

MARINE CORPS HOSPITALITY SERVICES (MCHS) LODGING PROGRAM

In the past, Temporary Lodging Facilities (TLFs), traditionally held the reputation for being austere, no-nonsense facilities for military personnel and their families without housing due to Permanent Change of Station (PCS) or for temporarily assigned personnel. Times have definitely changed at these facilities for the better. On Okinawa, MCHS provides lodging on Camps Foster, Courtney and Hansen. These facilities are also available as staycation locales for service members and their families. Furthermore, service members and DoD civilians stationed on island can sponsor visiting friends and families to stay at the TLFs. Serving over 90,000 patrons annually, all facilities pride themselves in making each and every guest's stay the best possible experience.



THE FACILITIES

INNS OF THE CORPS CAMP FOSTER

Inns of the Corps Camp Foster has a total of 181 guest rooms, with 91 standard rooms, eight pet-friendly standard rooms (59 with kitchens), 40 suites (also with kitchens), six pet-friendly suites with kitchens, 24 twin rooms, four pet-friendly twin rooms and six Distinguished Visitor (DV) suites. Amenities include smart televisions in all guest rooms, free wi-fi, a business center, cardio room, outdoor play areas for children, a picnic area and more.

NAVY BOQ

The Navy Bachelor Officers' Quarters (BOQ) is located on Camp Foster, adjacent to U.S. Naval Hospital Okinawa (USNHO). This property has a total of 14 guest rooms including four handicap-accessible rooms. All rooms have one full-sized bed, a sitting area and fully equipped kitchenettes.

The Navy BOQ is primarily for those traveling on Temporary Assigned Duty to USNHO. It also supports the Family Nest program, which provides comfortable, temporary, non-medical lodging to parents with pregnancy complications or newborns needing intensive care, as well as to families of adult intensive care patients at U.S. Naval Hospital Okinawa.

Naval Hospital Okinawa.



INNS OF THE CORPS CAMP COURTNEY

Inns of the Corps Camp Courtney has a total of 16 suites—all outfitted with a queen-sized bed in a private bedroom, a fully equipped kitchen and a living room with a queen sofa sleeper and sleeper chair. The kitchen includes a refrigerator, microwave, stove top, coffee maker, silverware, pots and pans, dishes and glasses. The facility is located two minutes away on foot from the Courtney Ironworks Fitness Center, a library, Tengan Castle restaurant and the Courtney Child Development Center. Amenities at Inns of the Corps Camp Courtney include a business center, FREE wi-fi, outdoor playground for children, a picnic area and complimentary grab-and-go style breakfast. Hours of operation are from 8 a.m. to 5 p.m.

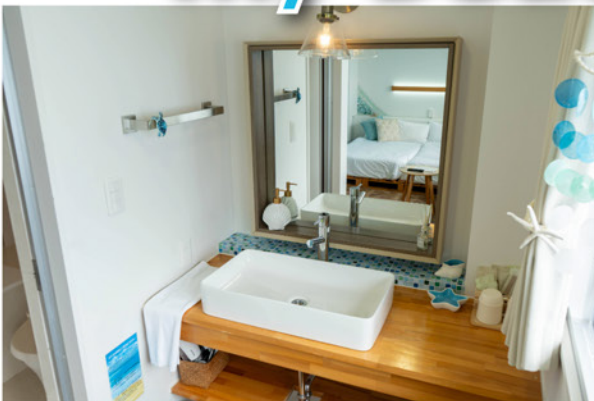
INNS OF THE CORPS CAMP HANSEN

Inns of the Corps Camp Hansen has a total of 36 rooms, with 26 standard rooms and 10 extended-stay suites. All standard rooms come with two queen-sized beds, a television, refrigerator, coffee maker and microwave. Extended-stay suites come with a private bedroom, a queen-sized bed and a television, a living room with a pullout sofa and television as well as a fully equipped kitchen including a refrigerator, microwave, stove top, dishwasher, coffee maker, silverware, pots and pans, dishes and glasses. There are also two pet-friendly rooms (one standard and one extended stay). Amenities at Inns of the Corps Camp Hansen include a business center, FREE wi-fi, an outdoor playground for children and complimentary hot breakfast daily.





DOT Hotel My Beach Resort



Instagram



Google Maps



Website



- Large groups welcome
- Private, natural beach
- Monthly plans available
- Public kitchen

5 minutes from Camp Hansen!





DRIVER EDUCATION PROGRAM

The Driver Education Program is tailored to aid Marines, Sailors and their families stationed on Okinawa with their POV licensing needs.

This program features American Driver and Traffic Safety Education Association (ADTSEA)/AAA certified courses which includes 39 hours of classroom instruction and six hours of behind-the-wheel instruction for those in need. Students who complete the Driver Education Program will receive their SOFA driver's permit in Japan.

First-time driver classes—open to adult/teen students ages 16 or older—take place at Marine & Family Programs-Resources (Bldg. 445) and run Monday–Friday. Refresher courses as well as classes for active duty

are held at the Driver Education Office (Bldg. 5677).

In-person classes are held on Camp Foster, while behind-the-wheel instruction takes place at both Camp Foster and Kadena Air Base. Additionally, please note that students are required to have their learner's permit prior to scheduling their behind-the-wheel instruction. Behind-the-wheel instruction is contingent and scheduled on student and instructor availability. To find necessary registration forms and the full course schedule, head to www.okinawa.usmc-mccs.org/driver-education. For questions about the Driver Education Program, send an email to driver.education@okinawa.usmc-mccs.org or call 098-970-5823 from a cellphone or 645-5823 from a DSN.



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SEMPER FIT

AQUATICS

MCCS Aquatic Centers are located on Camps Hansen, Kinser, McTureous, MCAS Futenma and Plaza Housing. Programs at participating facilities include lap and recreational swimming, swimming lessons, special events and more. Some facilities even have diving boards, water slides and wading pools. Contact the nearest aquatic center to see what's offered or visit www.okinawa.usmc-mccs.org/aquatics.

OKINAWA DOLPHINS SWIM SCHOOL

The Okinawa Dolphins Swim School provides a comprehensive, age based learn to swim program that builds water confidence, safety skills, and stroke proficiency from early childhood through adulthood, offering progressive levels—from parent child water introduction to advanced youth and teen instruction—that prepare swimmers for lifelong aquatic readiness. As students master foundational skills and demonstrate competency in all four competitive strokes, they can transition into the program's competitive training pathway, creating a clear, supportive progression from basic water comfort to readiness for the Okinawa Dolphins Swim Team and other competitive opportunities. The Okinawa Dolphins Swim Team focuses on stroke technique, endurance, race skills, and overall swimmer development. Swimmers have opportunities to participate in both on-base and off-base swim meets, providing valuable competitive experience and supporting long-term development in the sport. For more information, please visit www.okinawa.usmc-mccs.org/dolphin-swim-school.

FITNESS CENTERS

From hardwood basketball courts to glass-walled racquetball courts, Semper Fit provides Marines and other patrons with state-of-the-art fitness centers equipped with the latest equipment to meet everyone's workout goals. Many of our fitness centers feature WARR Centers, weight and cardio rooms, saunas and steam rooms. Some even offer massage services. Patrons can also enjoy personal training sessions, martial arts classes and a variety of group fitness classes, including spin, yoga and Zumba®. For more information, visit www.okinawa.usmc-mccs.org/fitnesscenters.

SPORTING EVENTS

Competitive events occur every week at various camps on Okinawa. Many of these events are open to participants island wide and offer both team and individual competitions.

Over 90 events are offered annually and include triathlons, bike races, a bodybuilding competition, runs and more. Unit cohesion and competition is promoted through the Commanders Cup events that are conducted monthly at Marine Corps camps on Okinawa. For more information, please visit www.okinawa.usmc-mccs.org/adultsports.

HEALTH PROMOTION & COMMUNITY FITNESS

The MCCS Health Promotion Program provides evidence-based wellness services that support readiness and overall health for Marines, Sailors, and their families. Offerings include customizable Unit PT sessions, Tactical Fitness classes, and Tactical Fitness Leadership (TFL) courses, along with educational Unit Briefs covering topics such as nutrition, fitness, injury prevention, and tobacco cessation. All services are delivered by credentialed Health Promotion professionals.

The Community Fitness Program offers more than 50 weekly classes across multiple fitness centers, ranging from high-energy formats such as Zumba® and Full Body Blast to mindful practices including yoga and Pilates. All classes are led by certified fitness instructors to ensure a safe, inclusive, and effective workout environment. For more information, visit www.okinawa.usmc-mccs.org/healthpromotions.

VOLUNTEER TO COACH!



MCCS SEMPER FIT YOUTH SPORTS WELCOMES
VOLUNTEER SOCCER, BASKETBALL, CHEERLEADING, BASEBALL
AND SOFTBALL COACHES FOR KIDS AND TEENS AGES 3 TO 18.

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645-3533 | 098-970-3533/34



TAIYO GOLF CLUB

LADIES GOLF *Clinics*



Day Clinic
Tuesdays, 11 a.m.–Noon

Evening Clinic
Thursdays, 5:30–6:30 p.m.



TAIYO G.C.
OKINAWA JAPAN



WELLNESS & HOLISTIC HEALTH

Complementing the physical training programs, the Wellness Program promotes holistic health and well-being through comprehensive education and personalized services. Unit Briefs cover a wide variety of topics such as nutrition, stress management, sleep, heart health, tobacco cessation, injury prevention and sexual health. Personalized consultations covering areas such as nutrition education, tobacco cessation counseling, sleep coaching and Return 2 Readiness provide actionable strategies to enhance mental, emotional and physical health.

MIA COX

PERSONAL TRAINING & FIT CAMP

Health Promotion offers both one-on-one and small group personal training sessions designed to support individual fitness goals. These sessions provide personalized programming and coaching tailored to each participant's needs and abilities. For those who prefer a group environment, Fit Camp delivers a structured and motivating training experience led by experienced fitness professionals who foster accountability and teamwork.

All programs are designed to improve strength, endurance, and recovery while promoting long-term, sustainable fitness outcomes through expert guidance and a supportive training atmosphere.

