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

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

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

Youth Center Jams, Gravity and Youth Sports
727-4625/4721
Summer hours
Monday–Friday, Noon–6:30 p.m.

RECREATION
Aquatics Center, 727-2129
Monday–Friday, 8 a.m.–1 p.m.
Saturday, Sunday, and U.S. Holidays, Closed

Housing Pool, 727-4882
Wednesday–Sunday, Noon–7 p.m.
Monday and Tuesday, closed

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, 1:30–9 p.m.

Library, 727-2418
Monday, 9 a.m.–7 p.m.
Tuesday–Friday, 9 a.m.–4 p.m.
Saturday, Closed
Sunday and U.S. Holidays, 9 a.m.–2 p.m.

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

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

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

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

El Patio
Bombers Fresh Mex, 727-3712
Monday–Friday, 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.

Pizz, 727-2112
Sunday–Thursday, 11 a.m.–10 p.m.
Friday and Saturday, 11 a.m.–11 p.m.

Pinz American Cafe
Sunday–Thursday, 5 a.m.–9 p.m.
Friday and Saturday, 5 a.m.–10 p.m.

Pizza Villa, 727-3212
Daily, 11 a.m.–11 p.m.

PIZZA VILLA IS TEMPORARILY MOVED TO LA PLAZA

La Plaza, 727-6323
Champion’s Bar
Sunday, Wednesday, and Thursday, 10–2 p.m.
Friday and Saturday, 4–11 p.m.
Monday and Tuesday, Closed

mwr navsta rota, spain
PSC 819 BOX 14 / FPO, AE 09645
Tel: 011 (34) 956-82-1517
Tel (On Base): 727-1517

Megan Ryan, Fleet Readiness Director
727-3507

Thomas Durning, MWR Director
727-2354

Julie Dinh, FFH RAF Business Manager
727-1505

Nelly Olam, Food Service Officer
727-2458

Catherine Knaep, CYP Director
727-2465

Doug Hasselbring, Community Recreation Director
727-1407

Both Winper, Fitness Director
727-3264

Sara Pine, Food and Beverage Director
727-3419

marketing office
Marketing Director
727-1515

Marketing@navymwrrota.com

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

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

nolthy@navymwrrota.com

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727-2465

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727-3264

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

[Image 150x67 to 300x142]
TICKETS AND TRAVEL

Fishing Trip
Saturday, Aug. 6 and Sept. 3, 9 a.m.-2:30 p.m. $145 per person. Must register by Aug. 3 and Aug. 31. Open to adults and children. Children under 17 years old must be accompanied by a parent or guardian. Climb aboard a charter fishing boat in flota and an experienced captain will take you out to sea for four hours of fishing fun. Of course, there is no guarantee that you will reel in a whopper but what you catch is yours to keep or share. Minimum 5 participants, maximum 7 participants. Trip includes roundtrip transportation, fishing license, rods, bait, insurance and safety equipment. No experience required.

Night Kayak and Sancti Petri Castle Tours
Tuesday, Aug. 9 and Aug. 23, 5:30-11:30 p.m. $185 per person. 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 urban life, enjoy the sunset and the views of the entire area. The experience includes roundtrip transportation, guide, kayak and life vest. No experience required. Difficulty: low, but must know how to sail.

Sailing and Windsurfing Course
Saturday, Aug. 13, 9 a.m.-2:30 p.m. $100 per person. Must register by Aug. 10. MWR Navy Outdoor Recreation “Discover Sailing and Windsurfing courses” provide an opportunity for people of all backgrounds and abilities to learn the fundamentals of sailing in a fun, safe, accessible and affordable experience.

Start Dinghy and Hobie Cat 15 Sailing Course
Tour Discover Sailing journey starts here as you learn the fundamental skills of sailing and are introduced to the fun of dinghy sailing in a safe and supportive environment. No prior sailing experience needed.

Windsurfing
The thrill of windsurfing is second to none and this course is tailored for those keen to getting into windsurfing. The program is designed to assist participants in obtaining the necessary skills to deal with all weather conditions, recognize that own limitations and have respect for the elements and provide them with the skills and experience to enjoy the thrill of windsurfing. This course teaches the very basics of windsurfing including teaching participants how to sail to a chosen point on the water and return to where they started in light winds. Price includes roundtrip transportation, all sailing and windsurfing gear and qualified instructors. Note: No previous experience is necessary, although you must be able to swim.

Outdoor Recreational trips are open to adults 18 years and older only.
**SUMMER READING PROGRAM**

"Read Beyond The Beaten Path"

**Now-Aug. 9 | Tuesdays, 11 a.m.-Noon**

This combines camp, adventure, and skill development. Summer reading at the library can encompass many different summer experiences.

