MWR Rota, Spain

**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 and 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 yournavymwr.com for movie times and schedule.

**Recreation**

Aquatics Center, 727-2129
Starting June 5:
Monday and Tuesday, Closed
Wednesday-Sunday, 4-11 p.m.
Pinz American Cafe
Sunday-Thursday, 11 a.m.-10 p.m.

**Family**

Family with world-class
Program excellence that will
Enhance both mission readiness
And well-being aboard Naval
Station, Rota, Spain.

**Mission**

To provide the Fleet, Fighter and
Support to our customers.

**Our Mission**

Our guiding principles are to
develop a workforce that
will
Enhance both mission readiness
And well-being aboard Naval
Station, Rota, Spain.

**Our Principles**

• Commitment to continual
Compliance with the
Mission.

**Our Vision**

To be recognized as
The MWR Department within
Organization. We will deliver
The requirements of the
Whole system.

**Our Strategic Plan**

•Mission:

To be recognized as
The MWR Department within
Organization.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.

**Our Values**

Our values are to:

•Commitment to continual
Compliance with the
Mission.
Trip(s) are open to U.S. DoD/DoE cardholders only. Registration is required.
956-82-3101 or DSN 727-3101

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

**Tickets and Travel**

**Torremolinos (Malaga) Self-Guided**
Saturday, June 1, 8 a.m.-8:30 p.m.
$40 per person / No cost for child under 14 years old. Must register by May 29.
Torremolinos is a bustling port town, being the first town in Spain to open up to international mass tourism. The trip only includes round trip transportation.

**Bullfight in Sanlúcar Feria**
Saturday, June 1, 6:30-10:30 p.m.
$75 per person. Must register by May 29.
Adults 18 years and older only. Watch three hours of the bull fights in Spain’s Frontera Feria Real, Jerez and Cadiz. All fees paid on site from Torremolinos. Trip includes round trip transportation and entrance to the bull ring. Optional viewing near ocean can be arranged.

**Ubrique Historical Tour**
Saturday, June 8, 9 a.m.-12 p.m.
$70 per person / $55 per child 2-14 years old / No cost for child under 2 years old. Must register by June 6.
This town has been a historical site. Its Roman origins are revealed by the church of old Roman templet between Ubrique and Benalona and, in particular, by the accessible archeological site of Quirat Cebril, a Burial Site, where there are few similar examples in the Iberian Peninsula. Examples of Muslim culture that have stood the test of time include the remains of the Cadiz Cathedral and Tarifa Castle. The town’s medieval old quarter consists of narrow streets, picturesque corners, and beautiful squares. Ubrique is also famous for producing leather goods since Roman times. Nowadays, leather from Ubrique is known internationally and you can find some of their pieces in the most exclusive fashion runways. You are sure to find some of the finest leather goods in the world in a city where leather is art. Tour includes round trip transportation and guide.

**Bodega, Dinner Talks and Flamenco Show**
Saturday, June 15, 6-11:45 p.m.
$320 per person. Adults 18 years and older only. Must register by June 12.
Enjoy the evening enjoying Spain’s famous sherry wine and authentic flamenco dancing. Flamenco teaches singer, dancer and guitarist as well as rhythmic punctuation (by “dancer” that gives its name to this gorge as well as old flour mill or windmill). We can also see boats from the Bride-Aceus cape in the sandstone rock as well as the old fortresses of the supposed “Captain” that gives its name to this gorge as well as old flour mill or windmill. The center city is a pleasant place with many pretty plazas, abundant historical monuments and as you would expect from a city with a bustling port, a wealth of seafood bars and restaurants. The area is relatively compact so you can see the sights with relative ease. The tour includes round trip transportation only.

**Alcornocales Natural Park**
Saturday, June 15, 7:30 a.m.-7 p.m.
$45 per person. Must register by May 29.
The Alcornocales Natural Park located within the limits of the Los Alcornocales Natural Park and the International Biosphere Reserve of the Mediterranean. Along the route of fossil rocks forests with oaks, eucalyptus, laurels and galls stands in the Garganta area. On the way we will enjoy the views of the Bay of Algacines, the salt oak forest, or the public mountain Hoyo de Don Pedro. We can also see tourists from the Bride-Aceus cape in the sandstone rock as well as the old fortresses of the supposed “Captain” that gives its name to this gorge as well as old flour mill or windmill. The center city is a pleasant place with many pretty plazas, abundant historical monuments and as you would expect from a city with a bustling port, a wealth of seafood bars and restaurants. The area is relatively compact so you can see the sights with relative ease. The tour includes round trip transportation and guide.

**Sancti Petri Castle Tour**
Saturday, June 22, 9 a.m.-2 p.m.
$60 per person. Must register by June 19.
Fascinating tour to Spain’s first Constitution of 1812. Trip includes transportation only. Bus ride is approximately 4 hours each way. Portugal is one hour behind Spain, and local currency is euros. You may bring beachwear. For the adventurous spirit, we will offer 4 wheels quad tours of sun on your skin, and the wonderful blue sea horizon, a treat to all the senses. Tapa and drinks will be served aboard. The trip includes round trip transportation, sailboat ride, and tapas and drinks.

**Sancti Petri Castle Tour**
Saturday, June 29, 6 a.m.-11 p.m.
$60 per person. Must register by June 19.
Fascinating tour to Spain’s first Constitution of 1812. Trip includes transportation only. Bus ride is approximately 4 hours each way. Portugal is one hour behind Spain, and local currency is euros. You may bring beachwear.