YOUTH FITNESS ORIENTATIONS

For young patrons ages 12–17, the Youth Fitness Orientation Program is essential for safely navigating the fitness environment. These mandatory sessions, led by trained professionals, introduce youth to proper equipment use, facility rules and safe workout practices establishing a solid foundation for a healthy fitness journey.

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FITNESS CENTERS

CAMP KINSER FITNESS CENTER.....637-1114

MCAS FUTENMA SEMPER FIT FITNESS CENTER..... 636-2674

MCAS FUTENMA MCCUTCHEON GYM 636-3241

CAMP FOSTER GUNNERS FITNESS CENTER.....645-3050/2235

CAMP FOSTER FIELDHOUSE..... 645-3141/3050

BUILDING 1 GYM.....645-3050/2235

HOSPITAL GYM.....645-3050/2235

PLAZA GYM 645-3050/2235

LESTER FITNESS CENTER 645-3050/2235

CAMP COURTNEY IRONWORKS FITNESS CENTER.....622-9221/7297

MCTUREOUS FITNESS CENTER.....622-9221/7297

CAMP HANSEN HOUSE OF PAIN FITNESS CENTER.....623-4831/4919

CAMP HANSEN HOUSE OF PAIN NORTH GYM.....623-2701

CAMP SCHWAB POWER DOME FITNESS CENTER.....625-2618/2442

ADULT SPORTS

CAMP KINSER.....637-1869

MCAS FUTENMA.....636-2672

CAMP FOSTER.....645-3003

CAMP COURTNEY.....622-7297

CAMP HANSEN/SCHWAB.....623-5558

OUTDOOR RECREATION

CAMP KINSER.....637-1114

MCAS FUTENMA.....636-3241

CAMP FOSTER.....645-3909

CAMP COURTNEY.....622-9221

CAMP HANSEN.....623-4831

CAMP SCHWAB625-2442/2618

SEMPER FIT OPERATIONS

ADMINISTRATION OFFICE.....645-3677

ADULT SPORTS.....645-3521/3522

AQUATICS645-3180

YOUTH SPORTS.....645-3533/3534

GYMNASTICS (EGA).....645-1600

HEALTH PROMOTION645-3910

SINGLE MARINE PROGRAM MAIN OFFICE.....645-3681

TACTICAL FITNESS (TF)

The Tactical Fitness program is specifically designed to prepare Marines and Sailors for peak combat readiness by integrating sports science with functional training principles. Emphasizing movement preparation, strength and power, speed and agility, core stability and recovery, TF workouts use equipment such as kettlebells, suspension trainers, battle ropes and Olympic lifts to simulate combat scenarios. These sessions, led by certified fitness professionals, are tailored to develop explosive power, endurance and injury prevention. Special courses, such as the Tactical Fitness Leadership course, further equip Marines and Sailors to conduct effective, team-based physical training sessions. Additionally, services like Nutrition Education, Return 2 Readiness, Fitness Assessments and Sleep Coaching support overall performance.

MARTIAL ARTS

While on Okinawa, take advantage of the many martial arts classes offered by MCCS Semper Fit. Various classes, from the local forms of karate such as Isshin-ryu to other martial arts such as Aiki Ju-Jitsu, Brazilian Jiu-Jitsu, Iaido and more, are offered at fitness centers island wide. Call a local fitness center or visit www.okinawa.usmc-mccs.org/martialarts for class availability and schedules.



EGA
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GYMNASTICS
ACADEMY

Fun for All Ages!

Recreational Gymnastics

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- Preschool & School Age Classes
- Adult Classes

Special Events

- Birthday Parties
- Kids Night Out
- Encountering Excellence

Camps & Clinics

- Summer Camps & No School Day Camps (during the DODEA school year)
- Skills Clinics

Ninja Warrior

- Fitness Classes



Class Descriptions

www.okinawa.usmc-mccs.org/gymnastics

645-1602 | 098-970-1602

MCCS
SEMPER FIT



EXCELLENCE GYMNASTICS ACADEMY

Gymnastics is an amazing sport for children, and it's so much more than just learning how to do a cartwheel. Increased self-confidence and physical activity alone are great benefits that are gained from gymnastics, and while the physical rewards are great—such as better flexibility, strength and coordination—the social-emotional growth children experience is just as important, with increased independence and discipline as well as better development of social skills and enhanced self-esteem. Excellence Gymnastics Academy—or EGA for short—inside Gunners Fitness Center on Camp Foster offers an outstanding gymnastics program.

Parents can expect a clean, safe and fun environment for their children to learn in, with recreational gymnastics level classes offered for kids of all ages. Tumbling and conditioning classes, “Ninja Warrior” like fitness classes, adult classes, clinics and camps are available as well. Those looking for gear, accessories and apparel can visit the EGA Pro Shop which offers leotards, shorts, T-shirts, headbands and more in both children and adult sizes.

All EGA updates—including hours of operation, registration information, class descriptions, upcoming events and more—are posted at www.okinawa.usmc-mccs.org/gymnastics.

YOUTH SPORTS

The MCCS Youth Sports program offers youth and teens ages 3–18 an opportunity to participate in a variety of sports throughout the year, as well as in Intercultural Exchange Events to help build bridges between cultures and forge lifelong friendships through sports. Sports include co-ed soccer, baseball, softball, basketball, cheerleading and rugby.

Parents can register their child in-person at any staffed MCCS Semper Fit Fitness Center or online by visiting www.okinawa.usmc-mccs.org/youthsports (during registration dates). New registrations must be accompanied by a proof-of-age document (DoD ID, birth certificate, passport, etc.). Registration fees include the player's uniform, participation medal and usage of sport-specific equipment. Parents can find all Youth Sports information at www.okinawa.usmc-mccs.org/youthsports or on the MCCS Semper Fit Facebook page. Interested families can contact the program at 645-3533/3534 or email youthsports@okinawa.usmc-mccs.org.

OUTDOOR RECREATION

MCCS Outdoor Recreation rents out an assortment of camping gear including tents, canopies, sleeping bags, lanterns, grills, stoves and coolers. A variety of items such as tables, chairs, turkey fryers and much more can also be rented for parties and cookouts. Visit www.okinawa.usmc-mccs.org/outdoor_recreation for a complete list of available items and checkout center locations.

SINGLE MARINE PROGRAM

Established in 1995, this program is designed to improve the morale, well-being, and overall quality of life of all single and/or unaccompanied Marines and Sailors aboard Marine Corps installations.

The Single Marine Program (SMP) encourages single service members to participate in activities based on the components of the program: quality of life, community involvement and recreation. Each camp has an SMP council that meets monthly to address these three components. Activities include local and off-island trips, Japanese language and culture exchanges, community relations projects, paintball, barracks bashes and more. For more information, call the SMP main office at 645-3681 or visit www.okinawa.usmc-mccs.org/smp.



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www.okinawa.usmc-mccs.org/golf

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MCCS
MARINE CORPS COMMUNITY CENTER



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TRADE IN TRADE UP PROGRAM

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2. Pick Your New Gear

Choose new clubs or equipment to purchase.

3. Trade & Save

Apply your trade value toward your same-day purchase.

No store credit, cash or gift cards available.
Taiyo Pro Shop does not buy clubs outright.

622-2004

www.okinawa.usmc-mccs.org/taiyo

MCCS
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TAIYO GOLF CLUB

Golf is a game for everyone at Taiyo Golf Club—a golf oasis for beginners, recreational golfers and experts alike. The fairways and challenging layouts offer beautiful jungle views and Taiyo also offers several educational programs, reasonable rates and even a “FREE Ride” program to pick up and drop off golfers without a vehicle of their own.

Taiyo Golf Club is located in Uruma City near the Kurashiki Dam, just minutes from Camp Courtney and only 20 minutes from Camp Foster via the Okinawa Expressway (see map on www.okinawa.usmc-mccs.org/golf). This course has a stunning 18-hole layout that unfolds across 247 acres of rolling fairways, lush wetlands, scenic vistas, dramatic elevation changes and large, well-manicured greens with subtle breaks.

Taiyo Golf Club is a full-service facility with a challenging championship-level course, top-of-the-line pro shop offering all the leading brands in clubs and apparel at competitive prices, professional

instruction, world-class certified club fitting and an award-winning restaurant. Most of all, Taiyo’s friendly and professional staff are ready to cater to every golfer’s needs whether it is booking a unit event or fundraiser, becoming part of the golf club, or helping beginners looking to get into the game.

The course features many offerings and tournaments that cater to all ages and skill levels including competitive stroke play events such as the Club Championship and Home & Home Challenge. There are also more casual events such as Lemon Ball, the Red, White & Blue and Scramble tournaments. Instructional offerings include Get Golf Ready, Taiyo Golf Adventure, the Golfer Advancement Program (GAP), FREE Ladies Clinics and more. Taiyo Golf Club is open daily, including holidays.

For more information, call the Pro Shop at 622-2004/2006 (098-954-2004/2006 from off base) or visit facebook.com/taiyogc.

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BOWLING CENTERS

MCCS Bowling Centers offer a fun recreational activity for service members, civilians and their families.

Regardless of ability or experience, novices all the way up to competitive bowlers will have a great time at the lanes. MCCS Bowling Centers can be found on Camps Foster, Kinser, Courtney, Hansen, Schwab and MCAS Futenma.

