



## ▼ wHat's iNside?

### Pinz Bowling Center

Mother's Day Special

Military Spouse Appreciation Special

### Community Classes

My Baby and Me:

Yoga and Pre-Tumbling Lessons

### School Age Care

Summer Camp Registration

### Special Events

Operation MWR: Rodney Atkins



# vaMos!

MWR ROTA MONTHLY MAGAZINE

iSue#143

mAy2024



**MWR ROTA SPAIN**

U.S. Naval Station Rota, Spain

[www.navymwrrota.com/](http://www.navymwrrota.com/)

[www.facebook.com/RotaMWR](https://www.facebook.com/RotaMWR)







**Brian Bicek**  
IT Specialist

# We are

**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 and Gravity, 727-4625**  
Monday-Wednesday and Friday, 2:45-6:30 p.m.  
Thursday, 1:45-6:30 p.m.  
Non school day, Noon-6:30 p.m.  
Saturday, Sunday and U.S. Holidays, Closed

**Youth Sports, 727-4721**  
Monday-Friday, 9:30 a.m.-6:30 p.m.  
Saturday, Sunday and U.S. Holidays, Closed

**RECREATION Aquatics Center, 727-2129**  
Monday-Friday, 6 a.m.-7 p.m.  
U.S. Holidays, 9 a.m.-5 p.m.  
Saturday and Sunday, Closed

**Housing Pool, 727-4882**  
Opens May 25-27, noon-7 p.m.

**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, 8 a.m.-8 p.m.  
24 hours unmanned fitness access available for registered patrons.

**Community Classes, 727-2354**

**Liberty, 727-2527**  
Daily, 1-10 p.m.

**Library, 727-2418**  
Closed for the month of May.

**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, 10 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, Noon-7 p.m. (last food order 6:30 p.m.)

**Flix, 727-3709**  
**El Patio Indoor Theaters**  
Wednesday-Sunday.  
Check [navymwrrota.com](http://navymwrrota.com) for movie times and schedule.

**Drive-in**  
Check [navymwrrota.com](http://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.

**La Plaza, 727-6323**  
**Champion's Bar**  
Wednesday-Sunday, 4-11 p.m.  
Monday and Tuesday, Closed  
**Pizza Villa, 727-3212**  
Daily, 11 a.m.-10 p.m.

Hours of operation are subject to change. Check our website for the most up to date hours of operation.  
[navymwrrota.com](http://navymwrrota.com)



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727-2326

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727-1505

**Nolly Dizon, Food Service Officer**  
727-1407

**Christina Rodriguez, CYP Director**  
727-2458

**Doug Hasselbring, Community Recreation Director**  
727-1410

**Beth Winsper, Fitness Director**  
727-3264

**Sara Fine, Food and Beverage Director**  
727-1429

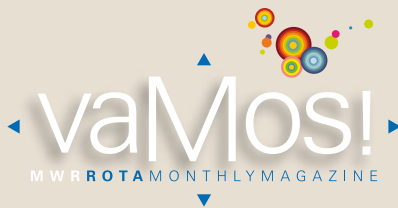
## marketing office

**Amber Courtney-Duncan, Marketing Director**  
727-1515

## social contact

**Website** [www.navymwrrota.com](http://www.navymwrrota.com)  
**Facebook** [www.facebook.com/RotaMWR](http://www.facebook.com/RotaMWR)

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



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Information subject to change.

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vaMos is published monthly, with a circulation of 1,800 by MWR Rota, Spain.

## sPecial events

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

# Spring FLEA MARKET

**SATURDAY, June 8**

10 a.m.-2 p.m.

At the Drive-In Movie Theater  
Free entrance

**BARGAINS GALORE**  
**FOOD & BEVERAGES**  
**BEST STALL AWARD**



**BROWSE & SHOP**  
Choose from a wide range of items, from household goods to unique treasures and more.  
Open to all.

**SELL**  
PCS purge? Kids outgrown clothes and toys? You changed hobbies? Here's your opportunity to sell your gently used items!  
**Participation Fee \$15: includes 1 table and 2 chairs. Register by June 6.**  
Open to DoD ID card holders only.

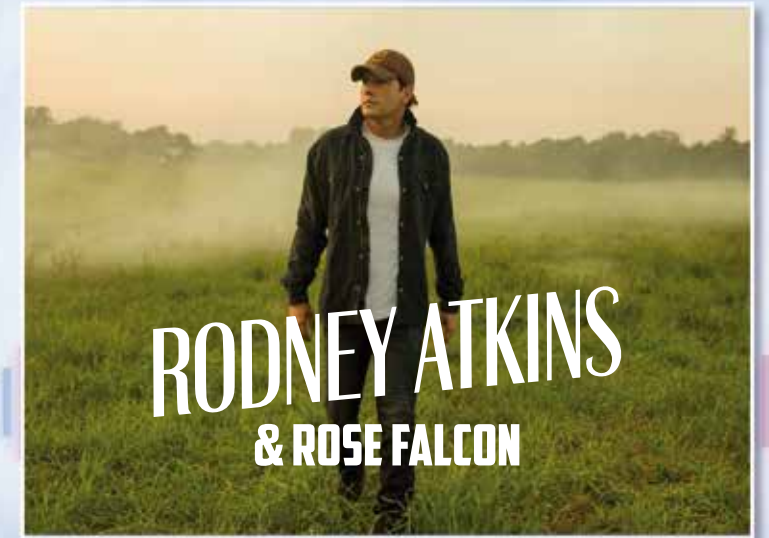
For more information, call the Community Recreation Center at 956-82-2527.

# OPERATION MWR

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**FRIDAY • MAY 10 • 8 P.M.**  
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**& ROSE FALCON**

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**AIR TOYS**



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Bldg. 3293 or in  
our virtual office



No official U.S. Navy endorsement is implied.

**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**

**MWR**  
NAVAL STATION  
ROTA, SPAIN



TICKETS AND TRAVEL

Marbella and Puerto Banus Self-Guided

Saturday, May 4, 7:30 a.m.-8:30 p.m.  
\$35 per person / No cost for child under 14 years old. Must register by May 1.

Marbella and Puerto Banus are two great locations for a self-guided tour. Remnants of Marbella's history can be seen in the well-preserved architecture and streets of the Casco Antiguo. Puerto Banus is a cosmopolitan area, attracting the rich and famous and is full of restaurants and shops. The trip includes roundtrip transportation only.

Los Patios in Cordoba Self-Guided

Saturday, May 11, 7:30 a.m.-9:30 p.m.  
\$40 per person / No cost for child under 14 years old. Must register by May 8.

Join Tickets and Travel in this annual spring event at the gorgeous city of Cordoba. The city throws open its courtyards to the public, revealing a visual feast of colorful flowers, stone mosaics and striking water features. Must-sees include the numerous monument patios and convent courtyards, such as Santa Isabel de los Angeles, Las Capuchinas and Santa Maria. After the patio visits, get a chance also to know many of the Cordoba monuments like the Jewish Quarters, the Synagogue, and the cathedral of Cordoba, Mezquita. The trip includes roundtrip transportation only.

