



**wHat's iNside?**

**Tickets and Travel**

Special Valentine's Day  
Arabian Bath and Dinner

**Fitness**

Valentines 5K Run

**Community Classes**

Sevillanas Lessons for FERIA

**Special Events**

Pro Blitz 2025 Tampa Bay Buccaneers  
Cheerleaders

**Youth Sports**

Youth Basketball Registration



# vaMos!

MWRROTA MONTHLY MAGAZINE

iSsue#152



february2025



**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.

### Community Classes, 727-2354

**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.

### Golf, 727-2260

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

### Housing Pool, 727-4882

Closed for the season

### 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 and Tickets & Travel, 727-3101

Monday-Friday and U.S. Holidays, 10 a.m.-6 p.m.  
Saturday and Sunday, Closed

## FOOD AND BEVERAGE

### Gourmet Bean

Fleet Landing  
Monday-Friday, 7:30 a.m.-2 p.m.  
Saturday and Sunday, Closed

### Library Cafe

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.

### 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)



## mwr navsta rota, spain

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727-1407

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727-1410

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727-3264

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727-1429

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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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# CUBANO QUESADILLA

HANDCRAFTED FRESH MEX



Pulled Pork, Sliced Ham, Melted Monterey Jack Cheese, Yellow Mustard, and Sliced Dill Pickles on a Guilled Tortilla

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Christina Brewer  
Recreation Aide. Liberty Center

## 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



sPecial events  
956 82-2527 or DSN 727-2527



ARMED FORCES ENTERTAINMENT AND MWR PRESENT:  
**TAMPA BAY BUCCANEERS CHEERLEADERS**  
SATURDAY, FEB. 1, 4 p.m. at the MWR Turf Field



Come out and watch on the top two teams in Rota the battle it out in the final game of our MWR Flag Football Tournament. Enjoy an exhilarating halftime performance by the Tampa Bay Buccaneers cheerleaders! Photo ops and autograph cards will be available after the big game.

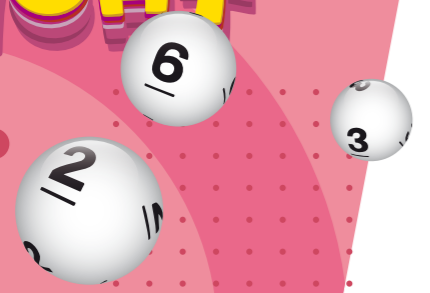
Learn more at [ArmedForcesEntertainment.com](http://ArmedForcesEntertainment.com)

**BINGO!**  
**NIGHT**



WEDNESDAY  
**FEB. 12**  
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.



WIN PRIZES!

**KA  
RA  
OKE  
NIGHT**

THURSDAY  
**FEB. 20**  
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.



**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.

**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 Challenge**  
Wednesdays, 6 p.m.  
**Barracks Bash** - Challenge anyone to an hour of bowling for Ultimate Bragging rights. \$10 for 1 Hour. Head to Head. Shoe rental Included. Win 10x Head-to-Head Challenges and become the Pinz Barracks Challenge Champion.

