

100% RECYCLED PAPER

▼

**what's iNside?**

**Tickets and Travel**  
Arcos Living Nativity

**Fitness**  
Jingle Bell Pet Walk

**Pinz Bowling**  
Boxing Day

**Youth Sports**  
Winter Fitness Fun

**Special Events**  
Winter Wonderland 2024  
Where's Santa and Where's Rudolph Contests



◀ **vaMos!** ▶

MWRROTA MONTHLY MAGAZINE

iSsue#150

dEceMber2024



**MWRROTASPAIN**

U.S. Naval Station Rota, Spain  
[www.navymwrrota.com/](http://www.navymwrrota.com/)  
[www.facebook.com/RotaMWR](https://www.facebook.com/RotaMWR)



# 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, Tuesday, Thursday and Friday, 2:35-6:30 p.m.  
Wednesday, 1:35-6:30 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.  
Saturday and Sunday, Closed  
U.S. Holidays, 9 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, 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

Monday, Wednesday and Friday, 9 a.m.-6 p.m.  
Tuesday and Thursday, 9 a.m.-7 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, 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.-5 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)



Aurora Peña  
Cashier, Flix Theater

## 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

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727-1505

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727-1407

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727-1410

**Jennifer Albanese, Fitness Director (acting)**  
727-3264

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727-1429

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727-1515

## social contact

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**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.



# WINTER Wonderland 2024

SUNDAY  
**DEC. 8**  
NEX OUTDOOR AREA  
3-7 p.m.

- LIVE MUSIC
- FOOD & BEVERAGES
- CARNIVAL RIDES & GAMES
- ARTS & CRAFTS
- POLAR EXPRESS TRAIN RIDES
- HOLIDAY TREE LIGHTING

**SPECIAL VISIT FROM SANTA VIA HELO AND FIRE TRUCK!**

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

Sponsored by



Navy endorsement not implied.

sPecial events  
956-82-2527 or DSN 727-2527



STARTING  
MONDAY, DEC. 9

# WHERE'S SANTA WHERE'S RUDOLPH CONTESTS

Find Santa on the Operations Side of the base (ages 18 years and older) or find Rudolph in the Housing Area (ages 17 and under) and win a prize! Clues will be posted on the Rota MWR Facebook page each weekday starting Monday, Dec. 9 until found.

**HAPPY HOLIDAY HUNTING!**



## HOLIDAY SPIRIT HOUSE DECORATING CONTEST

Channel your inner Clark Griswold by adorning your house and front lawn with Yule-tide cheer!

**REGISTER YOUR HOME BY MONDAY, DEC. 16.**

Judging will take place on Wednesday, Dec. 18. On base family housing only. Prizes will be awarded to the three most festive houses so don't hold back!

For more information or to register your house, please stop by or call the Liberty Center at 956-82-2527 or DSN 727-2527.

OPEN 7 DAYS A WEEK 11 A.M - 10 P.M.



**MEALTIMES MADE EASY**

# DOWNLOAD OUR FREE APP!

Calzones • Pizza • Salads • Pasta • Wings & more!



**DOWNLOAD APP NOW**



# BINGO! NIGHT



WEDNESDAY  
**DEC. 11**

AT TOWER PUB  
7 p.m.

Free admission!  
Food and beverages will be available for purchase.  
U.S. DoD card holders only.  
Must register at Liberty.



# KA RA OKE BATTLE

THURSDAY  
**DEC. 19**

AT TOWER PUB  
7 p.m.

Free admission!  
Food and beverages will be available for purchase.  
**SING ALONE OR WITH YOUR FRIENDS.**

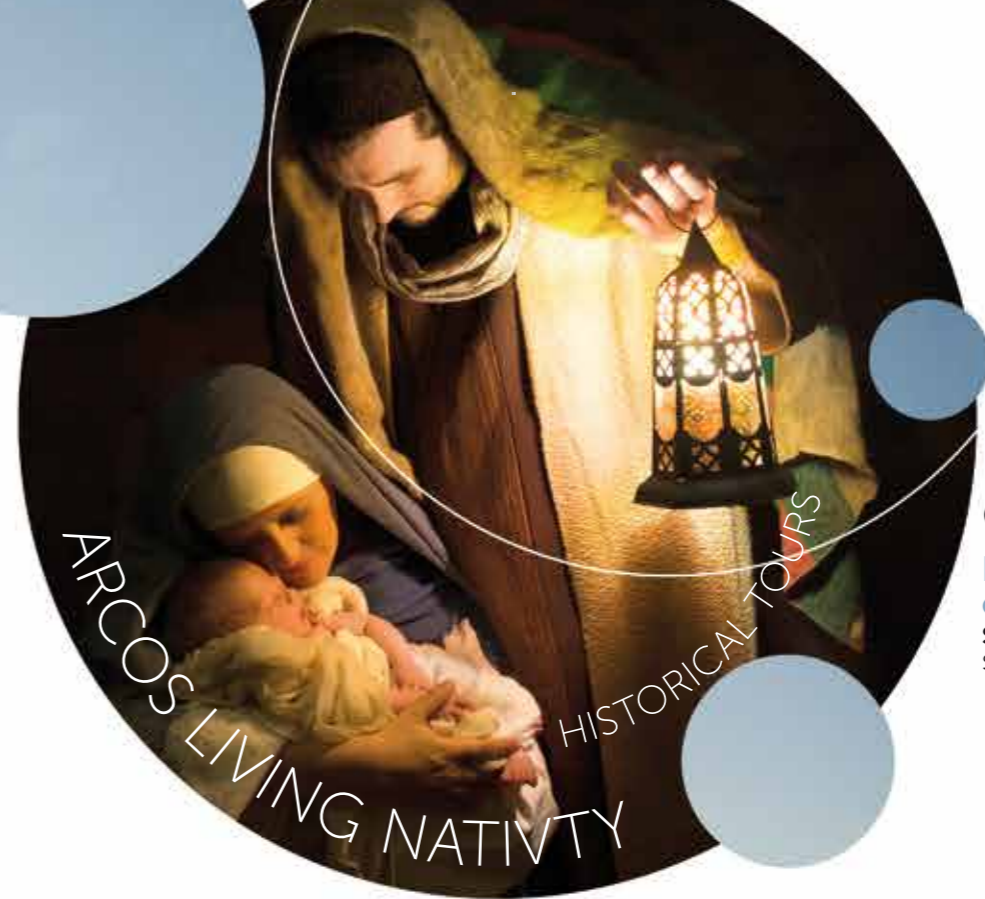
U.S. DoD card holders only.  
Ages 18 years and older  
Must register at the Liberty Center.