**Come one, come all to sign up and participate in weekly SRP activities**

**SONG THEMES:**
- Aug. 2: Camping theme activity
- Aug. 9: SRP Party

**Rasta Library**

**956-82-2112 or DSN 727-2112**

**Rota_library@eu.navy.mil**

**THE FAMILY REMAINS By Lisa Jewell**

Early one morning on the shore of the Thames, DCI Samuel Owusu is called to the scene of a gruesome discovery. When Owusu sends the evidence for examination, he learns the bones are connected to a cold case that left three people dead on the kitchen floor in aChelsea mansion thirty years ago. Rachel Rimmer has also received a similar notification: her husband Michael has been found dead in the cellar of his house in France. And then there’s the third body—the French police need her to come urgently to answer questions about Michael and his past that she very much doesn’t want to answer.

After fleeing London thirty years ago in the wake of a horrific tragedy, Lucy Lamb is finally coming home. While she settles in with her children and is just about to purchase their first-ever house, her brother takes off to find the boy from their shared past whose memory haunts their present. As they all race to discover answers to these consolidated mysteries, they will come to find that they’ve connected in ways they could have never imagined.

**A BACKYARD PET by Doreen Cronin**
The Chicken Squad is back for their eighth adventure, and this time the five siblings adopt unique pets in this Level 2 Ready-to-Read book. Parents will help develop language skills and cluck them on the path to success in reading and learning.

**Comic Fest**

**Sept. 23, 5 p.m. at El Patio**

Dress up as your favorite superhero or sci-fi character and get ready for a nerdy night! Rota MWR Library is hosting a comic fest complete with a photo booth, crafts, a trivia game, and of course a cosplay contest, and more. Food and drinks available for purchase at Poor Tower.

**Contact the library for costume rules and further information.**
Summer Dance Lessons
CHILDREN BALLET LESSONS
(AGES 3-10 YEARS OLD)
Time slots available Monday or Wednesdays:
- Ages 3-5 years old, 10-11 a.m.
- Ages 6-10 years old, 11 a.m.-Noon.
$45 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.

Aikido Classes
We offer children and adults classes at the Fitness Center:
- Ages 5-7 years old:
  - Tuesdays, 4:45-5:45 p.m.
- Ages 8-13 years old:
  - Tuesdays, 4:50-5:50 p.m.
- Ages 18 and older:
  - Tuesdays, 6-7 p.m.
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 skills that people can incorporate into their daily lives.

Spanish Classes
Private lessons: $50 for a punch card for two lessons or
Group lessons: $40 if one punch card, $30 if two punch cards.
Times available:
- 9:45 a.m.-10:15 a.m. (ages 3-6 years)
- 10:30 a.m.-11 a.m. (ages 7-10 years)

 Congressional District 1

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).

REGISTRATION AND SIGN-UP FOR CYP PROGRAMS:
- CYP Registration—All documents are on the MWR webpage submit in to the SAC Bldg. for SAC/Youth/VF registration or CDC.
- Use MCC.com for: Reserving a SAC/Camp/CDC FULL TIME child care spot for your child.
- Use CYPOnline.com for:
  - Paying for a CDC/SAC-Camp/HOURS care spot.
  - Reserving a CDC/SAC-Camp HOURS care spot
  - Sign-ups for “Teen/YT” programs (after registering for CYP).

LUNCH AND A MOVIE
WITH OUR LITTLE STARS
FRIDAY, AUG. 26, 11 a.m.
To celebrate the end of summer and transition into the new school year, the preschool department will be collaborating to create a movie. The film premier will be accompanied by a picnic-style lunch. Additional showings will run throughout the halls for the duration of the month.

SCHOLARSHIP OPPORTUNITIES
- MCC Scholarship
- University Scholarship
- Military Scholarship
- Community Scholarship
- More...

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The School Liaison will host a Spanish Schools Workshop to help families who missed March registration. Please reserve your space through CYP Online Hourly Care. Any new kindergarten families for the 2021-2022 school year are invited to special orientation field trips for newcomers to explore Spain with the FEET (Friends of Exploring Espagne Together) orientation field trips for newcomers to explore Spain with the F.E.E.T (Friends of Exploring Espagne Together).

The Youth Center will once again be taking field trips on Mondays and Wednesday in August. Youth Center members may take class field trips to the library and Flat Moon Theater for only $5. Registration on CYP Online and signed permission slips are required. There are also special Spanish orientation field trips for newcomers to explore Spain with the F.E.E.T (Friends of Exploring Espagne Together) on Aug. 11 for high school students and Aug. 18 for middle school students. Register through the School Liaison Officer.

