



**wHat's iNside?**

**Special Events**

Ashley Gutermuth and Friends  
Live Comedy Show

**Liberty**

Lumberjack Games 2024

**Fitness**

Turkey Trot 5k Run

**Golf Course**

Turkey Shoot Golf Tournament

**Outdoor Rec**

Via Ferrata in Grazalesa Natural Park



# vaMos!

MWR ROTA MONTHLY MAGAZINE

iSsue#149

November 2024



**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.

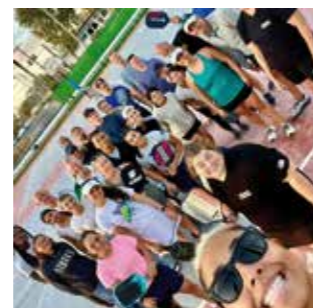
### La Plaza, 727-6323

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)



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

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727-1505

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

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

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

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

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

## marketing office

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

## social contact

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

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



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Information subject to change.

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ARMED FORCES ENTERTAINMENT AND MWR PRESENT:

# ASHLEY GUTERMUTH and Friends



**AFE**  
**BRINGS THE**  
**LAUGHS**  
**GOOD FRIENDS,**  
**BETTER JOKES**

LIVE COMEDY SHOW

**SATURDAY,**  
**NOV. 16**

9 p.m. in La Plaza  
Ages 18 years and older

**Food & Beverages available for purchase**

For more information, the MWR Liberty Center at 727-2527

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



**Jessica Sanchez**  
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

## fall FLEA MARKET

SATURDAY,  
Nov. 23

10 a.m.-2 p.m.

At the Drive-In Movie Theater  
Free entrance

### SELL

PCS purge? Kids outgrown clothes and toys?  
You changed hobbies? Here's your opportunity  
to sell your gently used items!

Participation fee \$15:  
includes 1 table and 2 chairs.  
Open to DoD ID card holders only.

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

**BROWSE AND SHOP  
FOR TREASURES!**

Food & Beverages available for purchase.



## WINTER

# Wonderland

## 2024

### COMING SOON

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

**SPECIAL VISIT FROM SANTA VIA HELO & 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.

# HUNGRY?

## DINE WITH MWR

### BOMBERS

El Patio | **Mon-Fri** 10 a.m. - 7 p.m.

Fresh Mex your meal with over 20 **high-quality** ingredients to choose from. Customize your bowl or burrito! Add a **BLENDZ** Smoothie with your meal for a fresh frozen escape.

### GOURMET BEAN

Fleet Landing & Library | **Mon-Fri** 7:30 a.m. - 2 p.m.

Start your day with a coffee and delicious breakfast bite. *We proudly serve Starbucks*

### PINZ American Café

Pinz Bowling | **Daily** 11 a.m.-9 p.m.

Traditional American fare! Everything from burgers, fried pickles to great salads.  
**Bowl and dine at PINZ!**

### PIZZA VILLA

La Plaza | **Daily** 11 a.m. - 10 p.m.

Hand-crafted **pizzas**, baked pasta, calzones, baked subs, roasted chicken wings and so much more! We welcome you.

### TOWER PUB

El Patio | **Mon-Fri** 4 - 11 p.m. **Weekends** 12 - 7 p.m.

Enjoy handcrafted cocktails served alongside our **house specialities** featuring hand-battered tenders, boneless wings, mozzarella sticks and more!



**VISIT US TODAY!**



TICKETS AND TRAVEL

**Granada Historical Tour**

**Saturday, Nov. 2,** 6 a.m.-10 p.m.  
\$75 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old. Must register by Oct. 30.

Tickets and Travel takes you to explore the home to the fortress La Alhambra, Granada. Granada was the Moors final stand on the Iberian Peninsula. After over 700 years of reign, the Christian's final siege laid on this city and its palaces perched high above. Today the city still retains much of its North African influence through stores, restaurants and teahouses. The long-time capital of Moorish Andalucía, offers some of the most important reminders of this time in Spanish history. The city offers charming narrow streets filled with flowers, taverns serving up the famous Trevélez jamon, flamenco in the gypsy caves of Sacromonte, shopping and more. Historical tour includes roundtrip transportation, a local guide in Granada and entrance fees to some monuments. Important note: trip does not include tour to the Alhambra.

**La Gruta de las Maravillas Cave and Lunch in Huelva**

**Saturday, Nov. 9,** 7 a.m.-8 p.m.  
\$100 per adult / \$70 per child 2-14 years old / No cost for child under 2 years old. Must register by Nov. 6.