Sevilla Historical Tour

Saturday, May 18, 7:30 a.m.-6:30 p.m.  
\$70 per person / \$55 per child 2-14 years old / No cost for child under 2 years old. Must register by May 15.

Visit the cathedral, the old Jewish quarters, and the Plaza de España. Sevilla is home to the 3rd largest gothic cathedral in the world, where you can enjoy views of the city from the top of the famous La Giralda Minaret. Across from the Cathedral is the Alcázar, a 14th-century palace built in a Moorish style. Some say it's comparable to the Alhambra in Granada. The city is also known for its many tapas bars, so even without the sites, you are sure to have a pleasant day walking and shopping your way through the winding streets of the Triana Quarter in the old part of the city. Historical tour includes roundtrip transportation, local guide, entrance fee and some free time.

Ronda Self-Guided

Saturday, May 25, 7:30 a.m.-6:30 p.m.  
\$35 per person / No cost for child under 14 years old. Must register by May 22.

Visit with MWR one of the most beautiful places in Spain. The forces of Catholic Spain took control of the town in 1485. Three bridges, Puente Romano ("Roman Bridge"), Puente Viejo ("Old Bridge") and Puente Nuevo ("New Bridge"), span the canyon. The term "nuevo" is a bit of a misnomer since this bridge was completed in 1793. Another important site in Ronda is the Plaza de Toros de Ronda, the oldest bullfighting ring in Spain that is still used today. The partially intact Arab baths are found below the city and date back to the 13th and 14th centuries. Ernest Hemingway and Orson Welles resided in Ronda for many years, and both wrote about its beauty.

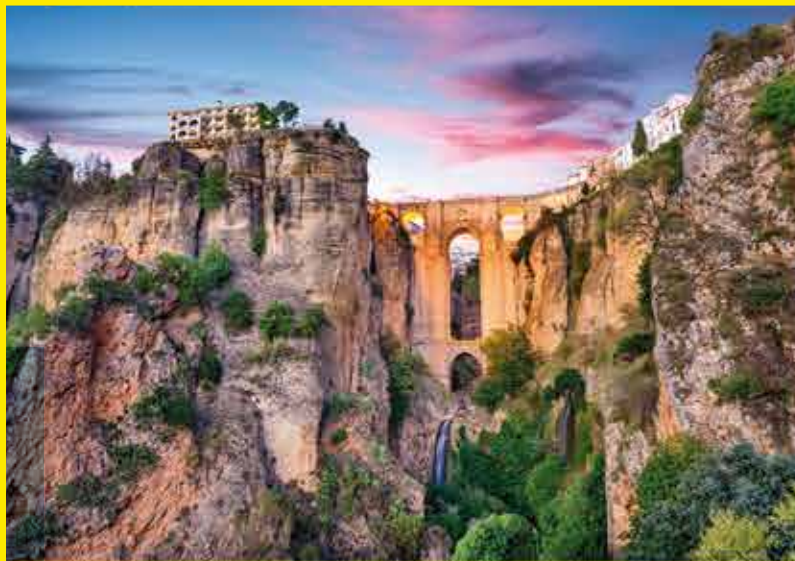
Bullfight in Santlúcar Feria

Saturday, June 1, 5:30-10:30 p.m.  
\$75 per person. Must register by May 29. Adults 18 years and older only.

Watch three cream of the crop bullfighters in Spain: Roca Rey, Pablo Aguado and German Vidal "El Melli" against six toros bravos from Torrealta Ranch. Trip includes roundtrip transportation, and entrance to the bullring top bleacher, sun section.

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

956-82-3101 or DSN 727-3101



Torremolinos (Malaga) Self-Guided

Saturday, June 1, 7 a.m.-8:30 p.m.  
\$40 per person / No cost for child under 14 years old. Must register by May 29.

Torremolinos is a tourist paradise, being the first town in the whole of Spain to open up to international mass tourism. Its success story began in the 1950's when the European travel market turned its eyes to sunny and cheap Spain. The trip only includes roundtrip transportation.

Canyon Descending

Saturday, May 18, 6:45 a.m.-9 p.m.  
\$85 per person. Must register by May 15.

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, wet suit, harness, helmet and professional guide. Note: you need to be able to swim.

Memorial Day Weekend Multi-Adventure Trip in Almuñecar (Granada)

Friday-Monday, May 24-27.

Departure: 4 p.m. Return: 6 p.m.

\$385 per person in a double room.

Must register by May 17.

Enjoy canyon descending and Kayaking during this 4-day adventure tour. You will journey to Rio Verde, the most attractive canyon descending in Andalucia. You will have to rappel (under waterfalls), jump (one with a height of 12 meter), slide slip, swim, walk... The ocean Kayak tour will transport you to the beautiful bay of La Herradura at the beginning of the Maro cliffs. It is full of orange coral and has an interesting history. Trip includes roundtrip transportation by van, lodging four-star hotel in a double occupancy with breakfast, activities (canyon descending and ocean kayak) equipment, local guides and free time. The activity is designed for an active person. It requires some skills and endurance. You need to be able to swim. Meals other than breakfast in the hotel are not included. Note: For Single Sailors E6 and below, please check with the Liberty Center for sign-up and discounted price.

Hiking La Garganta del Capitan in Los Alcornocales Natural Park

Saturday, June 1, 7:30 a.m.-7 p.m.

\$45 per person. Must register by May 29.

The Garganta del Capitán is located in the municipality of Algeciras within the limits of the Los Alcornocales Natural Park and the Intercontinental Biosphere Reserve of the Mediterranean. Along the route we find laurel forests with alders, ash trees, laurels and gall oaks in the Garganta area. On the way we can enjoy the views of the Bay of Algeciras, the cork oak forest, or the public mountain Hoyo de Don Pedro. We can also see tombs from the Bronze Age carved in the sandstone rock as well as the tombstone of the supposed "Captain" that gives its name to this gorge as well as old flour mills whose remains can still be seen on the banks of the stream. Along the trail there are frequent areas of shade. Maximum altitude is 140 m, unevenness of 125 m. Easy Level Activity. Trip includes roundtrip transportation and expert guides.



OUTDOOR REC

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



DIFFICULTY LEVEL

- 1: Low  
1-2 2: Low/Moderate  
3: Moderate  
3-4 4: Moderate/High  
5: High  
5-6 6: Very High







956-82-2418 or DSN 727-2418  
Rota\_library@eu.navy.mil

## EARLY LITERACY PROGRAM

Tuesdays in May. MWR Community Recreation Classroom Bldg. #48

Times: 11-11:30 a.m. and 2:30-3 p.m. Ages 0-5.

