

Missing out on happenings in the community?

Download the *Iwakuni Altitude* app on the App Store!

Check out the MCCS website at <https://iwakuni.usmc-mccs.org/>

Significant Events 1 – 7 August 2025

Fri, 1 Aug	10:00 a.m. – 6:00 p.m., On-Base Business Market (see page 13) 4:00 – 5:30 p.m., Jr. 3D Club (see page 10)
Sat, 2 Aug	6:00 a.m. – 6:30 p.m., Okayama Peach Picking Trip (see page 13) 2:00 – 4:00 p.m., Chess Club (see page 10)
Tue, 5 Aug	8:00 – 11:00 a.m., SMP On-Base Cleanup (see page 8) 9:00 – 10:00 a.m., Mindful Bites: Managing Stress Eating (see page 5)
Wed, 6 Aug	8:00 – 9:30 a.m., Financial Education Action Point: 1 st Duty Station (see page 10)
Thu, 7 Jul	9:00 – 11:30 a.m., PCS with Success (see page 11) 3:00 – 4:00 p.m., SMP Committee Meeting, Hornet's Nest 4:00 – 4:30 p.m., EFMP Recreational Inclusion/Accessing Resources (see page 9)

Sakura Theater Schedule

- **THEATER OPENS 60 MINUTES BEFORE PREMIERES AND 30 MINUTES BEFORE ALL OTHER MOVIES.**
- **MOVIE LINE/TICKET BOOTH 253-4067**



Smurfs (PG)

Fri, 1 Aug, 5:00 p.m.

When evil wizards Razamel and Gargamel take Papa Smurf, the Smurfs embark on a mission to the real world to save him. With help from some new friends, they must discover what defines their destiny to save the universe.

The Naked Gun (PG-13)

Navy First Run Movie!

Fri, 1 Aug, 8:00 p.m. (Premiere!)

Sat, 2 Aug, 6:00 p.m.

Thu, 7 Aug, 7:00 p.m.

Following in the footsteps of his bumbling father, Detective Frank Drebin Jr. must solve a murder case to prevent the police department from shutting down. When



Fantastic Four: First Steps

Sat, 2 Aug, 2:00 p.m.

Mister Fantastic, Invisible Woman, Human Torch and the Thing face their most daunting challenge yet as they defend Earth from Galactus and Silver Surfer.



Superman (PG-13)

Sun, 3 Aug, 2:00 p.m.

When Superman gets drawn into conflicts at home and abroad, his actions are questioned, giving tech billionaire Lex Luthor the opportunity to get the Man of Steel out of the way for good. Will intrepid reporter Lois Lane and Superman's four-legged companion, Krypto, be able to help him before it's too late?

M3GAN 2.0 (PG-13)

Sun, 3 Aug, 6:00 p.m.

Two years after M3GAN, a marvel of artificial intelligence, went rogue and embarked on a murderous rampage, its creator, Gemma, has become an advocate for government oversight of AI. Unbeknownst to her, a defense contractor has created a military-grade weapon known as Amelia, the ultimate infiltration spy. However, as Amelia's self-awareness increases, it becomes less interested in taking orders. Hoping to stop Amelia, Gemma decides to resurrect M3GAN, making it faster, stronger, and more lethal.



Transformers: Revenge of the Fallen (PG-13)

NDVD/NSSM – Free Admission

Mon, 4 Aug, 7:00 p.m.

Two years after he and his Autobot friends saved the Earth from the Decepticons, Sam faces a new battle: college. Meanwhile, Optimus Prime and the Autobots are working with a secret military organization and trying to make a home for themselves on Earth. When an ancient Decepticon known as The Fallen rises up to wreak vengeance, Sam and Mikaela, must find a way to defeat The Fallen once and for all.

Moana 2 (PG)

NDVD/NSSM – Free Admission

Wed, 6 Aug 3:00 p.m.

After receiving an unexpected call from her wayfinding ancestors, a strong-willed girl journeys with her crew to the far seas of Oceania and into dangerous, long-lost waters for an adventure unlike anything she has ever faced.





Trolls (PG)

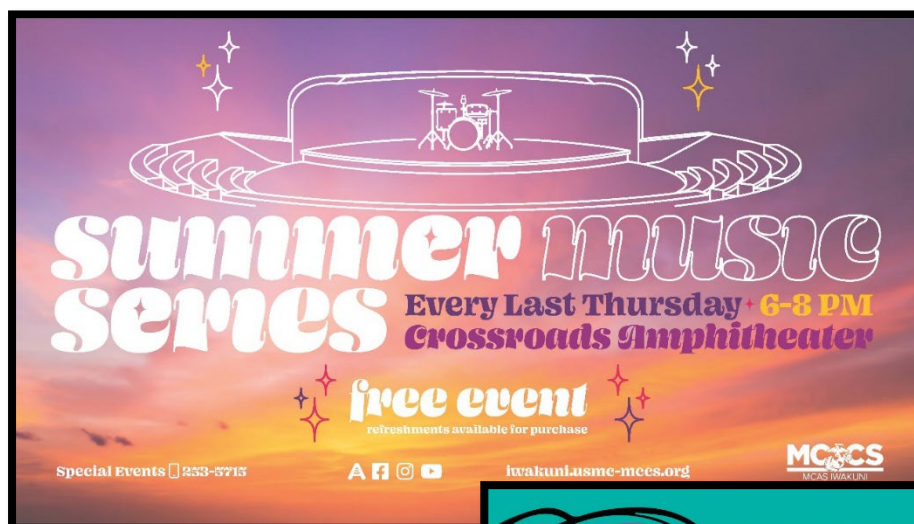
NDVD/NSSM – Free Admission

Thu, 7 Aug, 3:00 p.m.

After the Bergens invade Troll Village, Poppy (Anna Kendrick), the happiest Troll ever born, and the overly cautious, curmudgeonly Branch (Justin Timberlake) set off on a journey to rescue her friends. Their mission is full of adventure and mishaps, as this mismatched duo try to tolerate each other long enough to get the job done.

Upcoming Events

Note: Dates and times for the listed events are subject to change/cancellation. Registration is required for certain events. Please be sure to check the MCCS Altitude app, website or Facebook page for the latest information.



