

GREAT *Life* HAWAII

www.greatlifehawaii.com | December 2018

Freedom Tower:

PAST AND PRESENT

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MORALE WELFARE RECREATION • CHILD & YOUTH PROGRAMS
MILITARY & FAMILY SUPPORT CENTER • HOUSING/LODGING

49th Annual TOWER LIGHTING

C E L E B R A T I O N *Sponsored by USAA*

Friday, Dec 14 • 4:30-7:30pm
Freedom Tower • FREE

FESTIVITIES INCLUDE:

4:30-7pm

- LIVE ENTERTAINMENT by USAF Band of the Pacific-Hawaii
- Bounce houses & holiday crafts
- Build & create with the Kid's Clinic sponsored by Home Depot (while supplies last)
- Visit the MFSC & Hickam Communities activities booths
- Glow jewelry provided by JBPHH Chapels (while supplies last)
- Holiday drinks sponsored by Meadow Gold Dairies and snacks provided by GEICO

7pm - TOWER LIGHTING CEREMONY

including a choreographed sound and light show!

*DELICIOUS FOOD, DRINKS AND SNACKS

sold by on-base private organizations.

*EVENT SHUTTLE SERVICE

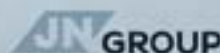
provided roundtrip from BX Garden Shop to the event, starting at 4:15pm until event ends.

All details subject to change.



FREE
Photo with
Santa!

www.greatlifehawaii.com



No official endorsement intended.

DECEMBER

GREATLIFEHAWAII | 2018

live the great life

- 8 Arts & Crafts
- 12 Outdoor Recreation
- 15 Liberty Centers
- 16 Activities Calendar:
 - Dining
 - Family/Support
 - Athletics
 - ITT
 - Recreation
- 24 Military & Family Support Center
- 28 Phone Directory & Hours
- 29 NAF Jobs

connect with us

Like us on Facebook, and follow us on Twitter and Instagram. You can also download the Great Life Hawaii app at the App Store.



Sync your personal device's calendar with ours to keep up with all our events. It's free and it travels with you. Sign up today at www.greatlifehawaii.com.



Sign up at www.greatlifehawaii.com for emails about MWR and MFSC programs and activities delivered right to your inbox each week.

GREAT LIFE HAWAII: DECEMBER 2018

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On the cover:

Freedom Tower on Joint Base Pearl Harbor-Hickam

Freedom Tower:

PAST AND PRESENT

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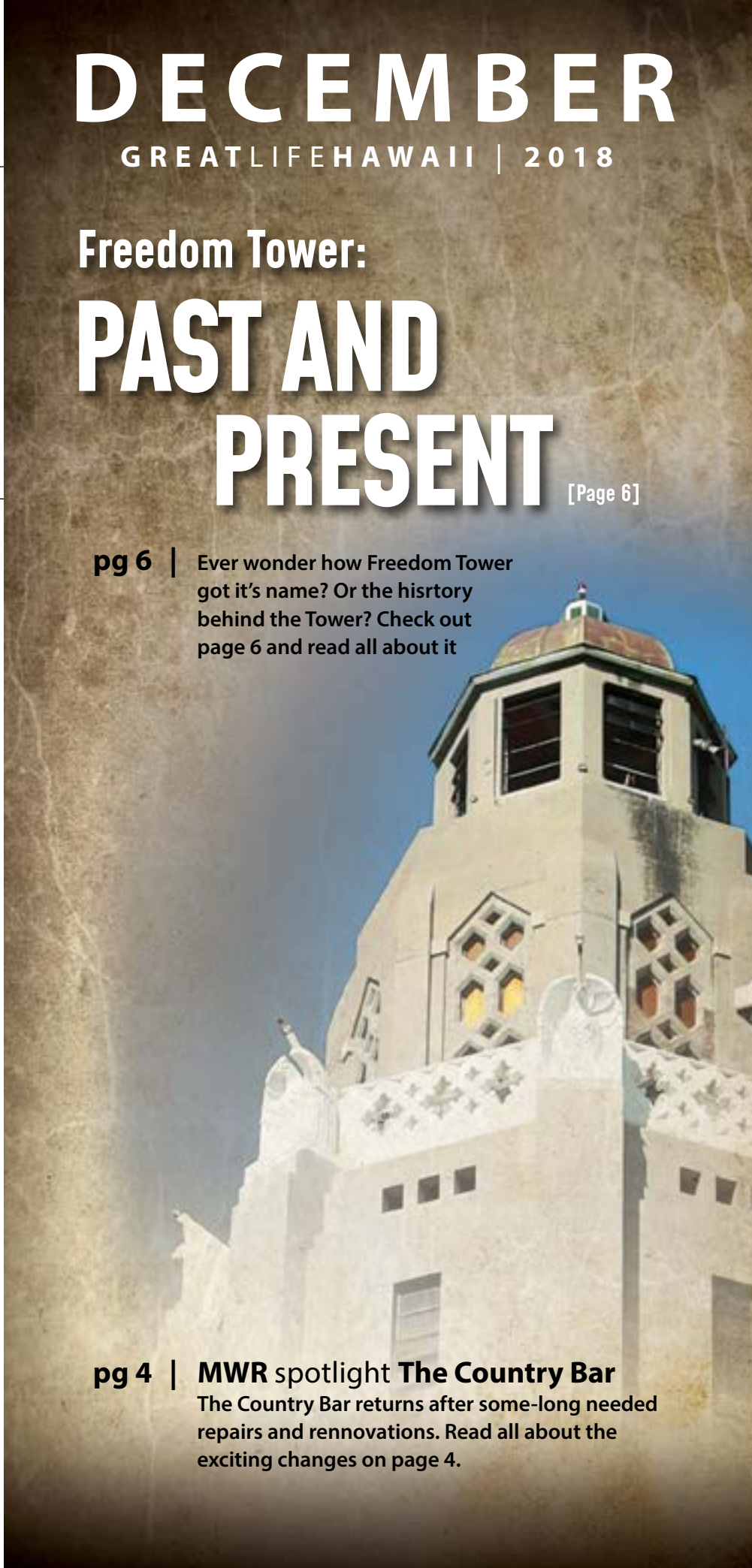
pg 6 |

Ever wonder how Freedom Tower got it's name? Or the hisrtory behind the Tower? Check out page 6 and read all about it

pg 4 |

MWR spotlight The Country Bar

The Country Bar returns after some-long needed repairs and rennovations. Read all about the exciting changes on page 4.



COUNTRY IS BACK!

The Country Bar returns to Club Pearl after a (too long) absence.

It's been almost two years, but now the sound of boots doing the two-step, swing, line dancing and more is again echoing from The Country Bar at Club Pearl. The shutdown was due to some long-needed repairs to the building, but MWR took the opportunity to do a renovation of The Country Bar at the same time. The result is a complete refresh and a new atmosphere.



Country western music is underserved in Hawaii, with only a few other places open. The reopening of the club brings back the spot that was popular to the military audience for years. The affordable prices, one of the largest country western-style dance floors on the island and a place to call their own drew patrons from JBPHH along with Schofield Barracks and Kaneohe Marine Corps Base Hawaii.

But MWR didn't merely wipe off the dust and open the doors. Those who remember the club from 2016 can look forward to new furniture, an upgraded sound and light system and pool tables. We hear more is on the way to further enhance the experience.

Not familiar with country music? Come in early on Friday or Saturday for free line dance lessons. You don't need a partner and it's one of the fun ways to join in with the crowd. The lessons begin at 8:30pm and run for an hour.

Even if country really isn't your thing, they've got that covered too. Every time the following Monday is a holiday, the club opens on Sunday and converts into The Sunday Club, playing top 40, pop, hip hop and R&B

Doing more to herald its rebirth, The Country Bar is hosting two fun events in December to celebrate the holiday season. On December 21 there's a Holiday Party with themed snacks and games, including an Ugly Sweater Contest. And of course, the end of the year brings a New Year's Eve party on December 31. Free party favors, a toast at midnight and maybe more surprises to ring in 2019.

The Country Bar is located in Club Pearl near the JBPHH Fitness Center and is open every Friday and Saturday night from 8:30pm until 2am. There is no cover charge and it is open to ages 18 and over. For more info, call 473-1743 or visit www.greatlifehawaii.com.

*Come say goodbye to 2018
and ring in the New Year
with us!*

NEW YEAR'S EVE PARTY

at the Country Bar

Monday, Dec 31

Open 8:30pm until 2am

*Party Favors and
Champagne Toast
at midnight!*

Free

Ages 18 and above

Call **473-1743** for more information.

The Country Bar, Located in the Club Pearl Complex

www.greatlifehawaii.com



Freedom Tower: PAST AND PRESENT

- By Victoria D'Andrea-Roy

Annually, a beautiful tower lighting celebration takes place in December to gather the Joint Base Pearl Harbor-Hickam community for the holidays. This festive event takes place at Freedom Tower and is a wonderful activity for families to enjoy! Out of curiosity, do you happen to know the tower's history?

JBPHH is home to an abundance of historical memorials and buildings made infamous by World War II. There are a variety of well-known sites such as; the USS Arizona Memorial, the Pearl Harbor Submarine Memorial, the USS Missouri and the Courtyard of Heroes – just to name a few. However, Freedom Tower is an example of one of the sites that is not so well-known.

The structure was actually built as a water tower in 1938. The construction of the Moorish or European style building was led by Captain Howard B. Nurse for a total of \$43,160. The 166 ft. tower was able to store about 500,000 gallons of water for emergencies. Interesting fact, above the steel water tank there's a very small room, only 20 feet in diameter, which was used as a radio transmitter facility prior to and during WWII.

Luckily during WWII, the Japanese didn't bomb the tower. It is rumored that they believed the tower to be some sort of religious structure,

causing them to fear and not bomb it. Although it was never directly hit the steel tank and inner staircase became damaged due to the surrounding bombings on the base and was never reused as a water tower.

On the 50th anniversary of Hickam Airforce Base, May 15, 1985, the water tower was officially dedicated and renamed as "Freedom Tower". On the front of the tower, above the entry door a plaque was placed in dedication and reads, "To honor those that have served, and will serve, in the defense of our liberties, and to honor those who paid the ultimate price so that others might live in freedom."

Today, the tower stands as a monumental landmark on the base. Be sure to come out for this year's Tower Lighting Celebration on Friday, December 14th. Among the usual event offerings are: a Santa Claus photo booth, live entertainment, holiday drinks and cookies, food vendors, bounce houses, holiday crafts, glow jewelry, and of

course the tower lighting ceremony. In the past, a large amount of lights covered the tower reaching to the ground. However, in the interest of "staying green", JBPHH now offers a laser light show on the tower. We hope to see you there! 📸

For more information on the 2018 Annual Tower Lighting Celebration, visit page 2 or our website, www.greatlifehawaii.com.

MWR HISTORICAL TOURS

If you would like to learn more about the historical areas of Joint Base Pearl-Harbor Hickam take advantage of one of these MWR historical tours:

- FORD ISLAND HISTORICAL TOUR
- HICKAM HISTORICAL TOUR

For more information on the different historical tours, visit page 22. You can also visit our website at greatlifehawaii.com.





HICKAM AND ARTS CRAFTS CENTER

335 Kuntz Ave., Bldg. 1889 • 448-9907

DEC | JAN | FEB

Visit www.greatlifehawaii.com/recreation/arts-crafts/class-supply-lists-information
for class information and supply lists

TEEN/ADULT CLASSES

Ceramics & Pottery

WHEEL THROWING WITH JOEL PARK

One class per week for 6 weeks

Wednesdays, 6 – 8:30pm:

Jan 9–Feb 13 • Feb 20–Mar 27

Thursdays, 6 – 8:30pm:

Jan 10–Feb 14 • Feb 21–Mar 28

Fridays, 9 – 11:30am:

Jan 11–Feb 15 • Feb 22–Mar 29

Saturdays, 9 – 11:30am:

Jan 12–Feb 16 • Feb 23–Mar 30

Ages 16 and older

\$85 per person (plus supplies)

Creating ceramic forms on the potter's wheel will be the main focus of this class. Functional as well as decorative ceramics will be explored. All of the fundamentals will be covered as well as advanced techniques. The class will progress at each individual's speed.

ADULT HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 5 weeks:

Saturdays, 9 – 11:30am

Feb 2–23 (March 16-Finish Glaze Only)

Ages 16 and older

\$60 per person (plus supplies)

This class is perfect for those interested in learning basic ceramic techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed. The last class is held two weeks after the 4th class, so pieces can come back from bisque.

Drawing & Painting

COLORFUL EXPRESSIONS PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 12:30 – 2:30pm

Jan 8–29 • Feb 5–26

Ages 12 and older

\$80 per person (plus supplies)

Explore the expressive artist in you. This exciting class is designed to demonstrate innovative methods of creating and applying acrylics on canvas. The course includes application, composition, basic color theory and techniques. Knowing how to draw or paint is not required.

ACRYLIC PAINTING WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 3:00 – 5:00pm

Jan 8–29 • Feb 5–26

Ages 12 and older

\$80 per person (plus supplies)

Learn to create landscape and seascape scenes using traditional painting techniques with acrylics on canvas. The course includes application, composition, color mixing and techniques.

OIL PAINTING TECHNIQUES WITH DENNIS MCGEARY

One class per week for 4 weeks: Tuesdays, 5:45 – 7:45pm

Jan 8–29 • Feb 5–26

Ages 14 and older

\$90 per person (plus supplies)

This class is designed to demonstrate basic methods of creating oil paintings on canvas. The course includes color mixing, application, and techniques. Knowing how to draw or paint is not required.

BEGINNING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 6 – 8pm

Jan 8–Feb 12

Ages 16 and older

\$70 per person (plus supplies)

Learn how to use basic tools, techniques and procedures of watercolor. Students will apply these practical elements of art to compose and paint pictures.

HICKAM ARTS & CRAFTS CENTER HOLIDAY OPEN HOUSE

**SATURDAY,
DEC 8, 2018
11AM - 2PM**

FREE

FEATURING:

- Make-n-Takes
- Demos
- Door Prizes, and Specials
- **FREE** hot dogs and sodas!

**Visit greatlifehawaii.com
for more details**



CONTINUING ADULT WATERCOLOR WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 6 – 8pm

Jan 3–Feb 7

Ages 16 and older

\$70 per person (plus supplies)

This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

WATERCOLOR DESIGN AND COMPOSITION-FLORAL WITH DAVILLA HARDING

One class per week for 5 weeks: Mondays, 6 – 8pm

Jan 7–Feb 11 (No class-Jan 21)

Ages 16 and older

\$125 per person (plus supplies)

Through the study of basic art principles of design and composition, participants will learn to interpret their vision of Nature's beauty watercolors. Students will create unique works of art that "dance" with light and color. Some drawing(s) of the subject will be provided, whether you are a beginner or a more experienced painter... you can do it!

WATERCOLOR DESIGN AND COMPOSITION-TROPICAL FRUIT WITH DAVILLA HARDING

One class per week for 5 weeks: Mondays, 6 – 8pm

Feb 25–Mar 25

Ages 16 and older

\$125 per person (plus supplies)

Through the study of basic art principles of design and composition, participants will learn to interpret their vision of Nature's beauty using watercolors. Students will create unique works of art that "dance" with light and color. Some drawing(s) of the subject will be provided, whether you are a beginner or a more experienced painter... you can do it!