Bring your little ones to the new Early Literacy program, where stories, music, words and movement are important. Come and learn with us the five practices of Early Literacy Initiative: **TALK, SING, READ, WRITE AND PLAY.** Reservations required. Spaces are limited. All children must be accompanied by a parent or caregiver.

Theme for May: MUSIC

COMING IN JUNE

## READ, RENEW, REPEAT

SRP 2024

Read, Renew, Repeat makes for a wonderfully diversified summer reading program that encourages reading as a restorative method of self-improvement and self-preservation. For TEI Card Holders, all ages. Sign-ups begin on Tuesday, June 11 at the MWR Library.



### Wings Of Fire Escape Adventure

Fridays June 7, 14, 21 and 28.

6-7 p.m. Sign-ups start Friday, May 31.

A different take on an Escape Room focusing on kids and teamwork. This Adventure Challenge will have 10 teams of 2 to 5 players.

## books REVIEW

### THE BEGINNING

by Kate DiCamillo

From beloved storyteller Kate DiCamillo comes the first book in a warm and funny early-reader trilogy about a misanthropic rat and a naive owl-and the beginning of a beautiful friendship. Orris and Timble series

### THE PRINCESS IN BLACK AND THE PRINCE IN PINK

by Shannon Hale

When plans for a ball run a-fowl, Princess Magnolia accepts the help of a valiant new hero to save her secret decorations-and the entire evening!

### WHEN YOU WISH UPON A STAR

by Elizabeth Lim

What if the Blue Fairy wasn't supposed to help Pinocchio? This New York Times best-selling series twists another Disney classic into a harrowing story in which the Blue Fairy defies fairy law, setting off a dramatic chain of events.

### THE LAST TIME SHE SAW HIM

by Kate White

As Kiki Reed heads out to a party at a friend's house in the Connecticut countryside, she's more than a little nervous. Her ex-fiancé Jamie, a great guy who just wasn't "the one," will be attending, and she hasn't seen him since she broke his heart a few months earlier. But when they come face to face, their exchange is brief and pleasant, which is a huge relief...



## child & youth

## TEEN EMPLOYMENT PROGRAM



### FIVE-WEEK EMPLOYMENT SESSION

(for teens ages 14-18 years old)

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

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

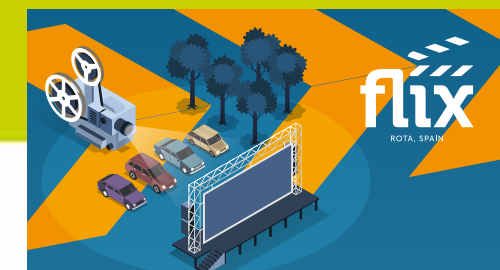
Still one five-week employment session offered:

#### SESSION 2

Employment dates: July 8-Aug. 9.

Teens must return all required application documents and be available for interviews during the **SESSION 2 mandatory Hiring Fair on June 7, 9:30 a.m.-12:30 p.m. at the School Age Bldg. 41.** Applicants must arrive to the Hiring Fair by 11:30 a.m.

Session is mandatory.



## Drive-In THEATER FREE SHOWING

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

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



956-82-2112 or DSN 727-2112

rota\_bowling@eu.navy.mil  
BOWLING CENTER



## TAKE MOM BOWLING

Sunday, May 12 2-6 p.m.

Celebrate Mother's Day by taking Mom Bowling.

Pay half off on bowling for an hour and no shoe charge for Moms on Mother's Day.



### MILITARY SPOUSE APPRECIATION SPECIAL

Saturday, May 20, 3-8 p.m.

Let's show our Military Spouses how much we appreciate them and the sacrifices they make.

Half off on bowling for an hour.

## ONGOING

### Active Duty Members in Uniform Lunch Bowling

Mondays-Sundays, 11 a.m.-1 p.m.

Free game of bowling, including shoe rental, for Military personnel in uniform with the purchase of a complete meal and drink.

### Family Night

Mondays, 4-8 p.m.

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

### League Bowling and Command Night

Wednesdays, 6-10 p.m.

Our Bowling League has started, come out and support your favorite teams. Team build with your Command or Barracks. Groups of five or more active duty members bowl for an hour at **half price** when lanes are available!

### Liberty's Bowling Night

Thursday, May 9.

Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied AD E-6 and below). On the second Thursday of each month sign in on the Liberty sign-up sheet at the front counter at Pinz.

### Cosmic Bowling and Karaoke Jam

Fridays and Saturdays,

7-11 p.m. \$23

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

The Department of the Navy does not endorse any company or its products or services.



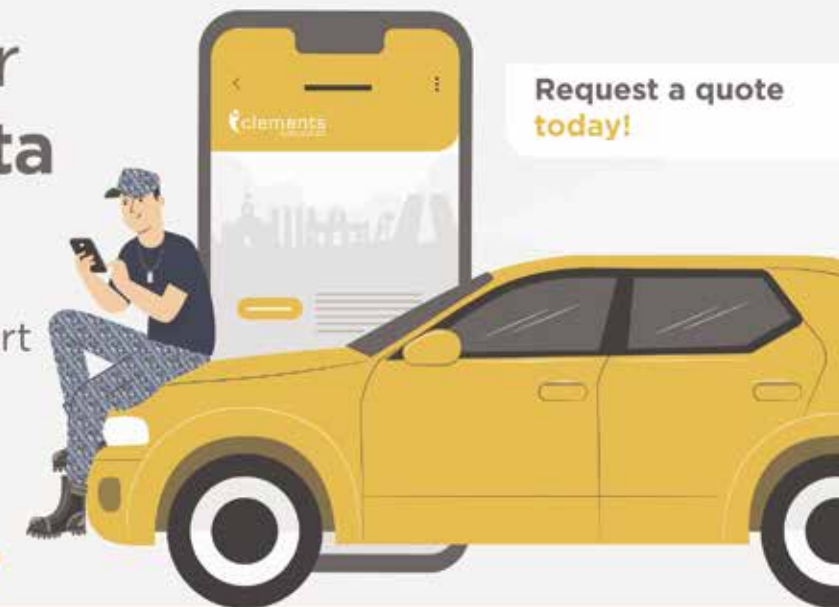
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# child & youth

## SAC, CDC, YSF, SL AND TEEN REGISTRATION AND SIGN-UP INFORMATION:

- CYP Registration- All documents are accessible via the QR code or via the MWR webpage ([www.navymwrrota.com](http://www.navymwrrota.com)), submit the forms for SAC/Youth/YSF registration to SAC, Bldg 41 or for the CDC at Bldg. 1963
- Use MCC.com for: Reserving a CDC/SAC FULL TIME and SAC CAMP for your child:
- Use CYPOnline.com for:
  - Paying for CDC/SAC FULL TIME and Hourly and SAC Camps
  - Reserving a CDC/SAC-Camp HOURLY care spot
  - Sign-ups for Teen/YSF programs (after registering for CYP)
- You must already have a registration form on file with CYP to use the online system.
- Get your Family ID from us if you don't remember it.



