

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 11 – 17 July 2025

Fri, 11 Jul	5:00 – 7:15 p.m., Sunset Paddle at Nishiki River
Sat, 12 Jul	7:00 a.m. – 10:30 p.m., Fukuoka Shopping Tour (see page 13) 12:45 – 3:15 p.m., SMP PLAT ABC Summer Festival
Mon, 14 Jul	8:00 a.m. – 4:00 p.m., Transition Readiness Seminar 3-Day Course (see page 10)
Tue, 15 Jul	9:00 – 10:30 a.m., Triple P: The Power of Positive Parenting (see page 8) 9:00 – 10:30 a.m., Anger Management (see page 9) 12:00 – 1:00 p.m., Child Abuse Prevention & Education Training (see page 9)
Thu, 17 Jul	8:00 a.m. – 4:00 p.m., DOL Workshop 2-Day Course (see page 10) 8:00 a.m. – 4:00 p.m., Managing Your Education 2-Day Course (see page 10) 8:30 a.m. – 12:30 p.m., L.I.N.K.S. Foundation 2 Half-Day Workshop (see page 10) 10:00 – 11:00 a.m., PLAT ABC Cultural Exchange (see page 9) 4:00 – 5:00 p.m., EFMP: Managing Deployments (see page 10)

Sakura Theater Schedule

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



The Phoenixian Scheme (PG-13)

Fri, 11 Jul, 5:00 p.m.

Wealthy businessman, Zsa-zsa Korda appoints his only daughter, a nun, as sole heir to his estate. As Korda embarks on a new enterprise, they soon become the target of scheming tycoons, foreign terrorists, and determined assassins.

Superman (PG-13)

Navy First Motion Picture !

Fri, 11 Jul, 8:00 p.m. (Premiere)

Sat, 12 Jul, 2:00 p.m.

Thu, 17 Jul, 7:00 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?



F1: The Movie (PG-13)

Sat, 12 Jul, 6:00 p.m.

In the 1990s, Sonny Hayes was Formula 1's most promising driver until an accident on the track nearly ended his career. Thirty years later, the owner of a struggling Formula 1 team convinces Sonny to return to racing and become the best in the world. Driving alongside the team's hotshot rookie, Sonny soon learns that the road to redemption is not something you can travel alone.



Jurassic World: Rebirth (PG-13)

Sun, 12 Jul, 2:00 p.m.

Zora Bennett leads a team of skilled operatives to the most dangerous place on Earth, an island research facility for the original Jurassic Park. Their mission is to secure genetic material from dinosaurs whose DNA can provide life-saving benefits to mankind. As the top-secret expedition becomes more and more risky, they soon make a sinister, shocking discovery that's been hidden from the world for decades.

28 Years Later (R)

Sun, 13 Jul, 6:00 p.m.

It's been almost three decades since the rage virus escaped from a biological weapons laboratory. Still living in a ruthlessly enforced quarantine, some have found ways to exist amid the infected. One such group of survivors lives on a small island connected to the mainland by a single, heavily defended causeway. When one of them decides to venture into the dark heart of the mainland, he soon discovers a mutation that has spread to not only the infected, but other survivors as well.



Indiana Jones and the Kingdom of the Crystal Skull (PG-13)

NDVD/NSSM – Free Admission

Mon, 14 Jul, 7:00 p.m.

It's the height of the Cold War, and famous archaeologist Indiana Jones (Harrison Ford), returning from his latest adventure, finds out his job at Marshall College is in jeopardy. He meets Mutt (Shia La Beouf), a young man who wants Indy to help him find the legendary Crystal Skull of Akator, and the pair set out for Peru. However, deadly agent Irina Spalko (Cate

Blanchett) is searching for the powerful artifact, too, because the Soviets believe it can help them conquer the world.



Kung Fu Panda 2 (PG)

NDVD/NSSM – Free Admission

Wed, 16 Jul, 3:00 p.m.

Now known as the Dragon Warrior, Po (Jack Black) protects the Valley of Peace alongside his friends and fellow kung fu masters, the Furious Five. However, a dangerous villain threatens Po's awesome new life with plans to use a secret weapon to wipe out the martial art and conquer China. In order to defeat the new enemy, Po finds he must recall his past and unlock secrets of his mysterious origins; only then will he find the strength to vanquish his foe.

Kung Fu Panda 3 (PG)

NDVD/NSSM – Free Admission

Thu, 17 Jul, 3:00 p.m.