Call MWR Special Events at 727-2527, 1-10 p.m. daily for more information.





OVERNIGHT SKI/SNOWBOARD TRIP  
MOUNTAIN BIKE RIDE  
HIKING EL PINSAPAR



ARCOS LIVING NATIVITY  
HISTORICAL TOURS

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

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

**OUTDOOR REC**

**Hiking El Pinsapar of Grazalema** 3

**Saturday, Dec. 7, 7:30 a.m.-5:30 p.m.**  
\$45 per person. Must register by Dec. 4.  
Visit one of the few native Andalusian forests of Abies pinsapo in one of the most beautiful landscapes of Cadiz, which is located in the Natural Park of Sierra de Grazalema. The hike begins along the route that connects Grazelema and Benamahona by ascending the eastern side of the Sierra del Pinar. The major attraction is the Spanish fir trees. They are at first scattered and then in the shaded area become a dense forest that are thick and magical. Enjoy majestic views of Grazalema, Ronda, Sierra de las Nieves and Sierra Nevada. Trip includes roundtrip transportation and expert guide.

**Overnight Ski/Snowboard Trip to Sierra Nevada (3 Days)** 1

**Friday-Sunday, Dec. 13-15.**  
Departure: 3 p.m. Return: 8 p.m.  
\$285 per person. Must register by Dec. 6.  
The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort that has numerous runs of varying difficulties to satisfy all levels of skiers at an altitude of over 10,000 feet, and brilliant sunshine most of the winter.  
The Sierra Nevada literally means "Snowy Mountain Range", it is set in the Penibetico range and 32 km from Granada, has 105,44 km of runs, with 118 signed trails for all levels and excellent quality snow. There are a cross-country skiing circuit, snow park and recreational areas for non-skiers. Night skiing is available on Saturdays, weather permitting.  
Information on lodging: Apartments are rustic hostel accommodation for 5-7 people to share and one bathroom. Trip includes roundtrip transportation by van, lodging in shared apartments and snowboard or skiing equipment (board/skis, boots and helmet).

**Mountain Bike Ride at La Via Verde in Rota** 1

**Saturday, Jan. 4, 9 a.m.-2 p.m.**  
\$25 per person. Must register by Jan. 1.  
The Rota's Greenway is on the old railway line linking El Puerto de Santa Maria and Sanlucar de Barrameda through the town of Rota. This ride is a medium level challenge, in which you will be biking 55km (35miles). You can bring your own bike or get one (included in the price) at MWR Outdoor Recreation.

**TICKETS AND TRAVEL**

**Malaga Self-Guided**  
**Saturday, Dec. 7, 7:30 a.m.-11 p.m.**  
\$40 per adult / No cost for child under 14 years old. Must register by Dec. 4.

The city of Malaga, the capital city of the province of Malaga, is the second-largest city of Andalusia and lies along the Costa Del Sol. Famous for the "pasas" (raisins), Malaga is also well known for its superb wines. The following places are worth a visit: the cathedral, Castle of Alcazaba, the harbor area, the local market and the location where Picasso was born. Trip includes roundtrip transportation only.

**Arcos Living Nativity**  
**Saturday, Dec. 14, 3-10 p.m.**  
\$35 per adult / No cost for child under 14 years old. Must register by Dec. 11.

Join Tickets and Travel to Arcos de La Frontera and experience a Living Nativity! The entire town shuts down and transforms into a live nativity staged in the main square of the old town. Tons of earth, goats, sheep, cattle, horses and donkeys are brought in to set the scene and locals dress up to act out real life scenes from times gone by. Biblical stories and events can be seen through the open doorways of many private homes, which are decorated for the occasion and give an insight into the large hallways and high ceilings, which hide behind the normally closed wooden doors that line the narrow streets. Trip includes roundtrip transportation only.

**Cordoba Historical Tour**  
**Saturday, Dec. 21, 7 a.m.-8:30 p.m.**  
\$70 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old. Must register by Dec. 18.

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

**Ronda Historical Tour**  
**Saturday, Dec. 28, 7:30 a.m.-6:30 p.m.**  
\$70 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old. Must register by Dec. 25.

Visit one of the most beautiful places in Spain with MWR. Some artifacts found in Ronda date back to prehistoric times, as far as 28,000 BC. 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 baños árabes ("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. Trip includes roundtrip transportation, local guide, entrance to monuments and some free time.

**Sevilla Historical Tour**  
**Saturday, Jan. 4, 7:30 a.m.-6:30 p.m.**  
\$75 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old. Must register by Jan. 1.

Visit the cathedral, the old Jewish quarters and the Plaza de España. Sevilla, the capital of Andalusia, 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.

**DIFFICULTY LEVEL**

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



# Boxing Day

TAKE A DAY OFF

THURSDAY  
DEC. 26

3-11 p.m.

2 hours  
\$30

**OUR GIFT TO YOU:**  
Get 2 hours of unlimited  
bowling per lane for \$30.  
(Shoe rental included).



★ ALL DECEMBER RECEIVE 50% OFF BOWLING SPECIALS  
★ FOR WEARING FUN HOLIDAY SWEATERS

## 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.  
**On Veteran's Day, Monday, Nov. 11,** we will extend this special for the entire day with a meal purchase, from a game to 1 hour of bowling.

### Family Night

**Mondays, 4-8 p.m.**  
Families up to 5 people per lane can bowl for one hour including shoes rental for \$15.

### Couples Night

**Tuesdays, 5-10 p.m.**  
Groups of up to four people can bowl for one hour including shoe rental and one pitcher for only \$35.

### Barracks and League Night

**Wednesdays, 6-10 p.m.**  
Team build and relax with your Command or Barracks. Groups of five or more active duty members bowl for an hour at **half price** when lanes are available! Happy Hour Special all night!

### Liberty's Bowling Night

**Thursday, Dec. 12.**  
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.**  
Groups up to five people can bowl for \$23 per lane for one hour, including shoe rental.

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



★ MWR ★  
**CANDY CANE**  
CLASSIC 4 PERSON SCRAMBLE  
GOLF TOURNAMENT

SATURDAY,  
DEC. 7

Shotgun start at 9 a.m.  
\$20 per person plus green fees.  
(100% of entry fee to prize fund).  
FORMAT: FOUR PERSON SCRAMBLE.

