

Press Release

374th Force Support Squadron



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Yokota AB Japan, Wednesday, Jul 1, 2009

Please post the following information. If you have any questions, please contact Marketing or the event POC listed below.
All information found herein is subject to change without notice.

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High Interest Items

Golf 4 Juniors Summer Golf Clinics

POC: Yokota Par 3, 225-8815

Sign up now at the Yokota Par 3

Ages 6 to 13

- \$99 per junior (includes a set of clubs, goodie bag, three days of lessons, end of session luncheon)
- \$65 per junior (includes goodie bag, three days of lessons, end of session luncheon)

Wed-Fri • 10am to 12pm

Remaining Sessions:

Session 2: 24-26 Jun

Session 3: 15-17 Jul

Session 4: 22-24 Jul

Session 5: 5-7 Aug

Call the Par 3 at 225-8815 for more details.

Youth Programs Summer Camps

POC: Youth Center, 225-7441

The Youth Center is offering several youth camps for youth and teens this summer. Call the Youth Center for more details on the following camps.

Archery Camp

Mon-Fri • 7-10 Jul • Tachi Field

Miniature Archers Tournament • 9 Jul

Registration \$30 (includes camp shirt)

Ages 7 to 15 • 9 to 10:30am

For youth ages 9 and older, Youth Programs Membership is required. Space is limited.

Soccer Camp

Mon-Fri • 20-24 Jul • Tachi Field

Registration \$30 (includes camp shirt)

Ages 5 & 6 • 8 to 9:30am

Ages 7 & 8 • 9:40-11:10am

Ages 9 to 12 • 4:30 to 6pm

Ages 13 to 18 • 6:10 to 7:40pm

For youth ages 9 and older, Youth Programs Membership is required. Space is limited.

Cheer Camp

Mon-Fri • 3-7 Aug • Youth Center

Registration \$30 (includes camp shirt)

Ages 6 to 8 • 9 to 11am

Ages 9 to 12 • 1 to 3pm

Ages 13 to 18 • 4 to 6pm

For youth ages 9 and older, Youth Programs Membership is required. Space is limited.

Missoula Children's Theater Presents: The Jungle Book

Mon-Fri • 10-14 Aug

Taiyo Community Center

Free • Auditions: 10 Aug, 10am

Showtime: Sat, 15 Aug, 7pm

For youth entering 1st through 12th grade

Youth Bowling Summer Camp

POC: Tomodachi Lanes, 225-7191

Mon-Wed, 13-15 Jul • Wed-Fri, 29-31 Jul

\$15 per person • Tomodachi Lanes

Session I: 1 to 3pm • Ages 5 to 10 • Two games

Session II: 3 to 6pm • Ages 11 to 18 • Three games

Age groups are: 5-7, 8-10, 11-13, and 14-18

Learn bowling techniques from a certified bowling instructor, tour the bowling center and participate in a Youth Tournament on the last day of the camp with prizes given to the top 3 bowlers in each age group.

August ITT Trip Sales

POC: ITT, 227-7083/7084

Sat • 4 Jul • 10am • ITT, Yujo Community Center

ITT August Trips go on sale on Sat, 4 Jul at 10am! Sign up early so you don't miss the bus!

Celebrate America Event Signups

POC: Taiyo Community Center

Celebrate America, the FSS 4th of July celebration, is just around the corner. Part of the 4th of July fun includes events and challenges throughout the day. You can participate and may win prizes in the Scavenger Hunt, Goofy Golf, Colossal Cookie Challenge, Chili Cook-off, Apple Pie Bakeoff, and the popular basketball three-point shootout. Registration is required in advance for some of these activities. Sign-ups are taken at the Taiyo Community Center. Visit www.YokotaSupport.com for rules and sign up information or call 225-6955.

Event	Signup Deadline	Prizes (in FSS Smart Money)
Firecracker 5K	At Event	T-Shirts
Goofy Golf	At Event	\$150/\$100/\$50 FSS Smart Money
Cookie Challenge	1 Jul	\$75/\$50/\$25 FSS Smart Money
Scavenger Hunt	3 Jul	\$1000/\$600/\$300/\$100 FSS Smart Money
Chili Cook-off	1 Jul	\$300/\$150/\$75 FSS Smart Money
Apple Pie Bake	1 Jul	\$300/\$150/\$75 FSS Smart Money
3-Point Shoot-out	4 Jul	\$75+NBA Jersey/\$50/\$25 FSS Smart Money
(Youth 6 & under: \$50+Jersey/\$25/\$10)		
Water Balloon Toss	At Event	\$100/\$50/\$25 FSS Smart Money • 3 Categories