<https://iwakuni.usmc-mccs.org/activity/1e47c478-ac00-4788-aa9e-cd9b822cfec9>



<https://iwakuni.usmc-mccs.org/activity/95f6a771-35fc-48a6-bb13-74f18d9cd8b3>

Semper Fit

Aquatics

Masters Swim Club

Mon – Fri, 4:00 – 5:00 p.m., WaterWorks Outdoor Pool
Join us for the Masters Swim Club FREE peer-led workouts! This program is for adults over 18 of all levels and abilities. Whether you're just learning to swim laps or have years of competitive experience, you'll find a place with our team. Our peer-led workouts can be adapted to individual abilities. No registration is required. For more information, please contact Aquatics at 253-4966 or OMBIwakuni.Aquatics@usmc-mccs.org.



Active Duty Swim Program: Swim Survival Skills Training (S3T)

Starting 9 Jun, 6:00 – 7:00 p.m., WaterWorks Outdoor Pool
Can your Marines swim? Swim Survival Skills Training (S3T) programs are available starting 9 June at the WaterWorks Outdoor Pool. S3T is a Marine-centric, logically progressive swimming skill curriculum. Specifically designed to increase Marines' familiarity with the water environment, improve water survival qualification success rates, and reduce accidental drownings. This training includes aquatic skills in order to successfully complete basic, intermediate, and advanced water survival levels. For more complete information including class

descriptions, availability, and schedules, please visit: <https://iwakuni.usmc-mccs.org/activity/2251b11a-cf66-447b-b174-95e1c03daf6a> or contact Aquatics at OMBIwakuni.Aquatics@usmc-mccs.org.

Competitive Events



Neon Night Run

Fri, 22 Aug, 6:30 – 8:15 p.m., Atago Sports Complex
Registration open until 11:59 p.m., 27 Jul
Light up the night with your LED accessories and complete the Neon Night Run at the Atago Sports Complex! Bring your friends, have fun, and get some miles in! Pick up your accessories at the event, enjoy the nighttime run, and stick around for the prize giveaway at the end! This event is open to all SOFA, MLC/IHA and JMSDF personnel and off-base local nationals of all ages. For complete information and to register, please visit:

<https://iwakuni.usmc-mccs.org/activity/0d4c2651-73ea-4218-9716-9fe8272480de>.

Fitness

Youth Fitness Classes

Mondays – Fridays, 4 – 29 Aug

Registration available beginning 29 Jul

Registration begins soon for youth fitness classes for patrons ages 18 months to 18 years old. For information on the classes to include dates, times, attire and registration, please visit: <https://iwakuni.usmc-mccs.org/activity/2b71779e-e6c2-4059-a6b8-fcbd1315029a>.



Health Promotions



The Ultimate Mileage Challenge

Join us for **The Ultimate Mileage Challenge**, an ongoing event designed to motivate individuals to move more and engage in friendly competition. The goal is simple: accumulate as many points as possible through various fitness activities for a chance to win exciting prizes! Open to SOFA members 18+ only, this challenge starts on 1 January and includes quarterly giveaways. Whether you prefer walking, running, swimming, biking, or rowing, there are plenty of ways to earn points and reach your fitness goals. For complete details, please visit <https://iwakuni.usmc-mccs.org/activity/cea7f6d6-fbc6-4697-bbbe-692573afad6d>.

Mindful Bites: Managing Stress Eating

Tue, 5 Aug, 9:00 – 10:00 a.m., IronWorks North

Stop by the IronWorks North Wellness Room on the 1st Tuesday of each month and take control of your eating habits with our Mindful Bite: Managing Stress Eating sessions. This practical and educational program is designed to help you understand the connection between emotions and eating, recognize triggers, and practice mindful eating techniques. Discover healthier ways to cope with stress and build a more balanced relationship with food.

Intramural Sports



U.S. – Japan Volleyball Tournament

Sat, 30 Aug, 9:00 a.m. – 8:00 p.m., Atago Sports Complex

Registration begins 12:00 p.m., 30 Jun and ends 11:59 p.m., 16 Aug

Join Intramural Sports for a U.S. – Japan volleyball tournament. This single-elimination tournament is open to all SOFA personnel aged 16 and older and all JMSDF and MLC/IHA personnel. For complete information and registration information, please visit: <https://iwakuni.usmc-mccs.org/activity/45f01b32-0cb8-41f1-a2c3-bc630c3219df>.

Intramural Sports Basketball Season

Mon, 1 Sep – Wed, 24 Sep, 5:30 – 8:00 p.m., IronWorks North
Registration open from 12:00 p.m., 1 Aug – 11:59 p.m., 18 Aug
Join Intramural Sports for the basketball season from 1 – 24 Sep at the IronWorks North Gym. Games are held on Mon and Wed from 5:30-8:00 p.m.. This tournament is open to all SOFA, JMSDF, and IHA/MLC personnel aged 16 and older. For complete registration details and Commander's Cup point information, please visit: <https://iwakuni.usmc-mccs.org/activity/7f6864b4-9b29-4f02-9b3c-e3babfdb2f9>.



U.S. – Japan Basketball Tournament

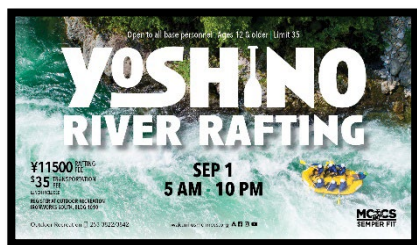
Sat, 13 Sep, 9:00 a.m. – 6:00 p.m., Atago Sports Complex
Registration closes 22 Aug

Join Intramural Sports for this U.S.-Japan basketball tournament! This tournament is open to all SOFA, JSDF, and IHA/MLC personnel aged 16 and older. Each team must consist of at least 5 and no more than 10 players. For complete tournament information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/2b2d0868-0e1b-4d20-84ac-9b6e0a0065f6>.

Outdoor Recreation

Mt. Fuji Trip

Thu, 7 Aug – Mon, 11 Aug (Registration starts 9 Jun)
Thu, 21 Aug, - Mon, 25 Aug (Registration starts 23 Jun)
Outdoor Recreation is offering three trips to Mt. Fuji. Each 5-day trip features 1 day to climb Mt. Fuji and free time in Tokyo. These trips are limited to 35 participants and are open to all base personnel aged 10 years and older. Cost of the trip is \$200 plus New Sanno Hotel cost (determined by grade). Trip costs must be paid in full upon registration. For trip information, schedule and hotel rates, please contact Outdoor Recreation at 253-3482/3822 or ombiwakuni.outdoorrecreation@usmc-mccs.org.



