



What's iNside?

Youth Sports

Baseball Spring Break Training

Fitness

Spring Fling 5k/10k Run

Youth Center

Teen Employment

Special Events

Pickleball Professionals Tour

Intramural Sports

Pickleball Spring Tournament



vaMOS!

MWRROTA MONTHLY MAGAZINE

iSsue#153

mArch2025



MWRROTASpain

U.S. Naval Station Rota, Spain

www.navymwrrota.com/

www.facebook.com/RotaMWR



Juan Manuel Harana
Custodial Worker, Maintenance

we are

MWR Admin/Support Services, 727-1517

Monday-Friday, 7:30 a.m.-4 p.m.

CYP

CDC, 727-1100

Monday-Friday, 6 a.m.-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed

SAC, 727-2839

Monday-Friday, 6 a.m.-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed

Youth Center: Jams and Gravity, 727-4625

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

Youth Sports, 727-4721

Monday-Friday, 9:30 a.m.-6:30 p.m.
Saturday, Sunday and U.S. Holidays, Closed

RECREATION

Aquatics Center, 727-2129

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

Community Classes, 727-2354

Fitness Center, 727-2565

Monday-Thursday, 5 a.m.-9 p.m.
Friday, 5 a.m.-8 p.m.
Saturday, Sunday and U.S. Holidays, 8 a.m.-8 p.m.
24 hours unmanned fitness access available for registered patrons.

Golf, 727-2260

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

Housing Pool, 727-4882

Closed for the season

Liberty, 727-2527

Daily, 1-10 p.m.

Library, 727-2418

Monday, Wednesday and Friday, 9 a.m.-6 p.m.
Tuesday and Thursday, 9 a.m.-7 p.m.
Saturday, Closed
Sunday and U.S. Holidays, 9 a.m.-2 p.m.

Outdoor Recreation and Tickets & Travel, 727-3101

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



FOOD AND BEVERAGE

Gourmet Bean

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

Library Cafe

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

El Patio

Bombers Fresh Mex, 727-3712

Monday-Friday, 10 a.m.-7 p.m.
Saturday, Sunday, Closed

The Tower Pub, 727-3712

Monday-Friday, 4-11 p.m.
(last order 10:30 p.m.)
Saturday-Sunday, Noon-7 p.m.
(last food order 6:30 p.m.)

Flix, 727-3709

El Patio Indoor Theaters

Wednesday-Sunday.
Check navymwrrota.com for movie times and schedule.

Drive-in

Check navymwrrota.com for movie times and schedule.

Pinz, 727-2112

Sunday-Thursday, 11 a.m.-10 p.m.
Friday and Saturday, 11 a.m.-11 p.m.

Pinz American Cafe

Sunday-Thursday, 11 a.m.-9 p.m.
Friday and Saturday, 11 a.m.-10 p.m.

La Plaza, 727-6323

Champion's Bar
Wednesday-Sunday, 4-11 p.m.
Monday and Tuesday, Closed

Pizza Villa, 727-3212

Daily, 11 a.m.-10 p.m.

Hours of operation are subject to change. Check our website for the most up to date hours of operation.
navymwrrota.com



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Facebook www.facebook.com/RotaMWR

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



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Information subject to change.

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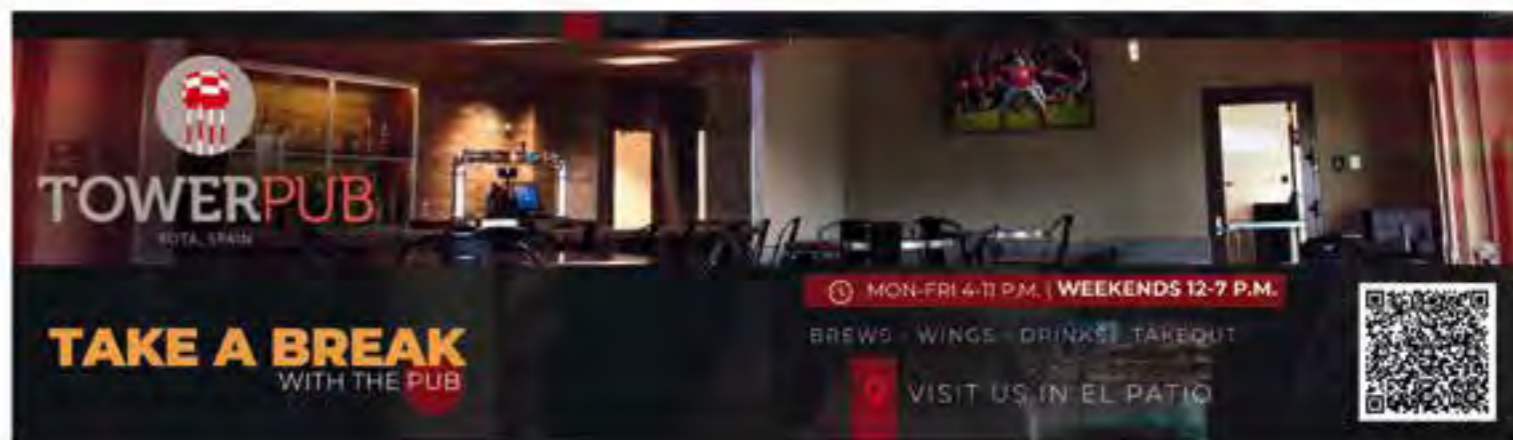
vaMos is published monthly, with a circulation of 1,800 by MWR Rota, Spain.