## ONGOING PROGRAMS

**FAMILY FUN DAYS**  
Every Sunday, Noon-5 p.m.

**FREE USAA\* RANGE BALLS FOR ACTIVE DUTY MILITARY**  
Tuesdays and Thursdays,  
3:30-5 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, Dec. 24, Noon-5 p.m.

\*No U.S. Navy endorsement is implied



# child & youth

• **cdc (6 weeks -5 years)**  
956-82-1100 or DSN 727-1100  
Rota\_CDC@eu.navy.mil  
Bldg. #1963. Open: 6 a.m.-6:30 p.m.

### Cookie Decorating

**Friday, Dec. 13, 3:30 p.m.**  
Join us for a delightful afternoon of Cookie Decorating at the Child Development Center! Parents are invited to come and decorate cookies with their children. It's a perfect opportunity to unleash your creativity and enjoy some sweet treats together. Don't miss out on this festive fun! We hope to see you there!

### Parents' Day Out

**Saturday, Dec. 14, 10 a.m.-2 p.m.**  
Attention Parents! Take a well-deserved break and get your holiday shopping done during our Parents' Day Out at the Child Development Center. Enjoy some time to shop for gifts while your little ones have fun in a safe and engaging environment. Please note that registration for the program is required. Sign up at the Child Development Center starting now to reserve your spot. We look forward to seeing you!

### Winter Wonderland Art Gallery

**Friday, Dec. 20, All day.**  
Celebrate the season at our Winter Wonderland Art Gallery! On December 20th, parents are welcome to stroll through the hallways of the Child Development Center and enjoy the beautiful artwork created by our talented little artists. It's a wonderful way to embrace the holiday spirit and appreciate the creativity of our children. We can't wait to share this festive experience with you!

• **SAC (k-6th grade),**  
956-82-2839 or DSN 727-2839  
Rota\_SAC@eu.navy.mil  
Bldg. #41.

### Winter Camp

**Monday-Friday, Dec. 23-Jan. 3,**  
6 a.m.-6:30 p.m.  
School resumes Monday, Jan. 6.  
Please contact SAC or sign up on [militarychildcare.com](http://militarychildcare.com) if you are interested in your child attending our weekly camp full time or visit our office if you need hourly care.

### Where's Rudolph?

Starting at Winter Wonderland, follow the clues to find our red-nosed friend. Clues will be posted on Facebook.

**PARENT PARTICIPATION**  
**Family Art Day. Recycled Art**  
Thursday, Dec. 12, 4-5 p.m.

Create art at SAC as a family by using common throw-away items, or take instructions to use at home together.

Please remember that it is imperative that our front desk receives any changes in parent contacts, emergency contacts, shot records or special needs for your children.



SCAN ME!  
FOR REGISTRATION  
FORMS



SCAN ME!  
ONLINE PORTAL



SCAN ME!  
FOR MILITARY  
CHILD CARE

## 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 Universal Pre-Kindergarten, and PSCD enrolled children. Come to the CDC for more information! At the SAC we provide before and after school care during the school year for Kindergarteners through 12 years of age and provide summer camps. Please call us for more information.

## CYP CLOSURE

**Wednesday, Dec. 25,** in honor of Christmas Day  
**Wednesday, Jan. 1,** in honor of New Year's Day

## CDC, SAC, YSF, TEEN AND SL 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:
  - Sign-ups for Teen/YSF programs (after registering for CYP)
  - Reserving a CDC/SAC- Camp and Hourly Childcare space
  - After registering for CYP, Sign-ups for Teen/YSF Programs
- You must already have a registration form on file with CYP to use the online system.
- Contact the CDC/SAC Program for help with your Family ID.



# child & youth



• **school liaison office,**  
956-82-2425 or DSN 727-2425  
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.smcore.com/vgemr> for local education information.

## Homeschool Holiday Meet & Greet

**Friday, Dec. 13,** 11 a.m.-1 p.m. At SAC Bldg. 41. Must register by Dec. 11.

Connect with other Homeschool families and learning about resources available for the Homeschool Community. The Red Cross will be on hand to do an activity with children and youth. Lunch is provided. There will also be a Holiday Cookie Exchange. More information will be posted on the Rota Area Homeschool Families Facebook page.

## New Admirals Luncheon at Rota MHS

**Tuesday, Dec. 17.** New students arriving in December are invited to participate in a free special lunch during the normal school lunch. Sign-up with the school nurse or main office no later than Dec. 12.

## Interested in Spanish Schools?

Please contact the School Liaison to set up an appointment to learn about the registration process for Spanish Public School.

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

## Tutor.Com for Military Families

Tutor.com for U.S. Military Families (Tutor.com/military), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/361) 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 sports

956-82-4721 or DSN 727-4721  
Rota\_youthsports@eu.navy.mil

### WINTER FITNESS FUN

**Monday-Tuesday, Dec. 23-24.** \$50.

Ages 6-8: 10 a.m.-Noon  
Ages 9-14: 1-3 p.m.

At various CYP and MWR facilities (weather pending).

Youth Sports will utilize the winter break to enhance Sports strength, fitness and running techniques through Fun Fitness Activities.

### Mini Me Fitness Education Through Recreation

**Monday-Tuesday, Dec. 30-31,** 10-11 a.m. \$20.

At various CYP and MWR facilities (weather pending).

### Coaches and Officials Volunteer Training

**Thursday, Dec. 19 and Jan. 2,** 5 p.m. Bldg. 41.

Please call and register to confirm your spot due to limited space.

### YSF Volunteer CPR Training

**Friday, Dec. 20 and 27,** 9 a.m. Bldg. 41.

Please call and register to confirm your spot due to limited space.

### Volunteer Coaches and Officials needed for all YSF Seasons. BE READY TO STEP UP!

#### Are you a new Sports parent in the Rota community? Not a PAYS member yet?

If so, take advantage and enroll now for this year's Youth Sports season. Those not enrolled will not be allowed to assess in the Mandatory Assessment for team selection in the sports season. Anyone can be one, just go to <http://www.nays.org/payonline> or contact us to learn how.