ANIME & ENTERTAINMENT ART WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 3:30 – 5pm

Jan 10–Feb 7 • Feb 14–Mar 14

Ages 12 and older

\$75 per person (plus supplies)

For tweens and teens that enjoy manga/comic/cartoon art and love to draw characters. Students learn how to create and develop their own characters for video games, animation films, comics, illustrations etc. through fun and exciting lessons in facial expression, action poses, costumes, and storytelling. Brainstorming, along with conceptualization of a story and ideas will be covered along with basic drawing construction, face development, body proportions, inking, shading, coloring, and final design including imagined environments, vehicles and props. Learn how to communicate your vivid imagination through compelling illustrations!

PAINTING VIBRANT SCENES OF LIFE WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 5:30 – 7pm

Jan 10–Feb 7

Ages 12 and older

\$75 per person (plus supplies)

Capture the essence and beauty of living things in paint. Realistic painting skills and techniques are emphasized as students create dramatic compositions of people, or animals, or both. Advanced topics in proportion, gesture, facial features, full body poses, anatomy, skin tones, texture, fur, color theory, lighting, form, etc. are covered. You will learn a practical working process to create your own truly original image in paint.

FAN ART WITH CHARIS DERRY

One class per week for 5 weeks: Thursdays, 5:30 – 7pm

Feb 14–Mar 14

Ages 12 and older

\$75 per person (plus supplies)

Create fun paintings and illustrations based on your favorite pop culture characters from movies, tv shows, games, etc. Both traditional and cartoon drawing & painting techniques will be explored as we take one animated character and make a realistic humanized portrait from it, and one live action person or scene from entertainment and turn it into a cartoon or manga style illustration.

Framing

BASIC PICTURE FRAMING WITH MARIALAINE FIGUERRES

This is a one-day class.

Offered on select Mondays or Saturdays, 9am – 1pm

Ages 16 years and older

\$80 (supplies included)

Students will learn how to measure and cut a double mat for a 5 x 7 art work. We will also teach you how to use a joiner to make a wood frame. The class will finish with complete assembly of glass, foam core, backing and hanger. Upon completion, you will be given a certificate allowing you to use our facility as a “self-help” customer. Please call 449-2453 for specific dates.

Glassworks

Please wear shoes. Long pants recommended

BEGINNING GLASS FUSING WITH JESSICA FITZGERALD

One class per week for 2 weeks: Thursdays, 5:15 – 7:15pm

Dec 6–13 • Dec 20–27 • Jan 3–10

Feb 7–14 • Feb 21–28

Ages 16 and older

\$40 per person (plus supplies)

A basic introduction to kiln-formed glass. Students will learn how to cut, fuse and slump sheet glass to create their own functional works of art. In doing so, they learn about the basics of heat and time in relation to glass. By the end of each class, students will have at least one plate/platter to take home.

ADVANCED GLASS WITH JESSICA FITZGERALD

One class per week for 3 weeks: Wednesdays, 5:15 – 7:15pm

Dec 5–19 • Feb 6–20

\$60 per person (plus supplies)

Ages 16 and older

This class is for more advanced students who have previously taken Beginning Glass Fusing and would like to learn more about working with glass. Please wear shoes. Long pants are recommended. Previous glass experience is required.

CHRISTMAS ORNAMENTS WITH JESSICA FITZGERALD

This is a one-day class. Friday, 5:15 – 7:15pm

Dec 7 • Dec 14 • Dec 21

Ages 16 and older

\$20 per person (plus supplies)

Students should bring glass with them to class. Please wear shoes. Long pants are recommended.

Crochet, Knitting, Quilting & Sewing

BEGINNING SEWING WITH AMANDA BUSSEY

One class per week for 5 weeks: Wednesdays, 6 – 8pm

Jan 9–Feb 6

Ages 14 and older

\$75 per person (plus supplies)

As a beginner, you will learn basic sewing machine operation, equipment and their uses, sewing techniques, fabrics, and construct one or two simple projects applying this information. You must have your own sewing machine and supplies.

MESSENGER BAG SEW-A-LONG WITH AMANDA BUSSEY

One class per week for 6 weeks: Wednesdays, 6 – 8pm

Feb 13–Mar 20

Ages 14 and older

\$75 per person (plus supplies)

Come and sew along as we make a cross body style messenger bag. This is a versatile bag, suitable for everyday use. Beginner sewing skills are needed to complete the project. You must have your own sewing machine.

BEGINNING KNITTING WITH CHRISTINE BLYDEN

One class per week for 3 weeks:

Mondays, 11am – 12:30pm:

Jan 7–28 (No class-Jan 21)

Feb 11–Mar 14 (No class-Feb 18)

Ages 14 and older

\$45 per person (plus supplies)

As a beginner, students will learn how to do basic knitting techniques such as casting on and off along with garter/purl stitches. Students will be able to make either a shawl or a scarf.

INTRO TO LACE KNITTING WITH CHRISTINE BLYDEN

One class per week for 4 weeks: Fridays, 5:30 – 7:30pm

Jan 4–25 • Feb 15–8

Ages 14 and older

\$50 per person (plus supplies)

As a beginner, students will build upon the basic knitting techniques and learn simple lace stitches to complete a classic top down lace shawl. See the example in the sales store.

CROCHET BASICS WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Wednesdays, 6:30–8pm

Dec 5–19 • Jan 9–23 • Feb 6–20

Ages 13 and older

\$35 per person (plus supplies)

In this class, students will learn how to make the different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly, read patterns, do a foundation chain, work with two colors at once. Also, students will have the skills to complete beginner and intermediate level projects.

HAWAIIAN QUILTED PILLOW WITH SUE ZANE WILLIAMS

One class per week for 4 weeks: Tuesdays, 9 – 11am

Jan 8–29 • Feb 5–26

Ages 14 and older

\$35 per person (plus supplies)

Students will learn the “snowflake” method of cutting out a Hawaiian motif and the technique of needle-turn appliqué to apply the design to a background fabric. These hand-quilting concepts will allow students to complete a beautiful Hawaiian-style pillow.

MACHINE QUILTING (AM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 9am – 12pm

Dec 29–Jan 19 | Disappear 9 Patch Quilt

Jan 26–Feb 16 | Scrap Quilt

Feb 23–Mar 23 | Diamond Quilt (No class-Mar 9)

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine.

MACHINE QUILTING (PM) WITH KYONG ANGUAY

One class per week for 4 weeks: Saturdays, 1 – 4pm

Dec 29–Jan 19 | Disappear 9 Patch Quilt

Jan 26–Feb 16 | Scrap Quilt

Feb 23–Mar 23 | Diamond Quilt (No class-Mar 9)

Ages 16 and older

\$100 per person (plus supplies)

Learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Must have your own sewing machine.

Photography

BASIC DIGITAL PHOTOGRAPHY WITH RON STEINER

One class per week for 4 weeks

Tuesdays, 6 – 8 pm: **Jan 8–29 • Feb 5–26**

Wednesdays, 10am–12pm: **Jan 9–30 • Feb 6–27**

Ages 14 and up

\$75 per person (plus supplies)

Students will learn how to use their cameras to achieve various photographic techniques and understand digital photographic terminology and concepts. Lighting, framing and composition will be discussed to achieve quality images with a wide variety of examples provided. Low light, nature, sports, and leisure photography will no longer be guess work and you will capture pictures like you've always wanted to.

Woodworking

WOOD SHOP SAFETY CLASS

This is a one-day class.

Offered on select Saturdays,

4:30 – 7:30pm (arrive 15 minutes prior to class to sign in)

Ages 12 years & older

(ages 12–15 must be accompanied by a parent or guardian)

\$20

This 3-hour class will emphasize the proper and safe use of the different equipment in our shop. After completion of the class, you will be issued a wood shop safety certification card enabling use of the shop tools and equipment.

CUTTING BOARD CLASS

One class per week for 3 weeks: Offered select Fridays 5:00 – 9:00pm and Sundays, 7:30 – 11:30am

Ages 16 years & older

\$135

This is a great beginner class for people who just want to start woodworking but are unsure of where to start! The students will make end-grain cutting board, great for gifts! A deposit of \$85.00 is due at registration. *Current safety qualification card needed to take the class.*

KEEPSAKE BOX CLASS

Offered select Fridays 5:00 – 9:00pm

Ages 16 years & older

\$135

This class will emphasize how to make a box with miter joints and splines. Students will learn the steps to make two Keepsake Boxes (Curly Maple/Walnut woods). The class is \$135.00 (\$90 sign-up fee + \$45 supply fee) for 4 sessions on consecutive Fridays. *Current safety qualification card needed to take the class.*

CHILDREN'S CLASSES & CAMPS

SAFETY CLASS WITH PEN TURNING

This is a one-day class.

Offered select Saturdays & Sundays, 7:30 – 11:30am

Ages 12 years & older (ages 12–15 must be accompanied by a parent or guardian)

\$60 (supplies included)

This class will emphasize safety in the shop as well as the specific equipment needed to turn a pen. Once the safety portion is completed, students will make their own pen to take home.

YOUNG ARTIST HAND-BUILDING WITH CLAY WITH ROCHELLE LUM

One class per week for 4 weeks:

Thursdays, 3 – 4:30pm:

Feb 7–28

Ages 7–12

\$45 per person (plus \$15 fee payable to Ceramics Dept.)

This class is perfect for the young artist interested in learning basic pottery techniques: pinch-pots, coil building, etc. Students will also learn about underglaze and glaze technique by learning the entire process and how clay is transformed.

BEGINNING SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 4 weeks: Mondays, 6 – 7:30pm

Jan 7–Feb 4

Ages 9–13

\$75 per person (plus supplies)

This class is designed for kids who are interested in learning the fundamentals of sewing. They will be taught basic sewing machine operation, and sewing techniques as well as learn about different kinds of fabric. We will construct a simple project applying this information. Pattern will be provided by instructor. Students MUST have their own sewing machine and supplies.

INTERMEDIATE SEWING FOR KIDS WITH AMANDA BUSSEY

One class per week for 5 weeks: Mondays, 6 – 7:30pm

Feb 25–Mar 25

Ages 9–13

\$85 per person (plus supplies)

This class is designed for kids who already have basic sewing experience. We will build on the fundamentals taught in beginner classes. Students will complete a more advanced project using a commercial pattern. Students must have their own sewing machine and basic sewing experience.

CHRISTMAS STOCKING WORKSHOP WITH AMANDA BUSSEY

This is a 1-day class: Monday, 5:30 – 8:30pm

Dec 3

Ages 10 and older

\$35 per person (plus supplies)

Customize stockings to hang by the 'chimney' with care, and fill up with wonderful surprises! You MUST have your own sewing machine.

BEGINNING KNITTING FOR KIDS WITH CHRISTINE BLYDEN

One class per week for 3 weeks: Fridays, 4 – 5:30pm

Jan 11–25 • Feb 15–Mar 1

Ages 9–14

\$45 per person (plus supplies)

As a beginner, students will learn how to do basic knitting techniques such as casting on and off along with garter/purl stitches. Students will be able to make either a washcloth or a scarf.

DYNAMIC DRAWING: ANIMALS & CHARACTERS WITH CHARIS DERRY

One class per week for 5 weeks: Mondays, 3:30 – 5:00pm

Jan 7–Feb 11 (No Class Jan 21) • **Feb 25–Mar 25**

Ages 7–18

\$75 per person (plus supplies)

Kids learn basic drawing skills by way of creating both realistic animal sketches and cool cartoon characters. Through curated resources and hands on exercises, the fundamentals of drawing like shape, line, proportion, gesture, shading, etc, are introduced in a way that encourages students to enjoy the process and make pictures with personality! Students also learn to find good reference images, how to compose a scene and set a visual mood, and how to draw dramatic finishing touches like fur, texture, and lighting. No previous drawing experience required.

AFTER SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Tuesdays, 3:45 – 5:15pm

Jan 8–Feb 12

Ages 7–18

\$70 per person (plus supplies)

In this class, youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

HOME-SCHOOL WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 1:30 – 3pm

Jan 3–Feb 7

Ages 7–18

\$70 per person (plus supplies)

In this class, youth will paint a watercolor wheel; learn color theory as we mix the paints and their components. Brush techniques and paper information will be taught as they paint.

CONTINUING CHILDREN'S WATERCOLOR CLASSES WITH JEFF SANDERS

One class per week for 6 weeks: Thursdays, 3:45 – 5:15pm

Jan 3–Feb 7

Ages 7–18

\$70 per person (plus supplies)

This course is structured as a continuation of the beginning class. The focus is on additional techniques and exercises, pictorial composition, guidance for self-directed projects and providing a place for those who find it difficult to work at home.

ART EXPLORATIONS WITH JESSICA FRANKLIN

Two class per week for 4 weeks: Tuesday & Thursdays, 9 – 10am

Jan 8–31 • Feb 5–28

Ages 3–6

\$80 per person (supplies included)

Preschool aged children will have the opportunity to use a variety of art supplies to create imaginative, process-oriented projects. They will be guided in the safe and appropriate use of materials, but final products are very open-ended. Wear clothes that can be get messy! Also, a parent or guardian attendance is mandatory during the first class and as needed.

PARENT AND ME WITH TIFFANY DEVINE-GRIFFITH

One class per week for 3 weeks: Wednesdays, 3:30–5pm

Dec 5–19 • Jan 9–23 • Feb 6–20

Ages 7–12

\$35 per person (plus supplies)

In basic crochet, parents and children will learn how to make different crochet stitches needed for any project and will have a completed scarf displaying these stitches. Students will also learn how to hold the hook properly read patterns, do a foundation change, change colors. Students will have the skill to complete beginner and intermediate level projects.

EVENTS & ACTIVITIES

COOKIES & CANVAS WITH DENNIS MCGEARY

One class, offered every other Wednesday, 3:30–5:30pm

Dec 5, 19 • Jan 2, 16, 30 • Feb 13, 27

Ages 7–14

\$30 per person (supplies included)

Create painted masterpieces on canvas while enjoying a sweet treat. Single sessions make this fun and affordable. Each session will be a new image such as sunsets, butterflies, waves, and more. This fun learning experience includes art, music, and sweets. All supplies included (paint, canvas, and treats) Be sure to wear clothes to paint in!

OHANA PAINT NIGHT WITH CHARIS DERRY

One class per month: Fridays, 5:30–7:30pm

Dec 7, 14, 21, 28 • Jan 25 • Feb 22

Ages 7 and older

\$35 per person (supplies included)

Our instructor leads parents and children step-by-step through the featured painting of the night. Each paid attendee will leave with their own completed painting on 11 x 14 canvas. All art supplies are included. Varied refreshments will be provided at no additional cost. Online registration can be completed at: greatlifehawaii.com/recreation/arts-crafts/ac-online-registration.

PICK & PAINT CERAMICS

Tuesday–Saturday | 9 a.m.–5 p.m.

Arts & Crafts Center

From kid's figurines to large serving platters, we have an extensive selection of pottery ready for you to personalize. We provide glaze, brushes, stencils and sponges. You pick it, you paint it, we fire it, and have it ready for you in 14–21 days. Price varies by piece and includes glaze, firing, supplies and studio time. All ages welcome. A perfect place for friends and family to get creative together. Have a little one? Put your child's handprint or footprint on a plate or tray for a lasting memory.

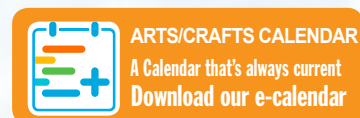
PAINT 'N' SIP

Wednesdays, 5:30–8:30 p.m.

Historic Hickam Officers' Club

\$40 per person (\$20 non-refundable deposit online, \$20 at the door)

Our instructor leads you step-by-step through the featured painting of the night. You'll leave with your own completed painting on canvas. All art supplies included. Cocktails and food will be available for purchase from the Koa Lounge. Online registration at <http://www.greatlifehawaii.com/recreation/arts-crafts/ac-online-registration>.



For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at www.greatlifehawaii.com.



