Storm: Strengthen Resilience in Young Children Wednesday, March 20, 4-5 p.m.

Hosted by our MFLC on Microsoft Teams. Call the SAC at 727-2839 to sign up. An email will be sent with the link.

• CCC (6 weeks -5 years) 956-82-1100 or DSN 727-1100

Read Across America Day

Friday, March 1.

Join us for an enchanting day filled with delightful moments!

Friday, March 15, 3:30 p.m. Get ready for a day full of luck and fun! We invite children to



school liaison office,

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

Just Arrived to Rota and need to Register Your Child in DoDEA?

If you have a school age (K-12) student and need to register for school, please visit https://www.smore.com/vgemr for

Annual Spanish Schools Re-Registration

Don't forget to re-register you children for SY 24-25 if your children are attending Spanish schools. March is the annual re-registration month.

Teen Resume & Interview Workshop

March 13 or May 14, 12:30 p.m. at the Youth Center. Ages 16 years and older.

Calling on high school students that want to prepare for Teen Summer Hire or summer employment stateside. Learn about resume writing, interview skills and dressing for success. Teens have two dates to choose from, and lunch will be offered

SLP Scholarship Link: https://www.smore.com/36j0z

Tutor.Com for Military Families

Friday, March 22: Teacher Training Day.

Lunch is served at SAC

Monday-Friday, March 25-29: Spring Break.

Volunteer to read a story. Parents or kids can volunteer to read a short story aloud to a group, by themselves or reading tandem.

Join us for some pi (3.14) and some pie activities

Tutor.com for is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

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 SL.



Are you a member of for Youth Sports (PAYS)? Not a PAYS member yet?

If so, take advantage and enroll now for this year's Youth Sports season. Those not enrolled will not be allowed to assess in the Mandatory Assessment for team selection in the sports season. Anvone can be one. just go to

http://www.nays.org/parents or contact us to learn how

Volunteer Baseball and Soccer Coaches and Officials needed for YSF Seasons.

Wednesday, March 13

- Early release at 11:15 a.m. Facility open at

11:30 a m

Power Hour, 3-4 p.m.

Watercolor painting.

Center event.

Friday, March 15

Thursday, March 14

- Power Hour, 3-4 p.m.

- Power Hour 3-4 p.m.

- Triple Play, 4-5 p.m.

Monday, March 18

- Power Hour 3-4 p.m.

"Catan" board game.

- Power Hour, 3-4 p.m.

Duct tape art projects

Wednesday, March 20

Power Hour, 3-4 p.m.

Ping pong tournament

STEM, 4-5 p.m.

Wise Guys Club, 4-5 p.m.

Tuesday, March 19

The Arts Club. 4-5 p.m.

- "Lost Cities" board game.

Gardening Club, 4-5 p.m.

- Keystone Meeting, 2-3 p.m.

Healthy Habits Club, 4-5 p.m.

Deadline to turn in permission slip

for March 15 Late Night at the Youth

Late Night at the Youth Center March

participants ages 10-12 years old.

Madness event 7-9 p.m. event for JAMS

Vamos! MWRROTAMONTHLYMAGAZINE, MARCH 2024

Friday, March 1

- Power Hour, 3-4 p.m.
- Triple Play, 4-5 p.m. - Drawing faces.

Monday, March 4

- Power Hour, 3-4 p.m.
- The Arts Club, 4-5 p.m. "Perfection" game.

Tuesday, March 5

- Power Hour, 3-4 p.m. - Popsicles arts and crafts.

Wednesday, March 6

- Power Hour, 3-4 p.m. - STEM. 4-5 p.m.
- "Sorry" board game

Thursday, March 7

- Keystone Meeting, 2-3 p.m
- Power Hour, 3-4 p.m. - Smart Girls, 4-5 p.m

"Skip-bo" card game.

- Friday, March 8 Power Hour, 3-4 p.m.
- Triple Play, 4-5 p.m.

Pool tournament.