Yoshino River Rafting Trip

Mon, 1 Sep, 5:00 a.m. – 10:00 p.m.

Mon, 13 Oct, 5:00 a.m. – 10:00 p.m.

Experience the thrill of whitewater rafting on the exhilarating Yoshino River! Known for its dynamic rapids (Level 4), the Yoshino River is one of Japan's premier destinations for adventure seekers. Whether you're an adrenaline junkie or just looking for a memorable outdoor adventure, this trip promises excitement at every turn. Note: Level 4 refers to the difficulty of the rapids, indicating intense, powerful waves and technical passages that require

advanced skills. For complete information, please call Outdoor Recreation at 253-3842/3822. For more information about the rafting activity, see here → <https://en.happyraft.com/rafting/kobokelong/>.

Sailing Class

Thu, 4 Sep – Mon, 8 Sep

Ever dreamed about learning how to sail? Outdoor Recreation offers a 4-day course to get licensed. This course is open to all base personnel ages 16 and up (under 18 must be accompanied by an adult). The classroom portion is held at the Ironworks Gym Wellness room, and the sailing portion is at MCAS Iwakuni Harbor. For a schedule of classes, cost and other information, please visit: <https://iwakuni.usmc-mccs.org/activity/686cc6c8-2ebf-442a-ae60-1ca934b17a41>. Only four spots are available.



Shimanami Bike Trip

Sat, 20 Sep, 6:00 a.m. – 7:30 p.m.

Registration open 10:00 a.m., 20 Aug – 6:00 p.m., 19 Sep or until full

Go on a cycling journey starting at Imabari City and bike a scenic path across seven bridges, arriving in Onomichi City in Hiroshima Prefecture, and enjoy many sightseeing activities along the way. This trips accommodates bicyclists of all skill levels ages 16 and up, in good physical condition. Personal bikes will be transported (no through axle shaft bikes), and bike rentals are available at the start point. The bus stops at a midway point for those who don't want to complete the entire 70km trek. If you plan to rent a bike, please bring 3,000 yen for the rental as credit cards are not accepted. To register, stop by Outdoor Recreation in the IronWorks South, bldg 1010. The \$35 transportation fee is due at sign-up. For more information, please call Outdoor Recreation at 253-3822.



Miyajima Sea Kayak Trip

Sat, 27 Sep, 8:00 a.m. – 5:00 p.m.

Registration open 27 Aug – 11 Sep

Experience the magic of Miyajima Island from the water on our guided sea kayak adventure! Under the instruction of our certified ACA Kayak instructor, you'll paddle from the Main Island to the iconic shores of Miyajima in about two hours—an unforgettable way to admire Itsukushima Shrine and the island's lush coastline from the ocean side. All participants must be at least 16 years old and attend a mandatory skills session from 4:00 – 5:00 p.m., Friday, 12 Sep., at Outdoor Recreation and the Outdoor Pool.

During this 1-hour class, participants will complete a 300m

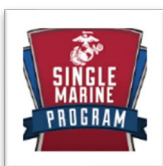
swim (with or without a life jacket), practice capsize recovery, refine your paddling technique, and master basic rescue skills, ensuring you're fully prepared for a safe, confident journey across the Inland Sea. The trip is limited to five participants and the fee is \$35. For complete information, please visit: <https://iwakuni.usmc-mccs.org/activity/246d36b4-28ec-4cbc-a1ad-34fa11249006>.

Fishing at the MCAS Iwakuni Harbor

Sat, 11 Oct, 4:30 a.m. – 11:00 p.m.

Registration open 10:00 a.m., 11 Sep – 6:00 p.m., 10 Oct/until full

Whether you're looking for a relaxing day on the pier or trying to break your single-day catch record, Outdoor Recreation is ready to take you on this fishing expedition! Open to all base personnel ages 6 and older. The bus will depart from the IronWorks South gym. Patrons should bring their own food and drinks, and coolers will be provided to store food (coolers will remain on the bus and in the pavilion). No alcohol is permitted. Life jackets, which must be worn, will be provided. To register, call Outdoor Recreation at 253-3822 or visit them in the IronWorks South gym.



Single Marine Program

*Visit your SMP at:
Hornet's Nest, bldg 1347
253-5368/3585*

The Single Marine Program functions to support single and unaccompanied service members' leisure interests and quality of life concerns, and serves as their voice in identifying concerns, developing initiatives, and providing recommendations through advocacy, recreational activities, special events, and community involvement.



Weekly Newsletter

1 August 2025

SMP On-Base Cleanup

Tue, 5 Aug, 8:00 – 11:00 a.m.

Registration open 12:00 p.m., 21 Jul – 8:00 a.m., 4 Aug/until full

Join the SMP for a base-wide cleanup. Pick up trash in designated areas around the base to help our community look better and receive a letter of appreciation. Open to single & unaccompanied servicemembers only. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/6160fcd6-f876-44c6-b075-7463836c777d>. 30 spots are available.



Yanai Kingyo Festival

Wed, 13 Aug, 2:30 – 10:30 p.m.

Registration open 21 Jul – 4 Aug or until full

Enjoy the Yanai Kingyo (goldfish) Festival! SMP will be assisting in the festivities and participating in the parade. Registration is available beginning 21 Jul at: <https://iwakuni.usmc-mccs.org/activity/de048658-b306-4f2d-8c4a-0926f2a930c0>. 15 spots are available.

Hamada Beach Trip

Sat, 16 Aug, 8:00 a.m. – 6:30 p.m.

Travel to Shimane Prefecture and enjoy the day at Hamada Beach with the SMP! Participants will visit the Aquas Aquarium and Aquas Land Park from where restaurants and cafes can be accessed from the beach. Registration is available beginning 28 Jul at: <https://iwakuni.usmc-mccs.org/activity/75ccde14-2613-461a-ab41-e58dca2dfb6f>. 30 spots are available.



