What's Inside?
Pinz Bowling Center
Mother's Day Special
Military Spouse Appreciation Special
Community Classes
My Baby and Me: Yoga and Pre-Tumbling Lessons
School Age Care
Summer Camp Registration
Special Events
Operation MWR: Rodney Atkins

Vamos!
MWR ROTA Monthly Magazine
Issue #143
May 2024

MWR ROTA Spain
U.S. Naval Station Rota, Spain
www.navymwrrota.com/
www.facebook.com/RotaMWR
Effective and efficient ways to meet the mission requirements of our customers and the entire enterprise that pro-actively align our organization, strategies and services that meet the mission's needs, and the improvement, understanding and vision, operating in the most committed to continual professional workforce is support to our customers.

To provide the Fleet, Fighter and Recreation Services, MWR Admin/Support Station, Rota, Spain.

U.S. Holidays, 10 a.m.-6 p.m. Tickets & Travel, 727-3101 Monday-Friday and 727-3101 Closed for the month of May.

Library, 727-2418 Daily, 1-10 p.m. Libray, 727-2418 Closed for the month of May.

Outdoor Recreation, 727-3011 Monday-Friday and U.S. Holidays, 10 a.m.-6 p.m. Saturday and Sunday. Closed

Tickets & Travel, 727-3011 Monday-Friday and U.S. Holidays, 10 a.m.-6 p.m. Saturday and Sunday. Closed
**coMmunity Rec**

**TICKETS AND TRAVEL**

**Marbella and Puerto Banus Self-Guided**  
Saturday, May 4, 7:30 a.m. - 8:30 p.m.  
$35 per person / No cost for child under 14 years old.  
Must register by May 1.  
Marbella and Puerto Banus are two great locations for a self-guided tour. Remnants of Marbella’s history can be seen in the well-preserved architecture and streets of the Casco Antiguo. Puerto Banus is a cosmopolitan area attracting the rich and famous and full of restaurants and shops. The trip includes roundtrip transportation only.

**Los Patios in Cordoba Self-Guided**  
Saturday, May 11, 7:30 a.m. - 9:30 p.m.  
$40 per person / No cost for child under 14 years old.  
Must register by May 8.  
Join Tickets and Travel for this annual spring event at the gorgeous city of Cordoba. The city thrives on its court yards for the public, revealing a visual feast of colorful flowers, stone mosaics and drizzling water fountains. Must-sees include the numerous monument patios and creative courtyards, such as Santa Isabel de los Angeles, Los Capuchinos and Santa Rufina. After the patio visits, get a chance also to know many of the Cordoba monuments like the Jew’s Quarter, the Synagogue, and the cathedral of Cordoba, Mezquita. The trip includes roundtrip transportation only.

**Sevilla Historical Tour**  
Saturday, May 12, 7:30 a.m. - 6:30 p.m.  
$70 per person / $55 per child 2-14 years old.  
Must register by May 11.  
Saturday, June 1, 7:30 a.m. - 8:30 p.m.  
$58 per person. Must register by May 15.  
Canyonwarming (also called terror) is an exciting variety of descending river by combining the techniques of climbing, caving and rafting. This activity is experiencing a spectacular popularity because of the beauty of its routes and the idea of four adventure. Trip includes roundtrip transportation, insurance and self. Amos, heated and professional guide. Note: You need to be able to swim.

**Memorial Day Weekend Multi-Adventure Trip in Almuñécar**  
Friday, May 24-27.  
Departure: 8 p.m. Return: 6 p.m.  
$385 per person in a double room.  
Must register by May 17.  
Enjoy canyon descending and kayaking during this 4-day adventure tour. This trip will take you to Las Isletes, the most attractive canyon descending in Andalusia. You will have to rappel (under waterfall), swim one time with a height of 12 meters, slide, zip, swim, etc. The ocean-fall tour will transport you to the beautiful bay of La Herradura at the beginning of the 4 Ruta del Mulino. It is full of orange coral and has an interesting history. Trip includes roundtrip transportation by van, topping four-star hotel in a double occupancy with breakfast, activities (canyon descending and ocean fall) equipment, local guided free time. The activity is designed for an active person. It requires some skills and endurance. You need to be able to swim. Meals other than breakfast in the hotel are not included. Note: For Single travelers and kids, please check with this Liberty Center for sign-up and discounted price.

**Hiking La Garganta del Capitan in Los Alcornocales National Park**  
Saturday, June 1, 7:30 a.m. - 7 p.m.  
$45 per person. Must register by May 29.  
The Garganta del Capitan is located in the province of Malaga, within the limits of the Los Alcornocales Natural Park and the Intercontinental Biosphere Reserve of the Mediterranean. Along the route we will catch views of the beautiful, rugged, and jagged side of the Garganta area. On the way we can enjoy the views of the Bay of Algeciras, the cork oak forest, on the public mountain Hoyo de Com Pedros, where we can see the red rock as well as the limestone of the supposed “Capitan” that gives its name to this mountain as well as old fish mills whose remains can be seen on the banks of the stream. Along the trail there are frequent pools of water. Maximum altitude is 450 m, unevenness of 250 m. Easy Level Activity. Trip includes roundtrip transportation and expert guides. Note: you need to be able to swim.