**Liberty's Bowling Night**  
Thursday, Feb. 13.  
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.



956-82-2112 or DSN 727-2112

rota\_bowling@eu.navy.mil  
BOWLING CENTER



**Valentine's Day**  
**BOWLING SPECIAL**



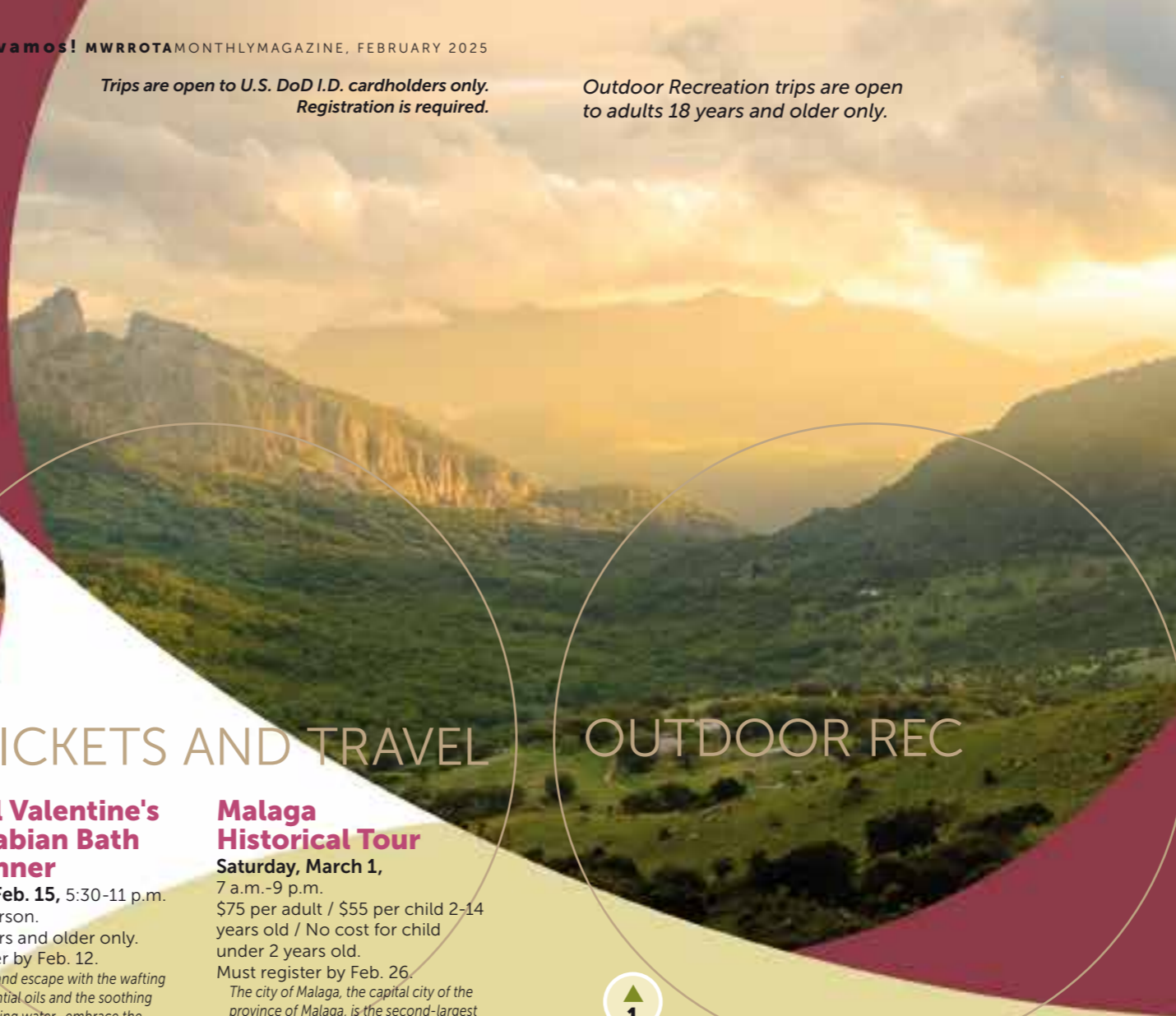
FRIDAY  
**FEB. 14**  
3-10 p.m.

**COUPLES BOWL**  
**ONE HOUR FOR ONLY \$10!**  
SHOE RENTAL INCLUDED.  
\$14 SANGRIA PITCHER!



*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.*



## TICKETS AND TRAVEL

## OUTDOOR REC

### Nerja Caves and Frigiliana (Malaga) Historical

**Saturday, Feb. 1, 6 a.m.-9 p.m.**  
\$90 per adult / \$70 per child 2-14 years old / No cost for child under 2 years old.

Must register by Jan. 29.

*Nerja is known for its beautiful Mediterranean beaches, delicious local fish, tropical fruits, the unforgettable Balcony of Europe, and the famous Cave of Nerja. Frigiliana is a one of a kind, beautifully white-washed village. A maze of cobbled streets, with meticulously maintained whitewashed houses, that provide a stunning contrast against the blue skies and red slate roofs. The colorful plant pots brimming with bougainvillea, lavender and jasmine all add an extra dash of color to this enchanting scene. Many consider Frigiliana to be one of the most beautiful villages in Andalusia. After the guided tour, you're free to enjoy lunch, shop, and explore more of what the city offers. Trip includes transportation, entrance to the cave, guided visit of Frigiliana and free time.*

### Marbella and Puerto Banus Self-Guided

**Saturday, Feb. 8, 7:30 a.m.-8:30 p.m.**  
\$45 per adult / No cost for child under 14 years old.

Must register by Feb. 5.

*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.*

### Special Valentine's Day Arabian Bath and Dinner

**Saturday, Feb. 15, 5:30-11 p.m.**  
\$125 per person.

Ages 18 years and older only. Must register by Feb. 12.

*Sign up now and escape with the wafting scent of essential oils and the soothing sound of tinkling water- embrace the enchanting music that surrounds you in the Hammam Andalusi Arab Baths. Trip includes roundtrip transportation, complete hammam bath, tea with aromatherapy massage, appetizers, full course dinner, with assorted beverages. Note Limited seats, so please hurry and purchase yours for this special day!*

### San Marcos Castle and Bullring Tour in El Puerto

**Saturday, Feb. 22, 9:30 a.m.-4:30 p.m.**  
\$65 per adult / \$45 per child 2-14 years old / No cost for child under 2 years old.

Must register by Feb. 19.

*Tickets and Travel will take you to see the bullring in Puerto and the beautiful "San Marcos Castle", a 12th-century fortress, commissioned by Alfonso X "The Wise", upon the remains of a Moorish mosque on the banks of Guadalete River. Despite being so old (800 years), the castle is preserved in perfect conditions of use. Cultural events, conferences, lunches or dinners can be held both inside or outside in the garden, for up to 300 people. The bullring was inaugurated in June of 1880. It is a polygonal plant building with a 60 meter ring, one of the largest! It's both tradition and history that the best in bullfighting have been showcased here. The price includes roundtrip transportation, bullring visit, San Marcos visit with wine tasting and some free time.*

### Malaga Historical Tour

**Saturday, March 1, 7 a.m.-9 p.m.**  
\$75 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old.

Must register by Feb. 26.

