



▼ wHat's iNside?

Outdoor Recreation

Hiking El Caminito del Rey

Sports

Commander's Toro Cup

School Age Care

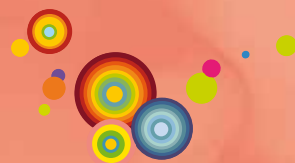
Summer Camp Registration

Aquatics Center

Outdoor Pool Opening

Tickets and Travel

Sevilla Spring Feria



vaMos!

MWRROTA MONTHLY MAGAZINE

iSsue#121



MWRROTASpain

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR

mAy2022



Brandi Sage
Liberty Coordinator

We are

MWR Admin/Support Services, 727-1517

Monday-Friday, 8 a.m.-4:30 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, Gravity and Youth Sports 727-4625/4721

Monday-Wednesday and Friday, 2:45-6:30 p.m.
Thursday, 1:45-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed

RECREATION

Aquatics Center, 727-2129

Monday-Friday, 6 a.m.-1 p.m. and 3-7 p.m.
Saturday-Sunday, Closed
U.S. Holidays, 9 a.m.-5 p.m.

Housing Pool, 727-4882

Opens on Memorial Day Weekend

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, 9 a.m.-5 p.m.

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



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

BUSINESS ACTIVITIES

Cafe.com

Fleet Landing

Monday-Friday, 7:30 a.m.-2 p.m.
Saturday, Sunday and U.S. Holidays, Closed

Library

Monday-Friday, 7:30 a.m.-2 p.m.
Saturday, Sunday and U.S. Holidays, Closed

El Patio

Bombers Fresh Mex, 727-3712

Monday-Friday, 11 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, 2-9 p.m. (last food order 8:45 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.-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.

Pizza Villa, 727-3212

Daily, 11 a.m.-10 p.m.

PIZZA VILLA IS TEMPORARILY MOVED TO LA PLAZA

La Plaza, 727-6323

Champion's Bar

Sunday, Wednesday and Thursday, 4-11 p.m.
Friday and Saturday, 4 p.m.-midnight
Monday and Tuesday, Closed



mwr navsta rota, spain

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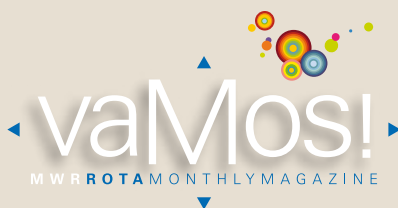
Website www.navymwrrota.com

Facebook www.facebook.com/RotaMWR

Phone code

Commercial, 956-82-XXXX

DSN, 727-XXXX



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cafe.com



MAY SPECIAL

BBQ PULLED PORK AND GRILLED CHEESE SANDWICH

\$6

PULLED PORK
CHEDDAR CHEESE
AND BBQ SAUCE

piZZa villa

MAY PIZZA OF THE MONTH



PIZZA VILLA IS
TEMPORARILY MOVED
TO LA PLAZA



Garlic Cheese PIZZA

Olive oil,
garlic,
mozzarella cheese
topped with oregano

\$11
MEDIUM SIZE

Available while supplies last.
For more information or to place an order,
please call 956-82-3212 or DSN 727-3212.

OUR MISSION

To provide the Fleet, Fighter and Family with world-class program excellence that will enhance both mission readiness and well-being aboard Naval Station, Rota, Spain.

OUR VISION

Pro-actively aligning our organization, strategies and processes in support of the Mission. To be recognized as the MWR Department within the entire enterprise that provides the highest quality of support to our customers.

OUR GUIDING PRINCIPLES

Our professional workforce is committed to continual improvement, understanding our customers' needs, and the requirements of the organization. We will deliver services that meet the mission and vision, operating in the most effective and efficient way.

MWR ROTAS PAIN

DON'T MISS THIS UNIQUE OPPORTUNITY TO HIKE IN ONE OF THE MOST FAMOUS PATHS IN SPAIN!

HIKING EL CAMINITO DEL REY

SATURDAY, MAY 21

6 a.m.-8 p.m. \$60 per person.
Must register by May 18. Open to adults and children over 8 years old.

The path El Caminito del Rey is hanging in the air and it is built on the walls of the gorge - Desfiladero de los Gaitanes. Full length of the path is 7.7 km. El Caminito del Rey is part of a spectacular natural beauty spot. This already makes it breathtaking and attractive, although the path is more than just a walk in the hills.

The boardwalks and a hanging footbridge that stands at 105 metres height. It was refurbished so it could be used for active tourism in natural surroundings. Therefore it requires certain level of physical effort and skillfulness, which is accepted by tourists who come to follow the route.

You have to bring appropriate clothing and shoes (It is forbidden to bring sandals, high heel shoes or flip flops). It is also recommended to bring water and snacks. It is not permitted to bring big backpacks, selfie sticks or walking poles. The walking area is very limited.

Trip includes roundtrip transportation, entrance to the path, guided visit and complimentary snacks. Come and join us for this exclusive adventure you will always remember!

OUTDOOR REC

Via Ferrata in Grazalema

Saturday, May 7, 7:30 a.m.-6 p.m.

\$85 per person. Must register by May 4.

The 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 allows a route for the inexperienced climber and allows those not versed in climbing techniques to hike on ledges, climb vertical walls and reach the peaks of mountains. Safety features include steel cable, climbing harness, helmet and gloves. Trip includes roundtrip transportation, expert guide and gear.

Canyon Descending

Saturday, May 14, 6:45 a.m.-9 p.m.

\$85 per person. Must register by May 11.