**SCAN ME!**  
FOR REGISTRATION  
FORMS



**SCAN ME!**  
ONLINE PORTAL



**SCAN ME!**  
FOR MILITARY  
CHILD CARE



## SUMMER CAMP 2024 REGISTRATION

Registration packet can be picked at bldg. 41 (SAC) or downloaded from the internet at [navymwrrota.com](http://navymwrrota.com).

## CHILD CARE AVAILABILITY

Childcare is available for all eligible personnel from **6 a.m. to 6:30 p.m., Monday-Friday** at the CDC for ages 6 weeks to 5 years, before and after care for Sure-Start, and PSCD enrolled children. Come to the CDC for more information! At the SAC we provide care during the school year for Kindergarten through 12 years of age. Please call us for more information.

## CYP WIDE EVENT

- Parent Involvement Board Meeting**  
**Wednesday, May 29, Noon** on Microsoft Teams. Call 727-2839 to sign up and receive the link.
- CYP CLOSURE**  
**Friday, May 10.** CDC, SAC, and YC closed for CYP In-service Day.  
**Monday, May 27.** Closed for Memorial Day.

- cdc** (6 weeks -5 years)  
956-82-1100 or DSN 727-1100  
[Rota\\_CDC@eu.navy.mil](mailto:Rota_CDC@eu.navy.mil)  
Bldg. #1963

## Muffins with Management

**Friday, May 3, 5 p.m.**

Meet with the CDC Director and the Direct Care Staff Supervisor. This is your chance to ask questions, give feedback, and even have a voice in planning the summer and fall events. Don't miss out on this opportunity to connect and collaborate!

## Doughnuts with Grown-Ups

**Tuesday, May 14.**

Indulge in a special morning treat! Share a doughnut with your child before drop-off and make lasting memories together. Join us for sweet moments that kick-start your day with joy!



- school liaison office,**  
956-82-2425 or DSN 727-2425  
[SLPRota@us.navy.mil](mailto:SLPRota@us.navy.mil)

## Just Arrived to Rota and need to Register Your Child in DoDEA?

If you have a school age (K-12) student and need to register for school, please visit <https://www.smores.com/vgemr> for local education information.

## DoDEA Annual Reregistration SY 2024-25

DoDEA re-registration for SY 24-25 continues through the month of May. Annual registration determines the number of instructional staff needed at our on base school. During re-registration, parents must indicate whether their student will be withdrawing or returning for the upcoming school year. Visit <https://dodea.mylollett.com/aspen/logon.do> to complete re-registration.

## Universal Pre-Kindergarten at Rota Elementary

Rota ES will be implementing Universal Prekindergarten for the school year 2024/2025. This program is open to students who are 4 years of age by September 1st. To learn more about Universal Prekindergarten and check eligibility criteria, please visit DoDEA's website at <https://www.dodea.edu/education/universal-prekindergarten-program>.

## Teen Resume & Interview Workshop

**Tuesday, May 14, 12:30 p.m.** at the Youth Center. Ages 14 years and older.

Calling on high school students that want to prepare for Teen Summer Hire or summer employment stateside. Learn about resume writing, interview skills and dressing for success. Teens have two dates to choose from, and lunch will be offered.

**SLP Scholarship Link:**  
<https://www.smores.com/36j0z>

## European Homeschool Conference

Calling Homeschool Families for the 3rd Annual European Homeschool Conference at the Armstrong Club in Kaiserslautern, Germany **May 16-18, 2024**. Cost is \$140 to access Workshops, Vendors, Meals, Connections, Raffle Items and Show, Tell & Sell.

## Homeschool Field Trip to Castillo de San Marcos

**Friday, May 17.**

Homeschool families not able to attend the Homeschool Conference in Germany are invited to visit the Castillo de San Marcos in El Puerto for a guided English speaking tour. Families are responsible for entrance fees and information will be posted on the Rota Area Homeschool Facebook page.

## Tutor.Com for Military Families

Tutor.com for is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/361) 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 SL.

## YOUTH DAILY ACTIVITIES FOR MAY

### Wednesday, May 1

- Power Hour, 3-4 p.m.
- Healthy Habits Club, 4-5 p.m.
- Skip-Bo card game.

### Thursday, May 2

- Power Hour, 3-4 p.m.
- "Rummykub" board game.

### Friday, May 3

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

### Monday, May 6

- Power Hour, 3-4 p.m.
- Torch Club, 4-5 p.m.
- Catan board game.

### Tuesday, May 7

- Power Hour, 3-4 p.m.
- Smart Girls, 4-5 p.m.
- "Scattergories" board game.

### Wednesday, May 8

- Power Hour, 3-4 p.m.
- "Battleship" game.

### Thursday, May 9

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

### Friday, May 10

- CYP closure.

### Monday, May 13

- Power Hour, 3-4 p.m.
- The Arts Club, 4-5 p.m.
- "Trouble" board game.

### Tuesday, May 14

- Early Release, opening, 11:30 a.m.
- Power Hour, 3-4 p.m.
- Resume Writing Workshop, 12:30 - 2 p.m.

### Wednesday, May 15

- Power Hour, 3-4 p.m.
- Healthy Habits Club, 4-5 p.m.
- Acrylic Painting.

### Thursday, May 16

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

### Friday, May 17

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

### Monday, May 20

- Power Hour, 3-4 p.m.
- Torch Club, 4-5 p.m.
- Ticket to Travel Europe board game.

### Tuesday, May 21

- Power Hour, 3-4 p.m.
- Wise Guys, Club 4-5 p.m.
- Create with Air-dry Clay.

### Wednesday, May 22

- Power Hour, 3-4 p.m.
- STEM, 4-5 p.m.
- Art Projects with Popsicles.

### Thursday, May 23

- Power Hour, 3-4 p.m.
- Recognition Ceremony.

### Friday, May 24

- Power Hour, 3-4 p.m.
- Late Night at the Youth Center event 7-9 p.m. event for JAMS participants ages 10 to 12 years old. The event is free but space is limited and pre-registration and a signed parent permission slip are required by Wednesday, May 22.

### Monday, May 27

- Memorial Day. CLOSED.

### Tuesday, May 28

- Power Hour, 3-4 p.m.
- Fifa tournament.
- "Guesses" board game.

### Wednesday, May 29

- Power Hour, 3-4 p.m.
- Building with Lego City.

### Thursday, May 30

- Power Hour, 3-4 p.m.
- "UNO" card game.
- Youth Recognition Ceremony.

### Friday, May 31

- Triple Play, 4-5 p.m.
- Art Projects with Duct Tape.

Note: Activities with no time listed are available throughout the day. All field trips require pre-registration on CYP online and a signed parent permission slip.

