What’s Inside?
Special Events
- Trunk or Treat 2022
- Pinz Bowling Center
  - Bowl and Treats
- Liberty
  - Halloween Party
- Fitness Center
  - Tutus for Coconuts 5k Walk/Run
  - Night of the Living “Dead Lift”
PRINCIPLES
GUIDING
OUR
VISION
OUR
MISSION

We are

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

CYC
CDC, 727-1100
Monday-Friday, 6 a.m.-6 p.m.
Saturday and Sunday.

SAC, 727-2839
Monday-Friday, 6 a.m.-6 p.m.
Saturday and Sunday.

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 and Sunday. U.S. Holidays, Closed

RECREATION
Aquatics Center, 727-2129
Monday-Friday, 6 a.m.-7 p.m.
Saturday and Sunday, Closed
U.S. Holidays, 7 a.m.-5 p.m.

Housing Pool, 727-4882
Closed for the season.

Fitness Center, 727-2565
Monday-Thursday, 5 a.m.-9 p.m.
Friday, 5 a.m.-8 p.m.
Saturday and Sunday.

U.S. Holidays, 9 a.m.-5 p.m.

Community Classes, 727-2354
Liberty, 727-2527
Daily, 11 a.m.-7 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 Recreational, 727-3101
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

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, 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 8:45 p.m.)

Flix, 727-3709
El Patio Indoor Theaters
Wednesday-Sunday
Check navymwrrota.com for movie times and schedules.

Drive-in
Check navymwrrota.com for movie times and schedules.

Golf, 727-2260
Daily, 9 a.m.-9 p.m.

Pinz, 727-2112
Sunday, 11 a.m.-10 p.m.

Pinz American Cafe
Saturday-Friday, 11 a.m.-11 p.m.

Pizza Villa, 727-3212
Daily, 11 a.m.-10 p.m.

Pizza Villa is located AT LA PLAZA
La Plaza, 727-6323
Champion’s Bar
Saturday, Sunday, Monday-Friday, 4-11 p.m.
Thursday, 4-11 p.m.
Friday and Saturday, 4-11 p.m.
Monday and Tuesday, Closed

mwr navsta rota, spain
PSC 819 BOX 14 / FPO, AE 090645
Tel: 011 (34) 956-42-1517
Tel (On Base): 727-1517

Megan Ryan, Fleet Readiness Director
727-1507

Thomas Duming, MWR Director
727-2260

Julie Dinh, FF&R NAT Business Manager
727-1505

Noly Diaz, Food Service Officer
727-1410

Catherine Knapp, CYP Director
727-2458

Doug Hasselbring, Community Recreation Director
727-1410

Both Wisper, Fitness Director
727-3264

Sara Fine, Food and Beverage Director
727-3423

Marketing Office
Phylis Hanson-Sitzel, Marketing Director
727-1515

rota_mwrmarketing@navy.mil

Social Contact
Website
www.navymwrrota.com
www.facebook.com/RotaMWR
Phone
956-82-0100

DSN 727-1507

For more information, call 956-82-2527 or DSN 727-2527

MWR Drive-In Movie Theater
All Ages
U.S. DOD I.D. Cardholders Only
100% ID Check

Trunk or Treat
Saturday, Oct. 29
5:30-9:30 p.m.

Trunk Registration
For a reserved space in this year’s event, you must register your themed vehicle at the Liberty Center by Saturday, Oct. 15 or until full.
Parking
Only cars who are preregistered as “trunks” will be allowed to park inside the Drive-In Movie Theater. Everyone else will need to park in designated areas or take one of our free shuttles from the NEX or Youth Center.

Movie Viewing
Blankets and lawn chairs are permitted. Cars that are not “trunks” will be allowed to enter the Drive-In between 7:45 p.m. only.