Celebrate America

POC: Marketing & Publicity, 225-3308

Celebrate America is almost here! Come out to Hangar 15 where FSS will host a number of fun events throughout the day. You can drive go-carts, watch juggling clowns, try out the Monkey Motion, practice your shot at the paintball shootout, bring the kids to the youth carnival, play in private organization game booths, and more! Enjoy a free meal of ribs, chicken, shredded beef, hamburgers and hot dogs from FSS from 3 to 7:30pm. Dance and sing along with the AF Band Pacific Trends from 3 to 8:30pm. End the night with a bang with the Fireworks Finale starting at 8:40pm. *Parking is limited; please plan accordingly.*

Body Building Competition Sign Ups

POC: Samurai Fitness Center, 225-8889

Sun • 26 Jul • 9am to 3pm • Taiyo Community Center

Participant Fee: \$30 or ¥3,000 • **Sign up by 12 Jul**

Spectator Tickets: \$10 or ¥1,000

Come see what the best U.S. and Japanese athletes have to offer! Watch an amazing show featuring Ronnie Coleman, eight-time Mr. Olympian! Don't miss the biggest bodybuilding show in Japan. Contact the Samurai Fitness Center for more information at 225-8881 or visit at www.YokotaSupport.com.

Announcements

Base Taxi Service Ceased

POC: Vehicle Operations, 225-7720

Due to reasons beyond our control, the Base Taxi Service on Yokota will be discontinued as of July 1. The last day of operation will be June 30. Solicitations for a new taxi contractor are being pursued. We apologize for any inconvenience this might cause. For additional information call 225-7720

Café Kirara – Now Open!

POC: Officers' Club, 225-8526

Café Kirara in the Yujo Community Center is now open! Many of you know this café by its former name, "Suzuki's". Come by and check out the new renovations and the expanded menu, including your favorite curry dishes. Operating hours are Monday to Friday 6:30am to 9pm, and Saturday 11am to 9pm. On holidays Café Kirara will be open from 11am to 9pm. Closed Sundays. Call 225-8526 for additional information.

West Side Deli Productions and Mosukoshi Closure

POC: Enlisted Club, 227-8820

West Side Deli Productions and Mosukoshi Delivery, operated from the Taiyo Community Center, will be closed from through Mon, 6 Jul, reopening for business on Tue, 7 Jul. We apologize for any inconvenience this may cause.

Par 3 Driving Range Closure

POC: Yokota Par 3, 225-8815

The Yokota Par 3 Driving Range is closed, effective immediately, until further notice to make necessary facility repairs. The Par 3 Course will remain open for business and all other programs will continue as normally scheduled. We apologize for any inconvenience and look forward to your continued patronage.

Youth Activities, Classes, Clubs and Announcements

Book-A-Trip: Read Around the World

POC: Base Library, 225-7490

AF Libraries Summer Reading Program

Through-6 Aug

Visit the Base Library for more details about the program!

Summer Reading Program Craft Activity:

Ages 5 to 14

Chinese Dragon Craft

Thu • 2 Jul • 2 to 3pm

Teen Summer Grill

POC: Teen Center, 225-6793

Thu • 2 Jul • 4 to 7pm • Teen Center

Ages 13 to 18 • Cost: Members \$3, Nonmembers \$5

This event includes BBQ, games, contests, music, and giveaways. Don't miss out on a great evening of FUN!

Youth 8 Pin No-Tap Tournament

POC: Tomodachi Lanes, 225-7191

Sat • 4 Jul • 1pm • Cost: \$8 per person • Sign up begins at 12:30pm

Youth, get those lanes rumbling! This tournament is open to Yokota youth 7 to 16 years old. Bowlers compete in a single elimination scratch tournament using the 8 pin no-tap format. Prizes are awarded to high series in each age group participating. Additional prizes may be won during separate drawings in each game. Children under the age of 12 must be accompanied by an adult.

Tokyo Disneyland

POC: Youth Center, 225-7441

Wed • 8 Jul • 8 to 10pm • Depart Youth Center

Youth ages 9 to 12, Teens ages 13 to 18 • Cost: Youth Members \$30, Youth Nonmembers \$40, Teen Members \$50, Teen Nonmembers \$60

Experience Tokyo Disneyland! This could be the chance of a lifetime. Meet Mickey & Minnie Mouse at Tokyo Disneyland!

