



NAVAL SUPPORT ACTIVITY BAHRAIN

MWR

MAY 2012

Newsletter



CALENDAR OF EVENTS

- Information, Tickets and Tours (ITT) • Liberty Center • Sports / Fitness / Aquatics
- Outdoor Recreation • MWR Food and Beverage • Community Programs
- Library • Child and Youth Programs

ITT (Information, Tickets & Tours)
 439-4206 / 3531
 Bldg. 261, MWR Freedom Souq
 Hours: Sat-Thurs 0800-1800

ITT provides culturally enriching tours and trips and provides information/resources on local community activities and services. ITT is your one stop information source! Sign up for local tours and recreational events, pick up flyers and local information or plan your vacation at the Leisure Travel Desk! ITT staff is here to assist you with your recreational and entertainment needs!

GROUP TOURS CAN BE SCHEDULED FOR SPECIFIC DATES ON REQUEST OTHER THAN PRESCHEDULED DATES.

THE FOLLOWING GROUP TOURS ARE AVAILABLE ON REQUEST:

- FISHING • PEARL SNORKEL HUNT
- MOSQUE • ISLAND TRIP • SPA

DISCLAIMER:

- ALL ITT TOURS, DATES AND TIMES ARE SUBJECT TO CHANGE OR CANCELLATIONS.
- PLEASE SHOW UP 15 MINUTES BEFORE THE DEPARTURE TIME ON ALL TRIPS.
 - SIGN UP IN ADVANCE
- **PROPER COUNTRY CLEARANCE COORDINATION THROUGH YOUR CHAIN OF COMMAND WILL BE REQUIRED FOR TRIPS OUTSIDE BAHRAIN.**

Neither the U.S. Navy or any other part of the U.S. Federal Government officially endorse any company, sponsor, or their products or services.

NOW OPEN!

Gate Price: \$40.00

DISCOUNTED ITT PRICE!

\$32.00



The one place for waves of outdoor fun

Find us on Facebook www.LPODwaterpark.com

Neither the U.S. Navy or any other part of the U.S. Federal Government officially endorse any company, sponsor, or their products or services.

Cultural Tour of BAHRAIN

Enjoy this guided tour of the Grand Mosque, the National Museum, Bahrain Fort. Stop at a camel farm and see camels that are owned by some of the local royal family. If you are in for an uplifting experience, you may sit on the camel but have your cameras ready for your photo opportunity. Drive by Saudi Causeway where there is a spectacular view of both countries.

The package includes transportation, tour guide and site entrance fees.



Time: 0900 - 1600

ITT Price: \$35.00

Minimum of 14 Persons

GO-KART Racing



Karting is motor sport in its purest form, not only the simplest way to experience the pure adrenaline of driving racing machinery but also the cradle for all the world's greatest driving talent. Whether it is for pleasure or to start out on the road to professional motor sport, Karting is accessible, fun and affordable - and now you can drive a kart at the Home of Motorsport in the Middle East: the Bahrain International Circuit. This package includes 15 minutes race and registration fee.

FOR MORE INFORMATION CONTACT ITT OFFICE

MAY 3 & 24 GO-KART RACING

Karting is motor sport in its purest form, not only the simplest way to experience the pure adrenaline of driving racing machinery but also the cradle for all the world's greatest driving talent. Whether it is for pleasure or to start out on the road to professional motor sport, Karting is accessible, fun and affordable - and now you can drive a kart at the Home of Motorsport in the Middle East: the Bahrain International Circuit.

This package includes 15 minutes race & registration fee.
 Time: 1700 Min 6 people ITT Price: \$27.00
 May 1 cut-off day for May 3 trip
 May 21 cut-off day for May 24 trip

MAY 4 LOST PARADISE WATER PARK

Bahrain's first world-class water park features some of the latest water based amusement technology, providing fun for all ages with special facilities and play areas. Around the wave pool and acting as a natural navigation path through the whole water park is a lazy river which meanders through a series of themed tunnels.