HAPPY HOLIDAYS FROM MWR!

Here's a quick peek at all the fun holiday-related things happening with your MWR this month.

49th ANNUAL TOWER LIGHTING CELEBRATION

Friday, December 14

4:30 – 7 pm

Freedom Tower

The yearly tradition returns with a bunch of family-friendly activities. See ad on page 2.

AQUATICS

Santa Meet & Greet

Hickam Family Pool

Sunday, December 9

9 to 11 am

Meet Santa and his elves and take a picture!

Details on page 18.

ARTS & CRAFTS CENTER

Holiday Open House

Saturday, December 8

11am – 2pm

Fun for the whole family! See ad on page 8.

Christmas Themed Classes:

Christmas Stocking Workshop

Monday, December 3

5:30 – 8:30 pm

Ages 10 and older

\$35

Christmas Ornaments

Friday, December 7, 14, 21

5:15 – 7:15 pm

Ages 7 – 14

\$30

See page 22 for more details on these fun one-day classes for the kids.

BOWLING

Breakfast & Bowl with Santa

Naval Station Bowling Center

Sunday, December 2

9 to 10:30 am

\$8 per child ages 12 years and younger.

Must register. See page 18 for more details.

Lunch & Bowl with Santa

Hickam Bowling Center

Sunday, December 9

Noon-1:30 pm

\$8 per child ages 12 years and younger.

Must register. See page 18 for more details.

Happy Holidays from MWR

Purchase 2 games of bowling and receive 3rd game for FREE.

See page 18 for more details.

CLUB PEARL COMPLEX

Holiday Party

The Country Bar

Friday, December 21

8:30 pm

Free admission, 18 years and older

See page 16 for more details.

New Year's Eve Party

The Country Bar

Monday, December 31

8:30 pm

Free admission, 18 years and older

Celebrate the New Year! See ad on page 5.

FITNESS FUN!

Ugly Sweater 5K Run

Wahiawa Annex Fitness Center

Thursday, December 6

7 am

Free admission, 18 years and older. Details on page 18.

Reindeer Fun Run

Hickam Memorial Fitness Center

Saturday, December 15

7 am

It's holiday fun on this free Christmas-themed run/walk. Details on page 18.

ITT

Honolulu City Lights Trolley Tour

December 7 – 23

Departure times: 6pm & 8:30pm from

Hickam ITT

Enjoy this special holiday season treat at the annual Honolulu City Lights display. See ad on page 31.

THE LANAI AT MAMALA BAY

Christmas Eve Special

Monday, December 24

11 am – 4 pm

We've created a special lunch buffet for the festive time. See page 16 for more details.

New Year's Eve Special

Monday, December 31

4 pm

See page 16 for more details.

LIBRARY

Learn about Two Festivals of Light

Wednesday, December 5

9 am

In this free activity, we will read stories, do crafts and hear the music of Hanukkah and Kwanzaa. See page 22 for more details.

Froehliche Weihnachten

Tuesday, December 11

6 – 7 pm

Learn how Germany celebrates the holiday season. See page 22 for more details.

Storytime with Santa

Tuesday, December 18

4 – 7 pm

Register by December 14. See ad on page 23.

TEEN CENTER

Family Night Christmas Ornaments

Tuesday, December 18

5 – 7 pm

Details on page 18.

Hail and Farewell – Ugly Holiday Sweater Party

Saturday, December 22

4 – 11 pm

Details on page 18.

HOLIDAY HOURS OF OPERATION

CHRISTMAS EVE (12/24) Open:

- Auto Skills Center Moanalua, 9 am – 5 pm
- Barbers Point Beach Cottages, 9am – 3pm
- Beaches: Hickam & White Plains
- Bowling Center Naval Station, 12 – 2pm
- Club Pearl Brews & Cues, 11am – 11pm
- Fitness Centers (call for hours)
- Golf Courses (Ke'alohe 7am – 3pm)
- Hickam Training Pool, 5 – 7am, 11am – 1pm
- ITT all offices except Wahiawa, 9 am – 3 pm
- The Lanai at Mamala Bay, 11 am – 2 pm, 5 – 9pm
- Liberty Centers (call for hours)
- Outdoor Adventure Center, 9am – 3pm
- Party Equipment Rentals, 9am – 4pm
- Restaurant 604, 10:30 am – 10 pm
- Scott Pool, 5 – 7am, 11am – 1pm, 5 – 7pm
- Teen Center, 2 – 8pm
- Towers Pool, 11am – 1pm
- Travel Connections, 9am – 3pm
- Wright Brothers Café & Grille, 6:30am – 1:30pm

CHRISTMAS DAY (12/25) Open:

- Bowling Center Naval Station, 12 – 3pm
- Beaches: Hickam & White Plains
- Club Pearl Brews & Cues, 11am – 11pm
- Fitness Center JBPHH, 7 am – 5 pm
- Ke'alohe Golf Course, 7am – 3pm
- Liberty Centers (call for hours)
- Navy-Marine and Barbers Point Golf Courses
- Scott Pool, 12 – 5pm
- Wahiawa Annex Pool, 12 – 5 pm

NEW YEAR'S EVE (12/31) Open:

- Auto Skills Center Moanalua, 9 am – 5 pm
- Beaches: Hickam & White Plains
- Bowling Center Hickam, 12 – 6 pm
- Club Pearl Brews & Cues, 11am – 11pm
- The Country Bar, 8:30pm – 2am
- Fitness Centers (call for hours)
- Golf Courses
- Hickam Training Pool, Scott Pool and Towers Pool
- ITT all offices except Wahiawa, 9 am – 3 pm
- The Lanai at Mamala Bay, 11 am – 2 pm, 5 – 9pm
- Liberty Centers (call for hours)
- Library, 9am – 3pm
- Outdoor Adventure Center, 9am – 3pm
- Party Equipment Rentals, 9am – 4pm
- Restaurant 604, 10:30 am – 10 pm
- Teen Center, 2 – 8pm
- Wright Brothers Café and Grille, 6:30am – 1:30pm

NEW YEAR'S DAY (1/01) Open:

- Beaches: Hickam & White Plains
- Bowling Center Hickam, 12 – 2 pm
- Scott Pool and Wahiawa Annex Pool, 12 – 5 pm
- Fitness Center JBPHH, 7 am – 5 pm
- All Golf Courses
- All Liberty Centers, call for times
- The Lanai at Mamala Bay, 11 am – 2 pm, 5 – 9pm

DEC • JAN OUTDOOR RECREATION

SIGN UP INFORMATION

To sign up for any of Outdoor Recreation's wonderful trips and tours, you must sign up in person at the appointed facility (see facilities and color code below). Registration for December activities is currently open. Registration for January activities begins **December 1**.

Signups can be taken as late as two days prior to trip departure. We will only accept late registration on a case-by-case basis. Signups for our trips are on a first-come, first-served basis and must be paid in advance.

Most trips run by Outdoor Recreation are for ages six and up, but some trips may have other age requirements. Check with our knowledgeable staff to find out age restrictions or other requirements. *For all water activities, participants must know how to swim without a lifejacket.*

All tour activities and locations are subject to change without notice due to weather and other considerations.

- **OUTDOOR RECREATION**
HICKAM HARBOR • 449-5215
- **OUTDOOR ADVENTURE CENTER**
FLEET STORE • 473-1198
- **RAINBOW BAY MARINA • 784-0167**

For activities that require online registration visit www.greatlifehawaii.com and search:

ODR Registration



For an up-to-date live calendar of our latest events, sync your personal devices (mobile phone, iOS, Android device, personal computer) by signing up at www.greatlifehawaii.com.

SURFING

LEARN TO SURF AT HICKAM HARBOR

- Dec 8 Sign up by Dec 6
 - Jan 6 Sign up by Jan 3
- Begins: 9 am | Ends: 12 pm
Cost: \$30

Located right on site, join the Hickam Beach staff for an all-inclusive group surf lesson! The instructors here will familiarize you with technique, gear, etiquette and methods on how to surf. Our class starts out on land, and then transitions to the water (near shore). Once you are comfortable and ready, we will take the surf taxi out to the breaks for some awesome surf and memories that will last a lifetime. Our energized and experienced instructors will provide everything you need to have a good experience learning to shred some water here in the surf capitol of the world. For more info feel free to give us a call or visit the Hickam Harbor office. *Participants must be proficient at swimming and can do so without a lifejacket.*

WOMEN'S SURFING

- Dec 23 Sign up by Dec 21
- Begins: 9 am | Ends: 12 pm
Cost: \$30

In a class all their own, we are getting you out to enjoy the breaks! Come out and get professional instructions from our own Outdoor Recreation staff. Let the trained staff at the Hickam Harbor make your surfing experience a pleasant, enjoyable and successful one. We will school you in the history, wave science, etiquette, and technique. We will also get you on the right board, provide a short boat ride to "the lineup" and give you personal instruction in excellent un-crowded waves. Don't miss out on this righteous opportunity! *Participants must be able to swim without a lifejacket.*

STAND-UP PADDLEBOARDING

LEARN TO STAND-UP PADDLEBOARD AT HICKAM HARBOR

- Dec 16 Sign up by Dec 14
 - Dec 22 Sign up by Dec 20
 - Jan 5 Sign up by Jan 3
 - Jan 20 Sign up by Jan 18
- Begins: 9:15 am | Ends: 10:15 am
Begins: 10:30 am | Ends: 11:30 am
Cost: \$25

This is the perfect class to get your feet wet and discover stand up paddle boarding. This class is an introductory class giving you the ability to learn the basics in a stress free environment. Paddle boarding is a great way to provide a good work out, and enjoy the ocean. Come join the group and experience something new!

STAND-UP PADDLEBOARD HALEIWA/ NORTH SHORE

- Dec 29 Sign up by: Dec 27
- Begins: 8 am | Ends: 2 pm
Cost: \$30

Join us as we head to historic Hale'iwa town to tour the beautiful Anahulu Stream. Experience Hawaii's beauty as you weave your way down a mile of streambed to the Pacific Ocean and let the Outdoor Adventure staff provide the transportation, instruction, and equipment. If the surf looks good, we might even drop in on a wave or two. Don't let this awesome opportunity drift away!

KAYAKING

MOONLIGHT PADDLE AT HICKAM HARBOR

- Dec 21 Sign up by Dec 19
- Begins: 6 pm | Ends: 9 pm

- Jan 21 Sign up by Jan 18
Begins: 6:00 pm | Ends: 8:00 pm
Cost: \$25 (Kayak included)

What better way to melt the day to day stress than to join us for an evening paddle? Enjoy the company of the group, as our guides lead the way across the moon lit water. All the required gear is provided. Prior kayaking experience, water, and dry clothes is recommended.

KAYAKING AT CHINAMAN'S HAT

- Dec 1 Sign up by Nov 28
- Dec 22 Sign up by Dec 20
- Jan 12 Sign up by Jan 11
- Jan 26 Sign up by Jan 24
Begins: 8 am | Ends: 1 pm
Cost: \$25

There are a variety of opportunities for you to enjoy after taking a short paddle out to one of Hawaii's landmark locations. We will store our kayaks safely on shore then explore the island, enjoy swimming or tide pool viewing and possibly catch a wave or two. If the weather is nice we can take a short hike around the island. This trip is fun for all levels of ability. You're encouraged to bring lunch or snacks and plenty of water.

FISHING

BOTTOM FISHING AT HICKAM HARBOR

- Dec 9 Register online by Dec 7
Begins: 2:30 pm | Ends: 5:30 pm
- Dec 29 Register online by Dec 27
Begins: 8:30 am | Ends: 11:30 am
- Jan 19 Register online by Jan 17
Begins: 2:30 pm | Ends: 5:30 pm
- Jan 27 Register online by Jan 25
Begins: 8:30 am | Ends: 11:30 am
Cost: \$30

Registration available online only

Enjoy a relaxing morning or afternoon fishing and test your luck at landing the big one! Our staff will help you cast your line out and provide pointers if you need help trying to bring in the oceans bounty. You never know what you might catch. A wide variety of reef fish and a token shark or two will put you to the test. This trip is great for experts or beginners and includes all the necessary gear. Bring a snack and some drinks to enjoy while out on the boat.

LEARN TO SPEARFISH

2 Day Course: Sat/Sun 9 am-12 pm

- Dec 1/2 Register online by Nov 29
- Jan 12/13 Register online by Jan 9
Cost: \$60

Registration available online only

Spearfishing is as exciting and challenging as it sounds! Come learn the basics from us so you can enjoy Hawaii's undersea world, become an accomplished free diver and acquire the skills needed to catch your dinner. The first half of the class is held at Hickam Pool and lasts about 3 hours. We'll go over rules and regulations set by the state such as, where you can go, off limit areas and regulated fish species. Physiology, techniques, training, equipment, and safety are topics are also covered. You'll hit the water for some target practice as well. The second part depends on everyone's skill level but, we usually do the first dive in

shallow water 6 to 12 feet deep. After a short discussion, the second dive is in water about 10 to 20 feet deep depending on the group's ability. Even if you're unable to spear any fish, you'll have a blast just being out there! You'll need your own mask, fins, snorkel equipment. Transportation is on us. *Participants must know how to swim and prior snorkel experience is required*

SPEARFISHING EXCURSION

- Dec 15 Sign up by Dec 13
- Jan 26 Sign up by Jan 24
Begins: 9 am | Ends: 12 pm
Cost: \$20

Come and sharpen your skills with our instructors, and try your luck at capturing what the ocean has to offer. Enjoy three hours of open water, good company and a wide array of fish. *Must have taken our "Learn to Spearfish" course to participate, as the skills needed for this activity can be moderate to difficult.*

HIKING

HIKE EHUKAI PILLBOX

- Dec 15 Sign up by: Dec 13
Begins: 8 am | Ends: 1 pm
Cost: \$20

Join us on a journey to the North Shore where this hike leads to some amazing views. Climb to the top for a panoramic scene of O'ahu's famous North Shore. Views will include Sunset Beach and the Bonzai Pipeline. Bring some extra cash with you for a stop for some local grindz (lunch).

BIKING

NORTH SHORE BIKE RIDE

- Dec 8 Sign up by: Dec 6
- Jan 5 Sign up by Jan 4
Begins: 8 am | Ends: 1 pm
Cost: \$25 w/ bike, \$20 without

Experience the North Shore on a bike! Start at Pupukea and travel to Velzyland. This trip is about 3.2 miles round trip on level terrain and is an easy ride for beginners. Stop at world class surf spots for great photo opportunities. Ted's Bakery is on the way back, so if you don't want to bring your lunch you can pick up some goodies there. A towel and bathing suit will come in handy if you need a refreshing plunge in the ocean. With any luck, you might spot some turtles! Trip includes gear, transportation and happy, courageous guides. Inform us if a bicycle is needed.

BIKE & HIKING

KAIKA BIKE & HIKE

- Jan 19 Sign up by: Jan 17
Begins: 8 am | Ends: 1 pm
Cost: \$35

Kaiaka Beach Park will be our start point for this grand North Shore adventure, with beautiful ocean views and riding through historic plantation neighborhoods. Enjoy the majestic views of the Waialua Mountains, while riding alongside Polo fields and the Mokule'ia coastline. This event continues on without bikes, to hike through the Kealia Trail which presents an opportunity to have a birds-eye view the northern coastline. The bike ride is 3.5 miles and the hike is 1.5 miles one way.

(continued on next page)

RENTALS



OUTDOOR EQUIPMENT

Bldg. 1786 Willamette St. Pearl Harbor • 473-1198
Mon-Fri 9 am-6 pm • Sat 9 am-4 pm • Sun Closed

Need to rent some camping equipment for your campout next weekend? Don't own a surfboard and want to rent one for lessons? Or gearing yourself up for a bike trail but don't have the bike?

