

MARINE & Family

Personal & Professional Development

Resources Program
Marine Corps Family Team Building
Education Program
Library Program

Semper Fit

Adult & Youth Sports
Aquatics
Health Promotion
Single Marine Program

Behavioral Health

New Parent Support Program
Community Counseling Program
Substance Assessment and Counseling Program
Family Advocacy Program

Family Care

Child and Youth Programs
Exceptional Family Member Program

June 2025



Marine & Family Programs

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June Special Event

SUMMER Bash Aerobathon

**SATURDAY, JUNE 14
9 A.M.-NOON**

CAMP FOSTER COMMUNITY CENTER



JOIN US FOR A FITNESS PARTY!

**KICKBOXING
9 A.M.**

**ZUMBA
10 A.M.**

**YOGA
11 A.M.**



645-3910 | 098-970-3910
mccshealthpromotions@okinawa.usmc-mccs.org
www.okinawa.usmc-mccs.org/healthpromotion

June Spotlight

EGA Presents

SUMMER CAMP

Every Tuesday, Wednesday, and
Thursday starting June 11th!

Register online through iClassPro today!

FULL DAY - \$55

8:00 AM - 3:00 PM

Please bring a water bottle

Please bring a packed lunch

Come ready for lots of gymnastics, games, and fun!

098-970-1602

ega@okinawa.usmc-mccsokinawa.org



EGA
EXCELLENCE
GYMNASTICS
ACADEMY



Japan Cultural Awareness & Adaptation Program

Survival Japanese Language

Learn basic Japanese when going to local restaurants/ learning how to ask for directions.

2 June	1130-1230	Camp Kinser	Bldg. 1220
3 June	1130-1230	Camp Kinser	Bldg. 1220
16 June	1130-1230	MCAS Futenma	Bldg. 407

Japanese Language Part 2

This is a basic class for adult learners. Learn calendar dates, days of the week, how to tell, Japanese counters, and Japanese adjectives (i-adj/na-adj).

2-6 June	1130-1300	Camp Courtney	Bldg. 4425
9-13 June	1130-1300	Camp Foster	Bldg. 445

Japanese Grocery Tour

Take a guided tour to a local food store and discover traditional dietary choices and typical Japanese ingredients. Please arrange for your own transportation. The meeting point will be in the produce section.

4 June	1030-1230	Rycom Mall
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Japanese Writing

Participants will learn the fundamentals of Japanese writing and create Father's Day message cards in Japanese.

5 June	1130-1300	Camp Foster	Bldg. 445
11 June	1130-1300	Camp Kinser (Education Ctr.)	Bldg. 1220

Obi Making

This class will guide you through the process of making a decorative "OBI" out of washi, which is a Japanese decorative paper. This class is for participating ages 10 years and older.

6 June	1130-1300	Camp Kinser	Bldg. 1220
12 June	1130-1300	Camp Courtney	Bldg. 445

Japan Cultural Awareness & Adaptation Program

Japanese Language Part 1

This is a basic class for adult learners. Learn frequently used phrases, self-introduction, conversing at restaurants/stores, interrogative/demonstrative pronouns, body parts, and numbers.

13 June	1130-1300	Camp Hansen	Bldg. 2339
16 June	1130-1300	Camp Schwab	Bldg. 3000

Bingata

Bingata is a traditional dyeing method in Okinawa that has about 500 years of history. In this class, you will be decorating a small bag.

17 June	1130-1300	MCAS Futenma	Bldg. 407
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Cultural Awareness

Learn the basic understanding behind Japanese Culture. “What is Eisa” will be the topic for this class.