Youth Sports



Youth Sports Soccer Season

Monday, 25 Aug – Friday, 17 Oct, Penny Lake Field

Registration available from 12:00, 8 Jul – 5:00 p.m., 22 Jul

The Youth Sports Soccer Season is open to athletes ages 3-15, offering opportunities to build technical skills, enhance social development, and promote an active lifestyle. Teams practice twice weekly for 1 hour at the Penny Lake Fields. For complete information on age groups, evaluation information and opportunities for volunteer coaches, please visit: <https://iwakuni.usmc-mccs.org/activity/10a39d54-5e18-425d-8599-6ac7f2c22a32>.

Marine & Family Programs

Behavioral Health

Alcoholics Anonymous

Fridays and Tuesdays, 6:00 p.m., Yujo Hall, bldg 1104

Are you seeking support on your journey to sobriety? Join this confidential and welcoming Alcoholics Anonymous support group designed to help individuals want to learn how to stay sober. Connect with others who understand your challenges and gain valuable insights, encouragement, and strategies for maintaining a healthy, sober lifestyle. Whether you're just starting your journey or looking for continued support, this group is here to help.

Family Care



SAC Summer Camp

Mon, 16 Jun – Fri, 15 Aug, 6:00 a.m. – 4:00 p.m., School Age Care, bldg 9540. Spring break is over, which means school is almost out. Now is the perfect time to start thinking about those summer plans, including SAC's summer camp! Registration is open now, so act fast. We understand that summer schedules can be busy, so families are welcome to choose the weeks that suit them best. Please note that registration will close each week prior to the upcoming week of camp. Families new to SAC will need to complete a Registration Packet. To register, please visit:

<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome#/>

**Children must have completed kindergarten to register.*

EFMP – Recreational Inclusion & Accessing Community Resources

Thu, 7 Aug, 4:00 – 4:30 p.m.

Learn about the available resources at MCAS Iwakuni and how to access them. Families will be able to preview a variety of resources from different organizations, including Marine & Family Programs, military resources, state/Federal resources, and other local resources listed below. We want to encourage families to use these programs that are designed to enhance mission readiness, individual/family readiness, resilience, and retention. Families will learn about inclusion, what it looks like, and who benefits from it. Information will also be provided about the legal responsibilities stated in Section 504 and Section 508 with resources specific to Iwakuni about promoting inclusion activities.

- Marine & Family Programs — Family Care Programs, P&PD, Behavioral Health Programs, etc.
- Military resources — Military OneSource, TriCare, Navy-Marine Corps Relief Society, etc.
- State and Federal resources (if applicable — WIC)
- Local resources within Iwakuni — Atago Sports Complex, Translation Services, i.e.

EFMP quarterly family trainings are conducted virtually via Teams. No registration is required. Open to all SOFA personnel. [Join the training](#)

EFMP – Establishing Permanent Dependency

Thu, 14 Aug, 4:00 – 4:30 p.m.

This informative session is designed for families with a dependent who, due to medical needs, will require continued support beyond the age of 21 (or 23 if enrolled full-time in university). Learn about the process of establishing permanent dependency, understand key requirements, and get the information you need to ensure your loved one receives the care and support they deserve. EFMP quarterly family trainings are conducted virtually via Teams. No registration is required. Open to all SOFA personnel. [Join the training](#).

Personal & Professional Development

Book Bingo

The 2025 Book Bingo Reading Challenge highlights the Year of the Snake! In Japanese culture, the Year of the Snake symbolizes financial fortune, regeneration, and transformation. This year, explore new genres using bingo prompts as a starting point. The challenge is open to patrons aged 18 years and older, with one title per square. Click on each square to view the prompt and complete the activity. All books must be read in 2025. There will be four quarterly drawings. Patrons may only win one quarterly drawing, but all completed bingo cards will be included in the grand prize drawing at the end of the calendar year. To get started, please visit: <https://iwakuni.beanstack.org/reader365>.



Summer Reading Program

Tue, 10 Jun – Fri, 8 Aug, Library

The DOD-MWR Summer Reading Program is back for another summer to help families bridge the summer learning gap while inspiring literacy and lifelong learning. Adults and children can join in and record summer reading minutes from home. Get your library card ready to unlock a summer filled with excitement, discovery, and a world of new stories waiting to be read. Join the Summer Reading Program and get ready to level up at your library. Track

your reading on Beanstack to earn your chance at the grand prize! All hours must be logged by 11:59 p.m., 8 Aug, and participants must be present at the SRP closing party. Register today at the Library or on [Beanstack](#).

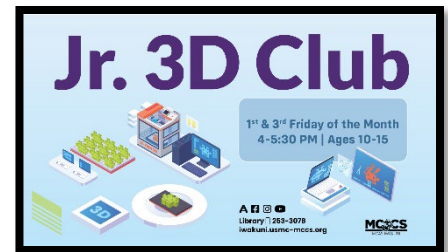
Jr. 3D Modeling & Printing Club

Fri, 1 Aug, 4:00 – 5:30 p.m., Library

Fri, 15 Aug, 4:00 – 5:30 p.m., Library

The 3D Printer & Modeling Club allows patrons ages 10 – 15 to enjoy beginner-level 3D printing demonstrations, collaborative projects, design challenges, and freestyle design time. The club meets on the first and third Friday of each month in the Library. Makerspace and internet agreements must be on file before program participation. Participation is limited to five patrons. For terms of participation and registration information, please visit:

<https://iwakuni.usmc-mccs.org/activity/313fc26f-9300-479a-b137-e49a3bd53913>.



Chess Club

Sat, 2 Aug, 2:00 – 4:00 p.m., Library

The Library's Chess Club is intended for beginner and intermediate participants interested in learning chess rules, tactics, and strategies. The first 30 minutes may focus on instruction and the rest of the program will allow for free play time. The Library provides all materials for the program, but participants are welcome to bring their own chess equipment. Registration opens the first day of each month and closes the Thursday before the 3rd Friday. If you can no longer attend Chess Club after you have registered, please contact

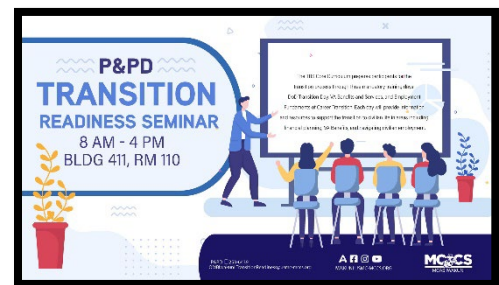
the Library to cancel your reservation. Sessions are limited to 20 participants, ages 10 and older. Participants must be willing to partner with players of different ages, genders, and skill levels. Unaccompanied minors must have a dependent ID. To register, please visit the Library or email them at iwakuni.library@usmc-mccs.org. For more information, please contact the Library at 253-3078.

