

preview

NAS Sigonella, Sicily • MWR magazine

August 2016

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INSIDE Sigonella Run Series!

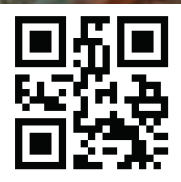
Back to School Dash - Run #1

San Lorenzo Night - Shooting Stars

Be part of this ancient tradition at the Borgo Antico Agriturismo.

Marzamemi Boat Tour

Spend your Sundays relaxing, swimming and snorkeling in Marzamemi.



SIGONELLA RUN SERIES

2016 • 2017



August 27	Back to School Dash
September 9	POW/MIA Remembrance Run
October 5	Breast Cancer Awareness Run
October 21	Zombie "Run 4 Your Life"
November 19	Harvest Run
December 7	Santa Dash
January 7	Overcome Your Obstacles
February 4	Love 'em or Leave 'em
March 18	Base 2 Base Run with the Leprechauns

Midtown 2 Theaters Movie Hotline x4248

\$2 Tuesdays at 2 Every Tuesday

Time: 2:00 pm - 4:30 pm **Cost:** \$2 Adults (12 years & older) / \$1 Kids (6-11 years old) / Free (5 years & under)
 Enjoy a break from the afternoon heat and check out the newest movies on the big screen. Enjoy freshly popped popcorn, assorted candy and cold drinks at the concession stand.

Free Birthday Movie! Every Wednesday

Time: See Movie Schedule **Cost:** Free (Valid for one-time use)
 If it's your birthday month, show us your valid military, family member, or DoD civilian ID during the month of your birthday and enjoy 1 free movie on us to celebrate your special day!

16 Baby & Me Movie Matinee

Time: 11:00 am - 12:30 pm **Cost:** \$3 Adults (12 years & older) / \$2 Kids (6-11 years old) / Free (5 years & under)
 A family friendly movie experience with dim lights, lower sound volume and plenty of stroller parking. Available the third Tuesday of every month.

19 Flick N' Float – The Peanuts Movie

Time: NAS I Splashers Pool **Starts:** Sundown **Cost:** Free
 Splashers pool and Midtown 2 Theaters present The Peanuts Movie! Float in the pool and watch the movie unfold as Snoopy embarks upon his greatest mission as he and his team take to the skies to pursue their arch-nemesis, while his best pal Charlie Brown begins his own epic quest back home to win the love of his life.. Concessions will be available pool side . Enter only through poolside entrance. All pool rules apply.



Library x3875

Read for the Win at the MWR Library

The Super Summer Reading Program will have reading fun with prizes and games for children of all ages. If you didn't sign-up in June you can still participate. This program will occur **EVERY WEDNESDAY** throughout July from 10 a.m.- Noon at the library. The 10 a.m. final celebration on Wednesday, August 3 will provide certificates, prizes, and a movie showing.

Youth Complex x1750 • x1747

2 Etnaland Water Park

Depart: 9:00 am **Return:** 4:00 pm **Cost:** \$30
Sign up By: July 29 (SAC)
 What better way to spend a hot summer day than with a trip to Etnaland! Join the Youth Complex for some wet n' wild fun as we head to the water park for the day. Remember to bring money (euro) for lunch and souvenirs. Meet at the Youth Complex at 8:30 am.

YOUTH COMPLEX ELIGIBILITY
11 years old and in the 6th grade to 18 years of age and still in high school

9 Wake Boarding at Sun Island

Location: Lago Nicoletti **Depart:** 9:00 am
Return: 4:00 pm **Cost:** \$35 (SAC) **Sign up by:** August 5
Ages: 15+
 Teens can enjoy a relaxing day on the lake as they play volleyball, eat a barbecue lunch, and try wake boarding. Kayaks and SUPs will also be available to use during the trip. Meet at the Youth Complex at 8:30 am.

12 Horseback Riding

Location: Centro Volteggio ed Equitazione Sole dell'Etna
Depart: 1:00 pm **Return:** 7:00 pm **Cost:** \$15 (SAC)
Sign up by: August 10
 Youth will learn how to successfully mount and ride a saddled horse as well as different commands to use when navigating the horses on the trail. Please bring either a sack lunch or money (euro) for lunch. Meet at the Youth Complex at 12:45 pm.

15 Military Working Dogs

Location: Marinali Field **Time:** 4:00 pm - 5:00 pm
Cost: FREE
 Youth will get a first-hand look at how Military Working Dogs are taken care of by their handlers and will have the opportunity to watch a variety of demonstrations. Meet at the Youth Complex at 2:30 pm for a ride. We will return to the facility by 4:30 pm.

16 Private Movie at Midtown 2 Theaters

Location: Midtown 2 Theaters **Starts:** 2:00 pm
Ends: 4:30 pm
Cost: FREE (Small Popcorn & Drink Included)
 Youth Complex members can enjoy VIP treatment with a private movie. Meet us at the Youth Complex at 1:00 pm if you need a ride or meet us directly at the Midtown 2 Theaters at 1:45 pm. We will return to the facility by 4:30 pm. Transportation is limited.

17 Parent VS Youth Volleyball

Location: NAS I Gym **Time:** 5:00 pm - 7:00 pm
Cost: FREE
 Teens battle their parents in a volleyball show down. Who will come out victorious? Come to the NAS 1 gym and find out! Whether you want to play or want to cheer on the competitors, we hope to see you there! Meet at the Youth Complex at 4:30 pm. We will return to the facility by 7:00 pm.