**Terrremolinos (Malaga)**  
Saturday, June 1, 7 a.m. - 8:30 p.m.  
$40 per person for child under 14 years old. Must register by May 25.  
Enjoy the most beautiful coastline of Spain, being the first town in the whole of Spain to open up to international mass tourism. Its success story began in the 1950’s when the European travel market turned its eyes to sunny and cheap Spain. The trip only includes roundtrip transportation.

**Alcornocales Multi-Adventure Trip**

**Saturday, May 18, 7:30 a.m. - 5:30 p.m.**

**$35 per person / No cost for child under 14 years old.**

**Must register by May 15.**

**Saturday, May 25, 7:30 a.m. - 5:30 p.m.**

**$40 per person / No cost for child under 14 years old.**

**Must register by May 22.**

**5 p.m.**

**DIFFICULTY LEVEL**

1: Very Low

2: Low/Moderate

3: Moderate

4: Moderate/High

5: High

6: Very High
COMING IN JUNE

the MWR Library.

Tuesday, June 11 at
ages. Sign-ups begin on
self-preservation.
self-improvement and
a restorative method of
that encourages reading as
summer reading program
for a wonderfully diversified
SRP 2024

piNz956-82-2112 or DSN 727-2112

TAKE MOM
BOWLING
Sunday, May 12
2-6 p.m.

Celebrate Mother’s Day by taking Mom Bowling.
Pay half off on bowling for an hour and
no shoe charge for Moms on Mother’s Day.

Wings Of Fire Escape Adventure
Fridays June 7, 14, 21 and 28.
6-7 p.m. Sign-ups start Friday, May 31.
A different take on an Escape Room focusing
by Kate White
THE LAST TIME SHE SAW HIM
when they come face to face, their exchange is brief
him since she broke his heart a few months earlier. But
wasn’t “the one,” will be attending, and she hasn’t seen
nervous. Her ex-fiancé Jamie, a great guy who just
the Connecticut countryside, she’s more than a little

READ, REWRITE, REPEAT
SRP 2024
Road. Read. Rewrite. Repeat makes for a wonderfully diversified
summer reading program that encourages reading as a restorative method of
self-improvement and self-preservation.

For TEI Card Holders, all

TEEN EMPLOYMENT

PROGRAM

Session:

for teens ages 14-18 years old

CYP will host the Teen Employment Program (TEP)
that provides work-based learning opportunities to
teens seeking work experience and skill
development. The TEP is a stepping stone for
career development and is designed to encourage
exploration of interests or careers, skill development
and completion of training modules.

Look out for the vacancy announcements posted in
May 2024. Resume writing and interview
workshops will be conducted at the Youth Center
Bldg. #3053 on Tuesday, May 14 to educate youth on
applying for employment

Still one five-week employment session offered:
SESSION 2
Employment dates: July 8-Aug. 9.
Teens must retain all required application documents and be
available for interviews during the
SESSION 2 mandatory
Hiring Fair on June 7, 8 a.m.-12:30 p.m.
at the School Age
Bldg. #4. Applicants must arrive to the hiring fair by 12:30 p.m.
Session is mandatory.

Library Closure
We will be closed until May 31, due to library renovations.
YOUTH DAILY ACTIVITIES FOR MAY

**CHILD CARE AVAILABILITY**

Child care is available for all eligible personnel from 6 a.m. to 6:30 p.m. Monday through Friday. Child care is available to the CDC for ages 4 to 6 years before and after school for GCC staff and PCSed employees. If you have a child aged between 12 weeks and 12 years old, please call us for more information.

**CYP WIDE EVENT**

**Parent Involvement Board Meeting** Wednesday, May 25, Noon on Microsoft Teams. Call 727-2839 to sign up and receive the link.

**CYP CLOSURE**

Friday, May 10. CDC, SAC, and YC closed for CYP In-service Day. Monday, May 27, Closed for Memorial Day.

**CDC**6 weeks - 5 years, 956-82-6224 or DSN 727-1100 Rota_CDC@eu.navy.mil

**SAC**6 weeks - 5 years, 956-82-4721 or DSN 727-2839 Rota_SAC@eu.navy.mil

**YC**6 weeks - 5 years, 956-82-6391 or DSN 727-2739 Rota_YC@eu.navy.mil

**Muffins with Management** May 5, 9 a.m. Join the CDC Director and the Direct Care Staff Supervisors to discuss your ideas and questions, and to learn more about the CDC.