- Monday, March 11 Power Hour, 3-4 p.m.
- Torch Club. 4-5 p.m. Mindful mandalas

Tuesday, March 12

- Power Hour, 3-4 p.m.

youth sports

956-82-4721 or DSN 727-4721

Rota_youthsports@eu.navy.mil



Thursday, March 21 - Youth Recognition Ceremony, 2-3 p.m. Power Hour, 3-4 p.m.

Hama Beads

Friday, March 22

- No School Day, opening at Noon.
- Triple Play 2-3 p.m.
- Hiking Trip with Outdoor Recreation to Garganta del Capitan. 9 a.m.-6 p.m. Ages 12 years and older. Cost: \$15 Sign up on CYP Online!

Monday, March 25. Spring Break

- No School Day, opening at Noon. - Escape Room Trip to Library: 1:30-3:30 p.m. Cost \$5. Sign up on CYP Online!

Tuesday, March 26. Spring Break

No School Day, opening at Noon. Bowling field trip to Pinz: 1:30-4:30 p.m Cost: \$10. Bowling, transportation and snack included. Sign up on CYP Online!

Wednesday, March 27. Spring Break

No School Day, opening at Noon. Movie trip to Flix: 2:30-5:30 p.m.

Cost: \$5. Movie, transportation and snack included. Sign up on CYP Online.

Thursday, March 28. Spring Break - No School Day, opening at Noon. - 1-2:30 p.m. Come make a healthy snack and play Fun Food Trivia with the Hospital Health Promotions Team!

Friday, March 29. Spring Break

No School Day, opening at Noon. Come relax and enjoy arts / crafts and games with your friends.

Note: Activities with no time listed are available throughout the day. All field trips require pre-registration on CYP online and a signed parent

· youth programs,

JAMS (ages 10-12) and GRAVITY (ages 13-18) 956-82-4625 or DSN 727-4625 Rota_youthcenter@eu.navy.mil

Open Monday-Wednesday and Fridays: 2:45-6:30 p.m. Thursdays: 1:45-6:30 p.m. Non school days: Noon-6:30 p.m.

Late Night at the Youth Center

Friday, March 15, 7-9 p.m.

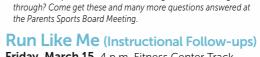
Pre-teen March Madness event for Jams Members ages 10 to 12 years old. Come enjoy basketball themed contests, food and fun with your friends. The event is free but space is limited and pre-registration and a signed parent permission slip are required by Wednesday, March 13.

Monthly Recognition

Each month the Youth Center Staff will recognize a Teen, "Youth of the Month" and a Pre-Teen, "Amazing Kid of the Month". Youth Center staff members are on the lookout for youth who demonstrate positive participation, volunteerism good sportsmanship and character as well as leadership in various Youth Center clubs or day to day activities.

Spring Break Trips

Sign up and pay on CYP Online to go hiking, bowling to an escape room or to catch a movie with CYP during Spring Break. A signed parental permission slip is required for each trip.



Thursday March 7, Noon. All current CYP & NAYS

Do you have question about the Sports Program? Would you like to

parents will receive an invitation through email.

see another sport available? What training do the coaches go

Youth Baseball Spring Break

Tuesday-Thursday, March 26-28, 2-4 p.m.

Please register online or call 727-4721 for information.

CYP Online Registration starting Friday, March 1,

Preseason Training

Open until filled. Don't delay, spots fill quickly!

Parents Sports Board

6 a.m. Ages 6-14 years old.

Free. Limited space.

Video Meeting

Friday, March 15, 4 p.m. Fitness Center Track. Ages 6-14 years old.

Come Run and learn run techniques at the track.

This is a continuation from last year's class to prepare the kids for the next big run challenge coming soon.

YSF Baseball/Softball (Start Smart) CYP Online Registration Starting Tuesday, March 19, 6 a.m. \$60.

Start Smart fee: \$25. Open until filled. Don't delay spots fill quickly!

Youth Baseball and **Softball Assessment**

April 23, 5 p.m. Ages 6-14 years old. Youth Sports Complex







CFL Meeting

Wednesday, March 13, 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

Thursday, March 21, 5 p.m. Must register by March 20, Noon. Fitness Center.