The Caves of Wonders were discovered in 1886 and opened to the public in 1914. The caves are located deep in the hill on which the castle and the parish church were built and where to find the ruins of the ancient fortress. The beauty of the lakes, the spaciousness of the cathedral-like rooms, the beautiful colors and the variety of stalactites and stalagmites, will make for a memorable visit. The caves, combined with the softness of the summer temperatures make Aracena the favorite holiday destination of the Spanish Royal Family. The trip includes roundtrip transportation, entrance to the cave, and lunch.

**Marbella and Puerto Banus Self-Guided**

**Saturday, Nov. 16,** 7:30 a.m.-9 p.m.  
\$35 per adult / No cost for child under 14 years old. Must register by Nov. 13.

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.

**Foodie Tour: Olive Oil**

**Saturday, Nov. 23,** 8 a.m.-6 p.m.  
\$100 per adult. Ages 18 years and older. Must register by Nov. 20.

Did you know that you are in the region of Spain that is an ideal place to learn all about olive oil? Tickets and Travel will take you for a day in the olive oil factory located in one of the towns of Cadiz. You will be introduced to the history, harvesting, and process making of the olive oil, distinguish the nuances of different varieties and get the very first taste of the fresh new oils. Trip includes roundtrip transportation, guided visit of the factory and lunch.

**Castellar de la Frontera Zoo**

**Saturday, Nov. 30,** 9 a.m.-5 p.m.  
\$60 per adult / \$50 per child 2-14 years old / No cost for child under 2 years old. Must register by Nov. 27.

Tickets & Travel is sponsoring a family trip to Castellar de la Frontera Zoo located a few miles outside Sotogrande in the province of Cadiz. This is a unique zoo whereby all the animals have been rescued and had been mistreated or neglected. You will have the opportunity to get up really close and personal (touching and stroking) with some of the large cats including a black panther, lion, ocelot, and other exotic animals. A really exciting interactive experience! There are also parrot shows and you will get the opportunity to handle birds of prey or you may buy small bags of seed and walk around feeding the animals. The trip includes transportation, entrance, guided visit of the zoo and a simple school lunch. Please feel free to bring your favorite snacks.

**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 Andalucía and lies along the Costa Del Sol. Famous for the "pasas" (raisins), Malaga is also well known for its superb wines. 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.

OUTDOOR REC

**Paintball**

**Saturday, Nov. 2,** 8 a.m.-4 p.m.  
\$75 per person. Must register by Oct. 30. Paintball combines teamwork, strategy and skill into a fun, exciting and action-packed day. Trip includes roundtrip transportation, semi-automatic paintball gun, clip with 500 paintballs, protective masks and camouflage gear.



DIFFICULTY LEVEL

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

**Via Ferrata in Grazalema Park**

**Saturday, Nov. 9,** 7:30 a.m.-6 p.m.  
\$85 per person. Must register by Nov. 6. A Via Ferrata (Italian for "iron way") is a mountain route equipped with steel cables, ladders, and other fixed anchors, for example wooden walkways and suspended bridges. The artificial equipment renders feasible an exposed route even to the inexperienced climber, and allows those not versed in climbing technique 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.



**Rock Climbing**

**Saturday, Nov. 16,** 9 a.m.-5 p.m.  
\$75 per person. Must register by Nov. 13. Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a pre-defined route without falling. Rock climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility and balance along with mental control. Climbing rock walls in a secure way can be a great way to enjoy the scenery from a unique and surprising perspective. Now it's time to get out and test your skills climbing in Sierra de Grazalema, with MWR Navy Outdoor Recreation. Trip includes roundtrip transportation, guides and climbing equipment.



**Hiking Garganta del Capitan in Los Alcornocales Natural Park**

**Saturday, Nov. 23,** 7:30 a.m.-7 p.m.  
\$45 per person. Must register by Nov. 20. The Garganta del Capitan is located within the limits of the Los Alcornocales Natural Park and the Intercontinental Biosphere Reserve of the Mediterranean. Along the route we find laurel forests with alders, ash trees, laurels and gall oaks in the Garganta area. On the way we can enjoy the views of the Bay of Algeciras, the cork oak forest, or the public mountain Hoyo de Don Pedro. We can also see tombs from the Bronze Age carved in the sandstone rock as well as the tombstone of the supposed "Captain" that gives its name to this gorge as well as old flour mills whose remains can still be seen on the banks of the stream. Along the trail there are frequent areas of shade. Trip includes roundtrip transportation and expert guides.