Items available for rent from MWR include camping gear, water sports equipment, bikes and sports gear. Check www.greatlifehawaii.com for price lists. Call for a full list of rules and regulations.



RECREATION & PARTY EQUIPMENT

Bldg. 1760 Kuntz Ave., Hickam • 449-6870
Mon-Fri 9 am-5 pm • Sat 9 am-1 pm • Sun Closed

Are you celebrating a birthday or other special occasion soon? MWR has all of the party equipment you'll need to throw a party they won't forget.

Among the items MWR offers are bounce houses, patio chairs and umbrellas, coolers, grills, cotton candy and popcorn machines, and more! Download equipment brochure from www.greatlifehawaii.com.

Items are rented on a first-come, first-served basis. Full payment is required at time of rental. Replacement and labor cost per item will be charged for lost and damaged items. Late fees will apply. Available to all military affiliated personnel 18 years or older with a valid ID.

PATIOS & PAVILIONS

Hickam Harbor • 449-5215
Pearl Harbor & Barbers Point • 473-1198

Plan your next party at one of MWR's patios and pavilions. A variety of sizes accommodates parties from 10 to 200+. Many party patios can accommodate bounce houses, tents, bands, etc.

Facilities and areas at Hickam Beach:

Foster Point Gazebo, Honeymoon Beach, Hickam Beach Cabanas, Outdoor Rec Villa, Hickam Harbor Waterfront

Facilities and areas at Pearl Harbor and Barbers Point:

Rainbow Point Pavilion, Rainbow Bay Pavilion, Rainbow Bay Cabanas, Tea House, Makalapa Rec Complex, Richardson Fields, White Plains Beach Cabanas, Nimitz Cove Beach Cabanas

MARINAS CLASSES & ACTIVITIES

SAILING CLASSES

Adult sailing class taught by one of our certified instructors. Class consists of classroom theory and on-the-water group instruction. Maximum of 8 students per session.

START SAILING RIGHT HH

- Tue | Nov 28 | 6-8 pm
Sat | Dec 1, 8, 15, 22 | 9 am-1 pm or 1 pm-4 pm
- Tue | Jan 2 | 6-8 pm
Sat | Jan 5, 12, 19, 26 | 9 am-1 pm or 1 pm-4 pm
Cost: \$80 per person/per month
Ages 18 & up

START SAILING RIGHT RB

- Sat/Sun | Jan 5/6 & 12/13
Cost: \$85 per person
1-5 pm
Ages 18 & up

LEARN TO SAIL ADULT CLASS RB

- Mon/Wed | Dec 3, 5, 10, 12, 17, 19, 26, 31 (No class Dec 24)
- Mon/Wed | Jan 2, 7, 9, 14, 16, 23, 28, 30 (No class Jan 21)
Cost: \$85 per person/per month
9:30-11:30 am
Ages 18 & up

INTERMEDIATE SAILING RB

- Sat/Sun | Jan 19/20 & 26/27
Cost: \$85 per person/per month
1-5 pm
Ages 18 & up

This course is designed as a continued education course on sailing. Enter into further understanding of theory and begin the basics of competitive sailing.

YOUTH BEGINNERS SAILING RB

- Mon/Wed | Dec 3, 5, 10, 12, 17, 19, 26, 31 (No class Dec 24)
- Mon/Wed | Jan 2, 7, 9, 14, 16, 23, 28, 30 (No class Jan 21)
Cost: \$60 per person/per month
12-2 pm or 3:30-5:30 pm
Ages 10 - 17 years

YOUTH BEGINNERS SAILING HH

- Weds/Fri | Dec 5, 7, 12, 14, 19, 21, 26, 28
- Weds/Fri | Jan 2, 4, 9, 11, 16, 18, 23, 25, 30
Cost: \$60 per person/per month
3-5 pm
Ages 10 years & up

*REGISTER ONLINE ONLY

This course is taught by our certified sailing instructors. Class consists of classroom theory and on-the-water group instruction. This class can accommodate all levels of ability. Space is limited to 5 students per class.

YOUTH LEVEL 2 SAILING RB

- Tues/Thurs | Dec 4, 6, 11, 13, 18, 20, 27
- Tues/Thurs | Jan 3, 8, 10, 15, 17, 22, 24, 29, 31
Cost: \$60 per person/per month
12-2 pm or 3:30-5:30 pm
Ages 10 - 17 years

Maximum of 20 students per session. *Prerequisite: Youth Beginners Sailing.*

YOUTH INTERMEDIATE SAILING HH

- Tues/Thurs | Dec 4, 6, 11, 13, 18, 20, 27
- Tues/Thurs | Jan 3, 8, 10, 15, 17, 22, 24, 29, 31
Cost: \$60 per person/per month
3-5 pm
Ages 9 years & up

*REGISTER ONLINE ONLY

Prerequisite: Students registering must have permission from instructors to register for this class. Ages 9 years & up. Class consists of classroom theory and on-the-water group instruction. This class accommodates intermediate and advanced sailors. Space is limited to 5 students per class.

ADULT SMALL BOAT SAILING COURSE HH

- Fri | Dec 7, 14, 21, 28
- Fri | Jan 4, 11, 18, 25
Cost: \$50 per person/per month
9:30 am -12 pm
Ages 18 & up

Come sail at Hickam Harbor! Learn to rig and sail small sailboats. No experience required! Open to new and salty sailors 18 and over. Classes are held on Friday mornings throughout the month. Minimum 2- Maximum 6

FAMILY/GROUP SAILING INSTRUCTION

- Sun | 9:30 am -12 pm
Cost: \$25 per person
(4 people max per aptt)

The course offers a brief introduction to sailing and is a great activity for groups of friends and families. Includes an overview in-the-classroom demonstration of rigging, and some time on the water. Open to eligible adults and family members 10 years and older.

FAMILY SAIL

- By Appointment

PRIVATE SAILING INSTRUCTION

- By Appointment
Cost: \$20 per hour

SUNSET REGATTAS

- Thu | 4 p.m.-Sunset
Cost: \$5 per boat

MARINA CHECKOUT QUALIFICATION

- By Appointment
Cost: \$20 per hour

R-19 BOATER'S CERTIFICATE

- By Appointment | 4-hours
Cost: \$80 per session

*Must have 10 rental hours @HH to schedule appointment.

OUTRIGGER CANOEING

P.T. OUTRIGGER CANOE PADDLING RB

- Mon-Fri
6:30 am, 7:30 am, 8:30 am, 9:30 am, 10:30 am, 11:30 am
Cost: \$3 per session

*Must pre-pay at the Outdoor Adventure Center prior to paddling.

RECREATIONAL OUTRIGGER CANOE PADDLING RB

- Mon/Wed/Fri | 8:30-9:30 am
Cost: \$3 per session
Ages 10 & up

Must purchase ticket at the Outdoor Adventure Center prior to paddling. Space is limited to the first 12 people

PADDLEBOARD CANOEING / YOGA

OUTRIGGER CANOE PADDLING AT HICKAM BEACH (HONEY MOON BEACH LOCATION)

- *Fri | Dec 14 Sign up by Dec 13
- *Fri | Dec 28 Sign up by Dec 27

- *Fri | Jan 11 Sign up by Jan 10
- *Fri | Jan 25 Sign up by Jan 24
8:30-9:30am
Cost: \$3 per person

*Must pre-register at HH Marina. Come get an early workout before the day starts! What better way to end your week than to have an exhilarating workout and get the sweat going. Pre-registration is required to participate. Sign up at Hickam Harbor Marina. All ability levels welcomed!

STAND UP PADDLEBOARD YOGA HH

- *Fri/Sat
8:30-9:30am
Cost: \$10 per session
Ages 16 & up

*Must pre-register at HH Marina by Wed before. Paddleboard is included for each class. No experience in stand up paddle boarding or yoga is necessary; however, you should feel comfortable in the water and have the ability to swim. You will not be able to stand in the water if you fall off your board. The boards are attached to an anchoring system, so you will not drift away while performing yoga. Customers are asked to arrive 10 - 15 minutes early to get boards on the water.

BEACHES

HICKAM BEACH 3455 Mamala Bay Dr.

SURF SHACK - 449-5215

Hours: Friday-Sunday, 10 am-4 pm

BEACH EQUIPMENT RENTAL

*Subject to cancellation due to weather

Kayak (1 per) \$5 hr • \$20 day **Kayak** (2 per) \$7 hr • \$25 day
Surf Board \$5 hr • \$25 day **Paddleboard** \$9 hr • \$25 day
Beach Lounger \$5 hr • \$15 day **Wind Surfing Board** \$10 day

PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson Wind Surfing: \$40 for a 2-hour lesson
Standup Paddleboarding Beginner (1 hour): \$25
Standup Paddleboarding Intermediate (2 hour): \$35

SURF TAXI

Friday-Sunday, \$7 per person round-trip
Let us take you out to the break while you conserve energy and save time! Taxis are available all day on the half-hour.
*Surf taxi subject to cancellations

WHITE PLAINS BEACH

Kalaeloa SURF SHACK - 682-4925

Hours: Daily, 10 am-5:30 pm (last turn-in)

BEACH EQUIPMENT RENTALS

Body Board \$1 hr • \$5 day **Paddleboard** \$9 hr • \$25 day
Body Board w fins \$3 hr • \$10 day **Fins** \$2 hr • \$5 day
Surf Board \$3 hr • \$25 day **Hoeshoes/Volleyball** \$3 day

PRIVATE LESSONS

Surfing: \$35 for a 2-hour lesson
Call to schedule an appointment (Mon-Fri only).

Directions

From H1 freeway westbound take Makakilo exit. Turn left at the light and continue down Ft Barrette Road. Turn left at the old guard shack onto Roosevelt Avenue and right onto Coral Seas Road. Turn left onto Tripoli and right onto White Plains Road.



Liberty Calendar

DECEMBER 2018

Sponsored by



Free & low-cost activities for single active-duty military E1-E6

For a mobile friendly site please visit www.facebook.com/LibertyHawaii and click on the top, pinned post. Register now online at www.greatlifehawaii.com. Go to Recreation, then Liberty and click on the Event Calendar tab.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Liberty programs are for single, active-duty Military E1-E6 only. Transportation is provided for all off-site events, just meet at the Liberty Centers or the Makai Recreation Center at the times shown. Payment, if needed, is due at the time of registering online. Cancellations must be done Monday-Friday with 48 hours' notice by calling the Beeman Center in order to receive a refund.</p> <p>FOR MORE INFORMATION, PLEASE CALL ONE OF THE FOLLOWING LIBERTY CENTERS: Beeman Center (Pearl Harbor Sub Base) 473-2583 Makai Liberty (Hickam) 449-3354 Liberty Express (Wahiawa Annex) 653-0220</p> <p>DESIGNATION FOR HIKES BEG: Beginner INTER: Intermediate ADV: Advanced</p>						<p>1 Paddleboarding Haleiwa River FREE Express 0930 Beeman 0830 Instant 0845 Makai 0900</p> <p>Shop Til You Drop Christmas Shopping @ Ala Moana FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930</p>
<p>2 Hike Likeke Falls [BEG] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930</p> <p>North Shore Beach Hopping FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930</p>	<p>3 Make your own Christmas Wreath FREE Beeman 1100-1300</p> <p>Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>4 Bake & Decorate Your Own Christmas Cookies @ Express FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830</p>	<p>5 Ping Pong Tournament FREE Beeman 1900</p> <p>WIN PRIZES!!!</p>	<p>6 Ten & Grind @ Eating House 1849 Kapolei \$10 Express 1600 Beeman 1700 Instant 1715 Makai 1730</p>	<p>7 Chicken & Waffles For Lunch Sponsored by USAA FREE Beeman 1100-1300</p> <p>Super Smash Bros. N64 Tournament FREE Beeman 1900</p> <p>WIN PRIZES!!!</p>	<p>8 Hike Kaena Point & Swim [INTER] FREE Express 1000 Beeman 0900 Instant 0915 Makai 0930</p> <p>North Shore Star Gazing FREE Express 1900 Beeman 1800 Instant 1815 Makai 1830</p>
<p>9 Kayaking Mokolua FREE Express 0815 Beeman 0900 Instant 0915 Makai 0930</p> <p>Original Glider Rides \$35 Express 1100 Beeman 1000 Instant 1015 Makai 1030</p>	<p>10 Send a Christmas Card Home FREE Beeman 1100-1300</p>	<p>11 Texas Hold 'em Tournament FREE Beeman 1800</p> <p>WIN PRIZES!!!</p>	<p>12 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>13 Barracks Bash @ Seawolf Tower Sponsored by USAA FREE 1700-1900</p>	<p>14 Corn Chowder For Lunch Sponsored by USAA FREE Beeman 1100-1300</p> <p>Ballet Hawaii Presents The Nutcracker \$30 Express 1800 Beeman 1830 Instant 1845 Makai 1900</p>	<p>15 Bellator MMA: Machida vs. Carvalho \$20 Express 1400 Beeman 1430 Instant 1445 Makai 1500</p> <p>Hawaii Polo Club Sunset Horseback Riding \$60 Express 1600 Beeman 1500 Instant 1515 Makai 1530</p>
<p>16 Surf & BBQ \$10 Express 0930 Beeman 0830 Instant 0845 Makai 0900</p> <p>Season's Best Craft & Gift Fair FREE Express 0915 Beeman 1000 Instant 1015 Makai 1030</p>	<p>17 Christmas Gift Wrapping FREE Beeman 1100-1300</p> <p>8 Ball Pool Tournament FREE Beeman 1800</p> <p>WIN PRIZES!!!</p>	<p>18 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p>	<p>19 Learn to Cook with Liberty FREE Express 1830 Beeman 1700 Instant 1715 Makai 1800</p>	<p>20 Make your own Gingerbread House FREE Beeman 1100-1300</p>	<p>21 Pizza For Lunch Sponsored by USAA FREE Beeman 1100-1300</p> <p>Decorate Your Own Christmas Stocking FREE Beeman 1100-1300</p>	<p>22 Public Skate @ Kapolei Inline Hockey Arena \$5 \$5 Express 1300 Beeman 1330 Instant 1345 Makai 1400</p> <p>Hawaii Bowl @ Aloha Stadium \$15 Express 1600 Beeman 1645 Instant 1700 Makai 1715</p>
<p>23 Hike Waimano Pools [INTER] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930</p> <p>Ice Skating \$5 Express 1800 Beeman 1830 Instant 1845 Makai 1900</p>	<p>24 K1 Speed Go-Karts \$20 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>25 Christmas Feast FREE Express 1100 Beeman 1300 Instant 1300</p> <p>Ugly Sweater Contest FREE Beeman 1200</p> <p>WIN PRIZES!!!</p>	<p>26 Movies with Liberty @ Dole Cannery \$5 Express 1645 Beeman 1730 Instant 1745 Makai 1800</p>	<p>27 Pau Hana Surf Session FREE Express 1400 Beeman 1445 Instant 1500 Makai 1515</p> <p>Volunteer Opportunity @ White Plains Beach</p>	<p>28 Spicy Crispy Chicken For Lunch Sponsored by USAA FREE Beeman 1100-1300</p> <p>Eat the Street FREE Express 1515 Beeman 1600 Instant 1615 Makai 1630</p>	<p>29 Waikiki Beach Outrigger Canoe Surfing \$10 Express 0815 Beeman 0900 Instant 0915 Makai 0930</p> <p>Hike Kalanau Falls [ADV] FREE Express 0830 Beeman 0900 Instant 0915 Makai 0930</p>
<p>30 Bellows Paintball \$30 Express 0830 Beeman 0915 Instant 0930 Makai 0945</p> <p>Hawaiian Parasailing \$35 Express 1045 Beeman 1130 Instant 1145 Makai 1200</p>	<p>31 New Year's Eve Raffle Fireworks Dinner Cruise FREE Express 1930 Beeman 2000 Instant 2015 Makai 2030</p>		<p>12 DAYS OF LIBERTY</p>			

dining

10th Puka Lounge
Brews & Cues
The Country Bar
Joint Base Catering
Koa Lounge
La Familia Mexican Restaurant
The Lanai at Mamala Bay
Phillies
Planet Smoothie
Restaurant 604
Steakout
Tradewinds
Wright Brothers Café & Grille

10TH PUKA LOUNGE

At Ke'alahi Par 3 Golf Course 448-9890

Watch all the NFL action at the Puka!