**Quads Tour in Tarifa**
Saturday, July 6, 8:30 a.m.-4 p.m.
$150 per person. Must register by July 3.
For the adventurous spirit, we will offer 4 wheels quad tours designed for those keen to get the adrenaline flowing. Our guides will take you through the natural reserve of Los Alcornocales for two hours. You will enjoy the spectacular scenery of Tarifa and meet domestic animals. Quads are available for all ages, all weather conditions, recognize your own limitations and have respect for the elements and provide you with the skills and experience to enjoy the thrill of quad riding. Trip includes the very basics of quad riding including teaching participants how to ride a chosen point on the water and return to where they started in tight winds. Price includes round trip transportation, all quad and quad riding gear and guided instructor. Note: No previous experience is necessary, although you must be able to swim. Difficulty Level: 2-Moderate.

**Night Kayak and Sancti Petri Castle Tour**
Tuesday, June 18, 8:30 p.m.-Noon. $55 per person. Must register by June 14.
Experience one of the most scenic, relaxing, and rewarding tours by kayaking on the Bay of Cadiz in Sanlúcar. The Castillo de San Petri is a defensive fortification located on an island located in the middle of the bay. This stronghold of great strategic importance was part of the line of fortifications that protected the entrance of Sancti Petri. Here, you will discover the true meaning of virtual like courage, equality, sacrifice and teamwork, which the trophies of Sancti Petri Castle fought for two and a half years fighting for freedom and the values of Spain’s First Constitution of 1812. Trip includes round trip transportation, guide, kayak and life-vest. No experience required. Must know how to swim. Difficulty Level: 2-Moderate.

**Stand-Up Paddle Board and Kayak Tour at Los Corrales Beach**
Saturday, June 22, 9 a.m.-2 p.m.
$60 per person. Must register by June 19.
Paddling is fun for the whole family. Visit people without water experience will learn in just a few minutes. This means you can spend more time having fun. Stand-Up Paddle Sailing and Windsurfing course teaches the very basics of windsurfing. The program is designed to assist participants in obtaining the necessary skills to deal with all weather conditions, recognize their own limitations and understand the elements and provide them with the skills and experience to enjoy the third of windsurfing. This course teaches the very basics of windsurfing including teaching participants how to sail a chosen point on the water and return to where they started in tight winds. Price includes round trip transportation, all Paddle Boarding, windsurfing gear and guided instructor. Note: No previous experience is necessary, although you must be able to swim. Difficulty Level: 2-Moderate.

**Sancti Petri Castle Tour**
Saturday, July 14, 8:30 a.m.-4 p.m.
$100 per person. Must register by June 12.
This delightful town is known for its beautiful Mediterranean beaches, delicious local food for coastal hills, unspoiled Bay of Cadiz, and famous Cave of Tarifa. First time riders are welcome and no previous experience is necessary. Adult only. Must register by July 3.

**Sancti Petri Castle Tour**
Saturday, July 28, 6:30 a.m.-9 p.m.
$75 per person. Must register by June 19.
This delightful town is known for its beautiful Mediterranean beaches, delicious local food for coastal hills, unspoiled Bay of Cadiz, and famous Cave of Tarifa. First time riders are welcome and no previous experience is necessary. Adult only. Must register by July 3.

**Sancti Petri Castle Tour**
Saturday, August 18, 8:30 a.m.-4 p.m.
$150 per person. Must register by July 3.
This delightful town is known for its beautiful Mediterranean beaches, delicious local food for coastal hills, unspoiled Bay of Cadiz, and famous Cave of Tarifa. First time riders are welcome and no previous experience is necessary. Adult only. Must register by July 3.

**Sancti Petri Castle Tour**
Saturday, September 1, 8:30 a.m.-4 p.m.
$100 per person. Must register by August 19.
This delightful town is known for its beautiful Mediterranean beaches, delicious local food for coastal hills, unspoiled Bay of Cadiz, and famous Cave of Tarifa. First time riders are welcome and no previous experience is necessary. Adult only. Must register by July 3.
Wings Of Fire
Adventure Challenge

Fridays in June, 6-7 p.m.
Registration required.
This 4-day Adventure Challenge will take you on a quest to find four vital treasures. You’ll explore the world of adventure, teamwork, and problem-solving. All ages welcome! Please call for more information.

KIDS
PETE THE CAT SCREAMS FOR ICE CREAM!
By: James Dean
I scream! You scream! Pete screams for ice cream! The Just Chillin’ ice cream truck is coming today and Pete the Cat can’t wait. He runs as fast as he can to find the truck. It’s getting late, but his friends need his help. Will Pete take a little time out of his day to help his friends?

JUVENILE
GUARDIAN TEST, LEGENDS OF THE LOTUS ISLANDS #1
by Christina Soontornvat
A new young middlegrade fantasy series for readers who love stories about animals, magic, and kids like them embracing their power to change the world. This time Plum and her friends are traveling to the misty Bokati Island. There they will study with the mysterious Guardian Master Em, who is the keeper of the ancient forest there. The field trip comes just in time for Plum, who still can’t figure out why she is so different from the other Novices on Lotus Island.

TEENS
BEASTLY BEAUTY
by Jennifer Z첩chen
A revolutionary, gender-swapped retelling of Beauty and the Beast that will bewitch, challenge, and show you how to think about beauty, power, and what it really means to follow your heart. What makes a girl, a ‘beast’? Is there too much ambition? Being too perfect? Taking up too much space? Or is it just wanting something, anything, too badly? That’s the problem Arabela Airlines faces when she makes her debut in society. Her parents want her to be sweet and compliant so she can marry well, but by as she might, Arabela can’t extinguish the fire burning inside her — the source of her deepest wishes, her wildest dreams.