Canyoneering (also called canyon descending) consists of descending rivers by combining the techniques of climbing, caving and swimming. This activity is experiencing a spectacular popularity because of the beauty of its routes and the ideas of true adventure. Trip includes roundtrip transportation, insurance, gear and a professional guide.

Bike Ride in Tarifa

Saturday, May 28, 7 a.m.-5 p.m.

\$45 per person. Must register by May 25.

Join MWR Outdoor Recreation for this epic mountain bike adventure! Ride along a forested path that connects Puerto del Cabrito to Puerto del Bujeo with spectacular views across the Strait of Gibraltar to North Africa. The first section ascends at a six percent slope for three kilometers to a height of almost 500 meters above sea level and continues to El Bujeo, where the journey is mostly downhill. Difficulty: medium level. Distance: 20 kms. Trip includes roundtrip transportation, guide, bike and gear.

Night Kayak and Sancti Petri Castle Tour

Wednesday, June 1, 5:30 p.m.-12 a.m.

\$85 per person. Must register by May 30.

Experience one of the most scenic, relaxing, and rewarding tours by kayaking on the Bay of Cadiz in Sancti Petri. The Castillo de Sancti Petri is a defensive fortification located on an island located in the middle of the bay. This stronghold of great strategic and military importance was part of the line of fortifications that protected the entrance of Sancti Petri. Here, you will discover the true meaning of virtues like courage, loyalty, sacrifice and teamwork, which the troops 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 roundtrip transportation, guide, kayak and life vest. No experience required. Difficulty: low, but must know how to swim.



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

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

SEVILLA SPRING FERIA

SATURDAY, MAY 7

9:30 a.m.-8:30 p.m. \$35 per person /

No cost for child under 2 years old.

Must register by May 4.

Feria season is here. Travel with Tickets and Travel to the Sevilla feria and experience this great culture of Spain. This is a week of serious dancing, drinking, eating and socializing, with late nights - or all-nighters - the norm. The sheer size of the April Fair's spectacle is extraordinary. From around midday until early evening - especially on Tuesday, the first official day - Sevilla society parades around the fairground in carriages or on horseback. Don't miss the fun! Trip includes roundtrip transportation only.

TICKETS AND TRAVEL

Cordoba Historical Tour

Saturday, May 14, 7:30 a.m.-9:30 p.m.

\$70 per adult / \$50 per child under 14 years old

/ No cost for child under 2 years old.

Must register by May 11.

Visit the beautiful city of Cordoba where the Guadalquivir river, the longest navigable river in Spain, passes through it. Cordoba has an outstanding architectural heritage, and its gastronomy has undergone a considerable resurgence with the revival of a range of dishes from the traditional cooking of the region. Its famous landmark, La Mezquita, formerly a mosque, consists of many arches, over a hundred columns and is said to be the third largest place of worship in the world; a must see. The trip includes roundtrip transportation, guided tour, entrance to the monuments and some free time.

Flamenco Show and Dinner

Saturday, May 21, 6:30-10:30 p.m.

\$80 per person / No cost for child under

2 years old. Must register by May 18.

MWR will take you for a night of cultural experience watching flamenco. It involves singing, dancing 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 Andalusia and probably influenced by North African rhythms. The "Gitanos" had settled in Andalusia 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 dinner.



Malaga Historical Tour

Saturday, May 28, 7 a.m.-8:30 p.m.

\$60 per adult / \$45 per child under 14 years

old / No cost for child under 2 years old.

Must register by May 25.

The city of Malaga is the second-largest city of Andalusia 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 monuments and free time to shop and enjoy the local food and wine.

Cadiz Historical

Saturday, June 4, 9 a.m.-6 p.m.

\$60 per adult / \$45 per child under 14 years

old / No cost for child under 2 years old.

Must register by June 1.

Join MWR and visit the oldest continuously inhabited city in the western world. Christopher Columbus started his two major voyages from here and secured a glittering future for the port, which was to become the major trading center with the Americas. It's a relatively small city, with a population of about 160,000, divided into two distinct sections - the charming old quarter with its narrow alleyways, delightful plazas and flower filled balconies and the modern industrial area where wide boulevards overlook the Atlantic. Unlike many of Spain's coastal towns these days, tourism is not the prime source of income here. Cadiz is mainly a commercial seaport. There's a wealth of museums, ancient monuments and churches to be found in Cadiz along with a mouthwatering array of tapas bars and restaurants offering some of the country's finest seafood and typical Andalusian cuisine. Trip includes roundtrip transportation and guide.



956-82-2527 or DSN 727-2527

single or unaccompanied servicemen and women

MAYeVents

NATIONAL LEMONADE DAY

Sunday, May 1, 6 p.m.

Remember that nostalgic feeling of having lemonade stands as a kid? We want to recreate that for you! We provide lemonade and chocolate chip cookies.

YOGA NIGHT

Monday, May 2, 6 p.m.

It is Stress Awareness Day! Come take your mind off any stressors you are facing with a relaxing yoga/meditation class.

MAY THE FOURTH BE WITH YOU

Wednesday, May 4, 1-10 p.m.

Come binge watch all your Star Wars favorites with us today!

CINCO DE MAYO

Thursday, May 5, 6 p.m.

Piñata, taco bar, music, and a good time! Come celebrate at the Liberty Center today!

LIBERTY NIGHT AT THE MOVIES

Thursday, May 5, 7 p.m.

Flix Movie Theater at El Patio. Free for single/unaccompanied E6 and below.

Enjoy hot buttered popcorn and an ice cold soft drink while you enjoy your movie! On the day of, sign-in on the Liberty sheet at the front counter at Flix.

MOTHER'S DAY CARD MAKING

Sunday, May 8, 6 p.m.