EEFO Challenge: Tug 'O War/Water Balloon Toss

POC: Youth Center, 225-7441

Fri • 10 Jul • 4 to 5pm • Youth Center

Free • Ages 9 to 12

Extreme Endurance Face Off (EEFO) is back and the challenges have begun! Test your endurance and your hand/eye coordination skills! Log in FitFactor points upon completion of each challenge.

Toshimaen Water Park

POC: Youth Center, 225-7441

Fri • 17 Jul • 8 to 5pm • Depart Youth Center

POC: Teen Center, 225-6793

Youth ages 9 to 12, Teens ages 13 to 18 • Cost: Youth Members \$30, Youth Nonmembers \$40, Teen Members \$50, Teen Nonmembers \$60

Enjoy a day in the pool, ride the waterslides and beat the surf in the wave pools. You can test your fears on the roller coasters and magic carpet rides!

Teen Choice Flicks Movie Night

POC: Teen Center, 225-6793

Every Fri • 8pm • Teen Center Mini-Theater • Free

Kick back with friends and watch your favorite movies! Enjoy all-you-can-eat popcorn for just \$1.50 from the Center's movie theater-style popcorn machine. All movies are pre-screened by staff and rated PG-13.

Making the Grade

POC: Tomodachi Lanes, 225-7191

High school students, study hard! Bowl for free at Tomodachi Lanes, just for making good grades! Earn all 'A's and 'B's in a single term, and you will receive free bowling every day until your next report card comes out*, and one free American Menu Combo Meal each term! Just bring in your report card from YHS or your off-base school for verification by a Tomodachi Lanes duty manager, and you'll receive your free bowling and meal card. Study hard, and make the grade! **Two hour limit on lane usage per day and one free American Menu Combo Meal each term only. Shoe rental included.*

Dial-A-Story

POC: Automated Story Line, 225-2004

Call 225-2004 anytime and hear a new story every week, 24 hours a day!

1-7 Jul • *Independence Day*

8-16 Jul • *The Goats in the Wheat Field*

17-24 Jul • *Fire-Bringer*

25-31 Jul • *Fox and Grapes*

Children's Story Time

POC: Base Library, 225-7490

Mon • 11:30am to 12pm • Library

6 & 20 Jul • *American Style**

13 & 27 Jul • *Japanese Style*

Kids and parents will have lots of fun with stories, songs and games. **There will be no Spanish Style Story Time in July and August.*

Enlisted and Officers' Clubs

Membership Social Hour Themes at the Officers' Club

POC: Officers' Club, 225-8526

Officers' Club • Every Fri • 4:30pm • Adults Only

Officers' Club Members, come to the Samurai Lounge for fun and fellowship on Fridays and enjoy a different theme each week. Enjoy the Social Hour Buffet from 5 to 7pm. You could win \$50, \$75 or \$150-\$1,199 just for being present.

Upcoming Events:

3 Jul • All Requests Night

10 Jul • Officers' Call

17 Jul • Top 40/Dance Night

24 Jul • Country Night

31 Jul • Latin Night

Entertainment at the Enlisted Club

POC: Enlisted Club, 227-8820

Adults Only • Enlisted Club Members Free, Nonmembers \$10

There's always something to do at the Enlisted Club! Round out your week in the Spectrum Lounge with DJ entertainment.

Upcoming Events:

Fri, 3 Jul, 8pm • R&B

Fri, 10 Jul, 8pm • Old School Dance: 80s & 90s

Sat, 11 Jul, 8pm • 60s, 70s, 80s Funk/R&B

Fri, 17 Jul, 8pm • R&B

Sat, 18 Jul, 8pm • Reggae/Hip Hop

Fri, 24 Jul, 8pm • R&B

Sat, 25 Jul, 8pm • R&B

Membership Appreciation Breakfast

POC: Enlisted Club, 227-8820

Mon • 13 Jul • 6:30 to 9am • Enlisted Club Ohsawa Ballroom

Show your Enlisted or Officers' Club Card and receive your breakfast buffet free.

State Admission Day

POC: Enlisted Club, 227-8820

Mon • 13 Jul • Enlisted Club Charlie T's

Club Member Residents of Idaho, Wyoming, and New York

Southern Comfort Buffet

Show your driver's license and AF Club card to our cashier and your lunch buffet is compliments of your Yokota Enlisted Club. Must be a Yokota Club Member to participate.

Charlie T's Saturday Dinner Specials

POC: Enlisted Club, 227-8820

Sat • 5 to 9:30pm • Enlisted Club Charlie T's Restaurant

Charlie T's Saturday Night Dinner Special

In July you can get an All-American BBQ dinner at Charlie T's. Come in to enjoy a mouthwatering plate of ribs served up with mashed potatoes and corn on the cob. Only \$15.95 (\$2 Members First discount).