19 Back to School Private Pool Party

Location: NAS I Splashers Pool
Time: 6:00 pm - 9:00 pm
Cost: FREE
 Youth can come and enjoy the last private pool party to celebrate the end of summer and the beginning of another school year. Food, games, and lots of FUN will be provided! Meet at the Youth Complex at 5:30 pm or Splashers at 6:00 pm. We will return to the facility by 9:00 pm.

23 A Day at the Beach

Location: La Cucaracha Beach
Depart: 9:00 am
Return: 4:00 pm **Cost:** \$10 (SAC)
Sign up by: August 19
 Enjoy a fun-filled relaxing day at the sandy La Cucaracha beach. The beach will host activities including water aerobics and line dancing. We'll also supply snorkeling gear, frisbees, and sandcastle building supplies. Bring a towel, sunscreen, appropriate swimwear, beach shoes, and money (euro) for snacks. Meet at the Youth Complex at 8:30 am. We will return to the facility by 4:00 pm.

26 Back to School Shopping & Laser Tag

Location: Q-Fun at I Portali Mall
Depart: 2:00 pm
Return: 8:00 pm **Cost:** \$20
 Friday afternoon the Youth Complex is headed to the mall for "Back to School" shopping and laser tag at Q-Fun. Bring money (euro) for shopping and dinner at McDonalds. Meet at the Youth Complex at 1:30 pm. We will return to the facility at 8:00 pm.

26 Give Parents a Break Special Opening

Location: CDC -spaces are limited
Time: 6:00 pm - 10:00 pm
Ages: 6 weeks to 12 years of age
Cost: \$4/hour/child (full payment required) **Sign up By:** August 24
 Parents, it's time for a date night! Let the CDC take care of the kids for the evening with our "Give Parents A Break" Night. Enjoy dinner without crayons or go see that movie that's a little too scary for the kids. No refunds will be issued for cancellations. All children must be registered at CYP and eligible to attend. A light snack will be served and children must eat dinner prior to attending GPAB. For more information, call 624-3736, on Monday-Friday from 6:30 am - 5:30 pm

Adult Sports x3785

Intramural Flag Football Season Coaches' Meeting

Register for the upcoming Adult Intramural Flag Football season at NAS 1 & NAS 2 gym front desks. Send a team representative to the mandatory coaches' meeting on 17 August 2016 @ 1700 in the MWR classroom, NAS 1 Midtown. Rule updates and scheduling will be discussed. Open to all Adult (18 years old and out of high school) DOD ID card holders and LN gym members. For more information please contact Adult Sports at 624-3785, or email Fitness_Sigonella@eu.navy.mil with any questions.

Intramural Volleyball Season Coaches' Meeting

Register for the upcoming Adult Intramural Volleyball season at NAS 1 & NAS 2 gym front desks. Send a team representative to the mandatory coaches' meeting on 18 August 2016 @ 1700 in the MWR classroom, NAS 1 Midtown. Rule updates and scheduling will be discussed. Open to all Adult (18 years old and out of high school) DOD ID card holders and LN gym members. For more information please contact Adult Sports at 624-3785, or email Fitness_Sigonella@eu.navy.mil with any questions.



MONDAY

Quarter Mania Monday
\$4.25 cover charge includes shoe rental and just .25 cents a game

TUESDAY - THURSDAY

Pizza, Pinz & Pop
\$20 for 2 hours of Bowling for up to 4 bowlers, shoes, 1 Large one-topping pizza, a 2-liter bottle of pop!

FRIDAY

Family and Friends Night Out 5pm-8pm \$10 per lane
Your Lane Your Way 8pm-Midnight \$10 per person

SATURDAY

Cosmic Bowling
8pm-Midnight Extreme Lighting and Music \$10 per person

SUNDAY

Budget Bowling
Bowl 1 regular price game get the 2nd FREE All day Sunday

Youth Sports x1750

29 Youth Soccer

Mon **Ages: 3-18 Cost: \$50 Sign up By: July 29**
5-18 Year Olds: \$50 3-4 Year Olds: FREE Start Smart is a parent involvement motor skill development program. Parents are required to attend every session and be actively involved throughout practice. One parent from every family is required to complete the online parent course. Please visit www.nays.org/payonline/ to complete. Participants will not receive their uniform until one parent completes the course.



8-12 August Wrestling Camp - NAS I GYM

Completed 2nd Grade - 11th Grade
Time: 1000 - 1400 (\$40)

Register for Summer Camps and Youth Sports at NAS I School Age Care
0900-1200 and 1300-1700, Mon-Fri.
Call Youth Sports at 624-1750 or email CYP_Sigonella@eu.navy.mil

Sparetime x4302

Bowling Summer Fun Pass

July - August

Time: 1:30 pm - 9:00 pm Cost: \$30 Ages: All
Summer Fun Pass gives you 5 days of unlimited bowling (including shoe rental) and a total of 5 soft drinks and 5 small popcorns per pass. Pass is valid July 1 - August 31, 2016. Pass is valid for one individual bowler.

Ladies Night!!

Every Thursday

Time: 4:00 pm - 9:00 pm Ages: All Cost: \$7
Celebrate Ladies Bowling Night!! All you can bowl with shoes included on Thursday evenings. Get the ladies together and have a blast!

Roll on Over Birthday Bowling

Ages: All Cost: FREE

Is it your birthday month? Show us your valid military, family member, or DOD civilian ID during the month of your birthday and enjoy one free game on us!