Trick or Treating
Trunk or Treat
7:15-9:45 p.m.
Youth and Adult Costume Contests and Trunk Winner Announcements
8-9:30 p.m.
Halloween Movie

Timeline
5:30-8 p.m.
Arts and Crafts, Pumpkin Patch, Food Boths and Trunk Rides
6-7 p.m.
Trunk or Treat
7:15-9:45 p.m.
Youth and Adult Costume Contests and Trunk Winner Announcements
8-9:30 p.m.
Halloween Movie

Trunk or Treat
Saturday, Oct. 29
5:30-9:30 p.m.
MWR DRIVE-IN MOVIE THEATER
All Ages
U.S. DOD I.D. Cardholders Only
100% ID Check

Trunk Registration
For a reserved space in this year’s event, you must register your themed vehicle at the Liberty Center by Saturday, Oct. 15 or until full.
Parking
Only cars who are preregistered as “trunks” will be allowed to park inside the Drive-In Movie Theater. Everyone else will need to park in designated areas or take one of our free shuttles from the NEX or Youth Center.

Movie Viewing
Blankets and lawn chairs are permitted. Cars that are not “trunks” will be allowed to enter the Drive-In between 7:45 p.m. only.
BIKE RIDE
OLVERA
Saturday, Oct. 29, 7:30 a.m.-5 p.m. $55 per person. Must register by Oct. 26. Join HWB Outdoor Recreation for a bike ride on the Via Verde or “Greenways” through the banks of Guadalete River and the Cork range, an attractive route that runs on the foot of the Pueblo de Zahara, one of the largest native existing areas in Europe. The route meanders through the valley from Puerto Serrano to Olvera following the Guadalete and Guadalporcun rivers crossing 4 viaducts and through 35 tunnels along the way. This is a part of Spain that you can only experience by riding a bike as the traffic is allowed. Length: 32 kilometers circular route. Officially level: medium. Price includes roundtrip transportation, bike, gear and expert guide.

TICKETS AND TRAVEL
Vejer Historical Tour and Bolonia Roman Ruins
Saturday, Oct. 1, 8 a.m.-7 p.m. $30 per adult / $15 per child under 14 years old / No cost for child under 2 years old. Must register by Sept. 28. Vejer is a picturesque town perched high on a limestone headland. Although it was captured from the Moors by Fernando II in 1347, it has not lost any of its Arab features. The town has several monuments worth seeing including: remains of a castle, the bell tower and several palaces. Climb the castle walls for a panoramic view of the open countryside, all the houses in the town, and most of the buildings and most date back to the Moorish times. The local artisan shops in the town offer a wide selection of handmade goods at reasonable prices. After spending time in Vejer, we will take you to visit the Baelo Claudia Roman ruins in Bolonia. Baelo Claudia was undoubtedly the most important city in the province of Andalusia under the domination of the Roman Empire. It was erected at the end of the Second Century BC and the large expanse continued its operation until the First Century and Second Century AD. Not a very friendly town, bring comfortable shoes for walking on cobblestone streets. Historical tour includes roundtrip transportation, a local guide in Vejer and entrance fees to the monuments in Bolonia.

Cordoba Historical Tour
Saturday, Oct. 15, 7:30 a.m.-9:30 p.m. $65 per adult / $45 per child under 14 years old / No cost for child under 2 years old. Must register by Oct. 12. Visit the beautiful city of Cordoba where the Guadalquivir river, the longest navigable river in Spain flows through it and provides irrigation for a fertile plain where sheep, grapes and olive trees grow. Cordoba has an outstanding architectural heritage, and its patrimony 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, some over a hundred columns and it 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 a monument and some local eateries.

Flamenco Show and Dinner
Saturday, Oct. 22, 6:30-10:30 p.m. $90 per person. Must register by Oct. 19. Flamencos invoke emotion, dance and passion as well as rhythmic punctuations by hand-claps and other methods. There are different types of pieces within Flamenco, which are defined by characteristic melodic, rhythmic and harmonious structures. It is rooted in the gypsy tradition of Andalusia and is probably influenced by Northern African rhythms. The “Gitanos” had settled in Andalusia by the 16th 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.