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

**Saturday, Nov. 30,** 9 a.m.-2 p.m.  
\$25 per person. Must register by Nov. 27. 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 low/moderate level challenge, in which you will be biking 30km. You can bring your own bike or get one (included in the price) at MWR Outdoor Recreation.



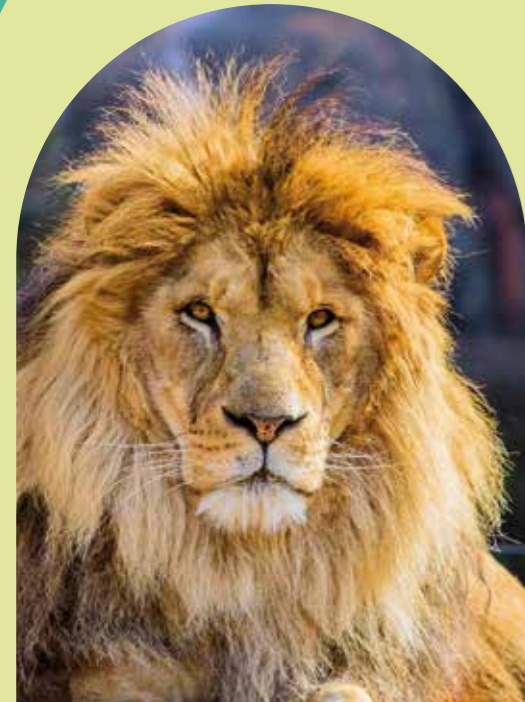
**Hiking El Pinsapar of Grazalema**

**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 Grazalema 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**

**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. 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).







**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.

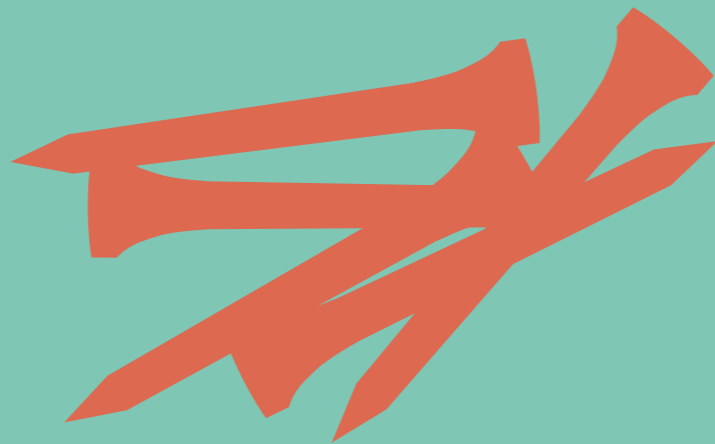
**LIBERTY GOLF DAY**  
Sunday, Nov. 24, Noon-5 p.m..  
\*No U.S. Navy endorsement is implied



**TURKEY SHOOT**  
GOLF TOURNAMENT

SATURDAY, NOV. 23

Shotgun start at 9 a.m.  
\$25 per person plus green fees.  
FORMAT: FOUR PERSON SCRAMBLE.



**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**

Monday, Nov. 11, in honor of Veteran's Day  
Thursday, Nov. 28, in honor of Thanksgiving 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.navywmwrrota.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.



• **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.

**Pumpkin Spice and Everything Nice**  
Friday, Nov. 1.

Drop off the kids and pick up some cozy vibes! Enjoy a delicious cup of coffee (Pumpkin Spice, of course!) on your way to work. Let us sweeten your morning!

**Harvest Luncheon**  
Friday, Nov. 15, 11 a.m.

Join us for a special fall feast! Enjoy a heartwarming harvest lunch with your little one. Let's make memories over a tasty meal!

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

**MONTH OF THE MILITARY FAMILY**  
**Our Military Family Photo Booth**

Monday-Friday, Nov. 4-8.  
Stop and take a pic at our photo booth made especially for our military families.

**We Are Thankful Tree**

Friday-Sunday, Nov. 1-24, all day.  
Working alongside your children, let's fill our Thankful Tree full of leaves showing what we are thankful for.

**School Days Adjustments**

Early Release for Parent Conference  
Thursday, Nov. 7: SAC starts at 10:55 a.m.  
Full Day SAC for Parent Conference  
Friday, Nov. 8.  
Full Day SAC for School Holiday  
Wednesday, Nov. 27 and Friday, Nov. 29.