EMPLOYEE APPRECIATION DAY



DEDICATED TO THE FLEET, FIGHTER & FAMILY.



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

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, March 13.
Enjoy a free night of bowling and pizza with Liberty (free for single unaccompanied AD E-6 and below). On the second Thursday of each month sign in on the Liberty sign-up sheet at the front counter at Pinz.

Cosmic Bowling and Karaoke Jam

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

pinz

956-82-2112 or DSN 727-2112

rota_bowling@eu.navy.mil
BOWLING CENTER

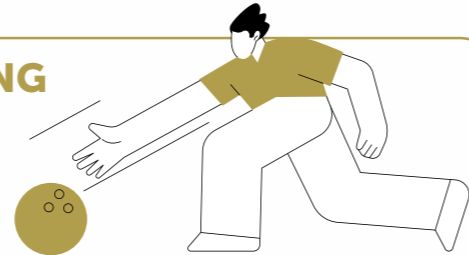
BOWLING BINGO

TUESDAY
MARCH 18
7-9 p.m.
Free

JOIN US AT PINZ BOWLING TO CELEBRATE A NEW WAY TO BOWL! **BOWLING BINGO!**
TWO OF YOUR FAVORITE GAMES BOWLED INTO ONE!

AVERAGE JOE'S SPRING Bowling League

Begins in April 2025!
Registration required by April 15.
Open to all American and Spanish.
Sign up at Pinz Bowling Center!



sPecial events

956 82-2527 or DSN 727-2527



Pro Sports MVP Pickleball Tour

MEET & GREET WITH THE PROS!

Saturday, March 22

SHOW STARTS AT NOON AT THE FITNESS CENTER
Clinic, exhibition and skills competitions with prizes. Free! All ages. Equipment provided. For more information, call the Liberty Center at 956-82-2527 or DSN 727-2527.



Learn more at ArmedForcesEntertainment.com



OUR WINERY, YOUR HOME



VIÑA LA TORRE

Wine tastings and lunch

BOOKINGS

www.albarizadelatorre.es

617 071 349

Dirección: Viña La Torre
Carretera Jerez-Rota Km 8

Viña La Torre

Vina_latorre

BINGO!

NIGHT

WEDNESDAY
MARCH 19

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!

GUESS THE BUBBLEGUMS!

Sunday-Friday, March 9-14, at the Library.

How many bubblegums are in the jar? Give us your guess during National Bubble Gum Week at our Liberty front desk. The closest bet get a bubbling prize! US DoD cardholders only.



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

TICKETS AND TRAVEL

Malaga Historical Tour

Saturday, March 1,
7 a.m.-9 p.m.
\$75 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old.
Must register by Feb. 26.

The city of Malaga, the capital city of the province of Malaga, is the second-largest city of Andalucía and lies along the Costa del Sol. Famous for the "pasas" (raisins), Malaga is also well known for its superb wines. This historical tour will take you to the cathedral, Castle of Alcazaba, the harbor area, the local market and the location where Picasso was born. Trip includes roundtrip transportation, local guide, entrance to a monument and free time to shop and enjoy the local food and wine.

Bodega Tour and Flamenco Show with Tapas

Saturday, March 8, 6-11 p.m.
\$120 per person. Ages 18 years and older only. Must register by March 5.

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

Cordoba Self-Guided

Saturday, March 15, 7:30 a.m.-8:30 p.m.
\$45 per person / No cost for child under 14 years old. Must register by March 12.

Join Tickets and Travel and see La Mezquita, a formerly mosque consisting of several arches, over a hundred columns and is said to be the third largest place of worship in the world. Cordoba has many other historical and cultural sites that one can see and enjoy. In this city, you can also taste some excellent tapas and spend time for personal shopping. The trip includes transportation only.

Ronda Historical Tour

Saturday, March 22, 7:30 a.m.-6:30 p.m.
\$75 per adult / \$55 per child 2-14 years old / No cost for child under 2 years old.
Must register by March 19.

Visit one of the most beautiful places in Spain with MWR. Some artifacts found in Ronda date back to prehistoric times, as far as 28,000 BC. The forces of Catholic Spain took control of the town in 1485. Three bridges, Puente Romano ("Roman Bridge"), Puente Viejo ("Old Bridge") and Puente Nuevo ("New Bridge"), span the canyon. The term "nuevo" is a bit of a misnomer since this bridge was completed in 1793. Another important site in Ronda is the Plaza de Toros de Ronda, the oldest bullfighting ring in Spain that is still used today. The partially intact baños árabes ("Arab baths") are found below the city and date back to the 13th and 14th centuries. Ernest Hemingway and Orson Welles resided in Ronda for many years, and both wrote about its beauty. Trip includes roundtrip transportation, local guide, entrance to monuments and some free time.

Sanlucar de Barrameda Historical Tour

Saturday, March 29, 9 a.m.-4 p.m.
\$65 per adult / \$45 per child 2-14 years old
Must register by March 26.