Time: 0930 - 1700 Min 10 people
 Price: \$42 per person includes ticket & transportation

MAY 5 LADIES SPA DAY @ DESSANGE SPA

Packages & Price details available at ITT office.
 Time: 0900 (Times subject to availability)

MAY 6 & 20 GUIDED CULTURAL TOUR OF BAHRAIN

Enjoy this guided tour of the Grand Mosque, the National Museum, Bahrain Fort. Stop at a camel farm and see camels that are owned by some of the local royal family. If you are in for an uplifting experience, you may sit on the camel but have your cameras ready for your photo opportunity. Drive by Saudi Causeway where there is a spectacular view of both countries.

Time: 0900 - 1600 Min 14 people ITT Price: \$35.00
 May 3 cut-off day for May 6 trip
 May 17 cut-off day for May 20 trip

MAY 10 COOKING DEMONSTRATION OF ARABIC FOOD & DINNER

Executive chef prepares exciting culinary cuisine right before your eyes at the Veranda Gallery Restaurant. You'll learn trade secrets and see the unique features and advantages of cooking Arabic food.

Time: 1645 Min 5 people ITT Price: \$23.00
 May 8 cut-off day

MAY 11 & 26 AL DAR ISLAND DAY TRIP

Located about 5km from the coast of Sitra, a pleasant seven to eight minute journey is all it takes to reach there by boat. The island offers pristinely clean and stunningly beautiful beaches, where swimming is an absolute pleasure for both adults as well as children. Enjoy an exciting ride on the island's very own water slide and jet skis are available to add even more excitement to the range of activities available on the island. Save yourself the trouble of preparing and packing a lunch and enjoy a meal at the island's cozy first-class restaurant that serves the finest mouth-watering continental cuisine.

This package includes boat ride and admission to the Island.
 Time: 0930 - 1400 Min 5 people ITT Price: \$12
 May 8 cut-off day for May 11 trip
 May 23 cut-off day for May 26 trip

MAY 12 SWIM WITH THE DOLPHINS

Visit Bahrain's Dolphin Resort where you can get up close and personal with the dolphins. They are very friendly and love when people swim with them. You can even grab their fin for a ride around the pool, take photographs with the Dolphins. This package includes: Lifejackets, soft drinks, swimming & Dolphins show. Bring your swimwear, towels & footwear.

Time: 1000 - 1300 Min 5 people ITT Price: \$37.00
 May 9 cut-off

MAY 17 & 31 BELLY DANCING DINNER SHOW

Want a dining experience you will not soon forget? This tour will offer you delicious Lebanese cuisine followed by an exotic belly dancing and singers during the show.

Time: 2030 Min 10 people ITT Price: \$30.00
 May 14 cut-off day for May 17 trip
 May 28 cut-off day for May 31 trip

MAY 18 CAMEL FARM & SAUDI CAUSEWAY

A lot of mystery surrounds the Saudi Causeway. As most of us know, it is a bridge that connects the Saudi Arabian mainland with the island of Bahrain. At 10 mi., the King Fahad causeway is one of the longest bridges connecting two countries in the world. At the tower there is a spectacular view of both countries.

Time: 1100 - 1400 Min 5 people Cost: \$5.00
 May 14 cut-off day

MAY 19 PEARL "SNORKEL" HUNT

Submerge yourself in Bahrain's legacy of being the premiere pearl diving location in the Gulf. This is an exciting 3 hours tour where what you find is what you keep!

Time: TBA Min 8 - Max 10 people
 ITT Price: \$47.00 per person
 May 15 cut-off day

MAY 25 GROUP FISHING TRIP

Experience fishing in the warm and shallow waters of the Arabian Gulf. Package includes three hours fishing, fishing gears, bait and boat ride. Please note this tour could be cancelled due to bad weather.

Time: 0530 - 1000 Maximum 8 people
 Group Cost: \$352
 May 21 cut-off day

MAY 27 MEMORIAL DAY BBQ AT AL BANDER RESORT

Enjoy a relaxing day at this beautiful beach resort with a Club Med atmosphere. This package included free access to the resort, welcome drinks, usage of the swimming pool (it's a biggest swimming pool in Bahrain), Jacuzzi, and beach volley ball court. During your stay the staff will cook up a delicious BBQ lunch with dessert.