Let your mom know you are thinking of her with a homemade card provided by us. All supplies are provided.

LIBERTY'S BOWLING NIGHT AT PINZ

Thursday, May 12, 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. We provide bowling lanes, shoe rental, and pizza.

CORDOBA HISTORICAL TOUR

Saturday, May 14, 7:30 a.m.-9:30 p.m.

\$56 for single/unaccompanied E6 and below. Must register by May 11.

Visit the beautiful city of Cordoba where the Guadalquivir river, the longest navigable river in Spain, passes through it. Cordoba has an outstanding architectural heritage, and its famous landmark, La Mezquita, formerly a mosque, consists of many arches, over a hundred columns and is said to be the third largest place of worship in the world; a must see. The trip includes roundtrip transportation, guided tour, entrance to the monuments and some free time. Meet at Tickets and Travel.

TRIP TO MIGUEL'S CARIBBEAN CUISINE

Saturday, May 21, 6 p.m.

Enjoy traditional Jamaican food at a delicious restaurant! Roundtrip transportation will be provided. Bring euros for food and beverage purchase.

R.A.W.L NIGHT

Friday, May 20, 6 p.m.

Come and spend some time with the adorable dogs brought over from RAWL! They are sure to put a smile on your face!

OUTDOOR SCAVENGER HUNT

Tuesday, May 24, 6 p.m.

Think you have what it takes to win this base wide outdoor scavenger hunt? Come find out! Winner gets a prize!

FRIDAY NIGHT MAGIC!

Friday, May 27, 6 p.m.

Let's all enjoy each other's company and play a fun game of MAGIC! Snacks will also be provided!

BIKE RIDE IN TARIFA

Saturday, May 28, 7 a.m.-5 p.m.

\$36 for single/unaccompanied E6 and below. Must register by May 25.

Join MWR Outdoor Recreation for this epic mountain bike adventure! Ride along a forested path that connects Puerto del Cabrito to Puerto del Bujeo with spectacular views across the Strait of Gibraltar to North Africa. Provided: roundtrip transportation, expert guide, bike and gear.

LIBERTY GOLF DAY

Sunday, May 29, 1-4 p.m.

Free for single/unaccompanied E6 and below.

Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check-in with the front desk at the Pro Shop before 1 p.m.

MEMORIAL DAY

Monday, May 30, 1-10 p.m.

Let's remember the many sacrifices that were made by our armed forces with a movie marathon and snacks!

SAILOR ADVENTURE QUEST

PAINTING AND MIXED MEDIA 101

Tuesday, May 17 and 31, 6-9 p.m.

Do you have enough décor in your room? No worries, we'll get you set up with an art instructor so you can create your own work of art to display. Sip on some apple cider while you relax and paint. Canvas and painting supplies are provided.

GUITAR LESSONS

Thursday, May 26, 6 p.m.

Have you ever thought about trying your hand at guitar? Come to start or continue your musical journey! Guitars are provided.

OUTDOOR SCAVENGER hunt



STORY TIME

Tuesdays

Bring your little ones to the Library's weekly story time. All children must be accompanied by a parent or caregiver. Masks are required for individuals two years of age and older. Open to all patrons. Reservations required. Space is limited. Ages 0-4 years old.

Times: 11-11:30 a.m. | 11:30 a.m.-noon
Noon-12:30 p.m. | 2:30-3 p.m.

May 3: Mother's Day

May 10: Asian Pacific Heritage Month

May 17: Children's Book Week

May 24: Memorial Day

May 31: National Travel Month



Romp and Rhyme: Baby Story Time

Wednesdays, 11 a.m. Ages 0-18 months.

By reading to babies and by becoming regular library users parents help their babies develop language skills and start them on the path to success in reading and learning. It's also a great way for caregivers to socialize and meet other parents. Reservations required. Space is limited.

Video Game Club

Friday, May 21, 3-6 p.m.

Library is thrilled to invite video gamers to our new Library Video Game Club. No registration required. All ages included.

Special "Camino de Santiago" Display

Month of May.

Patrons interested in planning or learning more regarding the "Camino de Santiago" are welcome to check out some fictional and non-fiction books from the library. A guest speaker will be presenting about "The Way" on **Tuesday, May 10** at noon.

Armed Forces Day Book Display

Display of the Navy required reading books.

SUMMER READING PROGRAM 2022: "Read Beyond the Beaten Path"

June 14-Aug. 9. Get ready for the annual summer reading program!

books REVIEW

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

THE GIRL FROM OTO

by Amy Maroney

A Renaissance-era female artist and an American scholar. Linked by a 500-year-old mystery... The secrets of the past are irresistible—and dangerous.

1500: Born during a time wracked by war and plague, Renaissance-era artist Mira grows up in a Pyrenees convent believing she is an orphan. When tragedy strikes, Mira learns the devastating truth about her own origins. But does she have the strength to face those who would destroy her?

2015: Centuries later, art scholar Zari unearths traces of a mysterious young woman named Mira in two 16th-century portraits. Obsessed, Zari tracks Mira through the great cities of Europe to the pilgrim's route of Camino de Santiago—and is stunned by what she finds. Will her discovery be enough to bring Mira's story to life? A powerful story and an intriguing mystery, The Girl from Oto is an unforgettable novel of obsession, passion and human resilience.

ASIAN PACIFIC HERITAGE MONTH:

PACHINKO

by Min Jin Lee

Richly told and profoundly moving, Pachinko is a story of love, sacrifice, ambition and loyalty. From bustling street markets to the halls of Japan's finest universities to the pachinko parlors of the criminal underworld, Lee's complex and passionate characters—strong, stubborn women, devoted sisters and sons, fathers shaken by moral crisis—survive and thrive against the indifferent arc of history.