Fitness Center x4483

Sigonella MWR Fitness offers excellent workout facilities but did you know we also offer: Massage Therapy, Personal Training, Equipment Orientations, Free Fitness Classes, and a Family Fitness Gym. To learn more about what we offer contact 624-4483 or check out sigmwr.com

Fitness Assessments & Orientations

Location: NAS I and NAS II Fitness Centers

(Available for appointment)

Looking to improve or re-start your fitness routine? Set an appointment with our certified fitness professionals to measure body composition, cardio respiratory fitness, flexibility, and muscle/strength endurance. Receive an orientation on our centers cardio and strength equipment to maximize your results! For more information and to schedule an appointment, call 624-4301, or email Fitness_Sigonella@eu.navy.mil

13 Row/Swim Biathlon

Sat **Location: NAS I Splashers Pool Starts: 8:30 am**
Ages: 18 & Up Cost: FREE

Compete for the fastest time in a 2,500 meter row and 250 meter swim. Participants must be a minimum of 18 years of age and also a U.S. DOD ID card holder, or LN/NATO fitness membership holder. Event registration is free and will take place on the day of the event starting at 8:00 a.m. Medals will be awarded to the top male and female finishers. For more information, call 624-4932.

27 Back 2 School Dash 5K

Sat **Location: Marinai Community Center**
Starts: 8:00 am Ages: All



The start of the Sigonella Race Series begins now! This run will have participants dashing through the streets of Marinai. Event registration is free and will take place on the day of the event starting at 7:00 a.m. Students, register to win door prizes of school supplies! Adults will earn Captain Cup points for their command. For more information, call 624-4483, or email Fitness_Sigonella@eu.navy.mil with any questions.



Aquatics NAS I & NAS II x4932

American Red Cross Summer Swim Lessons

Location: NAS I Splashers Pool Cost: \$50 per person

Summer Swim Lessons 2016 NAS Sigonella Register for 2 week swim lessons held throughout the summer. Swim Lessons FAQs available on www.sigmwr.com

Session 4 • Registration: August 1 - August 5 online (August 6 in person) • Lessons: Aug 1- Aug 12

2 Tue Adventure Room Catania

Location: Take 5 **Depart:** 6:00 pm **Return:** 10:00 pm
Cost: \$12 **Sign-up By:** August 1 at 12:00 pm

The thrilling 60 minute real "escape the room" game is now in Catania. Try a one of a kind experience where you'll be at the center of the adventure and find clues, solve mysteries, and overcome unexpected obstacles. This is not a computer game, book or virtual reality; it's all true, and you'll be the main character. As a team, you will rely on your power of observation, your intuition, and your joint efforts, to find the solution to set you free. Transportation provided. Space is limited to 12 participants.



4 Thu August Birthday Ice Cream Social

Location: Take 5 **Time:** 11:00 am - 12:00 pm **Cost:** Free

Celebrate this month's birthdays with a free ice cream social! Build your own ice cream sundae with a variety of sweet toppings while supplies last.

6 Sat Giardini Naxos Beach Trip

Time: 9:00 am - 5:00 pm **Cost:** \$5 (Bring Euros for food)

Enjoy the day at a beach known for crystal blue waters and golden sand, without the hassle of driving. Price includes the cost of transportation only, bring euro for food or beach chair rental if desired. Register at Take 5 by 12:00 pm Friday, August 5.

10 Wed Liberty Night at the Movies

Location: Midtown 2 Theaters **Time:** 5:00 pm - 9:00 pm
Cost: FREE

Visit Take 5 Liberty Center to get a free movie pass to a movie of your choice at Midtown 2 Theaters. Tickets are valid for shows on August 10 only. This event is open to single and unaccompanied service members. You must sign up at Take 5 by 12:00 pm Wednesday, Aug 10. Passes are limited to the first 30 patrons.

12 Fri Liberty Olympics - XXL

Location: Turf Field NAS II **Time:** 5:00 pm - 8:00 pm
Cost: FREE

We're going old school with competitive, classic, childhood games. Maybe you were a playground champion as a child, but do you still have what it takes as an adult? Compete in life-size classic games like Jenga, Scrabble, Connect 4, Tri-cycle Race and the beloved Slip-N-Slide. Wear comfortable clothing and bring a swimsuit for the slip-n-slide. Trophies for the overall winner in each event! Register at Take 5 by 12:00 pm Thursday August 11.



18 Thu Barrack's Bash

Location: NAS I Barracks **Time:** 5:30 pm - 10:00 pm
Cost: FREE

Liberty is hosting a Barracks Bash on NAS I, with a live band, free food, games, 4 x4 sand volleyball and corn hole tournament. Win prizes from NEX, Movie Theater, and Bowling Center. For more information, visit Take 5 or call 624-5602.

24 Wed Master Chef: Grill Off

Location: Take 5 **Time:** 5:30 pm - 7:30 pm
Cost: FREE **Sign up By:** August 17

Whisk into a cooking frenzy in this challenge to see who is the best and most creative grill master on base. Each person will get a mystery box and have 45 minutes to create a meal on the grill that the judges will never forget. Final judging is by Take 5 staff with a NEX Gift Card and Sigonella Master Chef Apron awarded for Presentation, Flavor, and Creativity. Register at Take 5 by August 17.

26 Fri Dive in Movie

Location: NAS II Pool **Time:** 8:30 pm - 10:30 pm
Cost: FREE

Join us for a movie under the stars at the Flight Line Pool on NAS 2. Relax with a blanket or float on an inflatable while watching an action packed film.

The movie will begin at dusk. Enjoy Hot Dogs with ketchup, mustard, relish, cheese or mayo along with BBQ, plain, or sour cream and onion potato chips. Wash it down with an ice cold A&W Root beer float topped Breyers Vanilla Ice Cream. No registration required.