What to Bring:
 Swimsuit, towel, sun block, camera, water, shoes/slippers
 Time: 0930 Min 10 people ITT Price: \$29.00
 May 22 cut-off day

GROUP BOOKING TOURS:

AL BANDER RESORT BBQ: Cost: \$29
 Min. 10 people
 (Transportation not included)

LOST PARADISE WATER PARK BBQ: Cost: \$44
 Min 25 people
 (Includes: Park entrance fee & BBQ, transportation not included)

LPD WATER PARK TRANSPORTATION:
 \$160 per 24 pax bus • \$107 per 10 pax van
 (Does not include entrance fee, only round trip transportation)

Special group tours have to be booked 24 hours in advance. More group tours are available, stop by ITT Office.

Liberty Center

MAY 2012

LIBERTY CENTER / SINGLE SERVICE MEMBER PROGRAMS

T: 439-3192
A: Bldg. 305
Hours: Sun-Wed 0800-2200,
Thurs & Fri 0800-2400

This recreation center is the single service member's home away from home. Liberty's facility offers an array of trips, tours and tournaments as well as other leisure activities. Liberty offers: snack bar, free Internet, TV lounge, mini movie theater, PlayStation and Xbox games, billiards and day trips & tours.

The Liberty Program's activities & trips are **OPEN TO ALL SINGLE & UNACCOMPANIED ACTIVE DUTY SERVICE MEMBERS ONLY.** When space is available, active duty may bring one guest 18 & over.

- * Registration will be first-come, first-served.
- * Please show up 15 Minutes before the departure time on all trips.
- * Liability waivers must be signed prior to trip departure.
- * Trips are subject to change.



ice cream Sundays

Yup! ICE CREAM SUNDAY!
'coz at LIBERTY CENTER, SUNDAY means ICE CREAM DAY!
drop by and get a FREE ICE CREAM!
Hurry! Available until supplies last!

SPEEDPOOL MONDAYS

@ 1200
at the Liberty Center




GOOD SAMARITAN DAY

Volunteer at the **BAHRAIN SPCA** animal shelter
CHECK OUR CALENDAR FOR THE SCHEDULE

\$3.00 MALL SHUTTLE

to BAHRAIN CITY CENTER every Friday 1200-1600
CHECK OUR CALENDAR FOR THE SCHEDULE




MAY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
<p>The Liberty Program's activities & trips are OPEN TO ALL SINGLE & UNACCOMPANIED ACTIVE DUTY SERVICE MEMBERS ONLY. When space is available, active duty may bring one guest 18 & over. * EVENTS LISTED ARE SUBJECT TO CHANGE</p>		<p>1 8-BALL TOURNAMENT @ 1200 & 1800</p>	<p>2 LUNCH & LEARN @ 1100 - 1200</p>	<p>3 TEXAS Hold'em Night @ 1800</p>	<p>4 MADDEN 2012 TOURNAMENT @ LIBERTY CENTER 1730</p>	<p>5 CINCO DE MAYO PARTY @ 1730</p>
<p>6 Sunday Sundaes Make your own ice cream sundaes! Free</p>	<p>7 Speed Pool @ 1200 FREE PIZZA FOR PLAYERS</p>	<p>8 WORDS WITH FRIENDS CHALLENGE ALL DAY EVENT!</p>	<p>9</p>	<p>10 ROYAL CAMEL FARM AND DINNER @ 1600</p>	<p>11 GO KART RACING @ BIC @ 1000</p>	<p>12 Show a Dog Some Love! Volunteer at the Animal Shelter @ 0900</p>
<p>13 Sunday Sundaes Make your own ice cream sundaes! Free</p>	<p>14 Speed Pool @ 1200 FREE PIZZA FOR PLAYERS</p>	<p>15 Happy Birthday May Babies! Free Cake while supplies last!</p>	<p>16 DARTS TOURNAMENT @ 1200</p>	<p>17 SPADES Tournament @ 1730</p>	<p>18 LOST PARADISE WATER PARK @ 1000</p>	<p>19 Armed Forces Day Celebration!</p>
<p>20 Sunday Sundaes Make your own ice cream sundaes! Free</p>	<p>21 Speed Pool @ 1200 FREE PIZZA FOR PLAYERS</p>	<p>22</p>	<p>23 FREE THROW CHALLENGE @ 1200</p>	<p>24</p>	<p>25 DOLPHIN RESORT TRIP @ 1000</p>	<p>26 Al Dar Island Trip!</p>
<p>27 Sunday Sundaes Make your own ice cream sundaes! Free</p>	<p>28 Speed Pool @ 1200 FREE PIZZA FOR PLAYERS</p>	<p>29 CHESS TOURNAMENT @ 1800</p>	<p>30</p>	<p>31</p>	<p>FOR MORE INFO CALL 439-3192</p>	

