

April

CLASS SCHEDULE

FFSC Hours of Operation:

Mon, Wed-Fri: 0800-1630

Tues: 0930-1630

(757) 458- 4141/4153

MON	TUE	WED	THU	FRI	SAT
	 SAPR 1 Meet & Greet 1700 - 1800 Mind Body Mental Fitness 0800 - 1000 LMS	 2 SAPR Proclamation Signing Chapel 0900 - 0930	3	4 Bounce Back Better 1100 - 1200 LMS	 5 Sunrise Yoga 0630 - 0730
7 DoD Tap 0730-1600	 Teal Tuesday 8 Goldhill Galley 1100 - 1330 DoD Tap 0730-1600	9 DoD Tap 0730-1600	10 DoD Tap 0730-1600	 11 SAPR Bowling 1900 - 2100 Money Management 101 0900-1030	12
 14 SAPR Watchbill 1330 - 1430	 Teal Tuesday 15 JTF Galley 1100 - 1330	 16 SAPR Summit Training 0800 - 1700 Civilian Resumes and Cover Letters 0900-1200	17 Job Search and Interviewing Techniques 0900-1200	18	 19 Sunrise Yoga 0630 - 0730
21 Understanding USAJobs 1800 - 1930 LMS	 Teal Tuesday 22 Hospital Galley 1100 - 1330	 Purple up 23 Supporting Military Children Federal Employment 0900-1200	24 NAVIGATING THE ONET 0900-1100	25 The Thrift Savings Plan 0900-1000	 26 SAPR Color Run 0700- 1030
28 First Impressions Matter 1300 - 1400 LMS	 Teal Tuesday 29 Leeward Galley 1100 - 1300 COMMAND SPONSORSHIP TRAINING 0900-1100	30 The PCS Process 1400 - 1500 LMS			

Open to ALL Residents of Guantanamo Bay at No Cost LMS

Virtual Class @ www.mynavyfamily.com

CLASS Registration required! call: x4141/4153

Teal Tuesday Outreach Tables at each Galley



The
 Fleet & Family Support
Center