## • youth programs,

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

### OPEN

**Monday-Tuesday and Thursday-Friday:** 2:35-6:30 p.m.

**Wednesday:** 1:35-6:30 p.m.

**Non School Days:** Noon-6:30 p.m.

**Saturday, Sunday and US Federal Holidays,** Closed.

### Late Night at the Youth Center

**Friday, Dec. 13,** 7-10 p.m.

Teen Holiday Party for Gravity Members (ages 13-18 years old.) Put on your best or loudest holiday sweater and come enjoy your favorite seasonal snacks and festive contests. The event is free but space is limited and pre-registration with a signed parent permission slip are required by Wednesday, Dec. 11.

### Youth Monthly Recognition

Each month the Youth Center Staff will recognize a Teen, "Youth of the Month" and a Pre-Teen, "Amazing Kid of the Month". Youth Center staff members are on the lookout for youth who demonstrate positive participation, volunteerism, good sportsmanship and character as well as leadership in various Youth Center clubs or day to day activities.

## YOUTH DAILY ACTIVITIES FOR DECEMBER

### Friday, Dec. 1

- Power Hour, 3-4 p.m.
- Chinese checkers game.

### Monday, Dec. 2

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

### Tuesday, Dec. 3

- Power Hour, 3-4 p.m.
- Smart Girls Club, 4-5 p.m.
- "Mancala" Game.

### Wednesday, Dec. 4

- Power Hour, 3-4 p.m.
- Keystone Meeting, 2-3 p.m.
- Making slime activity.

### Thursday, Dec. 5

- Power Hour, 3-4 p.m.
- Gardening, 4-5 p.m.
- Friendship bracelets activity.

### Friday, Dec. 6

- Power Hour, 3-4 p.m.
- Torch Club, 4-5 p.m.
- "UNO" Game.

### Monday, Dec. 9

- Power Hour, 3-4 p.m.
- The Art's Club, 4-5 p.m.
- "Sorry" board game.

### Tuesday, Dec. 10

- Power Hour, 3-4 p.m.
- Wise Guys Club, 4-5 p.m.
- Making festive cards.

### Wednesday, Dec. 11

- Power Hour, 3-4 p.m.
- Keystone Meeting, 2-3 p.m.
- Air hockey tournament.

### Thursday, Dec. 12

- Power Hour, 3-4 p.m.
- STEM, 4-5 p.m.
- "Scrabble" board game.

### Friday, Dec. 13

- Power Hour, 3-4 p.m.
- Gravity Late Night at the Youth Center Holiday Party, 7-10 p.m. Return permission slip by Wednesday, Dec. 11.

### Monday, Dec. 16

- No school day. Opening hours are Noon-6:30 p.m.
- "Jenga" game.

### Tuesday, Dec. 17

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

### Wednesday, Dec. 18

- Power Hour, 3-4 p.m.
- Healthy Habits, 4-5 p.m.
- Lego.

### Thursday, Dec. 19

- Power Hour, 3-4 p.m.
- "Just Dance" Tournament.
- Youth of the Month recognition ceremony, 3:15-3:45 p.m.

### Friday, Dec. 20

- Power Hour, 3-4 p.m.
- "Jigsaw" challenge.

### Monday, Dec. 23

- No school day. Opening hours are Noon-6:30 p.m.
- Seasonal Arts and Crafts.

### Tuesday, Dec. 24

- No school day. Opening hours are Noon-6:30 p.m.
- Seasonal Arts and Crafts.

### Wednesday, Dec. 25

- Closed. Federal Holiday.

### Thursday, Dec. 26

- No school day. Opening hours are Noon-6:30 p.m.
- Seasonal Arts and Crafts.

### Friday, Dec. 27

- No school day. Opening hours are Noon-6:30 p.m.
- Seasonal Arts and Crafts.

### Monday, Dec. 30

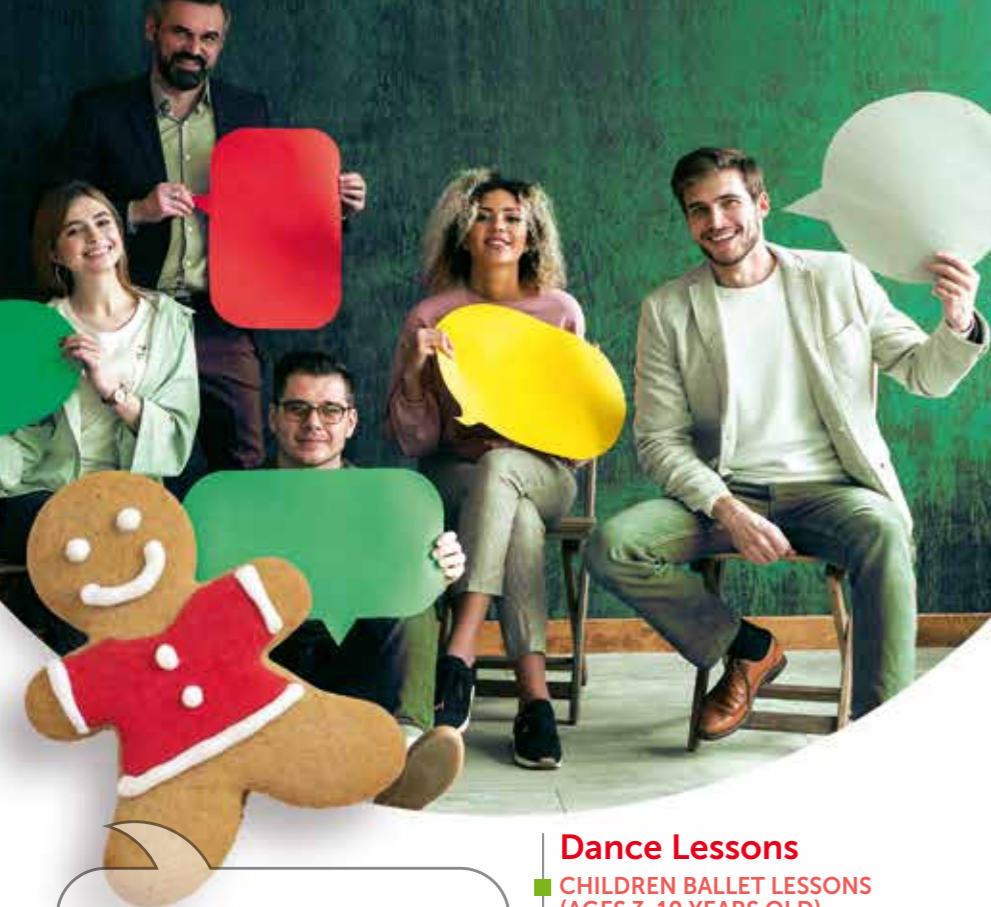
- No school day. Opening hours are Noon-6:30 p.m.
- Seasonal Arts and Crafts.