31 Wed NFL Fantasy Football Draft Registration

Location: Take 5 **Time:** 11:00 am - 8:00 pm **Cost:** FREE

Join Liberty's free, online Fantasy Football League. Stop by Take 5 to register on Wednesday, August 31. Once registered, you may then draft your team any time before the Sept. 6th deadline. The top scorer at the end of the season will win an NFL prize pack that includes a \$25 gift card to the NEX, a backpack and football.

Jox Pub

x5604

Wednesdays Karaoke 8:00 pm - 11:00 pm
Thursdays Salsa Dance Lessons 7:00 pm - 8:00 pm
Fridays & Saturdays DJ Dance Party 9:00 pm - 2:00 am

Connections

x4264

Salsa Night every Wednesday

Location: Connections **Time:** 7:00 pm - 8:00 pm
Ages: 18+ **Cost:** FREE

Free Salsa dance lessons, mixed with Merengue, Bachata, Cha-cha and other Latin dances. Enjoy a night of dancing and fun while getting some great exercise and meeting new friends! No partner required.

Karaoke Night every Thursday

Location: Connections **Time:** 8:00 pm - 11:00 pm
Ages: 18+ **Cost:** FREE

Sing your favorite songs every Thursday from 8:00 pm-11:00 pm. Come by yourself or bring some buddies, but either way it's sure to be a fun night at Connections!



Take5

Monday-Friday 11 am-8 pm
Weekends 2 pm-9 pm
NAS II - 624-5602

Free Wifi - Computers
Gaming Consoles - Movie Theater
Pool and Ping Pong Tables

*Single and geographical bachelors E-6 and below, are eligible for Liberty programs and activities.

Auto Skills Center x5244

Self Services

- Inside Lift Bay
- Inside Flat Bay
- Outside Bay
- Motorcycle Lift
- Hydraulic Press
- Diagnostic Scanner
- Sandblast Cabinet
- Spring Compressor
- Specialty Tools
- Tire Changer
- Wheel Balancer
- ARC Welding
- MIG Welding
- Battery Charging
- Tire Plug
- Wheel Weights
- Valve Stems



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SIGONELLA MWR





Community Recreation (ITT) x4777 • x4396

**PICK UP & DROP OFF****NAS I:** CDC Parking lot. **MARINAI:** In front of Youth Complex.**NAS II:** Flight Line Clinic Parking Lot.**All children 17 years and younger must be accompanied by a parent or guardian on ALL trips.****Children are 1/2 price on all tours, unless otherwise noted.****6 Siracusa and Seafood Restaurant****Depart:** NAS II: 8:00 am, Marinai: 8:15 am, NAS I: 8:30 am
Return: 5:00 pm**Cost:** \$67 (Includes entrance fees and lunch)

Visit the archaeological area of Siracusa, including the Ear of Dionysus, the Cordari Cave, the Greek-Roman Amphitheater, and the historic island of Ortigia. Then relax for a leisurely restaurant lunch; please choose either seafood or meat at the time of registration.

6 Circumetnea Historical Train Adventure**Depart:** NAS II 6:15 am, Marinai 6:30 am, NAS I 6:45 am
Return: 4:30 pm**Cost:** \$34 includes fees (Bring 15 Euros for Food)

Get ready for some fabulous views of Mt. Etna when you board the Circumetnea Historical Train Adventure. You will ride the train all around Mt. Etna with a stop in the notable town of Randazzo for lunch. This medieval, walled city was devastated in WWII when more than 80% of its houses were destroyed by allied forces. Please remember to wear comfortable shoes, as you will walk a bit in Randazzo.

**7 Lipari Island****Depart:** NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am **Return:** 9:30 pm
Cost: \$110 (Includes ferry fees, bus tour, & lunch)

Witness the beauty of Lipari Island, one of the seven Aeolian Islands. ITT's bus will take you to the ferry departure point where you'll travel from Sicily to Lipari by boat. Board a tour bus on Lipari to explore the island's wonderful views of the sea from the castle, in the center of town. Stops will include lunch at a local restaurant and fun in the sun at a beautiful beach for relaxing or swimming all afternoon.

**10 "St. Lorenzo's Night"- Shooting Stars & Dinner at Borgo Antico Agriturismo****Depart:** NAS II 6:30 pm, Marinai 6:45 pm, NAS I 7:00 pm **Return:** 11:30 pm **Cost:** \$60 (Includes Dinner)

Join in this ancient tradition dating back to the mid-200's when Italians celebrated under the stars. Legends say that the shooting stars are the tears of St Lorenzo; scientists say that the Perseids Meteor shower will be taking place during this time. Dinner and stargazing will be held at the Borgo Antico Agriturismo and they will have an astronomical telescope and an astrophysicist at the Agriturismo to explain the reason behind this phenomenon which has been occurring for approximately 2000 years.

17 Fireworks at Elephant Square & St. Agatha Festival**Depart:** NAS II 4:00 pm, Marinai 4:15 pm, NAS I 4:30 pm **Return:** 10:30 pm
Cost: \$20 (includes wine tasting)

Tour the Cathedral, Elephant Square, the fish market and the Roman Amphitheater. Then celebrate the summer festival of St. Agata, the patron saint of Catania. This day in August commemorates when the remains of St. Agatha were brought back to Catania. The night will finish with fireworks in Elephant Square. After that we will relax at Wine & Charm for the Wine Tasting, which will be accompanied with the typical Sicilian appetizers.