The Youth Certification teaches the fundamentals of fitness, proper use of equipment in our 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 will be able to use the Fitness Center facility



CALENDA	R	PICK UP GAMES		COACH MEETING
EVENT	DATES		DEADLINE	
MARCH		*		,
Women'SSS (SPORT SAFE SPACE)	8 (Friday)		6	
Softball Spring Tournament	12-14 (Tuesday-Thursday)	5	6	
CC Softball League	19 (Tuesdays & Thursdays)		15	18
APRIL				
Outdoor Soccer Tournament	16-18 (Tuesday-Thursday)	9	10	
CC Outdoor Soccer League	29 (Mondays & Wednesdays)		23	25
MAY				
Disc Golf Clinic & Competition	17 (Friday)		13	
Memorial Basketball Tournament	24-25 (Friday-Saturday)	20	21	22
Frisbee Tournament	31 (Friday)	28	29	

Learn to Swim Classes:

available by appointment only.

March 6-8 and 13-15.

Swim Classes Schedule Two weeks Wednesday-Friday,

Ages 8 months-3 years old, 10-10:30 a.m. These lessons are designed to introduce infants and toddlers to the water and focus on exploring body positions, blowing bubbles, and fundamental safety and

aquatic skills. Parents or caregivers must accompany the child into the water and participate in the class.

Parent & Child Swim Classes:

Ages 4 years and older, Levels 1-2: 4-4:45 p.m. Levels 3-5: 5-5:45 p.m.

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

- Races 1. You can sign up your team/command using the Teams QR code, or you can sign up individually using the Free Agents QR code.
- 2. Sign ups will be over at NOON of the deadline date

CC Leagues

TEAM

3. Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.

Clinics

Tournaments

4. Any questions and/or suggestions to Rota_Sports@eu.navy.mil





SUCCEED AGAIN

Learn on base, online, & hybrid



Visit us on base Bldg. 3293 or in our virtual office





FFSC ROTA :

MARCH

PARENTING



FOR PARENTS WITH CHILDREN **AGES 2-12 YEARS OLD**

Reinforce your child's positive behaviors

Develop a positive relationship with your child

Manage your child's challenging behavior **Four Sessions** April 1, 8, 15, 22

- Navigating Parent Child Conflict. 4/1
- Staying Connected During Change. 4/8
- Collaborative Parenting. 4/15
- Helping Children Navigate Divorce. 4/22

Register Now:

AT FLEET AND FAMILY SUPPORT CENTER

For more information, please call 956 82 3232

NO Child Care Available

IN PARTNERSHIP WITH: **Military and Family Life Counseling Program**

FLEET AND FAMILY SUPPORT CENTER Hours: Monday-Friday, 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





DATES PROGRAMS

01

THE STARS ARE LINED UP FOR MILITARY SPOUSES

TRANSITION WORKSHOP 04

INTER-CULTURAL RELATIONS (ICR) March 11-14, 8:30 a.m.-3 p.m.

JOB INTERVIEW TECHNIQUES

10 STEPS TO A FEDERAL JOB

STRESS MANAGEMENT

PLANNING FOR RETIREMENT

TRANSITION WORKSHOP

rch 18-22, 8 a.m.-4:30 p.m. NTER-CULTURAL RELATIONS (ICR)

JEREZ "HOLY WEEK PARADES" TOUR

29/30/31

March 12, 19, 21 and 26, Noon-1:30 p.m. 12-26 INTERMEDIAL SPANISH CLASSES March 12, 19, 21 and 26, 10-11:30 a.m.









For any other class availability, please call us.

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956-82-2527 or DSN 727-2527 single or unaccompanied servicemen and women

CABER TOSS

STONE PUT

HAY BALE HOIST

HAMMER THROW

WEIGHT OVER THE BAR

Friday, March 1, 1-10 p.m.

Celebrate Women's History Month with an empowering movie marathon and delightful cake—honoring the trailblazers of yesterday and today!

Monday, March 4, 1-10 p.m.