Charlie T's After Dark (Extended Hours)

POC: Enlisted Club, 227-8820

Fri & Sat • 10pm to 7am

Limited overnight weekend menu at Charlie T's!

BINGO at the Enlisted Club

POC: Enlisted Club, 227-8820

Tue, 7pm & Fri, 7:15pm (cards go on sale at 6pm) • Sun, 3pm (cards go on sale at 2pm)*

Get your daubers ready for BINGO at the Enlisted Club. You have the chance to win up to \$15,000 every session. Open to All Ranks; Club Members only.

Karaoke at the O Club

POC: Officers' Club, 225-8526

Thursdays & Saturdays • 8pm • Officers' Club Samurai Lounge • Members Free, Nonmembers \$10

The Officers' Club hosts Karaoke every Thursday and Saturday at 8pm in the Samurai Lounge. Here is your chance to be a star! Show off your talents or support your friends at the Officers' Club!

Progressive Social Hour Jackpot every Friday at Both Clubs

POC: Enlisted Club, 227-8820

POC: Officers' Club, 225-8526

Visit your Yokota Club every Friday for a special Social Hour drawing! Members have the chance to win up to \$1,199 just for being a member of a Yokota club! There are three drawings per week at each club. Winners have five minutes to claim the prize. Drawing 1 at 5:30pm is for \$50. Drawing 2 at 6:15pm is for \$75. For the first two drawings a winner will be chosen each week until the prize is claimed. Drawing 3 at 7pm starts at \$150 the first week. If not claimed, the prize will increase by \$150 each consecutive week it is unclaimed until it reaches \$1,199!

Samurai Lounge Drink Specials

POC: Officers' Club, 225-8526

Tue-Sat • Officers' Club Samurai Lounge

Enjoy drink specials Tuesday through Saturday every week in the Officers' Club Samurai Lounge.

Daily drink specials:

Tue • 5pm to close • 70s Rock & Domestic Long Necks for \$1.75

Wed • 5pm to close • Jazz music & Well drinks for \$2

Thu • 8pm (at Karaoke) • Top 40 & Draft Night: pitchers of Miller Lite for \$3.95

Fri • 4:30 to 7pm • Membership Social Hour

Sat • 8pm • Karaoke Night

Adults/Other

Samurai Café Special Meals

POC: Samurai Café, 225-8870

Sat • 4 Jul • 11am to 1pm • Independence Day Meal

Wed • 8 Jul • 11am to 1pm • Eatin' at the Bayou Lunch

Wed • 15 Jul • 11am to 1pm • Italian Meal

Wed • 22 Jul • 11am to 1pm • Mongolian BBQ

Thu • 30 Jul • 4:30 to 7:30pm • Customer Appreciation Dinner

For the most up-to-date Samurai Café meal schedule, call the Menu Line at 225-8022 or log on to www.YokotaSupport.com. Those eligible to dine at the Samurai Café are: Active Duty Enlisted personnel, retirees, TDY DoD Civilians and TDY Officers when directed on orders.

Independence Day Sale

POC: Tama Hills Golf Course, 224-3426

Sat • 4 Jul • 5:30am to 4pm • Tama Hills Golf Course

POC: Yokota Par 3, 225-8815

7am to 6pm • Yokota Par 3

Save 10 to 20% on select items in the Tama Hills Golf Course and Par 3 Pro Shops.

Shrine Sale

POC: Yujo Community Center, 225-7713

Sat • 11 July • 9am to 4pm • Yujo

Shop for Japanese traditional crafts, furniture, Chinese or antique gifts. Get great items for yourself or find that special gift to take back to friends and family while on summer vacation.

Deployed Family Dinner

POC: Airman & Family Readiness Center, 225-8725

Sat • 11 Jul • 5 to 6pm • Samurai Café • Registration Required

Family Members of Deployed Personnel

Enjoy a delicious compliments of the A&FRC. You will get to meet other deployed family members and talk about reintegration/deployment concerns. This event is open to all families who currently have a member deployed.

Airmen's Center

POC: Yujo/Airmen's Center, 225-7713

Thu, 7 to 11pm • Fri & Sat, 7pm to 2am • E-1 to E-4 Troops and their Adult Dependents

Every Thursday eligible troops can enjoy acoustic jam/open mic night. Friday night is Big Game Night – play a PS3 or Xbox 360 on the big projector screen. And Saturday is Bring Your Own Music (BYOM) Night: Tired of the DJ not playing your kind of music? Bring your own CDs and play them on the state of the art sound system.