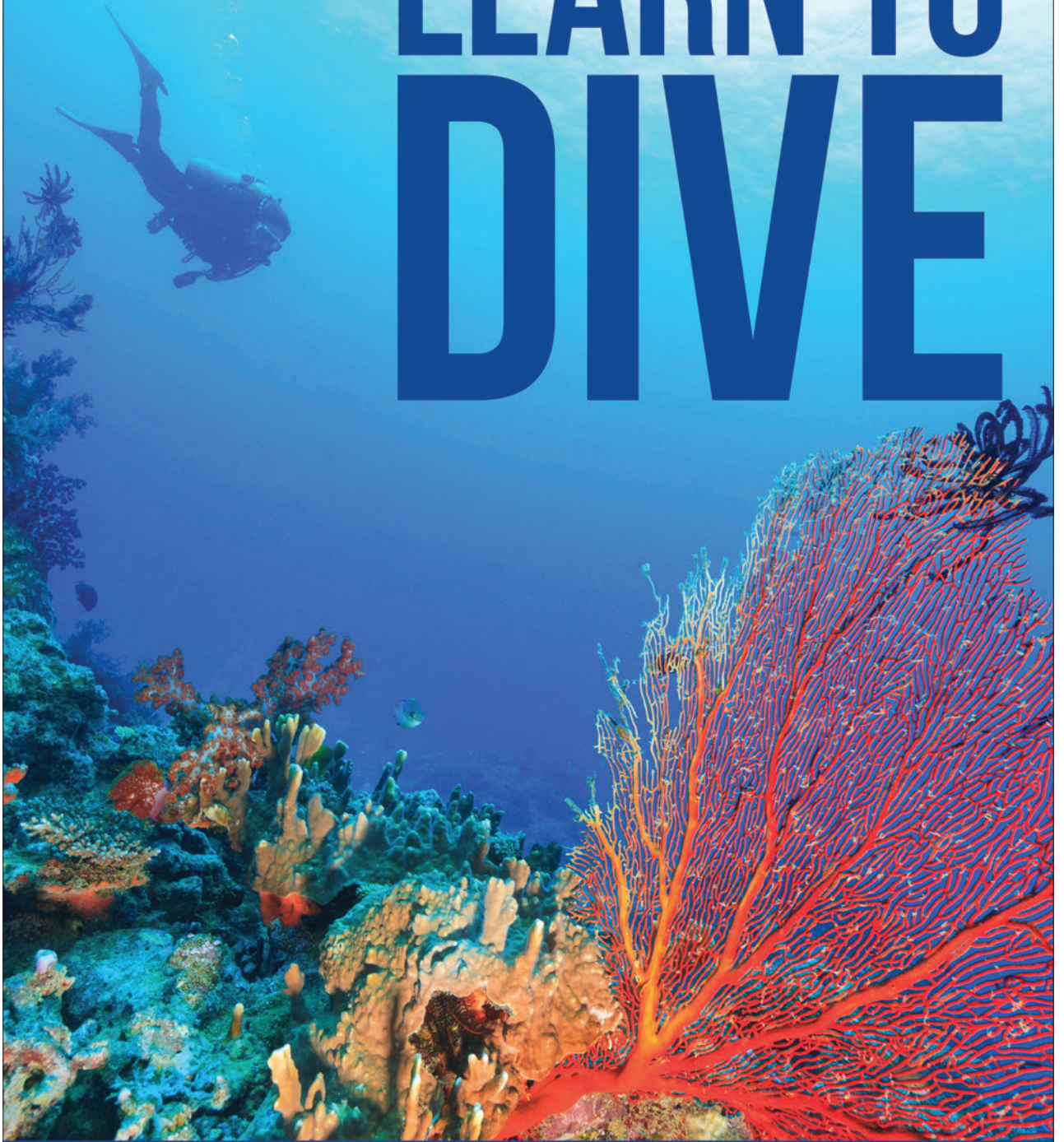
All MCCS Bowling Centers are equipped with state-of-the-art bowling entertainment systems such as “Mad Games”—where friends and families can build monsters and characters and destroy each other’s castles. There are also entertaining animations during games called “YouTunes” where players can take a silly picture and watch it come to life as they knock down bowling pins.

MCCS Bowling Centers offer discounts and special events throughout the year including seasonal and holiday specials, weekly red pin giveaways, monthly tournaments and cosmic glow bowling. The Camp Foster Bowling Center features a pro shop to fit bowlers’ every need, including top-of-the-line bowling balls, shoes and accessories. The Foster Bowling Pro Shop is open from 10 a.m. to 6 p.m., and ball drilling is offered Tuesday through Saturday from 10 a.m. to 6 p.m. Walk-ins are always welcome.

For food and drinks, the Foster Bowling Center also features a Shisa Pizza and Bulldogs Burgers. Reserve your child’s birthday party or host your next event at any of our six centers on island. In addition, the “Kids Bowl Free” program supports two FREE games per child throughout the summer months at specified locations. Register online at kidsbowlfree.com.



LEARN TO DIVE



• Camp Foster: 645-4206
• Camp Hansen: 623-7717

• Camp Courtney: 622-9203
• Camp Schwab: 625-4495

www.okinawa.usmc-mccs.org/scuba



DIVE SITES

Surrounded on all sides by clear ocean waters, Okinawa is home to several excellent dive sites. Clean water, plentiful aquatic life and the warm *Kuroshio*, or Black Current, all contribute to Okinawa's renown among the world's divers. Service members stationed here have the unique advantage of being able to check out the marvelous diving just by taking a short drive or ferry ride.

MAEDA POINT

At the reef's edge and to the right, the depth is about 20 feet; to the left of the reef, it's about 100 feet. At Maeda Point, divers can meet chromis, eels, tubeworms, anemones, clownfish, lionfish, squid and the occasional turtle and shark.

KADENA NORTH STEPS

This dive site's accessibility makes it extremely convenient for most. Depths eventually reach 45 to 50 feet, and the bottom is comprised primarily of sand, rubble and limestone. Tropical fish including damselfish, butterfly fish and wrasses are plentiful.

BOLO POINT

Also known as Cape Zanpa, "Bolo" features stunning topography and deep wall drops. After carefully negotiating the treacherous terrain to the left of the lighthouse to the entry point, divers will drop to see large tuna and trevally, octopi, cuttlefish and the occasional shark. Conditions change without warning, and the entry/exit is unforgiving, so this site should only be considered by experienced divers.

SUNABE SEAWALL

Sunabe is one of Okinawa's most popular dive spots. The limestone rocks slope into cracks, crevasses and cliffs, and visibility averages 50 feet. At the edge of the reef is a soft coral garden, home to various anemone and clownfish. Divers may also spot cuttlefish, octopi, shrimp, crab or squid. Mollusks such as tritons, cowries and murexes like to seek shelter within coral and rock carpets, as well.



TSUNAMI SCUBA

Okinawa is famous for its spectacular diving locales, and those interested in diving should check out Tsunami Scuba for all their diving needs. Tsunami Scuba is a full service PADI 5-Star Instructor Development Center, offering gear rental, repair and maintenance, tank fills and rentals, and a large retail selection of diving equipment and accessories. Tsunami Scuba provides diver training from beginner to professional level, and their instructors are some of the best in the business. If you've ever considered taking the plunge into the undersea realm, there's no better time than while stationed on Okinawa.



TASTY TERRA



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MC^{CS}
MARINE CORPS
COMMUNITY SERVICES



CLASSES

Tsunami Scuba offers PADI (Professional Association of Diving Instructors) certifications via a wide variety of courses from beginning diving to scuba instructor to dive boat charters that visit some of the outer islands.

Dive classes are held year-round at all locations. New divers begin their adventure with an Open Water Diver course. In this course, divers will learn about the essential skills, important safety practices, necessary equipment for scuba diving and its care.

Next, divers join a PADI Advanced Open Water class or other courses offered by Tsunami Scuba such as Night Diver, Deep Diver or Nitrox Diver. To learn more about sea creatures that may be encountered, sign up for a Project AWARE Fish Identification course, or learn more about the coral reefs by taking the AWARE Coral Reef Conservation course. Other specialty diver courses include Search & Recovery Diving, Peak Performance Buoyancy, Underwater Photography, Criminal Investigator courses and many more. While there is plenty to see just a few steps from the shore, many great dive sites are only accessible by boat.

Fortunately, interested divers may book a charter boat with Tsunami Scuba. Their Boat Diver course is the perfect place to begin finding these hidden treasures. In Deep Diver, divers learn to organize and safely make dives as deep as 130 feet.

Frequent divers may consider the Equipment Specialist class to learn about routine maintenance, proper storage and handling, and discover the latest in scuba technology. Divers may learn how to better navigate the ocean floor when searching for nocturnal sea life on a night dive or try diving at night with the Night Diver specialty course.

Tsunami Scuba also offers courses that focus on safety. In the Rescue Diver class, divers learn to identify potential problems, render first aid and assist in diver rescues. There is also an Emergency First Response (EFR) course that covers basic CPR, first aid and the use of an automated external defibrillator (AED). In addition to these courses, an Oxygen Provider course is available.

Did you know you can become a dive professional while on Okinawa and potentially leave (or stay) with a new career? The Tsunami Scuba Divemaster and Instructor Development Programs will set you up for success for a potential career in the scuba industry.

What are you waiting for? Start your underwater adventures today! For more information stop by any Tsunami Scuba location or check out their website at www.okinawa.usmc-mccs.org/scuba.

Dive sites continued...

CHANNEL CREVASSES

One of Okinawa's most spectacular coastal areas is found here. Visibility can reach 150 feet or more on calm days. Nooks, crannies and rocks are home to crab and lobster. Sea turtles lay their eggs in a protected area on the beach. Beyond the reef, divers can see cones, turbans, augers and many other shellfish. Beware of strong rip currents during extreme tidal changes.

MERMAID'S GROTTA

Mermaid's Grotto, aka Onna Point, is known for its vast coral colonies and wide array of ocean creatures including crabs, anemones, clownfish, angelfish, wrasses, sergeant major, stonefish and octopi.

TOILET BOWL

This site's strenuous entrance and exit and the need to maintain proper buoyancy make Toilet Bowl appropriate only for experienced divers. Ideal conditions exist along the outermost reef at about 30 feet. Near the reef top, divers can see crinoids and hydroids, and the underwater mountains, valleys and caverns host fish, crustaceans and sea fans. Sharks can often be seen along the wall to the left, while turtles might be found to the right. Divers need to exercise extreme caution because conditions may change rapidly.

Directions to these sites can be found at www.okinawa.usmc-mccs.org/scuba.

TSUNAMI SCUBA HOURS OF OPERATION

CAMP FOSTER

645-4206

Mon-Fri, 11 a.m.-6 p.m.