Living large and loving life, Po (Jack Black) realizes that he has a lot to learn if he's going to fulfill the next challenge from his beloved instructor (Dustin Hoffman). After reuniting with his long-lost father (Bryan Cranston), Po must transition from student to teacher and train a group of fun-loving, clumsy pandas to become martial-arts fighters. Together, the kung-fu brethren unite to take on the evil Kai (J.K. Simmons), a supernatural warrior who becomes stronger with each battle.



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.

Private Organization & Fundraising Brief

Fri, 25 Jul, 9:00 – 11:00 a.m., Sakura Theater

Whether you're interested in setting up a new private organization, need help keeping an existing organization active, or want to better understand how to request and conduct fundraising activities, this informative brief will be of great assistance. Board members of approved POs are encouraged to attend in order to hear the latest updates on changes to reporting procedures as well as information on upcoming events and fundraising opportunities.

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.

July Summer Group Swim Lessons

Mon, 7 Jul – Thu, 17 Jul, WaterWorks Outdoor Pool
(Registration avail 30 Jun – 13 Jul)

Join us for summer group swim lessons at the WaterWorks Outdoor Pool throughout June! We have limited availability for various age groups:

- StarBabies & StarTots Group Lessons (ages 6 months to 36 months)*
- Swim School Preschool Group Lessons (ages 4-5 years)
- Youth Group Lessons (ages 6-12 years)
- Teens Group Lessons (ages 13-17 years)
- Adults Group Lessons (ages 18 years and older)

*Please note that Starbabies & Startots Group lessons require a parent or legal guardian to be present in the water with the child.



For more complete information and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/3996a330-1ac5-4eba-a698-21a366703272>

Junior Lifeguard Course

Wed, 23 Jul – Fri, 25 Jul, 9:00 a.m. – 12:00 p.m., WaterWorks Outdoor Pool
Registration starts 9:00 a.m., Mon, 7 Jul

Get your StarGuard Elite Lifeguard Certification at the WaterWorks Outdoor Pool! Open to all base personnel, ages 11-14. Limited spots are available! For complete details and to register, please visit: <https://iwakuni.usmc-mccs.org/activity/32361e94-3266-4e63-84c1-0104342027e5>.

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>.



Weekly Newsletter

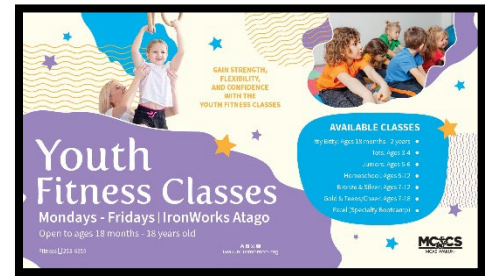
11 July 2025

Fitness

Youth Fitness Classes

Mondays – Fridays, 7 Jul – 1 Aug

There are still spots remaining for the July Youth Fitness classes! For information on the classes to include dates, times, attire and registration, please visit: <https://iwakuni.usmc-mccs.org/activity/7ad66440-3fb1-4bb4-99df-7007ed64fe22>.



Group Fitness Sessions – July

GROUP FITNESS SCHEDULE						
JULY						
MON	TUE	WED	THU	FRI	SAT	
TABATA & STRETCH 9 AM	SPIN 6 AM	ZUMBA 11:30 AM	SPIN 9 AM	MIXKEDFIT 11:30 AM	MIXKEDFIT 10:30 AM	
CIRCUIT & CONDITIONING 11:30 AM	MIXKEDFIT 11:30 AM	SPIN 5:15 PM	ZUMBA 11:30 AM	ZUMBA 5:15 PM		
ZUMBA 5:15 PM	MIXKEDFIT 6:30 PM	MIXKEDFIT 6:30 PM	CARDIO KICKBOXING & CONDITIONING 5:15 PM	MIXKEDFIT 5:15 PM		
POWER PUMP 6:30 PM			ZUMBA 6:30 PM			

GROUP FITNESS SCHEDULE	
JULY	
CIRCUIT & CONDITIONING Mixed workout routine consisting of resistance training, cardio, and endurance training with the use of a variety of equipment.	TABATA & STRETCH Interval training in blocks of 20 seconds with 10 seconds of rest using a variety of fitness equipment and body-weight movements. This class features an extended cool down to improve your overall flexibility.
CARDIO KICKBOXING & CONDITIONING Cardio workout routines that combine martial arts techniques and aerobic exercise. As well as muscle conditioning with dumbbells and body weight.	SPIN A non-weight bearing, heart-pumping workout on a spin bike. Ride flats, hills, intervals, and sprints to the beat of the music.
ZUMBA Dance your way to a fitter you with Latin-based high and low-intensity intervals designed to boost your cardiovascular endurance.	MIXKEDFIT A mix of explosive dancing and body weight training. The routines feature aerobic interval training with a combination of fast and slow rhythms.

