MWR Happenings

Morale, Welfare & Recreation

UFC FIGHT

Join us at the Single Sailor Spectrum Center and watch the fight on the BIG screen! It's the next best thing to being in the arena!

UFC Fight Night: Gray Maynard vs Nate Diaz

Tuesday, January 12 starting at 1200

(Subject to availability & scheduling on AFN TV)

For details call 243-7346

VOLUNTEERS NEEDED!

If you are interested in helping out by being a coach, sports official, team parent or just helping set up, please contact your local Youth Sports Office.

YOKOSUKA: 241-2952 • NEGISHI: 242-4121 • IKEGO: 246-8017

Dive-in Family Movie: Up

Friday, January 15 from 1900 to 2100

Enjoy this family friendly movie in a whole different way, floating in the pool! Overhead lights are turned down and the pool lights are turned up. Grab tubes, noodles or anything that floats and enjoy the movie! For details call 243-2052. **normal entrance fees**

Aquatics

Lap Swim Challenge

Swim to the Land Down Under

Put your New Year's resolutions into action and swim your way from Yokosuka, Japan to Sydney, Australia. It's 8,000 kilometers to Sydney and each pool length equals 25 kilometers. Starting in January, hop in the pool and start counting your laps in order to grab an awesome MWR t-shirt before the sharks eat 'em! Registration is ***free*** and runs through March in Seahawk Natatorium. For more information please call 243-2052.

MLK 3K Run/Walk

Wednesday, January 20 at 1730 at Kosano Park

Bring the family and join us in remembering Dr. Martin Luther King Jr. as we walk around base in his honor. Coffee and hot chocolate will be provided ***free*** of charge and t-shirts will be handed out on a first come, first served basis. No pre-registration required, just show up! Call 241-4486 for more info.

IKEGO HILLS INDOOR CARNIVAL

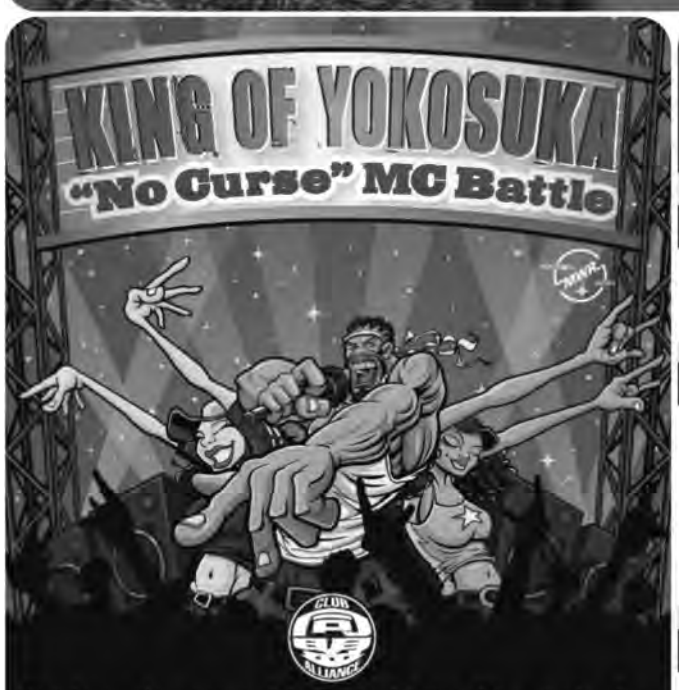
Saturday, January 23 from 1300 to 1700 at Ikego Gym

For the enjoyment of the entire family! There will be game boothes, and other fun stuff for kids including clowns, Kota & Ota with juggling, comedy and more! For more info, please call 246-8071.

SESAME STREET® CHILDREN SHOW

Thursday, January 21 at 1500 & 1730 @ Benny Decker Theater

For details call the MWR Entertainment at 243-5215



Friday, January 22 @ 2100 in Sharky's Bar

Bring your lyrical might & battle other MC's in a rap fight. We'll supply the beats. You better rhyme and not sing, If you want to claim the title of "King".

Best Rapper wins an iPod Touch with a Surround Sound iPod Dock Stero System. Open to all hands 18 years and up. For more details call at 243-3000/5985.

YOUTH SPORTS FitFactor

STEP 1

Get up! Off the couch, out of bed, and out of the car! You can't stay healthy parked on your rear.

STEP 2

Get out! Snowboarding, skiing, sledding, snowball fights, snowmen, hockey, running, jumping, playing! There are so many things to do and outside is where those things are at. Don't worry about the cold, you'll be too busy having fun to notice!

STEP 3

Get Fit! Here is the best part, if you do step one and two, you have already started step three! And better yet, you can log on to www.navygetfit.com to win cool prizes for having fun, staying active, and being healthy.

SO How do you participate?

Call Youth Sports at 241-2952 and tell them you want to be part of "Fit Factor!"

BE MOVED

Start the New Year with purpose! Track how many minutes you work out each day and log the results at Purdy front desk (Bldg 10, Kelly Fleet Recreation Center's gear issue desk (4th floor). Each 30 minutes of exercise is worth one unit, and if you work out for a full hour continuously you receive three units. Workout doing whatever you like to do. Lift weights, run, swim, rollerblade, play racket ball, walk, hike or whatever you come up with, just get out and BE MOVED! Awards will be given to the top movers! For more information, stop by Purdy or the Fleet Recreation's Fitness Office (3rd floor), or call 241-4486.

NEW YEAR'S CHALLENGE

Fitness and Wellness

LTO Pre-Purchase Inspection

This 3-hour course will cover evaluating belts, removal/replacement of the primary fan and accessory belts, as well as tire inspection. Ever wonder why your tires are wearing funny? Do your tires wear more on the inside than the outside? Why do your belts squeak? Time to find out! For more info call 243-5456.

SUPER BOWL

MONDAY, FEBRUARY 8

DON'T MISS THE ACTION

Don't miss the biggest game of the year, **LIVE,** on the big screen! Oakland Raider Cheerleaders, food, drink specials, door prizes half-time games and more! Contact your favorite MWR club, the Yokosuka Bowling Center or Single Sailor Liberty Program for more information.