We'll show our gratitude on Hug a Service Member Day with a sweet treat—snow cones and hugs to salute our heroes!

Thursday, March 7, 7 p.m. Flix Movie Theater at El Patio. Free for single/unaccompanied E6 and below.

Come join the Liberty staff at the Flix Movie Theater for a free movie. Enjoy hot buttered popcorn and an ice cold soft drink on us! On the day of, sign in on the Liberty Sheet at the front

Friday, March 8, 1-10 p.m.

Celebrate National Proofreading Day by showcasing your eagle eyes in our competition to spot the most errors! Win a prize.

Thursday, March 14, 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. Provided: bowling lanes, shoe rental and pizza.

Sunday, March 17, 5-11 p.m.

At Pinz Bowling Center. Wear green and join us at Pinz Bowling to celebrate St. Paddy's Day with a free Karaoke Jam.

Tuesday, March 19, 6 p.m.

Take on the ultimate 'Try Not to Laugh' challenge and win a gift certificate—laughter might just be the best reward!

Wednesday, March 20, 1-10 p.m.

Welcome the first day of spring by planting vibrant veggies and fruits in The Liberty Center garden—blossom with nature's bounty!

Thursday, March 21, 6:15 p.m.

Join us at Liberty for a paw-some evening at Doggie Date Night—where patrons can cuddle, play, and bond with our lovable furry friends!

Friday, March 22, 6 p.m.

Mark World Water Day with purpose: join our evening beach stroll, clean up, and then savor coffee and snacks at a nearby café—making waves for a cleaner world! Roundtrip transportation, trash bags and gloves will be provided.

Friday, March 29, 5:30 p.m.

Join us tonight for the Liberty and Health Promotions Leftover Challenge and transform yesterday's meals into today's nutritious delights!

Saturday, March 30, 2-4 p.m.

Unleash your inner artist and breathe life into fantasy worlds with our Miniature Fantasy Figurine Painting Class—an adventure in every stroke! Miniatures, paint and brushes will be provided.

Sunday, March 31, Noon-3 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.



KELTIC HIGHLAHD GAMEST

MARCH eVents

FRIDAY, MARCH 15

5:30-7:30 p.m. At El Patio

Free. Five member teams.

Are you ready to compete for the Highlands? Come out to El Patio where you and your team can compete in various events including: caber toss, hay bale hoist, weight over the bar, stone put, and hammer throw. This event is open to single/unaccompanied service members and their quests. Kilts are provided!

ADVENTURE

Wednesdays, March 6

Have you ever thought about trying your hand

PAINTING & MIXED MEDIA 101

Do you have enough décor in your room? No

instructor so you can create your own work of

YOGA & MINDFULNESS CLASS

Come take your mind off any stressors you are

facing with a relaxing yoga/meditation class.

worries, we'll get you set up with an art

art to display. Art supplies are provided

Thursday, March 28, 6:15 p.m.

at guitar? Come to start or continue your

musical journey! Guitars are provided.

Tuesday, March 12, 6 p.m.

SAII OR

QUEST

and 27, 6 p.m.

GUITAR LESSONS

LIBERTY TRIPS Via Ferrata

DISCOUNTED

Saturday, March 16, 7:30 a.m.-6 p.m. Must register by March 13. Ages 18 years and

older. \$68 per person for single/unaccompanied E6 & below. A Via Ferrata (Italian for "iron way") is a mountain route

equipped with steel cables, ladders, and other fixed anchors, for example wooden walkways and suspended bridges. Running along ledges, up vertical rock walls and across exposed mountainsides, the artificial equipment makes the peaks accessible to everyone with a good level of fitness. Trip

includes roundtrip transportation, expert guide and gear. **Granada Self-Guided Tour**

Saturday, March 30, 6 a.m.-11 p.m. Must register by March 27.

Ages 18 years and older. \$32 per person for single/unaccompanied E6 & below.