**WOULD YOU LIKE TO LEARN HOW TO RIDE A HORSE?**

fincalapanoleta +34 689 205 573



## • 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.

## JAMS Late Night at the Youth Center

**Friday, Nov. 22.**

"Food and Games Party" for JAMS participants ages 10-12 years old. Return permission slip to register by Nov. 20.

## 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. Additionally we will "Hail" youth who are new to the community and say "Farewell" to youth who are moving. Youth will be recognized at the Monthly Youth Recognition Ceremony.

## YOUTH DAILY ACTIVITIES FOR NOVEMBER

### Friday, Nov. 1

- Power Hour, 3-4 p.m.
- "Mario Kart" tournament.

### Monday, Nov. 4

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

### Tuesday, Nov. 5

- Power Hour, 3-4 p.m.
- Wise Guys Club, 4-5 p.m.
- Brain teasers.

### Wednesday, Nov. 6

- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- Gardening, 4-5 p.m.
- "Yahtzee" game.

### Thursday, Nov. 7

- Early Release, opening at 11 a.m.
- Power Hour, 3-4 p.m.
- Air-dry clay.

### Friday, Nov. 8

- No School Day, opening at Noon.
- Power Hour, 3-4 p.m.
- Bingo game.
- Healthy Habits, 4-5 p.m.

### Monday, Nov. 11

- Veteran's Day. CLOSED

### Tuesday, Nov. 12

- Power Hour, 3-4 p.m.
- Smart Girls Club, 4-5 p.m.
- Foolsball tournament.

### Wednesday, Nov. 13

- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- STEM, 4-5 p.m.
- Drawing with pastels.

### Thursday, Nov. 14

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

### Friday, Nov. 15

- Power Hour, 3-4 p.m.
- "Game of Life" board game

### Monday, Nov. 18

- Power Hour, 3-4 p.m.
- Ping Pong tournament.
- Torch Club, 4-5 p.m.

### Tuesday, Nov. 19

- Power Hour, 3-4 p.m.
- Dominoes.

### Wednesday, Nov. 20

- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- Gardening Club, 4-5 p.m.
- Building with popsicles sticks.

### Thursday, Nov. 21

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

### Friday, Nov. 22

- Triple Play, 4-5 p.m.
- Origami.
- Youth of the Month Ceremony, 4:30 p.m.
- JAMS Late Night at the Youth Center "Food and Games Party" for JAMS participants ages 10-12 years old. Return permission slip to register by Nov. 20.

### Monday, Nov. 25

- Power Hour, 3-4 p.m.
- Torch Club, 4-5 p.m.
- "Phase 10" card game.

### Tuesday, Nov. 26

- Power Hour, 3-4 p.m.
- "Nintendo Switch Sports" tournament.

### Wednesday, Nov. 27

- No School Day. Opening at Noon.
- "Apples to Apples" board game.
- Youth of the Month Ceremony, 2:30 p.m.

### Thursday, Nov. 28

- Thanksgiving Day. CLOSED

### Friday, Nov. 29

- No School Day. Opening at Noon.
- "Mancala" game.

Note: Activities with no time listed are available throughout the day. No fee or pre-registration required unless otherwise noted.



## • 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 Field Trip to Cádiz

**Friday, Nov. 15, 10 a.m.-4 p.m.**  
Homeschool families can take a guided tour of some of the historical site in the beautiful capital city of Cádiz. We will make our way to the Central Market for lunch before we eventually make our way back to the bus. Transportation is provided, and there is no cost. A parent must accompany their child/children, and families must RSVP no later than noon on Nov. 13. Space is limited.

## College and Career Fair at DGF MHS

**Wednesday, Nov. 19, 1-3 p.m.** DGF MHS Gym.  
The School Liaison is seeking volunteers to represent their college or university or showcase a career field.

## 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 Football Season

Motor Skills Development (Start Smart)  
**Saturday, Nov. 5.** \$25. Ages 3-5.



## Volunteer Coaches and Officials needed for all YSF Seasons.

**BE A COMMUNITY LEADER. BECOME A YSF VOLUNTEER.**

Are you a member of the Parents Association for Youth Sports (PAYS)? Not a PAYS member yet? Anyone can be one, just go to <http://www.nays.org/payonline> or contact us to learn how.

## Coaches and Officials Volunteer Training

Please call and register to confirm your spot, limited spaces available. Dates and times TBD based on registrations.