Sat & Sun, 7 a.m.-6 p.m.

CAMP COURTNEY

622-9203

Fri & Mon, 11 a.m.-6 p.m.

Sat & Sun, 7 a.m.-6 p.m.

CAMP HANSEN

623-7717

Thu, Fri & Mon, 11 a.m.-6 p.m.

Sat & Sun, 7 a.m.-6 p.m.

CAMP SCHWAB

625-4496

Fri & Mon, 11 a.m.-6 p.m.

Sat & Sun, 7 a.m.-6 p.m.

TOURS+

Stroll through lush gardens, castle ruins, museums, historical sites, recreational facilities, beaches and more on one of the many available MCCS Tours+ excursions. Tours vary monthly and special tours to festivals and events such as the Nago Cherry Blossom Festival, Naha Tug-of-War and more are available throughout the year. Seasonal tours such as Kerama Snorkeling, Spooky Sites and Christmas Illumination are also available.

Tours+ also offers customized tours for units and groups as well as tickets to local attractions and hotels/resorts. For more information and prices, call MCCS Tours+ at 646-3502 or visit www.okinawa.usmc-mccs.org/tours.



LOCAL TOURS

BATTLE SITES

Visit Hacksaw Ridge, the Battle of Okinawa Historical Society Museum on Camp Kinser, explore the Japanese Naval Underground Headquarters and end the day at Peace Memorial Park. Bring dollars for lunch and yen for admission. Cancellation policy is two days before the tour date.

BIOS ON THE HILL

Spend a day relaxing in a tropical forest park! Enjoy a boat ride while viewing flowers, plants and wildlife native to Okinawa. See the majestic water buffalo up close and take a ride on a traditional water buffalo cart. Admission and boat ride is included in the tour price. Bring yen for lunch and other expenses.

CASTLE, HOME & SHRINE

Enjoy a wonderful mixture of Okinawa's beauty and culture by taking a stroll through Nakagusuku Castle, Nakamura House and the Futenma Shrine. Bring yen for other admission fees and extra spending.

DMM KARIYUSHI AQUARIUM

Encounter fascinating marine and land creatures at the cutting-edge DMM Kariyushi Aquarium. Immerse yourself in stunning visual displays and explore the diverse creatures that inhabit Okinawa and beyond. Relax at the aquarium cafe and afterwards, explore the shops and restaurants inside iias Mall next door. Bring yen for lunch and other expenses.

FARM & FISH MARKETS (ITOMAN)

Purchase fresh seafood and vegetables in Itoman—the village of fishermen in southern Okinawa. Bring yen for shopping and a small cooler box to keep your goodies cool and fresh for the journey home.

FUN DAY AT KOURI ISLAND

Enjoy swimming on Kouri Island! Spend a relaxing day on the beautiful white sand beach. Don't forget your swimsuit, change of clothes, towel, sunscreen, sandals and hat. Bring yen for lunch and a packed lunch and hydration.

FUN DAY AT OKUMA

Enjoy a variety of recreation such as tennis, basketball, kayaking, snorkeling, golf and much more. Bring dollars for spending and lunch at Okuma restaurant or pack your own lunch.

KERAMA ISLAND SNORKELING TOUR

Grab your fins and get ready for some fun! Tour includes a boat ride to two snorkeling spots in the breathtaking Kerama Islands. Bring lunch, hydration, snorkeling sets and wetsuit (if desired). Children under the age of 4 and pregnant women are not allowed on the tour.

MIRACULOUS SEA TURTLES & MYSTICAL KERAMA BLUE TOUR

Discover the world-famous "Kerama Blue" waters of Tokashiki Island. Enjoy leisure time at Aharen Beach followed by an instructor-led snorkeling tour with a 90% sea turtle encounter rate!

NAGO HERITAGE & TROPICAL TRADITIONS TOUR

Go on a northern adventure on one of Tours+ new offerings—the Nago Heritage & Tropical Traditions Tour. Open to participants of all ages, this tour will introduce travelers to the historic Tsukayama Brewery, Orion Happy Park and Nago Pineapple Park.

OCEAN EXPO PARK & CHURAU MI AQUARIUM

Head to Ocean Expo Park to visit Okinawa's four-story Churaumi Aquarium, one of the largest in Japan. Watch a FREE dolphin show, visit an Okinawan village or relax on Emerald Beach. Bring yen for lunch and purchases.

OKINAWAN TRADITIONAL BULLFIGHTING SPECTACLE

Experience the unique thrill of traditional Okinawan bullfighting. This exciting local cultural event showcases the strength of these impressive animals.



NEO PARK & PINEAPPLE PARK

Experience the best of Okinawa with visits to Neo Park and Pineapple Park! Interact with cute animals, enjoy a delicious lunch and sample delicious pineapple wine at the popular winery in Pineapple Park. Admission to both parks is included. Bring yen for souvenirs and lunch.

OKINAWA WEST COAST TOUR

Visit Cape Manzamo, one of the most scenic spots on Okinawa. Afterwards, visit the Oriental Hotel Okinawa Resort & Spa for a delicious lunch buffet followed by a stop at the Okinawa Sweets Factory to taste sweets while overlooking the beautiful East China Sea.

OKINAWA WORLD & HABU MUSEUM

Tour Gyokusendo Cave, then enjoy an *eisa* drum show. You'll also visit a glass-blowing center, a pottery village, an *awamori* shop and the habu museum. Park and museum entrance fees are included in the tour price. Bring yen for lunch and spending.

PIZZA IN THE SKY & NAKIJIN CASTLE RUINS

Visit Kajinho, a café affectionately known as "Pizza in the Sky" atop a hill in Motobu Village, to enjoy lunch with a beautiful view. Afterwards, visit Nakijin Castle ruins to learn the history of the Ryukyu Islands.

SUNSET DINING

WEST MARINE DINNER CRUISE

ENJOY an evening
of CITY VIEWS, OCEAN BREEZES,
GREAT FOOD and LIVE MUSIC.



For more details, contact **MCCS Tours+** at
646-3502/098-971-3502 (from off base/cell)

Kadena Information, Tickets & Travel (ITT)
966-7333 | 036-868-2226 (from off base/cell)

Scan QR codes for details



Glass-bottom
boat tours



Dinner Cruise

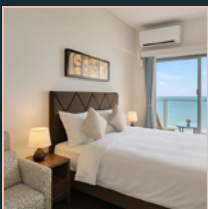


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YOUR HOME IN OKINAWA — READY WHEN YOU ARE.

SEA ADVENTURE & LUNCH BUFFET

Enjoy an explosion of underwater color—including, fascinating and colorful fish—without getting wet in a 360-degree view underwater observatory as well as on a glass-bottom boat. Afterwards, you will be treated to a sumptuous buffet at the Oriental Hotel Okinawa Resort & Spa. Bring yen for other expenses.

SOUTHEAST BOTANICAL GARDENS HOLIDAY ILLUMINATION

Enjoy an evening stroll through this iconic park decorated with beautiful illuminations for the holiday season. Bring yen for spending.

SPOOKY SITES TOUR

In October, get into the spirit of Halloween on this haunted excursion. Visit well-known spooky sites here on island. How brave are you? Bring a flashlight.

SUNSET BBQ DINNER CRUISE

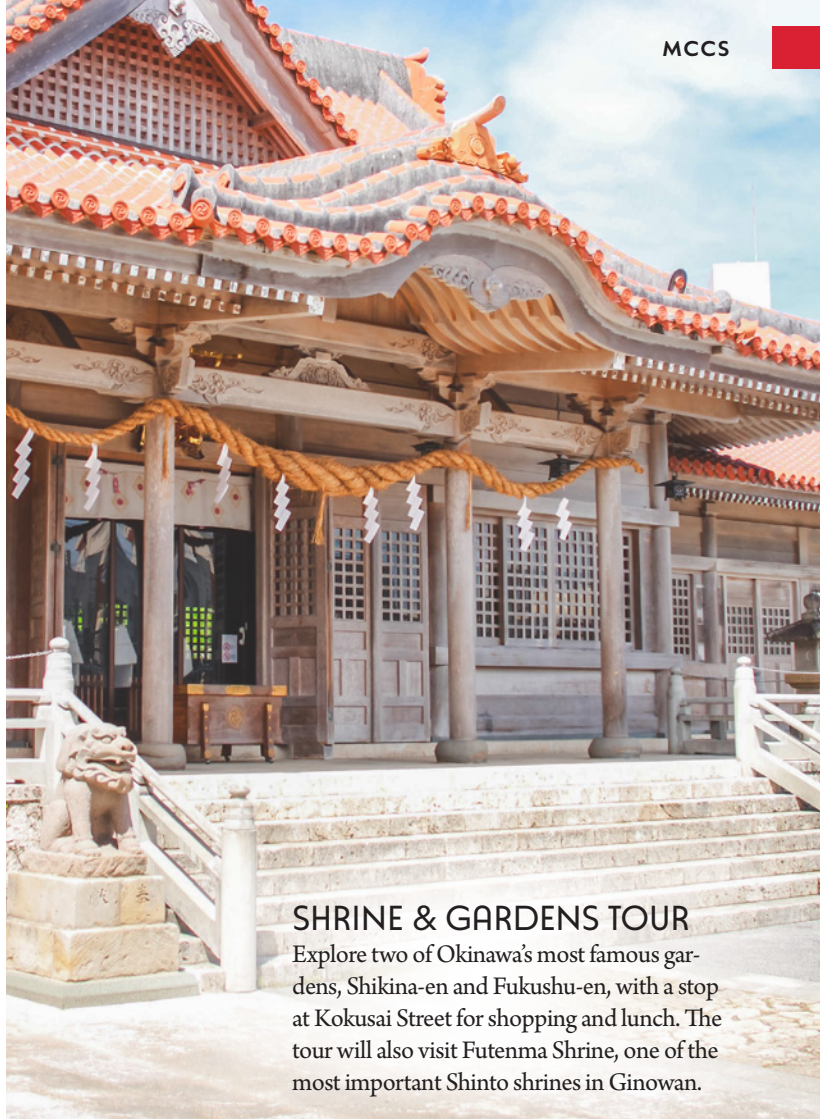
Enjoy a beautiful Okinawan sunset and a delicious BBQ dinner (Japanese *yakiniku* style) from the open-air upper deck. Bring yen for drinks and refreshments.