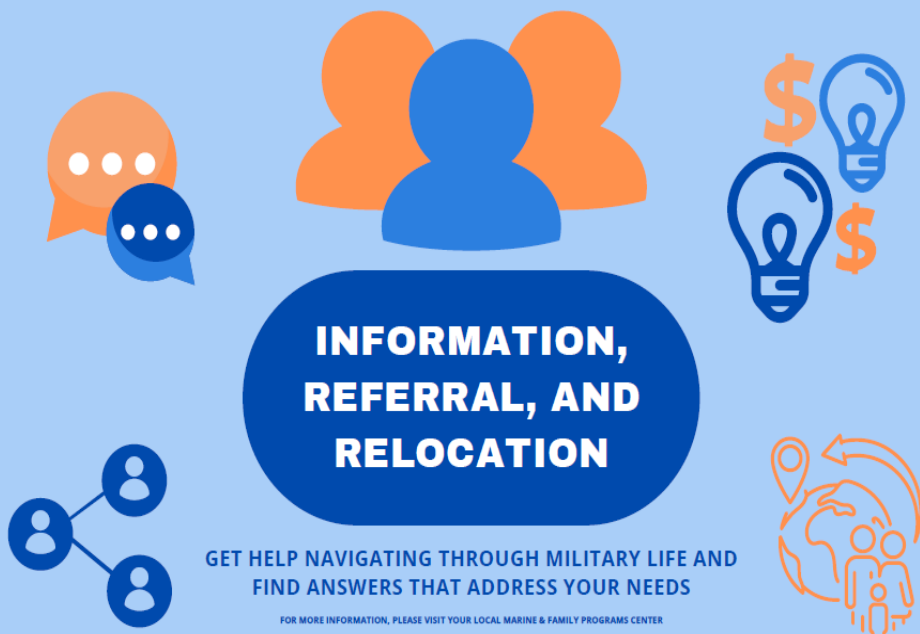
23 June	1130-1300	Camp Courtney	Bldg. 4425
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Tea Ceremony

Learn the history, ceremonial preparation, and presentation of matcha powered green tea. This class teaches the correct manners, and it demonstrates a ceremonial way of preparing and drinking matcha.

27 June	1130-1300	Camp Foster	Bldg. 445
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*For more information, please visit the MCCS webpage at:
www.mccsokinawa.com/culturalawareness/*



Information & Referral (I&R) Specialists are available to provide one-on-one assistance with information and relocation services. For more information, please contact your nearest Personal & Professional Development- Resources facility or email: ***mcbb_reloassist@usmc.mil***.

I&R Specialists are available to coordinate unit and small group sponsorship trainings. For more information contact one of the following Marine and Family Programs Specialists:

<i>Camp Foster :</i>	<i>645-7494</i>
<i>Camp Kinser & MCAS Futenma :</i>	<i>637-2509</i>
<i>Camps Hansen :</i>	<i>623-3055</i>
<i>Camp Schwab :</i>	<i>625-2622</i>
<i>Camp Courtney :</i>	<i>622-7739</i>

To submit a request for support please email ***mcbb_reloassist@usmc.mil***.

Relocation Services

Newcomers' Orientation Welcome Aboard (NOWA) Brief

Event: In-person NOWA Brief

Times: 0645 - Arrival time for any Status of Forces Agreement (SOFA) privately owned vehicle (POV) license testers, Japanese license holders, and within Japan transfers (Any personnel who arrive after the 0700 SOFA POV licensing examination start time will not be permitted to enter the testing area).

- **0700 – 0830** - SOFA POV License Examination (Optional if completing before/after the NOWA Brief at the Installation Safety Office).
- **0815** - Arrival time for non- POV SOFA license examination testers
- **0830 – 1130** - Mandatory NOWA Brief
- **1130-1230** - Information Fair

Location: Camp Foster Community Center, Bldg. 5908

Attire: Proper civilian attire or uniform of the day

Per the United States Forces, Japan Instruction 36-2811, all SOFA status personnel and their family members stationed in Japan are required to complete an indoctrination training program within 72 hours of arrival to their permanent duty station. The NOWA Brief satisfies this requirement.

Children ages 16 years and older are required to attend a NOWA Brief.

Youth and Teen Tour

A Youth and Teen Tour is available for newcomers ages 10 - 15 years and will consist of visits to the following Camp Foster facilities: Kishaba Youth Center, Base Exchange, Library, and Bowling Center. The tour will depart from Camp Foster Community Center parking lot at 0840 and return at 1130 in time for the youth and teens to join their parents for lunch. Please note that seating is limited to 28 participants. Parents are highly encouraged to pre-register their youth and teens when signing up for the NOWA brief.

