



what's iNside?

Tickets and Travel

+ Foodie Tour: Jamon Iberico

Fitness

+ Polar Bear Plunge

+ New Resolution Ironman

Pinz Bowling

+ MLK Day Bowling Special

Special Events

+ MWR Creative Expression Contest

Golf Course

+ One Person Scramble Tournament



vaMOS!

MWRROTA MONTHLY MAGAZINE

iSsue#151

jaNuary 2025

HAPPY
NEW YEAR!



MWRROTASPAIN

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

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 for movie times and schedule.

Drive-in

Check 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



Shelby Swafford
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

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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727-2326

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727-1505

CSC (SW/AW) Ruiz, Kenya, LCPO Galley

727-1407

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727-1410

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Facebook www.facebook.com/RotaMWR

Phone code

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DSN, 727-XXXX



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Information subject to change.

The appearance of advertising in this magazine does not constitute endorsement of products and services by the Department of Defense, the Navy, U.S. Naval Station Rota, Spain or its publisher. All ads in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical disability, political affiliation or any other non-merit factor for the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

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

NEW

Tuna Melt

Tuna Salad, Tomato, and Swiss Cheese on Multigrain Bread

Two locations for your convenience: Library & Fleet Landing

Monday-Friday

7:30 a.m.- 2 p.m.

sPecial events

956 82-2527 or DSN 727-2527

BLACK HISTORY MONTH

FACEBOOK CREATIVE CONTEST




Black History Month is a few weeks away, but the MWR Creative Expression Contest is happening NOW!

We are thrilled to celebrate the diverse voices in our community as you share your reflections and experiences on Black History through art: painting, drawing, collage, poetry, story, song, photography, sculpture, rap... the possibilities are endless!

Two (2) Winning creations will have a special spot in our February VAMOS Magazine! Also, prizes will be awarded and all art pieces will be displayed in our Black History Month Gallery in February.

Please submit a picture of your creation from **Jan. 1-12** via Rota MWR Facebook private message and bring it to Liberty Center by Monday, Jan. 27.

CONTEST TIMELINE:

Submission window: **Jan. 1-12**

Voting begins: **Jan. 13-14**

Winner(s) announced: **Jan. 15**

Submit art for gallery: **Jan. 27**

- US DOD ID card holders only.
- All ages.
- ≡ For more information, please call the Liberty Center at 956-82-2527 or DSN 727-2527

sPecial events

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



SAVE THE DATE!

TOUR

SATURDAY
FEB. 1
MWR TURF FIELD
4 p.m.

ARMED FORCES ENTERTAINMENT AND MWR PRESENT:
TAMPA BAY BUCCANEERS CHEERLEADERS

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.




BINGO!

NIGHT

WEDNESDAY
JAN. 8

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 BATTLE

THURSDAY
JAN. 23

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.

TOWERPUB

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, Jan. 9.
Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied AD E-6 and below). On the second Thursday of each month sign in on the Liberty sign-up sheet at the front counter at Pinz.

Cosmic Bowling and Karaoke Jam

Fridays and Saturdays, 7-11 p.m.
Groups up to five people can bowl for \$23 per lane for one hour, including shoe rental.

pinz

956-82-2112 or DSN 727-2112

rota_bowling@eu.navy.mil
BOWLING CENTER

MLK DAY BOWLING SPECIAL

MONDAY
JAN. 20 | 2-8 p.m.

BUY ONE HOUR OF BOWLING AND GET THE SECOND HOUR FREE!

SHOE RENTAL INCLUDED.

Sevilla Historical Tour

Saturday, Jan. 4, 7:30 a.m.-6:30 p.m.
\$80 per adult / \$60 per child 2-14 years old / No cost for child under 2 years old.
Must register by Jan. 1.

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

Granada Self-Guided

Saturday, Jan. 11, 6 a.m.-11 p.m.
\$45 per adult / No cost for child under 14 years old. Must register by Jan. 8.

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 palace perched high above. Today the city still retains much of its North African influence through stores, restaurants and tea houses. 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. This trip includes roundtrip transportation only.

Vejer Historical Tour and Bolonia Roman Ruins

Saturday, Jan. 18, 8 a.m.-6 p.m.
\$55 per adult / \$35 per child 2-14 years old / No cost for child under 2 years old.
Must register by Jan. 15.

Vejer is a picturesque town perched high on a limestone headland. Although it was captured from the Moors by Fernando III el Santo, 700 years ago, it has not lost any of its Arab features. The town has several monuments worth seeing including, remains of a castle, the old wall and several gates. Everywhere you look you will see Arabian influence including the local artisan shops in town, which offer a wide selection of hand-made goods at reasonable prices. We will also take you to visit the Baelo Claudia Roman ruins in Bolonia. Baelo Claudia was undoubtedly the most important city in the framework of Claudius Caesar. It was Rome, under the jurisdiction of Claudius Caesar. The fall erected at the end of the Second Century BC. The fall began to take place after the crisis in the Third Century AD and was worsened by the effects of a huge earthquake, the raids by Mauritanian hordes and dominant Germanic Pirates. Note: Not a stroller friendly town. Tour includes roundtrip transportation, a local guide in Vejer and entrance to the ruins.

Foodie Tour: Jamón Ibérico

Saturday, Jan. 25, 7 a.m.-8 p.m.
\$125 per person. 18 years and older only.
Must register by Jan. 22.