956-82-2112 or DSN 727-2112

rota_bowling@eu.navy.mil
BOWLING CENTER

Take mom out for a game of bowling

Mother's Day Special

SUNDAY, MAY 8

Moms bowl free!

Average Joe's Spring Bowling League

Wednesdays, beginning May 4.

Register with your command, department or just a group of friends. The League is also open to the Local National community. Minimum four players needed per team.

KIDS BIRTHDAY PARTIES

Saturdays and Sundays at noon and 4 p.m.

Reservations are needed two weeks in advance.

For more information, please call 956-82-2112 or DSN 727-2112



ONGOING

Active Duty Members in Uniform Lunch Bowling

Mondays-Fridays, 11 a.m.-2 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

Tuesdays, 4-7 p.m.

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

Military Spouse Appreciation Night

Thursdays, 6-10 p.m.

Take your military spouse out bowling on Thursday nights! Bowl for one hour including shoes rental for \$12

Liberty Bowling Night

Second Thursday of each month, 6 p.m.

Liberty patrons can enjoy a free night of bowling and pizza. Sign-in on the Liberty sign-up sheet at the front counter at Pinz. Must be a single or unaccompanied active-duty member (E-6 and below).

Cosmic Bowling

Fridays and Saturdays, 6-10 p.m. \$20

Groups up to five people can bowl per lane for one hour, including shoe rental.

Are you looking for a new hobby? Community Classes is the right place! There are lots of opportunities to learn. Learning throughout life is associated with greater satisfaction, optimism and overall a better ability to deal with stress. Stop by Liberty front desk from 1-10 p.m. every day including weekends and decide on what you will learn next!

MUSIC LESSONS

Private PIANO Lessons

Time slots available **Mondays, Tuesdays, Thursdays and Fridays**, 3-7 p.m. \$72 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.

Private GUITAR and UKELELE Lessons

Time slots available **Wednesdays and Thursdays**, 4:30-8:30 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.

SPANISH CLASSES

Individual Lessons:

Private lessons, \$80 for a punch card for four lessons.

Group Lessons:

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

Times available

- **Individual lessons:**
9-10 a.m. | 10-11 a.m.
| 11 a.m.-Noon
(check availability with instructor)
- **Adults (ages 15 years and older)**

Group Lessons:

Mondays and Wednesdays, 10:30-11:30 a.m.

Thursdays, 4-5 p.m. | 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 now!

ARTS AND CRAFTS WORKSHOPS FOR CHILDREN

Join us for these fun classes!

Each workshop will focus on a different subject. Children will leave with their own unique masterpiece!

AGES 5-12 years old

Every Thursday, 3:15-5:15 p.m.

\$18 per class or \$70 for a punch card for four classes. All materials included!

May 5: African line Art multimedia

May 12: Frida Kalo Art inspired: Self portrait and Casa Azul

May 19: Pull String, Plastic Cards and Bubble Wrap Painting

May 26: Feria craft

DANCE LESSONS

Children Ballet Lessons (ages 3-10 years old)

Time slots available

Ages 3-5 years old: Mondays, 4-5 p.m.

Ages 6-10 years old: Thursdays, 4-5 p.m.

\$40 per month for once per week.

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 opportunity to express themselves through the physical joy of learning to dance to music.

Adult Flamenco Lessons

Time slots available. Ages 18 years and older:

Mondays, 5-6 p.m.

Wednesdays, 11:30 a.m.-12:30 p.m.

\$40 per month once per week.

Flamenco dance is a highly-expressive, Spanish dance form. The Flamenco is a solo dance characterized by hand clapping, percussive footwork and intricate hand, arm and body movements. This is the opportunity to learn this unique art of dance with an experienced teacher who will guide you through this beautiful tradition.

PAINT AND SIP AT EL PATIO: COLORFUL KOI FISH

Friday, May 20, 7 p.m.

\$15 all materials included. Food and beverage available for purchase at Tower Pub.

Join MWR for the trendiest night out on base! At "Paint and Sip", our first priority is to show you a good time, so sit back and relax while noshing on lively spirits! At the end of the night you'll take home a one-of-a-kind painting, a newfound talent and the most fun you've had in a while!

AIKIDO CLASSES

A BRAND NEW GROUP CLASS AT THE FITNESS CENTER

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

We offer children and adults classes on **Tuesdays**.

Ages 5-7 years old:
4-4:45 p.m. \$45 per month.

Ages 8-13 years old:
4:50-5:50 p.m. \$45 per month.

Ages 18 and older:
6-7 p.m. \$50 per month.

MAY MINDFULNESS WORKSHOPS

CULTIVATING BETTER LIVING

Are you looking for more quality time? Need more focus and energy? Do you want to improve your relationship with coworkers, spouse, kids? Want to meet like-minded people? Awareness starts within and reflects to others. These workshops are interactive and experimental. Take home tools that will be yours forever.

Every Monday, 4:30-6:30 p.m.

\$30 one single session.

\$85 full program four sessions (recommended).

Looking for Ballroom Dance and violin instructors. If you are interested in teaching or sharing your knowledge, please contact the Community Classes Coordinator at 956 82-2354 or DSN 727-2354 or Rota_Communityclasses@eu.navy.mil



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GLOBAL CAMPUS | EUROPE

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- ✓ Rolling admissions, frequent start dates
- ✓ Special overseas tuition rate



Scan to contact us and get started.