Sundays, Doors open at 7:45 a.m.

We'll be opening at 7:45 a.m. every Sunday so you can catch the first games of the day. La Familia will open early for breakfast.

BREWS & CUES

Bldg. 1314, North Rd (Club Pearl Complex) . . 473-1743

Gridiron Gameday

Sundays, Doors open at 7:30am

Mondays, Thursdays beginning at 3:15pm

FREE

Ages 18 years & older

Root for your favorite team and enjoy free pupus on Mondays and Thursdays (while they last). On Sundays, we open early with a continental breakfast (\$3.00) from 8:30-11am. Giveaways during Halftime on Sundays game at 11:30am!

Chill & Grill

Friday, Dec 28

5:30 – 7:30pm

FREE

Ages 18 years & older

End the month with free pupus and a pool challenge. All pool participants get entered into a draw at the end to win a fun prize.

Live DJ and Trivia Contest

Every Friday & Saturday Night

FREE

Ages 18 years & older

Dance the night away with DJ Services or test your knowledge with a trivia contest with give-a-ways.

THE COUNTRY BAR

Bldg. 1314, North Rd (Club Pearl Complex) . . 473-1743

Holiday Party

Friday, Dec 21

Ages 18 years & older

8:30pm – 2am

Holiday drinks, cookies, games, giveaways and prizes. Please join us for a tacky sweater contest. Eat, drink and be merry.



Ring in the New Year at the Country Bar!

New Year's Eve Party

Monday, Dec 31

Ages 18 years & older

Celebrate the New Year ! Welcome 2019 with a Champagne toast at the Country Bar. See ad on page 5.

JOINT BASE CATERING

Office next to Wright Bros. Café. 448-4608

Sunday Brunch

Dec 2, 9, 16, 23, 30

10am – 1pm

Dining Room

(Historic Hickam Officers' Club)

\$24.95 Club Members

\$26.95 Adults

\$13.50 Child 7-12 years

\$8.25 Child 4-6 years

ALL RANKS WELCOME!

Enjoy a delicious brunch at this iconic landmark building on base. Roast beef carving station, made-to-order omelets, crab legs, build your own waffle and a great selection of desserts. Open to all ranks, and all base-eligible patrons.

Paint 'n' Sip

Wednesdays, Dec 5, 12, 19, 26

5:30 – 8:30pm

Dining Room (Historic Hickam Officers' Club)

\$40/person

An instructor will lead you step by step through the featured painting of the night. You'll leave with your own completed 16" x 20" painting. All art supplies are included. No experience necessary. Cocktails and food available for purchase from the Koa Lounge. Advance registration is done at the Arts & Crafts Center. Reserve your spot today by calling 448-9907 ext. 2.

Mongolian BBQ

Mondays, Dec 3, 10, 17

Thursdays, Dec 6, 13, 20, 27

5 – 8pm

The Grand Lanai

\$0.95 per ounce

\$2 Club Member discount

Choose from 20 different fresh veggies, five different meats and a variety of sauces. Rice, noodles, soup, rolls, beverages and fortune cookies are also included. All ranks welcome!

KOA LOUNGE

At the Historic Hickam Officers' Club. . . 448-4608

Warrior Friday

Friday, Dec 7

4:30 – 7:30pm

Historic Hickam Officers' Club

FREE for Club members

\$15 for non-members

Join us for a great time, and enjoy a yummy pau hana pupu buffet! Open to all ranks and all active-duty members of the U.S. Armed Forces, DoD, contractors and retired military.

Margarita Madness

Every Thursday

4 – 6:30pm

Koa Lounge

\$4 Margaritas

On the rocks or frozen, and many flavors to choose from, including the traditional and Li Hing Mu.

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive. 422-3002

Aloha Friday Buffet

Fridays, Dec 7, 14, 21, 28

11am – 2pm

\$15.95 Adults

\$9.95 Child 6-12 years

FREE Child 5 years & under

It's Aloha Friday, end the workweek right with a delicious lunch buffet. Perfect for a quick meal, lunch meeting or other excuse to spend the midday sitting "this close" to the ocean.

Christmas Eve Special

Monday, Dec 24

11am – 4 pm

We've created a special lunch buffet for the festive time. Or, come for dinner between 4 and 8pm for a special set menu. Call 808-422-3002 for prices and reservations.

New Year's Eve Special

Monday, Dec 31

4 pm – Closing

We're saying goodbye to 2018 and offering a special set menu to celebrate the new year. Call 808-422-3002 for prices and reservations.

PHILLIES

711 Pierce St. Beeman Liberty Center. . 387-8080

Now Open!

Serving cheese steak, subs, salads, soups, burgers and more. Stop by today in enjoy a great new lunch spot on Pearl Harbor.

RESTAURANT 604

At Rainbow Bay Marina 888-7616

Weekend Brunch

Saturdays and Sundays

9:30am – 3pm

Come and see how the same creativity we put into our lunch and dinner is used for our special brunch. Experience our twists on breakfast fare, like guava pancakes, rib eye hash, assorted Benedict's and more.

Holiday Bowl with Santa

Breakfast & Bowl with Santa

Naval Station Bowling Center

**Sunday
Dec. 2nd**

**9:00 am
to
10:30 am**

Lunch & Bowl with Santa

Hickam Bowling Center

**Sunday
Dec. 9th**

**Noon
to
1:30 pm**

Breakfast includes:

- 2 Pancakes
- 2 Pieces of Bacon
- Milk or Juice
- 1 Game of bowling plus shoe rental

Lunch includes:

- 1 hot dog
- Chips
- Drink
- 1 Game of bowling plus shoe rental

\$8.00 per child ages 12 years and younger

Limited to the first 30 Authorized Patrons per event

Sign up from Nov 26-30th

Call 473-2651 to register
greatlifehawaii.com



Aloha Hour

Monday–Friday

3 – 5pm

Overlooking the quiet waters of Rainbow Bay, watching the sun set. It's the perfect place to wind down after work, with tasty appetizer specials and hand-crafted cocktails.

TRADEWINDS

Hickam Bldg. 1804

Coming Soon!

Stayed tuned to Great Life Hawaii for updates.

family/support

Child Development Centers
Child Development Homes
Military & Family Support Center
School-Age Care
School Liaison Office
Teen Center

TEEN CENTER

Teen Center, 234 Melick Ave. Bldg. 1330.
448-1068

Family Night - Christmas Ornaments

Tuesday, Dec 18

5 – 7pm

FREE

Ages: All teen family members welcome!

Teens! Bring by your families to help with a community service project at the Teen Center! Learn about upcoming events, hang out with your teen, and see the program your teens attend everyday!!

Hail and Farewell - Ugly Holiday Sweater Party

Saturday, Dec 22

4 – 11pm

FREE

Ages: All teen family members welcome!

Dress in your favorite holiday sweater and help us say welcome to new teens coming in and say "see yah later" to those heading out to new adventures!

Keep up with
GREATLIFE HAWAII
On Social Media



 @greatlifehawaii
 @greatlifehawaii
use tag #greatlifehawaii
 www.greatlifehawaii.com

athletics

Aquatics
Bowling
Fitness Programs & Centers
Golf
Intramurals
Youth Sports

AQUATICS

Arizona Pool (Ford Island) 472-7582
Pool 1 (Hickam) 449-8274
Pool 2 (Hickam) 448-2384
Scott Pool (Pearl Harbor) 473-0394
Towers Pool (Makalapa) 471-9723



Meet Santa and his Elves at the Hickam Family Pool

Santa Meet and Greet

Sunday, Dec 9

9 – 11am

FREE

Hickam Family Pool

Get ready to meet Santa Claus and his elves, visiting us all the way from the North Pole! Families throughout the JBPHH community are welcomed to Hickam Family Pool to have their pictures taken with Santa (parents are responsible for their own pictures). There will also be goodie bags to thank everyone who comes to participate in this event. For more information, call 808-448-2384.

Toys for Tots Donation

Dec 1–31

Scott and Hickam Family Pools

Toys for Tots is a program run by the United States Marine Corps Reserve, which distributes toys to children whose parents cannot afford to buy them Christmas gifts. Please bring unwrapped and unopened gifts to Scott and Hickam Family Pools where donation boxes will be located.

Aqua Zumba

Tuesdays, Dec 4, 11, 18

5:30–6:30pm

Hickam Family Pool

Purchase a coupon book or single ticket at the Hickam or JBPHH Fitness Centers.

BOWLING

Hickam Bldg. 1891. 448-9959
Naval Station Bldg. 1736 473-2574
The Escape (Wahiawa Annex) 473-2651

Holiday Breakfast & Bowl With Santa

Sunday, Dec 2

9 – 10:30am

\$8.00 per child

Ages: 12 years and younger

Naval Station Bowling Center

Breakfast includes 2 pancakes, 2 pieces of bacon, milk or juice, and 1 game of bowling plus shoe rental. Limited to the first 30 Authorized Patrons per event. Sign up from Nov 26-30th. Call 473-2651 to register.

Holiday Lunch & Bowl With Santa

Sunday, Dec 9

12 – 1:30pm

\$8.00 per child

Ages: 12 years and younger

Hickam Bowling Center

Lunch includes a Hot Dog, chips, a drink, and 1 game of bowling plus shoe rental. Limited to the first 30 Authorized Patrons per event. Sign up from Nov 26-30th. Call 473-2651 to register.

Happy Holidays from MWR

Dec 1 – 31

Hickam Bowling Center

Naval Station Bowling Center

Purchase 2 games of bowling and your 3rd game is FREE.

Lunch & Bowl

Tuesday, Dec 4, 11, 18

11am – 2pm **Hickam Bowling Center**

11am – 1pm **Naval Station Bowling Center**

Get up to 2 FREE games of bowling when you purchase a lunch item worth at least \$8 from our snack bar. Shoe rental is extra.

Active Duty Military Bowl Free

Monday, Dec 3, 10, 17, 24, 31

11am – 1pm **Hickam Bowling Center**

Thursday, Dec 6, 13, 20, 27

11am – 1pm **Naval Station Bowling Center**

Receive up to 2 free games of bowling during lunchtime. Shoe rental extra. Military ID card required. Offer not valid on Holidays.

FITNESS PROGRAMS & CENTERS

Hickam Bldg. 1120. 448-2214
JBPHH-Pearl Harbor Bldg. 1338 471-2019
Naval Station Gym Bldg. 667 473-2436
Wahiawa Annex Bldg. 446 653-5542
Open 24 hours/day, 7 days/week (unstaffed):
Ford Island Bldg. 55
Kunua Bldg. 446
Makalapa Bldg. 388
West Loch Bldg. 621

Ugly Sweater 5k

Thursday, Dec 6

7am

FREE

Wahiawa Annex Fitness Center

Giveaways to the top 3 male and female finishers. Call 808-653-5542 for more information.

Reindeer Fun Run

Saturday, Dec 15

7am

FREE

Hickam Memorial Fitness Center

MAKAI RECREATION CENTER

Instructional classes



Martial Arts

Taekwondo

This class focuses on a combination of combat techniques, self-defense, exercises and philosophy. Adults may join if they are accompanying a youth.

- Ages 5-9 years old: 4:30 - 5:30 p.m.
- Ages 10 and older: 6 - 7 p.m.
- Tuesdays and Thursdays
- \$45 per month

Okinawan Kempo Karate

This class focuses on student development and self-discipline. Adults may join if they are accompanying a youth.

- Ages 5 and older
- Mondays and Wednesdays, 5 - 6 p.m.
- \$45 per month

Dance/Music

Dance Movement Academy (DMA)

Choose from a variety of classes: Ballet, Tap, Acro-Jazz & Lyrical and Mommy & Me (ages 2 - 3 ½). Private classes are also available. For details, contact Ms. Di via by email at dirodin@hawaii.rr.com or by phone at 808-479-3273.

- Ages 3 ½ and older

Erin Smith Music

is now offering lessons to children of eligible patrons ages 5-18. Lessons in Piano, Voice and various musical instruments will be offered from 0900-1900, Monday-Friday by appointment only. For more information, please call Erin Smith at (808)250-1683.

- \$152 for four 30-min Lessons per month

Please inquire about current class schedules.
All information subject to change.

Visit www.greatlifeohawaii.com for more info.





GROUP EXERCISE SCHEDULE

Fitness Center Locations

Hickam Memorial Fitness Center
1120 Vickers Ave (Bldg 1120) • 448-2214

Pearl Harbor Fitness Center
1071 North Rd (Bldg 1338) • 471-2019

Wahiawa Annex Fitness Center
500 Center St (Bldg 446) • 653-5542



JBPHH FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7am	NOFFS *	CYCLE FIT *	STRONG TRAINING *	CYCLE FIT *	WILD CARD FITNESS *	
7am			CIRCUIT TRAINING *			
8 – 9am						YOGA
8 – 8:45am						TRADITIONAL HULA MOVEMENTS
8:30 – 9:30am	ZUMBA STRONG BY ZUMBA®	ZUMBA	HOT HULA fitness®	ZUMBA	YOGA	
9 – 10am						CYCLE FIT
9:15 – 10:15am						ZUMBA
9:45 – 10:45am	YOGA	MAD REPS	ZUMBA	MAD REPS	ZUMBA	
10:30 – 11:30am						MAD REPS
11:30am – 12:30pm	CYCLE FIT *	TOTAL BODY CONDITIONING *	CYCLE FIT *	TOTAL BODY CONDITIONING */TRX *	WARRIOR ZONE CIRCUIT	
4:30 – 5:30pm	YOGA	ZUMBA	ZUMBA	YOGA		
5:30 – 6:30pm	CYCLE FIT		CYCLE FIT S			
5:45 – 6:45pm	ZUMBA	YOGA	ZUMBA® TONING	ZUMBA	STRONG BY ZUMBA®	
6pm		KARATE BASICS				

HICKAM MEMORIAL FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30–6:30am	CYCLE FIT *		CYCLE FIT *		CYCLE FIT *	
6 – 7am	HIIT *	CIRCUIT TRAINING *	HIIT *	CIRCUIT TRAINING *	HIIT *	
8:30 – 9:30am	ZUMBA	POWER PUMP	KICKBOXING	POWER PUMP	TABATA	
10 – 11am		STRONG BY ZUMBA®	TAHULA FITNESS	STRONG BY ZUMBA®	CARDIO KICKBOXING	ZUMBA
11:30am – 12:30pm		YOGA	SPINNING	YOGA		
3:30 – 4:30pm		CIRCUIT TRAINING *	HIIT *	CIRCUIT TRAINING *		
5:15 – 6:15pm	YOGA	HIIT * SPINNING	YOGA	BODY BLAST SPINNING		
5:30– 6:30pm					ZUMBA	
6:30– 7:30pm	ZUMBA		ZUMBA			

WAHIAWA ANNEX FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am – noon		YOGA		TOTAL BODY COND		
11:30am – 12:30pm						
5– 6pm		ZUMBA		ZUMBA		

* There is a fee for all classes, but the starred classes are free for active-duty personnel. Classes at Wahiawa Annex Fitness Center are free for all. For more information on classes, please visit greatlifehawaii.com.