20 Agrigento: Valley of the Temples and Turkish Steps

Sat

Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am **Return:** 9:00 pm
Cost: \$76 (Includes entrance fees and 5 star lunch)

Founded as a Greek colony in the 6th century B.C., Agrigento became one of the leading cities of the Mediterranean world. Situated on the island of Sicily it is universally known for the spectacular Valley of Temples, and the sacred area of ancient Akragas, one of the most important colonies of the Greek Empire. After the tour of the Temple's Valley, we will go to see the famous White Cliff, also known as the "Turkish Steps", and then to the Madison restaurant, where we will relax and enjoy a 5 star lunch.



21 Messina and Tindari

Sun

Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 5:00 pm
Cost: \$35 (Bring Euros for fees and food)

In Messina visit the Bell Tower and Astronomical clock, which has the largest clock-work mechanism in the world and features moving statues. According to local legend, the statue was smuggled out of Constantinople in the 8th century. The ship that carried the statue was forced to port in Tindari due to the storm and the statue was placed in the local abbey for safekeeping and she is still there today.

27 Hike Vulcano's Island and Geothermal Pool

Sat

Depart: NAS II 6:00 am, Marinai 6:15 am, NAS I 6:30 am **Return:** 8:30 pm
Cost: \$80 (includes transportation by ferry, entrance fees at the geothermal pool)

Spend the day in one of the seven Aeolian Islands, Vulcano. We will hike for 2.5 hours to reach the top, where it is possible to see one of the most beautiful views of the Mediterranean Sea. After the hike you'll head to the spa area to relax in the sulfurous pools and to swim in the sky-blue ocean. Make sure to bring Euros so that you can shop for some unique gifts only available on the Aeolian Islands. Please note the mud has very strong sulfur odor. The mud may stain and the smell is almost impossible to remove. Due to these natural occurrences, we recommend you bring/wear an old swimsuit, you do not mind getting dirty, as well as a change of clothes and plastic bag for your muddy swimsuit.

28 Palermo & Mondello Beach

Sun

Depart: NAS II 6:30 am, Marinai 6:45 am, NAS I 7:00 am **Return:** 7:30 pm
Cost: \$40 (Bring Euros for entrance fees and lunch)

Join us for a tour of both the Cathedral in Palermo and the Monreale Cathedral located just outside the city. Palermo's Cathedral houses a unique mixture of architectural styles on a grand scale. Arab, Norman, Byzantine, Swabian, Romanesque, Gothic, Renaissance, Baroque; it's all there, in one grand, inspiring setting. You'll also see Monreale Church, another awe-inspiring church. This church is known for the intricate mosaics decorated in biblical themes that decorate the nave. After tours both places we will spend the rest of the day at Mondello beach, considered one of the best beaches in Palermo. Relax and have lunch while overlooking the beach. Bring beach gear to enjoy the afternoon beachside.

COMING SOON - September

2 Aeolian Islands Labor Day Weekend

Sep

Enjoy your Labor Day Weekend to the Lesser known Aeolian Island of Filicudi. This unspoiled island offers wonderful beaches of black sand amid beautiful natural surroundings. The deep sea surrounding the Island is renowned for its clear blue color and is a popular spot for snorkeling and scuba diving.

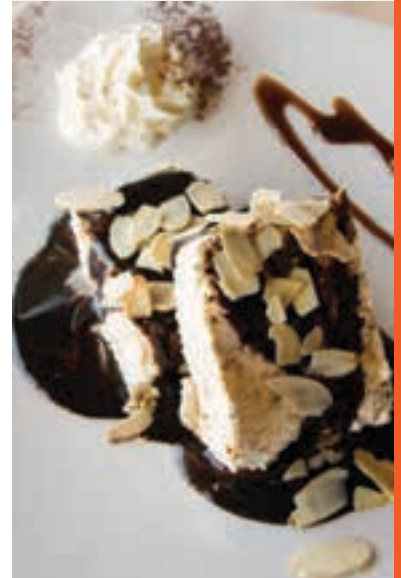
Filicudi was the first island to appear during the Eolian volcanic activity. It had seven active volcanic craters. There is still a Paleolithic village that offers the chance to walk the ancient routes where the first islanders lived. The trip will take place from September 2-5. For more information, please contact the Community Recreation Office at x4777.

2
Tue

Cooking Class: Semifreddo

Location: NAS I Midtown MWR Kitchen (2nd floor)
Time: 5:30 pm - 7:30 pm
Cost: \$40

Semifreddo is an Italian word meaning "half cold" or "half frozen." It refers to a class of frozen desserts that are similar to ice cream, but made with whipped cream instead of churning air into the mixture while it freezes. Semifreddo is very similar to mousses and are often served in the form of ice cream cakes or tarts. Learn how to make this delicious Italian treat so you can enjoy whenever you want. For more information or to register call ITT at 624-4777.

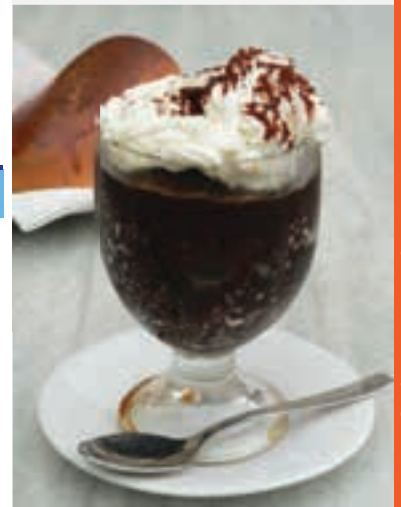


4
Thu

Cooking Class: Granita and Brioche

Location: NAS I Midtown MWR Kitchen (2nd floor)
Time: 5:30 pm - 7:30 pm
Cost: \$40

Granita and brioche is a Sicilian favorite during the hot summer months! Learn how to make this icy treat so you can enjoy it when ever you want! For more information or to register call ITT at 624-4777.