Fitness & Sports

Independence Day Spin 'N' Bowl

POC: Tomodachi Lanes, 225-7191

Fri • 3 Jul • All Day Event

This open bowling program is offered throughout the day. The Spin 'N' Bowl wheel is available at the control counter for a chance at discounted bowling prices. Rental shoes are not included in this program.

Adult Bowling Clinic

POC: Tomodachi Lanes, 225-7191

Sat • 4 Jul • Ages 18 and up

Clinic: • 1 to 2:30pm • Free

Tournament: 3pm • \$15 per person tournament entry fee

This clinic will include basic bowling ball technology, lane dynamics and conditions, basic bowling

techniques, demonstrations of bowling equipment and lane maintenance equipment and individual instruction during bowling exercises. Tournament participants will bowl three games and compete in men and women's categories. Money prizes will be awarded for first, second and third place high series in each category.

Red, White & Blue Tournament

POC: Tama Hills Golf Course, 224-3426

Sat • 11 Jul • 7am Shotgun Start

POC: Yokota Par 3, 225-8815

Sign up at the Yokota Par 3 or Tama Hills Golf Course Pro Shop by July 9th.

Call Tama Golf for more details.

Samurai Top Gun Tournament

POC: Tomodachi Lanes, 225-7191

Sat • 11 Jul • 11am • Cost: \$40 per person • Sign up begins at 10:30am

Serious bowlers, this tournament is for you! This is a double elimination scratch tournament in which bowlers will bowl nine games. A total of \$500 in money prizes will be distributed to the top three high series bowlers (money places are dependent on the number of bowlers entered). All women receive a 10 pin handicap.

Tamattack Paintball

POC: Tama Hills Recreation Area, 224-3421

Sat • 9am to 3pm • Tama Hills Recreation Area

Join Tama Hills Recreation Area in paintball games every Saturday. Bring your own equipment or rent everything from the Tama paintball field. If you haven't tried it yet, this exciting and adrenaline pumping sport is a must. Tama also accepts private games Wednesday through Friday and Sunday (closed Tuesdays). To reserve the field call Tama Lodge. Field Fee \$10 per person, all day; Private Game \$500 (includes all necessary requirements for up to 20 players); additional paintballs and markers on sale at Tama Outdoor Rec.

Youth Bowling Lessons

POC: Tomodachi Lanes, 225-7191

Every Wed & Fri • 4 to 5pm • Tomodachi Lanes

\$65 per youth/one month • Ages 5 to 18 (High School students and younger)

Cost includes:

- Bowling ball & Bowling ball bag (single tote)
- Bowling towel
- One month of lessons
- Free game/shoes coupon after each lesson

Plus, there will be a free pizza party on the last day of lessons and every student can take home a colorful bowling pin with autographs from their classmates. Upon completion of a month of lessons, students will be allowed to bowl for one hour free every Wednesday and every Friday until their family leaves Yokota.

Swim Lessons

POC: Sakana Pool, 225-6133

Beginning 15 Jun: Tue & Thu • 9:30 to 10:45am • \$40 per person • Sign up now!

Swim lessons will be limited due to the Natatorium pool closure. Call the Sakana Pool for more information.

Micro-Fit Health & Fitness Assessment

POC: Samurai Fitness Center, 225-8889

The Samurai Fitness Center offers Micro-Fit Health & Fitness Assessments. Find out your base line fitness information. The Micro-Fit Health and Fitness Assessment is a great way to find out your strengths and weaknesses and how to improve your fitness level. Micro-Fit is open to all active duty military, DoD civilians and their family members (ages 16 years and older), and Local Nationals assigned to Yokota. Available by appointment only.

Classes, Clinics & Clubs

Reintegration Briefings

POC: A&FRC, 225-8725

Every Tue • 10 to 11am • Airman & Family Readiness Center

If you've just returned from deployment, sign up for the Reintegration Briefing. This mandatory program works in conjunction with the Mental Health Clinic's "Landing Gear" program to provide educational, informational and referral services that will help personnel get back into the swing of things with family members, co-workers and friends.

Pre-Deployment Briefings

POC: A&FRC, 225-8725

Every Thu • 10 to 11am • Airman & Family Readiness Center

If you're getting ready to deploy for 30 days or more, you are required to attend a pre-deployment briefing at the Airman & Family Readiness Center. This program is combined with the Mental Health Clinic's "Landing

Gear” program to provide educational, informational and referral services that will prepare you and members of your immediate/extended family for your deployment.