Travel with Tickets and Travel to the natural park Sierra de Aracena in Huelva for the unique opportunity to see and experience how this world famous Andalusian delicacy is produced. Here we will visit the jamon factory Eiriz in the town of Corteconcepcion. The excellent quality of Iberian jamon is the result of a strict and pain staking process, starting in the fields where specially bred pigs are reared, feeding on locally grown acorns, through an age-old curing technique and finishing with the expert slicing and serving of the final product. During our visit, you will be able to sample the enticing aroma, palate-pleasing texture, and intense flavor that will have you craving educational portion of the rest of your life. After the top restaurants in the town of Aracena to have a three-course meal. The trip includes roundtrip transportation, jamon factory guided tour with jamon tasting, and lunch.

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, unforgettable Balcony of Europe, and famous Cave of Nerja. Frigiliana is an exceptionally beautiful white-washed village and is truly one of a kind. A maze of cobbled streets, with meticulously maintained whitewashed houses, that provide a stunning contrast against the blue skies and slate roofs. The colorful plant pots brimming with bougainvillea, lavender and jasmine all add an extra dash of color to this enchanting scene. As you wander up the hillside through the pedestrianized cobbled streets, past the white houses with doors painted an array of pastel colors, past tiny nooks and crannies and viewpoints that offer glimpses of the surrounding countryside and the coast below, you can fully understand why Frigiliana is considered by many to be one of the most beautiful villages in Andalucía. A village that has consistently won awards to that effect, including being voted as the prettiest village in Andalucía. After the guided tour free time will be spent having lunch, shopping, and discovering what the city offers. Trip includes roundtrip transportation, entrance to the cave, guided visit of Frigiliana and some 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 2 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.

Mountain Bike Ride at La Via Verde in Rota

Saturday, Jan. 4 and Feb. 1, 9 a.m.-2 p.m.
\$25 per person. Must register by Jan. 1 and 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.

Hiking in Los Alcornocales Natural Park

Saturday, Jan. 11, 8 a.m.-4 p.m.
\$45 per person. Must register by Jan. 8.
Join MWR Outdoor Recreation for a leisurely three mile hike along the "Putas de Los Molinos", parallel to the Rocinejo River. Stroll past historic hydraulic mills, peaceful cattle herds, majestic wildlife and scenic vistas as you soak up the fresh, clean air in Los Alcornocales Natural Park.

DIFFICULTY LEVEL

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

Granada Ski and Snowboard Trip (4 DAYS)

Friday-Monday, Jan. 17-20.
Departure: 3 p.m. Return: 8 p.m.
\$390 per person. Must register by Jan. 10.

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). For Single Sailors E6 and below, please check with the Liberty Center for sign-ups and discounted price.

Via Ferrata in Grazalema

Saturday, Feb. 8, 7:30 a.m.-6 p.m. \$85 per person. Must register by Feb. 5.

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.

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

Rock Climbing

Saturday, Jan. 25, 9 a.m.-5 p.m.
\$75 per person.
Must register by Jan. 22.

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.

Difficulty Level 3: Moderate



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





ONE

PERSON SCRAMBLE GOLF TOURNAMENT

Players can replay each shot one time!

Saturday, Jan. 25.

Shotgun start at 9 a.m.

\$20, plus green fees
(100% of the entry fee is returned
to the prize fund as gift certificates.)



Come out and see what you are
really capable of shooting!

Rota Golf Course, Bldg. #231

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, Jan. 26, Noon-5 p.m..

*No U.S. Navy endorsement is implied

child & youth

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.



• 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.

Pajama and Reading Day!

Thursday, Jan. 2, 3:30 p.m.

Join us for a cozy Pajama and Reading Day! Children will enjoy winter-themed books, a sweet snack, and warm hot cocoa while snuggled up with their favorite blanket. Parents are invited to join in the fun by reading alongside their child, creating a special bonding experience. Wear your comfiest pajamas and come make warm memories to kick off the new year with the joy of stories and togetherness. We can't wait to see you there!

CYP CLOSURE

Wednesday, Jan. 1, in honor of
New Year's Day

Monday, Jan. 20, in honor of
Martin Luther King Jr.'s Day

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.

• 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, Jan. 17: Teacher Training Day.

Tuesday, Jan. 21: Parent/Teacher Conferences
and Training.

FAMILY PARTICIPATION EVENTS: National Popcorn Day Events

Monday, Jan. 20, 2-5 p.m.

We welcome our families to "Pop" in and enjoy the afternoon with us! Popcorn Snack, Popcorn Science, Popcorn Art, Popcorn Cooking. Popcorn outside activity.

National Chocolate Cake Day

Monday, Jan. 27, 4-5 p.m.

Enjoy a piece of Mug Chocolate Cake on us!
We'll give you the recipe to make at home!



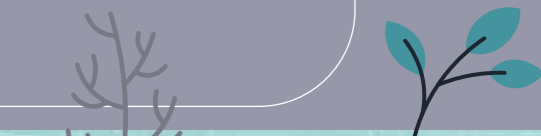
SCAN ME!
FOR REGISTRATION
FORMS



SCAN ME!
ONLINE PORTAL



SCAN ME!
FOR MILITARY
CHILD CARE





• 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 Holiday Meet & Greet

Friday, Jan. 3, 11 a.m.-1 p.m.
Free bowling event at PINZI Shoes and bowling lane are provided. Please RSVP no later than **Thursday, Jan. 2.**

New Admirals Luncheon at Rota MHS

Tuesday, Jan. 14.
New students arriving during December to January 14 are invited to participate in a free special welcome lunch on January 14 during the normal school lunch. Sign-up with the school nurse or main office no later than January 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.