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europa.umgc.edu

CYP CLOSURE

Friday, May 20

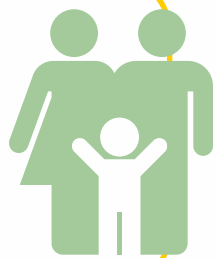
All CYP programs are closed for In-House Training

Monday, May 30

All CYP programs are closed in observance of Memorial Day.

PARENT PARTICIPATION EVENTS AND ACTIVITIES!

Check out the MWR Webpage at navymwrrota.com for our 2022 Parent Participation Plan. **Get involved! COME PLAY WITH YOUR KIDS!**



CHILD CARE AVAILABILITY

Childcare is available for all eligible personnel **Monday-Friday, 6 a.m.-6:30 p.m.** at both the CDC for ages 6 weeks to 5 years and at the SAC program for Kindergarteners through 12 years of age. Full time and hourly care available. Please call us for more information, visit MCC.com (to register) or CYPOnline (to reserve hourly care).

PARENT EDUCATION OPPORTUNITY

Wednesday, May 11, Noon at the Youth Center

The Lost Art of Family Style Dining. For parents of all ages, children and young adults.

PARENT INFORMATION BOARD MEETING

Tuesday, May 17, Noon at SAC

Focus: Summer Programming. All parents welcome no matter the age of your child! Stop by for some pizza and for some key summer fun information! **Reservations required by May 16.** Please call 956-82-2458 or DSN 727-2458. (10 points for chair and 3 points for attending).

REGISTRATION AND SIGN-UP FOR CYP PROGRAMS:

- CYP Registration-All documents are on the MWR webpage. Submit documents to the SAC Bldg. for SAC/Youth/YSF registration or CDC
- Reserving a SAC/CDC child care spot for your child: MCC.com
- Paying for CDC/SAC or reserving hourly care: CYPOnline.com
- Sign-ups for Teen/YSF programs: After registering use CYPOnline.com

• **SAC** (k-6th grade),
956-82-2839 or DSN 727-2839
Rota_SAC@eu.navy.mil

School Closures
SAC hours 6 a.m.-6:30 p.m.

-SAC Half Day

Friday, May 13

DGF Early Release, 11:05 a.m.

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

Spring Fling Party

Monday, May 2.

To celebrate the coming of spring, our children will have a classroom party complete with yummy treats and spring activities.

Feria

Thursday, May 19.

Our children will practice Sevillana dances throughout the month and be prepared to showcase their talents at our annual Feria party. See internal calendar for more information.

•youth sports

956-82-4721 or DSN 727-4721
Rota_youthsports@eu.navy.mil

WE NEED COACHES AND VOLUNTEERS TO BE READY!!!

Be a community leader. Become a YSF volunteer

Please email or call to attend trainings at Rota_youthsports@eu.navy.mil

Coaches and Parent Training

Thursday, May 12, 10 a.m.

Video conference training. Please email or call to attend trainings.

Run Like Me

(Track day with parents)

Thursday, May 5, 4:30 p.m.

MWR Fitness Center Track

Free and no registration required.

Are you a member of the Parents Association for Youth Sports (PAYS)?

Not a PAYS member yet? Anyone can be one, just go to <http://www.nays.org/payonline> or contact us to learn how.

•youth programs,

JAMS (ages 10-12) and GRAVITY (ages 13-18)

956-82-2839 or DSN 727-2839

Rota_youthcenter@eu.navy.mil

Monthly Recognition

Thursday, May 26.

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.

Teens Take their Family Bowling

Friday, May 27, 11 a.m.-6 p.m.

Registered Youth Center members (ages 13 years and older) can invite up to four family members for free bowling. One adult must be present and preregistration with PINZ is required.

Late Night at the Youth Center

Friday, May 27, 7-10 p.m.

Super Mario Party: The Youth Center will take it to the next level with a late night party. Come enjoy "Super Mario" themed games, food and contests with your friends. The event is free but space is limited. Preregistration and a signed parent permission slip are required by Wednesday, May 25.



DAILY ACTIVITIES FOR MAY

Monday, May 2

- Power Hour, 3-4 p.m.
- The Arts Club, 4-5 p.m.
- "Uno Triple Play" Board Game.

Tuesday, May 3

- Power Hour, 3-4 p.m.
- Gardening Club, 4-5 p.m.
- "Pictionary" Board Game.

Wednesday, May 4

- "Star Wars Day": May the 4th be with you! Star Wars themed door prize drawings for registered youth, 3-4 p.m.
- Healthy Habits Club, 4-5 p.m.

Thursday, May 5

- "Cinco de Mayo" Celebration! Free Bomber's Tacos for the first 60 youth to sign in, 1:45-2:45 p.m.
- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- "Rummikub" Board Game.

Friday, May 6

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

Monday, May 9

- Power Hour, 3-4 p.m.
- Torch Club, 4-5 p.m.
- Canvas Painting.

Tuesday, May 10

- Power Hour, 3-4 p.m.
- Smart Girls, 4-5 p.m.
- "Scattergories" Board Game.



Wednesday, May 11

- Power Hour, 3-4 p.m.
- STEM, 4-5 p.m.
- "Battleship" Game.

Thursday, May 12

- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- Hama Beads projects.

Friday, May 13

- Power Hour, 3-4 p.m.
- Triple Play, 4-5 p.m.
- "Charades" Board Game.

Monday, May 16

- Power Hour, 3-4 p.m.
- The Arts Club, 4-5 p.m.
- "Trouble" Board Game.

Tuesday, May 17

- Power Hour, 3-4 p.m.
- Gardening Club, 4-5 p.m.
- "Perfection" Board Game.