*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. This historical tour will take you to the cathedral, Castle of Alcazaba, the harbor area, the local market and the location where Picasso was born. Trip includes roundtrip transportation, local guide, entrance to a monument and free time to shop and enjoy the local food and wine.*

### Bodega Tour and Flamenco Show with Tapas

**Saturday, March 8, 6-11 p.m.**  
\$120 per person. Ages 18 years and older only.

Must register by March 5.

*Spend the evening enjoying Spain's culture through a sherry wine tour and authentic flamenco dinner show. Flamenco involves singing, dance and guitar as well as rhythmic punctuation (by hand-claps and other methods). There are different types of pieces within flamenco, which is defined by unique melodic, rhythmic, and harmonic structures. It is rooted in the gypsy (gitano) of Andalusia and likely influenced by North African rhythms. The "gitanos" had settled in Andalusia early in the 15th century, and by the end of the 18th century several centers of "cante jondo" had emerged in Jerez and Sevilla. Trip includes roundtrip transportation, wine tour and tasting, flamenco show and dinner tapas style.*



### Mountain Bike Ride at La Via Verde in Rota

**Saturday, Feb. 1, 9 a.m.-2 p.m.**  
\$25 per person.

Must register by Jan. 29.

*The Rota's Greenway is on the old railway line linking El Puerto de Santa Maria and Sanlucar 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.*

### Via Ferrata in Grazalesma

**Saturday, Feb. 8, 7:30 a.m.-6 p.m.** \$85 per person.

Must register by Feb. 5.

*Check this off your bucket list! The Via Ferrata (Italian for "iron way") is a mountain route equipped with steel cables, ladders, and other fixed anchors i.e wooden walkways and suspended bridges. The artificial equipment makes the route feasible- even to an inexperienced climber. It will allow you to hike on ledges, climb vertical walls, and reach the peaks of mountains! Running along ledges, up vertical rock walls and across exposed mountainsides, the artificial equipment makes the peaks accessible to everyone with a good level of fitness. Trip includes roundtrip transportation, expert guide and gear.*

### Granada Ski and Snowboard Trip (4 DAYS)

**Friday-Monday, Feb. 14-17.**  
Departure: 3 p.m. Return: 8 p.m.  
\$390 per person.

Must register by Feb. 7.

### (3 DAYS)

**Friday-Sunday, March 7-9.**  
Departure: 3 p.m. Return: 8 p.m.  
\$285 per person.

Must register by Feb. 28.

*The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort! With sunshine most of the winter and views at an altitude of over 10,000 ft., you'll find 105 km of runs with varying difficulties to satisfy all levels. "Sierra Nevada" translates to "Snowy Mountain Range" and is set in the Penibetico range - roughly 32 km from Granada. Enjoy the cross-country skiing circuit, snow park or even additional 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).*

### Hiking at Grazalesma Natural Park

**Saturday, Feb. 22, 7:30 a.m.-7 p.m.**  
\$45 per person.

Must register by Feb. 19.

*The Grazalesma Park is situated in the north east corner of Cadiz province and spills into the north west of Malaga province. The parklands northern border is the Zahara and El Gator reservoir which through the summer is a remarkable shade of blue. The area is captivating as so much of it is accessible and can easily be explored with new wonders on every turn. There are many footpaths where one can view the diverse habitats such as a shaded riverside, high exposed mountain peak or vertical cliffs that are home to nesting raptors. Trip includes roundtrip transportation and expert guide. No experience required.*

### Mountain Bike Ride in Pinar de la Algaida-Salinas de Bonanza

**Saturday, March 1, 8:30 a.m.-3:30 p.m.**  
\$25 per person.

Must register by Feb. 26.

*This bicycle route runs immersed in a pine forest, an island of thick vegetation in the middle of a plain that forms the surrounding marshes. You'll journey within the Doñana Natural Area situated on a primitive dune system- wherein lies historical remains of Tartessians and Romans that have been found. Recent studies even say that Atlantis is under these lands. During the bicycle tour, you'll enjoy the beauty of the Great Eucalyptus along with other spectacular views via this natural escape. Join MWR ODR for this epic and amazing mountain bike ride event at the Natural Park of La Algaida. Trip includes roundtrip transportation and expert guides.*

COMING SOON

### Algarve Portugal Outdoor Multi-Adventure

**Friday-Monday, May 23-26.**  
\$385 per person.

Must register by May 1.

*Spend the Memorial Day Weekend in one of the most beautiful coastal areas of Portugal. Rock-hopping, shore-scrambling, swell-riding, cave-exploring and yes, cliff-jumping. We will also do some kayaking activity in a more relax mode enjoying the beauty of the coastal waters and its natural surroundings.*



DIFFICULTY LEVEL

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

COMING SOON

### Madrid / Segovia Memorial Day Weekend

**Saturday-Monday, May 24-26.**

Double room: \$690 per person.  
Single room: \$985 per person.  
Child ages 2-14 years old: \$485.