Sea-Kayak Safety Class

AAAAA

Ages: 16+ **Cost:** \$40 (Includes instruction and gear rental)

A two-part sea-kayak safety class. There will be two sessions, one in the pool and one on open water. Learn basic kayak skills and self-rescue techniques. This course is required to rent sit-in kayaks from ODR.

Aug 9 • Pool Session 5:30 pm - 7:30 pm

Aug 11 • Open Water Session 4:30 pm - 9:00 pm



SCUBA Certification ☺☺☺☺☺

Location: MWR Classroom & NAS I Pool

Time: 5:30 pm - 7:30 pm

Ages: 16+ **Cost:** \$350

Earn your Professional Association of Diving Instructors (PADI) Certification during this Scuba class. The certification class includes knowledge development to understand the basic principles of scuba diving, confined water dives to learn basic scuba skills, and open water dives to use your skills and explore! You will be required to provide your own transportation to the open water dive site.

Call 624-4777 to register for more information.

Schedule:

August 16-19, 22-26 & 29-30

September 3-4 – Open Water Dives

Navy Community Rec reserves the right to modify tour itineraries in the event of unforeseen circumstances.

Difficulty levels ☺

Adrenaline scales ☺



Community Recreation (ODR)

x4777 - x4396

PICK UP & DROP OFF

NAS I: CDC Parking Lot. **MARINAI:** In front of Youth Complex. **NAS II:** Flight Line Clinic Parking Lot.

All children 17 years and younger must be accompanied by a parent or guardian on ALL Community Recreation trips.

Children are 1/2 price on all tours, unless otherwise noted.

5 Paintball By Night

AAAAA

Depart: NAS II 4:30 pm, Marinai 4:45 pm, NAS I 5:00 pm **Return:** 10:30 pm **Ages:** 10+
Cost: \$5 (Includes transportation only; Bring €30 to pay on-site)

Play paintball in Motta Sant'Anastasia for an adrenaline rush! The field provides both urban and natural structures to use as barriers. Bring water, snacks and € to pay for gear rental, paint and BBQ.

6 Vendicari Nature and Photography Hike

AAAAA

Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 3:00 pm **Ages:** 10+
Cost: \$35 (Includes transportation and local nature guide)

Located along Sicily's Ionian coast, Vendicari Nature Reserve features azure water and an undeveloped coastline. Practice your landscape photography, track a fox through the sand, and learn about the ecology of this environmentally important area from a local naturalist. Please bring a sack lunch.



Marzamemi Boat Tour

AAAAA

Sundays 7, 21 & 28

Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am **Return:** 5:00 pm **Cost:** \$95

Spend a relaxing day of sightseeing, swimming and snorkeling in the spectacular, crystal clear waters of Marzamemi. This small fishing village is located on the southeastern coast of Sicily. Enjoy a delicious Sicilian BBQ lunch aboard the boat. Bring water, snacks, swimsuit, towel, sunscreen and sunglasses. Price includes boat tour, snorkeling gear (while supplies last), SUP and Sicilian BBQ lunch.



Age Restrictions for each trip vary and are dealt with on a trip by trip basis. Please inquire for more detailed trip information regarding the physical demands of each trip.

7 Sun Tandem Paragliding Taormina



Depart: NAS II 8:00 am, Marinai 8:15 am, NAS I 8:30 am **Return:** 4:00 pm **Ages:** 18+
Cost: \$20 (Includes transportation only; Bring €150 to pay on site for parasail, picture and video)

Enjoy 15-20 minutes paragliding around the region of Taormina. Departure point is weather dependent. Transportation and reservation provided. Bring cash to be paid on site and a pack lunch.

26 Fri SUP Acitrezza by Night

AAAAA

Depart: NAS II 4:00 pm, Marinai 4:15 pm, NAS I 4:30 pm
Return: 9:30 pm **Ages:** 16+
Cost: \$20 (Bring Euro for a snack)

Stand up paddleboard the marine reserve of Acitrezza. Acitrezza is a wonderful fishing village that sports three small volcanic islands. If needed, Navy Community Rec. guides will offer instruction regarding balance, control, paddle strokes and turning techniques. Light snack of panini or granita in this quaint village will follow paddleboarding.

13 Sat Marzamemi Boat Tour by Night

AAAAA

Depart: NAS II 3:30 pm, Marinai 3:45 pm, NAS I 4:00 pm **Return:** 12:30 am **Cost:** \$95

Spend an evening off the coast of Marzamemi sightseeing, swimming and snorkeling! Marzamemi is a small fishing village located on the southeastern coast of Sicily that offers spectacular crystal clear blue-green waters. Enjoy a delicious Sicilian BBQ dinner aboard the boat. Bring water, snacks, swimsuit, towel, sunscreen, and sunglasses. Price includes boat tour, snorkeling gear (while supplies last), SUP and a Sicilian BBQ lunch.

14 Sun Horseback Riding Parco dell'Etna & Sicilian BBQ

AAAAA

Depart: NAS II 8:30 am, Marinai 8:45 am, NAS I 9:00 am **Return:** 4:00 pm **Ages:** 12+
Cost: \$75 (Includes transportation, 1 hour ride and Sicilian BBQ lunch)

Enjoy a relaxing trail ride through Parco dell'Etna in Belpasso. Riders will trail ride in groups of three. Games, music, a bonfire and a Sicilian BBQ lunch will be provided while others ride. We recommend wearing jeans, boots (up to ½ inch heel), leather gloves and sunscreen. The riding center can accommodate beginner to advanced riders.