Join Tickets and Travel to Sanlucar de Barrameda. The town stands on the left bank of the mouth of the River Guadalquivir, on land whose interior is rich in fruit trees and vineyards, where the famous Manzanilla wine is produced; near the coast and the river there are beaches and pine forests, such as La Algaida, and mud flats such as those at Bonanza, which is part of the Doñana Natural Park. The town, located opposite Doñana Natural Park, on the banks of the river mouth, dates back to Moslem times, and its narrow streets reach down towards the river and the sea. There are a multitude of factors of interest to tourists, such as the climate, the beaches of Bajo de Guia, La Calzada, Las Piletas and La Jara, and a number of monuments: Saint James Castle, Our Lady's Church, the Duke of Medina Sidonia's Palace and Saint Domingo's Convent. In the 15th and 16th centuries it has acquired great importance as a point of contact with America, with many expeditions setting sail from its harbour, such as Columbus' 1498 expedition and the one undertaken by Magellan and Elcano in 1519. In 1583 it was declared a permanent starting point for such journeys. The trip includes roundtrip transportation, guided visit of the town and some free time for shopping and enjoy the town's local gastronomy and wine. For more information or to register, please call 956-82-3101 or DSN 727-3101.

Gin and Tapas and Friends Workshop

Friday, April 4, 7:30-10:30 p.m.
\$100 per person. Must register by April 2.

Tickets and Travel offers this workshop for you to learn craft the perfect gin and tonic and pair it with delicious bites! Dive into the fascinating world of gin, discover the best flavor combinations, and master techniques to create stunning cocktails. Plus, enjoy a selection of gourmet tapas that will make your gathering unforgettable. You will learn the history and types of gin, techniques to prepare both classic and modern gin and tonics, how to use botanicals, fruits, and spices and perfect pairings with the trendiest tapas. Trip includes roundtrip transportation, gin and tonic class and tasting, plus tapas.

Family Day with the Horses

Saturday, April 5, 11 a.m.-2 p.m.
\$40 per person. Must register by April 2.

Tickets and Travel will take you to a horse farm and spend the day with the horses. Close-up contact with the horses to include brushing up and riding. A horse show to the delight of the crowd will be performed and cold tapas will be served after wards. Trip includes roundtrip transportation, visit to the horse farm, horse show, and cold tapas.

COMING SOON

Madrid / Segovia Memorial Day Weekend

Friday-Monday, May 23-26.
Double room: \$690 per person.
Single room: \$985 per person.
Child ages 2-14 years old: \$485.



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

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

Saturday, March 1, 8:30 a.m.-3:30 p.m.
\$25 per person. Must register by Feb. 26.

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

Granada Ski and Snowboard Trip (3 DAYS)

Friday-Sunday, March 7-9.
Departure: 3 p.m. Return: 8 p.m.
\$285 per person. Must register by Feb. 28.

The Sierra Nevada Ski and Mountain Resort is Europe's southernmost ski resort! With sunshine most of the winter and views at an altitude of over 10,000 ft., you'll find 105 km of runs with varying difficulties to satisfy all levels. "Sierra Nevada" translates to "Snowy Mountain Range" and is set in the Penibético range - roughly 32 km from Granada. Enjoy the cross-country skiing circuit, snow park or even additional recreational areas for non-skiers. Night skiing is available on Saturdays, weather permitting. Information on lodging: Apartments are rustic hostel accommodation for 5-7 people to share and one bathroom. Trip includes roundtrip transportation by van, lodging in shared apartments and snowboard or skiing equipment (board/skis, boots and helmet).

Hiking "El Caminito del Rey"

Saturday, March 15, 6 a.m.-8 p.m.
\$60 per person. Must register by March 12.

Open to adults and children over 8 years old.

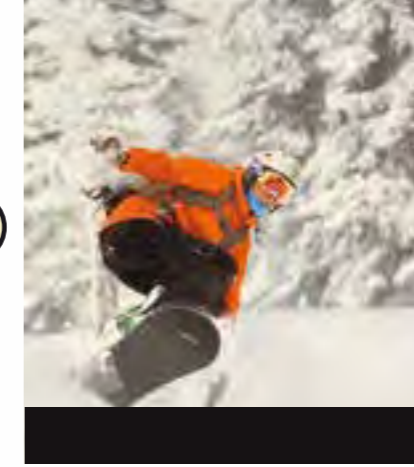
The path El Caminito del Rey is hanging in the air and it is built on the walls of the gorge - Desfiladero de los Gaitanes. Full length of the path is 7.7 km. El Caminito del Rey is part of a spectacular natural beauty spot. This already makes it breathtaking and attractive, although the path is more than just a walk in the hills. The boardwalks and a hanging footbridge that stands at 105 metres height, as well as steep walls, make many visitors feel inevitably dizzy. It was refurbished so it could be used for active tourism in natural surroundings. Therefore it is risky and requires certain level of physical effort and skillfulness, which is accepted by tourists who come to follow the route. Visitors are not risking their lives at all, but they must be aware of the strong impression this place might make on them.

You have to bring appropriate clothing and shoes (It is forbidden to bring sandals, high heel shoes or flip flops). It is not permitted to bring big backpacks, selfie sticks or walking poles. The walking area is very limited and we can not block the path.

Trip includes roundtrip transportation, entrance to the path, guided visit and complimentary snacks. Come and join us for this exclusive adventure!

DIFFICULTY LEVEL

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



Canyon Descending

Saturday, March 22,
6:45 a.m.-9 p.m. \$85 per person.
Must register by March 19.

Canyon descending consists of descending rivers by combining the techniques of climbing, caving and swimming. This activity is experiencing a spectacular popularity because of the beauty of its routes and the ideas of true adventure. Must be able to swim. Trip includes roundtrip transportation, insurance, gear and professional guide.

Via Ferrata in Grazalema Park

Saturday, March 29, 7:30 a.m.-6 p.m.
\$85 per person. Must register by March 26.

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.

