SEPTEMBER

Beach Clean up
Saturday, Sept 3, 8-11am
Windmill Beach

Standup Comedy
Saturday, Sept 3, 7-8pm
Camp America Liberty Center

Kayak 101
Sunday, Sept 4, 8-10am
Pelican Pete’s Marina

Labor Day Burger Burn
Monday, Sept 5, 11am-7pm
Marine Hill & Camp America Liberty

After-Work Kayak Trip
Wednesday, Sept 7, 5:30-7:30pm
Pelican Pete’s Marina

TK Movie Night
Friday, Sept 9, After Sunset
Tierra Kay Liberty Center

Kayak to the Caves
Saturday, Sept 9, 8-11am
Ferry Landing

Standup Comedy
Saturday, Sept 10, 7-8pm
Tierra Kay Liberty Center

Hiking /Trail Cleanup-Ridgeline & Hutia
Sunday, Sept 11, 8-10am
Christmas Tree Hill

Sunday Ceramics
Sunday, Sept 11, 12-3pm
Arts & Crafts Center

Woodshop 101
Tuesday, Sept 13, 5-6pm
Arts & Crafts Center

Sunset Cruise
Wednesday, Sept 14, 6-8pm
Pelican Pete’s Marina

Last Friday of Summer Bonfire & Movie
Friday, Sept 16, 8-11pm
Windmill Beach

Kayak & Breakfast @ Hospital Kay
Saturday, Sept 17, 8-11am
Hospital Kay

Standup Comedy
Saturday, Sept 17, 7-8pm
Marine Hill Liberty Center

Beach Clean up
Sunday, Sept 18, 8-10am
Girl Scout Beach

Pottery Lesson
Sunday, Sept 18, 1-3pm
Arts & Crafts Center

After-Work Paddle Board Trip
Wednesday, Sept 21, 5:30-7:30pm
Pelican Pete’s Marina

TK Movie Night
Friday, Sept 23, 7:30-10pm
Tierra Kay Liberty Center

Paddle Board 101
Saturday, Sept 24, 8-10am
Sailing Center

Bowling Tournament
Sunday, Sept 25, 2-4pm
Marblehead Lanes

Cooking Club
Sunday, Sept 25, 6-8pm
Marine Hill Liberty

Woodshop 101
Tuesday, Sept 27, 5-6pm
Arts & Crafts Center

Uno Tournament
Friday, Sept 30, 6-8pm
Marine Hill Landing

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All Liberty Centers, programs, activities and events are FREE and open to unaccompanied active duty personnel only.

All activities and events are open to the entire community.
For more information on these events and activities visit our website at
www.navymwrguantanamobay.com or facebook.com/MWRGTMO
**MARINA**

**Telephone:** 2345

- September 4, 11am
  - National Cheese Pizza Day

- September 6, 10:30am
  - Weekend Water Taxi

- September 7, 11am
  - Kayak Outing

- September 9, 7am
  - Captain’s License Study Session

- September 9, 7pm
  - Latin Night Social

- September 11, 6pm
  - 9/11 Bowling Ball Tournament

- September 14, 6pm
  - MWR Soccer League

- September 16, 6pm
  - 50,000 or 60,000 lbs.

- September 17, 6pm
  - GTMO Life - September 2022

**CARDS, BOARD GAME & CRAFTS NIGHT**

**Telephone:** 3982

- Join us every Wednesday at the Community Library, starting Sept 7 at 5:30pm, for an evening of classic tournament play, and 1 cart per team.

- Registration is open until Friday, Sept 2nd.

- Participants must submit their best catch at the Marina during their hours of operation for grading and entry. Winners will be determined by the weight and length of their Snook. You may tour in a tournament fish every day throughout the tournament, but MWR will score only your best catch.

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**SPORTS, FITNESS & AQUATICS**

**Telephone:** 2740

- **Group Cycling**
  - Mon, 6am & 6:30pm Wiid, 6pm
  - Body & Barbell Mon. 9am
  - Trainee’s Floor Time Mon, Wed & Fri 11:30
  - Max Performance Monday, 5-8pm
  - Cardio Kickboxing Tue, 6pm
  - TRX Fri, 5:30pm
  - Cardio Kickboxing Fusion Fri, 6:30pm

- **SAQ**
  - Tue & Thu, 7pm
  - Yoga Thu, 6pm
  - Aquaeousness Thu, 6pm
  - Total Kettlebell Fri, 9am

- **Open Water Swimming**
  - September Super Sprint Triathlon
    - (Swim 300m / Bike 13k / Run 3k)
    - September 17
  - Ferry Landing Check-in time 6:30am for 7am heat
  - Check-in time 7am for 7:45am heat
  - Register at the Denich Fitness Center by Sept 14.
  - Registration fee only $20, which includes performance shirts for all participants.

**GROUP EXERCISE**

**Telephone:** 5664

- **Aqua Fitness**
  - Marine Hill Pool

- **Steak Under The Stars**
  - Join us for an evening of ‘Steak Under The Stars’ Wednesday, September 21st, starting at 5:30pm at Bayview. Come choose your steak and have it cooked on an open flame to perfection. Call 2059 for more information.

- **GTMO Glide Self paced Swim**
  - Starting Sept 12 - Nov 4
  - Marine Hill Pool
  - Swim laps at the pool and challenge yourself in a 22.5 miles (39600 yards) self-paced swim. complete the distance by Nov 4 and receive a cool prize.