The Youth Center will offer a camp called Back to School Camps for the month of August. The camp will be held on Tuesdays and Thursdays from 9 a.m. to 2 p.m. and will include activities such as crafts, games, and educational programs. Parents will receive a schedule at sign-up.

School liaison office, 956-82-2425 or DSN 727-2425
SLOC@eu.navy.mil

Rota DGF Middle High School New Student & Parent Orientation
Wednesday, Aug. 10, 10 a.m.
OnCampus in the Multi-Use Building.

Spanish Schools Workshop
Wednesday Aug. 17, 11 a.m. at the FSSC Small Classroom.
The School Liaison will host a Spanish Schools Workshop to help families who missed March registration. Please reserve your space by CYP on Aug. 16.

P.E.E.T, Friends Exploring España Together
Youth Sponsorship
Thursday, Aug. 11, 11 a.m.-2 p.m.
Open House (Grades 9-12) and Tuesday, Aug. 16 (grades rising 6-9), 9 a.m. - 5 p.m. Must register by Aug. 16. Attend Orientation for new students to make sure the team is informed about the many programs Rota has to offer. They will also meet youth center staff and other key community members. Free event but you must be registered with CYP.

Back 2 School Resource Fair
Thursday, Aug. 18, 1-4:30 p.m.
Join the School Liaisons, NEX, the USO, Red Cross, FSSC, Health Promotions, CYF, DODA, the Boys and Girls Scouts and many other community organizations inside the NEX as we host our annual Back 2 School Resource fair inside the NEX main store. Join the fun and win prizes! Must be ID cardholders and pass through CYP to participate.

Tutor.Com for Military Families
Start the new school year off by registering your child with Tutor.Com military. It is a program for U.S. Military families that allows eligible students in kindergarten through college to connect to a live tutor online at any time for one-to-one help with homework, studying, test prep and more, at no cost.

DODEA Sure Start for SY 2022-23
If you have a child that will turn 4 years old by September 1, 2022, your child may be eligible for DODEA’s pre-kindergarten Sure Start program. Parents will be able to sign up August 15. For an application, contact the School Liaison at SLOCTelesup@nvy.mil.

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 transition. Your School Liaison can also put your contact with your new installation’s SLO in.

Do you need a tutor to help your child with their homework? youth sports
956-82-4721 or DSN 727-4721
Rota@ysports@eu.navy.mil

Youth sports programs, JAMS (ages 10-12) and GRAVITY (ages 13-18)
956-82-2839 or DSN 727-2839
Rota_youthcenter@eu.navy.mil

• youth sports
956-82-4721 or DSN 727-4721
Rota@ysports@eu.navy.mil

summer camp registration
Our weekly Summer Camp Registration continues throughout the summer and also has hourly care options. Check out our request for care or hourly care links to sign-up your child who must be 6 years old through 12 years of age.

10 Weeks of Summer Daily Attendance Game 2022
Ongoing.
Registered Youth Center members may enter once per day for a drawing to win gift cards every week during the 10 weeks of summer vacation. Stop by the Center for all the rules and to learn how to sign-up. Photo drawing dates are Aug. 5, 12, 19 and 26.

August Field Trip
The Youth Center will once again be taking field trips on Mondays and Wednesday in August. Youth Center members may take class field trips to the library and Flat Moon Theater for only $5. Registration on CYP Online and signed permission slips are required. There are also special Spanish orientation field trips for newcomers to explore Spain with the F.E.E.T (Friends of Exploring Espagne Together) on Aug. 11 for high school students and Aug. 18 for middle school students. Register through the School Liaison Officer.

First Day of Before and After Care
Monday, Aug. 22

SAC Kinder Orientation
Monday, Aug. 22, 11 a.m.-Noon.
Any new kindergarten families for the 2021-2022 School Year. We invite you to a special orientation to introduce your child to our School Age Care Program. Please call to schedule a spot.

SAC COVID Skills Workshop
Weeks of Aug. 8 and 15.
Monday, Tuesday, Thursday and Friday.
Ages 5-7 years old.
Ages 8-12 years old.
Ages 12-18 years old.
An Orientation for new students to make sure the teen is informed about the many programs Rota has to offer. They will also meet youth center staff and other key community members. Free event but you must be registered with CYP.

Summer Sport Clinics
Register now!!!

SOCCEr CAMPs
Aug. 15-19, 11 a.m.-Noon
Any age
Kids 6-14 years old.
Youth Sports Complex.
Learn the game Fútbol (soccer) with YSF. All skill levels will be challenged at these camps. Sign up for youth sports complex tournaments today.

MULTI-Sports CAMp
Aug. 8-12, 9 a.m.-Noon.
Any age.
Kids 6-14 years old.
Youth Sports Complex.
This camp will introduce many fun sports from waterfront camp, basketball, dodgeball, kickball, soccer, and youth sports. This is sure to be one of the most popular camps on sign-up day.