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[sergio@volvomilitarysales.com](mailto:sergio@volvomilitarysales.com)



# comMunity classes

956 82-2354 or DSN 727-2354

## Aikido Classes

**Ages 5-7 years old:**  
Tuesdays or Thursdays,  
4:30-5:15 p.m. \$45 per month.

**Ages 8-13 years old:**  
Tuesdays, 5:15-6:15 p.m.  
\$45 per month.

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

**Adults ages 18 and older:**  
Tuesdays, 6:15-7:15 p.m. \$50 per month.  
*Aikido is a modern, non-aggressive Japanese martial art; the study of Aikido involves not only techniques based purely in self-defense, but includes positive character development and ideals that people can incorporate into their daily lives!*

## 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 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.*

## 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.*



## 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, 15:15-16:15 pm \$50 per month (\$20 drop in).

**Ages 6-7 years old:**  
Thursdays, 15:15-16:15 p.m. \$50 per month (\$20 drop in).

**Ages 7 years and older:**  
Tuesdays, 15:15-16:15 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.*

libRary

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

## EARLY LITERACY PROGRAM

Tuesdays in NOVEMBER. Theme: **FOREST ANIMALS.**

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.

## Boomerang Bags

**Friday, Nov. 15, 4-5 p.m.** Must register by Nov. 13. Ages 13 years and older.

*Boomerang Bags is about connecting communities, making bags, diverting waste, starting conversations, fostering sustainable behaviour, and having a bit of fun! TEI card holders only.*

## National Novel Writing Month (NaNoWriMo) In November.

NaNoWriMo is a fun, seat-of-your-pants approach to creative writing. [nanowrimo.org](http://nanowrimo.org)

## Native American Heritage Month In November.

All month, Library will place on table a passive program for all library customers: make a Wampum Belt DIY. Instructions and supplies will be provided.

## Book Signing

**Friday, Nov. 15, Noon-1 p.m.** at the Galley.

*Mr. Harding will be presenting his books to the Rota Community (this is a partnership between Library and Galley).*

## Tech Wednesday

**Wednesdays, 10 a.m.-Noon.** By appointment only.

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

fliX  
ROTA, SPAIN

Drive-In  
THEATER  
**FREE**  
SHOWING

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

**Saturday, Nov. 9, 9:30 p.m.**

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

books  
REVIEW

## PICTURE BOOK ROCK YOUR MOCKS

by Lauren Goodluck

In this happy, vibrant tribute to Rock Your Mocs Day, observed yearly on November 15, author Laurel Goodluck (Mandan, Hidatsa, and Tsimshian) and artist Madelyn Goodnight (Chickasaw) celebrate the joy and power of wearing moccasins—and the Native pride that comes with them. A perfect book for Native American Heritage Month and all year round!

## WE ARE STILL HERE

by Traci Sorell

Too often, Native American history is treated as a finished chapter instead of relevant and ongoing. This companion book to the award-winning *We Are Grateful: Otsaliheliga* offers readers everything they never learned in school about Native American people's past, present, and future. Precise, lyrical writing presents topics including: forced assimilation (such as boarding schools), land allotment and Native tribal reorganization, termination (the US government not recognizing tribes as nations), Native urban relocation (from reservations), self-determination (tribal self-empowerment), Native civil rights, the Indian Child Welfare Act (ICWA), religious freedom, economic development (including casino development), Native language revival efforts, cultural persistence, and nationhood.

## YOUNG ADULT BOOK

## THE FIREKEEPER'S DAUGHTER

by Angeline Boulley

Eighteen-year-old Daunis Fontaine has never quite fit in, both in her hometown and on the nearby Ojibwe reservation. She dreams of a fresh start at college, but when family tragedy strikes, Daunis puts her future on hold to look after her fragile mother. The only bright spot is meeting Jamie, the charming new recruit on her brother Levi's hockey team. Yet even as Daunis falls for Jamie, she senses the dashing hockey star is hiding something. Everything comes to light when Daunis witnesses a shocking murder, thrusting her into an FBI investigation of a lethal new drug. Reluctantly, Daunis agrees to go undercover, drawing on her knowledge of chemistry and Ojibwe traditional medicine to track down the source. But the search for truth is more complicated than Daunis imagined, exposing secrets and old scars. At the same time, she grows concerned with an investigation that seems more focused on punishing the offenders than protecting the victims.