Granada was the Moors final stand on the Iberian Peninsula. After over 700 years of reign, the Christian's final siege laid on this city and its palace perched high above. Today the city still retains much of its North African influence through stores. restaurants and teahouses. The long-time capital of Moorish Andalucía, offers some of the most important reminders of this time in Spanish history. The city offers charming narrow streets filled with flowers, taverns serving up the famous Trevélez jamon, flamenco in the gypsy caves of Sacromonte, shopping and more. Provided: roundtrip transportation.

Ages 5-7 years old: Thursdays, 4:30-5:30 p.m. **Ages 8-14 years old: Tuesdays,** 5-6 p.m. or **Thursdays,** 5:30-6:30 p.m.

\$45 per month

\$50 per month.

Classes at the Fitness Center

"gentle" and "Jutsu" meaning "art"; essentially, jiu jitsu is the "gentle art". Brazilian Jiu Jitsu is a predominantly ground-based martial art, using the principals of leverage, angles, pressure and timing, as well as knowledge of the human anatomy, in order to achieve a non-violent submission of one's opponent.

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.

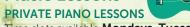
Children option: Twice a week for \$70 per month. Adults ages 18 and older:

Tuesdays, 6-7 p.m. \$50 per month.

Aikido is a modern, non-aggressive Japanese martial art; the study of Aikido involves not only techniques based purely in self-defense, but includes positive character development and ideals that people can incorporate into their daily lives!

Music Lessons

MWR Community Classes offer a range of different



Time slots available Mondays, Tuesdays, Thursdays and Fridays, 3-7:30 p.m.

\$79 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.

options to learn something new!

PRIVATE GUITAR AND UKELELE LESSONS Time slots available

Wednesdays and Thursdays, 4-8:30 p.m. \$72 for a punch card for four 30-minute lessons. Full range of adult and kids lessons for all abilities. Customized guitar lessons: Classical, Acoustic, Electric and Bass. Theory and Musical production lessons from beginner to most advanced levels.

Jiu Jitsu Classes

956 82-2354 or DSN 727-2354

Dance Lessons

(AGES 3-10 YEARS OLD)

of learning to dance to music.

LATIN DANCE LESSONS

Thursdays, 6:30-7:30 p.m.

LYRICAL JAZZ DANCE

Thursdays, 5:30-6:30 p.m.

Classes located at Fitness Center.

and also for those who know some more!

\$40 per month. Ages 6-13 years old.

Classes located at Fitness Center.

Time slots available

Ages 3-5 years old:

CHILDREN BALLET LESSONS

Mondays or Wednesdays, 4-5 p.m.

\$40 per month for once per week.

Ages 6-10 years old: Wednesdays, 5-6 p.m.

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

\$45 per month. Adults 18 years and older.

Learn the basic steps and techniques of Latin Ballroom

dance styles. The classes are great fun and taught in a

friendly and supportive atmosphere. These classes are

perfect for those with little or no Latin dance experience

A combination of ballet and jazz dance that often uses music

include pop, rock and blues as well as hip-hop and music from

with lyrics to inspire the movements of the dancer. Lots of

different types of music are used for lyrical dance. These

opportunity to express themselves through the physical joy

Ages 18 years and older: Tuesdays, 6-7 p.m.

The word "jiu jitsu" derives from the Japanese "Jū" meaning

Spanish Classes

Individual Lessons:

FLAMENCO KIDS

Fitness Center.

Mondays, 5-6 p.m. Ages 4-9 years old.

\$40 per month. Classes located at the

SEVILLANAS FOR FERIA

\$45 per month. Adults 18 years and older.

Flamenco dance is a highly-expressive Spanish dance

form. The Flamenco is a solo dance characterized by

hand, arm, and body movements. Learn this unique

art of dance in the hands of an experienced teacher.

hand clapping, percussive footwork, and intricate

Wednesdays, 9:30-10:30 a.m.

Classes at the Fitness Center.

Private lessons. \$80 per punch card, four lessons included (flexible times).

Group Lessons:

Paid on a monthly basis. \$40 if once per week, \$70 if twice per week.

now! Pre-registration is required.

Times available for all levels. **Adults Group Lessons:**

Mondays and Wednesdays, 10:15-11:15 a.m.

Tuesdays and Thursdays, 5-6 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

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