RONDON HISTORICAL TOUR
Saturday, Oct. 29, 7:30 a.m.-7:30 p.m. $90 per adult / $65 per child under 14 years old. No-cost for child under 2 years old. Must register by Oct. 26. Ronda is a charming town of the most beautiful towns in Spain. Set on a 14th century Roman bridge spanning the Guadalete river, the longest navigable river in Spain flows through it and provides irrigation for a fertile plain where sheep, grapes and olive trees grow. Ronda is known for the beauty of its landscapes, its palaces, its springs, its old bridges and its 18th century bullring. This bridge was completed in 1793. Another important site in Ronda is the Plaza de Toros de Ronda, the oldest bullfighting ring in the world and one of the oldest in Spain. The partially intact bullring (“new barn”) and the Puente Viejo (“Old Bridge”) and Puente Nuevo (“New Bridge”) were all built by the Marquis of Sotomayor. The area to the east of the old castle of Alcazar was inhabited in the 16th century by the Moors. The partially intact bullring (“new barn”) and the Puente Viejo (“Old Bridge”) and Puente Nuevo (“New Bridge”) are the most important sites in Ronda. The trip includes roundtrip transportation, local guide, entrance to 16 monuments and some expenses.

OUTDOOR REC
Carpen Descending
Saturday, Oct. 1, and Nov. 5, 6:45 a.m.-9:30 p.m. $85 per person. Must register by Sept. 28 and Nov. 2. Carpen descending also called carpet 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 ideal of free ascension. Trip includes roundtrip transportation, insurance, wet suit, harness, helmet and professional guide.

Quad Tour in Tarifa
Saturday, Oct. 8, 8:30 a.m.-4 p.m. $130 per person. Must register by Oct. 5. For the adventurous spirit, we will offer 4 wheel quad tours designed for those looking for excitement and a challenge. Our guide will take you through the natural reserve of Los Alcornocales for two hours. You will experience the wonderful scenery of Tarifa and meet domestic animals including cows, goats, and horses. You will also be taken to the top of Tarifa to die to enjoy the amazing views of Tarifa’s beaches. First time riders are welcome and no experience is necessary! Trip includes roundtrip transportation, quad ride and expert guide.

Hiking El Pinsapar
Saturday, Oct. 22, 7 a.m.-8 p.m. $45 per person. Must register by Oct. 19. One of the five national historic forests of Spain, El Pinsapar is one of the most beautiful landscapes of Cadiz, in which is located the Natural Park of Sierra de Grazalema. The hike begins along the route that connects Grazalema and Benamahoma by ascending the eastern side of the Sierra del Pinsapar. The major attraction is the Spanish fir trees. They are at first scattered and then in the shadow area become a dense forest that is thick and majestic. Enjoy majestic views of Grazalema, Tarifa, Sierra de las Nieves and Sierra Nevada. Trip includes roundtrip transportation, expert guide, 12-kilometer ride (medium difficulty).

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

For more information, contact: Lacy Knievel 619-968-9564

196-82-3101 or DSN 727-3101

956-82-3101 or DSN 727-3101

8-2-3101 or DSN 727-3101
LIBERTY NIGHT AT THE MOVIES
Monday, Oct. 10, 7-10 p.m. Flix, Club of Heroes. Free for single/unaccompanied E6 & below. Must register by Oct. 8. $104 for PUMPKIN CARVING & GHOST HUNT Thursday, Oct. 13, 8 a.m.-2 p.m. Liberty Center. Pumpkins and carving tools are provided. Let's see your skills with this fun and festive event happening today! 

LIBERTY HALLOWEEN BOO-LING AT PINZ Friday, Oct. 28, 7-9 p.m. Free for single/unaccompanied E6 and below. Enjoy a fun day of bowling, costumes, and fun with Liberty. On the day of sign in on the Liberty sheet at the front counter in Pinz. Make sure to bring your favorite halloween costume! Provided: Bowling lanes, shoe rental, and LII.