Virtual NOWA Brief:

Who is eligible: Personnel and their dependents eligible to complete the online SOFA license test through MCBB Installation Safety Office:

- O-4 and above
- CWO4 and CWO5
- E-8 and E-9
- GS-13 to GS-15
- NF-4 and NF-5

To submit a Virtual NOWA Brief Request form, use the link or QR code : **[Virtual NOWA Request Form](#)**



Relocation Services

The virtual NOWA Brief is a 4-hour, video-based webinar facilitated via the Qualtrics system. The Virtual NOWA Brief email will be sent 30 days prior to your arrival date. A completed Virtual NOWA Briefing roster is submitted daily at 1000 to the MCIPAC-MCBB Installation Safety Office POV Licensing Section for individuals who completed the briefing the previous day.

MCCS Child Care Services for NOWA Brief Attendees:

Free childcare service with MCCS Child & Youth Programs (CYP) is available on a one time, limited, space available basis. The following details apply:

- Services will be provided at the Camp Foster, Chimugukuru Child Development Center (CDC), building 499.
- Limited spaces available for children 6 weeks – 5 years of age.
- Drop off will be no earlier than 06:15 and children must be picked up no later than 15:00.
- Parents must pre-register their child/children at the MCCS Resource & Referral (R&R) office in building 495, room 100, on Camp Foster.
- Reservations for care are made at the MCCS R&R office after completion of registration, but no later than noon Tuesday the day prior to the NOWA Brief.
- Registration packets can be emailed to the parent or picked up at the MCCS R&R office by parents or their sponsor.
- For more information, parents or sponsors should call 645-4117 or 645-4062 as early as possible prior to the newcomer's arrival.
- Reservations can only be made once registration is completed.

Shuttle Service:

A shuttle bus to and from the NOWA Brief is available for members staying at the Camp Foster Westpac Inn temporary lodging facility. A shuttle will arrive at the West Pac Inn at 0600 and depart at 0610 to accommodate those SOFA POV license testers, Japanese license holders, and within Japan transfers. For those who are not completing the SOFA licensing exam, a shuttle will arrive at the Westpac Inn at 0730 and depart at 0740 to accommodate those attending the mandatory portion of the NOWA Brief. The shuttle bus schedule will be as follows:

For those SOFA POV license testers:

- 0600 – Arrive at Westpac Inn
- 0610 – Depart Westpac Inn
- 0620 – Drop off at Foster Community Center (Parents using free CDC services should remain on the shuttle bus).
- 0625 – Drop off at Foster Chimugukuru CDC (Shuttle bus will wait at CDC to return parents to Community Center after checking in their pre-registered children).
- 0645 – Drop off at Foster Community Center

*For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil*

Relocation Services

For those only attending the mandatory portion of the NOWA Brief:

- 0730 – Arrive at Westpac Inn
- 0740 – Depart Westpac Inn
- 0750 – Drop off at Foster Community Center (Parents using free CDC services should remain on the shuttle bus).
- 0755 – Drop off at Foster Chimugukuru CDC (Shuttle bus will wait at CDC to return parents to Community Center after checking in their pre-registered children).
- 0815 – Drop off at Foster Community Center

Those newcomers not billeting at the Westpac Inn, are responsible for coordinating their own transportation with their sponsor to the Camp Foster Community Center building 5908.

Items to bring for the NOWA Brief:

- Check-in sheet if available
- Light jacket or sweater

Items to bring if completing the SOFA POV license examination:

- 2 copies of web orders (USMC)/original orders (USN) or Letter of Employment (civilian)
- 2 copies of Area Clearance/Dependent Entry Approval if accompanied
- Valid stateside driver's license
- Military identification (ID)/valid photo ID
- Driver's Awareness training certificate (USMC) for those Service Members ages 26 and under
- Driving for Life training certificate (USN) for those Service Members ages 26 and under

Dependents attending the NOWA Brief without their sponsor are required to have their sponsor's signature on the Application for USFJ Form 4EJ Driver's Permit (Yellow Card) to take the SOFA POV license examination. Sponsors are not required to stay with dependents throughout the NOWA Brief.