### Tuesday, Dec. 31

- No school day. Opening hours are Noon-6:30 p.m.
- Seasonal Arts and Crafts.

Note: Activities with no time listed are available throughout the day. Seasonal Arts and Crafts projects will be offered each day throughout the school holiday break.





## ADULT GROUP SPANISH LESSONS

Tuesdays and Thursdays:

**Level A1 (introductory):**

10-11:15 a.m. or 5-6:15 p.m.

**Level A2 (intermediate):**

11:30 a.m.-12:45 p.m.

\$120 per month (twice per week).

Your path to Spanish proficiency is here! Our native speaker and certified teacher with more than 10 years of experience as an educator in the US uses a communicative and project-based methodology, so you learn to communicate effectively! Living in Spain is a great opportunity to learn and practice your Spanish! We will transform your commitment into a fun experience. Start learning Spanish now! Pre-registration is required.

## Music Lessons

### PRIVATE PIANO LESSONS

Time slots available

**Monday-Friday, 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.

## Dance Lessons

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

Time slots available

**Ages 3-5 years old:**

**Mondays or Wednesdays, 4:30-5:30 p.m.**

**Ages 6-10 years old:**

**Wednesdays, 5:30-6:30 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, 5:30-6:30 p.m.** Ages 4-9 years old. \$40 per month.

### FLAMENCO AND SEVILLANAS LESSONS

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

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

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 ADULTS (SALSA, BACHATA, MERENGUE...)

**Thursdays, 6:15-7:15 p.m.** \$80 per month (one class per week). 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!

### SWING DANCE CLASSES ADULTS (EAST COAST SWING/ JIVE/ LINDY HOP)

**Thursdays, 7:15-8:15 p.m.** \$80 per month (one class per week). Classes located at Fitness Center.

East Coast Swing is a popular dance that's very beginner friendly. Swing dancing has its roots in Lindy Hop but you might be familiar with terms like Jitterbug, Charleston, West Coast Swing, Shag and of course East Coast Swing.

## 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.

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.

## Pre Tumbling Lessons for Children

**Ages 1-3 years old:**

**Wednesdays, 2:15-3 p.m. or Thursdays, 9:30-10:15 a.m.** \$45 per month (\$15 drop in).

**Ages 4-5 years old:**

**Wednesdays, 3:15-4:15 p.m.**

\$50 per month (\$20 drop in).

**Ages 6-7 years old:**

**Thursdays, 3:15-4:15 p.m.**

\$50 per month (\$20 drop in).

**Ages 7 years and older:**

**Tuesdays, 3:15-4:15 p.m.**

\$50 per month (\$20 drop in).

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.

## Tennis Lessons

Group lessons:

**Wednesdays and/or Fridays**

**Ages 6-12 years old:** 4-5 p.m.

**Ages 12-17 years old:** 5-6 p.m.

**Adult beginners:** 6-7 p.m.

Once per week: \$80 | Twice per week: \$125 Also private lessons available. Price \$160 per punch card (4 lessons).

Improve your cardiovascular fitness and strength. Our coach teaches all levels of ability, from complete beginners to advance. If you prefer private lessons, we can organize!

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

## EARLY LITERACY PROGRAM

Tuesdays in DECEMBER. Theme: OCEANS.

Times: 11-11:30 a.m. and 2:45-3:15 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.

## Steam Program

Thursdays, Dec. 26 and 30, 11 a.m.-Noon.

Must register by Dec. 23. Limited spaces.

Come and join us for an amazing STEAM program.

## Tech Wednesday

Wednesdays, Dec. 4, 11 and 18, 10 a.m.-Noon.

By appointment only. No class on Dec. 25.

Classes one-on-one for patrons that need assistance with computers, cellphones, tablets etc.

DON'T MISS OUT ON THIS SPECIAL VISIT  
IN PARTNERSHIP WITH USO ROTA!

## SANTA'S VISIT

TUESDAY, **DEC. 17**  
4-5 p.m. US DoD ID Card holders only.

Must register by Dec. 13. Ages 0-12 years old.

Join us for a magical holiday event at the Library! Meet Santa and Mrs. Claus!

Bring the whole family for an afternoon of festive fun and holiday cheer!

If you want your child to receive a gift from our special visitor please bring it wrapped and with the name to the Library no later than **Tuesday, Dec. 17, noon.** No more than \$10.

**Story time with Santa:** Gather 'round for enchanting holiday tales.

**Holiday Craft:** Make a festive holiday craft to take home!

**Hot Chocolate & Cookies:** Served at the end to enjoy a sweet treat!

LA PAÑOLETA  
El Puerto de Santa María

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WhatsApp: +34 689 205 573

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## books REVIEW



KIDS

### THE BEAR THE BOOK AND THE BLANKET

by Lou Peakcock

A sweet and comical story about the three things a baby needs for the perfect bedtime! What do you need for the perfect bedtime? A beloved bear, book, and blanket, of course! Join in the fun with ten enthusiastic and energetic bunnies as they try to find the special things Baby needs to settle down to sleep. Oh—and don't forget the all-important goodnight kiss, too! This cozy and gentle story is the perfect book for reading together to help little ones wind down before they go to bed

JUVENILE

### DOG MAN BIG JIM BEGINS

by Dav Pilkey

In DOG MAN: BIG JIM BEGINS, discover the origin of our beloved characters from the Dog Man series as they join forces to stop the Space Cuties from destroying the city. Will the past predict the future for Dog Man and his friends? Will goodness and bravery prevail? Can anything happen if you truly believe?

YOUNG ADULT

### THE END OF STORY

by Melissa de la Cruz

The Never After crew is back for a final epic adventure... With Queen Olga drawing ever nearer, Filomena and her friends race to find the last surviving fairy, Sabine, and protect her at all costs. For if Sabine dies, so does all of Never After. Without a moment to lose, Filomena, Jack, Alistair, Gretel, and the rest of the gang along with some new pals like Captain Hook set off for Pan's Neverland to find Sabine. But even in Neverland, there's mischief afoot. Pan is no ordinary boy, and the group discovers Sabine goes by another name in this mysterious realm: Tinker Bell! But trickster gods and undercover fairies are just the beginning for Filomena and her adventurous friends. As Olga's evil forces close in, will Filomena find a way to protect the magic of Never After once and for all, and ensure a happily-ever-after for the End of the Story?