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>.

Intramural Sports



U.S. – Japan Softball Tournament

Sat, 26 Jul, 9:00 a.m. – 5:00 p.m., Kizuna Stadium

Registration ends 11:59 p.m., 9 Jul

Join Intramural Sports for the U.S.-Japan Softball Tournament on July 26 at the Kizuna Stadium! For complete information to include registration, eligibility and format, please visit:

<https://iwakuni.usmc-mccs.org/activity/1ead87ea-0823-4c44-a0bf-b339c4bcc356>.

Aces Down, Sets Up Indoor Volleyball Season

Tue, 5 Aug – Thu, 28 Aug, IronWorks North
Join Intramural Sports for a 6v6 volleyball season from 5 – 28 Aug. Games will be held Tuesdays and Thursdays from 5:30 – 8:00 p.m. This tournament is open to all SOFA personnel aged 16 and older, JMSDF and IHA/MLC personnel. This event is Commander's Cup points eligible, so each team registered must be at least 80% active duty from the same unit and no more than 20% civilian. All unit rosters must be approved by the unit CO/OIC. For complete information, please visit: <https://iwakuni.usmc-mccs.org/activity/ef39cf8-9d43-4402-a679-ab999822fd1b> or contact Intramural Sports at 253-7332 or ombiwakuni.intramuralsports@usmc-mccs.org.



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>.

Outdoor Recreation

Sunset Paddle at Nishiki River

Fri, 11 Jul, 5:00 – 7:15 p.m.

Registration open thru 6:00 p.m., 10 Jul at Outdoor Recreation

Enjoy paddling on the Nishiki River and see the sunset view from the riverside. The trip departs Outdoor Recreation at 4:45 p.m., and the paddling starts at 5:00 p.m. with your chosen paddleboard, canoe, or kayak until sunset. Come to Outdoor Recreation before departure time on the day of the trip so we can prepare your vessel and make it ready to paddle! Open to patrons aged 12 and older.

The \$10 fee includes:

- Transportation
- Rental paddleboard, canoe, or kayak*
- Paddling gear.

*After registering for this trip, send us an email at OMBIwakuni.OutdoorRecreation@usmc-mccs.org to select which vessel you would like to rent. You can choose from:

- **Kayak:** Solo or Tandem
- **Canoe:** Solo or Tandem
- **Paddleboard**

For more information, please call Outdoor Recreation at 253-3822

Mt. Fuji Trip

Thu, 24 Jul – Mon, 28 Jul (Registration starts 27 May)

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.





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.

PLAT ABC Summer Festival

Sat, 12 Jul, 12:45 – 3:15 p.m., Plat ABC

The SMP is looking for enthusiastic volunteers to engage with the PLAT ABC to celebrate their summer festival event. Participants will meet at the Hornet's Nest. Open to single and unaccompanied service members only. 13 spots are available.



Hiroshima Aeon Mall Trip

Sat, 19 Jul, 9:30 a.m. – 5:30 p.m.

Registration opens at 12:00 p.m.

Join the SMP on a trip to the Hiroshima Aeon Mall. While you shop, enjoy a delicious meal at one of the many restaurants, and play fun games at the arcade. Participants should bring additional yen for food and shopping. 30 spots are available and registration is available at: <https://iwakuni.usmc-mccs.org/activity/a900e2a8-68a6-4dca-be50-60242582218a>.

Nagato Whale Festival

Sun, 20 Jul, 5:30 a.m. – 5:00 p.m.

Registration starts 30 Jun

Join the SMP for the whale festival in Nagato City where volunteers will participate in a boat race and observe a whale hunting demonstration with local Japanese participants. 24 spots are available and registration is available at: <https://iwakuni.usmc-mccs.org/activity/6663c1ea-7e39-4f40-9307-c8c80eb1a476>.



Youth Sports

Youth Sports Summer Basketball Camp

Mon, 21 Jul – Fri, 25 Jul, Atago Sports Complex, Lotus Cultural Center

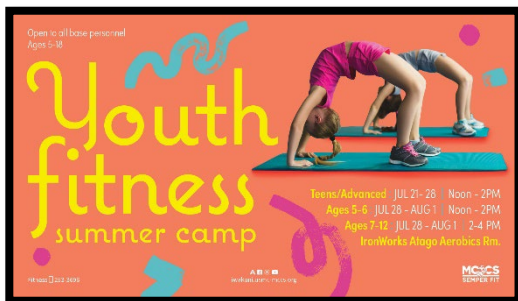
Registration open thru 5:00 p.m., 16 Jul