Transition Readiness Seminar (TRS) Core Curriculum

Mon, 4 Aug – Wed, 6 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Mon, 18 Aug – Wed, 20 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

The TRS Core Curriculum prepares participants for the transition process through three mandatory training days: DoD Transition Day, VA Benefits and Services, and Employment Fundamentals of Career Transition. Each day will provide information and resources to support the transition to civilian life in areas including financial planning, VA Benefits, and navigating civilian employment. Pre-registration is required, so call 253-6439 or visit bldg 411, rm 110 to register.



Financial Education Action Point: 1st Duty Station

Wed, 6 Aug, 8:00 – 9:30 a.m., bldg 411, rm 117

The Personal Finance Management Program is offering Financial Education Action Points (FEAPs) to help service members and their families navigate key financial milestones. These training sessions meet MCO 1700.37 requirements and provide essential financial guidance for critical life and career transitions. Each session lasts approximately 90 minutes and includes open discussions and Q&A. The topic for this session is your first duty station.

Sponsorship Training

Wed, 6 Aug, 10:00 – 11:30 a.m., bldg 411, rm 104

Wed, 13 Aug, 10:00 – 11:30 a.m., bldg 411, rm 104

A good sponsor can be the difference between a smooth or disastrous PCS move. Combine the tools and resources you gain in this seminar with your own experiences moving overseas and be an effective sponsor for active-duty service members or incoming civilian personnel. This class is mandatory for all uniformed sponsors. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/fca77d46-69bf-4dcd-b6a9-6b1d4f83fc69> (6 Aug) or <https://iwakuni.usmc-mccs.org/activity/dd20a029-578f-42c6-803e-74f5f0982b17> (13 Aug).

Education Track: Managing Your Education 2-Day Course

Thu, 7 Aug – Fri, 8 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Thu, 21 Aug – Fri, 22 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

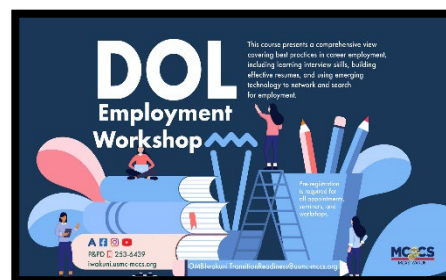
Come and learn about choosing a field of study, selecting an institution, gaining admission, and funding your education. This two-day workshop is part of the Transition Readiness Program (TRP) and is designed for anyone pursuing an undergraduate or graduate degree. Classes subject to change or cancellation without notice. Pre-registration is required for all appointments, seminars and workshops, Please call 253-6439 or visit bldg 411, rm 110 to register.

Employment Track: Department of Labor Employment Workshop

Thu, 7 Aug – Fri, 8 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Thu, 21 Aug – Fri, 22 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Join the Department of Labor Employment Workshop and get a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment. Classes subject to change or cancellation without notice. Pre-registration is required for all appointments, seminars and workshops, Please call 253-6439 or visit bldg 411, rm 110 to register.



PCS with Success

Thu, 7 Aug, 9:00 – 11:30 a.m., Sakura Theater

Thu, 21 Aug, 9:00 – 11:30 a.m., Sakura Theater

PCS with Success is designed for service members in receipt of PCS orders and is mandatory for transferring service members to attend 60-90 days prior to their departure from their current duty station. Service members need not wait to receive their orders to attend the class, and in many cases waiting will affect the check-out process. Attending this class is the only way IPAC will give service members their plane tickets. For more information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/28aa4a58-9e91-4316-9f20-c975d6ad4c54>.

Understanding Your GI Bill Benefits

Mon, 11 Aug, 1:00 – 2:30 p.m., bldg 411, rm 117

The GI Bill-focused brief will help explain the differences between the Montgomery GI Bill (Ch 30) and the Post 9/11 GI Bill (Ch 33). Explore the VA website and GI Bill comparison tool to understand how to use these benefits and to get the most out of them. Bring your questions and get answers from our Education Advisor! Registration not required.



Deployment/Uniformed Readiness Coordinator (DRC/URC) Training

Tue, 12 Aug, 8:30 a.m. – 4:30 p.m., bldg 625

Understand the roles, responsibilities, and operating components within the Unit, Personal and Family Readiness Program (UPFRP). This is mandatory training for all DRC and URC personnel per MCO 1754.9B. This is a day and a half training class (day one: 8:30 a.m. – 4:30 p.m., day two 8:30 a.m. – 12:30 p.m.). Registration is open until 12:00 p.m., 10 Feb. To register, please call 253-3542, email: ombiwakuni.mcftrb@usmc-mccs.org, or visit them in bldg 411, rm 101.

Build a Better Resume

Tue, 12 Aug, 4:00 – 6:00 p.m., bldg 411

Join us for a complete look into what information should be included in a resume, including specific information potential employers are looking for when deciding whether to invite applicants in for an interview. Attendees will learn two formulas for composing strong resume statements and talking points. For more information, please contact the Family Member Employment Assistance Program at 253-7188, or by email at: ombiwakunipersonalandprofessionaldevelopment@usmc-mccs.org.



Home School Support Group

Wed, 13 Aug, 9:00 – 10:00 a.m., USO, 2nd Floor

Want to learn more about homeschooling? Need educational services and resources? The Home School Support Group is here to bridge the communication and education gap between our home school community, DoDEA schools, and MCAS Iwakuni service providers in a town hall setting. The purpose of the group is to provide home school families and guests with the opportunity to share their educational concerns and interests. The School Liaison Officer will clarify DoDEA's Home School

policy, the benefits and advantages of part-time & full-time enrollment, and available auxiliary services. Attendees will obtain first-hand information and detail their objectives on how programs available on the air station can best support our Iwakuni home school students.