SUNSHINE OKINAWA: MINERAL SEA WATER SPA DAY

This tour will take you to Kariyushi Kanna Thalasso Laguna, located in Ginoza Village—the perfect place to de-stress and decompress. This thalassotherapy facility features a large variety of pools, Jacuzzis and open-air baths filled with warm, constantly refreshed seawater.

TOKASHIKI ISLAND BEACH TOUR

Hop on the ferry and spend the day relaxing on a white sandy beach or enjoy snorkeling over coral reefs. If you're lucky, you may even encounter a sea turtle! Bring yen for lunch for children 0–5, locker fees (coins), life jacket rental and spending.



SHRINE & GARDENS TOUR

Explore two of Okinawa's most famous gardens, Shikina-en and Fukushu-en, with a stop at Kokusai Street for shopping and lunch. The tour will also visit Futenma Shrine, one of the most important Shinto shrines in Ginowan.

TUNNEL RATS TOUR

Explore numerous caves that served as bunkers and shelter during WWII. The tour also includes a stop at the Battle of Okinawa Historical Society Museum. Participants should wear old clothing and sturdy comfortable shoes and bring a hat, flashlight and gloves.

URASHIMA DINNER THEATER

Savor the varied flavors of Okinawan cuisine while enjoying a traditional music and a dance performance. Attendees can choose from an Okinawan or American menu when they purchase tickets.

YANBARU ADVENTURE ZIP LINING TOUR

Journey to Higashi Village for a day full of zip lining. You'll enjoy panoramic views of Okinawa's coastline with a side of adrenaline as you soar through the forests of Yanbaru. Afterwards, enjoy a late lunch at Okuma. Bring yen for food, fees for other activities and purchases.

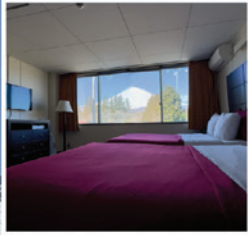
YANBARU KAYAKING TOUR

Enjoy the beautiful nature and scenery of Yanbaru on a kayak. Participants should bring a change of clothes, a towel, sun block, sandals, a hat and a packed meal with drinks. Bring dollars for lunch.



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OFF-ISLAND TOURS

SOUTH KOREA

Most Tours+ South Korea tours are centered on Seoul. Sights include the Korean War Memorial, a spectacular collection of combat relics; Toksugung Palace, built as a royal villa during the Choson Dynasty; and Chogye-sa Temple, the largest Buddhist temple in the city. Seoul is also a haven for shoppers, featuring areas like Itaewon, Namdaemun and Insadong. All these are extremely popular sites where great bargains can be found on everything from clothing to artwork.

MAINLAND JAPAN

Mainland Japan offers everything from bustling metropolises to beautiful, natural scenery. The ultimate tourist destination for families with children, Tokyo is a vibrant city with activities to please everyone.

Families can spend the day at Tokyo Disneyland or visit other tourist attractions. One of Tokyo's must-see sights is the Imperial Palace, often considered the centerpiece of Tokyo and a prime example of traditional Japanese architecture. Other attractions include the Tokyo Tower, Meiji Shrine, Asakusa and Sensōji Temples and Ueno Park, where travelers can find several museums. During July and August, MCCS Tours+ offers Mount Fuji climbing tours as well.

Sapporo, located in northern Japan, is another popular destination, with tours scheduled to coincide with the annual Sapporo Snow Festival in February. Tours of Kyoto, where travelers can experience the heart of Japanese culture in the form of ancient temples and shrines, gardens and palaces, are also popular.

THAILAND

A tour to Bangkok, Thailand's capital city, would likely include a trip to the Damnoen Saduak Floating Market and the famed Kanchanaburi Bridge. Visitors can take a river taxi on the Chao Phraya River, ride elephants at the Dusit Zoo or admire the splendor of the Grand Palace and Bangkok's many temples.

Chiang Mai, another Thai city of delight, is a popular attraction in its own right. Attractions include more than 300 temples, including Wat Phra Doi Suthep—a dazzling example with a panoramic view of Chiang Mai and the surrounding valley. Travelers will also enjoy the night markets, where beautiful Thai handicrafts are sold at unbeatable prices.

TOURS+

HOURS OF OPERATION

*Closed Sundays and Federal Holidays

CAMP FOSTER

646-3502

Mon–Sat, 10 a.m.–6 p.m.

CAMP HANSEN

623-6344

Mon–Fri, 9 a.m.–5 p.m.

CAMP SCHWAB

625-8009

Tue & Thu, 10 a.m.–5 p.m.

SINGAPORE

A veritable melting pot of different cultures and religions, Singapore features museums and galleries, wonderful night life, delicious food and one of the best zoos and night safaris in the world.

TAIWAN

This vibrant island is pulsing with life. From the capital city of Taipei to the green mountain village of Wulai, Taiwan has something to offer everyone—whether you're a foodie, a hiker, are into shooting picturesque vistas or architecture, are just visiting for a relaxing trip to take advantage of spas and massage or all of the above.

VIETNAM

Vietnam fosters a unique blend of pastoral charm and budding commercialism. It is fast becoming Asia's tourist hot spot with its picturesque rice paddy fields, ancient temples and busy cities. Tours+ will take travelers to Ho Chi Minh City, Danang, Hanoi and Halong Bay.



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MCCS EDUCATION CENTER LOCATIONS

CAMP COURTNEY

622-9694
Bldg. 4425

CAMP FOSTER

645-3486/7160
Bldg. 5679

CAMP KINSER

637-1821
Bldg. 1220

CAMP HANSEN

623-4376
Bldg. 2339

CAMP SCHWAB

625-2046
Bldg. 3000

MCAS FUTENMA

636-3036
Bldg. 407

All centers are open
Monday–Friday
7:30 a.m.–4:30 p.m.

LOCAL COLLEGE CONTACT INFORMATION

UNIVERSITY OF MARYLAND GLOBAL CAMPUS

Located in all major
MCCS Education Centers

asia.umgc.edu

EMBRY RIDDLE AERONAUTICAL UNIVERSITY

Located in the Kadena Air Base
Education Center and in the
MCCS Education Center on
MCAS Futenma

worldwide.erau.edu/administration/military-veterans/pacom

EDUCATION & CAREER

The Voluntary Education Program supports continued academic achievement by providing Marines, Sailors and family members with one-on-one counseling and educational resources. For those pursuing an associate, bachelor's or master's degree (or a certificate), on-island partner schools—University of Maryland Global Campus (UMGC) and Embry-Riddle Aeronautical University (ERAU)—offer flexible learning options, including in-person, online and hybrid formats. In addition, a broad network of DoD-approved colleges and universities provides online programs designed to accommodate demanding schedules and military life. From first inquiry to final credential, the Voluntary Education Program helps move education plans forward.

There are six MCCS Education Centers on Okinawa staffed with knowledgeable education professionals who are available to assist and provide briefs on:

- Marine Corps Tuition Assistance
- Free Application for Federal Student Aid (FAFSA)
- Scholarship searches
- GI Bill benefits
- Spouse Education and Career Opportunities (SECO) and MYCAA scholarship
- Joint Services Transcript (JST) Commissioning programs
- United Services Military Apprenticeship Program (USMAP)
- Marine Corps Credentialing Opportunities On-Line (MCCOOL)
- SkillBridge
- Leadership Scholar Program (LSP)
- Managing Your Education (MYE)

The Camp Foster Testing Office provides Marine Corps Military Classification Testing and certification exams through Pearson Vue. Popular Military Classification Exams include:

- Armed Forces Classification Test (AFCT)
- Aviation Selection Test Battery (ASTB)
- Defense Language Aptitude Battery (DLAB)
- Defense Language Proficiency Test (DLPT)
- Oral Proficiency Interview (OPI)

Other popular exams include:

- CompTIA exams
- Law School Admissions Test (LSAT)
- NCLEX licensure exam
- Praxis exams

College Level Examination Program (CLEP) and DANTES Subject Standardized Test (DSST) exams are offered through UMGC's National Testing Center. For more information on MCCS Education Center offerings, visit www.okinawa.usmc-mccs.org/educationandcareerservices.



MCCS EDUCATION CENTERS

Welcome You to Okinawa!

Supporting Your Educational Goals

The Voluntary Education Program assists with:
Educational Opportunities
Funding

Testing for Marines, Sailors and family members!



Contact an MCCS Education Center near you to find out more!



CAMP KINSER

Bldg. 1220B | 637-1821

CAMP COURTNEY

Bldg. 4425 | 622-9694

MCAS FUTENMA

Bldg. 407 | 636-3036

CAMP HANSEN

Bldg. 2339 | 623-4376

CAMP FOSTER

Bldg. 5679 | 645-7160

CAMP SCHWAB

Bldg. 3000 | 625-2046

www.okinawa.usmc-mccs.org/education

We encourage and support the participation of individuals of all abilities. Please contact 645-7160 or email education@okinawa.usmc-mccs.edu if accommodations are required.



Voluntary
Education
Program



MCCS LIBRARIES

MCCS Libraries enrich the lives of the military community on Okinawa by fostering opportunities for connection and providing equitable access to knowledge, innovation and creativity. Resources include a vast selection of books, digital media, innovative makerspaces, computers for adults and children, interactive programs and more. Programming is offered for all ages and includes everything from Mango language classes, 3D printing orientation and craft nights to storytime events and the Summer Reading Program—a summer-long event that encourages participants to explore new stories, build reading habits and connect with their local library community.