FOOD & BEVERAGE DIVISION

Food Court Restaurants 439-4244
 MWR OASIS & Catering 439-4204
 MWR OASIS Restaurant 439-9272
 Freedom Souq Duty Manager 439-9274
 AV Unit FOD Shop 17-33-4473

Freedom Souq Restaurants & Clubs:

A&W American Grill Daily 24-hours
 Cinnamon Street Café Daily 24-hours
 (Proudly Brews Starbucks Coffee)
 Hot Stuff Pizza Daily 0600-2200
 Taco Bell Daily 1000-2200
 Asian Creations Daily 1000-2200
 Naps BBQ Daily 1000-2200
 Smash Hit Subs Daily 1000-2200
 OASIS Restaurant
 Breakfast 0530-1000
 Grill Orders 1000-2000
 Lunch 1100-1400
 Salad bar 1100-2000
 Dinner 1700-2000
 Smoothies Daily 0700-2200
 Health Bar Daily 0630-1900
 NSA Express Café Sun-Thurs 0700-2200
 Fri & Sat 1200-2000
 Enlisted Club Sun-Thurs 1600-2400
 CPO Club Sun-Thurs 1600-2400
 Officers Club Sun-Thurs 1600-2400

Desert Dome Restaurants & Club:

Hot Stuff Pizza Sun-Thurs 0600-2200
 Fri & Sat 1500-2200
 C Street Café Sun-Thurs 0600-0900
 All Hands Club Daily 1600-2400
 Shawarma Daily 1100-2000
 AV Unit FOD Shop Daily 24-hours



MWR NSA BAHRAIN
FRIDAY BRUNCH
at the OASIS Hall
EVERY FRIDAY • 1000-1400

Featuring
8 Stations
 with 70+ items to choose from

Including...

- Carving Station
 With 3 choices of meat: Beef, Ham & Turkey
- Omelet Station
 Create your own omelet the way you like it
- Complimentary Mimosas and Cash Bar

OPEN TO ALL NSA RESIDENTS AND GUESTS.



\$15.00
 * Kids Under 5 - FREE
 * Kids ages 6-12 - Half Price.

MWR FOOD & BEVERAGE

CINCO DE MAYO

Specials!

SATURDAY, MAY 5
1700 @ FREEDOM SOUQ COURTYARD
WITH LIVE BAND ENTERTAINMENT!



Tacos **Quesadillas**

Beef \$ 1.15 Seafood \$ 2.00
 Chicken \$ 1.40 Potato \$ 1.75

 Soda \$ 0.60  Water \$ 0.25



Watch Free Movies EVERYDAY!

Join the stars of the silver screen as you enjoy great movies. MWR Movie Theater is a full service theater showing movies from the U.S.A. No admission fee.

Movie Theater, 439-4534
 Bldg. 261, 2nd Deck, Freedom Souq
 Showings: Daily 1000-2300

OUTDOOR RECREATION RENTAL



AVAILABLE FOR CHECKOUT!

- Events and Party Equipment
- Biking Equipment
- Camping Equipment
- Sporting Items and More!

FOR MORE INFORMATION, COMPLETE CHECKOUT LIST & RENTAL RATES, VISIT or CALL:
OUTDOOR RECREATION GEAR RENTAL
 Banz Warehouse, Bay 1 • 439 6992

BINGO

EVERY WEDNESDAY

MULTI-PURPOSE ROOM
 • Starts at 1730 •
EARLY BIRD STARTS AT 1700

YOUR CHANCE TO WIN \$6,500 or MORE!