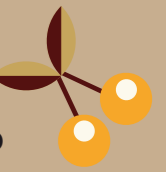
## ADULT BOOK

## THE BEADWORKERS

by Beth Piatote

A woman teaches her niece to make a pair of beaded earrings while ruminating on a fractured relationship. An eleven-year-old girl narrates the unfolding of the Fish Wars in the 1960s as her family is propelled to its front lines. In 1890, as tensions escalate at Wounded Knee, two young men at college—one French and the other Lakota—each contemplate a death in the family. In the final, haunting piece, a Nez Perce-Cayuse family is torn apart as they debate the fate of ancestral remains in a moving revision of the Greek tragedy *Antigon*.





## NOVEMBER eVents

### NANOWRIMO EVENT

**Friday-Saturday, Nov. 1-30, 1-10 p.m.**  
Join us in writing an original story during National Novel Writing Month. We will start the story and encourage you to come in and leave your mark by adding the next line, paragraph, or chapter. Provided: Perfect location to let your imagination run wild!

### NO SHAVE NOVEMBER!!

**Friday-Saturday, Nov. 1-30, 1-10 p.m.**  
Grow baby, GROW!!! Join us in a month of mustaches! Spend the month growing, grooming, designing, creating, and doing whatever it takes to be rocking the best lip caterpillar possible come the 30th! We will be having a celebration to fully embrace the beauty.

### FALL FOOTBALL TAILGATE

**Monday, Nov. 4, 6-10 p.m.**  
Free.  
Wear your team colors while we tailgate in the liberty parking lot. Provided: Hot dogs, cold drinks, cornhole, and footballs available for tossing around.

### MOVIE NIGHT AT FLIX THEATRE

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

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

### FRIDAY NIGHT MAGIC

**Friday, Nov. 8, 7 p.m.**  
Back by popular demand... Friday Night Magic! Dive into the captivating world of Magic: The Gathering and experience thrilling battles against fellow enthusiasts. It's the perfect opportunity to make new friends, share your love for the game, and create unforgettable memories.

### VETERANS DAY!

**Monday, Nov. 11, 1-10 p.m.**  
Ice cream sandwiches and coffee while we share sea stories.

### CHICKEN SOUP FOR THE SOUL DAY

**Tuesday, Nov. 12, 1-10 p.m.**  
Warm your tummy with some chicken soup, warm your soul with some meditation and self-care! Provided: Spa masks and chicken soup.

### BOWLING WITH PINZ

**Thursday, Nov. 14, 7-9 p.m.**  
Free for single/unaccompanied E6 and below.  
Whether you're a pro-bowler or a beginner, come and have fun on us! Pizza is on the agenda, of course! Sign-in at the front desk of PINZ. Provided: Bowling lanes, shoe rental and pizza.

### FRIDAY TICTOK TREND TEST

**Friday, Nov. 15, 7 p.m.**  
Let's test out some TikTok trends and see what the hype is about! Snacks provided.

### TAKE A HIKE

**Sunday, Nov. 17, 6-9 p.m.**  
\$10 refundable deposit.  
Join us for a casual stroll for some fresh air and to stretch your legs. Provided: Roundtrip transportation only.

### MICKEY'S BIRTHDAY

**Monday, Nov. 18, 1-10 p.m.**  
Watch some Disney classics while you customize a set of those famous ears!

### LIBERTY GOLF DAY

**Sunday, Nov. 24, 1-4 p.m.**  
Free for single/unaccompanied E6 and below.  
Spend your Sunday afternoon, relaxing in the sun. Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before 1 p.m.

### DOGGIE DATE NIGHT

**Monday, Nov. 25, 5:30 p.m.**  
Pamper your pup and uplift your spirits at Doggie Date Night, a tail-wagging event for mental health awareness! Join us for a night of furry companionship, laughter, and love - because sometimes, a canine cuddle is the best therapy. Let's fetch joy together!

### THANKSGIVING APPLE DIPPING AND DECORATING

**Thursday, Nov. 28, 6-10 p.m.**  
Happy Thanksgiving! Come dip and decorate caramel apples to wrap up a day of good eating! Dessert and games provided.

### LIBERTY NIGHT WITH HEALTH PROMOTIONS

**Thursday, Nov. 29, 5:30 p.m.**  
Come out this evening to learn how to turn your Thanksgiving leftovers into a new fresh meal with Health Promotions. This sure to be a crowd favorite... come on by... learn something new and enjoy some great cooking! All ingredients and instructions provided.