MCCS LIBRARY LOCATIONS

CAMP COURTNEY
622-9280 | Bldg. 4453

CAMP FOSTER
645-7178 | Bldg. 5679

CAMP FUJI
224-8448 | Bldg. 110

CAMP HANSEN
623-7372 | Bldg. 2339

CAMP KINSER
637-1039 | Bldg. 1311

CAMP SCHWAB
625-2518 | Bldg. 3000

MCAS FUTENMA
636-3946 | Bldg. 403

CAMP MUJUK
763-6983 | Bldg. 2002 & 2003



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EMPLOYMENT OPPORTUNITIES

MCCS offers a variety of career-building opportunities with a priority of hiring qualified spouse and family members of active-duty military and civilian employees stationed in foreign areas. Jobs are available in the fields of entertainment, food & hospitality, retail, athletics, aquatics, finance, marketing, behavioral health, family care, logistics, human resources, personal & professional development, information technology and much more. Prospective employees can check current vacancies and submit applications online at careers.usmc-mccs.org. Applicants without an internet connection can visit their nearest military library to apply online. For more information, email jobs@okinawa.usmc-mccs.org.

For regular full-time and part-time employees, MCCS offers a comprehensive benefits package. Aetna International Medical and Dental Insurance offers comprehensive medical and dental insurance plans that can be used globally in addition to a life insurance policy that offers affordable coverage to employees and family members up to three times their annual salary. MCCS employees can receive short-term disability insurance—up to 60 percent of salary for three months while qualified short-term disabilities take them out of work.

Employees who are regular full-time or part-time can also earn vacation and sick leave and are authorized to utilize the Family Friendly Leave Act, Family Medical Leave and Leave Donation Program when qualified. For more information about becoming an MCCS employee, call MCCS NAF HRO at 645-3052.

MCCS TRAINING

As a part of NAF HRO, MCCS Training supports members of the community by offering a variety of learning opportunities that help expand career options and increase the marketability of prospective employees. Participants can improve their skills by enrolling in a technology, communication or professional development class.

For more information, call MCCS Training at 645-2032, email mccstraining@okinawa.usmc-mccs.org, or view training options at www.okinawa.usmc-mccs.org/training.

PERSONAL & PROFESSIONAL READINESS— FAMILY PROGRAMS & RESOURCES

RELOCATION SERVICES

All newly accompanied Marine Corps and Navy personnel (all ranks), unaccompanied personnel (E 6 and above), civilian employees, and family members ages 16 and older are required to attend the Newcomers' Orientation Welcome Aboard (NOWA) brief in order to obtain a Status of Forces Agreement (SOFA) driver's permit.

The orientation includes mandatory cultural presentations, as well as overviews of key facilities, services and activities available throughout Okinawa. Complimentary bus transportation is provided from Inns of the Corps Camp Foster to the Camp Foster Community Center Auditorium.

Lending Locker items are available to all accompanied Service Members, DoD civilians, and their family members preparing for an inbound or outbound Permanent Change of Station (PCS). A variety of essential household items—including dishware, flatware and more—are offered at no cost.

To check out items, simply present a copy of your orders, area clearance, or equivalent PCS documentation at any Family Programs and Resource Center. For additional details, visit the Information, Referral and Relocation homepage at www.okinawa.usmc-mccs.org/irr.

The Smooth Move Workshop helps Service Members prepare for a seamless transition by providing essential information on checkout procedures, household goods shipments, PCS entitlements, financial considerations and a range of relocation support services.

For details or to register, call 645 2104, visit www.okinawa.usmc-mccs.org/irr or email mcbb_reloassist@usmc.mil.



INFORMATION, REFERRAL & RELOCATION (IR&R)

Personal readiness is essential to success in today's military environment. Information, Referral, and Relocation (IR&R) Specialists provide comprehensive resources and referral services to support a wide range of readiness needs. The Family Programs and Resource Centers also serve as the primary point of contact for Military OneSource, offering customized briefs and localized information.

IR&R Specialists are available to coordinate specialized training tailored to unit readiness requirements.

To arrange PME, GMT, or other unit specific training, contact an IR&R Specialist at 645 2104 or email MCBB_PPD_request@usmc.mil. For the latest updates, visit www.okinawa.usmc-mccs.org/irr.

JAPANESE CULTURAL AWARENESS & ADAPTATION PROGRAM

Family Programs and Resource Centers offer a wide range of FREE cultural programs, including traditional Okinawan arts and crafts, Japanese language classes, and local site visits including grocery tours and unit training requests to learn about Japanese manners and customs.

For more information on these and other available programs, call 645-3127/2157/2104 or visit www.okinawa.usmc-mccs.org/marine-family-support/military-family-life/japan-cultural-awareness-and-adaptation.

PERSONAL FINANCIAL MANAGEMENT

A variety of hands-on workshops are available in which attendees prepare financial statements, develop budgets, learn about first-time investments and much more. Classes include Savings and Investing, Credit Report Analysis, Home Buying, Money Management and more. For details, call 645-2104/2106 or visit www.okinawa.usmc-mccs.org/personal_finance_management.



TRANSITION READINESS PROGRAM

Preparing for life after military service is crucial, and the Transition Readiness Program (TRP) is designed to ensure Marines are fully equipped for civilian success. Through a structured approach, TRP offers essential training, counseling and resources to help service members meet Career Readiness Standards (CRS) before separation.

At the heart of the program is the Transition Readiness Seminar (TRS)—a mandatory, three-day workshop covering five core topics including Managing Your Transition, MOC Crosswalk (aligning military experience with civilian careers), Personal Financial Planning for Transition, VA Benefits and Services as well as Employment Fundamentals of Career Transition. Per *DoDI 1332.35* and *MARADMIN 632/19*, all service members must complete an Individualized Initial Counseling (IC) 12–18 months before separation or 12–24 months before retirement. This one-on-one session determines which pathway a Marine should follow for a successful transition. For more

details, visit www.okinawa.usmc-mccs.org/marine-family-support/transition-readiness-program.



INDIVIDUAL COUNSELING & PRE-SEPARATION COUNSELING

STEP 1: PRE-WORK CHECKLIST

Before starting the transition process, Marines connect with their Unit Transition Coordinator (UTC) and complete key requirements, including registering for programs in compliance with *MCO 1700.31* and the National Defense Authorization Act (NDAA) of 2019.

STEP 2: INDIVIDUAL COUNSELING (IC) APPOINTMENT

This one-on-one session is a deep dive into the Marine's transition plan. A TRP counselor will discuss VA Benefits, financial planning, social support networks, education and employment goals and Reserve opportunities and obligations. After completing the Pre-Work Checklist, Marines can schedule their IC appointment online at www.okinawa.usmc-mccs.org/trp. An IC is valid for 24 months.

STEP 3: PRE-SEPARATION COUNSELING

This mandatory session covers critical bylaw information, benefits and resources to support Marines during and after their transition. Certification is valid for 24 months.

PATHWAY 2-DAY TRACK (AS REQUIRED)

Based on their IC appointment, Marines may be recommended or required to attend one of four specialized pathways:

MANAGE YOUR EDUCATION (MYE)

Ideal for those pursuing higher education, this track provides insights on college selection, admissions and funding options such as the GI Bill.

ENTREPRENEURSHIP TRACK, BOOTS TO BUSINESS (B2B)

Designed for Marines interested in starting their own business, this course covers business planning, financing and mentorship opportunities.

THE CAREER & CREDENTIAL EXPLORATION (C2E)

A perfect fit for those still deciding on a post-military career, this track helps Marines identify skills and explore certification programs in high-demand fields.

DEPARTMENT OF LABOR EMPLOYMENT TRACK

Tailored for Marines ready to enter the workforce, this workshop demystifies modern hiring practices and provides job search strategies.

For details on any of these tracks, visit www.okinawa.usmc-mccs.org/marine-family-support/transition-readiness-program.

PRE-RETIREMENT WORKSHOP

For those approaching retirement, the Pre-Retirement Workshop delivers in-depth guidance on managing your transition, MOC Crosswalk (aligning military experience with civilian careers), personal financial planning for transition, VA benefits and services and employment fundamentals of career transition. Marines are encouraged to attend this workshop at least six months before retirement. For details, call 645-3151.

VOLUNTEER MANAGEMENT PROGRAM

Volunteering is not just about giving back—it's a valuable addition to a résumé. MCCS Volunteer Program Coordinators diligently match volunteers with opportunities that align with their schedules, interests, skills and goals. A wide array of programs and events need volunteers throughout the year.

The Volunteer Program welcomes military personnel, families, spouses, youth (ages 13+), veterans and civilians. Opportunities range from one-time commitments to short-term and long-term engagements, both on and off all camps throughout Okinawa. Whether it's coaching youth sports, assisting at special events, participating in beach and park clean-ups or volunteering at local orphanages and homeless shelters, there's something for everyone.

With the Installation Volunteer Program Coordinator's support, tracking and verifying hours is seamless. Volunteers aged 13 and older may even earn a prestigious President's Volunteer Service Award.

FREE seminars for skill enhancement are also available to gain invaluable insights into building a successful and fulfilling volunteer career. From understanding the impact of a volunteer's efforts to mastering effective communication skills and leveraging experience for professional growth, these seminars cover it all.

Explore MCCS' diverse range of volunteer programs designed to empower individuals of all ages to make a difference in their community. From strategic opportunities such as Passport to Volunteering to developing essential skills in Volunteer Ready and empowering teen leaders in Lead Okinawa, there's something for everyone. Reach out to the Deployment/Uniformed Readiness Coordinator or contact the Installation Volunteer Program Coordinator at volunteernow@okinawa.usmc-mccs.org or 645-3749 to learn more about how to get involved.



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▼ web site ▼

▼ LINE ▼



- LOCATION -

MIHAMA - chatan
ISO - urasoe
TOMITON - toyoasaki






EXCEPTIONAL FAMILY MEMBER PROGRAM

The Exceptional Family Member Program (EFMP) is designed to help ensure that Marine family members with special needs have continuity of care as they transfer from one duty station to the next. The primary purpose of EFMP is to provide coordination and support throughout the assignment process. This ensures the availability and accessibility of services needed by the family while meeting the mission of the USMC. EFMP works together with other military and civilian agencies to provide a comprehensive, multi-agency approach for community support, medical, educational and personal services.