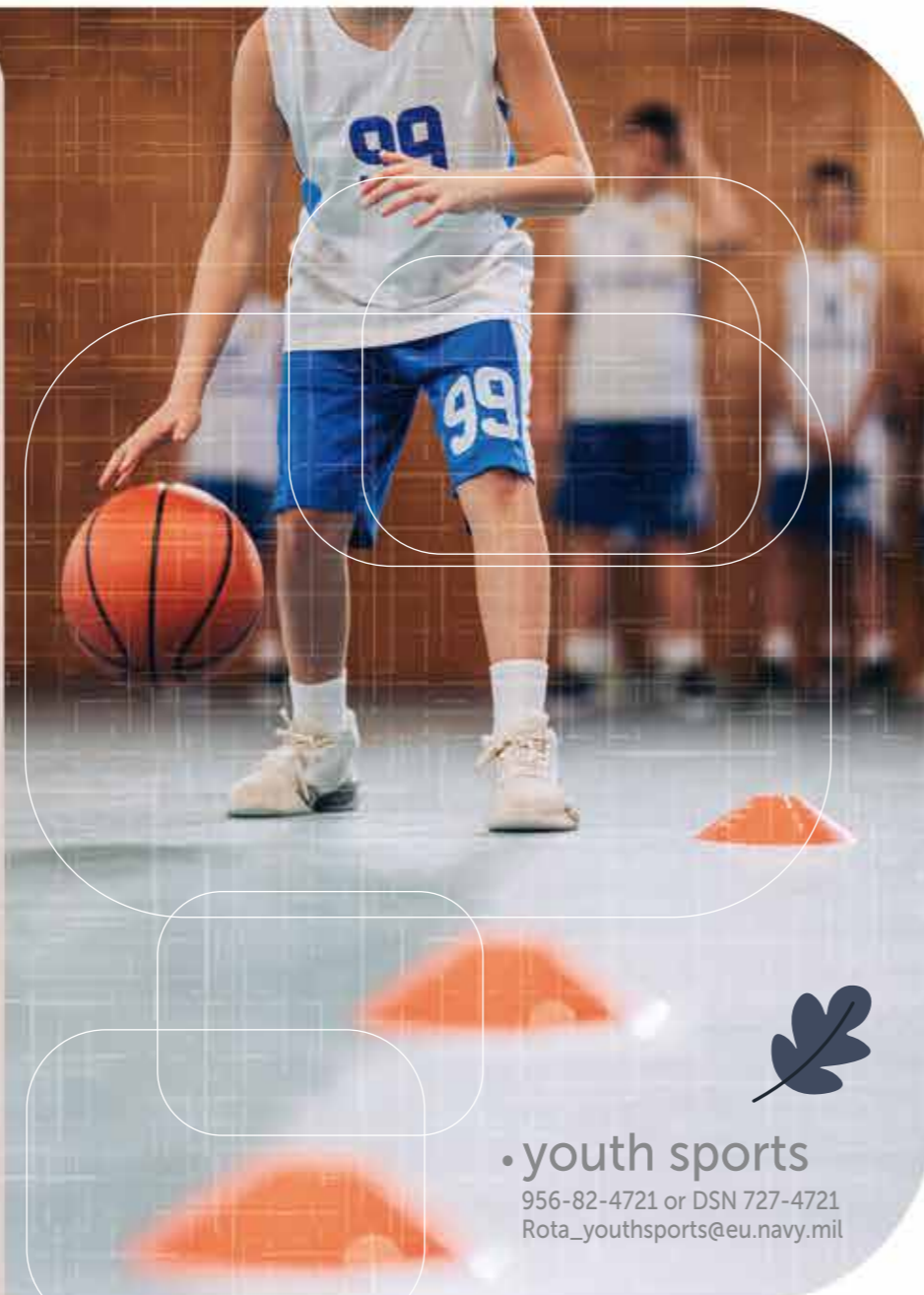
SLP Scholarship Link:
<https://www.smores.com/36j0z>

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

Wednesday, Jan. 22.
Online. CYP-Online account needed. Contact CYP for assistance.

Coaches and Officials Volunteer Training

Tuesday, Jan. 7 and Wednesday, Jan 22, 5 p.m. Bldg. #41.
Please call and register to confirm your spot, limited space.

YSF Volunteer CPR Training

Thursdays, Jan. 9 and 23, 9:30 a.m. Bldg. #41.
Please call and register to confirm your spot, limited space.

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

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

• youth programs,

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

OPEN

Monday-Tuesday and Thursday-Friday: 2:35-6:30 p.m.
Wednesday: 1:35-6:30 p.m.
Non School Days: Noon-6:30 p.m.
Saturday, Sunday and US Federal Holidays, Closed.

Late Night at the Youth Center

Friday, Jan. 10, 7-9 p.m.
January Blues Party for Jams members ages 10 to 12 years old. Fight the Winter Blues at the Youth Center. Come dressed in your favorite blue outfit and enjoy food, music, and a fun with your friends. The event is free but spaces are limited and pre-registration and a permission slip are required by Jan. 8.