All SLOCs require advance registration and a signed permission slip to attend.

For more information about any of the programs that are available, please call 956-82-2425 or DSN 727-2425.
FFSC understands the difficulty in uprooting from a duty station where you’ve already established friends and come to a new duty station and make new connections. It can be hard to find your footing again. To assist with this transition, FFSC has several programs available for you with the goal being to establish community connections and foster new friendships.

Life skills:
- Anger Management, Stress Management and Parenting.
- Child and adolescent clinical counseling: Available by appointment
  - Non-medical individual and couples.
  - Ombudsman, FRG and Deployment:
    - Monthly Assembly Meetings, FRG Training, Cycles of Deployment, Re-integration.
  - SAPR:
    - Sexual Assault Helpline
    - Spouse Sponsorship Training
    - Command Sponsorship Training
    - Stress Management

Relocation:
- PCS workshops, Smooth Move, Intercultural Relations, Loaner Locker, Sponsorship.
- DOL Employment Track
- Ombudsman Assembly Meeting
- Inter-Cultural Relations (OCR)
- SAPR VA Refresher
- Private Sector Resume Writing Workshop

Information and referral:
- Available in office Monday-Friday, 8 a.m.-4 p.m.
- Available via email: FFSC.Rota@navy.mil

Retired Activities Office: Available by appointment on Tuesdays and Thursdays, 1-4 p.m.

Veterans Benefits Advisor: Available by appointment
- VA Benefit Advisors are available to provide remote One-On-One Assistance sessions via phone or email to answer questions, explain VA benefits and connect you to helpful resources. Please reach out to your VA Benefits Advisor before between 7:30 a.m.-4:30 p.m. local time for assistance. Please do not send documents with PII to VA Benefits Advisors.
- For any other class availability, please call us.

### ONGOING PROGRAMS

#### FAMILY FUN DAYS
Every Sunday after 1 p.m.

FREE PGA SPOUSE GOLF LESSONS
Tuesdays, 11 a.m.-noon

FREE USA* RANGE BALLS FOR ACTIVE DUTY MILITARY
Tuesdays and Thursdays, 4:30-6 p.m.

TWILIGHT SPECIAL
Seven days a week, 4-8 p.m.

KEY GOLF SPECIAL
Are you PCSing or TDY to Rota? Present your holiday at the golf shop to be eligible for the following:
- Standard Club Rental: $5 (9 holes), $9 (18 holes)
- Greens Fee: $2 (9 holes), $5 (18 holes)
- Note: Discount will be taken from standard greens fee.

LIBERTY GOLF DAY
Sunday, Aug. 28, starts at 1 p.m.

*No U.S. Navy endorsement is implied.
Mission Nutrition

Mission Nutrition is a science-based 2 day course focused on improving nutritional knowledge and awareness.

CFL Meeting
Wednesday Aug. 17, 11:30 a.m.

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

Youth Fitness Certification
Thursday, Aug. 18, 5 p.m.
Must register by Aug. 17, Noon. Fitness Center.

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.

Push Pull Challenge
Wednesday, Aug. 23, 6 p.m.
Must register by July 22.

For your 20s to the 30s, try your upper body strength to its limits in a challenging new proficiency test. Each athlete will perform a single pull and pull test, and compared their results with their previous performance. Athletes will perform one pull test using a Barbell Rollout and one pull test using Conventional Deadlift. How will your numbers stack up?

IMPROVING YOUR DEADLIFT
Friday, Aug. 19, 4 - 6 p.m.
Must register by Aug. 17, 5 p.m.

Come learn the biomechanics of deadlifting, ways to improve your technique, exercises to help improve your hip mobility, and different variations of deadlifting. This session will boost your confidence when it comes to deadlift.

OUTDOOR POOL
Recreation Swim
Wednesday-Sunday, Noon-7 p.m.
U.S. Holidays, noon-7 p.m.

Closed for maintenance: Monday and Tuesday.
Lap swim: One lane available.

Swim Lessons
TWO WEEK SESSIONS:
Six classes, Wednesday, Thursday and Friday, 45-minute classes. Ages 4 years and older.
5th Session: August 3-12
For more information about sessions, dates please visit our website at navymwrrot.com

SAFETY FIRST!
RULES IN ORDER TO MEET SAFETY STANDARDS, PLEASE REMEMBER THE FOLLOWING:
- You can bring food, but please NO GLASS!
- Alcohol is prohibited.
- Per Navy instruction, any child under the age of three years old is required to wear a swim diaper, regardless of being potty trained.

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.

Festival LUZ Shopping
30 Jun-03 Sep

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