PAINTING & MIXED MEDIA 101 Tuesday, Oct. 14 and 28, 6:30-8:30 p.m. Free for single/unaccompanied E6 & below. Must register by Oct. 28. $52 for single/unaccompanied E6 & below; $104 for PPW and/or one of the most beautiful places in Spain. Some artifacts found around foones date back to prehistoric times, as far as 28,000 BC. The forces of Catholic Spain took control of the town in 1483. Three bridges, Puente Romano (Roman Bridge), Puente Viejo (Old Bridge) and Puente Nuevo (New Bridge), date from the 13th and 14th centuries. Ernest Hemingway and Orson Welles named it a favorite spot for many years, and both wrote about its beauty. We provide roundtrip transportation, local guide, entrance to monuments and some free time.

ROCKY HORROR PICTURE SHOW Monday, Oct. 17, 8 p.m. Flix, Club of Heroes. Free for single/unaccompanied E6 and below. Must register by Oct. 15. $56 for single/unaccompanied E6 and below; $112 for PPW. Enjoy a live screening of the most cult classic ever! $2 off (9 holes or 18 holes) Standard Club Rental: $30 per person plus green fees. Players will play same 9 holes.

HALEWAY BOOKMARK CONTEST & AWARD CEREMONY
COME AND JOIN THE ANNUAL HALLOWEEN BOOKMARK CONTEST AT THE LIBRARY Deadline to turn in the finished entries is Friday, Oct. 14. Kids ages 5 - 8 years old. Adults, black and white and no embelishments. Pick up the blank entry form on the library bulletin board. Bookaward ceremony will be held Tuesday Oct. 25, 5 p.m. 

THEME: “SPOOKY HAUNTED CEMETERY”

SPOOKY MOVIE MARATHON Wednesday, Oct. 19, 1-10 p.m. Flix, Club of Heroes. Free for single/unaccompanied E6 and below. Must register by Oct. 17. $104 for single/unaccompanied E6 and below; $208 for PPW. Enjoy a spook-tacular day of movie marathons.

GHOST HUNT Monday, Oct. 24, 6 p.m. Come out and enjoy a night of real ghost hunting. For此次活动 fee is $10 per person.

PUMPKIN CARVING Thursday, Oct. 27, 6 p.m. Come out and have fun with this fun event happening today at the Liberty Center. Pumpkins and carving tools are provided.

MONDAY, Oct. 31
6:30 p.m. FREE! Come to the Liberty Center for a “creepy carnival” themed night. SPOOKY SNACKS, GAMES, AND PRIZES are provided! You don’t want to miss out.

STORY TIME Tuesdays Bring your little ones to the Library’s weekly story time. All children must be accompanied by a parent or caregiver. Open to all patrons. 

LIBERTY GOLF DAY Sunday, Oct. 3, starts at 1 p.m. This U.S. Navy endorsement is only for active duty military personnel.

FOUR PERSON CROSS COUNTRY GOLF TOURNAMENT SATURDAY, OCT. 15 8:30 a.m. Tee times start 6:30 p.m. Free for eligible E6 and below. Must register by Oct. 13. $20 per person plus green fees. 100% of the entry fee is returned to players in forms of gift certificates.

KEY GOLF SPECIAL: Are you a PGAS or TDP? Present your traveletical golf club rental (9 holes or 18 holes) from DSN 727-4260. Players will play same 9 holes. Golf Course set radically different.

FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THESE EVENTS PLEASE CALL 956-82-2481 or DSN 727-2260.
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 Militarychildcare.com (to register or CYPOnline to reserve hourly care).