ADULT

### BELLEVUE

by Robin Cook

Twenty-three-year-old Michael "Mitt" Fuller starts his surgical residency with great anticipation at the nearly three-hundred-year-old, iconic Bellevue Hospital, following in the footsteps of four previous, celebrated Fuller generations. The pressure is on for this newly minted doctor, and to his advantage he's always had a secret sixth sense, a sensitivity to the nonphysical. But quickly one patient after another assigned to his care begin to die from mysterious causes. As he tries to juggle these inexplicable deaths with the demands of being a first-year resident, things rapidly spiral out of control. Visions begin to plague Mitt. As bodies mount and Mitt's stress level rises, he finds himself drawn to the monumental, abandoned Bellevue Psychopathic Hospital building that still stands a few doors north of the modern Bellevue Hospital high-rise. Forcing an unauthorized entry into this storied but foreboding structure, Mitt discovers he's more closely tied to the sins of the past than he ever thought possible.

DECEMBER eVents

**FROSTED WINDOW DECORATING CONTEST**

**Sunday, Dec. 1, 1-8 p.m.**  
Try your hand at a classic holiday decorating style and help liberty get into the holiday spirit. Create your dream holiday wonderland on the Liberty Center windows and see if you can win best in snow!

**NATIONAL MUTT DAY**

**Monday, Dec. 2, 5:30 p.m.**  
Visit RAWL and pet some cute animals. Help bring some holiday happiness to all the animals that are without a forever home this season.

**CHRISTMAS CARDS!**

**Tuesday, Dec. 3, 7 p.m.**  
Design your own Holiday cards to send to those you will miss/ will miss you the most this season.

**NATIONAL COOKIE DAY**

**Wednesday, Dec. 4, 7 p.m.**  
A day devoted to cookies, eating cookies, decorating cookies, eating cookies, dipping cookies in milk, eating cookies. Provided: Cookies! Milk! Decorating materials!

**LIBERTY MOVIE NIGHT**

**Thursday, Dec. 5, 7 p.m.**  
Flix Movie Theater at El Patio. Free for single/unaccompanied E6 and below.

Join the Liberty staff at the Flix Movie Theater for a free showing. Enjoy hot buttered popcorn and an ice cold soft drink while you enjoy your movie! On the day of, sign in on the Liberty sheet at the front counter at Flix.

**MICROWAVE OVEN DAY**

**Friday, Dec. 6, 7 p.m.**  
Microwave Mug Cakes and Microwave appreciation.

**COTTON CANDY DAY**

**Saturday, Dec. 7, 7 p.m.**  
Spin, Spin sugar!!! Make your own cotton candy!

**LIBERTY'S BOWLING NIGHT AT PINZ**

**Thursday, Dec. 12, 7-9 p.m.**  
Free for single/unaccompanied E6 and below.

Enjoy a free night of bowling and pizza with Liberty. On the day of, sign in on the Liberty sheet at the front counter in Pinz. Bowling lanes, shoe rental, and pizza.

**UGLY SWEATER**

**Friday, Dec. 13, 7 p.m.**  
Design the ultimate tacky holiday sweater to keep you warm this winter! Wear it to the Liberty Holiday party on December 25th for your chance to win ugliest sweater. Provided: Sweaters and decorating supplies.

**NATIONAL WREATHS ACROSS AMERICA DAY**

**Saturday, Dec. 14, 1-9 p.m.**  
Make a wreath in honor and remembrance of a loved one, the wreaths will hang all season long in the center. Wreath crafting material is provided.

**MAKE A SNOWFLAKE DAY**

**Monday, Dec. 16, 7 p.m.**  
Let's get extra fancy and make it snow in southern Spain.

**LIBERTY NIGHT WITH HEALTH PROMOTIONS**

**Thursday, Dec. 19, 5:30 p.m.**  
Come out this evening to learn how to a holiday favorite with Health Promotions. Learn something new and enjoy some great cooking! All ingredients and instructions provided.

**GAME DAY**

**Friday, Dec. 20, 7 p.m.**  
Come play games and get competitive!

**NATIONAL HAMBURGER DAY**

**Saturday, Dec. 21, 6-8 p.m.**  
Celebrate one of the most loved foods in the world...hamburgers!

**FESTIVUS!**

**Monday, Dec. 23, 6-8 p.m.**  
Gather around an aluminum pole and participate in the "Airing of Grievances".

**CHRISTMAS EVE PARTY! NATIONAL EGGNOG DAY**

**Tuesday, Dec. 24, 6-8 p.m.**  
White Elephant gift exchange while you sip on the sweet elixir of the elves, eggnog! Gifts, eggnog are provided.

**KWANZAA**

**Thursday, Dec. 26, 6-8 p.m.**  
Celebrate Kwanzaa, the celebration modeled after African first fruits celebrations, with fresh fruit and setting goals for yourself in the New Year! Provided: Food, gift and games.

**NATIONAL CARD PLAYING DAY**

**Saturday, Dec. 28, 7 p.m.**  
Texas Hold em' all day long!

**LIBERTY GOLF DAY**

**Sunday, Dec. 29, Noon.** Free for single/unaccompanied E6 and below.  
Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before noon.

**BACON DAY**

**Monday, Dec. 30, 7 p.m.**  
Bacon + pancakes = Bacon Pancakes.

**NEW YEAR'S EVE**

**Tuesday, Dec. 31, 9 p.m.**  
Join us in saying good-bye, so long, good riddance to 2024. Snacks and sparkling cider will be provided.

First Day of



Hanukkah

WEDNESDAY,  
**DEC. 25**

6-8 p.m.

Liberty Center.  
Free for single/unaccompanied  
E6 and below.



Christmas

Everyone celebrates together!

Join us as we embrace  
two very unique  
but beautiful holidays.  
Food, gift and games  
will be provided.



**Granada Ski and Snowboard Trip (3 DAYS)**

**Friday-Sunday, Dec. 13-15.**  
Departure: 3 p.m. Return: 8 p.m.  
\$228 per person for single/unaccompanied E6 & below. Must register by Dec. 6.  
The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort that has numerous runs of varying difficulties to satisfy all levels of skiers at an altitude of over 10,000 feet, and brilliant sunshine most of the winter.  
The Sierra Nevada literally means "Snowy Mountain Range", it is set in the Penibetico range and 32 km from Granada, has 105,44 km of runs, with 118 signed trails for all levels and excellent quality snow. There are a cross-country skiing circuit, snow park and recreational areas for non-skiers. Night skiing is available on Saturdays, weather permitting.  
Information on lodging: Apartments are rustic hostel accommodation for 5-7 people to share and one bathroom. Trip includes roundtrip transportation by van, lodging in shared apartments and snowboard or skiing equipment (board/skis, boots and helmet).