Youth Sports Summer Basketball Camp is available for athletes ages 7-18 to build technical skills, social development, and promote living an active lifestyle. Participants will receive 3 hours of age-appropriate instruction from Basketball Japan Academy for 5 days from 21 – 25 Jul at the Atago Sports Complex in the Lotus Cultural Center's Sports Court. Tickets are on sale online from 16 – 30 Jun. Please fill in accurate information when registering. If tickets are sold out, please contact Youth Sports to be placed on the waitlist. No refunds after registration. SOFA Sessions (registration on Eventbrite from June 16 (Noon) to June 30 (5 PM)

- Ages 7-10 (on base): 9:00 a.m. – 12:00 p.m., 40 spots available
- Ages 11-18 (on base): 2:00 – 5:00 p.m., 40 spots available

Register online at: <https://iwakuni.usmc-mccs.org/activity/9c2cdbc-b-d4cb-40e7-a573-a2ebb9163a93>.





Youth Fitness Summer Camp

Registration available starting Mon, 7 Jul

Get ready for a high-energy week where fitness meets fun! At the Youth Fitness Summer Camp, kids will enjoy an action-packed blend of physical activity, skill-building, and classic summer camp excitement. For complete information on the camp to include what can be expected, dates, times, and to register, please visit:

<https://iwakuni.usmc-mccs.org/activity/ae2b5cba-3cda-491b-b76e-d536ede0d5f4>.

Youth Sports Summer Softball Camp

5:00 – 7:30 p.m., Monday, 11 Aug – Fri, 15 Aug, Penny Lake Fields

Registration available from 12:00 p.m., 7 Jul – 5:00 p.m., 14 Jul

Youth Sports invites athletes ages 7–15 to join our Summer Softball Camp, held August 11-15 at Penny Lake Fields. This 5-day camp provides 2 hours of daily instruction focused on pitching, catching, and hitting fundamentals. It's a great opportunity for players of all levels to improve their skills, gain confidence, and enjoy the game in a supportive environment. For availability and other details, please visit: <https://iwakuni.usmc-mccs.org/activity/ad508d77-2c46-4b73-99f8-42523a900b59>.

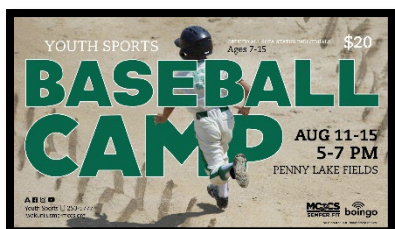


Youth Sports Summer Baseball Camp

5:00 – 7:30 p.m., Monday, 11 Aug – Fri, 15 Aug, Penny Lake Fields

Registration available from 12:00 p.m., 7 Jul – 5:00 p.m., 14 Jul

Youth Sports invites athletes ages 7–15 to join our Summer Softball Camp, held August 11-15 at Penny Lake Fields. This 5-day camp provides 2 hours of daily instruction focused on pitching, catching, and hitting fundamentals. It's a great opportunity for players of all levels to improve their skills, gain confidence, and enjoy the game in a supportive environment. For availability and other details, please visit: <https://iwakuni.usmc-mccs.org/activity/9055af0c-7c6a-4745-842e-be8f07cd9c54>.



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 who 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.

Triple P: The Power of Positive Parenting

Tue, 15 Jul, 3:00 – 4:30 a.m., bldg 411

Parenting doesn't come with a manual, but it can come with a plan. Join the Positive Parenting Program (Triple P), a 3-part seminar series that offers practical, research-based strategies to help you become the calm, confident, and

connected parent your child needs. Each session focuses on building the mental tools, emotional awareness, and social skills essential for raising happy, resilient kids while strengthening your relationship as a family.

15 Jul (3:00 – 4:30 p.m.): **Raising Confident, Competent Children**

Explore tools to help children become self-motivated, responsible, and capable decision-makers.

29 Jul (11:00 a.m. – 12:30 p.m.): **Raising Resilient Children**

Discover how to foster emotional strength and resilience to help kids handle life's ups and downs.

These sessions offer insights on effective behavior management, emotion regulation for both parents and children, and building strong, respectful, and supportive relationships. Don't miss this opportunity to build your parenting toolkit. Join one or all three and take a positive step forward in your parenting journey.