ADULT
THE CAUTIOUS TRAVELLER’S GUIDE TO THE WASTELANDS
by Sarah Brooks
For fans of Finnick and The Hunger Games, a thrilling historical fantasy novel set on a grand express train, about a group of passengers on a dangerous journey across a map of land that is filled with risks. There is only one way to travel across the Wastelands: on the Trans-Siberian Express, a train as famous for its luxury as for its danger. The train is never short of passengers, eager to catch sight of the Wasteland and create more miracles and terrifying than anything they could imagine. But on the train’s last journey, something went terribly wrong, though no one seems to remember what exactly happened. Not even Zhang Weikai, who has spent her life on board and found herself the train’s secrets.

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-respect.

Starting Thursday, June 13.
Sign-ups begin on Tuesday, June 11 at the MWR Library or online at https://jssrslt.Library.Baanstail.org
All ages, TFL Card holders only.
Each week a new title is planned for kids (ages 3-12 years old). Teens (ages 13-17 years old) and Adults (ages 20 years and older). Crafts will be Tuesdays and Thursdays, 11 a.m.-12 Noon and Noon-1 p.m.

COMMUNITY CLASSES
MWR Community Classes offer a range of different options to learn something new!

SUMMER MUSIC LESSONS
PRIVATE PIANO LESSONS
Time slots available: Mondays and Fridays, 10 a.m.-2:30 p.m.
$79 for a punch card for four 30-minute lessons.
Take individual piano lessons from beginning to advanced, learn to play piano and read music with our experienced instructor.

PRIVATE GUITAR AND UKULELE LESSONS
Time slots available:
Wednesdays and Thursdays, 4-8:30 p.m.
$72 for a punch card for four 30-minute lessons.
A range of beginners and kids lessons for all ages! Customized guitar lessons: Classical, Acoustic, Electric and Bass. Theory and practical production lessons from beginner to most advanced levels.

JUJITSU CLASSES
Ages 5-7 years old:
Thursdays, 4-5:30 p.m.
Fridays, 4-5:30 p.m.
$45 per month.
Ages 8-13 years old:
Fridays, 4:50-5:50 p.m.
$70 per month.

AIKIDO CLASSES
Ages 5-7 years old:
Thursdays or Fridays, 4-4:45 p.m.
$45 per month.
Ages 8-13 years old:
Fridays, 4:50-5:50 p.m.
$70 per month.

AIKIDO CLASSES
Ages 5-7 years old:
Thursdays or Fridays, 4-4:45 p.m.
$45 per month.
Ages 8-13 years old:
Fridays, 4:50-5:50 p.m.
$70 per month.

Adults ages 18 and older:
Thursdays, 6-7 p.m.
$50 per month.

MUSICAL PRODUCTION
Lessons:

MUSICAL PRODUCTION
Lessons:
Classical, Acoustic, Electric and Bass. Theory and practical production lessons from beginner to most advanced levels.

MUSICAL PRODUCTION
Lessons:

MUSICAL PRODUCTION
Lessons:

MUSICAL PRODUCTION
Lessons:
piNZ
956-82-2112
or DSN 727-2112
rota_bowling@eu.navy.mil

BOWLING CENTER

CELEBRATE FATHER’S DAY CHALLENGING DAD IN BOWLING
SUNDAY
JUNE 16
2-8 p.m.
PAY HALF OFF ON BOWLING FOR 1 HOUR AND NO SHOE CHARGE FOR POPS

KIDS BOWL FREE IS BACK!
Monday-Friday
Noon-5 p.m. Ages 18 and younger.
RECEIVE DAILY COUPONS EACH WEEK THIS CREDIT NOT INCLUDED.
Register now at: KidsBowlFree.com
Note: Family Pass registration is optional.
All participants must be U.S. DoD cardholders.

FATHERS DAY BOWLING SPECIAL

GOT THE KIDS OUT THE HOUSE THIS SUMMER AND TAKE THEM TO PINZ BOWLING CENTER!

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 personnel in uniform with the purchase of a complete meal and drink.

Family Night
Mondays, 4-8 p.m.
Families up to 4 people per lane can bowl for one hour including shoe rental for $15.

Couples Night
Tuesdays, 5-10 p.m.
Groups of up to four people can bowl one hour including shoe rental for $55 with a purchase of $12 at the pro shop.

League Bowling and Command Night
Wednesdays, 6-10 p.m.
Our Bowling League has started, come out and support your favorite teams. Team build with your Command or Barracks. Groups of five or more active duty members bowl for one hour at half price when lanes are available!

Liberty’s Bowling Night
Thursday, June 13
Enjoy a free night of bowling and pizza with Liberty (the for single unaccompanied AD E-6 and below). On the second Monday of each month sign in on the Liberty sign-up sheet at the front counter at Pops.

Cosmic Bowling and Karaoke Jam
Fridays and Saturdays, 7-11 p.m.
$23. Groups of up to five people can bowl per lane for one hour, including shoe rental.

2024 SUMMER CAMP
REGISTRATION
Registration packet can be picked up at bldg. #1 SAC or dowloaded from the internet at navymwrrota.com.
Please contact our front desk 956-82-2839 or DSN 727-2839 to learn about weekly themes and field trips. Subject to availability and eligibility.

Camps begin Monday, June 10

Specialty Camps

Week 1 June 10-14
Craft Camp

Week 2 June 17-21
Jurassic Park Theme (closed June 19)

Week 3 June 24-28
Optimus Specialty Camp (Legos Robotics) 9:30-11:30 a.m. (Hours vary)

Week 4 June 28-July 2
Dino Day

Week 5 July 2-6
Camps are subject to availability.

SAC, CDC, YSF, 5L AND TEEN REGISTRATION AND SIGN-UP INFORMATION:

• CYP Registration- All documents are accessible via the QR code or via the MWR webpage (www.navymemoria.com), submit the forms for SAC/Youth/VV registration to SAC, Bldg. 41 or for the CDC at Bldg. 1963.
• Use MCC.com for Reserving a CDC/SAC FULL TIME and SAC CAMPS for your child.
• Use CYPOnline.com for:
  - Paying for CDC/SAC FULL TIME and Hourly and SAC Camp.
  - 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 this online system.
• Get your family ID from us if you don’t remember it.