**Doughnuts with Grow-Up**

Tuesday, May 10, 10 a.m. Enjoy a doughnut with your child before drop off and make lasting memories together.

**Universal Pre-Kindergarten at Rota Elementary**

Rota ES will be implementing Universal Prekindergarten for the school year 2024-2025. This program is open to students who are 4 years of age by January 1st. To learn more about Universal Prekindergarten and check eligibility online, please visit DoDEA’s website at https://www.doed.k12.us/education/universal-prekindergarten-program.

**Teen Resume & Interview Workshop**

Tuesday, May 16, 10:30 a.m. at the Youth Center. Ages 14 and older.

**Healthy Kids Club**

June 10-14, CampCraft, Noon-4 p.m. For ages 4-12. A weeklong camp for young campers to learn the basics of camp life.

**Torch Club & Triple Play**

May 31, Torch Club, 4-5 p.m.

**Gardening Club**

June 10-14, 10 a.m. to 2 p.m.

**Power Hour**

Thursday, May 16, 3-4 p.m.

**Healthy Habits Club**

May 10, 3-4 p.m.

**Healthy Habits Club**

May 17, 3-4 p.m.

**Healthy Habits Club**

May 17, 3-4 p.m.

**Healthy Habits Club**

May 24, 3-4 p.m.

**Healthy Habits Club**

May 31, 3-4 p.m.

**Resume Writing Workshop**

Tuesday, May 14, 10:30 a.m.

**Ticket to Travel Europe**

May 17, 10 a.m.

**Power Hour**

Friday, May 17, 3-4 p.m.

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Friday, May 17, 3-4 p.m.

**Power Hour**

Friday, May 17, 3-4 p.m.

**Power Hour**

Friday, May 24, 3-4 p.m.

**Power Hour**

Friday, May 31, 3-4 p.m.

**A.M. Workshops**

Tuesday, May 1, 9:30 a.m.

**Ticket to Travel Europe**

May 17, 10 a.m.

**Power Hour**

Friday, May 17, 3-4 p.m.

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fitness
956-82-2565 or DSN 727-2565
Challenge of the Month: The Impossible Mile
Sundays-Thursdays in May.
Are you brave enough? Come and challenge yourself at the Fitness Center track for a mile. If you finish, you’ll be eligible to win a prize.
Lap 1: 1,000
Lap 2: 2,000
Lap 3: 3,000
Lap 4: 4,000
More information at the front desk.
CFL Meeting
Wednesday May 15, 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 in July.

Youth Fitness Certification
Thursday, May 30, 5 p.m. Must register by May 23. 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 10-17 years old must be with parents and youth 18-24 years old can use the fitness center on their own.

Workout to Remember
Monday, May 27, 10 a.m.
Must register by Thursday, May 24.
Do you know what it takes to complete? Test your endurance by joining us in a one-mile run, 50 pull-ups, 200 push-ups, 300 squats and another one-mile run, all done consecutively. The first changemy part of the workout is the sheet volume or length. The workout is all of one thing, a little shuffling of questions to make it though the whole thing. TJ is filled only.

Navy Second Class Swim Testing
Available by appointment only.

IDEA CARD HOLDERS ONLY
AGES 16 YEARS AND OLDER
MAY 8-10 and 15-17.
Wednesday-Friday,
LEARN TO SWIM LEVELS 1-2
Learn to Swim Levels 1-2
Wednesday-Friday,
Parent and Child Swim Lessons
Wednesday-Friday,
Parent and Child Swim Lessons
Wednesday-Friday,
INTRAMURAL SPORTS CALENDAR

EVENT
Dates
COACH MEETING
DUELINE
May

Scrimmage 1 (Men’s & Women’s)
17-18 (Men) 17-18 (Women)
26
26

Men’s Volleyball Tournament
24-25 (Men’s)
26
26

Beach Volleyball Tournament
10-11 (Men’s)
26
26

JULY

Beach Volleyball Conditioning Clinic
22-23 (Men’s)
–
–

Beach Volleyball Tournament
25-26 (Men’s)
18
18

CC Leagues
Races
Clinics
Tournaments
1. You can sign-up your team/club/team using the Teams QR code, or you can sign-up individually using the Free Agents QR code.
2. Sign-ups will be open at 8000 of the deadline date.
3. Regulations and schedules will be sent at least 24 hours prior to the event and/or coach meeting.
4. Any questions and/or suggestions to Rota_SportsNaval.mil.