Youth Monthly Recognition

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

YOUTH DAILY ACTIVITIES FOR JANUARY

Wednesday, Jan. 1
- Closed. New Year's Day.

Thursday, Jan. 2
- No school day. Opening hours, Noon-6:30 p.m.
- Seasonal arts and crafts.

Friday, Jan. 3
- No school day. Opening hours, Noon-6:30 p.m.
- Seasonal arts and crafts.

Monday, Jan. 6
- In school hours of operation resume.
- Power Hour, 3-4 p.m.
- "Charades" game.

Tuesday, Jan. 7
- Power Hour, 3-4 p.m.
- "Skip-Bo" cards game.

Wednesday, Jan. 8
- Torch Club Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- Dominoes.
- Deadline to register for "Jams" Late Night on Jan. 10.

Thursday, Jan. 9
- Power Hour, 3-4 p.m.
- Gardening Club, 3- 4 p.m.
- Mario Kart tournament.

Friday, Jan. 10
- Power Hour, 3-4 p.m.
- Healthy Habits Club, 4-5 p.m.
- Jams Late Night at the Youth Center "January Blues Party".

Monday, Jan. 13
- Power Hour, 3-4 p.m.
- Jigsaw challenge.

Tuesday, Jan. 14
- Power Hour, 3-4 p.m.
- Journeys Club, 3:30-4:30 p.m.
- "Perfection" board game.

Wednesday, Jan. 15
- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- "Foosball" tournament.

Thursday, Jan. 16
- Power Hour, 3-4 p.m.
- STEM Club, 4-5 p.m.
- Brain Teasers games.

Friday, Jan. 17
- No School Day, opening at Noon.
- Air Hockey Tournament.

Monday, Jan. 20
- Closed. Martin Luther King Day.

Tuesday, Jan. 21
- No School Day, opening at Noon.
- Building with Popsicle sticks.

Wednesday, Jan. 22
- Torch Club Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- "HeadBanz" game.

Thursday, Jan. 23
- Power Hour, 3-4 p.m.
- Healthy Habits Club, 4-5 p.m.
- "Monopoly" board game.

Friday, Jan. 24
- Power Hour, 3-4 p.m.
- Triple Play, 4-5 p.m.

Monday, Jan. 27
- Power Hour, 3-4 p.m.
- Arts Club, 4-5 p.m.
- Friendship bracelets.

Tuesday, Jan. 28
- Power Hour, 3-4 p.m.
- Journeys Club, 3:30-4:30 p.m.
- Polymer Clay.

Wednesday, Jan. 29
- Keystone Meeting, 2-3 p.m.
- Power Hour, 3-4 p.m.
- "Mancala" game.

Thursday, Jan. 30
- Power Hour, 3-4 p.m.
- "Game of Life" board game.

Friday, Jan. 31
- Power Hour, 3-4 p.m.
- Triple Play, 4-5 p.m.
- "Monopoly" board game.

Note: Activities with no time listed are available throughout the day. All field trips require a signed parent permission slip.



YOUTH CENTER IS WHERE THE FUN IS AT!



THE FAMILY ADVOCACY PROGRAM

The Family Advocacy Program, or FAP, is the Defense Department program designated to address child abuse and neglect, domestic abuse and problematic sexual behavior in children and youth. FAP is delivered through the military services, which work in coordination with key military components and civilian agencies to:

- Promote healthy family relationships to prevent abuse and neglect
- Encourage early identification and prompt reporting
- Promote victim safety and empowerment
- Provide appropriate support to service members, their partners and family members

FAP directly provides or coordinates a range of services for individuals and families impacted by abuse and neglect. FAP services are designed to:

- Identify and build on individual and family strengths
- Increase protective factors that have been found to reduce risk
- Promote the safety and well-being of service members, their partners and family members

FAP also.....

-Supports new parents

These services include support for new and expecting parents, workshops to build and improve skills for healthy relationships, and counseling and/or treatment as well as help in planning for safety in a crisis.

-Responds to reports

They also respond to reports of child abuse and neglect, domestic abuse and problematic sexual behavior in children and youth.

-Assists and connects you with resources

Whether you are seeking help because of domestic abuse, or have concerns for a child's safety, FAP can assist and connect you with helpful resources.

If you are experiencing domestic abuse and are seeking help, visit the Domestic Abuse Victim Advocate Locator to find the closest Family Advocacy Program, or contact the National Domestic Violence Hotline at 800-799-7233 to be connected with an advocate for immediate emotional support and safety planning. You can also call Fleet and Family Support Center Rota at 727-3232 with questions.