## • youth programs,

JAMS (ages 10-12) and GRAVITY (ages 13-18)  
956-82-4625 or DSN 727-4625  
[Rota\\_youthcenter@eu.navy.mil](mailto:Rota_youthcenter@eu.navy.mil)

**Open Monday-Wednesday and Fridays: 2:45-6:30 p.m.**

**Thursdays: 1:45-6:30 p.m.**

**Non school days: Noon-6:30 p.m.**

## Come Try Out Our Various Clubs:

**Power Hour** is a daily homework club.

**Smart Girls** and **Wise Guys** are life skills clubs for girls and boys.

**The Arts Club** lets children create various type of art.

**Triple Play** allows children to try various sports.

**Torch Club** and **Keystone Club** are leadership clubs for pre-teens and teens.

**Gardening Club** allows children to learning about plants and gardening.

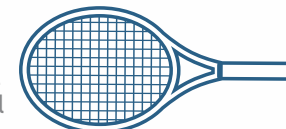
## Late Night at the Youth Center

**Friday, May 24, 7-9 p.m.**

Pre-teen event for Jams Members ages 10 to 12 years old. Come enjoy contests, food and fun with your friends. The event is free but space is limited and pre-registration and a signed parent permission slip are required by Wednesday, May 22.

## • youth sports

956-82-4721 or DSN 727-4721  
[Rota\\_youthsports@eu.navy.mil](mailto:Rota_youthsports@eu.navy.mil)



- SAC** (K-6th grade),  
956-82-2839 or DSN 727-2839  
[Rota\\_SAC@eu.navy.mil](mailto:Rota_SAC@eu.navy.mil)

## SAC Closure

**Monday, May 27, Memorial Day.**

## SAC Half Days

**Tuesday, May 14,**  
DGF Early Release, 11:05 a.m.

## Parent Participation and Special SAC Celebrations

**- In honor of Star Wars Day**

**Friday, May 3, 2 p.m.**

Enjoy our sequence of events. See Newsletter for a list of events and times.

**- Teacher's Day Card Making**

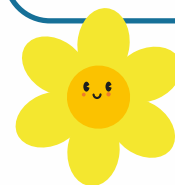
**Tuesday, May 7.**

We'll provide the paper and you provide the inspiration for children to show the appreciation for their teacher.

**- Asian and Pacific Islander/Local Food Cooking**

**Thursday, May 9, 2-5 p.m.**

Come learn some Asian and Pacific Islander/local food cooking recipe short-cuts. Please see parent newsletter for times and dishes.



## We Need Coaches And Volunteers To Be Ready!!!

**Be A Community Leader. Become A YSF Volunteer.**  
Please email or call to register for the trainings.

# SUMMER CLINICS REGISTER NOW!

**STARTING TUESDAY, MAY 21**

Registration for all camps start Tuesday, May 21. Open until full. Space is limited.

Save yourself time, register online! [www.militarychildcare.com](http://www.militarychildcare.com)  
Check out [www.navymwrrota.com/child-youth/cyp-online-payment](http://www.navymwrrota.com/child-youth/cyp-online-payment) to register for this convenient service. You must already have a registration form on file with CYP to use the online system. Get your Family ID number from us if you don't remember it and sign up before all spots are gone.

**GOLF, SOCCER, TENNIS, BASKETBALL, MINI TRACK AND FIELD, MULTI-SPORT CAMP**

## Golf Camp

**June 17-21, \$50.**

Ages 6-8, 9-10:30 a.m.

Ages 9-14: 10:30 a.m.-Noon.

Rota Golf Course.

Youth Sports and Fitness Staff will use the very effective SNAG teaching principle for our kids to learn. Oversized golf clubs to emphasize success and confidence. Two daily camps divided by age groups. Come on and learn the great game of golf.

## Mini Multi-Sports Camp

**June 24-28, 9-10:30 a.m.** Ages 5-7

years old. \$60. DGF High School Gym.

This camp will introduce many fun sports from indoor soccer, basketball, dodge-ball, track and field events, walks and runs. This is sure to be one of the most popular camps so sign up before its filled up. Kids will participate in activities all around the base. Parents will receive a schedule at sign-up.



# fitNess & aQuatics

★★★★★  
**ARMED  
FORCES DAY**

# LIFT OFF

**SATURDAY,  
MAY 18** 10 A.M.  
TURF FIELD

AGES 16 YEARS AND OLDER  
TEI CARD HOLDERS ONLY

Contact MWR Fitness Center  
for more information

**BRING  
YOUR COMMAND  
AND TEST YOUR  
STRENGTH!**



**2024 MWR  
TRIATHLON  
JUNE 15**



• aquatics center,  
956-82-2129 or DSN 727-2129  
rota\_aquatics@eu.navy.mil

Open for Lap Swim, PRT, Unit Level  
Training or Command PT

**LEARN-TO-SWIM  
PROGRAM**

**Wednesday-Friday,  
May 8-10 and 15-17.**

**Parent and Child Swim Lessons**

Wednesday-Friday, 10-10:30 a.m.  
Ages 8 months-3 years old.

The parent & child swim class introduces infants and toddlers into the joys of an aquatics environment for the first time under the care of their parents. Swim Instructors provide the parents with the necessary swim skills so they can practice with their children between classes. Parent or caregiver must accompany the child into the water and participate in the class.

**Learn to Swim Levels 1-2**

Wednesday-Friday,  
Level 1-2 class, 4-4:45 p.m.  
Level 3-5 class, 5-5:45 p.m.  
Ages 4 years and older.

This program focuses on building skills one step at a time and giving them the opportunity to master one element before moving on to the next. Our swim classes make it easy for kids to build confidence in the water.  
Taught by Water Safety Instructors.

**Navy Second Class Swim Testing**  
available by appointment only.

**CFL**  
Command Fitness Leader  
**CERTIFICATION COURSE**  
Monday-Friday, June 24-28



**FREE AGENT  
SIGN-UPS**



**TEAM  
SIGN-UPS**

• sports, 956-82-1916 or DSN 727-1916

## INTRAMURAL SPORTS

### CALENDAR

EVENT	DATES	DEADLINE	COACH MEETING
<b>MAY</b>			
Disc Golf Clinic & Competition	17 (Friday)	--	13
Memorial Basketball Tournament	24-25 (Friday-Saturday)	20	21
Frisbee Tournament	31 (Friday)	28	29
<b>JUNE</b>			
Beach Volleyball Conditioning Clinic	21 (Friday)	--	20
Beach Volley Summer Tournament I	25-27 (Tuesday-Thursday)	18	20
<b>JULY</b>			
Disc Golf Tournament	13 (Saturday)	--	8
Racquetball Tournament	17-18 (Wednesday-Thursday)	13	15

CC Leagues Races Clinics Tournaments

- You can sign up your team/command using the Teams QR code, or you can sign up individually using the Free Agents QR code.
- Sign ups will be over at NOON of the deadline date.
- Regulations and schedules will be sent at least 24 hours prior the event and/or coach meeting.
- Any questions and/or suggestions to [Rota\\_Sports@eu.navy.mil](mailto:Rota_Sports@eu.navy.mil)

# gOLF

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

## ONE PERSON SCRAMBLE TOURNAMENT

**Saturday, May 11**  
Shotgun start at 9 a.m.

Players can replay each shot one time!  
\$20 each plus green fees (100% of the  
entry fee goes to the prize fund)

## PGA PICK A PRO TOURNAMENT

Saturday, May 18

Shotgun start at 9 a.m.  
\$20 per person plus green fees.  
(100% of entry fee to prize fund  
as gift certificates).