### BLACK FRIDAY SHOPPING TRIP!

**Friday, Nov. 29, 5-9 p.m.**  
Must register by Monday, Nov. 25.  
\$10 refundable deposit  
Black Friday is a thing in Spain! Let us give you a ride to the mall in Jerez. Get your Christmas shopping on! Roundtrip transportation provided.

COME TEST YOUR BRAWN AND SHOW OFF YOUR SKILLS IN ROTA'S FIRST ANNUAL...

# LIBERTY'S LUMBERJACK GAMES

FRIDAY, NOV. 22

5:30 p.m.

At El Patio.

Free for single/unaccompanied E6 and below.

Throw some axes, swing some hammers and carve your place in Rota history! Teams of 5 will compete in 5 challenges to prove who is the greatest. Prizes and t-shirts for participants provided.

## SAILOR ADVENTURE QUEST

### PAINTING & MIXED MEDIA 101

**Tuesdays, Nov. 5 and 19, 6 p.m.**  
Whether you're a beginner or an experienced artist, our skilled instructor will guide you every step of the way. Don't miss this opportunity to let your creativity shine! Art supplies are provided.

### GUITAR LESSONS

**Wednesdays, Nov. 13 and 27, 6 p.m.**  
Whether you're a beginner or looking to refine your skills, this is your chance to learn from the best. Learn to strum, pick, and play your favorite tunes on a real guitar, with guidance tailored to your skill level and musical interests. Guitars are provided.

### YOGA

**Tuesday, Nov. 26, 6:15 p.m.**  
Our experienced instructor will guide you through gentle stretches, soothing breathing exercises, and peaceful meditation to help you find balance and serenity. This class is open to all levels and abilities. Yoga mats are provided.



## ADOPT-A-SAILOR

**Thursday, Nov. 28, 1-10 p.m.**  
Sign-ups open Friday, Nov. 1 through Thursday, Nov. 14. Single active duty and geographically single personnel only.  
Being away from home is especially hard during the holidays. Liberty has just the fix for you and your holiday blues!! Come and sign up with Liberty to be "adopted" and you will be paired with a military family to enjoy all the comforts from home!  
- FDFN-E Command interested single and geographical-bachelors please contact LCDR Ken Stiles at: kenneth.m.stiles.mil@us.navy.mil  
- Non-FDFN-E interested single and geographical-bachelors please contact Brandi Sage at: brandi.d.sage.naf@us.navy.mil  
- Families who would love to "Adopt" one of our Single Sailors please contact Base Chapel at 727-2161.







## SPOUSE EMPLOYMENT

Employment can be challenging for spouses when living overseas because often jobs are limited and outside their career fields. Even with these challenges, there are many ways to keep skills relevant while searching for employment.

### Volunteerism:

Historically, in many federal positions, experience refers to paid and unpaid work. It is understood that volunteer work helps build critical competencies, knowledge, and skills and can provide valuable training and experience that translates directly to paid employment. That is why volunteering is a great way to keep up relevant skills and provides amazing opportunities to learn new ones. For local volunteer opportunities check out Navy Marine Corps Relief Society (NMCRS), American Red Cross (ARC), United Service Organization (USO), Rota Animal Welfare League (RAWL), and Fleet and Family Support Center (FFSC).

### Professional development:

Invest in yourself by taking professional development opportunities with resources such as Spouse Education & Careers Opportunities (MySECO), Hiring our Heroes (HoH), Onward to Opportunity (O2O), and many more.

### Education:

Take advantage of the education benefits through My Career Advancement Account (MyCAA) Scholarship. Eligibility for MyCAA financial assistance has expanded to spouses of active-duty Service members and spouses of National Guard and reserve Service members on Title 10. Eligible ranks are E1-E9, O1-O3, and W1-W3. Financial assistance may be utilized to pursue a license, certification, or associate degree as well as testing for college credit and continuing education units. This initiative aims to reduce barriers to employment for military spouses. Please refer to the My Military Spouse Education & Career Opportunities (MySECO) program at <https://mycaa.militaryonesource.mil/mycaa/> for more information.

Fleet and Family Support Center assist Active Duty service members, Retirees, Military Spouses and other eligible patrons with a variety of resume and job search classes, resources, and 1:1 consultation. Please contact 727-3232 for more information.