NEW! CVS PHARMACY
armed forces day
LIFTOFF
2024 MWR TRIATHLON JUNE 15

open for lap swim, pr, unit level training or command pt
learn-to-swim program
Wednesday-Friday, May 8-10 and 15-17.
Parent and Child Swim Lessons
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NEW! CVS PHARMACY
NURTURING MENTAL HEALTH: A FOCUS ON RESILIENCE AND AWARENESS

As Mental Health Awareness Month approaches, it’s imperative to spotlight the importance of mental well-being and resilience. In a world where stressors abound and societal pressures can weigh heavily, prioritizing mental health is not just an option—it’s a necessity. This May, let’s embark on a journey of understanding, support, and empowerment.

RESILIENCE: BUILDING STRENGTH IN ADVERSITY

Resilience is the ability to bounce back from challenges, setbacks, and adversity. It’s not about avoiding stress or difficult situations, but about navigating them with grace and fortitude. Cultivating resilience involves nurturing a positive mindset, fostering strong social connections, and developing healthy coping mechanisms. One effective way to bolster resilience is through mindfulness practices such as meditation, deep breathing exercises, or yoga. These techniques can help individuals stay grounded amidst life’s storms and cultivate a sense of inner peace and clarity.

MAINTAINING A HEALTHY MENTAL HEALTH ENVIRONMENT

- Practicing self-awareness and emotional intelligence can empower individuals to navigate challenging situations more skillfully.
- Practicing self-awareness and emotional intelligence can empower individuals to navigate challenging situations more skillfully. Techniques like journaling, art therapy, or talking to a trusted friend or therapist can provide outlets for processing and expressing feelings.
- Incorporating relaxation techniques such as progressive muscle relaxation or guided imagery into daily routines can help alleviate stress and promote emotional well-being.

EMOTION REGULATION: NURTURING EMOTIONAL WELL-BEING

Emotions are a natural part of the human experience, but learning to regulate them effectively is key to maintaining mental equilibrium. Emotion regulation involves recognizing, understanding, and managing one’s feelings in healthy ways.

- One effective way to manage emotions is through mindfulness practices such as meditation, deep breathing exercises, or yoga.
- Developing healthy coping mechanisms, such as engaging in activities that one enjoys, seeking support from loved ones, or engaging in physical exercise, can help individuals manage stress and improve emotional well-being.

MENTAL HEALTH STATISTICS: UNDERSTANDING THE LANDSCAPE

According to the National Institute of Mental Health (NIMH), approximately one in five adults in the United States experience mental health challenges in a given year—mental health conditions affect people of all ages, backgrounds, and walks of life. Despite the prevalence of mental health challenges, stigma and misconceptions often surround these issues, preventing many individuals from seeking the help they need. By fostering open dialogue, promoting awareness, and advocating for mental health parity, we can work towards creating a society where seeking support for mental well-being is met with understanding and compassion.

Mental Health Awareness Month serves as a reminder that mental health is a fundamental aspect of overall wellness. By nurturing resilience, seeking support, practicing emotion regulation, and promoting awareness, we can cultivate a culture of compassion and support for individuals facing mental health challenges.

Together, let’s strive to break down barriers, foster understanding, and build a world where mental health is prioritized and valued.

FLEET AND FAMILY SUPPORT CENTER

- No official U.S. Navy endorsement is implied
- For any other class availability, please call us.
**MONDAY, MAY 27, 2019**

**MEMORIAL DAY CELEBRATION**

Join us for an apoplectic celebration of American National Holiday! For the occasion, observe a minute of silence at 3:00 pm. Visit your local memorial in honor of those who lost their lives or served their country. Let’s reflect on the heroes who paved the way for our freedom.

**THURSDAY, MAY 16, 2019**

**DOGGIE DATE NIGHT**

Join us in commemorating Doggie Day. The special event features dog-friendly activities, mini games, and crafts. Enjoy some playtime with your furry friend and create lasting memories!

**Buddha Day**

Join us to commemorate the Passing Away of Gautama Buddha. Reflect on his teachings, cultivate mindfulness, create beauty, and enjoy the process. Mindfulness, create beauty, and enjoy the process.

**ASIAN PACIFIC HERITAGE MONTH**

Join to celebrate the culture, traditions and history of the Asia Pacific region together.

**INTERNATIONAL TEA DAY**

Discover the mindful journey of self-care through the art of tea. Stir, sip, and soothe your soul at our International Tea Day event. Feel good vibes. Unleash those smiles as we come together for a joy-filled evening at the movies.

**HEALTH PROMOTIONS**

**MENTAL HEALTH MONDAYS**

**PRE-TUMBLING LESSONS FOR CHILDREN**

**Children Ballet Lessons**

**Children Flamenco Lessons**

**LATIN DANCE LESSONS**

**KIDS AND TEENS LYRICAL JAZZ DANCE**

**Jiu Jitsu Classes**

**Aikido Classes**

**MWR Community Classes offer a range of different options to learn something new!**
MADE FOR THE MILITARY

Insurance and more, exactly how you want it.

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