**TWO TOURNAMENTS COMBINED TOGETHER**

**1st TOURNAMENT** is a 2 Person 4 Ball format. Both Players can replay each shot one time. Team will use the best shot of the four golf balls.

**2nd TOURNAMENT** we will combine your team's net score with a score shot from a PGA Tour's player's score. Each player will pick their PGA golfer that they want to use combined scores together.

## ONGOING PROGRAMS

**FAMILY FUN DAYS**

Every Sunday, after 1 p.m.

**FREE USAA\* RANGE BALLS  
FOR ACTIVE DUTY MILITARY**  
Tuesdays and Thursdays,  
4-6 p.m.

With PGA tips by appointment  
only on Thursdays.

**TWILIGHT SPECIAL**

Seven days a week, 2:30-5 p.m.

\$17 unlimited golf. Carts are \$13 double  
rider or \$15 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 26, starts at 1 p.m.

\*No U.S. Navy endorsement is implied



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## NURTURING MENTAL HEALTH: A FOCUS ON RESILIENCE AND AWARENESS

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

### RESILIENCE: BUILDING STRENGTH IN ADVERSITY

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

Maintaining a healthy lifestyle by prioritizing adequate sleep, regular exercise, and nutritious eating habits can significantly impact one's resilience levels. Physical well-being and mental health are deeply intertwined—taking care of the body is crucial for supporting the mind.

### LOCAL AND NATIONAL RESOURCES: SEEKING SUPPORT

No one should face mental health challenges alone. Thankfully, there are numerous resources available for those in need of support. Whether you're struggling with anxiety, depression, or any other mental health issue, reaching out for help is a courageous step towards healing.

Fleet and Family Support Center, Naval Hospital Behavioral Health, CREDO, Chaplains, and Military & Family Life Counselors provide invaluable assistance to individuals seeking guidance and understanding. National helplines and virtual services offer confidential support and information for those who may be hesitant to seek help in person. Educational resources from reputable sources such as government agencies, educational institutions, and non-profit organizations can equip individuals with knowledge about mental health conditions, treatment options, and strategies for self-care.

### EMOTION REGULATION: NURTURING EMOTIONAL WELL-BEING

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

Practicing self-awareness and emotional intelligence can empower individuals to navigate challenging emotions more skillfully. Techniques like journaling, art therapy, or talking to a trusted friend or therapist can provide outlets for processing and expressing feelings. Incorporating relaxation techniques such as progressive muscle relaxation or guided imagery into daily routines can help alleviate stress and promote emotional well-being. It's essential to remember that experiencing emotions is normal and valid, and seeking support when needed is a sign of strength, not weakness.

### MENTAL HEALTH STATISTICS: UNDERSTANDING THE LANDSCAPE

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

Mental Health Awareness Month serves as a reminder that mental health is a fundamental aspect of overall wellness. By nurturing resilience, seeking support, practicing emotion regulation, and promoting awareness, we can cultivate a culture of compassion and support for individuals facing mental health challenges. Together, let's strive to break down barriers, foster understanding, and build a world where mental health is prioritized and valued.

### DATES PROGRAMS

01-05	
MON 06	INTER-CULTURAL RELATIONS (ICR) May 6-9, 8:30 a.m.-3 p.m. THE STARS ARE LINED UP FOR MILITARY SPOUSES 9:30 a.m.-Noon
TUE 07	10 STEPS TO A FEDERAL JOB 9:30 a.m.-12:30 p.m.
WED 08	STRESS MANAGEMENT 10-11:30 a.m.
THU 09	BOOTS TO BUSINESS May 9-10, 8 a.m.-4 p.m.
FRI 10	JEREZ HORSE FAIR 12:30-6 p.m.
11/12	
MON 13	TRANSITION WORKSHOP May 13-17, 8 a.m.-4:30 p.m.
14/15	
THU 16	MONEY AND THE MOVE 10-11 a.m.
FRI 17	R.I.S.E. 10 a.m.-Noon
18/19	
MON 20	INTER-CULTURAL RELATIONS (ICR) May 20-23, 8:30 a.m.-3 p.m. SMOOTH MOVE 10 a.m.-Noon
TUE 21	JOB INTERVIEW TECHNIQUES 10 a.m.-Noon
22	
THU 23	FAMILY FINANCIAL PLANNING 10-11 a.m. FLAMENCO SHOW AND DINNER EVENT 6 p.m.-Midnight
FRI 24	COMMAND SPONSORSHIP TRAINING 10-11:30 a.m.
25/26/27	
TUE 28	SPOUSE SPONSORSHIP TRAINING 10-11:30 a.m. EFMP TRAINING 1-2 p.m.
29	
THU 30	MANAGING MY EDUCATION May 30-31, 8 a.m.-4 p.m.
31	

7-28	BASIC SPANISH CLASSES Tuesdays, May 7-28, Noon-1:30 p.m. INTERMEDIAL SPANISH CLASSES Tuesdays, May 7-28, 10-11:30 a.m.
------	---