Wednesday, May 18

- Early Release, opening at 11:15 a.m.
- Power Hour, 3-4 p.m.
- Healthy Habits Club, 4-5 p.m.
- Decorating Ceramic piggy banks.

Thursday, May 19

- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- Jigsaw challenge.

Friday, May 20

- All CYP Facilities CLOSED for staff in-service training day.

Monday, May 23

- Power Hour, 3-4 p.m.
- Torch Club, 4-5 p.m.
- "Loom" Fun.

Tuesday, May 24

- Power Hour, 3-4 p.m.
- Passport to Manhood Club, 4-5 p.m.
- Play with Clay.

Wednesday, May 25

- Power Hour, 3-4 p.m.
- Power Hour, 3-4 p.m.
- Building Projects with Popsicles.

Thursday, May 26

- Keystone Meeting, 2-3 p.m.
- The Arts Club, 4-5 p.m.
- Recognition Ceremony.

Friday, May 27

- "Teens Take their Family Bowling" at PINZ Bowling Center, 11 a.m.-6 p.m.
- Power Hour, 3-4 p.m.
- Triple Play, 4-5 p.m.
- Late Night at the Youth Center "Super Mario Party", 7-10 p.m. Free. Space is limited: pre-registration and a signed parent permission slip are required by May 25.

Monday, May 30

- Memorial Day. CLOSED.

Tuesday, May 31

- Power Hour, 3-4 p.m.
- Gardening Club, 4-5 p.m.
- "Guesses" Board Game.

Note: Activities with no time listed are available throughout the day. All daily activities do not require advance registration and are free unless otherwise noted.

•school liaison office,

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

Ask the SLO

Tuesday, May 10, 11:30 a.m.-1 p.m.

Visit the School Liaison in the NEX Lobby to answer any questions you might have.

DoDEA Annual Reregistration SY 2022-23

DoDEA annual school registrations for SY 2022-23 is now ongoing. Annual registration determines the number of instructional staff needed at our on base school. Please reregister early.

DoDEA Sure Start for SY 2022-23

If you have a child that will turn 4 years old by Sept. 1, 2022, your child may be eligible for DoDEA's pre-kindergarten Sure Start program. Applications are accepted now and continue through the summer.

Tutor.Com for Military Families

Tutor.com for U.S. Military Families (Tutor.com/military), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/365) 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 SLO.

Homeschool Meet and Greet

Friday, June 10, 11 a.m.-1 p.m.

Calling Homeschool Families together at Liberty Park to celebrate the ending of the school year. The Red Cross will be on hand to talk about summer water safety. Each homeschool family can bring lunch, but drinks and dessert will be provided. Please RSVP by Thursday, June 9 at noon by emailing SLORota@eu.navy.mil.

summer camp registration

Starts Monday, May 16

for anyone not currently registered in the School Age Care Program. Eligible families are Single or Dual Active Duty or U.S. Civilian employees and Military/Civilians with a working spouse, seeking employment or full time student (must provide proof of seeking employment and/or full time student).

Registration packet can be picked up at SAC, Bldg. #41 or downloaded from the internet at navymwrrota.com.

Space available hourly care for all other patrons will open June 6.

Feel free to call 956-82-2839 or DSN 727-2839 with any questions.

REGISTRATION PACKET

- FY2022 NAVSTA Rota Parent Fee Letter
- Navy CYP FY2022 Fee Policy
- Frequently Asked Questions
- CYP Registration Form
- Hourly Parent Fee Agreement
- Permission Statements Form
- Health Information Form
- CYP Food Allergies and Intolerance Restrictions Form
- Military and Family Life Consultant Form
- SAC Self-Release Form
- Internet and Screen Based Media Agreement



(U.S. Navy photo by Mass Communication Specialist 1st Class Ryan Seelbach)

MILITARY SPOUSE APPRECIATION MONTH

The month of May celebrates military spouses and honors their contributions and steadfast sacrifices. America's military spouses are the backbone of the families who support our troops during mission, deployment, reintegration, and reset. Military spouses are the silent heroes who are essential to the strength of our nation.

In celebration of Military Spouse Appreciation Month, the Fleet and Family Support Center will be collaborating with several local agencies to host special events and programs to inform, honor, and recognize military spouses at Naval Station Rota.

R.I.S.E ROTA IGNITES SPOUSE ENRICHMENT

Upcoming R.I.S.E Event features

- ★ Educational Opportunities
- ★ Employment & Resume Writing
- ★ Entrepreneurship
- ★ Volunteerism
- ★ Self-Development & Professional Development
- ★ Travel and Cultural Opportunities