CHILD CARE AVAILABILITY:

Children are available for all eligible personnel at the CDC for ages 6 weeks to 5 years, before and after care for June Start, and PSCD enrolled children. The SAC provides before and after school care during the school year for Kindergarteners through 12 years of age and camp during the summers. Come visit any of our programs for more information.

CYP CLOSURE

June 19, in honor of the Federal Holiday, Juneteenth.

• SAC (k-6th grade), 956-82-2839 or DSN 727-2839
  Rota_SAC@eu.navy.mil
  Bldg. #41. Open: before and after school. 6-8 a.m. and 2:30-6:30 p.m.

• CDC (6 weeks - 5 years)
  956-82-1100 or DSN 727-1100
  Rota_CDC@eu.navy.mil
  Bldg. #1963. Open: 6 a.m.-6:30 p.m.

Celebrate Juneteenth With Us
Tuesday, June 18, 3 p.m. at the CDC.
Families join in the excitement as we embark on a journey through our Freedom Art Gallery Wall, discovering powerful artworks that honor the spirit of Juneteenth. Then, bond with your little ones as you create a unique Juneteenth keepsake together, handprinting your family’s journey onto a unique Juneteenth keepsake. Don’t miss this opportunity to come together as a community for a day of reflection, creativity, and celebration.

SUMMER CAMP REGISTRATION CONTINUES:
Watch for our information about specialty camps within our Summer Camp Program. This year in addition to our regular weekly summer camp, we will be adding specialty camps within our Summer Camp Program. Check the calendar and sign up early on line.

PARENT’S NIGHT OUT

Friday, June 14, 5-10 p.m.
Parent’s Night Out offered at the CDC for children 6 weeks to 12 years old (free 6:30 p.m. or any hour within the remaining timeframes. Must register from June 1-7 to the CDC to get more information. 707-1856

JUNE 16
2-8 p.m.
PAY HALF OFF ON BOWLING FOR 1 HOUR AND NO SHOE CHARGE FOR POPS

NEW!!

HOUSE SPECIALTY
Fresh & Crispy

Potato Wedges (Personal and Family Size)
Hand Battered Chicken Tenders
Mozzarella Sticks
Fried Chicken Wings & Pieces w/Sauce (BBQ, Buffalo and Cajun)
Chicken Tender Combo Pack

Now Available at Bombers, 10 a.m.-7 p.m. Mon.-Fri.

82-2112
or DSN 727-2112

ON GOING

2024

Summer Camp Registration continues:
Watch for our information about specialty camps within our Summer Camp Program. This year, in addition to our regular weekly summer camp, we will be adding specialty camps dealing with various themes from STEM, to music and circus skills. Availability is limited, so make sure you are up to date on registration at SAC, check the calendar, and sign up early on line.

Camps begin Monday, June 10

Week 1
June 10-14
Craft Camp

Week 2
June 17-21
Jurassic Park Theme (closed June 19)

Week 3
June 24-28
Optimus Specialty Camp (Legos Robotics) 9:30-11:30 a.m (Hours vary, call)

Week 4
June 28-July 2
Dino Day

Week 5
July 2-6
Camps are subject to availability.

Camps begin Monday, June 10

Specialty Camps

Week 1
June 10-14
Craft Camp

Week 2
June 17-21
Jurassic Park Theme (closed June 19)

Week 3
June 24-28
Optimus Specialty Camp (Legos Robotics) 9:30-11:30 a.m (Hours vary)

Week 4
June 28-July 2
Dino Day

Week 5
July 2-6
Camps are subject to availability.

PARENT’S NIGHT OUT

Friday, June 14, 5-10 p.m.
Parent’s Night Out offered at the CDC for children 6 weeks to 12 years old, from 6:30 p.m. or any hour within the remaining timeframes. Must register from June 1-7 to the CDC to get more information. 707-1856

JUNE 16
2-8 p.m.
PAY HALF OFF ON BOWLING FOR 1 HOUR AND NO SHOE CHARGE FOR POPS

NEW!!

HOUSE SPECIALTY
Fresh & Crispy

Potato Wedges (Personal and Family Size)
Hand Battered Chicken Tenders
Mozzarella Sticks
Fried Chicken Wings & Pieces w/Sauce (BBQ, Buffalo and Cajun)
Chicken Tender Combo Pack

Now Available at Bombers, 10 a.m.-7 p.m. Mon.-Fri.

82-2112
or DSN 727-2112

ON GOING

2024

Summer Camp Registration continues:
Watch for our information about specialty camps within our Summer Camp Program. This year, in addition to our regular weekly summer camp, we will be adding specialty camps dealing with various themes from STEM, to music and circus skills. Availability is limited, so make sure you are up to date on registration at SAC, check the calendar, and sign up early on line.

Camps begin Monday, June 10

Week 1
June 10-14
Craft Camp

Week 2
June 17-21
Jurassic Park Theme (closed June 19)

Week 3
June 24-28
Optimus Specialty Camp (Legos Robotics) 9:30-11:30 a.m (Hours vary, call)

Week 4
June 28-July 2
Dino Day

Week 5
July 2-6
Camps are subject to availability.

PARENT’S NIGHT OUT

Friday, June 14, 5-10 p.m.
Parent’s Night Out offered at the CDC for children 6 weeks to 12 years old, from 6:30 p.m. or any hour within the remaining timeframes. Must register from June 1-7 to the CDC to get more information. 707-1856

JUNE 16
2-8 p.m.
PAY HALF OFF ON BOWLING FOR 1 HOUR AND NO SHOE CHARGE FOR POPS

NEW!!