## DATES PROGRAMS

01/02/03 MON	04	40-HOUR INITIAL VICTIM ADVOCATE TRAINING Nov. 4-8, 8 a.m.-4 p.m. INTER-CULTURAL RELATIONS (ICR) Nov. 4-6, 8:30 a.m.-3 p.m.
	05	
WED	06	SUICIDE PREVENTION 10-11:30 a.m. MBMF CONNECTION Noon-2 p.m.
THU	07	CONSUMER AWARENESS 10-11 a.m.
FRI	08	POSITIVE PARENTING 10 a.m.-Noon
09/10 MON	11	FIELD TRIP LA ALMAZARA "EL MANZANILLO" 8 a.m.-6 p.m.
TUE	12	INTER-CULTURAL RELATIONS (ICR) Nov. 12-14, 8:30 a.m.-3 p.m. JOB INTERVIEW TECHNIQUES 10 a.m.-Noon
WED	13	MBMF STRESS RESILIENCY Noon-2 p.m. EFMP TRAINING 2-3 p.m.
THU	14	FAMILY FINANCIAL PLANNING 10-11 a.m. SAPR VA REFRESHER 11:30 a.m.-1:30 p.m.
FRI	15	COMMAND SPONSORSHIP 10-11:30 a.m.
16/17 MON	18	TRANSITION WORKSHOP Nov. 18-22, 8 a.m.-4 p.m. INTER-CULTURAL RELATIONS (ICR) Nov. 18-20, 8:30 a.m.-3 p.m. NEW MILITARY SPOUSE 101 9 a.m.-12:30 p.m.
TUE	19	10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m.
WED	20	STRESS MANAGEMENT 10-11:30 a.m. MBMF MINDFULNESS Noon-2 p.m.
THU	21	CDO TRAINING 9-11 a.m.
22-25 TUE	26	THE STARS ARE LINED UP FOR MILITARY SPOUSES 10 a.m.-Noon
WED	27	MBMF LIVING CORE VALUES Noon-2: p.m.
28-30		




## PINZ Thanksgiving Special

THURSDAY NOV. 28

5-11 p.m.  
2 hours of **UNLIMITED** bowling per lane for \$30.  
Up to six people per lane.  
Shoe rentals included

## 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 Command 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!

### Liberty's Bowling Night

**Thursday, Nov. 14.**  
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.



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# Turkey Trot



LET'S BURN OFF SOME OF THOSE PRE-THANKSGIVING CALORIES TO MAKE SOME ROOM TO FEAST!

WEDNESDAY  
**NOV. 27**

4:30 p.m. | FREE  
ALL AGES

Join us for a fun 5k run to possibly win a turkey of your very own for a T-day meal!! Starts and finishes at the Fitness Center and free to participate. Sign up at the Fitness Center.



## THANKSGIVING

THURSDAY,  
**NOV. 28**  
9-11 a.m.

at the Fitness Center

Did you know the average person will consume more than 4,500 calories and 229 grams of fat on Thanksgiving Day?

*MWR Fitness Center is here to help you burn off some calories before you consume your Thanksgiving meal.*

# AEROBIC-A-THON



TEAM  
SIGN-UPS



FREE AGENT  
SIGN-UPS

## BASKETBALL TOURNAMENT



• sports, 956-82-1916 or DSN 727-1916

### INTRAMURAL SPORTS

### CALENDAR

EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
<b>NOVEMBER</b>				
30+ Basketball Tournament	4-8 (Monday-Friday)	--	1	--
Flag Football Turkey Bowl	16 (Saturday)	11	12	13
<b>DECEMBER</b>				
Softball Female Tournament	16 (Monday)	9	11	12
Softball Christmas Tournament	17-19 (Tuesday-Thursday)	10	11	12

CC Leagues Races Clinics Tournaments

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



• aquatics center,  
956-82-2129 or DSN 727-2129



### 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, Nov. 6-8 and 13-15,  
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.

### LEARN-TO-SWIM LESSONS: Levels 1-3

Two week sessions: Six classes,  
**Wednesday-Friday, Nov. 6-8 and 13-15.**  
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.

rota\_aquatics@eu.navy.mil

### • fitness

956-82-2565 or DSN 727-2565

### CFL Meeting

Wednesday, Nov. 13, 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, Nov. 21, 5 p.m.

Ages 10-17 years old. Must register by Nov. 20. Youth certification teaches the fundamentals of fitness, proper use of equipment in the facility and DoD policy that pertains to physical fitness in MWR facilities. Youth 10-14 years old must be with parents and youth 15 years and older can use the fitness center on their own.





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