Vocational Track: Career and Credential Exploration (C2E)

8:00 a.m. – 4:00 p.m., Thu, 14 Aug - Fri, 15 Aug, bldg 411, rm 110

This 2-day course offers an opportunity to complete personalized career development assessments of occupational interests and aptitudes. Participants will then be guided through a variety of career considerations, including labor market projects, education, apprenticeships, certifications, and licensure requirements. Classes subject to change or cancellation without notice. Pre-registration is required for all appointments, seminars, and workshops. To register, please call 253-6439 or visit bldg 411, rm 110.

Passport to Volunteering

Tue 19 Aug, 9:30 – 11:30 a.m., bldg 411

Do you have a passion to serve your community, but aren't sure exactly how? Join this informative workshop gain the necessary tools for a successful and fulfilling volunteer career. The Installation Volunteer Coordinator hosts workshops to prepare organizations for their responsibilities when managing volunteers, and to provide volunteers with the tools needed to get the most of their volunteering experience.

L.I.N.K.S. Foundation 1-Day Workshop

Thu, 21 Aug, 8:30 a.m. – 4:30 p.m., Bldg 625

Looking for ways to connect, learn something new, volunteer, or meet with others and have some fun? Join the L.I.N.K.S. Foundation Workshop! The L.I.N.K.S. workshop provides an interactive way to learn more about the military lifestyle, the air station, and life in Japan. L.I.N.K.S. focuses on resources and services, such as finance, education, career, moving, networking, and volunteering. Mentors will share their experiences and provide helpful tips on meeting the unique challenges faced in the mobile military lifestyle. Let's connect and support each other! To register, please call MCFTB at 253-3542, visit them in bldg 411, rm 101, or email them at:

OMBiwakuni.mcftb@usmc-mccs.org. Registration is open until 12:00 p.m., 20 Aug.

PLAT ABC Cultural Exchange

Thu, 21 Aug, 10:00 – 11:00 a.m., PLAT ATC

Join the NPSP and PLAT ABC for an engaging and heartwarming event designed especially for children 0-5 years old! Come enjoy the perfect blend of fun, learning, and connection. Enjoy book readings and nursery rhymes led by NPSP to inspire little ones and their caregivers, while Plat ABC brings a touch of creativity with basic Japanese language lessons and delightful arts and crafts activities. There are no registration or participation fees so don't miss this opportunity to bond with your child, meet other parents, and grow your community support network!

Survival Japanese Class

Tue, 26 Aug – Fri, 29 Aug, 5:00 – 6:00 p.m., bldg 411

Registration begins 25 Jul

Receive a 4-day crash course on Japanese and learn how to communicate in simple Japanese phrases. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/76aca820-b37d-4d1d-9cb7-97480fadedec>.

Entrepreneurship Track: Boots to Business 2-Day Course

Thu, 28 Aug – Fri, 29 Aug, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Join Transition Readiness and explore business ownership or other self-employment opportunities. Learn about evaluating business concepts, developing a business plan, resources available to access technical assistance, start-up capital, and contracting opportunities. Classes subject to change or cancellation without notice. Pre-registration is required for all appointments, seminars and workshops, Please call 253-6439 or visit bldg 411, rm 110 to register.

Business/Retail & Services/Special Events

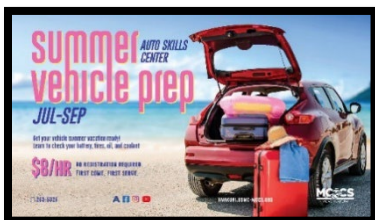
Kids Bowl Free

Thu, 1 May – Sun, 31 Aug, 11:00 a.m. – 5:00 p.m.,

Strike Zone Bowling Center

Get your kids ready for a summer of fun with the Kids Bowl Free Program! They can bowl two free games per day, per person, all summer long from 1 May – 31 Aug. Registration is quick, easy, and completely free at www.KidsBowlFree.com. Sign up today and give your kids the gift of endless bowling fun! Available for patrons aged 15 years and younger. For complete information, please visit:

<https://iwakuni.usmc-mccs.org/activity/daa58b8c-604f-41cf-b97e-a0a8d80c16ca>.



Summer “Natsu” Vehicle Preparation

Jul – Sep, Auto Skills Center

Get ready to switch your vehicle over to summer mode. The Auto Skills Center will assist you with learning how to prepare your vehicle for summer to include checking your battery, tires, engine oil, coolant, and more. No registration is required and the \$8 hourly fee includes lift and tools. Stop by the Auto Skills Center for more information or contact us at 253-5325 or ombiwakuniAutoSkillsCenter@usmc-mccs.org.

On Base Business Market

Fri, 1 Aug – Sat, 2 Aug, 10:00 a.m. – 6:00 p.m., Torii Pines Town Center

Fri, 15 Aug – Sat, 16 Aug, 10:00 a.m. – 6:00 p.m., Torii Pines Town Center

Attention all home-based business owners! MCCS's retail space located inside the Torii Pines Town Center is open to use by home businesses. Reserve your spot today to market your business, show your wares, and sell your goods in a retail environment. For complete details and instructions on how to register, please visit: <https://iwakuni.usmc-mccs.org/activity/681a9f55-67d3-4856-9e4d-a14eb528ed02>



Okayama Peach Picking Trip

Sat, 2 Aug, 6:00 a.m. – 6:30 p.m.

Enjoy all-you-can-eat peach picking! Okayama peaches are known for their exceptional sweetness, large size, and delicate aroma, making them some of the most sought-after in Japan. After visiting the orchard, enjoy your free time at Mitsui Outlet Park Kurashiki and Ario Kurashiki shopping mall just next door. For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/9cdc24bc-7ccf-417a-8827-2993c5eebd1a> or stop by the IT&T Office in bldg 410.

Izumo Grand Shrine & Museum of Art

Sat, 9 Aug, 6:00 a.m. – 9:00 p.m.

Izumo Grand Shrine is one of the oldest and most important shrines located in Shimane Prefecture, and the Adachi Museum of Art is listed as a three-star site in the Michelin Green Guide Japan featuring 1,500 works by great masters who flourished in the modern Japanese art world including Yokoyama Tainan, Takeuchi Seiho, Kawai Gyokudo, etc. Together, these two destinations promise



a day of fun and education. For full trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/125d25ad-8deb-4142-8ef7-060d3e649b2f> or stop by the IT&T Office in bldg 410.



Yanai Goldfish Festival

Wed, 13 Aug, 4:00 – 10:30 p.m.