MWR NSA BAHRAIN

HOT Chicken Wings & KARAOKE NIGHT

Every Monday
 1600-2000 @ Beach Club

\$0.20 per ounce

SING & WIN!
 Winner receives 20pcs. HOT CHICKEN WINGS with Beach Dressing!

EAT, DRINK, SING & ENJOY A GREAT NIGHT OUT AT NSA BAHRAIN!

MWR OASIS RESTAURANT
 Specials

MONGOLIAN BBQ Dinner!

NEW TIME, STARTING MAY



EVERY THURSDAY NIGHT
at the OASIS Hall
 1700-2000

MWR LIBRARY

439-9089, Bldg. 267, Quality of Life Building
Saturday - Thursday, 0900-1800

A world of knowledge is at your finger tips at the MWR Base Library. Located on the second floor, thousands of books, magazines and newspapers are available. Come and enjoy the facility where you can use Internet for personal, educational and research purposes.

CHILD AND YOUTH PROGRAMS

439-9092, Bldg. 267, Quality of Life Building

• CHILD DEVELOPMENT CENTER

Sunday - Thursday, 6:30 a.m. to 5:30 p.m.

The center provides care for children 6-weeks to 5-years of age full time (fee is based on total family income) and hourly care (\$4.00 per hour) on a space available basis.

• SCHOOL-AGE CARE PROGRAM (SAC)

Sunday - Thursday, 6:30 a.m. to 5:30 p.m.

In partnership with the Boys and Girls Club of America and 4-H Clubs, the School Age-Care (SAC) program includes a before and after school program for children ages 5 (kindergarten) through 12 during the school year with full day, holiday, and summer camps provided when school is not in session. Before and after school fees are based on total family income and hourly care (\$4.00 per hour) on a space available basis.

• TEEN CENTER, BLDG 267 UPPER DECK

Sunday - Thursday, 3:00 p.m. to 5:30 p.m.

In partnership with the Boys and Girls Club of America and 4-H Clubs, this center features a club/multimedia room, game room, music room, computer labs, snack area, arts/crafts room, and homework room. The Teen Center is for children 13-18 years old.



SUNDAYS • TODDLER TUMBLE TIME
Time: 1600-1730 Ages: 1-3

MONDAYS • GAMING DAY AT THE LIBRARY
Time: 1630-1730 Ages: 12-16

TUESDAYS • PRESCHOOL STORYTIME
Time: 1000 - 1100 Ages: 3-5

WEDNESDAYS

COMPUTER BASICS LEVEL I - FOR BEGINNERS
Time: 1600 - 1700
COMPUTER BASICS LEVEL II - FOR INTERMEDIATE COMPUTER USERS
Time: 1700 - 1800

THURSDAYS • LADIES ESCAPES: BOOK CLUB
Time: 1600 - 1800 Ages: Adults

SATURDAYS • CROSS STITCH AND CROCHETING WORKSHOP
Time: 1630 - 1800 Ages: 12 & above

01 - 31 MAY • ASIAN HERITAGE MONTH GIVEAWAY CONTEST
Age group: Adults

01 - 31 MAY • MEMORIAL DAY READING CHALLENGE
Age group: 16 & Above

THURSDAY, MAY 3 • FREE COMIC DAY
Time: 0900 - 1800 Age Group: 8-16

SATURDAY, MAY 5 • CINCO DE MAYO PARTY @ THE LIBRARY
Time: 1630 - 1800 Age Group: 3-12

SUNDAY, MAY 13 • MOTHER'S DAY STORY TIME WITH PANCAKE BREAKFAST
Time: 0900 - 1000 Age Group: Kids and Parents

MONDAY, MAY 28 • U.S. MEMORIAL DAY CRAFT
Time: 1630 - 1800 Age Group: 3-12

PLEASE NOTE: EARLY REGISTRATION IS REQUIRED FOR SOME ACTIVITIES. PROGRAMS MAY GET CANCELLED DUE TO INSUFFICIENT INTEREST AND OR SUBJECT TO CHANGE.



WANT TO LEARN OTHER LANGUAGES?

Looking to learn a second language?
or a third, or a fourth?