**ARCOS LIVING NATIVITY**

**Saturday, Dec. 14, 3-10 p.m.**  
\$28 per person for single/unaccompanied E6 & below.  
Must register by Dec. 11.  
Join Tickets and Travel to Arcos de la Frontera and experience a Living Nativity! The entire town shuts down and transforms into a live nativity staged in the main square of the old town. Tons of earth, goats, sheep, cattle, horses and donkeys are brought in to set the scene and locals dress up to act out real life scenes from times gone by. Biblical stories and events can be seen through the open doorways of many private homes, which are decorated for the occasion and give an insight into the large hallways and high ceilings, which hide behind the normally closed wooden doors that line the narrow streets. Trip includes roundtrip transportation only.



**SAILOR ADVENTURE QUEST**

**GUITAR LESSONS**  
**Wednesdays, Dec. 4 and 18, 6 p.m.**  
Have you ever thought about trying your hand at guitar? Come to start or continue your musical journey! Guitars are provided.

**YOGA**  
**Tuesday, Dec. 17, 6:15 p.m.**  
Come take your mind off any stressors you are facing with a relaxing yoga/meditation class. Yoga mats are provided.







## MANAGING STRESS THE ESSENTIALS

*Stress is a fact of life, none of us are immune to stress. We most often times associate stress as being something negative, but not all stress is bad. It can motivate you to change behavior and develop coping skills, especially in military life. However, constant and severe stress often causes health issues and performance problems. What are things we can do to prevent or manage stress?*

First, we should learn to recognize when we feel stressed. Stress can cause a variety of symptoms. Some people experience back pain and tense muscles, headaches, nausea or stomach pain, trouble sleeping and fatigue. Less-obvious symptoms include:

- Irritability
- Anxiety or panic attacks
- Difficulty making decisions
- Trouble concentrating
- Apathy
- Feelings of being out of control

Once we learn to recognize stress, we can first try to stay in the present.

Try to be aware of what is happening in the present and focus your attention on what you are doing in any given moment. When your thoughts turn to the past and the future, try to bring them back to the here and now.

Express any of anger in constructive ways. There is a difference between feeling angry and expressing anger. You cannot always control when you are going to feel angry, but you can control how you respond to it. Many people who experience anger usually do not know how to confront it in appropriate and constructive ways.

### LEARN HOW TO RELAX

Knowing how to relax is an important part of staying military and family ready. It reduces stress and promotes resiliency. By taking long, slow breaths, you increase your oxygen and calm yourself down. Even a few deep breaths can relax tension throughout your body. Try different relaxation techniques and see which ones work for you. Experiment with some visualization exercises, go for a walk, listen to music or read a book.

Lastly, if necessary seek assistance. The fleet and family support offers stress management classes as well as counseling and a list of other resources for assistance.

Additionally, Military OneSource provides tips for recognizing and managing the symptoms of stress. While Military OneSource does not provide health care services, it does offer non-medical counseling and information about available resources, such as health and wellness coaching. If you or someone you know is in crisis contact the Military Crisis Line at 988, then press 1, or access online chat by texting 838255.

<https://www.militaryonesource.com/health-wellness/healthy-living/managing-stress/managing-stress-the-essentials/>

<<https://www.militaryonesource.com/health-wellness/healthy-living/managing-stress/managing-stress-the-essentials/>>

### DATES PROGRAMS

01	
MON 02	40-HOUR INITIAL VICTIM ADVOCATE TRAINING Dec. 2-6, 8 a.m.-4 p.m. SPOUSE SPONSORSHIP TRAINING 10 a.m.-Noon
05	
WED 04	ANGER MANAGEMENT 10-11:30 a.m. MBMF LIVING CORE VALUES Noon-2 p.m.
THU 05	PAYING OFF STUDENTS LOANS 10-11 a.m.
FRI 06	COMMAND SPONSORSHIP 10-11:30 a.m.
09/10	
MON 09	INTER-CULTURAL RELATIONS (ICR) Dec. 9-11, 8:30 a.m.-3 p.m.
11	
WED 11	MBMF FLEXIBILITY Noon-2 p.m. EFMP TRAINING 2-3 p.m.
FRI 13	PRIVATE SECTOR RESUME WRITING WORKSHOP 10 a.m.-Noon
SAT 14	SENSITIVE SANTA TBD
16	
MON 16	TRANSITION WORKSHOP Dec. 16-20, 8 a.m.-4 p.m. INTER-CULTURAL RELATIONS (ICR) Dec. 16-18, 8:30 a.m.-3 p.m. CDO TRAINING 9-11 a.m.
16/17	
TUE 17	10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m.
18	
WED 18	COMMUNICATION SKILLS 10-11:30 a.m. MBMF PROBLEM SOLVING Noon-2 p.m.
19	
THU 19	SAVING AND INVESTING 10-11 a.m.



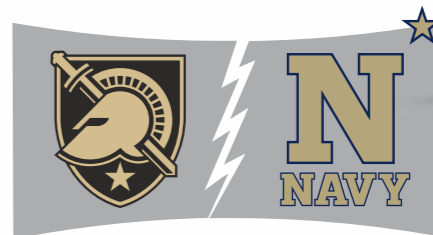
# drivE-in MWR ARMY NAVY FOOTBALL GAME

SATURDAY, DEC. 14

Gate opening, 5:30 p.m.

Game time, 9 p.m.

DRIVE-IN



BBQ | LAWN GAMES | INFLATABLES | TAILGATE DECORATION CONTEST AND BEST SPIRIT WEAR CONTEST AND OF COURSE, THE BEST FOOTBALL GAME!!!

Free entrance | Parking first come, first choice | Concessions available | Attendees may bring their own food and utensils to grill | Grills provided by MWR | Cars may be parked overnight  
Notice: In case of bad weather the event will take place at Tower Pub

CALL 956-82-3709 OR DSN 727-3709 FOR MORE INFORMATION





★ ★ ★ ★ ★

## TRADITIONAL COOKING WITH A MODERN TWIST

We serve the tastiest, most tender meat in town!