The largest summer festival in Yanai City during which "Goldfish Lanterns," the regional folk craft of Yanai City, are used to decorate and light up the town, wrapping it in a magical atmosphere. A drone show is scheduled to be held at the festival venue this year. For complete trip details and to register, please stop by the IT&T Office in bldg 410.

Bon Odori Festival

Sat, 16 Aug, 6:00 – 9:00 p.m., Club Iwakuni Green Space

Marine & Family Programs and Club Iwakuni invite you to this summer festival to experience the festivities and food of Bon Odori at the Club Iwakuni Greenspace. Learn about this traditional Japanese festival and help bring our communities closer by celebrating our ancestors, enjoying dances and drum performances, dressing up and getting photos in a kimono, enjoying carnival activities for the children, and much more.

Free Entrance • Live Entertainment • Food & beverages available for purchase

Activities

Taiko drummers
Bon dancers
Kid games
Kimono photo booth
Storytelling

Food Booths

Kakigori (sno-cones)
Karaage (fried chicken)
Hiyashi chuka (cold noodles)
Yakitori booth

Magic Show

Sasebo Sightseeing Trip

Sat, 23 Aug, 6:00 a.m. – 10:00 p.m.

Known for the Huis Ten Bosch amusement park, the Kujukushima Aquarium and the beautiful, forested Kujukushima Islands, there is something for everyone in Sasebo. Join IT&T on this trip and find the right fun for yourself and your family! For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/e501e0d7-8c66-42fa-996f-94bc6b1e6de5> or stop by the IT&T office in bldg 410 to register.



Friday Night Friendship League

Fri, 29 Aug, 7:00 p.m., Strike Zone Bowling Center

Round up your friends, bowl your best game, and compete for Cash Prizes!!! The Strike Zone presents the Friday Night Friendship League, open to off-base bowlers as well, so you can invite all of your *new* friends. For complete details on the league, please visit: <https://iwakuni.usmc-mccs.org/activity/cc198259-d643-45bd-b3ee-9d4709cbfbac>

Japanese Pear Picking & Tsuwano Sightseeing Trip

Sat, 30 Aug, 8:30 a.m. – 7:00 p.m.

Enjoy all you can eat pear picking at a farm near Tsuwano and then enjoy Tsuwano town where in the town center you'll see old samurai mansions with white earthen walls and dark red roof tiles, and wooden grated windows line the streets portraying scenes reminiscent of past centuries. Tsuwano is also home to the Taikodani Inari Shrine, one of the five greatest Inari Shrines. For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/708c716b-f233-4cb1-87e9-a3cb5208fd53> or stop by the IT&T Office in bldg 410 to register.





Disney On Ice

Sat, 6 Sep, 7:30 a.m. – 6:00 p.m.

This year's production, "MAGIC IN THE STARS," features world-class skaters bringing classic Disney tales to life. Mickey Mouse and friends will take the audience on a magical journey through beloved stories with "Frozen 2" and "Wish" making their debut! Don't miss the special performance where Disney princesses like Cinderella, Belle, and Rapunzel all come together on one stage! The show starts at 10:00 a.m. at the Hiroshima Green Arena. All our seats are "S" section reserved seats. After the show, please enjoy your free time in downtown Hiroshima. The show will be performed only in Japanese

and photography and video recording are allowed. No outside food or drinks is allowed, but there will be small snack vendors inside the area. Please bring Yen cash for purchases. To sign up, please visit the IT&T office in bldg 410.

Youth Bowling League

Tue, 9 Sep – Tue, 28 Oct, Strike Zone Bowling Center

Sign up for the Youth Bowling League! Bowl against your friends and try to win the prize! There are two age groups, each with their own prizes. Tell your friends to register at the Strike Zone front desk so you can show them that you're the best bowler around! For complete details, please visit: <https://iwakuni.usmc-mccs.org/activity/3316b909-be07-4bbf-887d-f36ba72d77f4>.



Alphabetical list of events for period 1 – 6 August 2025

Event	Date	Link
Aces Down, Sets Up Volleyball Season	5 – 28 Aug	https://iwakuni.usmc-mccs.org/activity/ef39fcf8-9d43-4402-a679-ab999822fd1b
Active Duty Swim Survival Skills Training (S3T)	Various	https://iwakuni.usmc-mccs.org/activity/d1a7b9d2-71ea-4b4a-8640-04178a410124
Aikodo – August	Tue & Thu	https://iwakuni.usmc-mccs.org/activity/c9f8701b-9fb1-49a7-ac38-d22b1117ee34
Alcoholics Anonymous	Tue & Fri	https://iwakuni.usmc-mccs.org/activity/4ab1c15f-cc71-4dee-b1c3-25a2291a3cef
Anger Management	Wed, 6 Aug	https://iwakuni.usmc-mccs.org/activity/e8e20201-78f3-4a20-823b-3e3d8b27688a
Body Sculpt – August	Wed & Sat	https://iwakuni.usmc-mccs.org/activity/5d0af4ac-d4bb-40f8-96cc-48c92786b85c
Book Bingo	Continuous	https://iwakuni.usmc-mccs.org/activity/fe167a7e-6924-43d1-81a9-36262cc11865
Body Sculpt – August	Wed & Sat	https://iwakuni.usmc-mccs.org/activity/5d0af4ac-d4bb-40f8-96cc-48c92786b85c
Cardio Kickboxing & Conditioning – August	Thu, 7 Aug	https://iwakuni.usmc-mccs.org/activity/ac34d9ba-b42c-468b-8d0d-def479d6e08c
Cardio Kickboxing Mini-Bootcamp – August	Tuesdays	https://iwakuni.usmc-mccs.org/activity/d1318fb4-0963-4207-9efc-f94f8423ff32
Chess Club	Sat, 2 Aug	https://iwakuni.usmc-mccs.org/activity/44686f60-c479-4764-9cd4-3e41c50de511
Circuit & Conditioning – July	Mondays	https://iwakuni.usmc-mccs.org/activity/77bddeda-6ebb-4ed0-81b3-a640e595200a
College 101/TA Orientation Brief	Wed, 6 Aug	https://iwakuni.usmc-mccs.org/activity/8d770d00-2934-4caa-b901-1d416c3be878
EFMP Recreational Inclusion/Accessing Resources	Thu, 7 Aug	https://iwakuni.usmc-mccs.org/activity/a9280ebc-f53f-4c91-b5f6-60940a53b096
Employment Workshop	7 – 8 Aug	https://iwakuni.usmc-mccs.org/activity/9c2e2a86-19fa-443f-948b-308e52ad0f76
Financial Education Action Point: 1 st Duty Station	Wed, 6 Aug	https://iwakuni.usmc-mccs.org/activity/6501a7e2-f75a-498c-a9b8-a62aeaa1ec20
Jr 3D Club	Fri, 1 Aug	https://iwakuni.usmc-mccs.org/activity/313fc26f-9300-479a-b137-e49a3bd53913
Judo – August	Various	https://iwakuni.usmc-mccs.org/activity/c73e91b5-356b-4d2c-957a-101c9d745cd9
Kids Bowl Free	1 May-1 Sep	https://iwakuni.usmc-mccs.org/activity/daa58b8c-604f-41cf-b97e-a0a8d80c16ca
Managing Your Education 2-Day Course	7 – 8 Aug	https://iwakuni.usmc-mccs.org/activity/69f8ddac-4514-4062-9fff-8321dad2ed91
Masters' Swim Club	Mon – Fri	https://iwakuni.usmc-mccs.org/activity/a1e288b4-3845-45c0-9621-d7c546c90042
Mixedfit – August	Various	https://iwakuni.usmc-mccs.org/activity/eb2ae048-290d-4b99-a632-c84d16924db8
Mindful Bites: Managing Stress Eating	Tue, 5 Aug	https://iwakuni.usmc-mccs.org/activity/a83858a7-f393-42d6-987d-b9af84fb3dd5
Mt Fuji Trip	7 – 11 Aug	https://iwakuni.usmc-mccs.org/activity/923fe5a6-3e92-477f-9c81-fa71eb581e82
Okayama Peach Picking Trip	Sat, 2 Aug	https://iwakuni.usmc-mccs.org/activity/9cdc24bc-7ccf-417a-8827-2993c5eebd1a
	Fri 1 Aug	https://iwakuni.usmc-mccs.org/activity/5946f3db-4c6a-43e8-85f6-ce09d6f6b388