Child Abuse Prevention & Education Training

Tue, 15 Jul, 12:00 – 1:00 p.m., bldg 411

Every child deserves a safe and supportive environment. Join this vital training, designed to raise awareness, promote prevention, and empower individuals and families to be proactive in protecting our most vulnerable population. Through a combination of education, discussion, and real-world strategies, this training will help participants: recognize the signs and indicators of abuse; understand prevention strategies that create safer environments; build emotionally responsive, morally aware support systems; and emphasize the shared responsibility of families and communities in keeping children safe. By enhancing mental awareness, emotional sensitivity, and social responsibility, we can work together to create a community where every child feels protected, valued, and heard. Come learn how to be the change that makes a difference. Join us in building a safer, stronger community.

Anger Management

Wed, 16 Jul, 9:00 – 10:30 a.m., bldg 411

Struggling to keep your cool? You're not alone, and you don't have to figure it out on your own. Join the Anger Management Workshop and better understand your thoughts, emotions, and reactions in a supportive and judgment-free environment. Through practical strategies and open discussion, learn how to:

- Identify and reframe negative thought patterns
- Respond to stress with emotional control
- Communicate clearly and confidently without conflict
- Build healthier relationships with empathy and forgiveness

Whether you're looking to strengthen your self-awareness or improve your communication, this workshop provides the tools you need to respond, not react. To sign up, please call 253-4526, email behavioral_health_iwakuni@usmc.mil or visit us in bldg 411. Registration is open until 12:00 p.m., 15 Jul.

Plat ABC Cultural Exchange

Thu, 17 Jul, 10:00 – 11:00 a.m., Plat ABC

Join the New Parent Support Program (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!



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: Managing Deployments

Thu, 17 Jul, 4:00 – 5:00 p.m., bldg 625 rm 211

Managing Deployments is mandatory EFMP training designed to help service members and families with Exceptional Family Members prepare for and navigate the unique challenges of deployment. This training provides an overview of available EFMP services, including non-clinical case management, respite care options, and planning tools that support family readiness before, during, and after deployment. Participants can also inquire about resources such as EFMP & Me and Military OneSource, which offer personalized checklists, planning guides, and information on maintaining support for EFMs during separations. Training content may vary to reflect current policies, local procedures, and the evolving needs of families managing deployments. Training is conducted virtually via Teams. No registration required and it is 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>.

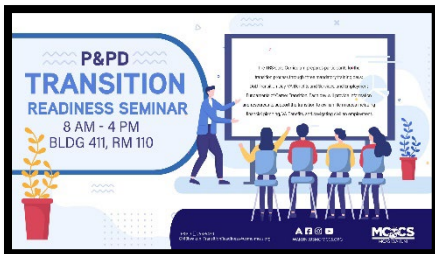


Summer Reading Program

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](#).



Transition Readiness Seminar (TRS) Core Curriculum

Mon, 14 Jul – Wed, 16 Jul, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Mon, 21 Jul – Wed, 23 Jul, 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.

College 101/TA Orientation Brief

Wed, 16 Jul, 1:00 – 2:00 p.m., bldg 411, rm 117

Come to the College 101 class and get an overview of how to search for and decide on the right academic program, understand the structure of postsecondary education and financial aid, and learn what Tuition Assistance can cover and how to apply. Attendance in this class satisfies the initial counseling pre-requisite to use Marine Corps Tuition Assistance for the first time. Registration is not required but is preferred. To register, please call 253-3855, email: ombiwakuni.educationoffice@usmc-mccs.org, or visit the Education Office in bldg 411, rm 117.

Employment Track: Department of Labor Employment Workshop

Thu, 17 Jul – Fri, 18 Jul, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Thu, 24 Jul – Fri, 25 Jul, 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.

Education Track: Managing Your Education 2-Day Course

Thu, 17 Jul – Fri, 18 Jul, 8:00 a.m. – 4:00 p.m., bldg 411, rm 110

Thu, 24 Jul – Fri, 25 Jul, 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.



L.I.N.K.S. Foundations Workshop – 2 Half-Day Workshop

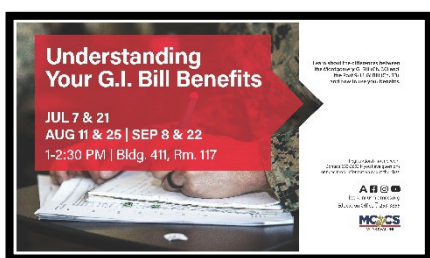
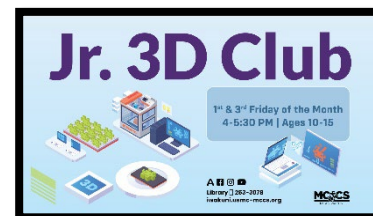
Thu, 17 Jul – Fri, 18 Jul, 8:30 a.m. – 12:30 p.m., bldg 625

This 2-half-day workshop is a fun and interactive way to learn more about the military lifestyle, the base, and life in Japan. Experienced L.I.N.K.S. Mentors will share their experiences and provide helpful tips on meeting the unique challenges military spouses face as a result of the mobile military lifestyle. 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., 16 Jul. Check out the L.I.N.K.S. [Video](#) to see what we offer!