20 Sat Kayak by Night Tour from Catania to Acitrezza (expert)

AAAAA

Depart: NAS II 3:30 pm, Marinai 3:45 pm, NAS I 4:00 pm **Return:** 11:00 pm
Ages: 16+ **Cost:** \$40 (Includes transportation and gear rental; bring Euros for dinner)

Kayak from Catania to the fishing village of Acitrezza. Enjoy this evening paddle along the coast and watch the sunset. Stop in Acitrezza to grab a Paninio or granita and brioche before returning by van. Prior kayaking experience is recommended.

20 Sat Swordfish Fishing, Sicilian Style

AAAAA

Depart: NAS II 7:00 am, Marinai 7:15 am, NAS I 7:30 am **Return:** 4:00 pm **Ages:** 12+
Cost: \$85 (Includes a fish lunch onboard)

Fish like a Sicilian! Take part in the hunting of swordfish like the ancient Sicilian people used to do with harpoons. The hunt will take place in the Straits of Messina, between Messina and Reggio Calabria. This kind of fishing is only possible from May to September.

21 Sun Hike Cava del Carosello and Noto Antica

AAAAA

Depart: NAS II 7:30 am, Marinai 7:45 am, NAS I 8:00 am **Return:** 5:00 pm **Ages:** 10+
Cost: \$35 (Includes transportation and naturalist guide.)

This 7 mile hike explores the ruins of Noto Antica, destroyed by the major earthquake of 1693. With the help of a local naturalist guide, descend through thick vegetation to the valley floor to explore Cava del Carosello and an ancient tannery along the Asinaro River. Please bring appropriate shoes and clothing for hiking, snacks, water, lunch and binoculars.



MWR Directory

Admin Office

MWR Administration

Phone 624-3968

Mon-Fri: 7:30 am - 4:00 pm

Sat, Sun & Holidays: Closed

HR Personnel Office

Phone 624-0522

Mon, Wed-Fri: 7:30 am - 4:00 pm

Tue: 12:30 pm - 4:00 pm

Sat, Sun & Holidays: Closed

Athletics

Adult Sports Coordinator

Phone 624-3785

Fit District NAS I

Phone 624-4483

Mon-Fri: 5:30 am - 8:30 pm

Sat-Sun-Holidays: 10:00 am - 5:30 pm

Flight Line Fitness Center NAS II

Phone 624-5243

Mon-Fri: 5:00 am - 10:00 pm

Sat-Sun-Holidays: 7:00 am - 7:00 pm

Grinderz Skate Park NAS I

Mon-Sun: 8:00 am - 8:00 pm

Splashers Pool NAS I

Phone 624-4334

Fitness Lap Swim - Tue/Thu:

5:30 am - 8:00 am

11:00 am - 5:30 pm

Recreation Swim - Sat/Sun:

11:00 am - 5:30 pm

Recreation Swim - Mon/Fri:

12:00 pm - 6:00 pm

NAS II Flight Line Pool

Phone 624-7766

Fitness Lap Swim - Mon/Wed/Fri:

5:30 am - 8:00 am

11:00 am - 1:00 pm

2:30 pm - 5:30 pm

Business Activities

Auto Skills Center NAS II

Phone 624-5244

Tue-Fri: 11:00 am - 7:00 pm

Sat: 09:30 am - 5:30 pm

Sat, Sun & Holidays: Closed

Midtown 2 Theaters

Movie Hotline 624-4248

Theater Reservations 624-4216

Mon: Closed

See Movie Schedule

Sparetime Bowling Center

Phone 624-4302

Mon-Thu: 1:30 pm - 9:00 pm

Fri: 1:30 pm - Midnight

Sat: 4:00 pm - Midnight

Sun: 11:00 am - 7:00 pm

Connections NAS I

Phone 624-4264

Sun-Thu: 4:30 pm - 11:30 pm

Fri-Sat: 6:00 pm - 1:00 am

Jox Pub - NAS II

Phone 624-5603

Sun-Thu: 5:00 pm - Midnight

Fri-Sat: 7:00 pm - 2:00 am

Child & Youth Programs

Child Development Center NAS I

Phone 624-3736

Mon - Fri: 6:30 am - 5:30 pm

Sat & Sun: Closed

Child Development Homes/Office

Phone 624-3185

Mon - Fri: 7:30 am - 4:30 pm

Sat & Sun: Closed

Child & Youth Programs

SAC (School Age Care)

Phone 624-3712

Mon - Fri:

6:30 am - 7:30 am & 2:15 pm - 5:30 pm

School's Out Days: 6:30 am - 5:30 pm

Sat - Sun & Holidays: Closed

School Liaison Office

Phone 624-3242

Youth Complex Marinai

Teen Center & Youth Sports

Phone 624-1750 or 624-1747

Mon - Thu: 3:00 pm - 8:00 pm

Fri: 3:00 pm - 10:00 pm

Sat - Sun & Holidays: Closed

Navy Community Rec

Liberty & Take 5 NAS II

Phone 624-5602

Mon-Fri: 11:00 am - 8:00 pm

Sat-Sun-Holidays: 2:00 pm - 9:00 pm

Library NAS I

Phone 624-3875

Mon-Fri: 10:00 am - 6:00 pm

Sat-Sun & Holidays: Closed

Shell Travel Agency NAS I

Phone 624-4388

Mon - Fri: 11:00 am - 4:00 pm

Sat - Sun & US Holidays: Closed

ITT, Outdoor Trips & Equipment Rental; Green Space, Compass Room & Chart Room Reservations