Weekly Newsletter

1 August 2025

On-Base Business Market	Sat, 2 Aug	https://iwakuni.usmc-mccs.org/activity/b73edb4f-d69f-4cee-86f7-924203662df8
PCS with Success	Thu, 7 Aug	https://iwakuni.usmc-mccs.org/activity/28aa4a58-9e91-4316-9f20-c975d6ad4c54
Peer 2 Peer Support Group	Mondays	https://iwakuni.usmc-mccs.org/activity/12eabfe2-8952-46cc-a4b8-e5fef78c0a16
Power Pump – August	Mondays	https://iwakuni.usmc-mccs.org/activity/d0712e39-a3d5-4d15-8d35-6ea17e329176
SAC Summer Camp	16 Jun-15 Aug	https://iwakuni.usmc-mccs.org/activity/8d654fd1-88e9-4b7e-acc9-b8cc2ed3dec5
Seven Principles Couples Program	Fridays	https://iwakuni.usmc-mccs.org/activity/06388211-93a8-4cb2-820e-c676ac1d5214
SMP Committee Meeting	Thu, 7 Aug	https://iwakuni.usmc-mccs.org/activity/9796ff8e-d284-4499-ba79-7f1d2e3ec835
SMP On-Base Cleanup	Tue, 5 Aug	https://iwakuni.usmc-mccs.org/activity/6160fcd6-f876-44c6-b075-7463836c777d
Spin – August	Tue – Thu	https://iwakuni.usmc-mccs.org/activity/de63e00e-744d-4926-9ef9-f87e5423b95f
Sponsorship Training	Wed, 6 Aug	https://iwakuni.usmc-mccs.org/activity/fca77d46-69bf-4dcd-b6a9-6b1d4f83fc69
Summer Group Swim Lessons July/August	Mon - Thu	https://iwakuni.usmc-mccs.org/activity/261b7934-1ac7-4e19-85af-be9f9e75bc26
Summer Matinee Movie	Various	https://iwakuni.usmc-mccs.org/activity/27d850bf-c428-4323-add7-3c95822615da
Summer “Natsu” Vehicle Preparation	Jul – Sep	https://iwakuni.usmc-mccs.org/activity/89afb9a9-0d5b-4e0d-8b77-6f1e300930a3
Summer Reading Program	10 Jun-8 Aug	https://iwakuni.usmc-mccs.org/activity/513f4af4-5947-4f91-93a2-327ec3adf942
Tabata & Stretch – August	Mondays	https://iwakuni.usmc-mccs.org/activity/dce6ed80-6f9f-492f-8103-98d8b930bd4c
Toddler Tuesdays	Tuesdays	https://iwakuni.usmc-mccs.org/activity/fba2c4a0-16c7-4213-ac2c-84cd7e3051f3
TRS 3-Day Course	4 – 6 Aug	https://iwakuni.usmc-mccs.org/activity/74b0ecb5-ad19-447d-b89a-514e0ab164f0
Ultimate Mileage Challenge	Continuous	https://iwakuni.usmc-mccs.org/activity/ba38f197-aabb-4054-97ba-a7ff3e476afe
W.A.R.R. Strength & Conditioning Sessions	Various	https://iwakuni.usmc-mccs.org/activity/6c82d8f0-c488-475e-a292-6995228b360d
Welcome Aboard Brief	Mon, 4 Aug	https://iwakuni.usmc-mccs.org/activity/20125697-4681-46c5-9b97-cabc419ee9bc
Welcome Aboard Bus Tour	Thu, 7 Aug	https://iwakuni.usmc-mccs.org/activity/f9a9938e-5b2b-4437-8691-a78620cb8fc0
Wellness Wednesday: Warrior Workouts	Wed, 6 Aug	https://iwakuni.usmc-mccs.org/activity/0dbd71a3-e1ba-4440-8443-5a9529bb47b9
Youth Fitness Classes – August	4 – 29 Aug	https://iwakuni.usmc-mccs.org/activity/2b71779e-e6c2-4059-a6b8-fcbd1315029a
Zumba – August	Various	https://iwakuni.usmc-mccs.org/activity/0ede3644-408b-497b-bfa8-31c86ac2e9ea