Jr. 3D Modeling & Printing Club

Fri, 18 Jul, 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/2c2ec130-589f-4024-9867-5574d7e490b8>.



Understanding Your GI Bill Benefits

Mon, 21 Jul, 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 but preferred. To register, please call 253-3855, email: OMBiwakuni.educationoffice@usmc-mccs.org.

LifeSkills: Pre-Marital Workshop

Tue, 22 Jul, 8:00 a.m. – 12:00 p.m., bldg 625

This is a one-stop shop for those who plan to get married in the near future. Learn how to complete the necessary military requirements for marriage and tools for a healthy, successful marriage. To sign up, call 253-3542, email: obiwakuni.mcftb@usmc-mccs.org, or visit Marine & Family Programs in bldg 411, rm 101.



Financial Education Action Point: Continuation Pay

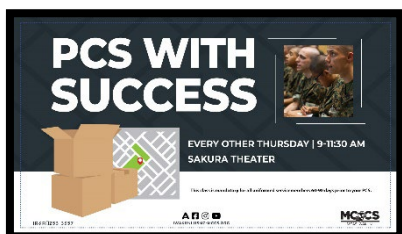
Wed, 23 Jul, 8:00 – 9:30 a.m., bldg 411, rm 117

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. To register, please visit: <https://iwakuni.usmc-mccs.org/activity/2cf1180a-6590-43b3-a359-b1e72620919b>.

Sponsorship Training

Wed, 23 Jul, 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/37186f44-7398-418d-9ef0-6220f98c1f64>.



PCS with Success

Thu, 24 Jul, 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/e04818ac-1b65-4045-be25-e8d530fda892>.

RDST: Readiness Binder & Family Care Plan Workshop

Thu 24 Jul, 9:00 – 11:00 a.m., bldg 625

Join this interactive and informative workshop designed to help prepare military families to be ready for anything, especially during a deployment. Participants will receive a free binder with organizational tabs. To register, please call 253-3542, email: OMBIwakuni.MCFTB@usmc-mccs.org or visit Marine & Family Programs in bldg 411, rm 101.

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>.

Youth Bowling League

Tue, 17 Jun – Tue, 5 Aug, 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>.



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



Fukuoka Shopping Tour

Sat, 12 Jul, 7:00 a.m. – 10:30 p.m.

Enjoy shopping at LaLaport Fukuoka and Canal City Hakata in Fukuoka Prefecture! At both locations you'll find a variety of stores, restaurants, and attractions! For complete trip details, please visit: <https://iwakuni.usmc-mccs.org/activity/9d2255fb-3843-46af-b6c6-9d9ff958b3a9> or stop by the IT&T Office in the Crossroads, bldg 411.

On Base Business Market

Fri, 18 Jul – Sat, 19 Jul, 10:00 a.m. – 6:00 p.m., Torii Pines Town Center

Fri, 1 Aug – Sat, 2 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>



Towel Museum & Imabari Castle Trip

Sat, 19 Jul, 8:00 a.m. – 7:30 p.m.

Visit the world's first museum dedicated to the art of towel manufacturing! This unique museum offers much to see, including intricate traditional towels, works of art made from towels, and an exhibition on the towel-making process. Next, explore Imabari Castle, once Japan's largest sea castle, surrounded by triple moats and featuring a strong boat entrance (harbor). The castle interior now houses a museum, and from the observation deck atop the castle tower, you can enjoy spectacular views of the Seto Inland Sea. Another highlight is the massive moat, where seawater flows in and out, allowing fish to migrate freely. For more information, please visit: <https://iwakuni.usmc-mccs.org/activity/1c389588-9c92-42ae-9163-6f5b715cf9ea> or stop by the IT&T Office in the Crossroads, bldg 411.



Friday Night Friendship League

Fri, 25 Jul, 7:00 p.m., Strike Zone Bowling Center

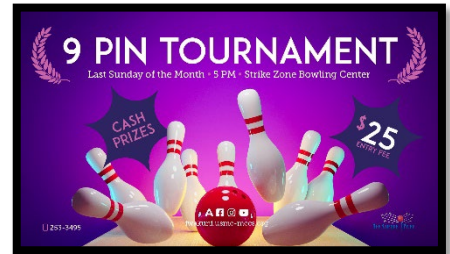
Registration ends 10 Jul

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-9d4709cbfbae>.