Hiking at Grazalema Natural Park

Saturday, April 5, 7:30 a.m.-7 p.m.
\$45 per person. Must register by April 2.

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

COMING SOON

Algarve Portugal Outdoor Multi-Adventure

Friday-Monday, May 23-26
Departure: 3 p.m. Return: 6 p.m.
\$385 per person.

Must register by May 1.

Spend the Memorial Day Weekend in one of the most beautiful coastal areas of Portugal. We will introduce you to coasteering; which involves rock-hopping, shore-scrambling, swell-riding, cave-exploring, and yes, cliff-jumping. We will also do some kayaking activity in a more relax mode enjoying the beauty of the coastal waters and its natural surroundings. Must know how to swim. Trip includes roundtrip transportation, lodging and breakfast, expert guide, gear, kayaks and insurance.





FOUR PERSON SCRAMBLE

GOLF TOURNAMENT

Saturday, **March 29**

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

3 CLUB ONE PERSON SCRAMBLE

GOLF TOURNAMENT

YES, the putter counts as a club!

Saturday, **March 15**

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

One Person Scramble,
you can replay each
shot one time.

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, **March 30**, 1-8 p.m..

*No U.S. Navy endorsement is implied

- **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.

Read Across America Day

Monday, **March 3**, 3:30 p.m.

To kick off the day with a hearty breakfast, we will have green eggs and
turkey. Then, a special guest to come and read to the children.

Snack Day

Friday, **March 14**, 3:30 p.m.

We invite parents and children come to make trail mix with their child.

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

School Closures

School early out

Thursday, **March 13**: 11:05 a.m.

Lunch is served at SAC.

No School

Full SAC hours: 6 a.m.-6:30 p.m.

Thursday, **March 27**: Teacher Training Day.

Friday, **March 28**: School Day.

Monday-Friday, **March 31-April 4**: Spring Break.

Those not currently enrolled in full time SAC or enrolled in hourly
care who would like to sign up for the entire Spring Break, please
sign up on Militarychildcare.com.

Be sure to check the SAC Newsletter for info on
these Special in-program events:

Read Across America Day

Monday, **March 3**, 3:30 p.m.

Volunteer to read a story. Parents or kids can volunteer to read a
short story aloud to a group, by themselves or reading tandem.

National Pi Day

Friday, **March 14**, all afternoon.

Join us for some pi (3.14) and some pie activities.



SCAN ME!

FOR MILITARY
CHILD CARE



SCAN ME!

ONLINE PORTAL



SCAN ME!

FOR REGISTRATION
FORMS

CHILD CARE AVAILABILITY

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

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

- CYP Registration- All documents are accessible via
the QR code or via the MWR webpage
(www.navymwrrota.com). Submit the forms
for SAC/Youth/YSF registration to SAC, Bldg 41
or for the CDC at Bldg. 1963
- Use MCC.com for: Reserving a CDC/SAC FULL TIME
and SAC CAMP for your child:
- Use CYPOnline.com for:
 - Sign-ups for Teen/YSF programs
(after registering for CYP)
 - Reserving a CDC/SAC- Camp and
Hourly Childcare space
 - After registering for CYP, Sign-ups for
Teen/YSF Programs
- You must already have a registration form on file with
CYP to use the online system.
- Contact the CDC/SAC Program for help with your Family ID.

USE THIS CODE TO REGISTER
FOR ANY OF THESE EVENTS





• 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.

Teen Resume & Interview Workshop

Thursday, March 13, 12:30 p.m. or Wednesday, March 19, 2 p.m. For teens ages 14 years and older. At the Youth Center.

Calling on high school students that want to prepare for Teen Summer Hire or summer employment stateside. Learn about resume writing, interview skills and dressing for success.

Homeschool Meet and Greet

Friday, March 21, 11 a.m.
Contact LSO for details and reservation.



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

Thursday, March 27, 9:30 a.m. Students grades 6-12. At the Youth Center.

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

Interested in Spanish Schools?

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

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

Tutor.Com for Military Families

Tutor.com for U.S. Military Families (Tutor.com/military), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in Kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

Call the School Liaison Before You Go

If you are planning to PCS or change your duty station in the future, contact the School Liaison to help you with your transitions. Your School Liaison can also put you in contact with your gaining installation's SL.



• youth sports

956-82-4721 or DSN 727-4721
Rota_youthsports@eu.navy.mil

Volunteer Baseball and Soccer Coaches and Officials needed for Youth Seasons

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

YOUTH BASEBALL SPRING BREAK TRAINING

REGISTRATION starts:

Tuesday, March 18, 6 a.m.

CYP online sign-ups.

Open until filled. Don't delay spots fill quickly!

TRAINING:

Saturday-Tuesday, March 29-April 1, 2-4 p.m. Ages 6-14. Free. Limited space.

Please register online or call 727-4721 for information.

Parents Sports Board Video Meeting

Thursday, March 6, Noon.

All current CYP and NAYS parents will receive an invitation through email.

Do you have question about the Sports Program? Would you like to see another sport available? What training do the coaches go through? Come get these and many more questions answered at the Parents Sports Board Meeting.

Run Like Me

(Instructional Follow ups)

Friday, March 21, 4 p.m.

Ages 6-14, at the Fitness Center Track. Free. Come run and learn run techniques at the track. This is a continuation from last year's class to prepare the kids for the next big run challenge coming soon.

YSF Baseball/Softball (Start Smart)

CYP ONLINE REGISTRATION

Starts Tuesday, March 18, 6 a.m.