REGISTRATION AND SIGN-UP FOR CYP PROGRAMS:
- CYP Registration - You can find all the required documents on the NW Website. To submit your paperwork, please bring the required paperwork to the SAC building for: SAC/YFS registration and CYP/CCDC building for CDC forms.
- Use Militarychildcare.com for reserving a SAC/Camp/CDC FULL TIME child care spot for your child.
- Use CYPonline.com for: - Paying for a CDC/CAC/Camp HOURSLY care spot.
- Registering a SAC/Camp/CDC HOURSLY care spot. - Sign-ups for Teen/YFS programs (after registering for CYP).

Dan’s Printing
396-823-6293
Rota_sac@navy.mil

SAC School Closures

- Sac All Day Friday, Oct. 7
- SAC Teacher Training Day Friday, Oct. 28

HOURLY CARE IS WELCOME TO PARTICIPATE IN:

- Hispanic Heritage Cooking and Cookbook
- Teen Football Tailgate Party:
- Teen Football Tailgate Party:
- October 21, 5-7 p.m. For Grades 6-12
- Painting & Drawing/Decorating, 3-5 p.m.
- Painting & Drawing/Decorating, 3-5 p.m.
- Art Club - Pumpkin Carving and Decorating, 3-5 p.m.
- Art Club - Pumpkin Carving and Decorating, 3-5 p.m.
- Art Club, 3-4 p.m.
- Art Club, 3-4 p.m.
- Keystone Meeting, 2-3 p.m.
- Keystone Meeting, 2-3 p.m.
- Art Club, 4-5 p.m.
- Art Club, 4-5 p.m.
- Art Club, 4-5 p.m.
- Art Club, 4-5 p.m.
- Art Club, 3-4 p.m.
- Game Night, 3-4 p.m.
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- SAC (6th grade)
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- SAC 6 School Closures October 2022
Dance Lessons

CHILDREN BALLET LESSONS (AGES 3-10 YEARS OLD)

Time slots available: Mondays or Wednesdays

- Ages 3-5 years old: 4-5 p.m.
- Ages 6-10 years old: 5-6 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.

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.

- Saturdays, 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.

Looking for Ballroom Dance and Gymnastics 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.

Music Lessons

PRIVATE PIANO LESSONS

Time slots available: Mondays, Tuesdays, Thursdays and Fridays, 3-7 p.m. $76 for a punch card for four 30-minute lessons.

Take individual piano lessons from beginners to advanced learners to play piano and real music with our experienced instructors.

PRIVATE GUITAR AND UKULELE LESSONS

Time slots available:

- Wednesdays and Thursdays, 4-5:30-8:30 p.m.

$72 for a punch card for four 30-minute lessons.


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$72 for a punch card for four 30-minute lessons.

Everyday there is something different – domestic abuse can happen to anyone and it’s not their fault. And it can be difficult to know how to help a friend, co-worker or anyone you see who is in an abusive relationship. Here are five simple things you can do to safely help someone you care about in their time of need.

1. **Ask to connect.**
   “Do you prefer us to call?”
   Having a calm easy way to find your way is important. Let your friend know and tell them to select a safe place to be with them and them only. Do not pressure the person for news. Instead, support them with judgment, offer to help them plan for their safety or seek suitable support when they are ready.

2. **Stay in touch.**
   “Let’s play a game together.”
   Finding creative ways to call, text, voice chat or social media in a way to provide a timeline for those who are unsure of home. For example, some games have chat features that may allow for communication in a natural way. Starting up a game that has that may allow you to check in with your friend without “big” conversations. Some games like escape rooms, are online games gone from the National Networks in End Domestic Violence.

3. **3. Support and believe.**
   “I care about you and I love you, be with me.”
   Remind your friend that they are not alone and that you are there for them. They do not have to share their abuse, listen, and show empathy; let them know this abuse is not their fault and that you believe them. Ask what you can do to help.

4. **4. Chat about options.**
   “Let’s create a safety plan.”
   Options are empowering. Talk to your friend for their options for seeking help or creating a plan to get through safety. They may be available 24/7 to help them think through dangerous situations and create a plan to get through safety care.