HOUSE SPECIALTY
Fresh & Crispy

Potato Wedges (Personal and Family Size)
Hand Battered Chicken Tenders
Mozzarella Sticks
Fried Chicken Wings & Pieces w/Sauce (BBQ, Buffalo and Cajun)
Chicken Tender Combo Pack

Now Available at Bombers, 10 a.m.-7 p.m. Mon.-Fri.

82-2112
or DSN 727-2112

ON GOING

2024

Summer Camp Registration continues:
Watch for our information about specialty camps within our Summer Camp Program. This year, in addition to our regular weekly summer camp, we will be adding specialty camps dealing with various themes from STEM, to music and circus skills. Availability is limited, so make sure you are up to date on registration at SAC, check the calendar, and sign up early on line.

Camps begin Monday, June 10

Week 1
June 10-14
Craft Camp

Week 2
June 17-21
Jurassic Park Theme (closed June 19)

Week 3
June 24-28
Optimus Specialty Camp (Legos Robotics) 9:30-11:30 a.m (Hours vary, call)

Week 4
June 28-July 2
Dino Day

Week 5
July 2-6
Camps are subject to availability.
SUMMER SPECIALTY CAMPS

OPTIMUS STEM CAMP
- Session 1: Monday-Friday, June 24-28, 9:30 a.m.-12:30 p.m.
  Level: Pre-teens, Ages 10-14 years old. $50. Must register and pay at CYP Online by June 21. No refunds cannot be provided after June 21.
- Session 2: Monday-Friday, July 15-19, 9:30 a.m.-12:30 p.m.
  Level: Pre-teens, Ages 10-14 years old. $50. Must register and pay at CYP Online by July 12. No refunds after July 12.

Optimus Stem Camp engages campers in the exciting world of robotics, steampunk programming and 3D design and printing. Designed as an engaging and easy way to introduce kids to robotics, campers will work with a very current and real-world theme. Campers learn as scientists and engineers as they progress through projects and challenges, putting their creative problem solving skills to the test.

As well as robotics, they will learn to design their own projects and at the end of the week they will take home their own project printed in a 3D printer.

TECHMAKERS STEM CAMPS
- Monday-Friday, July 15-19, 9:30 a.m.-12:30 p.m.
  Ages 10-14 years old. $50. Must register and pay at CYP Online by July 12. No refunds after July 12.

Techmakers Stem Camps instructs children in robotic, coding and virtual reality. The modules include:

- ROBOTIC CHALLENGES WITH MAKEBLOCK
  This work, students will learn the basic principles of Computational Thinking and Educational Robotics for the assembly and Programming of the mBot robot.

- CREATE ARCADE VIDEO GAMES WITH MAKECODE
  Take your programming skills to a new level by creating retro arcade and retro-style games in Microsoft’s MakeCode environment.

- VIRTUAL / AUGMENTED REALITY WORKSHOP
  Virtual reality and augmented reality are technologies that are transforming how we experience the world. In this workshop, you will get to experience virtual and augmented reality applications.

TECHMAKERS RADIO AND AUDIOVISUAL CAMP
- Monday-Friday, Aug. 5-9, 9:30 a.m.-12:30 p.m.
  Ages 10-15 years old. $50. Must register and pay at CYP Online by Aug. 2. No refunds after Aug. 2.

Techmakers Radio and Audiovisual Camp instructs children on building a radio and podcast. Students will be taught in teams to create content of interest to them. They will be trained on presentation techniques as well as editing, connecting and presenting content.

YOUTH DAILY ACTIVITIES FOR JUNE

Monday, June 5
- Power Hour, 3-4 p.m.
- "Monopoly" board game.

Tuesday, June 6
- Power Hour, 3-4 p.m.
- "Yahtzee" game.

Wednesday, June 7
- Diner Field Trip, 1:30-4:30 p.m.
- Optimus STEM Camp, 1-4 p.m.
- "Phase 10" card game.

Thursday, June 8
- Facilitated Comedy Workshop.
- "DOMINOES" board game.

Friday, June 9
- "Mouse Trap" board game.
- "Optimus" STEM Camp, 1-4 p.m.
- "Yahtzee" game.
- "Phase 10" card game.

Monday, June 10
- Cookies and milk.
- "Optimus" STEM Camp, 1-4 p.m.

Tuesday, June 11
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.

Wednesday, June 12
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.

Thursday, June 13
- Facilitated Comedy Workshop.
- "Paint Pouring" Art Project.

Friday, June 14
- "Optimus" STEM Camp, 1-4 p.m.

Monday, June 17
- A+ Games (mancala, dominoes, Yahtzee, Scrabble), 3-4 p.m.

Tuesday, June 18
- "Optimus" STEM Camp, 1-4 p.m.

Wednesday, June 19
- "Optimus" STEM Camp, 1-4 p.m.

Thursday, June 20
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.

Friday, June 21
- "Optimus" STEM Camp, 1-4 p.m.

Saturday, June 22
- "Optimus" STEM Camp, 1-4 p.m.

Sunday, June 23
- "Optimus" STEM Camp, 1-4 p.m.
- "Phase 10" card game.

Monday, June 24
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.

Tuesday, June 25
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.

Wednesday, June 26
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.

Thursday, June 27
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.

Friday, June 28
- "Optimus" STEM Camp, 1-4 p.m.

Saturday, June 29
- "Optimus" STEM Camp, 1-4 p.m.

Sunday, June 30
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.
- "Optimus" STEM Camp, 1-4 p.m.
**SUMMER CLINICS**

**REGISTER NOW!**

Registration for all camps is open until full. Space is limited.