\$60. Start Smart: \$25.

Open until filled. Don't delay spots fill quickly!

YOUTH BASEBALL AND SOFTBALL ASSESSMENT

Tuesday, April 22, 5 p.m.

At the Youth Sports Complex.

Ages 6-14 only.



CHILD DEVELOPMENT CENTER | SCHOOL AGE CARE YOUTH CENTER | YOUTH SPORTS

• youth programs,

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

OPEN

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

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

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

Saturday, Sunday and US Federal
Holidays, Closed.

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

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

Mondays

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

Tuesdays

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

Wednesdays

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

Thursdays

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

Fridays

FUN FRIDAYS-SPORTS AND RECREATION ACTIVITIES

DAILY ACTIVITIES



Teen Employment

IS PROJECTED TO BE OFFERED IN 2025

TWO FIVE-WEEK EMPLOYMENT SESSIONS
(for teens ages 14-18 years old)

SESSION 1

Employment dates: June 16-July 18.

Teens must return all required application documents and be available for interviews during the SESSION 1 Hiring Fair on Friday, March 28, 9:30 a.m.-12:30 p.m. at the School Age Bldg. 41. Applicants must arrive to the Hiring Fair by 11:30 a.m.

SESSION 2

Employment dates: July 14-Aug. 13.

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



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

Late Night at the Youth Center

Friday, March 21, 7-9 p.m.

for Jams members ages 10 to 12 years old. "March Madness Party". Come enjoy food, music, fun and a basketball shootout with your friends. The event is free but spaces are limited and pre-registration and a permission slip are required to be returned by March 19.

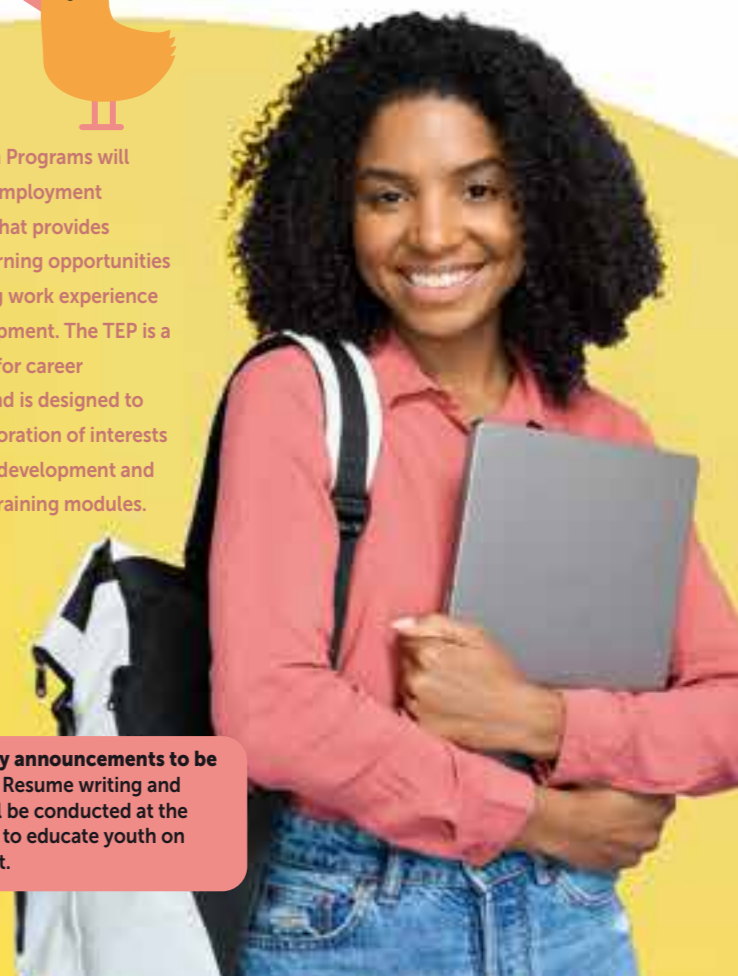
Youth Monthly Recognition

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.



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

Look out for the vacancy announcements to be posted in MARCH 2025. Resume writing and interview workshops will be conducted at the Youth Center Bldg. 3053 to educate youth on applying for employment.



THINK BEFORE YOU DRINK



Alcohol misuse compromises your physical and mental health. Drink responsibly.

THE IMPACT OF ALCOHOL:

More than **140,000 deaths** a year attributed to excess alcohol use

Poor judgement, impaired memory, and slow reaction time is **dangerous** to you and others.

Around **30% of fatal car crashes** in the U.S. involve drunk drivers

Increased risk for stroke, liver disease, high blood pressure, and more **grave health conditions**