# CROSS COUNTRY FOUR PERSON SCRAMBLE

GOLF TOURNAMENT

Saturday, Feb. 8

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



# 2 PERSON FOUR BALL SCRAMBLE

GOLF TOURNAMENT

Saturday, Feb. 22

Shotgun start at 9 a.m.  
\$20 per person plus green fees.  
(100% of entry fee to prize fund as gift certificates).  
Both players can replay each shot one time. Team will play from the best ball's position for their next shot.

## 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, Feb. 23, Noon-5 p.m..  
\*No U.S. Navy endorsement is implied

USE THIS CODE TO REGISTER FOR ANY OF THESE EVENTS



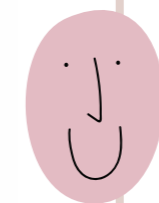
## CYP CLOSURES

Monday, Feb. 17, in honor of President's Day  
Friday, Feb. 21, In Service Training day.

• **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.

## Friendship Card Day

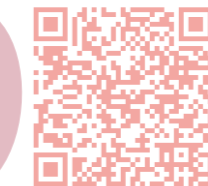
Friday, Feb. 14, 3:30 p.m.  
Join us at the CDC for Friendship Card Day! Come make a friendship card with your child to share with other children. It's a wonderful way for parents to help out with art projects while supporting creativity and social development in young minds. We hope to see you there!



SCAN ME!  
FOR MILITARY CHILD CARE



SCAN ME!  
ONLINE PORTAL



SCAN ME!  
FOR REGISTRATION FORMS

## 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.

## 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). 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.



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

## School Closures No School

Full SAC hours: 6 a.m.-6:30 p.m.  
Friday, Feb. 14: School Holiday.  
Tuesday, Feb. 18: Teacher Training Day.

## FAMILY PARTICIPATION EVENTS: "I love my Kid" Photo Booth and International Book Giving Day!

Friday, Feb. 14. All day.  
Come take a picture and take a book!





• **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.smores.com/vgemr> for local education information.*

**Homeschool Youth Financial Readiness Workshops**

*Two part workshops open to middle and high school homeschool students co-hosted by Navy Federal Credit Union.*

**Part I Managing Your Money / Debit & Credit Cards:**

**Wednesday, Feb. 5, 10 a.m.**

**Part II Consumer Loans & Paying for Higher Education / Credit, Credit Report, Credit Score & preventing Identity Theft:**

**Wednesday, Feb. 12, 10 a.m.**

*Both workshops will take place at SAC in building 41.*

**Teen Resume & Interview Workshop**

**March 13, 12:30 p.m.** For teens ages 14 years and older. At the Youth Center.

*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.*

**F.E.E.T. (Friends Exploring España Together) Youth Sponsorship**

*The School Liaison and Youth Programs will conduct a cultural orientation and trip to the beautiful city of Cádiz. Youth will visit some of the historical sites of Cádiz and enjoy lunch at the Centro Mercado. This event is free (except for lunch), but youth must be registered with CYP. Deadline to sign up is noon on March 25! For students in Grades 6-12.*

**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.smores.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

**YOUTH BASKETBALL SEASON REGISTRATION**

Online. CYP-Online account needed. Contact CYP for assistance.

**Mandatory Assessment**

**Tuesday, Feb. 25, 5 p.m.** in the DGF High School gym. Ages 6-14.

*Please wear athletic attire with tennis shoes. Please email or call to attend trainings for locations.*

**Coaches CPR Training**

**Thursdays, Feb. 6 and 13, 9 a.m.** Bldg 41.

**Coaches Training**

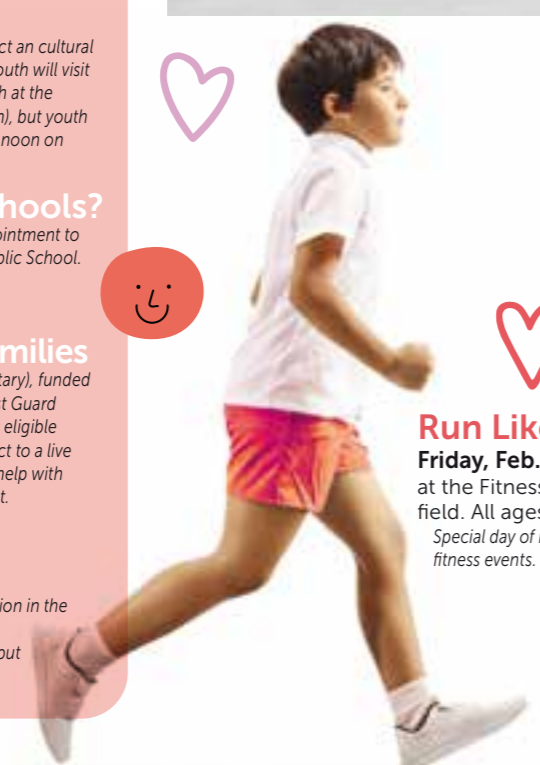
**Thursdays, Feb. 6 and 13, 5 p.m.** Bldg 41.