DATES PROGRAMS

01-07	
WED 08	SUICIDE PREVENTION 10-11:30 a.m. MBMF CONNECTION Noon-2 p.m.
THU 09	BOOTS TO BUSINESS Jan. 9-10, 8 a.m.-4 p.m. DEVELOPING YOUR SPENDING PLAN 10-11 a.m. SAPR RA TRAINING 1-2 p.m.
10/11/12	
MON 13	TRANSITION WORKSHOP Jan. 13-17, 8 a.m.-4 p.m. INTER-CULTURAL RELATIONS (ICR) Jan. 13-15, 8:30 a.m.-3 p.m. CDO TRAINING 9-11 a.m.
TUE 14	10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m.
WED 15	MBMF STRESS RESILIENCY Noon-2 p.m.
THU 16	HOME BUYING 101 10-11 a.m.
17-20	
TUE 21	INTER-CULTURAL RELATIONS (ICR) Jan. 21-23, 8:30 a.m.-3 p.m.
	10 STEPS TO A FEDERAL JOB 9 a.m.-12:30 p.m. SAPR VA REFRESHER 9:30-11:30 a.m.
WED 22	STRESS MANAGEMENT 10-11:30 a.m. MBMF MINDFULNESS Noon-2 p.m. EFMP TRAINING 2-3 p.m.
THU 23	MANAGING MY EDUCATION Jan. 23-24, 8 a.m.-4 p.m.
24/25/26	
MON 27	COMMAND Financial Specialist (CFS) Forum Jan. 27-31, 8 a.m.-4 p.m. INTER-CULTURAL RELATIONS (ICR) Jan. 27-29, 8:30 a.m.-3 p.m.
TUE 28	JOB INTERVIEW TECHNIQUES 10 a.m.-Noon
WED 29	MBMF LIVING CORE VALUES Noon-2 p.m.
THU 30	COMMAND SPONSORSHIP 10-11:30 a.m.
FRI 31	FRG TRAINING 8 a.m.-4 p.m.



EARLY LITERACY PROGRAM

Tuesdays, Jan. 7, 14, 21 and 28. Theme: **WINTER.**

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, 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.

Fix-It Clinic

Friday, Jan. 10, 4-5 p.m.

Must register by Jan. 7. TEI card holders only. Fixit Clinics build resilient communities by conveying essential troubleshooting skills and celebrating the art of repairing what's been broken. Fixit Clinics are do-it-together, hands-on, fix-n-learn, community-based exploration and discovery workshops staffed by volunteer Fixit Coaches who generously share their time, tools and expertise to consult with you on the disassembly, troubleshooting and repair of items.

Tech Wednesday

Wednesdays, Jan. 8, 15, 22 and 29,

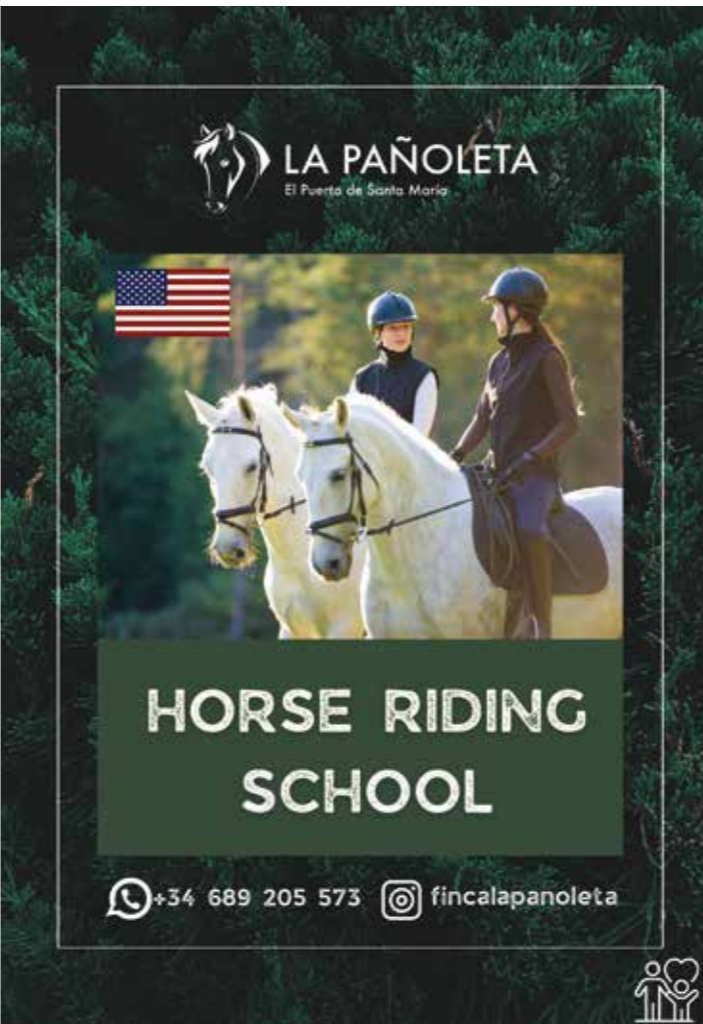
10 a.m.-Noon. By appointment only. Classes one-on-one for patrons that need assistance with computers, cellphones, tablets etc.

Wings Of Fire Adventure Challenge

Friday, Jan. 24, 6-8 p.m. at the Library.

Must register by Jan. 17. Ages 8-14.

A different take on an Escape Room focusing on kids and teamwork. This Adventure Challenge will have 10 teams of 2 to 5 players. Just like in an Escape Room each team will have to figure out puzzles, riddles and clues to advance further. The overall goal in this Adventure Challenge is to beat the evil dragon Darkstalker and save the Kingdoms.

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HORSE RIDING SCHOOL

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books REVIEW

KIDS

BERT THE BOWERBIRD

by Julia Donaldson
Bert the bowerbird is looking for love. He has made the most perfect bower, complete with a pretty purple flower, and he is hoping it will help him to meet the bird of his dreams. But when Nanette comes along, she is far from impressed. Poor Bert is hurt, and flies off to bring her presents a plenty. But will it ever be enough, and is Nanette really right for Bert? A beautifully illustrated treat of a book from the creators of The Go-Away Bird.