**June Tennis Fridays**
June 7-28, 4-6 p.m. Ages 9-15 years old. $50. Tennis courts behind SAC building. Tennis is a fun activity for your child to learn, now is the time. Sign-ups are limited. Tennis courts behind the SAC building. If you want your child to learn tennis, now is the time. This camp develops basic skills and refine mechanics of tennis strokes as well as provides lots of tennis fun! Sign-ups are limited. Depending on the numbers, this camp could be broken down into three age groups.

**Tennis Camp**
July 15-19 and Aug. 5-9, $60. Ages 9-14: 10:30-11:45 a.m. Tennis courts behind the SAC building. If you want your child to learn tennis, now is the time. This camp develops basic skills and refine mechanics of tennis strokes as well as provides lots of tennis fun! Sign-ups are limited. Depending on the numbers, this camp could be broken down into three age groups.

**Tennis Camp**
June 24-28, 9-10:30 a.m. Ages 5-7 years old. $60. DGF High School Gym. This camp will introduce many fun sports from indoor soccer, basketball, dodge-ball, race and field events, walks and run. This is sure to be one of the most popular camps so sign up before it's filled up. Kids will participate in activities all around the base. Parents will receive a schedule at sign-up.

**Golf Camp**
June 17-21, $50 Ages 6-8, 9-10:30 a.m. Ages 9-14, 10:30 a.m.- Noon. Theta Golf Course. Youth Sports and Fitness Staff will use the very effective USGA learning principle for our kids to learn. Over sized golf clubs to emphasize success and confidence. Two daily camps divided by age groups. Come on and learn the great game of golf.

**Mini Multi-Sports Camp**
June 24-28, 9-10:30 a.m. Ages 5-7 years old. $60. DGF High School Gym. This camp will introduce many fun sports from indoor soccer, basketball, dodge-ball, race and field events, walks and run. This is sure to be one of the most popular camps so sign up before it's filled up. Kids will participate in activities all around the base. Parents will receive a schedule at sign-up.

**Fun Golf Tournament**
SATURDAY, JUNE 8
Shotgun start at 9 a.m. $20 per person plus green fees (100% of the entry fee is returned to the fund and gift certificates)

**Spanish Schools Workshop**
Wednesday, July 17, 11 a.m. at FSSC, B Classroom. The School Liaison will host a Spanish Schools Workshop to help families who missed Mark registration.

**Back 2 School Resource Fair**
Wednesday, Aug. 14, 1-4 p.m. at the NEX. Join the School Liaison, MFLCs, Population Health, Dental Clinic, CYP, DoDEA, the Boys and Girls Scouts and other community organizations inside the NEX as we host our annual Back 2 School Resource Fair to meet the needs of families. Join the fun and win prizes! Must be TEI cardholders to participate and open to all families (DoD, MWR, and Spanish Schools).

**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 incoming station Liaison.

**Red, White and Blue Golf Tournament**
SATURDAY, JUNE 29
Shotgun start at 9 a.m. $50 per person plus green fees (100% of the entry fee is returned to the prize fund as gift certificates)

**The U.S. Open Pick A Pro Golf Tournament**
SATURDAY, JUNE 15
Shotgun start at 9 a.m. $20 per person plus green fees (100% of the entry fee is returned to the fund and gift certificates)

**MISSOULA CHILDREN’S THEATRE**

**Presenting: RED RIDING HOOD**

Audition:
Monday, July 22, 10 a.m. - Noon

An audition will be held for the Missoula Children’s Theatre MCT production of Red Riding Hood at DGF Multi-Purpose Building from 10 a.m. to noon. Those auditioning should arrive at 9:30 a.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition. All rehearsals and the performance will take place at the DGF Multi-Purpose Building. Registered CYP youth, antenna 3 through 12th Grade are encouraged to audition. No preparation is necessary and there is no cost for the program. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities. The Missoula Children’s Theatre touring productions are complete with full. Space is limited. The Missoula Children’s Theatre touring productions are complete with full. Space is limited. For more information or to register for any of these events please call 956-82-2260 or DSN 727-2260.

**FREE USA* RANGE BALLS FOR ACTIVE DUTY MILITARY**
Tuesdays and Thursdays, 4:30-6:30 p.m.
With PGA tee assignment only on Thursdays.

**Liberty Golf Day**
Sunday, June 30, 1-8 p.m.
This is a fun event and a great way to get outside and enjoy the summer weather.

**Ongoing Programs**
**Family Fun Days**
Every Sunday: 1-8 p.m.

**Twilight Special**
Seven days a week: 4:30-8 p.m.
157 unlimited golf. Carts are $12 double rider or $15 single rider.

**Key Golf Special**
Any single or double rider to 157: Present your hotel key at the golf shop to be eligible for the special rate.

**Standard Club Rental:** $5 (9 holes), $8 (18 holes)

Green fee: $20 (9 holes) or $35 (18 holes)

Note: Discount will be taken from standard green fees.

**New Youth Golf Day**
Sunday, July 28, 1-8 p.m.

**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 incoming station Liaison. No official U.S. Navy endorsement is implied.
**JUNE 19**

**MONDAY NIGHT CARDS & NATIONAL CANDY MONTH: CARAMEL EDITION**
Monday, June 12, 6 p.m.
Join us for Monday Night Cards, a lively evening of classic games like Go Fish, Memory, and War! Unlock your competitive spirit and indulge in the sweet celebration of National Candy Month with a variety of delicious caramels. It’s a perfect blend of fun and candy that will make you dealing out smiles all night long! Cards and candy are provided.

**ARMY BIRTHDAY**
Friday, June 14, 7 p.m.
Celebrate the Army’s 246th Birthday with us! Join the festivities and indulge in delicious cookies as we honor the proud tradition and service of our brave soldiers.