**Volunteer Basketball and Baseball Coaches and Officials needed for Youth Seasons.**

**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.*

**Run Like Me**  
**Friday, Feb. 28, 4 p.m.**  
at the Fitness Center field. All ages.  
*Special day of running and fitness events.*



• **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.**

**POWER HOUR HOMEWORK ASSISTANCE AND FREE CHOICE OF RECREATIONAL GAMES AND ACTIVITIES**



DAILY ACTIVITIES

**WEEKLY CLUBS** meet on **Monday, Tuesday, Thursday and Friday** at 3:30 p.m. and on **Wednesdays** at 2:15 p.m.

**Mondays**  
**THE ARTS CLUBS: DIGITAL, FINE, APPLIED AND PERFORMANCE ARTS.**

**Tuesdays**  
**LIFE SKILLS CLUBS: MONEY MATTERS, STEM, 4H GARDENING, BGCA JOURNEYS, SPANISH LANGUAGE.**

**Wednesdays**  
**LEADERSHIP AND SERVICES CLUBS: KEYSTONE, TORCH AND YOUTH OF THE YEAR.**

**Thursdays**  
**HEALTH AND WELLNESS CLUBS: WALKING, COOKING, HIIT, AND HEALTHY HABITS.**

**Fridays**  
**FUN FRIDAYS-SPORTS AND RECREATION ACTIVITIES**

**STOP BY THE YOUTH CENTER TO ENJOY THE ROTATION OF VARIOUS CLUB ACTIVITIES EACH WEEK!**







## FEBRUARY IS TEEN DATING VIOLENCE AWARENESS & PREVENTION MONTH

Preventing violence is key to promoting teen and adult health.

Violence can affect teens' health and increase the chance of developing cancer, heart disease, or other health problems in adulthood. Collaboration among multiple sectors can ensure the effective implementation of strategies to help youth and communities be safe and thrive.

### SPREAD THE WORD! The Way Forward

#### Parents and Families can:

- Learn about links between teens' experiences with violence and their health.
- Talk with teens about violence and ask how you can support them.
- Reach out to local programs to learn effective parenting practices.

#### Communities can:

- Make teen mentoring, apprenticeship and leadership programs more available.
- Collaborate with health departments and other partners to promote healthy and safe neighborhoods.
- Make use of effective social and economic policies that reduce violence.

## FINANCIAL WELL-BEING ASSESSMENT

You go to the doctor to check on your physical health, but when is the last time you checked on your financial health?

The Personal Finance Management program is designed to increase personal, family and operational readiness by focusing on preventative measures to avoid financial hardships, support financial stability and build wealth.

The Financial Well-Being Assessment can help you conduct a "checkup" on your financial health with the help of our Financial Counselors. No matter where you are in your military career, taking time to assess your financial well-being can provide insights into whether you're on the right path or have some areas to improve. All of your answers are anonymous and the assessment does not track any data.



### DATES PROGRAMS

01/02	
WED 03	<b>TRANSITION WORKSHOP</b> Feb. 3-7, 8 a.m.-4 p.m. <b>THE STARS ARE LINED UP FOR MILITARY SPOUSES</b> 10 a.m.-Noon
THU 04	<b>BASIC SPANISH CLASSES</b> Tuesdays, Feb. 4-25, 9-10:30 a.m. <b>10 STEPS TO A FEDERAL JOB</b> 9 a.m.-12:30 p.m. <b>INTERMEDIAL SPANISH CLASSES</b> Tuesdays, Feb. 4-25, 11 a.m.-12:30 p.m.
MON 05	<b>COMMUNICATION SKILLS</b> 10-11:30 a.m. <b>MBMF LIVING CORE VALUES</b> Noon-2 p.m. <b>SAPR VA REFRESHER</b> 1-3 p.m.
TUE 06	<b>PLANNING FOR RETIREMENT</b> 10-11 a.m.
WED 07	<b>SPOUSE SPONSORSHIP TRAINING</b> 10 a.m.-Noon <b>CDO TRAINING</b> 1-3 p.m.
08/09	
THU 10	<b>INTER-CULTURAL RELATIONS (ICR)</b> Feb. 10-12, 8:30 a.m.-3 p.m. <b>NEW MILITARY SPOUSE 101</b> 9:30 a.m.-Noon <b>COMMAND FINANCIAL SPECIALIST (CFS) FORUM</b> Feb. 10-14, Virtual
11	
TUE 12	<b>MBMF CONNECTION</b> Noon-2 p.m. <b>EFMP TRAINING</b> 2-3 p.m.
13	
WED 14	<b>SAN VALENTIN DINNER IN KAMMALA</b> 8 p.m.
THU 15/16/17	
THU 18	<b>PRIVATE SECTOR RESUME WRITING WORKSHOP</b> 10 a.m.-Noon
MON 19	<b>ANGER MANAGEMENT</b> 10-11:30 a.m. <b>MBMF STRESS RESILIENCY</b> Noon-2 p.m.
TUE 20	<b>MARRIAGE AND MONEY</b> 10-11 a.m. <b>COMMAND SPONSORSHIP</b> 10-11:30 a.m.
WED 21	<b>BABY INDOC</b> 9 a.m.-1 p.m.
22/23	
THU 24	<b>RETIREMENT TRANSITION WORKSHOP</b> Feb. 24-28, 8 a.m.-4 p.m. <b>INTER-CULTURAL RELATIONS (ICR)</b> Feb. 24-26, 8:30 a.m.-3 p.m. <b>EFMP SUPPORT GROUP AT USO</b> 10-11 a.m.
25	
FRI 26	<b>LEADERSHIP &amp; CFS AWARENESS FORUM</b> 10-11:30 a.m.
27/28	



## EARLY LITERACY PROGRAM

Tuesdays, Feb. 4, 11, 18 and 25. Theme: **EMOTIONS.**

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 the Early Literacy Initiative: **TALK, SING, READ, WRITE AND PLAY.** Reservations required. Spaces are limited. All children must be accompanied by a parent or caregiver.