This holistic approach ensures the health and educational needs of our families are met. Enrollment in EFMP ensures that all necessary services are available for applicable families at the destination installation before orders are executed. For more information on EFMP, call 645-9237 or visit www.okinawa.usmc-mccs.org/efmp.

NEW PARENT SUPPORT PROGRAM

SERVICES PROVIDED:



HOME OR OFFICE VISITS—CONDUCTED BY HOME VISITORS IN A ONE-ON-ONE SETTING EITHER IN OUR OFFICES ON CAMPS KINSER, FOSTER, COURTNEY OR HANSEN OR IN THE CLIENT'S HOME (ISLAND-WIDE).




PLAY MORNING—AN INTERACTIVE EDUCATIONAL PLAY GROUP OFFERED ONCE A WEEK ON CAMP COURTNEY FOR PARENTS AND THEIR CHILDREN UNDER THE AGE OF 6 YEARS.




BABY BOOT CAMP—HELPFUL INFORMATION OFFERED MONTHLY ON CAMP FOSTER FOR EXPECTING PARENTS TO PREPARE FOR THE ARRIVAL OF THEIR BABY THROUGH THE FIRST FEW MONTHS AFTER DELIVERY

BABY BOOT CAMP IS ALSO OFFERED IN JAPANESE BY REQUEST.



INFANT MASSAGE—MASSAGE TECHNIQUES OFFERED IN A FOUR-PART SERIES ON CAMP FOSTER THAT HAVE MANY BENEFITS FOR BABY AND PARENTS SUCH AS RELIEF OF GAS OR COLIC SYMPTOMS, IMPROVED SLEEP AND MORE.



PARENTS IN UNIFORM—SMALL, GROUP-BASED MONTHLY BRIEFS ON CAMP FOSTER FOR EXPECTING PARENTS TO PREPARE FOR THE LOGISTICS OF HAVING A BABY ON ISLAND.

(HIGHLY RECOMMENDED DURING EARLY STAGES OF PREGNANCY).



SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM/ SAPR VICTIM ADVOCATES (SAPR VA)

SAPR personnel include Sexual Assault Response Coordinators (SARCs) and Civilian or Military SAPR Victim Advocates (SAPR VAs). SAPR VAs are the first responders, and SARCs are the program managers for their respective commands. Active duty, DoD civilian and family members over the age of 18 years who have been assaulted are eligible for SAPR services. SAPR VA posters can be found in the common areas of commands and barracks.

Victims have the option of making a restricted or unrestricted report of sexual assault and may speak to a SAPR VA prior to learn of all available options. SAPR VAs provide command/community briefs and training on issues related to sexual assault awareness and prevention. For confidential information or to make a report call 645-HOPE (4673) / 098-970-4673.



BEHAVIORAL HEALTH

The Behavioral Health Family Advocacy Program (BHFAP), located in Bldg. 439 on Camp Foster, provides support, education, outreach and treatment to help improve the quality of life for military service members and their family members on Camp Butler. Many Behavioral Health services, including New Parent Support and Clinical Counseling are also offered in various languages including Japanese.

FAMILY ADVOCACY PROGRAM (FAP) PREVENTION & EDUCATION SERVICES

FAP Prevention & Education Specialists offer educational classes, training and skill-building briefs to units, commands, community organizations and SOFA personnel on topics such as communication enhancement, healthy relationships, positive parenting, domestic violence and child abuse identification and reporting, problematic sexual behavior in children and youth as well as anger and stress management. Call 645-2915 and ask for a FAP Prevention & Education Specialist, or email fapprevention@usmc.mil for more details.

FAMILY ADVOCACY PROGRAM CLINICAL COUNSELING

Family Advocacy clinical counselors provide assessments and treatment services when there are allegations of intimate partner or child abuse. Counselors also provide assessments, treatment and intervention services for families of impacted children experiencing Problematic Sexual Behavior in Children and Youth (PSB-CY). Preventative counseling is offered as well in which active-duty service members, their families and other SOFA personnel can come in during walk-in screening hours (Mon–Fri, 8–11 a.m. & 1–4 p.m.) to schedule appropriate counseling services. A Family Advocacy Program case is NOT required to receive services. For more BHFAP details, please call 645-2915.



BEHAVIORAL HEALTH COMMUNITY COUNSELING PROGRAM (CCP)

CCP uses an integrated community health approach, equipping Marines and families with the skills to address life's challenges before performance in their duties and relationships become significantly impacted. CCP assists clients in accomplishing personal goals through short-term solution-focused counseling, skill enhancement as well as education and referrals to other resources. As licensed experienced counselors, CCP places the focus of care on building strength, resiliency and teaching necessary skills to individuals, couples and families. Non-medical counseling is supportive in nature and works to address issues such as general conditions of living, life skills, improving relationships at home and at work, stress management, adjustment issues, relationship problems, parenting and grief and loss. Services are confidential within the limits of the law, and counseling records are not part of medical records. For more details, please call 645-2915.

BEHAVIORAL HEALTH SUBSTANCE ASSESSMENT AND COUNSELING PROGRAM (BH-SACP)

Counselors and prevention specialists at BH-SACP provide a variety of care for active-duty Marines, Sailors attached to Marine units and their adult family members who are at risk for or have already had substance misuse or gambling concerns. Counselors also provide support to community members concerned about their loved one's substance and/or gambling behaviors. The following services are offered:

PREVENTION & EARLY INTERVENTION SERVICES

Alcohol Prevention Specialists and the Drug Demand Reduction Coordinator offer services via classes, workshops, community/unit briefs, certification training for the unit SACO and substance abuse program reviews and inspections. Prevention briefs workshops are available to the SOFA community on a range of topics to include Prime for Life 4.5 (which covers biological risks and definitions of low-risk drinking choices to groups of four to 25 Marines and/or Sailors), and Prime for Life 16 (provided to those who have had an alcohol or drug-related incident, or those making high-risk substance use choices).

SUBSTANCE ASSESSMENT AND COUNSELING

Clinical staff offers individual clinical sessions, outpatient, aftercare counseling, and referrals to our community partners. Prevention services are available on all Marine Corps camps on Okinawa and counseling services are available on Camps Foster (Bldg. 440), Hansen (Bldg. 2631) and Schwab (Bldg. 3000, PSC 11 / E06). Self-referrals may call or walk in during office hours for information/services on Camp Foster and Camp Hansen, Mon–Fri, 7:30 a.m.–4 p.m. (closed on federal holidays). For more information on all services, call 645-3009 or 098-970-3009.



NEW PARENT SUPPORT PROGRAM

The New Parent Support Program (NPSP) serves expectant families and families with children under the age of six by providing education, parenting support and other resources through home and office visits. NPSP also offers classes and skill-building briefs including Baby Boot Camp, Infant Massage, Play Morning Parents in Uniform and the Parent Support Group. For more details, call 645-0396 (DSN) or 098-970-0396 (off base or cellphone) or send them an email at npspokinawa@usmc.mil.

FAP VICTIM ADVOCACY PROGRAM

Advocates provide supportive services designed to empower and encourage family wellness through education and promoting safety. Victim Advocates provide services to individuals experiencing domestic abuse and non-offending parents of children involved in child abuse incidents. Some examples of services include safety planning, emotional support, providing resources, helping navigate through crises and next steps. If you or someone you know may be experiencing abuse, you can contact an advocate at any time to talk about the available reporting options by calling the 24/7 SAFEline at 645-SAFE (7233) or 098-970-SAFE.

BEHAVIORAL HEALTH FAMILY ADVOCACY COUNSELING (BHFAP)

Family Advocacy counselors provide assessments, safety planning and treatment services when there are allegations of intimate partner or child abuse. Counselors also provide assessments, treatment and intervention services for families of impacted children experiencing Problematic Sexual Behavior in Children and Youth (PSB-CY). Preventative counseling is offered as well in which active-duty service members, their families and other SOFA personnel can come in during walk-in screening hours (Mon–Fri, 8–11 a.m. & 1–4 p.m.) to schedule appropriate counseling services. A Family Advocacy Program case is NOT required to receive services. For more BHFAP details, please call 645-2915.

Family Advocacy Program

Services

Re-Train Your Brain

Re-Train Your Brain is a 4-week psychoeducational class covering topics of interpersonal effectiveness, assertive communication, stress management and empathic listening. Curriculum is provided by Century Anger Management.

7 Principles for Making Marriage Work

Using Dr. John Gottman's book *The Seven Principles for Making Marriage Work*, this course is geared to couples in Okinawa who are premarital, newlywed, or married for decades. This teaches couples to manage conflicts constructively and develop healthy communication supporting a stronger bond within the marriage.

Unit/Spouse/SOFA Personnel Brief

Customized briefs on topics such as stress management, conflict resolution, healthy marriage, healthy dating, behavioral health overview and classes such as Re-Train Your Brain.

Parenting Classes & Workshops

"Thrive, Grow" parent program aims to enhance parenting in areas of positive parenting practices, parent and child stress management and physical health promotion. Additional workshops are available providing insights to challenges that come with raising a child in a technologically advanced world, managing parent/child stress and improving communication.

24/7 FAP Advocates

Advocates are available 24 hours a day, 7 days a week (on-call/helpline) to provide ongoing support services to individuals living with domestic violence and non-offending parents of child abuse. SAFE line: 645-7233 | 098-970-7233

Counseling Services

Providing compassionate counseling services to support families while promoting healing, safety and empowerment. An open Family Advocacy Program (FAP) case is not required for participation.

UNIT, PERSONAL AND FAMILY READINESS PROGRAM (UPFRP)

UPFRP provides formal training requirements to MCCS employees serving as Deployment Readiness Coordinators (DRC), active-duty command-appointed Uniformed Readiness Coordinators (URC), active-duty command team members and family members interested in contributing as appointed volunteers in roles such as Family Readiness Command Team Advisors (FRCTA) or Family Readiness Assistants (FRA). These classes provide foundational knowledge on the UPFRP to fulfill mandatory training requirements from HQMC. Monthly Family Readiness Program Training classes and workshops are available, along with options for unit-specific requests.