REGISTER AT THE LIBRARY AND YOU CAN GET A JUMP START ON THAT GOAL.

BUILD LANGUAGE SKILLS AT YOUR OWN PACE. Library patrons can gain free access to a number of languages on the Rosetta Stone at the NKO Language Lab located inside the library.

CALLING ALL TEENS OF 14-18 YEARS OF AGE! EMPLOYMENT OPPORTUNITY FOR YOU!

2012 TEEN SUMMER EMPLOYMENT PROGRAM

Applications will open on 20 May and end on 06 June 2012

Teens must be 14 years of age and older.
Teens must remain in Bahrain and be available to work the entire eight week program.

Start Date: 27 June 2012
End Date: 22 August 2012

Teens can drop off their applications to:
Brendy Santiago (439-3335) at the SAC/Teen Center
Sundays through Thursdays from 0730-1630.

Teens must provide three references with:
Address, telephone numbers and email addresses.
Reference letters preferred.



BASIC SWIMMING LESSONS *for Adults*

SIX SESSIONS,
TWICE A WEEK FOR 3 WEEKS
AT THE FAMILY POOL

Cost: \$35 per person

Starting Tues, MAY 8
until Wed, MAY 23

EVERY TUESDAY AND WEDNESDAY
May 8,9 • May 15,16 • May 22,23
Time: 1600 - 1700

Register TODAY!

Register at the Fitness Center front desk

FOR MORE INFORMATION, CONTACT:
FAMILY POOL 439-8738 OR AQUATIC LEAD ON 3944-3456

BOWLING SPECIAL PACKAGES

LADIES BOWLING SPECIAL

SUNDAY & MONDAY: 1400-1630
\$1.50 per game
\$1.00 shoe rental

BOWLING ROCK'IT NIGHT-OUT

TUESDAY & WEDNESDAY: 2030-2230
\$15.00 per lane/hour
(min of 4, max of 6 participants per lane)
Shoe rental included

STRIKE NIGHT BOWLING

EVERY MONDAY: 1900-2230
FREE BOWLING T-SHIRT!
To the FIRST bowler who strikes on the 8th Frame.
Only one shirt will be given away every Strike Night!

FAMILY BOWLING COSMIC FRIDAYS AND SATURDAYS

FRIDAYS & SATURDAYS: 1800-1700
Adults \$1.75 per game - Children \$1.25 per game
and \$0.75 shoe rental

SPECIAL FUNCTIONS: **CONVARD:** Weekdays Only, \$24.00 per lane/hr
*Min. 15 max. 24 players. Shoes not included.
Minimum of 15 players is required to be considered as a Convard Function.
If less than 15 players, regular rates will apply.

YOUTH/CDC/SCHOOL: Weekdays: \$10.00 per lane/hr
Weekend: \$20.00 per lane/hr

FREQUENT BOWLER CARD: Pick up your FREQUENT BOWLER CARD at the Bowling Center complete all 6 punches and your next game is on us!

REGULAR BOWLING FEES: Adult: \$2.50
Children 12 & under: \$1.50
Shoe rental: \$1.00

FOR MORE INFORMATION, CALL: 49205



Child and Youth Programs

**JOBS!!!
JOBS!!!
JOBS!!!**

MWR's Child & Youth Programs is looking for fun, energetic people to work in our Program!

• Front Desk Staff and Direct Care Workers needed, apply today!

FULL TIME OR FLEXIBLE SCHEDULE POSITIONS ARE AVAILABLE!

AGE CARE (SAC)

is working with children in Kindergarten through 6th grade playing games and sports, discovering art and science and building strong relationships between the youth and staff.

CHILD DEVELOPMENT PROGRAMS (CDC)

is working with children age 6 weeks to 5 years of age.

We play inside and out, singing, learning and developing resilient children.

CHILD DEVELOPMENT HOMES (CDH) PROGRAM

Be a home care provider! Call us to find out more about working from home.

For more information, please contact
CYP at 1785-9092 or
MWR's Personnel Office at 1785-8397



NAVY Fitness
MWR NSA BAHRAIN

MOVE IT Bahrain! 2012

WHAT IS "MOVE IT BAHRAIN 2012"?