### Tech Wednesday

Wednesdays, Feb. 5, 12, 19 and 26, 10 a.m.-Noon. By appointment only.

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

### Harry Potter Escape Room

Friday, Feb. 28, 3:30-4:30 p.m. / 4:45-5:45 p.m. Must register by Friday, Feb. 14. Ages 6-14 years old.

Players will have 60 minutes to solve Harry Potter themed puzzles in order to escape. There will be a max of four players per time slot. T.E.I card holders only.

February is National Library Lovers Month, Library is doing a "BLIND DATE WITH A BOOK"

## books REVIEW

### KIDS

#### MIXED FEELINGS

by Liana Finck

This exploration of mixed and wide-ranging emotions is presented in illustrated vignettes and beautifully articulate text. Each spread portrays a specific scenario involving a child and a phrase that reminds readers (young and old) that not all feelings can be summed up in a single word, or occur singularly. The text "Mostly happy but a little sad" accompanies a child leaving for the beach, but waving goodbye to his dog. "Like I'm trying hard to have fun" shows a child at a loud party, covering their ears. In her trademark style and funny-because-it's-real approach, Finck has created a deeply insightful book on feelings that validates the way we all experience the world.

### JUVENILE

#### OUR COUNTRY'S PRESIDENTS

Revised and updated to include the winner of the 2024 presidential election, this photo-filled and fact-packed book is a timely must-have reference. National Geographic presents the 45 individuals who have led the U.S. in this up-to-date, authoritative, and lavishly illustrated family, school, and library reference.

### YOUNG ADULT

#### SINISTER SISTERS

by Roseanne A. Brown

Izzy's sister has been acting strange. Izzy knows that something is going on with her twin, Grace; hurrying off to hang with other kids, avoiding her at school, and going to bed earlier than usual. When Izzy learns that her twin sister has been sneaking off at night to hang out with the mysterious Midnight Society, she surprises them at their night of storytelling and threatens to tell their parents about Grace's new hobby. But in order to prevent Izzy from telling on her, the Midnight Society proposes a scare-off! If Izzy wins, Grace is booted from the Midnight Society. If Grace wins, Izzy won't tell anyone about the Midnight Society. What follows are three terrifying tales that may determine the fate of not only the Midnight Society, but also the twins' relationship. In "The Tale of the Bushwalkers," a girl who cheats in school discovers that monsters may be prowling her campus, ready to eat cheating students. In "The Tale of the Spirit Drum," a young boy tests his luck when he comes into possession of a drum that can make his dreams come true.

### ADULT

#### THE QUIET LIBRARIAN

by Allen Eskens

Hana Babic is a quiet, middle-aged librarian in Minnesota who wants nothing more than to be left alone. But when a detective arrives with the news that her best friend has been murdered, Hana knows that something evil has come for her, a dark remnant of the past she and her friend had shared. Thirty years before, Hana was someone else: Nura Divjak, a teenager growing up in the mountains of war-torn Bosnia—until Serbian soldiers arrived to slaughter her entire family before her eyes. The events of that day thrust Nura into the war, leading her to join a band of militia fighters, where she became not only a fierce warrior but a legend—the deadly Night Mora. But a shattering final act forced Nura to flee to the United States with a bounty on her head. Now, someone is hunting Hana, and her friend has paid the price, leaving her eight-year-old grandson in Hana's care. To protect the child without revealing her secret, Hana must again become the Night Mora—and hope she can find the killer before the past comes for them, too.



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# Sticky Sweet

## VALENTINE'S PARTY

**FRIDAY,  
FEB. 14**

7 p.m.

IT'S VALENTINE'S DAY!

Sweet talk and gumdrops!  
Who has the best pick up lines? Build the best date night package...and of course pamper your number one...you!

Provided: Pizza, movies and lots of chocolate!

### FEBRUARY eVents

#### GROUNDHOG DAY

**Sunday, Feb. 2, 7 p.m.**  
Come on in for a movie (on repeat) marathon. Popcorn will be provided.

#### WORLD NUTELLA DAY

**Wednesday, Feb. 5, 7 p.m.**  
Celebrate Nutella with all things Nutella!

#### LIBERTY MOVIE NIGHT

**Thursday, Feb. 6, 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.

#### TABLE TENNIS TOURNAMENT

**Friday, Feb. 7, 7 p.m.**  
Bring a partner and come to Liberty for a game or Table Tennis Tournament. Who knows you may even win a prize!