Family Readiness Command Team Training is tailored to acquaint and guide command team members regarding their roles, responsibilities and the operational aspects of their UPFRP. This training equips participants with essential information to implement and execute successful programs, empowering every Marine and their family to not just survive but thrive amidst the challenges of military life, ensuring optimal resilience during life-cycle events.

UPFRP Readiness Coordinator Training furnishes Deployment and Uniformed Readiness Coordinators with the necessary information and resources to excel in their roles and effectively support the UPFRP. This comprehensive training prepares Readiness Coordinators for their demanding yet rewarding tasks.



MCFTB: STRENGTHENING BONDS FOR MILITARY FAMILIES

Marine Corps Family Team Building (MCFTB) is dedicated to nurturing personal growth and bolstering the readiness of Marine Corps and Navy families. Our mission is to equip families with the tools they need to navigate and thrive in the dynamic military lifestyle. Through our programs, we aim to forge strong and resilient bonds among service members, their families and the military community.

FAMILY READINESS SERVICES

Family Readiness Services aim to equip Marines, Sailors and their families with valuable problem-solving skills and access to supportive resources and essential information via workshops and classes organized by MCFTB. Registration is required for all MCFTB programs. For further details or registration, please visit www.okinawa.usmc-mccs.org/mcftb.



Substance Assessment and Counseling Program

Support for you.
Strength for your family.

We Offer:

Outreach & Education for the SOFA Community, Prevention Education, Walk-in Services, Early Intervention, Counseling for Gambling & Substance Misuse, Family Education Programs & SACO Certification



DSN: 645-3009
CELL: 098-970-3009

MARINE &
Family

Substance
Assessment
and Counseling
Program

MCCS
MARINE CORPS
COMMUNITY
SERVICES



LIFESKILLS & EDUCATION TRAINING

The LifeSkills Training and Education Program aims to foster positive adjustment and enhance individual and family functioning. Offering a variety of personal and professional skill-building classes, this program equips Marines, Sailors and their families with practical tools for success in various aspects of life.

From effective communication to teamwork and emergency preparedness, workshops cover a range of topics designed to promote positive interactions and outcomes both at home and in the workplace. Some of the more popular classes are 4 Lenses, Say What? Interpersonal Communication, Basic Stress Management, Basic Anger Management and Attitudes and Actions. Additionally, monthly Premarital Seminars and PREP workshops are hosted on Camp Foster. Many of these workshops can be tailored to meet the recipients' request.

SUPPORT FOR NAVY PERSONNEL AND FAMILIES

MCFTB actively supports and provides outreach for MCCS Marine & Family Support Programs to all US Navy personnel aboard Commander, Fleet Activities Okinawa (CFAO) and their tenant commands, Commander, Task Force 76 (CTF-76) at White Beach and the U.S. Naval Hospital Okinawa on Camp Foster. Outreach includes support in areas such as Deployment Readiness, Deployment Support, Homecoming and Reintegration, Return and Reunion, Ombudsman Training and L.I.N.K.S. for Navy Spouses.

For more information about these programs, please email mcbb_NavySupport@usmc.mil or mcftbokinawa@okinawa.usmc-mccs.org, visit www.okinawa.usmc-mccs.org/mcftb or call 645-3749.

L.I.N.K.S. FOUNDATIONS

Discover Marine Corps life and your new community with a MCFTB L.I.N.K.S. Foundations workshop. Ideal for anyone new to military life or living overseas, this comprehensive session offers insights into Marine Corps history, rank, local resources, benefits, deployment, communication styles, community involvement and traditions. There, participants can create connections, build resilience and feel at home in their new surroundings.

Offerings include L.I.N.K.S for Japanese Spouses (a workshop tailored specifically for Japanese spouses new to military life delivered in Japanese that covers essential topics such as Marine Corps life, local resources, benefits, deployment and more); Mentor Training (a comprehensive workshop designed for seasoned military spouses that refines mentoring abilities and boosts public speaking skills) and Cuppa Conversation (a laid-back atmosphere where spouses gather together over coffee or tea to network, share information and enjoy each other's company).

L.I.N.K.S. classes are offered in various formats, including full-day, half-day lunch-and-learn series or via unit request. Family Readiness Command Team Advisors and Family Readiness Assistants are required to attend a L.I.N.K.S. Foundations session every three years or when PCS occurs from or to an overseas location. For more information on these programs, visit www.okinawa.usmc-mccs.org/mcftb or contact MCFTB at 645-3689.



L.I.N.K.S. *Foundations*

**JOIN OTHER MARINE CORPS SPOUSES
TO LEARN ABOUT:**

- CULTURE, HISTORY & TRADITIONS
- EVENTS & ETIQUETTE
- PAY & ENTITLEMENTS
- INVESTING IN YOUR COMMUNITY
- BUILDING YOUR NETWORK



MARINE & Family | Marine Corps Family Team Building

MC&CS
MARINE CORPS COMMUNITY SUPPORT CENTER

Every second Tuesday of the month. Location changes monthly. For more information and to register visit: www.okinawa.usmc-mccs.org/links

Getting married while stationed in Japan?



PREMARITAL SEMINAR

OCEAN BREEZE ♥ CAMP FOSTER

8 A.M. - 3 P.M. | Every Second Friday of the Month



645-3696
mcftbokinawa@okinawa.usmc-mccs.org
facebook.com/mccsokinawa.marineandfamily

MARINE & Family | Marine Corps Family Team Building

MC&CS
MARINE CORPS COMMUNITY SUPPORT CENTER



READINESS & DEPLOYMENT SUPPORT TRAINING

The Readiness & Deployment Support program aims to equip military personnel and their families with the tools and knowledge to navigate the challenges of deployment and separation successfully. With guidance from command team members and Deployment & Uniformed Readiness Coordinators, families and service members are supported throughout various stages of deployment.

Pre-deployment workshops are available at the unit level and for Individual Augmentee (IA) Marines and Sailors, offering insights into coping mechanisms and preparation strategies. Mid-deployment workshops focus on boosting resilience and inner strength to manage separation effectively, covering topics such as finance, stress management and nutrition. Additionally, specialized deployment workshops cater to children and parents, aiding them in coping during the absence of their service member.

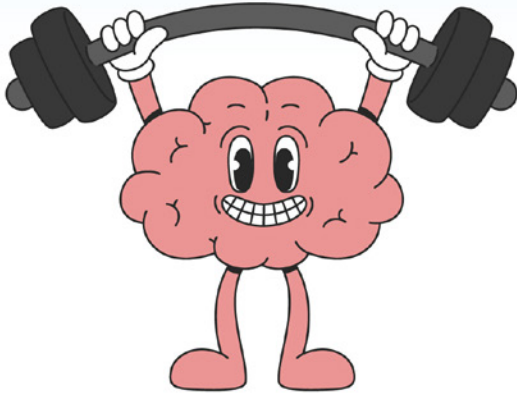
The Post-deployment Reintegration Workshop assists in the reintegration process by offering problem-solving techniques, life-balancing skills and communication

strategies. Recognizing the challenges of homecoming, the Return and Reunion Workshop addresses expectations and difficulties associated with transitioning back home from deployment. Readiness and Deployment Support oversees the Deployed Spouse Benefits Card Program and trainers offer classes, workshops and briefs covering readiness education and deployment support issues tailored to unit-specific needs. Those requiring unit-specific briefs or workshops can reach out to the MCFTB office for assistance.

Other services include Pre-Deployment Briefs, Mid-Deployment Success workshops for spouses, Kids Deployment Success workshops for children aged 5-12 and Return and Reunion workshops.

To request a Deployment Support Event, complete a unit request form and send it via email to MCFTB-Okinawa@okinawa.usmc-mccs.org. The Readiness and Deployment Support program strives to foster healthier families by preparing military personnel and their loved ones for the challenges they may face during deployment and separation.

RE-TRAIN *Your* BRAIN



Camp Hansen
Mondays, 9:30–11:30 a.m.

Camp Foster
Wednesdays, 11:30 a.m.–1:30 p.m.

We'll be covering:

- Interpersonal Effectiveness
- Assertive Communication
- Stress Management
- Empathic Listening

Build a better you
in this 4-week class!



Curriculum is provided by Century Anger Management. This FREE class is open to all SOFA ID card holders island-wide. Preregistration required via the QR code or by sending an email to fapprevention@usmc.mil. • 645-2915 | 098-970-2915

MARINE & Family Family Advocacy Program



All-you-can-eat
shabu-shabu

Tonkyuhote Chatan
Cookiya Naha
Shabuemon Uruma

Chatan

Naha

Uruma



You can order from our English menu using your smartphone.





CHILD & YOUTH PROGRAMS

CHILD DEVELOPMENT CENTERS

With facilities on Camps Kinser (Yuimaru), Foster (Ashibina and Chimugukuru) and Courtney (Chura Warabi), MCCS Child Development Centers (CDC) offer quality programs for children ages 6 weeks to 5 years. CDCs are staffed with trained caregiving professionals that meet the accreditation standards of the National Association for the Education of Young Children. For more information on MCCS Child Development Centers, call 645-4117.

SCHOOL AGE CARE

MCCS offers School Age Care (SAC) at dedicated centers before and after school, during teacher in-service days and during vacation periods. SAC is for children ages 5 to 12 years old and provides a safe, supervised, healthy and age-appropriate environment while parents are at work. All SAC programs are Nationally Accredited by Social Current and Department of War (DoW) certified and available on Camps Foster, Kinser and McTureous. Contact the Resource and Referral Office for more information at 645-4117.

YOUTH & TEEN CENTERS

MCCS Youth & Teen Centers on Camps Foster, and Courtney provide a variety of open recreational activities and programs for teens ages 10–18 years old. Youth & Teen Centers offer age-appropriate activities that bolster life skills such as career preparation, mentoring, citizenship and leadership. All Youth & Teen programs are DoW certified and maintain a professional partnership with the Boys and Girls Clubs of America.

Visit www.okinawa.usmc-mccs.org/cyp for more information.