5. **5. Share the hotline.**
   “Here is the information for that restaurant I told you about.”
   It may be easier for your friend to research options for support such as the National Network to End Domestic Violence (1-800-799-SAFE or 1-800-799-7233) on their own. And if on your device, providing quick facts to do so. Use your application’s tells and a safe communication method when providing this information or to remain private between the two of you.

**5 Ways to Help a Friend Who’s Experiencing Domestic Abuse**

**FFSC ROTA DATES PROGRAMS**

**MON. 03**
TRANSITION WORKSHOP
Oct. 3, 8 a.m. - 4 p.m.
INTER-CULTURAL RELATIONS (ICR)
Oct. 3, 8 a.m. - 4:30 p.m.

**TUE. 04**
CDBG TRAINING
9 a.m.

**WED. 05**
SAFE LEAD ADMIN UVA TRAINING
9-11 a.m.

**THU. 06**
DOL EMPLOYMENT TRACK
9:30 a.m. - 4 p.m.
FIELD TRIP / VÉLEZ DE LA FRONTERA
8 a.m. - 4 p.m.

**FRI. 07**
EMPLOYMENT TRAINING
9:15 a.m.
HOW TO SURVIVE THE HOLIDAYS FINANCIALLY
10 a.m.
SMOOTH acPINO
11 a.m. - 3:45 p.m.

**MON. 10**
CAREER & CREDENTIAL EXPLORATION (C2E)
PREVIOUSLY CEPT
Oct. 10, 8:30 a.m. - 3 p.m.
COMMAND SPONSORSHIP
10:45 a.m. - 11:45 a.m.

**TUE. 11**
HOME BUYING 101
10 a.m. - Noon
OMBUDSMAN ASSEMBLY MEETING
11:15 a.m. - 1:15 p.m.

**WED. 12**
STRESS MANAGEMENT
10 a.m. - Noon
CFS TRAINING
8:30 a.m. - 4 p.m.

**THU. 13**
TRANSITION WORKSHOP
Oct. 10, 9 a.m. - 3:30 p.m.
CFS TRAINING
8:30 a.m. - 4 p.m.

**FRI. 14**
COMMAND FINANCIAL SPECIALIST (CFS) FORUM
11:30 a.m. - 12:30 p.m.
INTER-CULTURAL RELATIONS (ICR)
Oct. 10, 8:30 a.m. - 3 p.m.
SPOUSE MEET & GREET
10 a.m. - Noon
PRIVATE SECTOR RESUME WRITING WORKSHOP
11 a.m. - 3:15 p.m.

**MON. 17**
10 STEPS TO A FEDERAL JOB
9 a.m. - Noon
US הכרית RESOURCE FAIR (VIRTUAL)
Virtual

**TUE. 18**
FRG TRAINING
09/28, 9-11 a.m.
SPOUSE SPONSORSHIP TRAINING
10 a.m. - 2:30 p.m.

**WED. 19**
 basic SPANISH CLASSES
10 a.m. - 4:30 p.m.
INTERMEDIATE SPANISH CLASSES
Oct. 6, 13, 20 and 27, Thursdays, 9:30-11:30 a.m.

**THU. 20**
DOL EMPLOYMENT TRACK
Oct. 10, 8:30 a.m. - 4:30 p.m.

**FRI. 21**
BOWLING SPECIALS TO AMERICANS AND LOCAL NATIONALS.
Groups of five bowl for $20
(shoe rental included)

**MON. 24**
INTER-CULTURAL RELATIONS (ICR)
Oct. 17, 8 a.m. - 4 p.m.
SPOUSE SPONSORSHIP TRAINING
10 a.m. - 1:30 p.m.

**TUE. 25**
FIELD TRIP / VÉLEZ DE LA FRONTERA
8 a.m. - 4 p.m.

**WED. 26**
FRG TRAINING
09/28, 9-11 a.m.
SPOUSE SPONSORSHIP TRAINING
10 a.m. - 2:30 p.m.

**THU. 27**
BASIC SPANISH CLASSES
Oct. 6, 13, 20 and 27, Thursdays, 9:30-11:30 a.m.
INTERMEDIATE SPANISH CLASSES
Oct. 4, 11, 18 and 25, Thursdays, 9:30-11:30 a.m.