#### NATIONAL TOOTHACHE DAY

**Sunday, Feb. 9, 7 p.m.**  
Let's enjoy all the candy we can stomach and to prove that we are functioning adults...we have free toothbrush kits so dental doesn't come after us.

#### LESLIE KNOP APPRECIATION DAY

**Wednesday, Feb. 12, 7 p.m.**  
Come pamper yourself and relax at Liberty Spa! Provided: Spa face masks, green juice, manicure sets.

#### LIBERTY'S BOWLING NIGHT AT PINZ

**Thursday, Feb. 13, 7-9 p.m.**  
Free for single/unaccompanied E6 & 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 are provided.

#### PRESIDENT'S DAY

**Monday, Feb. 17, 7 p.m.**  
Let's enjoy some cake & ice cream together.

#### CANDLE MAKING

**Tuesday, Feb. 18, 7 p.m.**  
Make your own perfect candle to ward off the winter blues.

#### STAND UP COMEDY NIGHT

**Thursday, Feb. 20, 7 p.m.**  
Come relax while we play stand-up comedy performances that are sure to make you LOL!

#### FRIDAY NIGHT MAGIC

**Friday, Feb. 21, 7 p.m.**  
Let's all enjoy each other's company and play a fun game of MAGIC! Snacks will be provided!

#### LIBERTY GOLF DAY

**Sunday, Feb. 23, 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 1 p.m.

#### DOGGIE DATE NIGHT WITH RAWL

**Monday, Feb. 24, 5:30 p.m.**  
Join us at Liberty for a paw-some evening at Doggie Date Night—where patrons can cuddle, play, and bond with our lovable furry friends!

#### NATIONAL CHILI DAY WITH LIBERTY AND HEALTH PROMOTIONS

**Friday, Feb. 28, 5:30 p.m.**  
Come be the judge between the Liberty staff and the Health Promotion Crew in a chili cook off. All ingredients and

### DISCOUNTED LIBERTY TRIPS

#### Granada Ski and Snowboard Trip (4 Days)

**Friday-Monday, Feb. 14-17.**  
Departure: 3 p.m. Return: 8 p.m.  
\$312 per person for single/unaccompanied E6 & below. Must register by Feb. 9.

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).

#### Marbella and Puerto Banus Self-Guided

**Saturday, Feb. 8, 7 a.m.-8:30 p.m.**  
\$36 per person for single/unaccompanied E6 & below. Must register by Feb. 5.

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.

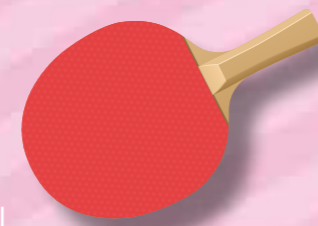
#### SAILOR ADVENTURE QUEST

##### GUITAR LESSONS

**Wednesdays, Feb. 12 and 26, 6 p.m.**  
Have you ever thought about trying your hand at guitar? Come to start or continue your musical journey! Guitars are provided.

##### YOGA

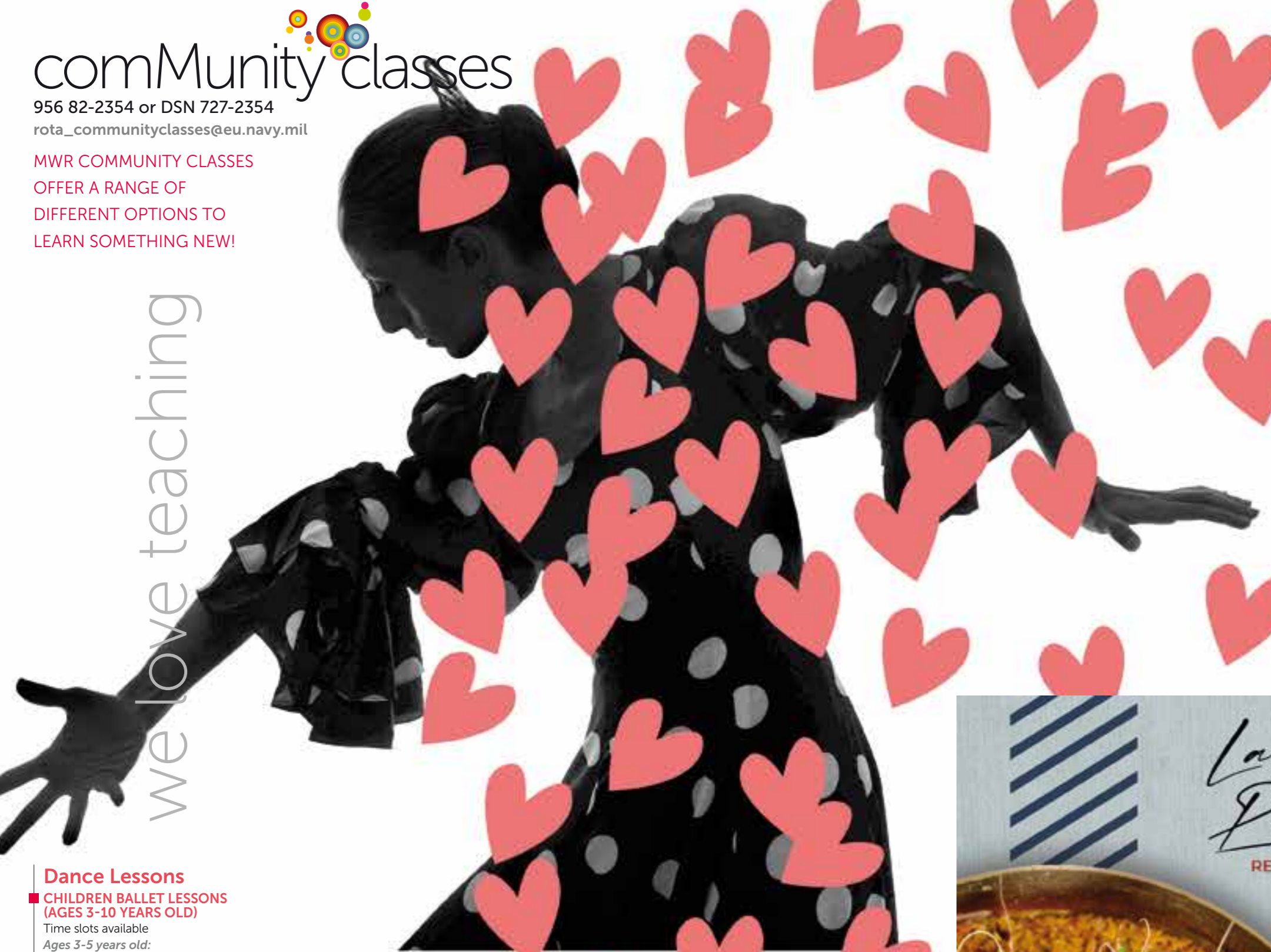
**Thursday, Feb. 27, 6:15 p.m.**  
Come take your mind off any stressors you are facing with a relaxing yoga/meditation class. Yoga mats are provided.