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# 12 DAYS OF FITNESS CHALLENGE

## CHALLENGE OF THE MONTH IN DECEMBER

Embrace some holiday cheer in your workout! This challenge is a short and sweet way to add an extra layer to your workout for the next 12 days. Pick and choose your level for all 12 exercises.

**fitness**  
956-82-2565 or DSN 727-2565

**CFL Meeting**  
Wednesday, Dec. 18, 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, Dec. 19, 5 p.m.  
Ages 10-17 years old.  
Must register by Dec. 18.

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 are given a facility orientation, one-on-one weight, cardio training orientation, and a written test. After completing this certification, youth ages 10-17 years old will be able to use the fitness center facility.

**Group Exercise Schedule, Holiday Break.**  
Wednesday-Tuesday, Dec. 25-Jan 7.  
There will be no group exercise classes, starting Dec. 25. Class will resume on Wednesday, Jan. 8, 2025.

## REGISTER AT THE FITNESS CENTER

# JINGLE BELL PetWALK

**SATURDAY DEC. 14**  
10 a.m. | Seaview Pines

Come celebrate the holidays with your pup and participate in the Jingle Bell Pet Walk. Costumes are not required but make great holiday photos. You will also have the chance to take a family picture with Santa.



**SIGN UP HERE**  
CREATE YOUR PROFILE WITH IMLEAGUES

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



SOFTBALL TOURNAMENT

2025				
INTRAMURAL SPORTS CALENDAR				
EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
<b>DECEMBER 2024</b>				
Softball Female Tournament	16 (Monday)	9	11	12
Softball Christmas Tournament	17-19 (Tuesday-Thursday)	10	11	12
EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
<b>JANUARY</b>				
Basketball Tournament	15-17 (Wednesday-Friday)	Mon & Wed 5-6pm	13	--
Indoor Soccer Tournament	21-23 (Tuesday-Thursday)	Tue & Thu 5-6pm	17	--
Flag Football Super Bowl	30-1 (Thursday-Saturday)	--	27	29
<b>FEBRUARY</b>				
CC Basketball League	10 (Mondays & Wednesdays)	--	5	6
Valentine's Pickleball Tournament	14-15 (Friday-Saturday)	10-13 (Mon-Thu) 5-6pm	11	--
CC Indoor Soccer League	18 (Tuesdays & Thursdays)	--	12	13
<b>MARCH</b>				
Women's SS Kickball Tournament	8 (Saturday)	--	6	--
Softball Spring Tournament	21-23 (Friday-Sunday)	--	17	--
Disc Golf Clinic & Competition	26 (Wednesday)	--	24	--
<b>APRIL</b>				
Outdoor Soccer Tournament	8-12 (Tuesday-Saturday)	Tue & Thu 5-6pm	4	--
CC Outdoor Soccer League	22 (Tuesdays & Thursdays)	--	16	21
Individual Tennis Tournament	26 (Saturday)	Wed 5-6pm	23	15
<b>MAY</b>				
Frisbee Tournament	9 (Friday)	Fri 5-6pm	7	--
Memorial Basketball Tournament	21-24 (Wednesday-Saturday)	Mon & Wed 5-6pm	19	20
Home Run Derby	30 (Friday)	--	27	--
<b>JUNE</b>				
CC Softball League	9 (Mon, Weds & Thursdays)	--	4	6
Beach Volleyball Conditioning Clinic	13 (Friday)	--	11	--
Beach Volley Summer Tournament I	27-28 (Friday-Saturday)	Fri 5-6pm	25	--
<b>JULY</b>				
Disc Golf Tournament	12 (Saturday)	--	8	--
Pickleball Tournament	22-26 (Tuesday-Saturday)	Tue & Thu 5-6pm	18	--
Flag Football Tournament	28-31 (Monday-Thursday)	Mon & Wed 5-6pm	22	--
<b>AUGUST</b>				
CC Flag Football League	12 (Tuesday-Thursday)	--	7	11
Injury Prevention Clinic	22 (Friday)	--	20	--
Beach Volley Summer Tournament II	29-30 (Friday-Saturday)	Fri 5-6pm	27	--
<b>SEPTEMBER</b>				
CC Pickleball League	11 (Thursdays)	--	8	--
Lacrosse Tournament	19 (Friday)	--	16	--
Outdoor Soccer Fall Tournament	23-27 (Tuesday-Saturday)	Tue & Thu 5-6pm	19	22
<b>OCTOBER</b>				
Volleyball Conditioning Clinic	18 (Saturday)	--	16	--
Volleyball Tournament	21-23 (Wednesday-Thursday)	Sat 12-1pm	17	--
CC Volleyball League	27 (Mondays & Wednesdays)	--	22	24
<b>NOVEMBER</b>				
30+ Basketball Tournament	18-20 (Tuesday-Thursday)	Mon & Wed 5-6pm	14	--
Flag Football Turkey Bowl	22 (Saturday)	--	19	20
<b>DECEMBER</b>				
Kickball Tournament	9-11 (Tuesday-Thursday)	--	5	8
Softball Christmas Tournament	16-18 (Tuesday-Thursday)	Tue & Thu 5-6pm	12	15

■ Captain's Cup Leagues
 ■ 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)

• aquatics center,  
956-82-2129 or DSN 727-2129  
[rota\\_aquatics@eu.navy.mil](mailto:rota_aquatics@eu.navy.mil)

### INDOOR POOL HOURS OF OPERATIONS

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

Open for lap swim, PRT, Unit level training or CommandPT

Navy Second Class Swim Testing available by appointment only.

### LEARN-TO-SWIM LESSONS: Parent & Child Swim Class

Wednesday-Friday, Dec. 11-13, Dec. 16-20, Jan. 15-17 and Jan. 22-24, 10-10:30 a.m.  
\$50 for 6 classes taught over 2 weeks.  
Ages 8 months-3 years old.

The instructor lead Parent and Child swim class introduces infants and toddlers into the joys of an aquatics environment for the first time. Our Parent and Child swimming lessons are led by qualified swim instructors who are there to guide you and your little one every step of the way. Parents or caregivers must accompany the child into the water and participate in the class.

### Levels 1-3

Two week sessions: Six classes,  
Wednesday-Friday, Dec. 11-13, Dec. 16-20, Jan. 15-17 and Jan. 22-24.  
45-minute classes. \$50.  
Ages 4 years and older.  
Level 1 time slots: 4-4:45 p.m.  
Level 2 time slots: 5-5:45 p.m.



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