JUVENILE

BAD KITTIE, PARTY ANIMAL

by Nick Bruel
It's Puppy's birthday and Kitty would rather be anywhere else. While Puppy gets a BIG present and a very special birthday breakfast, all Kitty can do is pop the balloons, topple the cake, and cause mayhem...unless, she can learn how to let Puppy have the spotlight. Help Puppy (and Kitty) celebrate this special day in this graphic novel about sibling rivalry, and learning how to share, in the latest full-color addition to the bestselling Bad Kitty series. Bad Kitty graphic novel series.

YOUNG ADULT

WARRIORS, THE ELDEST QUEEN

by Erin Hunter
As Leafbare approaches, a new danger threatens the Clans. Twoleg construction has encroached on Clan territory, poisoning the stream and making prey especially scarce for SkyClan. Meanwhile, their leader, Leafstar, is struggling with a loss of vision while trying to maintain authority over a Clan that increasingly doubts her ability to lead. In ShadowClan, Tawnypelt senses peril as the Twoleg construction threatens the Moonpool, but she can't get anycat, especially her son, TigerStar, to listen. Frustrated with the younger cats who don't respect her, she decides to take matters into her own paws. In the midst of the chaos, Moonpaw, an apprentice struggling to understand the mysterious voice in her head, thinks that she might be having visions. But the voice becomes increasingly sinister, and Moonpaw wonders if it's a sign of darkness on the horizon. Warriors, changing skies series.

ADULT

BOUDICCA

by P.C. Cast
In Roman-occupied Britain, the Iceni tribe crowns an extraordinary new queen. Tall and flame-haired, Boudicca is devoted to Andraste, the Iceni's patron goddess, known for her raven familiar, her fierceness and her swirling blue tattoos. Boudicca and her two young daughters will carry the tribe forward in dangerous times. Roman tax collector Catus Decianus, expecting weakness in a female ruler, launches a devastating attack on the tribe's stronghold. Boudicca and her family barely survive—but they refuse to bend the knee. She calls a war council, bringing together her most trustworthy allies, including her childhood friend Rhan, now a powerful Druid seer, and the horse master Maldwyn, whose devotion to Boudicca runs deeper than a warrior to a queen. Surprising the Romans, Boudicca's armies sack the wealthy cities of Camulodunum, Londinium and Verulamium. As the snow falls, the Celts retreat to a hidden valley to plot their assault on the remaining Roman legions, determined to force the invaders from Britan. But in the jagged ice of winter the Druid Rhan foresees a tragic end to Boudicca's rebellion. Although the defeat of the Iceni is spelled out in signs sent by the gods, Rhan swears she will alter the future and save her queen.



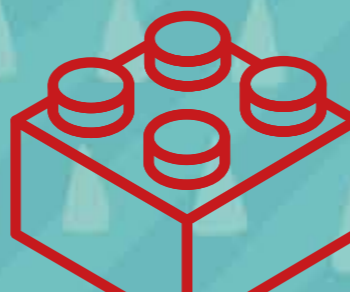
MARTIN LUTHER KING JR. DAY

MONDAY,
JAN. 20

6 p.m.

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

We will be watching movies in honor
of MLK and a little cookout
with hamburgers and snacks.
Hamburgers and snacks
will be provided.



JANUARY eVents

LIBERTY POLAR BEAR PLUNGE AND SELF CARE DAY

Wednesday, Jan. 1, 1 p.m.

Who can last in the frigid water the longest? Reward yourself with a facemask and fresh fruit.

LIBERTY NIGHT AT THE MOVIES

Thursday, Jan. 2, 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.

INTERNATIONAL MIND-BODY WELLNESS DAY- COUCH TO 5K KICKOFF

Friday, Jan. 3, 1-9 p.m.

Come sign up to join the Liberty staff in our first annual Couch to 5k! Join us in this 6-week program as we prepare for the Valentines 5k. There will be prizes for most improved and for the fastest time. Provided: Prizes and Team Liberty T-Shirt (Registration is free but required for t-shirt)

WORLD TRIVIA DAY

Saturday, Jan. 4, 7 p.m.

Trivia night! Play as a pair or solo in a true battle of the brains.

NATIONAL CUDDLE UP DAY

Monday, Jan. 6, 7 p.m.

Come get your snuggle on with a free stuffed animal. Cuddling has been proven to reduce stress and who doesn't love a cuddle puddle!

CREATIVE EXPRESSION CRAFTING DAY

Tuesday, Jan. 7-14, 7 p.m.

Celebrate Black History month by creating your original works of art to submit to the MWR Black History Month Facebook Creative Contest. Craft supplies and prizes from MWR Special Events.

CROCHET TUESDAYS

Tuesdays in January, 6 p.m.

If you have ever had the desire to pick up the hook and create yourself a wearable beanie or scarf, this is the month for you! Come by the Liberty Center to learn how to crochet. Provided: yarn, hook and instruction.

LIBERTY'S BOWLING NIGHT AT PINZ

Thursday, Jan. 9, 7-9 p.m.

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.

NATIONAL GET TO KNOW YOUR CUSTOMERS DAY

Thursday, Jan. 16, 1-9 p.m.

Come visit us and tell us about yourself and what events or programs you would like to see at the Liberty Center.