DATES PROGRAMS

01/02/03		
TUE 04	OMBUDSMAN BASIC TRAINING March 4-6, 9 a.m.-3 p.m.	
WED 05	STRESS MANAGEMENT 10-11:30 a.m. MBMF MINDFULNESS Noon-2 p.m.	
06-09		
MON 10	INTER-CULTURAL RELATIONS (ICR) March 10-12, 8:30 a.m.-3 p.m. SPOUSE MEET & GREET 10 a.m.-Noon	
TUE 11	10 STEPS TO A FEDERAL JOB 9:30 a.m.-12:30 p.m.	
WED 12	MBMF LIVING CORE VALUES Noon-2 p.m. EFMP TRAINING 2-3 p.m.	
13-16		
MON 17	TRANSITION WORKSHOP March 17-21, 8 a.m.-4 p.m.	
18	SAPR VA REFRESHER 9-11 a.m.	
WED 19	COMMUNICATION SKILLS 10-11:30 a.m. EFMP DEPENDENT BRIEF 10 a.m.-Noon MBMF FLEXIBILITY Noon-2 p.m.	
THU 20	THRIFT SAVINGS PLAN 10-11 a.m. COMMAND SPONSORSHIP 10-11:30 a.m.	
21/22/23		
MON 24	INTER-CULTURAL RELATIONS (ICR) March 24-26, 8:30 a.m.-3 p.m.	
TUE 25	JOB INTERVIEW TECHNIQUES 10 a.m.-Noon	
WED 26	MBMF CONNECTION Noon-2 p.m.	
THU 27	PAYING FOR COLLEGE 10-11 a.m.	
FRI 28	VEJER CULTURAL & GASTRONOMIC TOUR 8 a.m.-6 p.m.	
29/30/31		
2-28	BASIC SPANISH CLASSES Tuesdays, March 4, 11, 18 & 25, 9-10:30 a.m. INTERMEDIAL SPANISH CLASSES Tuesdays, March 4, 11, 18 & 25, 11 a.m.-12:30 p.m. SPANISH CLASSES: LUNCH AND LEARN Mondays, March 3, 10, 17, 24 & 31, 11:30 a.m.-12:30 p.m.	

EARLY LITERACY PROGRAM

Tuesdays, March 4, 11, 18 and 25. Theme: **SPRING**.
Times: 11-11:30 a.m. and 2:45-3:15 p.m. Ages 0-5.
Bring your little ones to the new Early Literacy program, where stories, music, words and movement are important. Come and learn with us the five practices of the Early Literacy Initiative: **TALK, SING, READ, WRITE AND PLAY**.
Reservations required. Spaces are limited. All children must be accompanied by a parent or caregiver.

Tech Wednesday

Wednesdays, March 5 and 12, 10 a.m.-Noon. By appointment only.
Classes one-on-one for patrons that need assistance with computers, cellphones, tablets etc.

Steam Mystery "Pokemon Scavenger Hunt"

Friday, March 21, 4-5 p.m.
Kids ages 5-12 years old.



books REVIEW



DREAM COUNT

by Chimamanda Ngozi Adichie
Chiamaka is a Nigerian travel writer living in America. Alone in the midst of the pandemic, she recalls her past lovers and grapples with her choices and regrets. Zikora, her best friend, is a lawyer who has been successful at everything until—betrayed and brokenhearted—she must turn to the person she thought she needed least. Omelogor, Chiamaka's bold, outspoken cousin, is a financial powerhouse in Nigeria who begins to question how well she knows herself. And Kadiatou, Chiamaka's housekeeper, is proudly raising her daughter in America—but faces an unthinkable hardship that threatens all she has worked to achieve. In Dream Count, Adichie trains her fierce eye on these women in a sparkling, transcendent novel that takes up the very nature of love itself. Is true happiness ever attainable or is it just a fleeting state? And how honest must we be with ourselves in order to love, and to be loved?

SUNRISE ON THE REAPING

by Suzanne Collins
As the day dawns on the fiftieth annual Hunger Games, fear grips the districts of Panem. This year, in honor of the Quarter Quell, twice as many tributes will be taken from their homes. Back in District 12, Haymitch Abernathy is trying not to think too hard about his chances. All he cares about is making it through the day and being with the girl he loves. When Haymitch's name is called, he can feel all his dreams break. He's torn from his family and his love, shuttled to the Capitol with the three other District 12 tributes: a young friend who's nearly a sister to him, a compulsive oddsmaker, and the most stuck-up girl in town.

LLAMA LLAMA LOVES HIS TEACHER

by Anne Dewdney
Learn about all the things that make teachers awesome with Llama Llama Loves His Teacher! The perfect thank-you gift for teachers everywhere! Go through the school day with Llama Llama as he recalls all the things he learns, but more importantly, all the things he loves about his teacher! With lush art and heartfelt words, Llama Llama Loves His Teacher is a valuable addition to any elementary school teacher's classroom library. Perfect for National Teacher Day, Teacher Appreciation Week, Back to School, or any time of year! Llama Llama series,

BAD KITTY CAMP DAZE

by Nick Bruel
Kitty's life is really hard. Like really, REALLY hard. All she asks for is twenty-two hours a day to sleep and food to be delivered morning and night. But does she get it? No. And when Puppy and Baby get a little rambunctious during her naptime, Kitty gets bonked on the head and starts to believe she's... a dog. This new dynamic freaks out Puppy, so he's sent away to Uncle Murray's Camp for Stressed-Out Dogs to relax with other canine campers. But guess who sneaks along? Still believing she's a dog, Kitty fits right in. That is until she and Uncle Murray encounter a bear, and then the feline claws come out. Bad Kitty chapter book series,

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FANNY PACK DAY

**SATURDAY,
MARCH 8**

1-10 p.m.

Fanny Pack, Bum Bag, Cross Body Bag...whatever you like to call it, come design your very own one of a kind bag.
Provided: Fanny Packs and tools for decorating!



LIBERTY MOVIE NIGHT

Thursday, March 6, 7 p.m.
Flix Movie Theater at El Patio. Free for single/unaccompanied E6 and below.
Join the Liberty staff at the Flix Movie Theater for a free showing. Enjoy hot buttered popcorn and an ice cold soft drink while you enjoy your movie! On the day of, sign in on the Liberty sheet at the front counter at Flix.