**FRI. 28**
BOWLING SPECIALS TO AMERICANS AND LOCAL NATIONALS.
Groups of five bowl for $20
(shoe rental included)

**MON. 31**
BOWLING SPECIALS TO AMERICANS AND LOCAL NATIONALS.
Groups of five bowl for $20
(shoe rental included)

**OCTOBER 2022**

**5 Ways to Help a Friend Who’s Experiencing Domestic Abuse**

**FFSC ROTA DATES PROGRAMS**

**MON. 03**
TRANSITION WORKSHOP
Oct. 3, 8 a.m. - 4 p.m.
INTER-CULTURAL RELATIONS (ICR)
Oct. 3, 8 a.m. - 4:30 p.m.

**TUE. 04**
CDBG TRAINING
9 a.m.

**WED. 05**
SAFE LEAD ADMIN UVA TRAINING
9-11 a.m.

**THU. 06**
DOL EMPLOYMENT TRACK
9:30 a.m. - 4:30 p.m.
FIELD TRIP / VÉLEZ DE LA FRONTERA
8 a.m. - 4 p.m.

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BOWLING SPECIALS TO AMERICANS AND LOCAL NATIONALS.
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(shoe rental included)
**Racquetball Tournament**

Thursday and Friday, Oct. 13 and 14, 5-9 p.m.

At the racquetball court #3.

Must register by Oct. 11 at noon. Free.

Sign up at Rota_sports@eu.navy.mil or at Fitness Center. Open to active duty, retired, family members and civilians 18 and older. Awards for champion and runner up of the series.

**Captain’s Cup Volleyball League**

Starting Oct. 25, Tuesdays and Thursdays, 6-8 p.m.

At the Fitness Center’s basketball court.

Must register by Oct. 18 at midnight. Free.

Sign up at Rota_sports@eu.navy.mil or at Fitness Center. Mandatory coach meeting on Friday, Oct. 21, 6 p.m. Open to active duty, retired, family members and civilians 18 and older. Awards for champion and runner up.

**Rota Barbell Benders will be hosting its 3rd annual Night of the Living Dead Lift Competition.**

This Halloween themed, deadlift-only meet, is a great first competition for new lifters to gain exposure to powerlifting in a fun, encouraging, and low-stress environment.

Friday, Oct. 28

5-7 p.m.

All competitors will have three attempts to establish their one-rep max deadlift. Costumes aren’t required but make for some great photos.

Competition is open to lifters 18 years and older and all ability levels. Sign up at the Fitness Center!

**LEARN-TO-SWIM PROGRAM**

Oct. 5-7 and Oct. 12-14.

Parent and Child Swim Lessons

Wednesday-Friday, 10-10:30 a.m.

Navy Second Class Swim Testing available by appointment only.

ELIGIBILITY:

U.S. active-duty service members & dependents; DoD civilians & dependents; and U.S. retirees. Eligible Spanish military, dependents, and base civilians who meet eligibility criteria with Spanish protocol. 100 percent to compete. All Navy/DoD Swim Test required for youths 17 years and below.

**Mini NOFFS Course**

Friday, Oct. 7, 7 a.m. - Noon.

Must register by Sept. 22, 5 p.m.

Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with “best in class” physical fitness and nutrition information for Sailors. This five hour course provides CFIs & AECTs the ability to effectively and safely train other Sailors within their command.

**OCT. 21**

**F R I D A Y**

**RUN/WALK 5K**

The power of pink is everywhere this October as we observe Breast Cancer Awareness Month.

Every year in the United States about 250,000 women and men are diagnosed with breast cancer.

Come join the fitness team and help raise awareness by wearing pink.

Tutus are welcome!

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

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