FRIDAY NIGHT MAGIC

Friday, Jan. 24, 6 p.m.

Let's all enjoy each other's company and play a fun game of MAGIC! Snacks will be provided!

FLORIDA DAY

Saturday, Jan. 25, 1-9 p.m.

Embrace all things Florida. We will be watching movies filmed in Florida while enjoying a slice of key lime pie!

LIBERTY GOLF DAY

Sunday, Jan. 26, 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

Monday, Jan. 27, 5:30 p.m.

Pamper your pup and uplift your spirits at Doggie Date Night, a tail-wagging event for a mental health boost! 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!

LEGO DAY

Tuesday, Jan. 28, 6 p.m.

Let's get back to the good ol' days and let your imagination run wild.

HEALTH PROMOTIONS VS LIBERTY: CHOPPED EDITION

Friday, Jan. 31, 5:30 p.m.

Toe to toe competition between Health promotions in a mystery basket competition. You will be the judge on who the top chef is!

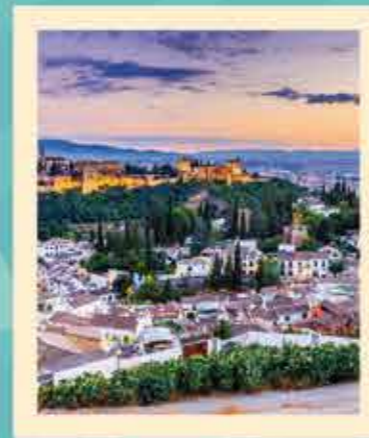
DISCOUNTED LIBERTY TRIPS

Granada Ski and Snowboard Trip (4 Days)

Friday-Monday, Jan. 17-20.

Departure: 3 p.m. Return: 8 p.m.
\$312 per person for single/unaccompanied E6 & below. Must register by Jan. 5.

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).



Granada Self-Guided

Saturday, Jan. 11, 6 a.m-11 p.m.

\$36 per person for single/unaccompanied E6 & below. Must register by Jan. 8.

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 palace 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. This trip includes roundtrip transportation only.



SAILOR ADVENTURE QUEST



GUITAR LESSONS

Wednesdays, Jan. 15 and 29, 6 p.m.

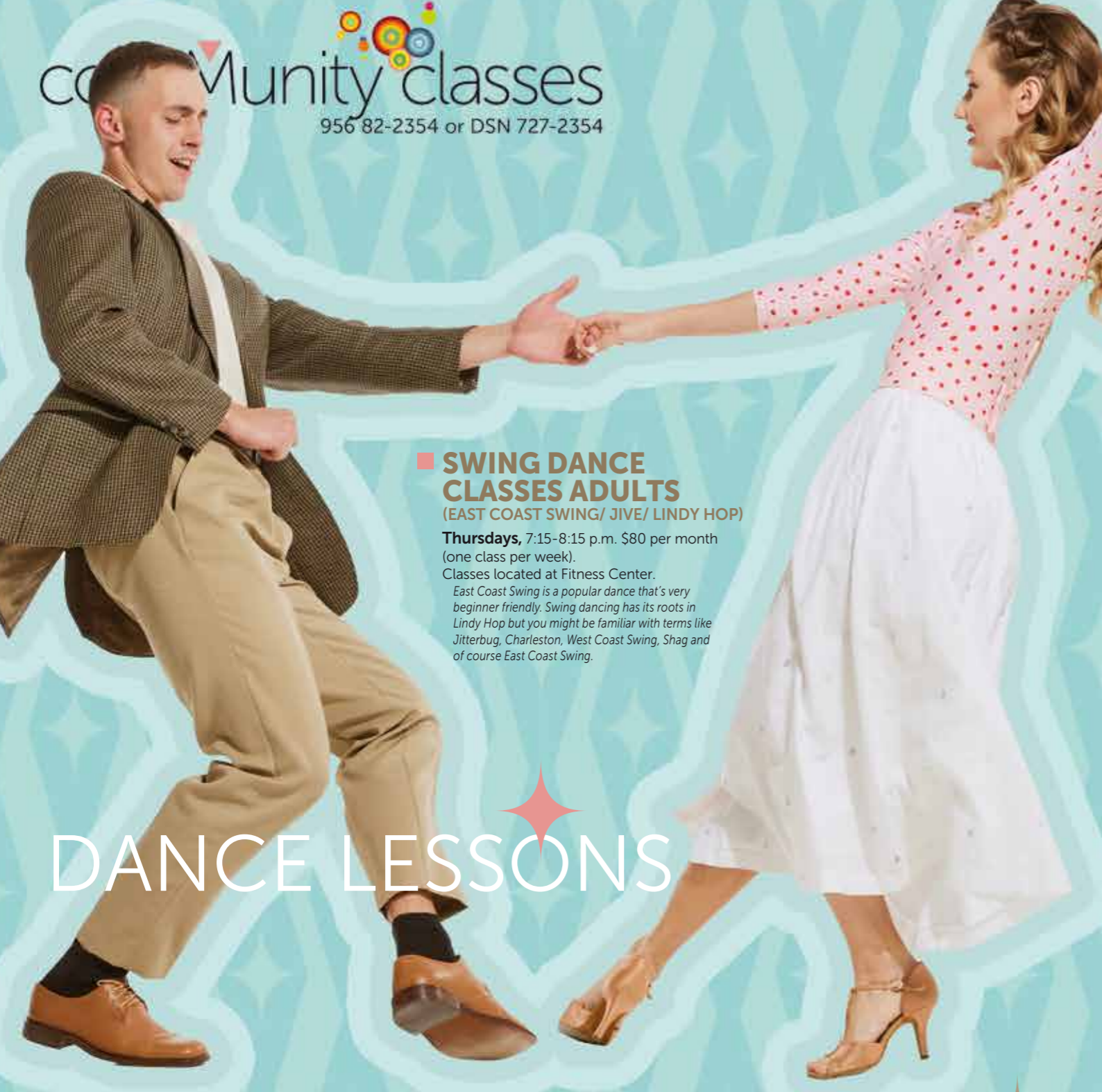
Have you ever thought about trying your hand at guitar? Come to start or continue your musical journey! Guitars are provided.