Any personnel who arrive after the 0700 SOFA POV licensing examination start time will not be permitted to enter the testing area.

Welcome Aboard Information:

Please visit <https://www.okinawa.usmc-mccs.org/about> for an electronic Welcome Aboard packet, which contains information about driving, transportation, housing, childcare, pets, schools, and more.

*For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil*

Relocation Services

Military Installation Information:

For additional information on MCB Camp S.D. Butler, please visit <https://installations.militaryonesource.mil>. If you have any questions or require special accommodations, please contact your nearest MCCS Personal and Professional Development Resources office:

Camp Foster	DSN: 645-2104	Bldg. 445
Camp Courtney	DSN: 622-7739	Bldg. 4425
Camp Kinser	DSN: 637-2815	Bldg. 1220
Camp Hansen	DSN: 623-4522	Bldg. 2339
Camp Schwab	DSN: 625-2622	Bldg. 3000

***** **ADDITIONAL INFORMATION** *****

SOFA POV License Examination:

All portions of the NOWA Brief must be completed prior to receiving your SOFA POV driver's license.

Personnel are highly encouraged to complete the SOFA POV license examination prior to attending a NOWA Brief. Test sessions are held on non-holidays, Monday, Tuesday, Thursday, and Friday at 0800 and 1000, at Camp Foster building 5831 and Camp Courtney building 4319.

Check-in starts 30 minutes prior to the test sessions. E-5 and below personnel without their commanding officer's signature will not be authorized to test at the NOWA Brief. E-3 and below personnel will not be authorized to test at the NOWA Brief. Attendees who hold a Government of Japan driver's license, or licensing transfers from mainland Japan, are highly encouraged to visit the licensing office prior to attending a NOWA Brief, as they are required to watch the driving video prior to being issued a SOFA POV license. If they do not, they will need to remain at the NOWA Brief during the license testing portion to receive their SOFA POV license at the NOWA Brief.

A copy of the Japanese Traffic Regulations for SOFA Licensed Drivers is available online at <https://www.okinawa.usmc-mccs.org/about> under the "Driving and Transportation" tab.

For questions, please contact the Installation Safety Office at:

Camp Foster, Bldg. 5831, DSN: 645-7219

Camp Courtney, Bldg. 4319, DSN: 622-6202

4 June	0830-1230	Camp Foster Community Ctr.
11 June	0830-1230	Camp Foster Community Ctr.
18 June	0830-1230	Camp Foster Community Ctr.
25 June	0830-1230	Camp Foster Community Ctr.

*For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil*

Relocation Services

In-Person Sponsorship Training

Get the most up-to-date information on regulations and policies affecting PCS moves to Okinawa. This includes a full explanation of the sponsor's roles and responsibilities, and information about the resources in place to assist with a sponsorship assignment with travel regulations.

2 June	1300-1500	Camp Foster	Bldg. 5908
3 June	0900-1100	Camp Kinser	Bldg. 1220
5 June	0900-1100	Camp Schwab	Bldg. 3000
16 June	0900-1100	Camp Courtney	Bldg. 4425
17 June	0900-1100	MCAS Futenma	Bldg. 407
23 June	0900-1100	Camp Hansen	Bldg. 2339

In-Person Sponsorship Coordinator Training

This workshop is designed to train Unit Sponsorship Coordinators (USC) to better understand their roles, duties and responsibilities in the unit's Sponsorship program. This class will review all pertinent orders and directives, the Functional Area Inspection checklist, and update all USC's on changes within the Marine Corps Sponsorship program.

6 June	0900-1100	Camp Kinser	Bldg. 1220
9 June	0900-1100	Camp Foster	Bldg. 445
12 June	0900-1100	Camp Schwab	Bldg. 3000
20 June	0900-1100	Camp Courtney	Bldg. 4425
24 June	0900-1100	Camp Hansen	Bldg. 2339

In-Person Smooth Move Workshop

The Smooth Move workshop provides pre-departure and destination information on travel entitlements, base and community information, financial concerns, employment opportunities, and much more. Orders are not required and family members are encouraged to participate.