**MONDAY NIGHT CARDS & NATIONAL CANDY MONTH: CARAMEL EDITION**
Monday, June 17, 6 p.m.
Join us for Monday Night Cards, where the excitement of silver tags center stage! Engage in friendly competition and revel in the celebration of National Candy Month with an array of delectable chocolates. It’s a delightful combination of strategy and sweetness that guarantees a night of fun and indulgence! Cards and candy are provided.

**DOMINO DATE NIGHT**
Thursday, June 20, 6 p.m.
Pump up the joy and spirit at Doggie Date Night! A tail-wagging event for mental health awareness. Join us for a night of furry companionship, laughter, and love—because sometimes, a canine cuddle is the best therapy. Let’s fetch joy together!

**NATIONAL SMOOTHIE DAY**
Saturday, June 22, 5:30 p.m., 6 p.m.
Get ready to blend up some bliss on National Smoothie Day! Join us for a refreshing celebration filled with fruity delights and healthy sins. Orchids, fruit, and ingredients for smoothies.

**LIBERTY BOWLING AT PINZ**
Thursday, June 27, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.

**ARMY BIRTHDAY**
Saturday, June 29, 6 a.m.-11 p.m.
Must register by June 26. Ages 18 years and older. $36 per person for single/unaccompanied E6 and below.

**ALBUFEIRA, PORTUGAL SELF-GUIDED**
Saturday, June 29, 6 a.m.-11 p.m.
Must register by June 26. Ages 18 years and older. $36 per person for single/unaccompanied E6 and below.

**CARIBBEAN TRIPS**
Discounted Liberty trips.
Stand-Up Paddle Board and Kayak Tour at Los Corrales Beach
Saturday, June 29, 9 a.m.-2 p.m. Must register by June 26. Ages 18 years and older. $36 per person for single/unaccompanied E6 and below.

**Car Insurance for Naval Station Rota Personnel**
Backed by multilingual support from quote to claim—Clements has you covered.

**LIBERTY BOWLING AT PINZ**
Thursday, June 13, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.

**LIBERTY BOWLING AT PINZ**
Thursday, June 13, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.

**LIBERTY BOWLING AT PINZ**
Thursday, June 13, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.

**LIBERTY BOWLING AT PINZ**
Thursday, June 13, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.

**LIBERTY BOWLING AT PINZ**
Thursday, June 13, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.

**LIBERTY BOWLING AT PINZ**
Thursday, June 13, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.

**LIBERTY BOWLING AT PINZ**
Thursday, June 13, 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 up on the liberty shelf at the front counter in Pinz. Provided: bowling lanes, shoe rental and pizza.
DEPLOYMENT: It is not always an easy topic to discuss. Service members are sometimes apprehensive about having to tell their loved ones they will be gone for a while. There can be feelings of guilt for leaving someone else to take care of their household duties. Family members can be a bit nervous about the upcoming changes in routine. Partners, parents, and children sometimes feel the pressure of the additional responsibilities while maintaining their own day-to-day tasks.

The Emotional Cycle of Deployment describes the emotional and behavioral changes that may occur during a deployment. Understanding this cycle and common emotions for each stage can help service members and their families adjust to the changes they will experience.

When we take the time to understand what we are feeling, we can find healthy ways to navigate our emotions. Whether it’s the 1st deployment or the 15th, there will always be some type of emotion attached to it. However, one thing about the military community is the resiliency it is known for. Resiliency is the ability to withstand, recover, and grow in the face of stressors and changing emotional and behavioral changes that may occur during a deployment. Understanding this cycle and common emotions for each stage can help us recognize the process and actively support each other.

When a service member deploys, their emotions are affected. Whether it’s the initial shock of departure or the final stage before reintegration, emotions will ebb and flow. Understanding these stages, and the emotions associated with them, can help service members and their families adjust to the changes they will experience.

CYCLE OF DEPLOYMENT

Stage 1: Anticipation of Departure
Before deploying, service members may feel anxiety or even fear to prepare for deployment. The stress of being away from family and friends can lead to feelings of anxiety.

Stage 2: Detachment and Withdrawal
This second stage usually takes place during the last week before deployment. During this period, service members are often preoccupied with their thoughts and feelings, neglecting their family and friends.

Stage 3: Emotional Disorganization
During this stage, service members may feel a disconnect from their family and friends. They may experience feelings of isolation and disconnection from their loved ones.

Stage 4: Recovery and Stabilization
Stage five begins with the realization that the service member is no longer deployed. This stage is marked by the service member’s return to normalcy, and a greater sense of well-being.

Stage 5: Anticipation of Return
The anticipation of homecoming may be tinged with anxiety as service members consider the changes that will occur when they return home.

Stage 6: Return and Reintegration
After the service member returns home, they may experience a mix of emotions, ranging from shock and readjustment to the routine of everyday life.

Stage 7: Reinforcement and Stabilization
During the final stage, the service member begins to return to their normal routine of life. They begin to adapt to the changes brought on by deployment.

NAVIGATING NEW NORMS:
THE EMOTIONAL CYCLE OF DEPLOYMENT

STAGE 1: Anticipation of Departure
Before deployment, service members may feel anxiety or even fear to prepare for deployment. The stress of being away from family and friends can lead to feelings of anxiety.

STAGE 2: Detachment and Withdrawal
This second stage usually takes place during the last week before deployment. During this period, service members are often preoccupied with their thoughts and feelings, neglecting their family and friends.

STAGE 3: Emotional Disorganization
During this stage, service members may feel a disconnect from their family and friends. They may experience feelings of isolation and disconnection from their loved ones.

STAGE 4: Recovery and Stabilization
Stage five begins with the realization that the service member is no longer deployed. This stage is marked by the service member’s return to normalcy, and a greater sense of well-being.

STAGE 5: Anticipation of Return
The anticipation of homecoming may be tinged with anxiety as service members consider the changes that will occur when they return home.