YOGA

Thursday, Jan. 30, 6:15 p.m.

Come take your mind off any stressors you are facing with a relaxing yoga/meditation class. Yoga mats are provided.

GRANADA
SKI AND SNOWBOARD
TRIP
(4 DAYS)



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.

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.

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!

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.

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.

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

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.

My Baby & Me: Yoga, Infant Massage, On the Ball

For parents and preWalkers:
Tuesdays Jan. 28, Feb. 4 and 11, 10:15-11:15 a.m.
Three week series, \$45 or \$20 drop in class.
60 minutes class where parents will enjoy movement with their babies, learning developmental skills to do with their babies, and massage in a warm supportive environment.

rota_communityclasses@eu.navy.mil

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! We will transform your commitment into a fun experience. Start learning Spanish now! Pre-registration is required.



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, 4:15-5 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.



★ ★ ★ ★ ★

TRADITIONAL COOKING WITH A MODERN TWIST

We serve the tastiest, most tender meat in town!



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NEW YEAR, NEW CHALLENGE

NEW RESOLUTION IRONMAN

CHALLENGE OF THE MONTH
JANUARY 2025

HAVE YOU EVER THOUGHT ABOUT COMPLETING AN IRONMAN? NOW IS THE TIME!

Try our Ironman Challenge. You have 31 days to complete 2.4 mile swim, 112 mile bike and 26.2 run. Stop by our front counter and log in your distance after each work out. Add up miles and complete the total distances.

Trophies for first, second and third male/female completing our challenge.

• fitness

956-82-2565 or DSN 727-2565

CFL Meeting

Wednesday, Jan. 15, 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, Jan. 23, 5 p.m.

Ages 10-17 years old.

Must register by Jan. 22.

Youth certification teaches the fundamentals of fitness, proper use of equipment in the facility and DOD policy that pertains to physical fitness in MWR facilities. Youth are given a facility orientation, one-on-one weight, cardio training orientation, and a written test. After completing this certification, youth ages 10-17 years old will be able to use the fitness center facility.



POLAR BEAR Plunge

Come join us to start 2025 off the right way! Nothing like a **Fun Polar Bear Plunge** at the beginning of the year to get you on the right track for the New Year! All ages are welcome.

SATURDAY
JAN. 4

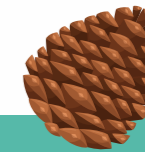
10 a.m. | Admiral's Beach



SIGN UP HERE
CREATE YOUR PROFILE WITH IMLEAGUES



• sports,
956-82-1916 or DSN 727-1916



2025

INTRAMURAL SPORTS CALENDAR

EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
JANUARY				
Basketball Tournament	15-17 (Wednesday-Friday)	Mon & Wed 5-6pm	13	--
Indoor Soccer Tournament	21-23 (Tuesday-Thursday)	Tue & Thu 5-6pm	17	--
Flag Football Super Bowl	30-1 (Thursday-Saturday)	--	27	29
FEBRUARY				
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
MARCH				
Women'SSS Kickball Tournament	8 (Saturday)	--	6	--
Softball Spring Tournament	21-23 (Friday-Sunday)	--	17	--
Disc Golf Clinic & Competition	26 (Wednesday)	--	24	--

■ Captain's Cup Leagues
 ■ Clinics
 ■ Tournaments

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

CFL

Command Fitness Leader CERTIFICATION COURSE

Monday-Friday, Jan. 27-31. At the Fitness Center and NGIS Cadiz Room. Active Duty only.

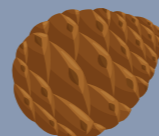
• Command Fitness Leaders (CFLs) play an integral part in the overall fitness and readiness of Sailors. CFLs are not only responsible for conducting the bi-annual Preventive Health Assessment (PFA) for their commands, but also provide exercise programming and guidance throughout the year to ensure the members of their command maintain physical readiness.

• All CFLs must be trained and certified through the five-day Command Fitness Leader Certification Course.

Important Notice: The cardiovascular assessment of the PRT will include the 1.5 mile run/walk only (no swim, treadmill or bike will be substituted). If you do not meet the BCA requirement for a CFL and do not score an overall of Excellent or higher on the PRT you will be removed from the course. No Exceptions.

Contact MWR Fitness Center for more information.

INDOOR SOCCER TOURNAMENT



• aquatics center,
956-82-2129 or DSN 727-2129
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, Jan.15-17 / Jan. 22-24 and Feb. 5-7 / Feb. 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, Jan.15-17 / Jan. 22-24 and Feb. 5-7 / Feb. 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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