CEREAL DAY

Friday, March 7, 1-10 p.m. Free.
Celebrate National Cereal Day with Liberty! Taste some of America's favorite cereals to honor the occasion.

MAR10 DAY

Monday, March 10, 1-10 p.m.
Play your favorite Mario Classics. What Mario is your favorite? Party, Cart, World...?

LIBERTY'S BOWLING NIGHT AT PINZ

Thursday, March 13, 7-9 p.m. Free for single/unaccompanied E6 & below.
Enjoy a free night of bowling and pizza with Liberty. On the day of, sign in on the Liberty sheet at the front counter in Pinz. Bowling lanes, shoe rental and pizza are provided.

PI (E) DAY

Friday, March 14, 7-9 p.m.
3.14 as in the number of slices of pie a human should consume on 3-14 aka Pi (e) Day. Just Kidding!! But seriously, come sample a variety of pies and pretend math is fun with us! Pie slices and games provided.

BOWLING BINGO

Tuesday, March 18, 7-9 p.m. Free for single/unaccompanied E6 and below.
Join us at PINZ Bowling to celebrate a new way to bowl! Bowling BINGO! Two of your favorite games bowled into one!

NATIONAL LET'S LAUGH DAY

Wednesday, March 19, 7 p.m.
Take on the ultimate 'Try Not to Laugh' challenge and win a gift certificate—laughter might just be the best reward!

ORAL HEALTH DAY

Thursday, March 20, 1-10 p.m.
Join Liberty and the heroes from the dental clinic in designing grilz.

DIP DAY

Sunday, March 23, 7 p.m.
Join Liberty in celebrating National Dip Day. Dips on chips! Dips on veggies! Dips on cookies!

LIBERTY NIGHT WITH HEALTH PROMOTIONS

Friday, March 28, 5:30 p.m.
Join us tonight for the Liberty and Health Promotions Leftover Challenge and transform yesterday's meals into today's nutritious delights! Provided: All ingredients and instruction required.

CRAYON DAY

Saturday, March 29, 2-4 p.m.
Coloring has been proven to calm the racing mind. Come get a multi-color, easy to pack crayon and pocket sized coloring book to help ease your soul wherever you roam.

LIBERTY GOLF DAY

Sunday, March 30, Noon. Free for single/unaccompanied E6 and below.
Liberty Golf Day includes green fees and club rentals. Liberty patrons need to check in with the front desk at the Pro Shop before 1 p.m.

DOGGIE DATE NIGHT WITH RAWL

Monday, March 31, 6:15 p.m.
Join us at Liberty for a paw-some evening at Doggie Date Night—where patrons can cuddle, play, and bond with our lovable furry friends!



SAILOR ADVENTURE QUEST

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

YOGA
Thursday, March 20, 6:15 p.m.
Come take your mind off any stressors you are facing with a relaxing yoga/meditation class. Yoga mats are provided.

DISCOUNTED LIBERTY TRIPS

Ronda Historical Tour
Saturday, March 22, 7:30 a.m.-6:30 p.m.
\$60 per person for single/unaccompanied E6 & below. Must register by March 19.
Visit one of the most beautiful places in Spain with MWR. Some artifacts found in Ronda date back to prehistoric times, as far as 28,000 BC. The forces of Catholic Spain took control of the town in 1485. Three bridges, Puente Romano ("Roman Bridge"), Puente Viejo ("Old Bridge") and Puente Nuevo ("New Bridge"), span the canyon. The term "nuevo" is a bit of a misnomer since this bridge was completed in 1793. Another important site in Ronda is the Plaza de Toros de Ronda, the oldest bullfighting ring in Spain that is still used today. The partially intact baños árabes ("Arab baths") are found below the city and date back to the 13th and 14th centuries. Ernest Hemingway and Orson Welles resided in Ronda for many years, and both wrote about its beauty. Trip includes roundtrip transportation, local guide, entrance to monuments and some free time.

Via Ferrata in Grazalema Park
Saturday, March 29, 7:30 a.m.-6 p.m.
\$68 per person for single/unaccompanied E6 & below. Must register by March 26.
The 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. On these routes the risk of a fatal fall is minimized by having a steel cable run along the trail – to which you can attach yourself with a via ferrata set. 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. Roundtrip transportation, expert guide and gear.



JOIN US TO ENJOY THE GREAT OUTDOORS!
VIA FERRATA IN GRAZALEMA PARK

comMunity classes

956 82-2354 or DSN 727-2354
rota_communityclasses@eu.navy.mil

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

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.

SEVILLANAS LESSONS FOR FERIA! (ADULTS)

Times available:

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

\$45 per month. Adults 18 years and older. Classes located at Fitness Center.

Get ready for Feria season!! Now is the perfect time to start learning this traditional dance to fully immerse in the Feria festivities. This is the opportunity to learn this unique art of dance in hands of an experienced teacher who will guide you through this beautiful tradition.

LATIN DANCE LESSONS ADULTS (SALSA, BACHATA, MERENGUE...)

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

Classes located at Fitness Center.

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

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

Thursdays, 7:15-8:15 p.m.

\$80 per month (one class per week).

Classes located at Fitness Center.

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

Music Lessons

PRIVATE PIANO LESSONS

Time slots available

Monday-Friday, 3-7:30 p.m.

\$79 for a punch card for four 30-minute lessons.

Take individual piano lessons from beginners to advanced; learn to play piano and read music with our experienced instructor.