Tama Zoo Tour

POC: A&FRC, 225-8725

Mon • 6 Jul (Down Day) • 9am to 3pm • Meet at YCC Food Court (in front of Popeye’s)

SOFA Personnel and Families

After a train and monorail ride we will arrive at Tama Zoo, a 129-acre zoo on a hill. Well known for koala bears, lions, orangutans, ropewalk and more. You can ride the lion bus for a close view of the lions. Bring ¥1,600 for train tickets and zoo entrance fee. You may bring your lunch or extra Yen for a light meal. If you’d like to buy souvenirs you’ll need additional Yen.

Sponsorship Training

POC: A&FRC, 225-8725

Tue • 7 Jul • 9 to 10:30am • Airman & Family Readiness Center

SOFA Personnel and Family Members

Sponsoring a newcomer to Yokota? Learn how to be an outstanding sponsor. This workshop will teach you what to do when you are notified that you have been selected as a sponsor, what actions to take as the newcomer prepares for his or her move, and what to do when the person you’re sponsoring (and his/her and family) arrives in Japan. Give a great first impression of Yokota by being an excellent sponsor. Web-based sponsorship training is also available. Just visit: <https://sponsorshiptraining.hickam.af.mil/>.

Japanese Cooking Class

POC: A&FRC, 225-8725

Tue, 7 Jul, 5 to 6:30pm • Sign up by Thu, 2 Jul • A&FRC

Tue, 21 Jul, 11:30am to 1pm • Sign up by Fri, 17 Jul • A&FRC

SOFA Adults Only

Learn how to make Japanese-style curry! Oishii desu! Meet new people and eat great food at this fun cooking class.

Bundles for Babies

POC: A&FRC, 225-8725

Fri • 10 Jul • 8:30am to 12pm • Airman & Family Readiness Center

Active Duty or SOFA Spouses expecting a baby or within three months post-delivery

Learn how to care for your newborn from the experts! Representatives from the Airman & Family Readiness Center, American Red Cross, Medical Group (Family Advocacy, Nurse and Dental Clinic), Women, Infants and Children Overseas Program, and the Child Development Center will be on hand to share their knowledge.

Tips on Teaching English

POC: A&FRC, 225-8725

Mon • 13 & 27 Jul • 1 to 2pm • Airman & Family Readiness Center

Teaching English is a great way to earn money while living in Japan. Teach English to Japanese students in your home, public areas on base or at an off-base school or site! Be your own boss while meeting terrific Japanese friends and neighbors! This briefing will teach you how to get started.

Pre-Separation Counseling Briefing

POC: A&FRC, 225-8725

Tue • 14 and 28 Jul • 1 to 3 pm • Separating or Retiring Military

This class is mandatory for all military personnel who are voluntarily or involuntarily separating or retiring from the military. This briefing should be accomplished at least six months prior to separation or retirement. The briefing provides attendees with resources and references to help prepare for a successful transition from military service to the civilian work force.

NEO Coordinators Training

POC: A&FRC, 225-8725

Wed • 15 Jul • 9 to 10am • Squadron NEO Coordinators

At this briefing you will learn about all of your responsibilities. You will receive complete training including NEO Folders, Continuity Books and additional duties.

CLASSES AROUND YOKOTA

FITNESS*

Karate Classes

Natorium • 225-6133
Sat • 3-5pm • Ages 6 to adult
Cost: \$30/month

Taiyo Community Center • 225-6955
Tue • 7pm • Ages 6 to adult
Sat • 8:30am • Ages 4 & 5 Beginner
Sat • 9:30am Ages 4 & 5 Advanced
Sat • 10:30am • Ages 6 to adult
Tue & Sat Classes • Cost: \$30/month
Sat Class Only • Cost: \$20/month

Youth Programs • 225-7422
Okinawa Shorinryu Matsumura Seito Karate
Tue or Thu • 3:30- 4:30pm or 4:30- 5:30pm • Ages 6 to 18
Wed • 4 to 6pm • Ages 4 & 5
Cost: \$60/month for 2 hours per week

Jiu-Jitsu

Natorium • 225-6133
Mon, Wed • 5:15-6pm • Ages 6 to 14
Cost: \$30/month
Mon, Wed, Thu • 6-7:30pm • Ages 15 to adult
Cost: \$55/month