INFORMATION SUBJECT TO CHANGE

For fitness training, mobile fitness training, CFL, NOFFS, TRX and so much more, contact:
mark.mcfarland@navy.mil or phone: 808-471-2021

This fun Christmas themed run/walk is open to all eligible patrons. There are various categories; adult men and women, youth boy and girl, stroller male and female. Registration for this event begins at 6:30am. Call 808-448-2214 for more information.

GOLF

Barbers Point.....682-1911
Ke'alahi Par 3.....448-2318
Mamala Bay.....449-2304
Navy-Marine.....471-0142

\$2 Tuesdays

Tuesday, Dec 4, 11, 18

3:30 – 5:30pm

Mamala Bay Golf Course Driving Range

Grip it and rip it! \$2 gets you two buckets of balls, plus \$2 hot dogs, \$2 select beers and \$1 soda and bottled water. Plus, our golf pros will be on hand to offer tips. Open to ages 6 and up, call ahead to sign up.

Golf Demo Day

Wednesday, Dec 5

3:30 – 4:30pm

Navy Marine Golf Course

Try out some of the latest equipment at the driving range. For more info, call 808-471-0142.

Free Golf Clinics

Thursday, Dec 13

Noon – 1pm Navy Marine Golf Course

Thursday, Dec 20

11am – Noon Barbers Point Golf Course

FREE

Enjoy this introduction to the great game of golf. For more information, call respective pro shop.

9 Before 9

Monday – Friday (except holidays)

Before 9am

Mamala Bay Golf Course

Tee off before 9 am and play nine holes for a discounted price. For more info, call 808-471-0142.

BOGO Special

Monday – Friday

Ke'alahi Golf Course

Pay and play for nine holes on our Par 3 course and get a second nine holes at half-price. Must play the second nine on the same day. Call 808-448-2318 for info.

\$30 Coupon Special

Monday & Tuesday (except holidays)

Barbers Point Golf Course

Invite a civilian guest and take advantage of this special. Call 808-682-1911 for additional information.

Weekend Special

Saturday & Sunday (except holidays)

3:30pm

Barbers Point Golf Course

Play 9 holes for \$10, including the golf cart! Call 808-682-1911 for additional information.

Twilight /Play Until Dusk Golf Specials

Monday – Friday (except holidays)

After 3:00pm Barbers Point Golf Course

Monday – Friday (except holidays)

After 2:30pm Mamala Bay Golf Course

Saturdays and Sundays

After 3:30pm Barbers Point Golf Course

\$10 per person (9-holes only)

Select Weekends

After 3:30pm Mamala Bay Golf Course

For more information, call respective pro shop.

YOUTH SPORTS

Youth Sports & Fitness (Bloch Arena).....473-0789

Gymnastics (Bldg. 1680).....422-2223

Spring Junior Team Tennis 2019

Registration Period: Dec 3 – 28

Wentworth Tennis Courts

Ages: 6 - 16 yrs. old*

Must be 6 when practices start*

\$40 per child

NO IN OFFICE PAYMENTS register online at greatlifeflowaii.com. CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on greatlifeflowaii.com or call 473-0789.



Check out the Youth Sports Cross Country Running Club

Ready, Set, Run!

Registration Period: Dec 1 –28

Earhart Track Field

Ages: 7 - 16 yrs. old*

Must be 6 when practices start

\$20 per child

Sign your youth up for Our Cross Country Running Club. This "easy-to-run" program is designed to build confidence and character! NO IN OFFICE PAYMENTS register online at greatlifeflowaii.com. CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on greatlifeflowaii.com or call 473-0789.

Spring Volleyball 2019

Registration Period: Jan 2 – 31

Season Runs March - May, Practice starts February

Bloch Arena

Ages: 7 - 16 yrs. old

\$50 per child

NO IN OFFICE PAYMENTS register online at greatlifeflowaii.com. CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on greatlifeflowaii.com or call 473-0789.

USA Track & Field 2019

Registration Period: Jan 2 – 31

Season Runs May - June, Practice starts April

Earhart Field

Ages: 7 - 18 yrs. old

\$50 per child

NO IN OFFICE PAYMENTS register online at greatlifeflowaii.com. CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on greatlifeflowaii.com or call 473-0789.



Spring Flag Football Registration Begins Jan 2, 2019

Spring Flag Football 2019

Registration Period: Jan 2 – 31

Season Runs February - May

Practice starts February

Quick Field

Ages: 5 - 16 yrs. old

\$50 per child

NO IN OFFICE PAYMENTS register online at greatlifeflowaii.com. CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on greatlifeflowaii.com or call 473-0789.

Spring Cheerleading

Registration Period: Jan 2 – 31

Season Runs April - June, Practice starts April

Quick Field

Ages: 5 - 16 yrs. old

\$50 per child

NO IN OFFICE PAYMENTS register online at greatlifeflowaii.com. CURRENT REGISTRATION FORM AND PHYSICAL NEEDED PRIOR TO REGISTRATION. For more information, visit Youth Sports page on greatlifeflowaii.com or call 473-0789.

itt

Barbers Point.....682-2019

Fleet Store.....473-0792

Hickam.....448-2295

NEX Mall.....422-2757

Wahiawa.....564-4445, 564-4446

Travel Connections-Fleet Store.....422-0139

Travel Connections-NEX Mall.....422-4067

Honolulu City Lights Holiday Display Tours

Daily from Friday, Dec 7 – Sunday, Dec 23

6 – 8pm (\$15 per person)

8:30 – 10:30pm (\$10 per person)

Children 4 & under free (must be in adult's lap; 1 child per adult)

This annual holiday favorite returns with a festive ride, stopping to see the holiday displays at Honolulu Hale!

*Tours depart from Pearl Harbor Bloch Arena Parking lot and are subject to availability.

Hickam Historical Tour

Friday, Dec 7, 14, 21, 28

9:30am – 1:30pm

\$45 for adults

\$40 for children (ages 3–11 years old)

"An exclusive tour to relive history and to understand the important role Hickam Field played in World War II. See the original buildings where the Army Air Forces' airmen, nurses and officers & enlisted families lived and hear their personal stories of this "Day of Infamy." Highlights: Fort Kamehameha, Hickam Hotel, Freedom Tower, Pearl Harbor Hospital Point and more!"

Ford Island Historical Tour

Wednesdays, Dec 5, 12, 19, 26

9:30am – Noon (Check in at 9:15am)

\$25 for adults

\$20 for children (ages 3–11 years old)

Nestled in Pearl Harbor lies an isolated island called Moku Umeume, rich in Hawaiian and U.S. military history. Travel back in time and honor the families who experienced the horrors of "The Day of Infamy". Points of Interest: USS Utah & Oklahoma Memorial, the USS Arizona Memorial Rock, Historic Nob Hill officer homes, bombing & bullet strafing reminders.

Chinatown Food & Historic Tour

Saturday, Dec 29

8:30am – 1pm

\$35 for adults

\$30 for children (ages 3–11 years old)

Discover the intriguing history of Honolulu's Chinatown on this unique walking tour, as you sample Chinese treats along the way and end with a sumptuous and traditional dim sum lunch.

recreation

Arts & Crafts

Auto Skills

Liberty Centers

Library

Marinas

Outdoor Recreation

Sharkey Theater

ARTS & CRAFTS

Hickam Bldg. 1889 448-9907

Holiday Open House

Saturday, Dec 8

11am–2pm

Fun for the whole family! Featuring fun Make-n-Takes, Demos, Door Prizes, Specials, FREE hot dogs and soda!

Christmas Stocking Workshop with

Amanda Bussey

Monday, Dec 3

5:30 – 8:30pm

Ages 10 and up

\$35 per person (supplies included)

Customize stockings to hang by the 'chimney' with care, and fill up with wonderful surprises! You MUST have your own sewing machine. Ages 10 and up. \$35 per person (plus cost of supplies)

Christmas Ornaments with Jessica FitzGerald

Friday, Dec 7, 14, 21

5:15 – 7:15pm

Ages 7-14

\$30 per person (supplies included)

Each session will be a new image such as sunsets, waves, and more. This fun experience includes art, music, and sweets. Be sure to wear clothes to paint in!

LIBRARY

Hickam Bldg. 595 449-8299

Dial-A-Story 449-8297

Library Know-How

Saturday, Dec 1

10am – 12pm

Learn how to get the most out of your library.

Adult Book Club

Tuesday, Dec 4 – 10am

Thursday, Dec 6 – 6pm

Broaden your literary horizon with us, as we select books from a wide variety of genres. Discussion book this month is "Victoria and Abdul."

Learn about two festivals of light: Hannukkah and Kwanzaa

Wednesday, Dec 5

9am

We will read stories, do crafts and hear the music of both traditions!

Young Adult Book Club

Wednesday, Dec 5

4pm

Our Young Adult Club is geared towards Junior High and High School youth. This week our book being discussed is "Nick and Nora's Infinite Playlist." The discussion goal is to encourage members to voice their concerns and opinions about the reading in a non-judgmental setting.

STEM Wednesday - Snap Circuits

Wednesday, Dec 5

2 – 3:30pm

Ages 7 and up

Recommended for ages 7 & up. Parental supervision required. Space is limited to 20 spots, call 449-8299 to reserve a spot.

Froehliche Weihnachten: Learn how Germany Celebrates the Holiday Season with Jenny Riley-Doyle

Tuesday, Dec 11

6 – 7pm

FREE

Jenny Riley-Doyle grew up in Germany and will share some of its unique holiday traditions. Sample some Weihnachtsstollen (fruit bread), and spiced cider as she takes you on a special journey of special foods and customs. Questions? Call 449-8296

Preschool Story Time

Wednesday, Dec 12, 26

9 – 10am

Story times are great for children of all ages! Our theme on December 12 will be "Holiday Fun" and "1st day of Kwanzaa" on December 26.



Storytime with Santa

Tuesday, Dec 18

4 – 7pm

FREE (Register by December 14)

The Library and Military & Family Support Center Joint Base Pearl Harbor-Hickam invite deployed and EFMP families to listen to Santa and Mrs. Claus read classic and contemporary holiday stories in a festive setting with refreshments and holiday crafts. To register go to www.greatlifehawaii.com. Click on Support, Military Family Support Center Class Schedule and locate the event on the calendar. Please indicate at registration if you want a photo taken (Photos will be between 4-5pm).

Kids' Book Club

Wednesday, Dec 19

2 – 3pm

Ages 4th & 5th grade

If you read at or near a fourth- or fifth-grade reading level, we would love for you to join one of our book clubs. We will discuss "Walk Two Moons."

LEGO Time

Saturday, Dec 29

10am

Come in and get creative with our Legos!

SHARKEY THEATER

Moore St., Bldg. 628 473-0726

FREE Advanced Screening of "Bumble Bee"

Saturday, Dec 15

3pm

FREE TO THE FIRST 400 AUTHORIZED PATRONS. Active duty military ID card holder will be able to receive up to 4 tickets. Military family members, military retiree and DOD card holders 2 tickets per ID card. Ticket distribution begins at 1:30pm. Movie is rated PG-13.

FREE Advanced Screening of "Aquaman"

Sunday, Dec 16

3pm

FREE TO THE FIRST 400 AUTHORIZED PATRONS. Active duty military ID card holder will be able to receive up to 4 tickets. Military family members, military retiree and DOD card holders 2 tickets per ID card. Ticket distribution begins at 1:30pm. Movie is rated PG-13.

STORYTIME WITH SANTA



Tue, Dec 18
JBPHH Library
4-7pm

Register by Dec 14

The Library and Military & Family Support Center invite deployed and EFMP families to listen to Santa and Mrs. Clause read classic and contemporary holiday stories in a festive setting with refreshments and holiday crafts. Santa will be available from 4-5pm if you would like to take a picture with your camera.

To register go to www.greatlifehawaii.com, Click on Support, Military Family Support Center Class Schedule and locate the event on the calendar.



For questions and more info: Email MFSCHawaii@navy.mil or call 808-474-1999. JBPHH Library - 990 Mills Blvd., Bldg. 595
www.greatlifehawaii.com





MILITARY & FAMILY SUPPORT CENTER

DECEMBER CLASSES

The Military and Family Support Center (MFSC) combines the former Pearl Harbor Fleet & Family Support Center and the Hickam Airman & Family Readiness Center into one organized center. We provide unified, customer-focused programs, classes and services to support our JBPHH community, including active-duty, reserve, retired personnel, family members and DoD employees.

INFORMATION SUBJECT TO CHANGE

employment assistance

ACING THE INTERVIEW

Dec 11 • 8:30 – 10:30pm | Wahiawa

Preparation and determination is the key to a successful interview. This class will provide you with the tools to be able to answer different types of interview questions and prepare you for the many interview styles that are popular today. In this interactive class participants will have an opportunity to observe and take part in mock interviews.

CIVILIAN RESUME WRITING

Dec 11 • 4:30 – 6:30pm | Pearl Harbor

This class will cover the different resume formats and the advantages and disadvantages of each. Learn how to write powerful accomplishments that help you stand out from the competition, proper formatting, common mistakes to avoid, and so much more. Note: this class targets private sector resumes only.

FEDERAL EMPLOYMENT 101

Dec 5 • 12:00 – 2:00pm | Hickam

The application process for federal jobs can feel confusing and overwhelming but the benefits of civil service are worth the effort! We will help you navigate the USAJobs website and understand the application process from start to finish. Federal resumes are different than private sector resumes and we will teach you how to build a competitive application. We will also cover topics such as hiring preferences and programs for veterans and military spouses.

PART-TIME MONEY MAKERS

Dec 14 • 1:00 – 3:00pm | Pearl Harbor

Our class will help you discover creative ways to earn supplemental income! This course will cover legitimate, remote employment opportunities; local part-time, temporary, and seasonal jobs; self-employment and government contracting; leveraging your hobby into a money maker and quick-start income opportunities and money saving apps. We will also help you identify red flags for scams and determine your entrepreneurial risk tolerance and potential.

family life skills

DEVELOPING SELF-ESTEEM IN CHILDREN

Dec 5 • 10:00am – 12:00pm | Pearl Harbor

Did you know a parent's behavior can influence their child's thinking? Learn the "language of encouragement" and the importance of building self-esteem in children. Discover the power of mutual respect and how to understand the difference between praise and encouragement.

NEW MOMS AND DADS

Dec 19 • 5:00 – 8:00pm | Hickam

New and soon-to-be parents (or those who are thinking about becoming parents) will learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year.

PARENT CHILD COMMUNICATION

Dec 18 • 10:00am – 12:00pm | Pearl Harbor

Having positive parent child communication is key to maintaining healthy family relationships. Improve your communication skills with your children of all ages; we will discuss techniques suitable for each age group.

PARENTING GROUP

Dec 4, 11, 18 • 10:00am – 12:00pm | Pearl Harbor

This eight-week interactive parenting group assists parents to better nurture their children, allowing their children to grow into responsible adults and loving parents to their own children. For more information and to register, call MFSC-Pearl Harbor and ask to speak to the group facilitator.

POSITIVE PARENTING

Dec 12 • 10:00am – 12:00pm | Pearl Harbor

Parenting skills are something learned; not something we are born with. This class will enhance your parenting skills and make your parenting goals attainable. Topics include: establishing positive relationships, disciplining assertively, creating realistic expectations and more.

information and referral

EFMP COFFEE TALK

Dec 13 • 9:00 – 10:00am | Pearl Harbor

Learn, share and connect with other Exceptional Family Member Program (EFMP) families.