MWR COMMUNITY CLASSES  
OFFER A RANGE OF  
DIFFERENT OPTIONS TO  
LEARN SOMETHING NEW!

we love teaching



## Dance Lessons

### CHILDREN BALLET 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.

### SEVILLANAS LESSONS FOR FERIA! (ADULTS)

Times available:  
Wednesdays, 9:30-10:30 a.m.  
\$45 per month. Adults 18 years and older. Classes located at Fitness Center.  
Get ready for Feria season!! Now is the perfect time to start learning this traditional dance to fully immerse in the Feria festivities. This is the opportunity to learn this unique art of dance in hands of an experienced teacher who will guide you through this beautiful tradition.

### 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.

## 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.

## Pre Tumbling Lessons for Children

Ages 1-3 years old:  
Tuesdays, 9:30-10:15 a.m. or  
Wednesdays, 2:25-3:10 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 8 years and older:  
Tuesdays, 3:15-4:15 p.m. or Thursdays,  
4:15-5:15 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/month  
Twice per week: \$125/month  
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!



## Jiu Jitsu Classes

Ages 5-7 years old: Mondays, 4-5 p.m. or  
Wednesdays, 4:30-5:30 p.m.  
Ages 8-14 years old: Mondays, 5-6 p.m. or  
Wednesdays, 5:30-6:30 p.m.  
Once per week: \$45/month  
Twice per week: \$70/month  
Ages 18 years and older: Mondays, 6-7 p.m.  
\$50 per month.  
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.

## 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).  
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! Pre-registration is required.

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RESTAURANTE

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## VALENTINE'S CHALLENGE FEBRUARY

### CHALLENGE OF THE MONTH

Bring your significant other in this literally attached at the ankles challenge. You'll run, do some burpees and attempt the rolling tank, all tied together!

Stop by the Fitness Center every Thursday between 11 a.m.-1 p.m.



## • fitness

956-82-2565 or DSN 727-2565

### 1000/500 lb Club

Friday, Feb. 7, 4:30 p.m.

Must register at the Fitness Center.

Ages 18 years and older.

*Join the elite and see if you can muscle up 500/1000 pounds total weight. Events will include bench press, squat and deadlift.*

### CFL Meeting

Wednesday, Feb. 12, 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.*

# Valentines

## 5K RUN

What a great day to start spreading peace, love and joy for 2025. Come join the fitness center and share the love of running with others. You can run as a couple, group of friends or single.

Friday, Feb. 14

4:30 p.m. At the Seaview Pines.

FREE. All ages are welcome.

*Find your favorite shade of red  
Let's celebrate!  
Valentine's Day.*



# VALENTINE'S PICKLEBALL TOURNAMENT



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



## 2025 INTRAMURAL SPORTS CALENDAR

EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
<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

■ Captain's Cup Leagues
 ■ Clinics
 ■ Tournaments

1. You can sign up your team/command using the Teams QR code, or you can sign up individually using the Free Agents QR code.
2. Sign ups will be over at NOON of the deadline date.
3. Regulations and schedules will be sent at least 24 hours prior to the event and/or coach meeting.
4. 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, Feb. 5-7 / Feb. 12-14  
and March 5-7 / March 12-14, 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,

Feb. 5-7 / Feb. 12-14

and March 5-7 / March 12-14.

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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