STAGE 6: Return and Reintegration
After the service member returns home, they may experience a mix of emotions, ranging from shock and readjustment to the routine of everyday life.

STAGE 7: Reinforcement and Stabilization
During the final stage, the service member begins to return to their normal routine of life. They begin to adapt to the changes brought on by deployment.

For any other class availability, please call us.

24/7 NAVSTA Rota
Sexual Assault Hotline
646-407-871
facebook.com/ffsc.rota
**Command Fitness Leader (CFL) Certification Course**

**Monday-Friday, June 24-28, 7-8 a.m.**

All the Fitness Center and NOCS Cards Room. Active Duty only.

- Command Fitness Leaders (CFL) play an integral part in the overall fitness and readiness of Sailors. CFLs are not only responsible for conducting the annual December Health Assessment (DHA) for their commands, but also provide exercise programming and guidance throughout the year to ensure the members of their command maintain physical readiness.

- CFLs must be trained and certified through the bi-annual Command Fitness Leader Certification Course. Important Notice: The cardiovascular assessment of the DHA will include a 1.5-mile run (2.4 kilometers) and an open 1.5-mile run (2.4 kilometers). There is a $25 fee for participation in the event. Participants must pay when they sign up. Medals will be given to top 3 male and female finishers in these categories:

**CHALLENGE OF THE MONTH: Summer Sunrise Spin Session Challenge**

Friday, June 21, 7 a.m. at the Fitness Center turf field.

What a better way to start the summer than with an outdoor Sunrise Spin Session and some great music? Don’t be the last to sign-up, limited spots available.

**CFL Meeting**

Wednesday, June 12, 11:30 a.m.

CFL Meeting for Command Fitness Leaders and Assistant Command Fitness Leaders. CFLs will be starting practical training and updated information for continuing education of the CFLs in their commands.

**Youth Fitness Certification**

Thursday, June 20, 5 p.m. Must register by June 19. Noon.

Ages 10-17 years old.

Youth certification teaches the fundamentals of fitness, proper use of equipment in the facility and DoD policy that pertains to physical fitness in MWR facilities. Youth 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**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Pick Up Games</th>
<th>Disabled</th>
<th>Coach Meeting</th>
<th>FREE AGENT</th>
<th>TEAM SIGN UP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUNE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beach Volleyball Co-ed Clinic</td>
<td>24th (Fri)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Volleyball Intramural Tournament</td>
<td>27th (Mon-Fri)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>JULY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5k Golf Tournament</td>
<td>10th (Sat)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>5k Road Race</td>
<td>13th</td>
<td>15</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Flag Football Intramural</td>
<td>10th (Sat)</td>
<td>18</td>
<td>30</td>
<td>15</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>AUGUST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CC Flag Golf League</td>
<td>13th (Fri &amp; Weds)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Tennis Intramural</td>
<td>17th (Sun)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Volleyball Intramural</td>
<td>17th (Sun)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Tennis Intramural Tournament</td>
<td>17th (Sun)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

---

**Drive-In Theatre**

**FREE SHOWING**

Drive-In will OPEN the second Saturday of each month for a free showing during the year 2024.

**Saturday, June 8, 10:30 p.m.**

Open to everyone. Free admission only. Snack bar available for food and beverage purchases. All movies will be family friendly.

---

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

- You can bring food, but please NO GLASS!
- Alcohol is prohibited.
- No pets, only service dogs allowed.
- Per Navy instruction, any child under the age of three years old is required to wear a swim diaper, regardless of being potty-trained.

---

**FITNESS & aQUATICS**

**2024 MWR SPRINT TRIATHLON**

**JUNE 15**

9 a.m. | Admiral's Beach

Ages 18 years and older.

The length of a sprint triathlon is about 1/2 the distance of a half marathon, usually consisting of a swim, bike, and run. The number of participants is typically limited.

**RECREATION SWIM:**

Wednesday-Sunday, Noon-7 p.m.

**OUTDOOR POOL SUMMER SCHEDULE STARTING JUNE 5**

**SIGN/hyphen.caseUPS**

**5:00 PM**

**FREE AGENT**

**TEAM**

**SIGN/hyphen.caseUPS**

**Drive-In Theatre**

**FREE SHOWING**

Drive-In will OPEN the second Saturday of each month for a free showing during the year 2024.

**Saturday, June 8, 10:30 p.m.**

Open to everyone. Free admission only. Snack bar available for food and beverage purchases. All movies will be family friendly.

---

**INTRAMURAL SPORTS CALENDAR**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Pick Up Games</th>
<th>Disabled</th>
<th>Coach Meeting</th>
<th>FREE AGENT</th>
<th>TEAM SIGN UP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUNE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beach Volleyball Co-ed Clinic</td>
<td>24th (Fri)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Volleyball Intramural Tournament</td>
<td>27th (Mon-Fri)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>JULY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5k Golf Tournament</td>
<td>10th (Sat)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>5k Road Race</td>
<td>13th</td>
<td>15</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Flag Football Intramural</td>
<td>10th (Sat)</td>
<td>18</td>
<td>30</td>
<td>15</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>AUGUST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CC Flag Golf League</td>
<td>13th (Fri &amp; Weds)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Tennis Intramural</td>
<td>17th (Sun)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Volleyball Intramural</td>
<td>17th (Sun)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Beach Tennis Intramural Tournament</td>
<td>17th (Sun)</td>
<td>18</td>
<td>30</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

---

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

- You can bring food, but please NO GLASS!
- Alcohol is prohibited.
- No pets, only service dogs allowed.
- Per Navy instruction, any child under the age of three years old is required to wear a swim diaper, regardless of being potty-trained.
MADE FOR
THE
MILITARY

Insurance and more, exactly how you want it.

Visit USAA.COM/JOIN
or call 900-813-479

No official U.S. Navy endorsement is implied.