GREEN CARD / IMMIGRATION AND NATURALIZATION

Dec 10 • 9:30 – 11:30am | Pearl Harbor

Green Card/Immigration 0930-1030 / Naturalization 1030-1130. Want to apply for your American citizenship? The Military and Family Support Center in partnership with U. S. Citizenship and Immigration Services presents an Immigration Information Workshop to assist you. This class will provide step-by-step instructions and help you understand and navigate the U. S. Citizen immigration application process.

key spouse/ombudsman/ fleet readiness group

KEY SPOUSE CONNECT MEETING

Dec 6 • 9:00 – 11:00am | Hickam

Network with other Key Spouses/Mentors and discover community resources for disaster preparedness, relocation, and much more. Open to all appointed USAF Key Spouses, Commanders, and First Sergeants.

personal development

ANGER MANAGEMENT

Dec 17 • 9:00am – 12:00pm | Pearl Harbor

We all know what anger is, and we have all felt it: whether as a fleeting annoyance or as a full-fledged rage. Feeling anger is not unusual; it is a completely normal and healthy human emotion. It's how we channel that anger and emotion that's important. Join us for this class that is designed to help you better understand, channel, and control your anger.

DEALING WITH DIFFICULT BEHAVIORS

Dec 19 • 10:00am – 12:00pm | Pearl Harbor

Do you ever encounter difficult behavior at work? How well do you work with people that handle situations differently than you do? Attend our workshop and learn about different behavior types that we encounter in the workplace. We can teach you some tips on how to identify difficult behavior patterns, and the best way to deal with each specific one.

HEALTHY RELATIONSHIPS 101

Dec 4 • 1:00 – 3:00pm | Pearl Harbor

This class outlines characteristics of a healthy relationship, how self-esteem affects our choices, effective communication, and conflict resolution. We'll give you the tools to build and maintain a solid foundation for a quality relationship. Great for any personal relationship, whether working, family, or romantic.

HOLIDAYS AND STRESS

Dec 3 • 9:00am – 12:00pm | Pearl Harbor

Stress is a normal psychological and physical reaction to the ever increasing demands of life. Over time, high levels of stress can lead to serious health problems. Stress levels increase with holiday pressures. Learn how to interrupt the stress cycle, decrease stress levels and enjoy the holidays more!

SKILLS DEVELOPMENT GROUP

Dec 5, 12, 19 • 10:00am – 12:00pm | Pearl Harbor

This eight-week group is designed to increase participants' conflict resolution skills in relationships. Topics include anger management, stress management, assertiveness training and common relationship issues. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

TIME MANAGEMENT

Dec 3 • 10:00am – 12:00pm | Pearl Harbor

Acquire skills to make better choices about time management and achieve your goals. Gain the personal understanding and practical skills to implement a customized framework for successful time management.

TRANQUIL SEAS: MINDFULNESS AND SELF CARE

Dec 12 • 1:00 – 3:00 p.m | Pearl Harbor

Self-care is a critical element in managing stress, preventing burnout and achieving a sense of fulfillment. Evaluate ways you can build self-care into your daily routine, be mindful through your activities and reach your fullest potential.

WOMEN EMPOWERED GROUP

Dec 3, 10, 17 • 10:00am – 12:00pm | Pearl Harbor

This self-development group aims to help women harness their own voices and strengths, learn to build healthy relationship, take actions towards personal growth. This group is held in a supportive and confidential atmosphere with opportunities to meet and share with others. For more information, contact MFSC-Pearl Harbor and ask to speak to the group facilitator.

WORK AND PERSONAL LIFE BALANCE

Dec 4 • 10:00am – 12:00pm | Pearl Harbor

Learn to manage everyday stressors to create a healthy work and personal life balance. This class will focus on strategies to create realistic expectations and challenge negative thinking patterns, while expanding your toolkit for maximum balance and well-being.

personal financial management

HOME BUYING

Dec 6 • 1:00 – 3:00pm | Pearl Harbor

Plan on buying a home? This is a great opportunity to gain a strong foundation for home purchase decisions and how to avoid unexpected expenses and stumbling blocks. Workshop focuses on the purchase decision process, steps to take before investing in a home, details of the purchase, and mortgage options.

MANAGING PERSONAL FINANCES

Dec 27 • 9:00 – 10:30am | Pearl Harbor

Money management becomes more important and complicated as you go through life. Let us help you make your money work for you. From the basics of debt reduction, budgeting, saving, and investing basics to advanced strategies and guidance for improving your credit score, planning savings goals and gaining awareness about loans. This class will help you on your journey to become your own smart financial manager.

MILLION DOLLAR SERVICE MEMBER

Dec 11 - 12 • 7:30am – 3:30pm | Pearl Harbor

This two-day class is designed for junior Navy and Air Force personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, report, and new and used car purchasing techniques.

SAVING AND INVESTING BASICS

Dec 19 • 1:00 – 2:30pm | Pearl Harbor

If you have been able to put away extra money on a month-to-month basis, it's always a good idea to think about ways that you can build on what you already have. If you haven't been able to put away as much as you'd like, here's your chance to learn how. This workshop will teach you the basic skills and techniques of managing and budgeting your money; how to shop for investments; the difference between stocks, bonds, Roth and traditional IRAs, CDs, money market accounts, and more. Make your money work for you.

THRIFT SAVINGS PLAN

Dec 20 • 1:00 – 3:00pm | Pearl Harbor

The TSP is a retirement savings and investment plan for Federal employees and members of the uniformed services. Please join us for this class that will explain the benefits of the Thrift Savings Program, the different funds that are available to invest in, TSP withdrawals and much more.

relocation assistance

SMOOTH MOVE

Dec 13 • 8:00 – 11:30am | Pearl Harbor

This workshop features speakers from various departments to give you a better understanding of the Permanent Change of Station (PCS) process such as: entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning.

(continued on next page)

SPONSOR TRAINING

Dec 4 • 1:00 – 3:00pm | Wahiawa

Gives the new sponsor information, resources, and tools needed to assist incoming personnel and families, in order to ease their transition to a new environment. Spouses are encouraged to attend.

sexual assault prevention & response (SAPR)

SAPR VICTIM ADVOCATE REFRESHER TRAINING

Dec 11 • 1:30 – 3:30pm | Pearl Harbor

Refresher training is required to provide continuous education for current D-SAACP Certified US Navy SAPR Victim Advocates. Contact the Sexual Assault Response Coordinator for more information.

SEX ASSAULT SURVIVORS GROUP

Dec 5, 12, 19, 26 • 4:00 – 5:30pm | Pearl Harbor

If you were sexually abused or assaulted, this on-going weekly support group for women survivors of any type of sexual harassment or assault can help. The group offers a safe place to learn, deal with the feelings, talk with other survivors, get validation, and heal in your adult life. For information and to register, call MFSC and ask to speak with the group facilitator.

transition assistance

CAPSTONE EVENT

Dec 6 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

Dec 13 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

Dec 20 • 7:30 – 8:30am • 9:00 – 10:00am • 10:30 – 11:30am | Pearl Harbor

The final mandatory step in Transition; measures a service member's transition readiness from the military to civilian life. Referrals to external agencies that offer additional assistance to ensure a successful transition to civilian life provided as needed. Capstone must be completed no later than 90 days prior to separating/retiring. A prerequisite for this event is Transition GPS (Goal, Plans, and Success).

TRANSITION GPS: BOOTS TO BUSINESS

Dec 18 – 19 • 9:00am – 4:00pm | Pearl Harbor

This two-day seminar, provided by the U.S. Small Business Administration, will assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career and provide training and orientation to the fundamental tools and strategies associated with executing plans to launch a new business.

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR RETIREES

Dec 10 – 14 • 7:30am – 4pm | Pearl Harbor

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within two years of retirement. Spouses are encouraged to attend. Navy members must register through



To Register for a MFSC Class Visit:

<https://jbphh.greatlifehawaii.com/support/military-family-support-center>

Great Life Hawaii Calendar of Events December 2018						
SUN	MON	TUE	WED	THU	FRI	SAT
25 SAPR Victim Advocate Refresher Training (9:00-11:30am) Anger Management COUN	26 Officer's Aide Newcomers Orientation Spouse Employment Boot Camp COUN	27 USAF Pre-Separation Briefing Dealing with Politics COUN	28 Captains 7:30 Captains 9:00 COUN	29 Transition for Spouse and Extended Family COUN	30	1
2	3 Holidays and Stress Time Management COUN	4 Work and Personal Life Balance Spouse Training COUN	5 USAF Pre-Separation Briefing Dealing with Politics COUN	6 Captains 7:30 Captains 9:00 COUN	7	8
9	10 Spouse Employment and Reorientation COUN	11 Officer's Aide Newcomers Orientation Military Dollar Service Member COUN	12 USAF Pre-Separation Briefing Positive Planning COUN	13 Captains 7:30 Broad Mass COUN	14 Plan Your Money COUN	15
16	17 Transition GPS: Boots to Business Anger Management COUN	18 Transition GPS: Boots to Business Parent Child Communication COUN	19 USAF Pre-Separation Briefing Dealing with Difficult Behaviors COUN	20 Captains 7:30 Captains 9:00 COUN	21	22
23	24	25	26 Managing Personal Finances COUN	27	28	29

their CCC. Air Force members may register through a transition counselor at the MFSC.

TRANSITION GPS (GOALS, PLAN, SUCCESS) FOR SEPARATEES

Dec 3 – 7 • 7:30am – 4pm | Pearl Harbor

Dec 10 – 14 • 7:30am – 4pm | Pearl Harbor

This mandatory 5-day workshop provides transitioning service members with an intensive transition overview including information and referral for veteran's benefits and services, individual transition plan consultation, MOC Crosswalk and GAP Analysis instruction, and a 3-day Department of Labor Employment Workshop. Plan to attend within one year of separation. Spouses are encouraged to attend. Navy members must register through their CCC. Air Force members may register through a transition counselor at the MFSC.

USAF PRE-SEPARATION BRIEFING

Dec 5, 12, 19 • 8:00 – 11:00am | Hickam

DoDI 1332.35 mandates separating and retiring members receive Pre-Separation Counseling NLT 90 days prior to separation. Attending 12 months prior for separatees and 24 months prior for retirees is highly encouraged. This mandatory counseling covers VA benefits and entitlements, employment, education, medical, and community resources, among others.

Military & Family Support Center Locations

MFSC-Hickam

655 Vickers Avenue, Bldg. 1105
474-1999

Tue–Thu: 8 a.m. – 3:30 p.m.

Closed daily from 11 a.m. – 12 p.m.

MFSC-Pearl Harbor

4827 Bougainville Drive
474-1999

Mon–Thu: 7 a.m. – 4:30 p.m.

Fri: 7 a.m. – 4 p.m.

MFSC-Wahiawa Annex

500 Center Street, Bldg. 392
Wahiawa, HI 96786

474-1999

Tue–Thu: 7:30 a.m. – 4 p.m.



MFSC VOLUNTEERS NEEDED!

- ★ FRONT DESK ASSISTANT (INFORMATION & REFERRAL)
- ★ LOAN CLOSET ASSISTANT
- ★ FAMILY LIFE SKILLS EDUCATOR
- ★ PROGRAM SUPPORT (PROGRAMS VARY)
- ★ RETIRED ACTIVITIES OFFICE ASSISTANT

Volunteering is a great way to give back to your community, build up your resume, and grow your network!



For more information call the **Military & Family Support Center** at **474-1999**
4827 Bougainville Drive, Honolulu, HI 96818

[www.Facebook.com/JBPHH.MFSC](https://www.facebook.com/JBPHH.MFSC) | greatlifehawaii.com |  [@jbphh_mfsc](https://www.instagram.com/jbphh_mfsc) |  [@JBPHH_MFSC](https://twitter.com/JBPHH_MFSC)

food&drink

JOINT BASE CATERING

Office next to Wright Brothers Café • 448-4608 Ext. 16
 Mon, Sat Appointment only
 Tue-Fri 0900-1600
 Sun Closed

DINING FACILITIES/GALLEYS (ACTIVE-DUTY ONLY)

Hale Aina DFAC • Hickam Bldg. 1860 • 449-1666
 Mon-Fri 0600-0830, 1100-1300, 1700-1830
 Sat, Sun, Holidays 0630-0830, 1100-1300, 1700-1830

Silver Dolphin Bistro Galley • Bldg. 655 • 473-2948
 Mon-Fri 0615-0730, 1100-1230, 1615-1730
 Sat, Sun, Holidays 0615-0730, 1030-1230, 1615-1730

RESTAURANTS & CASUAL DINING

LA FAMILIA MEXICAN RESTAURANT

At Ke'alahi Par 3 Golf Course • 422-9987
 Mon Closed
 Tue-Sat 1000-2100
 Sun 1000-2000

THE LANAI AT MAMALA BAY

3465 Mamala Bay Drive, Hickam Harbor • 422-3002
 Mon-Thu, Sun 1100-1400, 1700-2100
 Fri, Sat 1100-1400, 1700-2100
 Hapa Bar
 Mon-Thu, Sun 1100-2000
 Fri, Sat 1100-2100

RESTAURANT 604

57 Arizona Memorial Drive, Rainbow Bay • 888-7616
 Mon-Thu 1030-2200
 Fri 1030-2300
 Sat 0930-2300

Sun 0930-2200
 Aloha Hour
 Mon-Fri 1500-1700

WRIGHT BROTHERS CAFÉ & GRILLE

901 Worthington Avenue • 448-4608 Ext. 39
 Mon-Thu 0630-1000, 1030-1330
 Fri 0630-1000, 1030-1330, 1700-2000
 Sat 0700-1330, 1700-2000
 Sun 0700-1030

SNACK BARS

HARBOR GRILL

Inside Naval Station Bowling Center • 473-2574
 Mon 0700-1330, 1700-2100
 Tue-Thu 0700-2100
 Fri 0700-2200
 Sat 0800-2200
 Sun 0830-1730

KAU KAU KORNER

Inside Hickam Bowling Center • 448-9959
 Mon-Thu 1000-2030
 Fri 1000-2200
 Sat 0900-2200
 Sun 0900-2030

MAMALA BAY SNACK BAR

At Mamala Bay Golf Course
 CLOSED UNTIL FURTHER NOTICE

PHILLIES

711 Pierce St. Beeman Liberty Center • 387-8080
 Mon-Fri 1000-1930
 Sat 1000-1500

PLANET SMOOTHIE

At the Hickam Fitness Center • 422-1145
 Mon-Fri 0700-1900
 Sat 0800-1400

Area code for JBPHH phone numbers is 808.