Aerobics Classes at the Fitness Annex*

Samurai Fitness Center • 225-8889
Power Yoga • Tue, Thu • 5-6am
Zumba • Wed • 5-6am, Sat • 9-10am
Step Aerobics • Mon, Wed, Fri • 5-6am
Step Aerobics • Mon • 9-10am
Step Aerobics • Thu • 11:30am-12:30pm
Step Aerobics • Mon, Wed • 5-6pm
Pilates • Tue, Thu • 5-6pm
Circuit Training*¹ • Mon, Wed
3:30-4:30pm
Beginner's Yoga • Sat • 11am-12pm
Body Sculpt • Wed, Fri • 9-10am
TurboKick*¹ • Mon • 6pm

Spinning*

Samurai Fitness Center • 225-8889
Mon, Wed, Fri • 5am
Tue • 5:30pm
Thu*² • Postponed
Sat • 8am
Indoor cycling classes are 45 minutes. *¹

Water Aerobics Classes

Natorium • 225-6133
AquaCircuit • Tue, Thu • 6-7pm

Tennis Lessons

Youth Programs • 225-7422
Thu • 2:30- 3:30pm or 3:30- 4:30pm
Beginner and advanced lessons available.
Ages 5 to adult
Cost: \$40/month

DANCE

Hip Hop Dance

Natorium • 225-6133
Middle School • Wed • 3:15-4:15pm
High School • Wed • 4:15-5:15pm
Cost: \$15 per month

Ballroom Dance

Taiyo Community Center • 225-6955
Sat • 3-5pm
Cost: \$30 per month or \$10 per class walk-in

Taiyo Dance Classes

Taiyo Community Center • 225-6955
Classes include ballet, song and dance, tap and ballet, ballet and lyrical, jazz and hip-hop and tap and jazz.
Monthly Cost:
3 year olds \$45 per month
4 to 8 year olds \$55 per month
9 years old to Adult \$65 per month

MISCELLANEOUS

Piano Lessons

Taiyo Community Center • 225-6955
Tue & Thu • 9:30am-2pm
Wed • 10am-4:30pm
Fri • 12-2pm
\$60/month • 4 classes per month • 30 minute classes
Ages 6 and up

Training

FSS Training Institute • 225-8105
See the Quarterly FSSTI Training Newsletter/Calendar for a complete listing of upcoming courses.

**Class schedules are subject to change without notice. For the most up-to-date schedules and information, contact the Samurai Fitness Center or log on to www.YokotaSupport.com.*

**¹FIP (Fitness Improvement Program)*

**²Thu Spinning classes are postponed until further notice.*

Arts & Crafts / Auto Hobby

Graduation Cap & Gown Special

POC: Arts & Crafts Center, 225-9044

Through 30 Jun • No session fee with purchase

For only \$20 choose from one 8x10 print or two 5x7 prints or eight wallet-sized prints. Call 225-8133 to make an appointment.

Trips, Tours, Travel & Outdoors!

ITT Trips

*Dates and times subject to change. Check with ITT for current information.

POC: ITT, 227-7083

JULY TOURS – *Sign up for July Tours now!

Shiraito Waterfall and Mt. Fuji • 3 Jul-Holiday (Fri)

Itinerary: Depart 7am • Waterfall 10-11am • Lunch Buffet 12-1:15pm • Fifth Station 2:15-3:45pm • Return 7:30pm

Tokyo Disneyland • 3 Jul-Holiday (Fri)

Itinerary: Depart 6:30am • Disneyland 9am-9pm • Return 11pm

Fujikyu Highland Amusement Park • 4 Jul-Holiday (Sat)

Itinerary: Depart 7am • Fujikyu 9am-5pm • Return 7pm

Shinagawa Aquarium & Tokyo Tower • 5 Jul (Sun)

Itinerary: Depart 9am • Aquarium 11am-2:30pm • Tokyo Tower 3-4:30pm • Return 6:30pm

Kamakura & Enoshima • 11 Jul (Sat)

Itinerary: Depart 6am • Enoshima 9-10am • Shrine & Lunch 10:20am-12:30pm • Great Buddha 1-2:30pm • Return 7pm

The Railway Museum • 11 Jul (Sat)

Itinerary: Depart 9am • Museum 11am-3pm • Return 5pm

Yokohama Zoo: Zoorasia • 12 Jul (Sun)

Itinerary: Depart 8am • Zoorasia 10am-4pm • Return 6pm

Special Tour: Disney on Ice “Disneyland Adventure” • 18 Jul (Sat)

Itinerary: Depart 3:30pm • Show 6-8pm • Return 10pm

Tokyo Orientation • 18 Jul (Sat)