Phone 624-4396 or 624-4777

Mon - Fri: 9:30 am - 5:30 pm

Sat: 9:00 am - 1:00 pm

Sun: Closed

HOURS OF OPERATION:
MON-FRI 11:00 am - 4:00 pm



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Ida Jensen

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By appointment only

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24 hours a day
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RESERVATIONS AVAILABLE



Door to Door Service

NAS I to...	Day Rate	Late Night*	NAS II or Marinai to...	Day Rate	Late Night*
NAS II	20 euro	25 euro	NAS I	20 euro	25 euro
Motta	20 euro	25 euro	Motta	30 euro	35 euro
Porte di Catania	20 euro	N/A	Porte di Catania	30 euro	N/A
Centro Sicilia	25 euro	N/A	Centro Sicilia	35 euro	N/A
Etnapolis	25 euro	N/A	Etnapolis	35 euro	N/A
Catania Airport	30 euro	35 euro	Catania Airport	40 euro	45 euro
Catania Elephant Square	30 euro	35 euro	Catania Elephant Square	40 euro	45 euro
Catania Train Station	35 euro	40 euro	Catania Train Station	45 euro	50 euro
Acitrezza	50 euro	60 euro	Acitrezza	60 euro	70 euro
Outlet Village	55 euro	N/A	Outlet Village	65 euro	N/A
Etna	70 euro	80 euro	Etna	80 euro	90 euro
Augusta	80 euro	90 euro	Augusta	80 euro	90 euro
Taormina Beach/Center	85 euro	95 euro	Taormina Beach/Center	95 euro	105 euro
Gambino Winery	85 euro	N/A	Gambino Winery	95 euro	N/A
Siracusa (Ortigia Center)	85 euro	95 euro	Siracusa (Ortigia Center)	95 euro	105 euro

Motta to...
Catania Airport

Day Rate 35 euro **Late Night*** 40 euro

Flat and discounted rates.

€5 / person surcharge after 4 people.

All other locations, call for quote.

Additional fee for excess luggage that exceeds taxi's capacity

* Late Night is 11 pm - 6 am



Personal Trainers



Tiziana Castro

Phone: 331-164-5456 Email: Tizianagann74@gmail.com

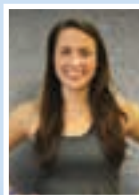
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Danielle Thornhill

Phone: 348 839 3753 Email: thornfit08@gmail.com

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Grace Barnett Harvey

Phone: 348 837 2294 Email: Barnett.grace@gmail.com

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COLOR KEY

- Adult sports x3785
- Community Events
- Aquatics x4932

- Auto Skills Center x5244
- Midtown 2 Theaters x4248
- Bowling x4302
- Connections x4264

- Liberty/Take 5 x5602
- Jox Pub x5603
- ITT x4777, x4396
- Outdoor Rec x4777, x4396

- Youth Complex x1750
- Library x3875
- Youth sports x1750
- Fitness x4483, x2712

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Quarter Mania 1	\$2 Tuesdays at 2 2 Etnaland Water Park Aventure Room in Catania Cooking Class: Semifreddo	Free Birthday Movie 3 Karaoke Salsa Night	Ladies Night 4 Birthday Ice Cream Social Salsa Dance Lessons Karaoke Cooking Class: Granita	Family & Friends Night 5 Dance Party Paintball by Night	Cosmic Bowling 6 Giardini Naxos Beach Dance Party Siracusa Seafood Antique Train Adventure Vendicari Nature Hike
Budget Bowling 7 Lipari Island Marzamemi Boat Tour Tandem Paragliding	Wrestling Camp 8 Quarter Mania	\$2 Tuesdays at 2 9 Wake Boarding Sea-Kayak Safety Class	Free Birthday Movie 10 Liberty Night at the Movie Karaoke Salsa Night Shooting Stars	Ladies Night 11 Salsa Dance Lessons Karaoke Sea-Kayak Safety Class	Horseback Ride 12 Family & Friends Night Liberty Olympics - XXL Dance Party	Row/Swim Biathlon 13 Cosmic Bowling Dance Party Marzamemi Boat Night
Budget Bowling 14 Horseback Ride	Military Working Dog 15 Quarter Mania	\$2 Tuesdays at 2 16 Baby & Me Movie Matinee Private Party	Free Birthday Movie 17 Parents vs Youth Flag Football Meeting Karaoke Salsa Night Fireworks in Catania	Volleyball Meeting 18 Ladies Night Barrack's Bash Salsa Dance Lessons Karaoke	Flick n' Float 19 Back to School Party Family & Friends Night Dance Party	Cosmic Bowling 20 Dance Party Agrigento Valley Kayak by Night Swordfish Fishing
Budget Bowling 21 Messina & Tindari Marzamemi Boat Tour Hike Cava del Carosello	Quarter Mania 22	\$2 Tuesdays at 2 23 A Day at the Beach	Free Birthday Movie 24 Master Cher: Grill Off Karaoke Salsa Night	Ladies Night 25 Salsa Dance Lessons Karaoke	Shopping & Laser Tag 26 Parents Break Family & Friends Night Dive in Movie Dance Party SUP Acitrezza by Night	Back 2 School Dash 27 Cosmic Bowling Dance Party Vulcano's Island
Budget Bowling 28 Palermo & Mondello Beach Marzamemi Boat Tour	Youth Soccer 29 Quarter Mania	\$2 Tuesdays at 2 30	Free Birthday Movie 31 NFL Fantasy Football Karaoke Salsa Night	<h1 style="margin: 0;">AUGUST 2016</h1>		