9-Pin Tournament

Sun, 27 Jul, 5:00 p.m., Strike Zone Bowling Center

Enter the 9-pin tournament for your chance to win a cash prize! Join us at the Strike Zone Bowling Center on the last Sunday of each month for this fun competition. Registration is limited to 40 participants, so sign up at the Strike Zone right now! There is a \$25 entry fee to participate.



Tobata Gion Pyramid Lantern Festival

1:00 p.m., Sat, 26 Jul – 1:00 a.m., Sun, 27 Jul

Attend this festival with roots dating back to the Edo period (approximately 200 years ago) when the capital was attacked by an epidemic and the people prayed to Sunanoo-no-Mikoto (one of the two major deities involved in the creation of Japan) for help. After successfully ridding the land of the disease, the people in turn created a “Yamakasa” to celebrate and show their gratitude. During the festival 8 official floats with 12 great flags hoisted on the 4 large ones are carried for a parade, followed by some small floats for

children. But in the nighttime, the floats are completely transformed into pyramids of light—huge Lantern Yamakasa floats, their decorations with the flags removed. Each with 12 layers of 309 lanterns, 10 meters high, and 1.5 tons in weight, is shouldered by about 100 carriers. For complete details on this exciting trip, please visit: <https://iwakuni.usmc-mccs.org/activity/186dc83a-02e5-45bc-bf4b-f1f103d13f09> or 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	Food Booths
Taiko drummers	Kakigori (sno-cones)
Bon dancers	Karaage (fried chicken)
Kid games	Hiyashi chuka (cold noodles)
Kimono photo booth	Yakitori booth
Storytelling	

Magic Show



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.



Weekly Newsletter

11 July 2025

Alphabetical list of events for period 11 – 17 July 2025

Event	Date	Link
Active Duty Swim Survival Skills Training (S3T)	Various	https://iwakuni.usmc-mccs.org/activity/d1a7b9d2-71ea-4b4a-8640-04178a410124
Aikodo – July	Tue & Thu	https://iwakuni.usmc-mccs.org/activity/ab97a2ac-c44d-4c9a-a313-1be86fcad25c
Alcoholics Anonymous	Tue & Fri	https://iwakuni.usmc-mccs.org/activity/4ab1c15f-ce71-4dee-b1c3-25a2291a3cef
Anger Management	Wed, 16 Jul	https://iwakuni.usmc-mccs.org/activity/d1a325be-146d-41f9-8a62-77a95f10df6c
Body Sculpt – July	Wed & Sat	https://iwakuni.usmc-mccs.org/activity/a213a750-3a94-4a3e-a37f-21640db0fe5b
Book Bingo	Continuous	https://iwakuni.usmc-mccs.org/activity/fe167a7e-6924-43d1-81a9-36262cc11865
Cardio Kickboxing & Conditioning – July	Thursdays	https://iwakuni.usmc-mccs.org/activity/4a9ee846-c0c1-4851-a890-9cc3895fb997
Cardio Kickboxing Mini-Bootcamp – July	Tuesdays	https://iwakuni.usmc-mccs.org/activity/6b8faac8-4e1d-45df-9483-eeb95d7b8099
Child Abuse Prevention & Education Training	Tue, 15 Jul	https://iwakuni.usmc-mccs.org/activity/0225d091-6c26-4bdc-8221-209055b273f2
Circuit & Conditioning – July	Mondays	https://iwakuni.usmc-mccs.org/activity/77bddeda-6ebb-4ed0-81b3-a640e595200a
College 101/TA Orientation Brief	Wed, 16 Jul	https://iwakuni.usmc-mccs.org/activity/54838683-af03-4ae2-8c29-92cdb87884dc
DOL Employment Workshop 2-Day Course	17 – 18 Jul	https://iwakuni.usmc-mccs.org/activity/cd7ac4c8-02ac-44d2-ba80-0b1e5b622c87
EFMP Managing Deployments	Thu, 17 Jul	https://iwakuni.usmc-mccs.org/activity/dc9d47d0-b6ad-4549-a1fe-c485211cca64
Fukuoka Shopping Tour	Sat, 12 Jul	https://iwakuni.usmc-mccs.org/activity/9d2255fb-3843-46af-b6c6-9d9ff958b3a9
Judo – July	Various	https://iwakuni.usmc-mccs.org/activity/bbcaf3cc-9212-47d2-8b1c-71c1b3d742b1
Kids Bowl Free	1 May-1 Sep	https://iwakuni.usmc-mccs.org/activity/daa58b8c-604f-41cf-b97e-a0a8d80c16ca
L.I.N.K.S. Foundation 2 Half-Day Workshop	17 – 18 Jul	https://iwakuni.usmc-mccs.org/activity/9ec13f75-d3e5-4587-8222-a8a53903466f
Managing Your Education 2-Day Course	17 – 18 Jul	https://iwakuni.usmc-mccs.org/activity/805454cf-323c-4bf5-b57f-a20f39bf8f1b
Masters' Swim Club	Mon – Fri	https://iwakuni.usmc-mccs.org/activity/a1e288b4-3845-45c0-9621-d7c546c90042
Mixedfit – July	Various	https://iwakuni.usmc-mccs.org/activity/1e38522e-e0ad-46ca-a1ab-9716444c3ea7
Peer 2 Peer Support Group	Mondays	https://iwakuni.usmc-mccs.org/activity/12eabfe2-8952-46cc-a4b8-e5fef78c0a16
PLAT ABC Cultural Exchange	Thu, 17 Jul	https://iwakuni.usmc-mccs.org/activity/80cea13f-8708-4c4a-b504-d54d854bdf13
Power Pump – July	Mondays	https://iwakuni.usmc-mccs.org/activity/96c94bae-26c5-418f-bfd3-7db700ee6606
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/34994be7-56b3-4db4-8202-cc49863e40c3
SMP PLAT ABC Summer Festival	Sat, 12 Jul	https://iwakuni.usmc-mccs.org/activity/0d27ee25-559e-4fc1-8d59-0a98c5688de5