Itinerary: Depart 9am • Return 4pm

Tokyo Waterfront Area and River Cruise • 19 Jul (Sun)

Itinerary: Depart 8am • Asakusa 10-11am • River Cruise 11-11:45am • Japanese Garden 12-1pm • Odaiba 1:30-6pm • Return 8pm

Kumagawa Night Festival • 22 Jul (Wed)

Itinerary: Depart 2:30pm • Festival 5-10:15pm (Climax 9pm) • Return 12am

Tokyo DisneySea • 25 Jul (Sat)

Itinerary: Depart 6:30am • DisneySea 9am-9pm • Return 11pm

Peach Picking and Monkey Park in Nagano • 25 Jul (Sat)

Itinerary: Depart 8am • Lunch 11am-12pm • Monkey Park 12:30-3:30pm • Peach Picking 3-4pm • Return 8pm

Shosenkyo Gorge, Samurai Temple and Wine Factory • 26 Jul (Sun)

Itinerary: Depart 7am • Wine Factory 9-10:30am • Samurai Temple 11am-12pm • Shosenkyo 1-3pm • Return 7pm

August ITT Trip Sales

POC: ITT, 227-7083/7084

Sat • 4 Jul • 10am • ITT, Yujo Community Center

ITT August Trips go on sale on Sat, 4 Jul at 10am! Sign up early so you don't miss the bus!

Outdoor Recreation Trips

POC: Outdoor Recreation, 225-4552

Date of Trip	Destination	Cost	Sign up Deadline
Mon • 6 Jul	Golfing in Shikishima	\$95	3 Jul
Mon • 6 Jul	Water Jumping	\$50	3 Jul
Wed • 8 Jul	Mt. Fuji Day Hike	\$40	5 Jul
Sat • 11 Jul	White Water Rafting	\$95	7 Jul

Sat • 11 Jul	Mt. Fuji Day Hike	\$40	8 Jul
Sun • 12 Jul	Mahi-Mahi Fishing at Sagami Bay	\$125 (\$105 with own gear)	9 Jul
Tue • 14 Jul	Mt. Fuji Night Hike	\$40	11 Jul
Tue • 14 Jul	Mt. Fuji Overnight Hike	\$120	11 Jul
Sat • 18 Jul	Downhill Mountain Biking at Fujimi Panorama	\$40 (\$35 with own bike)	14 Jul
Sat • 18 Jul	Mt. Fuji Day Hike	\$40	15 Jul
Sat • 25 Jul	Mt. Fuji Day Hike	\$40	22 Jul
Tue • 28 Jul	Mt. Fuji Overnight Hike	\$120	25 Jul
Tue • 28 Jul	Mt. Fuji Night Hike	\$40	25 Jul

All trips depart from Outdoor Recreation, Bldg. 564, unless otherwise noted. Stop by or call for further details on departure times, age restrictions and equipment needed. Show time for each trip is 30 minutes prior to departure. SOFA member registration begins 30 days prior to departure date for day trips and 60 days prior to departure date for overnight trips. Local National employees and guests may sign up 10 days prior to trip departure. Sponsors must accompany off-base guests on all trips. Full payment is required at sign up. There is an extra charge for clothing rental. Please reserve rental items at time of sign up. All rental items must be reserved in advance, at least seven calendar days before trip. All trips are subject to change of location or cancellation at any time.

Tokyo Tour Flights

POC: Aero Club/Flight Training Center, 225-8988

See Tokyo from the air! The Aero Club & Flight Training Center offers one-hour tour flights over Tokyo. Cost: \$100 for up to three people. Flights must be scheduled at least 24 hours in advance, and paid for at the time of scheduling.

Job/Volunteer Opportunities

FCC: Yokota's Babies Need You

POC: Family Child Care, 225-8192

Family Child Care is always in need of providers, especially providers who are willing and able to take care of infants in their home. Can you provide a warm, loving environment where infants are filled with discovery and enormous growth? Join our team and support the mission by supporting our military families at Yokota AB. For a fun and rewarding experience, call 225-8192 or stop by our office in west side tower 3001.

Together... To Serve You Better!

POC: NAF HRO, 225-3920

FSS Human Resources Office is located in Room 217 in Bldg. 316. Visit our office or check out channel 22 for a complete list of job openings in the 374th Force Support Squadron. **NAF HRO is now accepting applications for jobs at the new Chili's Restaurant!** Applications are accepted Monday–Friday, 7:30am to 4:30pm. Find a complete job listing on-line at www.YokotaSupport.com.