Follow us on Facebook for updates regarding sign-ups for R.I.S.E and much more

DATES PROGRAMS

01/02		
TUE 03	04	CDO TRAINING 9-10 a.m. JOB INTERVIEW TECHNIQUES 9-11 a.m.
THU 05		OMBUDSMAN ASSEMBLY MEETING 11:15 a.m.-1:15 p.m.
06/07/08		
MON 09	10	INTER-CULTURAL RELATIONS (ICR) May 9-12, 8:30 a.m.-3 p.m. SPOUSE MEET & GREET 10 a.m.-Noon
11		2-HOUR SUPPLEMENTAL LEAD UVA TRAINING 9-11 a.m. THE STARS ARE LINED UP FOR MILITARY SPOUSES 9 a.m.-Noon PARENT CONNECTION 10 a.m.-Noon
12		
FRI 13	14/15	FERIA DEL CABALLO-JEREZ 11 a.m.-5 p.m.
MON 16		TRANSITION WORKSHOP May 16-18, 8 a.m.-4:30 p.m.
TUE 17		SAPR VA REFRESHER 10 a.m.-Noon
WED 18		DEVELOPING YOUR SPENDING PLAN 10 a.m.-12 p.m.
THU 19		DOL EMPLOYMENT TRACK May 19-20, 8:30 a.m.-4:30 p.m. MILITARY SPOUSE 101 11 a.m.-12:30 p.m. DADDY BOOT CA.M.P Noon-2 p.m.
20/21/22		
MON 23		INTER-CULTURAL RELATIONS (ICR) May 23-26, 8:30 a.m.-3 p.m. SAPR VA REFRESHER 2-4 p.m.
TUE 24		10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m.
WED 25		MANAGING MY EDUCATION May 25-26, 8:30 a.m.-4:30 p.m.
THU 26		IA EVENT RESOURCE FAIR (VIRTUAL) 1-2 p.m.
27/28/29		
MON 30		GASTRONOMIC TOUR TO EL BOSQUE 8:30 a.m.-5 p.m.
TUE 31		INTER-CULTURAL RELATIONS (ICR) May 31-June 2, 8:30 a.m.-3 p.m.
3-31		BASIC SPANISH CLASSES (A) May 3-31, Tuesdays, 11:30 a.m.-1:30 p.m. BASIC SPANISH CLASSES (B) May 5-26, Thursdays, 11:30 a.m.-1:30 p.m. INTERMEDIATE SPANISH CLASSES May 3-31, Tuesdays, 9-11 a.m.

Fun 4 Person Scramble Golf Tournament

Saturday, May 14.
Shotgun start 9 a.m. .
\$20 plus green fees.
(100% of entry fee is returned
to prize fund as gift
certificates).



FOR MORE INFORMATION OR TO REGISTER
FOR ANY OF THESE EVENTS
PLEASE CALL 956-82-2260 OR DSN 727-2260.

PGA PICK A PRO

GOLF TOURNAMENT

► SATURDAY, MAY 21

9 a.m. Shotgun start.

\$20 per person plus green fees.
(100% of the entry fee is returned to
the prize fund as gift certificates).

Format: Two Golf Tournament's

1. Net Stroke play from Saturday's round
2. Players will draw a PGA Tour player's name out of a hat as your partner. On Sunday, we will combine your Pro's score with your Net score.

956-82-2260 or DSN 727-2260

ONGOING PROGRAMS

FAMILY FUN DAYS

Every Sunday after 1 p.m.

FREE PGA SPOUSE GOLF LESSONS

Tuesdays, 11 a.m.-noon

FREE USAA* RANGE BALLS FOR ACTIVE DUTY MILITARY

Tuesdays and Thursdays,
4:30-6 p.m.

With PGA tips by appointment only
on Thursdays.

TWILIGHT SPECIAL

Seven days a week. 4-8 p.m.

\$16 unlimited golf. Carts are \$12 double rider
or \$14 single rider.

KEY GOLF SPECIAL

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

Standard Club Rental:

\$5 (9 holes); \$8 (18 holes)

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

Note: Discount will be taken from standard
green fees.

LIBERTY GOLF DAY

Sunday, May 29, starts at 1 p.m.

*No U.S. Navy endorsement is implied

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www.hotelespadana.com

Pets are a part of the family



No official U.S. Navy endorsement is implied

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



For any other class availability, please call us.

fitNess & aQuatics

- aquatics center, 956-82-2129 or DSN 727-2129
 - housing pool, 956-82-4882 or DSN 727-4882
- rota_aquatics@eu.navy.mil

AQUATICS CENTER/INDOOR POOL HOURS OF OPERATION

Monday-Friday, 6 a.m.-1 p.m. and 3-7 p.m.
Saturday and Sunday, Closed
U.S. Holidays, 9 a.m.-5 p.m.

Beginning June 8 the
AQUATICS CENTER WILL ONLY BE OPEN
FOR LAP SWIMMING/PT
Monday-Friday, 6 a.m.-1 p.m.



OUTDOOR POOL OPENING

MEMORIAL DAY WEEKEND

Saturday-Monday,
May 28-30

OUTDOOR POOL

- OPEN WEEKENDS STARTING MAY 28
- SUMMER SCHEDULE STARTING JUNE 8:
RECREATION SWIM:
Wednesday-Sunday, Noon-7 p.m.
CLOSED FOR MAINTENANCE:
Monday and Tuesday
LAP SWIM: One lane available only.

Swim Lessons

TWO WEEK SESSIONS:
Six classes, Wednesday, Thursday and Friday, 45-minute classes.
Ages 4 years and older.

- 1st Session: June 8-17
- 2nd Session: June 22-July 1
- 3rd Session: July 6-15

For more information about sessions dates please visit our website at navymwrrota.com

Annual Navy Youth Swim Test Required

Youth, ages 17 years old and younger, who have demonstrated the necessary skills will have full access to the Aquatic facility, including slides, diving boards, swimmer's zone/deep end and other recreational amenities, as determined by Naval Station Rota MWR Aquatics program. Offered daily. Please see Aquatics staff.

ELIGIBILITY:

U.S. active-duty service members, dependents, DoD civilians and U.S. retirees. Eligible Spanish military, dependents (18 years and older) and base civilians who meet eligibility criteria with Spanish protocol.



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

- You can bring food, but please NO GLASS!
- 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, 956-82-2565 or DSN 727-2565

CFL Meeting

Wednesday, May 18, 11:30 a.m.

CFL Meeting for Command Fitness Leaders and Assistant Command Fitness Leaders. MWR will be offering practical training and providing updated information for continuing education of the CFL's in Rota.

Youth Fitness Certification

Thursday, May 19, 5 p.m.

Must register by May 18, Noon.