The Move It Bahrain 2012 is a 7-week program sponsored by MWR Athletics. The program is designed to encourage healthy and active lifestyles among authorized MWR patrons of NSA Bahrain.

The program starts on

SUN, MAY 13 to SAT, JULY 7

WHY PARTICIPATE?

- Kick off the summer with a healthy fresh start
 - Get more exercise
 - Have fun with friends/co-workers
 - Learn more about health, fitness & nutrition
 - Win cool prizes

Getting involved in "Move It Bahrain 2012" is simple -

No pedometer needed, no membership to purchase. Just sign up as a team of 1 or 2 or 3, select a team captain, make a cool team name, pay the nominal fee and start Movin' It!

Register TODAY!

Registration Deadline: Sunday, May 13

Registration Location: Fitness Center

Registration T-shirt Deadline: Sunday, May 20

Cost: \$30.00

Number of participants in Team: 1-3

Weekly Cool Prizes!

Team captain needs to email team's total times by noon every Tuesday to be eligible for the weekly drawing.

FOR MORE INFORMATION, CONTACT: REIKO ALLRED AT REIKO.ALLRED@MWR.NAVY.MIL OR 439-3324



OPEN WATER DIVER CERTIFICATION

\$300

REGISTER AT THE FITNESS CENTER STARTING APRIL 22

Students must demonstrate the ability to swim 200 meters (no time limit, any stroke) or 300 meters using a mask, snorkel and fins and tread water unassisted for 10 minutes.

ACADEMIC SESSIONS ARE 8, 14, 15, 22 AND 28 MAY 2012

At the Navy College from 1730-1930, classroom #7.

Please note that the classroom location may change.

The instructor will notify you in advance.

CONFINED WATER SESSIONS

Training Tank or Al Bander Resort (TBD water temp. dependent) from 1700-2100.

Session One is 20 or 21 May 2012 (pick one)

Session Two is 29 or 30 May 2012 (pick one)

OPEN WATER DIVES

Location: Marina Club or Al Bander Resort.

The dates and the times are weather dependent, approximately 0830-1400.

Pick two of these dates; 1, 2, 8, 9, 15, 16, 22 or 23 June.



Your PADI Instructor is Annette Ingignoll
(IDC Staff Instructor #162145)
Phone 1785-4810 or 3930-1677

You can arrange alternate sessions to suit your duty schedule if you coordinate in advance with the instructor.

KEEP IN TOUCH WITH
MWR

ON BASE 439-XXXX

MWR Administration	1785-4422
MWR Marketing	1785-4299
Food & Beverage Director	1785-4204
Recreation Director	1785-4231
Athletic Director	1785-8184
Liberty Center	1785-3192
ITT Office	1785-4206
Library	1785-9089
Child and Youth Programs	1785-9092



Find us on
Facebook

Search MWR Bahrain



Welcome or "Ahlan wa-sahlan" to NSA Bahrain!

WHETHER YOU ARE PERMANENTLY STATIONED HERE OR JUST PASSING THROUGH, UNACCOMPANIED OR WITH YOUR FAMILY, YOU WILL FIND THAT **MWR** WILL KEEP YOU ACTIVE WITH HIGH QUALITY RECREATIONAL PROGRAMS, STATE OF THE ART FACILITIES AND SUPERB SERVICES ALL YEAR ROUND.

Keep visiting our Facebook page, look out for posters or check the Monthly Newsletter for further updates, schedules and upcoming events that you surely won't want to miss!

MWR NSA BAHRAIN and NAVY ENTERTAINMENT PRESENT

STEP AFRIKA!

Step Afrika! is the only professional dance company in the world dedicated to the tradition of stepping. Founded in December 1994, the company is critically acclaimed for its efforts to promote an understanding of and appreciation for stepping and the tradition's use as an educational tool for young people worldwide. Step Afrika! reaches tens of thousands of Americans each year and has performed on prestigious stages in North and South America, Europe, Africa, Asia and the Caribbean.

WWW.STEPAFRIKA.ORG



• **Friday, May 4 @ 1900**
Freedom Souq Courtyard

• **Sunday, May 6 @ 1900**
Multi-purpose Room