Weekly Newsletter

11 July 2025

SMP Trading Card Night	Fri, 11 Jul	https://iwakuni.usmc-mccs.org/activity/409509b2-e423-4bf0-9d81-b186774dc3d2
Spin – July	Various	https://iwakuni.usmc-mccs.org/activity/fb94d2e5-6d7c-4839-a4c2-6ab18d7dc570
Summer Group Swim Lessons	Mon - Thu	https://iwakuni.usmc-mccs.org/activity/3996a330-1ac5-4eba-a698-21a366703272
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/89afb9a-0d5b-4e0d-8b77-6f1e300930a3
Summer Reading Program	10 Jun-8 Aug	https://iwakuni.usmc-mccs.org/activity/513f4af4-5947-4f91-93a2-327cc3adf942
Sunset Paddle at Nishiki River	Fri, 11 Jul	https://iwakuni.usmc-mccs.org/activity/f5b46366-026c-4cc1-9568-0d22ae586970
Tabata & Stretch – July	Mondays	https://iwakuni.usmc-mccs.org/activity/6f99d4e8-77db-44dd-8b03-92a934ddf4f2
Toddler Tuesdays	Tuesdays	https://iwakuni.usmc-mccs.org/activity/fba2c4a0-16c7-4213-ac2c-84cd7e3051f3
TRS Core Curriculum 3-Day Course	14 – 16 Jul	https://iwakuni.usmc-mccs.org/activity/59a11202-abce-40e0-bb9b-60cc4c754958
Triple P: The Power of Positive Parenting	Tue, 15 Jul	https://iwakuni.usmc-mccs.org/activity/ae8b7621-d27e-41c3-adf8-75cb6ac213b3
Ultimate Mileage Challenge	Continuous	https://iwakuni.usmc-mccs.org/activity/ba38f197-aabb-4054-97ba-a7ff3e476afe
Youth Bowling League	Tue, 15 Jul	https://iwakuni.usmc-mccs.org/activity/fff5809-9a0b-4149-b23f-9fd2ecc3fa60
W.A.R.R. Strength & Conditioning Sessions	Various	https://iwakuni.usmc-mccs.org/activity/6c82d8f0-c488-475e-a292-6995228b360d
Welcome Aboard Brief	Mon, 14 Jul	https://iwakuni.usmc-mccs.org/activity/9c56746f-3cb2-4461-8f9e-27e0b7781b31
Welcome Aboard Bus Tour	Thu, 17 Jul	https://iwakuni.usmc-mccs.org/activity/cc5426c5-8925-4866-89ea-6fa9fd7d65af
Youth Bowling League	17 Jun-5 Aug	https://iwakuni.usmc-mccs.org/activity/3316b909-bc07-4bbf-887d-f36ba72d77f4
Youth Fitness Classes – July	7 Jul – 1 Aug	https://iwakuni.usmc-mccs.org/activity/7ad66440-3fb1-4bb4-99df-7007ed64fe22
Zumba – July	Various	https://iwakuni.usmc-mccs.org/activity/eb25a26c-1196-4cdf-9395-c9e31c558525