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. Please note: Youth 10-13 years old must be with parents and youth 14 years and older can use the fitness center on their own.

Mini NOFFS Course

Friday, May 20, 10 a.m.-Noon.

Fitness Center. Must register by May 24.

Navy Operational Fitness and Fueling System project provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy Health. This 5 hour course will instruct individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in both shore-based and operational movements. Open to CFL and ACFLs only.



WORKOUT TO REMEMBER

MONDAY, MAY 30,

10 a.m. at the Base track

MUST REGISTER BY MAY 26

DO YOU HAVE WHAT IT TAKES TO ENDURE?

Test your endurance by joining us in a one-mile run, 100 pull-ups, 200 push-ups, 300 squats, and another one-mile run, all done consecutively. The most challenging part of the workout is the sheer volume and length of the workout, so, a little strategizing is required to make it through the whole thing.

- sports, 956-82-1916 or DSN 727-1916

Captain's Cup Flag Football League

Mondays and Wednesdays, starting May 16, 6-8 p.m.

Fitness Center Turf. register by May 11. Free.

Open to U.S. active-duty service members, dependents and DoD civilians 18 years and older. Awards for champion and runner up.

CALLING ALL COMMANDS!!!

EARN GLORY AND HONOR

TROPHIES WILL BE AWARDED

TO THE TOP THREE COMMANDS OVERALL.
PARTICIPATION COUNTS!



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No Navy endorsement is implied.

CALL MWR SPECIAL EVENTS AT
956-82-2527 OR DSN 727-2527, 1-10 p.m. DAILY
FOR MORE INFORMATION

MWR IS HOSTING AN INTERDEPARTMENTAL COMPETITION TO
FOSTER CAMARADERIE, ESPRIT DE CORPS, AND OVERALL
MORALE AMONG ACTIVE DUTY MILITARY.

A MIX OF FUN AND COMPETITION!!!

WEDNESDAY, THURSDAY AND FRIDAY

MAY 18-19-20

WEDNESDAY, MAY 18

4 p.m. PUSH PULL FITNESS CHALLENGE

Fitness Center. Free. Must register at the Fitness Center by May 16.
Individual Push-up and Pull-up Competition

5:30 p.m. BIG LEBOWSKI BOWLING TOURNAMENT

PINZ Bowling Center. Must register at PINZ by May 16.
Five (5) players per team. Free for the team and includes shoe rental

THURSDAY, MAY 19

5 p.m. HAPPY GILMORE TWO-PERSON SCRAMBLE GOLF TOURNAMENT

Rota MWR Golf Course. Must register at the Golf Course by May 16.
\$25 per person (club and cart rentals available for reservation and additional payment)

5:30 p.m. HOOP DREAMS 3-ON-3 BASKETBALL TOURNAMENT

Fitness Center Outdoor Courts. Free. Must register at the Fitness Center by May 16. 3-6 players per team.

FRIDAY, MAY 20

Noon TOP GUN 5K

Fitness Center. Free. Must register at the Fitness Center by May 16.
Race will begin and end at PINZ Bowling Center.

1 p.m. AWARDS CEREMONY

PINZ Bowling Center. Free. Trophies will be awarded to the top three commands. Light refreshments will be provided while supplies last.

★ ACTIVE DUTY COMMANDS HAVE PRIORITY

TRIFEST WEEKEND 2022

FRIDAY, JUNE 3 EXPO

Noon-5 p.m. In front of the NEX main entrance

Stop by to pick up your race packet.

All participants must bring a valid I.D. and registration receipt.

Primary day for packet pick ups for both races.

SATURDAY, JUNE 4 SPRINT TRIATHLON

Begins 9 a.m. Admirals Beach. \$25 per person.

18 years and older. Registration is required by Friday, May 27

Sprint triathlon distances include swimming 0.46 miles (750 meter),

cycling 12.4 miles (20 kilometers) and running 3.1 miles (5 kilometers).

Payment is due at time of registration. Participant t-shirt provided.

Medals will be given to top three male and female finishers in these categories:

- Overall
- Open (18-29 years old)
- Seniors (30-39 years old)
- Masters (40-49 years old)
- Masters+ (50 years and older)
- Teams mixed

SUNDAY, JUNE 5 KIDS TRIATHLON

Noon. Housing Pool. \$15 per person

4-17 years old. Registration is required by Friday, May 27

Swim like a shark, bike like a tiger and run like a gazelle!! For kids ages

4-17 years old. Children are divided into categories according to their

age. This will enable them to practice with other children on their level.

Participant t-shirt provided.

AGES	SWIM	BIKE	RUN
17	200m	4 miles	1 mile
13-16	200m	4 miles	1 mile
11-12	100m	3 miles	1 mile
9-10	50 m	2 miles	1/2 mile
7-8	50 m	2 miles	1/2 mil
4-6	25 m	1 miles	1/4 mile

For more information, please contact the Fitness Center
956-82-2565 or DSN 727-2565 or via email to
Rota_fitnesscounter@eu.navy.mil

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CFL

Command Fitness Leader
CERTIFICATION COURSE

Monday-Friday,
June 6-10, 7-4 p.m.

At the Fitness Center and
NGIS Cadiz Room.
Active Duty only.

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

• All CFLs must be trained and certified through the five-day Command Fitness Leader Certification Course.

Important Notice: The cardiovascular assessment of the PRT will include the 1.5 mile run/walk only (no swim, treadmill or bike will be substituted). If you do not meet the BCA requirement for a CFL and do not score an overall of Excellent or higher on the PRT you will be removed from the course. No Exceptions.

For CFL applications visit:

www.navyfitness.org/fitness/cfl-information/cfl-application

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