STEAKOUT

Barbers Point Golf Course • 462-9370
 Mon-Sun 0600-1700

FAST FOOD

PIZZA HUT

At the Club Pearl Complex • 423-2222

TACO BELL

At the Club Pearl Complex • 422-2274

BARS

10th PUKA LOUNGE

At Ke'alahi Par 3 Golf Course • 448-9890
 Mon, Tue, Sun 1100-2230
 Wed-Sat 1100-2300

BREWS & CUES (NEWLY RENOVATED)

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
 Mon-Thu 1300-2300
 Fri 1300-0100
 Sat 1100-0100
 Sun 1100-2300

THE COUNTRY BAR (NEWLY RENOVATED)

Bldg. 1314, 915 North Road (Club Pearl Complex) • 473-1743
 Mon-Thu Closed
 Fri-Sat 2030-0200
 Sun Closed

KOA LOUNGE

At the Historic Hickam Officers' Club • 448-4608
 Wed 1600-2100
 Thu 1600-2200
 Fri 1600-2300

TRADEWINDS

Hickam Bldg. 1804
 Coming Soon!

programs&services

AQUATICS

Arizona Pool (Ford Island) • 472-7582
 Open Swim (summer months):
 Mon-Fri 1300-1700
 Sat, Sun, Holidays 1200-1700
 Hickam Training Pool, Hickam Bldg. 1122 • 449-8274
 Mon-Fri 0500-0700; 1100-1300
 Sat, Sun, Holidays Closed

Hickam Family Pool (Pool 2), Hickam Bldg. 425 • 448-2384
 Open Swim:
 Mon, Tue Closed
 Wed-Fri 1430-1800
 Sat, Sun 1200-1700

Scott Pool, Pearl Harbor Bldg. 1511 • 473-0394
 Lap Swim:
 Mon-Fri 0500-0700, 1100-1300
 Mon-Thu 1700-1900
 Sat, Sun 1000-1200
 Open Swim:
 Mon-Wed, Fri 1430-1700
 Sat, Sun, Holidays 1200-1700

Towers Pool (Makalapa) • 471-9723
 Lap Swim:
 Mon-Fri 1100-1300
 Open Swim:
 Sat, Sun 1200-1700

Wahiawa Annex Pool, 500 Center St • 653-5306
 Lap Swim:
 Tue, Thu 1100-1300
 Open Swim:
 Tue, Thu 1300-1700
 Sat, Sun, Holidays 1200-1700

ARTS & CRAFTS CENTER

Hickam Bldg. 1889 • 448-9907
 Ceramics & Frame Shop
 Mon, Sun Closed
 Tue-Sat 0900-1700
 Engraving Shop
 Mon, Sat, Sun Closed
 Tue-Fri 0900-1700

Gallery/Office
 Mon-Fri 0900-1700
 Sat, Sun Closed

Sales Store
 Mon, Sun Closed
 Tue-Thu 1000-1800
 Fri, Sat 0900-1700

Wood Hobby Shop • 448-9911
 Mon Closed
 Tue-Thu 1300-1900
 Fri-Sun 1000-1700

AUTO SKILLS CENTERS

Flight Crew Motorcycle 422-6202, 548-8813
 Hickam ASC, Bldg. 4002 • 449-2554
 Mon, Sun Closed
 Tue-Fri 0700-1700
 Sat 0900-1700
 Hickam Car Wash • 449-2554
 Daily 0800-2000
 Moanalua ASC (off-base) • 471-9072
 Mon, Thu, Fri 1200-2000
 Sat, Sun 0900-1700
 Tue, Wed Closed
 Car Wash at Moanalua ASC • 471-9072
 Daily 0700-2000
 Towing Service • 449-2554

BOWLING CENTERS

Hickam Bldg. 1891 • 448-9959
 Mon, Tue, Thu 1100-2100
 Wed 1000-2100
 Fri 1000-2400
 Sat 0900-2400
 Sun 0900-2100
 Holidays 1200-1800
 Naval Station Bldg. 1736 • 473-2574
 Mon 1100-1330, 1700-2100
 Tue-Thu 1100-1300, 1700-2100
 Fri 1100-1300, 1700-2230
 Sat 0900-2230
 Sun 1100-1800
 Holidays Closed

The Escape at Wahiawa Annex • 473-2651
 Fri 1800-2200

CHILD DEVELOPMENT CENTERS

Center Drive CDC • 471-1978
 Ford Island CDC • 472-0262
 Hickam/Harbor CDC • 448-0183
 Hickam/Main CDC • 449-9880
 Hickam/West CDC • 449-5230
 Kids Cove • 421-0989
 Naval Station CDC • 473-2669
 Peltier CDC • 471-9336
 Wahiawa CDC • 653-5305

CHILD DEVELOPMENT HOMES PROGRAM OFFICE

530 Peltier, Bldg. 1925 • 471-8445
 Mon-Fri 0800-1700
 Sat, Sun Closed

FITNESS & SPORTS CENTERS

Family Fitness Center Bldg. 1681 • 471-2019
 Mon-Fri (unstaffed) 1000-1700
 Hickam Bldg. 1120 • 448-2214
 Mon-Fri 0430-2130
 Sat, Sun 0700-1700
 After-hours access available
 Holidays Closed
 JBPHH-Pearl Harbor Bldg. 1338 • 471-2019
 Mon-Fri 0400-2130
 Sat, Sun, Holidays 0700-1700
 Naval Station Gym Bldg. 667 • 473-2436
 Mon, Wed, Fri 0500-1730
 Tue, Thu 0500-1500
 Sat, Sun, Holidays Closed
 Wahiawa Annex Bldg. 446 • 653-5542
 Mon-Fri 0500-2100
 Sat, Sun 1200-1700
 Holidays 1000-1500

Open 24 hours a day, 7 days a week (unstaffed):

Ford Island Bldg. 55
 Kunia Bldg. 446
 Makalapa Bldg. 388
 West Loch Bldg. 621

GOLF COURSES

Barbers Point Golf Course, Essex Rd., Bldg. 2249 • 682-1911
 Daily Tee Times & Pro Shop
 Mon–Sun 0630–1830
 Driving Range
 Mon, Wed–Sun 0630–1800
 Tue 0930–1800

GOLF COURSES CONTINUED

Ke‘alahi Par 3 Golf Course, Hickam Bldg. 2105 • 448-2318
 Mon, Wed–Sun 0630–2200
 Tue 0630–2100
 Mamala Bay Golf Course, Hickam Bldg. 3571 • 449-2304
 Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800
 Pro Shop
 Mon–Fri 0630–1800
 Sat, Sun (Holidays) 0615–1800
 Navy-Marine Golf Course
 Valkenburgh at Radford Drive • 471-0142
 Daily Tee Times 0700–1830
 Pro Shop
 Mon–Sun 0630–1830
 Driving Range
 Mon–Wed, Fri–Sun 0630–2100
 Thu 1030–2100

HOUSING

Ohana Military Communities Family Housing • 474-1820, 839-8690
 Hickam Communities Family Housing • 448-0856, 423-7788
 Unaccompanied Housing • 473-5995

INFORMATION, TICKETS & TRAVEL

ITT-Barbers Point, White Plains Beach • 682-2019
 Mon–Sat 0900–1800
 Sun, Holidays 0900–1500
 ITT-Fleet Store, Pearl Harbor • 473-0792
 Mon–Fri 0900–1800
 Sat 0900–1600
 Sun, Holidays Closed
 ITT-Hickam, Bldg. 1760 • 448-2295
 Mon–Fri 0900–1700
 Sat 0900–1300
 Sun, Holidays Closed
 ITT-NEX Mall • 422-2757
 Mon–Fri 0900–1800
 Sat 0900–1700
 Sun, Holidays 0900–1500
 ITT-Wahiawa, Bldg. 551 • 564-4445, 564-4446
 Mon, Wed, Fri 1000–1600
 Tue, Thu, Sat, Sun, Holidays Closed
 ITT Recreation Ticket Vehicle • 630–3080

TRAVEL CONNECTIONS OFFICES

Travel Connections Fleet Store, Pearl Harbor • 422-0139
 Mon–Fri 0900–1800
 Sat, Sun, Holidays Closed
 Travel Connections NEX Mall • 422-4067
 Mon–Fri 0900–1700
 Sat, Sun, Holidays Closed

INTRAMURAL SPORTS OFFICE

Pearl Harbor Bldg. 667 • 473-2494 or 473-2437
 Mon–Fri 0700–1530
 Sat, Sun Closed

LIBERTY CENTERS (SINGLE ACTIVE-DUTY E1–E6 ONLY)

Beeman Center (Naval Station) • 473-2583
 Daily 1000–2300
 Makai Center (Hickam) • 448-0418
 Daily 1500–2200
 Liberty Express (Wahiawa Annex) • 653-0220
 Mon–Sat 1500–2200
 Sun 1400–2100

LIBRARY

Hickam Bldg. 595 • 449-8299
 Mon, Wed, Fri, Sat 1000–1800
 Tue, Thu 1100–2000
 Sun, Holidays Closed

MARINAS

Hickam Harbor Marina, Bldg. 3455 • 449-5215
 Mon Closed
 Tue–Sun 0900–1700
 Rainbow Bay Marina, Bldg. 103 • 784-0167
 Mon Closed
 Tue–Sun 0900–1700

MILITARY & FAMILY SUPPORT CENTER

Hickam, 655 Vickers Ave. • 474-1999
 Tue–Thu 0800–1530 / Closed daily from 1100–1200
 Mon, Fri–Sun Closed
 Pearl Harbor, 4827 Bougainville Dr. • 474-1999
 Mon–Thu 0700–1630
 Fri 0700–1600
 Sat, Sun Closed
 Wahiawa Annex, Bldg. 392 • 474-1999
 Mon, Fri–Sun Closed
 Tue–Thu 0730–1600

MORALE, WELFARE & RECREATION (MWR) ADMIN

Bloch Arena • 473-0787
 Mon–Fri 0800–1630
 Sat, Sun Closed

MOVIES

Sharkey Theater, Pearl Harbor • 473-0726
 Mon–Wed Closed
 Thu, Fri 1900 showtime
 Sat 1430 first showtimes
 Sun 1330 first showtimes
 Memorial Theater, Hickam • 448-2297

NAVY GATEWAY INNS & SUITES

(Open 24 hours a day, 7 days a week)
 Pearl Harbor Side of JBPHH • 808-800-2337
 Arizona Hall (Bldg. 1623)
 Hale Ali'i (Bldg. 1315)
 Lockwood Hall (Bldg. 662)
 Makalapa (Bldg. 372)
 Hickam Side of JBPHH • 808-800-2330
 Royal Alaka'i (Bldg. 1153)

OUTDOOR RECREATION

Aikane Sport Fishing • 423-1113
 Dive Oahu, Pool 1 • 922-3483
 Hickam Beach (lifeguards on duty)/Surf Shack
 Fri–Sun 1000–1700
 Outdoor Adventure Center-Fleet Store • 473-1198
 Mon–Fri 0900–1800
 Sat 0900–1600
 Sun Closed
 Holidays Closed
 Outdoor Recreation-Hickam Harbor • 449-5215
 Mon, Holidays Closed
 Tue–Sun 0900–1700
 Skateboard Hangar • 448-4422
 Wentworth Tennis Center • 473-0610
 White Plains Beach/Surf Shack • 682-4925
 Daily 1000–1700

RENTALS

Barbers Point Beach Cottages • 682-3085
 Conference Centers • 472-0342
 Foster Point Pavilion • 449-5215
 Hickam Beach Cabanas • 449-5215
 Makai Recreation Center • 449-3354
 Pearl Party Patios • 473-1198

Outdoor Recreation Equipment Rentals:
 Hickam Beach • 449-5215
 Pearl Harbor • 473-1198
 White Plains Beach • 682-4925

Recreation & Party Equipment Rentals:
 Hickam Bldg. 1760 • 449-6870

YOUTH PROGRAMS

School-Age Care
 Catlin • 421-1556
 Hickam • 448-4396
 School Liaison Officer (K–12)
 4827 Bougainville Drive • 471-3662, 471-3673
 Mon–Fri 0800–1700
 Sat, Sun Closed
 Teen Center (ages 13–18) • 448-1068
 School year:
 Mon–Thu 1400–2000
 Fri 1400–2100
 School vacations:
 Mon–Fri 1200–2000
 Weekends:
 Sat 1330–2130
 Sun Closed
 Youth Sports & Fitness
 Office, Bloch Arena • 473-0789

Mon–Fri 1100–1730
 Sat, Sun Closed
 Gymnastics, Pearl Harbor Bldg. 1680 • 422-2223

WOUNDED WARRIOR

Navy Wounded Warrior-Safe Harbor Program
 480 Central Avenue, Bldg. 1514 • 808-473-2444 Opt. 9, Ext. 4515
 Air Force Wounded Warrior Program
 800 Scott Circle Bldg 1113 • 808-448-0126
 Mon–Fri 0830–1230 / 1300–1700
 Sat, Sun Closed

naf jobs

NAF Human Resources 422-3784
 600 Main St., Bldg. 3456

Job Opportunities

Join our team and start working with the military in Hawaii. Search for civilian positions with our Fleet and Family Readiness organization. Our team includes great individuals who work in recreation and sports, child care, hotel and food service, and business positions.

Continuous Recruitment:

Child & Youth Program (CYP) Assistant
 CYP Cook
 CYP Food Service Worker

Cashier/Checker
 Club Operations Assistant
 Cook
 Food Service Worker
 Waiter/Waitress

Community Recreation Assistant
 Library Aide
 Motor Vehicle Operator (Tour Escort)
 Recreation Aide/Wood Shop
 Recreation Assistant/Auto Skills
 Recreation Assistant/Liberty Program
 Recreation Assistant/Lifeguard
 Recreation Assistant/Sailing

Automotive Worker
 Hotel Housekeeping
 Laundry Worker

How to Apply:

Obtain posted NAF job application at www.greatlifehawaii.com. Application and any required documents should be submitted to:

CNRH FFR

Attn: NAF Human Resources
600 Main Street, Bldg. 3456
Honolulu, HI 96818

or email to: CNI_PRLH_N9HR.FCT@NAVY.MIL

or fax to: **808-422-3782**

Commander Navy Region Hawaii (CNRH) is an Equal Employment Opportunity Employer (EEOE)



REINDEER 5K FUN RUN

**SATURDAY, DECEMBER 15TH | 7AM | FREE
HICKAM MEMORIAL FITNESS CENTER**

OPEN TO ALL ELIGIBLE PATRONS | REGISTRATION STARTS AT 6:30AM

CATEGORIES:

MALE/FEMALE, YOUTH BOY/GIRL, STROLLER MALE/FEMALE



FOR MORE INFO 808-448-2214 | WWW.GREATLIFEHAWAII.COM

HONOLULU CITY LIGHTS

HOLIDAY TOUR

OPENING NIGHT SHUTTLE • SATURDAY, DECEMBER 1 • 4:30-9PM • \$20 PER PERSON

This annual holiday favorite returns with a festive ride, stopping to see the holiday displays at Honolulu Hale!

Witness the lighting of Oahu's tallest Christmas tree and watch the "electrifying" light parade.
Enjoy kiddie carnival rides; live performances & food booths.

HOLIDAY DISPLAY TOURS DAILY TROLLEY*

RUNS: FRIDAY, DECEMBER 7 - SUNDAY, DECEMBER 23

6-8PM (\$15 per person)

8:30-10:30PM (\$10 per person)

CHILDREN 4 & UNDER FREE
(must be in adult's lap; 1 child per adult)



Make your reservations at any ITT location.

*Tours depart from Pearl Harbor Bloch Arena parking lot and are subject to availability.

Fleet Store: 473-0792 | Hickam: 448-2295 | NEX: 422-2757 | Barbers Pt: 682-2019
Wahiawa Annex: 564-4445/4446 | www.greatlifeohawaii.com



YOUTH SPORTS REGISTRATION

DECEMBER 3 - 28

Spring Junior Team Tennis

Fee: \$40.00

Age: 6-16 **Must be 6 when practices start**

Ready Set Run Club

Fee: \$20.00

Age: 6-16 **Must be 6 when practices start**

NO IN OFFICE PAYMENTS

REGISTER ONLINE AT GREATLIFEHAWAII.COM

**TO REGISTER FOR YOUTH SPORTS, CHILDREN MUST HAVE A CURRENT CYP REGISTRATION PACKET
TO INCLUDE A SPORTS PHYSICAL & PAYS MEMBERSHIP ON FILE.**

IF YOU WOULD LIKE TO VOLUNTEER COACH, PLEASE STOP BY AND PICK UP A COACHES PACKET.

Questions? Call 473-0789