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

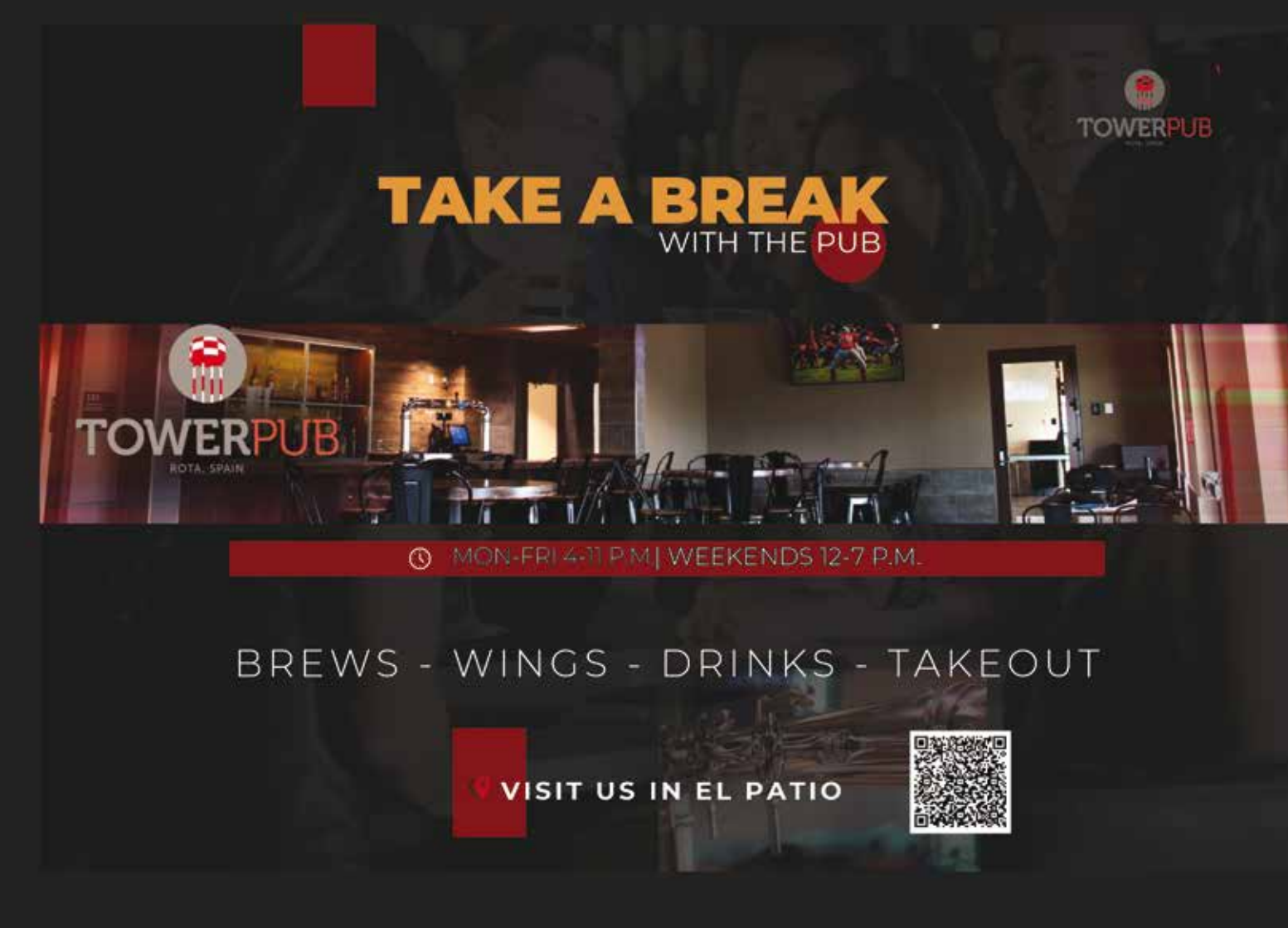
Email: FFSC.Rota@eu.navy.mil

24/7 NAVSTA Rota  
Sexual Assault Helpline

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For any other class availability, please call us.

facebook.com/ffsc.rota

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TOWERPUB  
ROTA, SPAIN

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BREWS - WINGS - DRINKS - TAKEOUT

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**COME JOIN OUR 2024 SUMMER CAMP!!**

FROM JUNE 24 TO AUGUST 2  
ONE TO SIX WEEKS  
MONDAY THRU FRIDAY  
9:00 AM TO 2:00 PM

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1 DAY: 40€  
1 WEEK: 160€  
2 WEEKS: 300€  
MONTH: 480€

EL PUERTO DE SANTA MARÍA



## MAY eVents

### ASIAN PACIFIC HERITAGE MONTH

**Wednesday, May 1, 6 p.m.**

Join us for an appetizing celebration of Asian Pacific Heritage Month! Experience the enchanting tale of Moana on the big screen, while savoring the delightful flavors of sweet and sour chicken served on rice. Cool off with refreshing coconut milkshakes as we honor the rich culture and traditions of the Asia Pacific region together.

### LIBERTY MOVIE NIGHT

**Thursday, May 2, 7 p.m.** Flix Movie

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

Come join the Liberty staff at the Flix Movie Theater for a free movie. Enjoy hot buttered popcorn and an ice cold soft drink on us! On the day of, sign in on the Liberty Sheet at the front counter of Flix.

### BUDDHA DAY

**Wednesday, May 8, 6 p.m.**

Join us in commemorating Buddha Day. This significant Buddhist festival honors the birth, enlightenment, and passing away of Gautama Buddha. Reflect on his teachings, find inner peace, and enjoy snacks with fellow seekers.

### LIBERTY BOWLING AT PINZ

**Thursday, May 9, 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. Provided: bowling lanes, shoe rental and pizza.

### DOGGIE DATE NIGHT

**Thursday, May 16, 6:15 p.m.**

Pamper your pup and uplift your spirits at Doggie Date Night, a tail-wagging event for mental health awareness! Join us for a night of furry companionship, laughter, and love – because sometimes, a canine cuddle is the best therapy. Let's fetch joy together!

### INTERNATIONAL TEA DAY

**Tuesday, May 21, 6 p.m.**

Stir, sip, and soothe your soul at our International Tea Day with our Matcha Tea event! Join us in making your own matcha masterpiece while raising awareness for mental health. Embrace tranquility, one sip at a time, and discover the mindful journey of self-care through the art of matcha. Provided: Matcha tea kit.

### HEALTH PROMOTIONS

**Friday, May 24, 5:30 p.m.**

Boost your well-being in the barracks! Join our Health Promotions event and learn to cook an easy, nutritious meal right in your room. Empower yourself with a simple recipe for a healthier lifestyle, because good nutrition is your best ally on the mission to peak performance!

### GOLF DAY

**Sunday, May 26, 1-4 p.m.** Free for single/unaccompanied E6 and below.

Spend your Sunday afternoon, relaxing in the sun. 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 CELEBRATION

**Monday, May 27, 6 p.m.**

Join us in honoring our heroes this Memorial Day with a classic American feast! Enjoy hot dogs, chips, and soda while remembering and celebrating the brave sacrifices of our servicemen and women. Let's gather together in gratitude and remembrance on this special day.

### NATIONAL SMILE DAY

**Friday, May 31, 6 p.m.**

Celebrate National Smile Day with a movie night that will leave you grinning from ear to ear! Join us for a cinematic delight, complete with popcorn and feel-good vibes. Unleash those smiles as we come together for a joy-filled evening at the movies.

### DISCOUNTED LIBERTY TRIPS

#### Los Patios in Cordoba Self-Guided with Tickets and Travel

**Saturday, May 11, 7:30 a.m.-5:30 p.m.**

Must register by May 8. Ages 18 years and older. \$32 per person for single/unaccompanied E6 & below.

Join Tickets and Travel in this annual spring event at the gorgeous city of Cordoba. The city throws open its courtyards to the public, revealing a visual feast of colorful flowers, stone mosaics and striking water features. After the patio visits, get a chance also to know many of the Cordoba monuments like the Jewish Quarters, the Synagogue, and the cathedral of Cordoba, Mesquita. Trip includes roundtrip transportation only.