PRIVATE GUITAR AND UKELELE LESSONS

Time slots available

Wednesdays and Thursdays, 4-8:30 p.m.

\$72 for a punch card for four 30-minute lessons.

Full range of adult and kids lessons for all abilities. Customized guitar lessons: Classical, Acoustic, Electric and Bass. Theory and Musical production lessons from beginner to most advanced levels.

Adult Group Spanish Lessons

Tuesdays and Thursdays:

Level A1 (introductory):

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

Level A2 (intermediate):

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

\$120 per month (twice per week).

Our native speaker and certified teacher with more than 10 years of experience as an educator in the US uses a communicative and project-based methodology, so you learn to communicate effectively! Living in Spain is a great opportunity to learn and practice your Spanish! Pre-registration is required.

Pre Tumbling Lessons for Children

Ages 1-3 years old:

Wednesdays, 2:25-3:10 p.m. or

Thursdays, 9:30-10:15 a.m.

\$45 per month (\$15 drop in).

Ages 4-5 years old:

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

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

Ages 6-7 years old:

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

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

Ages 8-10 years old:

Thursdays, 4:15-5:15 p.m.

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

Ages 10 years and older:

Thursdays, 5:15-6:15 p.m.

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

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

Tennis Lessons

Group lessons:

Wednesdays and/or Fridays

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

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

Adult beginners: 6-7 p.m.

Once per week: \$80/month

Twice per week: \$125/month

Also private lessons available. Price \$160 per punch card (4 lessons).

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

Jiu Jitsu Classes

Ages 5-7 years old: Mondays, 4-5 p.m. or
Wednesdays, 4:30-5:30 p.m.

Ages 8-14 years old: Mondays, 5-6 p.m. or
Wednesdays, 5:30-6:30 p.m.

Once per week: \$45/month

Twice per week: \$70/month

Ages 18 years and older: Mondays, 6-7 p.m.
or Wednesdays, 6:30-7:30 p.m.

Once per week: \$50/month

Twice per week: \$80/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.

Aikido Classes

Ages 5-7 years old:

Tuesdays, 4:30-5:15 p.m. \$45/month.

Ages 8-13 years old:

Tuesdays, 5:30-6:30 p.m. \$45/month.

Ages 18 years and older:

Tuesdays, 6:30-7:30 p.m. \$50/month

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



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• fitness

956-82-2565 or DSN 727-2565

CHALLENGE OF THE MONTH Do You Feel Lucky? Spring Challenge

Thursdays in March, 11 a.m.-1 p.m.
Call for details.

CFL Meeting

Wednesday, March 12, 11:30 a.m.
CFL Meeting for Command Fitness Leaders and Assistant Command Fitness Leaders. MWR will be starting practical training and updated information for continuing education of the CFL's in Rota.

Youth Fitness Certification

Wednesday, March 26, 5 p.m.

Ages 10-17 years old.

Must register by March 25.

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.

SPRING FLING

5K/10K RUN

THURSDAY
MARCH 20

FITNESS CENTER
4:30 p.m.

Join us for this annual Spring Fling 5K/10K Race, where vibrant blooms and fresh air set the perfect stage for a fun-filled day of fitness and community spirit! Trophies will be awarded to the top finishers! So lace up your sneakers, grab your friends and family, and let's make this spring unforgettable. *Sign up today and get ready to bloom into action!*

Free registration.

SATURDAY
APRIL 12

10 a.m. | FREE

Register at the Fitness Center by April 11, Noon.

Get your white and get ready to get doused in different color powder. Color Run is a 1 mile untimed event. Volunteers will throw color powder at runners as they pass by. You will start out wearing white and by the end of the run you will be covered in color.

COME JOIN US AND HAVE THE TIME OF YOUR LIFE!

Open to all ages. TEI carholders only.



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• sports,

956-82-1916 or DSN 727-1916



PICKLEBALL SPRING TOURNAMENT

Monday-Saturday, March 17-22

Must register by March 12 at noon.

Ages 18 years and older.

Top 2 couples will play with Pickleball Pro Players.
Sign up through IM Leagues QR as a free agents or couples.

• 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.

Adult Private Swim Classes

\$80 for four 30-minute sessions.

Private swimming lessons can boost confidence and motivation for new or beginner students. With constant encouragement, positive reinforcement, and one-on-one attention, students often feel more supported and motivated to push themselves and overcome their fears of an aquatic environment. For intermediate swimmers, private swimming lessons can significantly improve a student's swim technique, stroke mechanics, and overall efficiency in the water.

2025

INTRAMURAL SPORTS CALENDAR

EVENT	DATES	PICK UP GAMES	DEADLINE	COACH MEETING
MARCH				
Women's 555 Kickball Tournament	8 (Saturday)	-	6	-
Softball Spring Tournament	21-23 (Friday-Sunday)	-	17	-
Disc Golf Clinic & Competition	26 (Wednesday)	-	24	-
APRIL				
Outdoor Soccer Tournament	8-12 (Tuesday-Saturday)	Tue & Thu 5-6pm	4	-
CC Outdoor Soccer League	22 (Tuesdays & Thursdays)	-	18	21
Individual Tennis Tournament	26 (Saturday)	Wed 5-6pm	23	15
MAY				
Frisbee Tournament	9 (Friday)	Fri 5-6pm	7	-
Memorial Basketball Tournament	21-24 (Wednesday-Saturday)	Mon & Wed 5-6pm	19	20
Home Run Derby	30 (Friday)	-	27	-

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



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