#### Liberty Overnight Multi-Adventure Trip with ODR

**Friday-Monday, May 24-27.**

Departure: 4 p.m. Return: 6 p.m.

Must register by May 17. Ages 18 years and older. \$308 per person in double occupancy for single/unaccompanied E6 & below.

Join us for this great Multi-Adventure trip in Granada! Amazing canyon descending and spectacular ocean kayaking. Canyon descending "Rio Verde", the most attractive canyon descending of Andalucia. Trip includes roundtrip transportation by van, lodging four-star hotel in a double occupancy with breakfast, activities (canyon descending and ocean kayak) equipment for activities, local guides and free time. The activity is designed for an active person. It requires some skills and endurance. You need to be able to swim. Meals other than breakfast in the hotel are not included.

#### SAILOR ADVENTURE QUEST

#### PAINTING & MIXED MEDIA 101

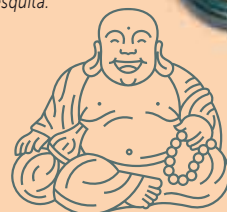
**Tuesdays, May 14 and 21, 6:15 p.m.**

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. Art supplies are provided.

#### GUITAR LESSONS

**Wednesdays, May 15 and 19, 6 p.m.**

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



### MENTAL HEALTH MONDAYS

#### Bonsai Tree Craft

**Monday, May 6, 6 p.m.**

Find Tranquility in Tiny Leaves! Join us this Monday for a soothing bonsai tree craft session. Cultivate mindfulness, create beauty, and enjoy the process. All craft materials will be provided.

#### Zen Garden

**Monday, May 13, 6 p.m.**

Join us this Monday for a calming journey into the world of zen gardens. Create your own miniature oasis, rake the sand mindfully, and find tranquility amidst the rocks and greenery. All craft materials are provided.

#### Mandalas

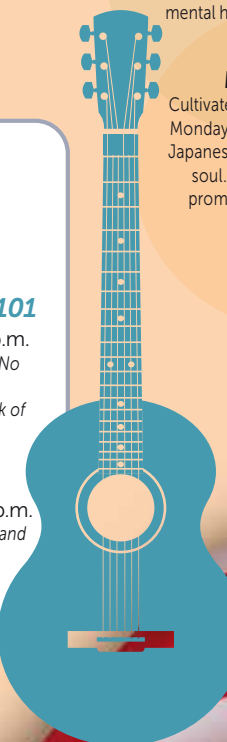
**Monday, May 20, 6 p.m.**

Elevate your well-being with Mental Health Monday! Join our mandalas craft session for a mindful and creative journey. Unwind, express, and find peace in every stroke – because self-care is an art, and your mental health matters! All craft materials are provided.

#### Ikebana Craft

**Monday, May 27, 6 p.m.**

Cultivate tranquility and creativity this Mental Health Monday with our Ikebana event! Join us in the art of Japanese flower arranging to nourish your mind and soul. Let the beauty of Ikebana blossom as we promote mindfulness and well-being together. All craft materials will be provided.



# comMunity classes

956 82-2354 or DSN 727-2354

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

### Music Lessons

#### PRIVATE PIANO LESSONS

Time slots available **Mondays, Tuesdays, Thursdays and Fridays, 3-7:30 p.m.**

\$79 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, 4-8:30 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.

### Jiu Jitsu Classes

**Ages 5-7 years old: Thursdays, 4:30-5:30 p.m.**

**Ages 8-14 years old: Tuesdays, 5-6 p.m. or**

**Thursdays, 5:30-6:30 p.m.**

\$45 per month.

**Ages 18 years and older: Tuesdays, 6-7 p.m.**

\$50 per month.

Classes at the Fitness Center

The word "jiu jitsu" derives from the Japanese "Jū" meaning "gentle" and "Jutsu" meaning "art"; essentially, jiu jitsu is the "gentle art". Brazilian Jiu Jitsu is a predominantly ground-based martial art, using the principals of leverage, angles, pressure and timing, as well as knowledge of the human anatomy, in order to achieve a non-violent submission of one's opponent.

### Aikido Classes

**Ages 5-7 years old:**

**Tuesdays or Thursdays,**

**4-4:45 p.m. \$45 per month.**

**Ages 8-13 years old:**

**Tuesdays or Thursdays, 4:50-5:50 p.m.**

\$45 per month.

Children option: Twice a week for \$70 per month.

**Adults ages 18 and older:**

**Tuesdays, 6-7 p.m. \$50 per month.**

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

## My Baby and Me:

### YOGA, INFANT MASSAGE, ON THE BALL

**Thursdays, 10:45-11:45 a.m.**

\$70 per month.

For parents and pre-walkers.

60 minutes class where parents will enjoy movement with their babies, learning developmental skills to do with their babies, and massage in a warm supportive environment

### PRE-TUMBLING LESSONS FOR CHILDREN

Dates available:

**Tuesdays and Thursdays, 9:30-10:30 a.m.**

Ages 2-5 years old. Parents encouraged to stay and participate.

\$55/month if once per week.

\$70/month if twice per week.

60 minutes class where children will learn the basics of tumbling in a warm supportive environment. Classes will encourage age appropriate creativity, musicality and physicality. Children will have fun with an emphasis on the foundations of tumbling.

### Dance Lessons

#### CHILDREN BALLET LESSONS (AGES 3-10 YEARS OLD)

Time slots available

**Ages 3-5 years old:**

**Mondays or Wednesdays, 4-5 p.m.**

**Ages 6-10 years old: Wednesdays, 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.

#### FLAMENCO KIDS

**Mondays, 5-6 p.m.** Ages 4-9 years old. \$40 per month. Classes located at the Fitness Center.

#### FLAMENCO AND SEVILLANAS LESSONS

**Wednesdays, 9:30-10:30 a.m.**

\$45 per month. Adults 18 years and older.

Classes at the Fitness Center.

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. Learn this unique art of dance in the hands of an experienced teacher.

#### LATIN DANCE LESSONS

**Thursdays, 6:30-7:30 p.m.**

\$45 per month. Adults 18 years and older.

Classes located at Fitness Center.

Learn the basic steps and techniques of Latin Ballroom dance styles. The classes are great fun and taught in a friendly and supportive atmosphere. These classes are perfect for those with little or no Latin dance experience and also for those who know some more!

#### KIDS AND TEENS LYRICAL JAZZ DANCE

**Thursdays, 5:30-6:30 p.m.**

\$40 per month. Ages 6-13 years old.

Classes located at Fitness Center.

A combination of ballet and jazz dance that often uses music with lyrics to inspire the movements of the dancer. Lots of different types of music are used for lyrical dance. These include pop, rock and blues as well as hip-hop and music from around the world.



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