2 June	0800-1030	Camp Foster	Bldg. 5908
30 June	0800-1030	Camp Hansen	Bldg. 2339

*For more information, please contact us online at:
Email: mcbb_reloassist@usmc.mil*

PFMP

Personal Financial Management Program

Thrift Savings Plan/Blended Retirement System Blended Workshop

This workshop will explain how to manage your TSP retirement account, to include avoiding redundancy and allocating contributions. This workshop will also discuss the Blended Retirement System to include the pension, TPS, continuation pay and lump sum retirement. Satisfies PFM training codes, FB, FG.

5 June 0830-1000 Camp Schwab Bldg. 3000

Command Financial Specialist (CFS) Refresher Class

This one-day workshop satisfies the requirement for the CFS refresher training needed for the CFS's to continue their appointment. This training will review and sharpen skills learned during initial CFS training to include: the financial planning worksheet, solution-focused financial counseling, case studies, and developing your CFS program.

6 June 0730-1630 Camp Foster Bldg. 445

Money Management

This hands-on workshop will enable attendees to prepare a financial statement, develop a budget, establish a savings plan, and build/rebuild a good credit record. Satisfies PFM training codes: PR, FD, FA, FC, FH, FE, FF, TL, and FL. Please bring the following to class: Current LES, bank statements, investment statements and statements of debt/obligation.

26 June 0830-1130 Camp Foster Bldg. 445

27 June 0830-1130 Camp Hansen Bldg. 2339



To sign-up or register for the PFMP classes, visit the MCCS PFM webpage at: <https://www.okinawa.usmc-mccs.org/financial-management>

VA Veterans Affairs

VA Overseas Military Services Coordinator (OMSC)

Book your appointment to meet with a OMSC to discuss all your after-service benefits. Remember, your questions are important and require more than a “really quick” response, so walk-ins may not be accepted. The OMSC will be available for all Marines and Sailors through a “first come, first serve appointment” system, Monday-Wednesday at Camp Foster, building 445, by visiting: <https://www.okinawa.usmc-mccs.org/marine-family-support/veteran-affairs>

Appointment availability for the month is posted a week prior to the scheduled date.

If we are fully booked with appointments and you need immediate assistance please reach out to a local VA Benefits Advisor at the Camp Foster Education Center, email OMSCJ-PANOK.VBAVACO@VA.GOV or wait till the next set of appointments are released.

RAO Retired Activities Office

Retired Activities Office (RAO)

The RAO serves military retirees from all branches of service in a number of ways, to include the following:

- Serves as a central point to obtain valuable information.
- Provides reliable answers to questions.
- Refers individuals to appropriate service providers.

The RAO volunteer is a valuable link to help retirees and family members obtain the rights, benefits and privileges they are entitled to receive.

For more information about the RAO, or if interested in volunteering, please email MCBB_TRP@usmc.mil or call 645-3159/3151.

DEPARTMENT OF VETERANS AFFAIRS

OMSC

OVERSEAS MILITARY SERVICES COORDINATOR

To fulfill President Lincoln's promise to care for those who have served
in our nation's military and for their families, caregivers, and survivors.



SERVICES

- Disability Claims
- Home Loan Guarantees
- Post 9/11 G.I. Bill
- Applying for Benefits
- Life Insurance
- Education and Training
- Compensation

HOURS OF OPERATION:

CAMP FOSTER, BLDG 445
MONDAY- WEDNESDAY
0800-1600
DSN: 645-3151

Closed during all Federal Holidays

For assistance on Thursday and
Friday please contact the Airmen and
Family Readiness Center by dialing
DSN: 634-3366



SCHEDULE AN APPOINTMENT TODAY

For all Camp Foster appointment
availability visit:

[https://www.okinawa.usmc-
mccs.org/marine-family-
support/veteran-affairs](https://www.okinawa.usmc-mccs.org/marine-family-support/veteran-affairs)

TRP

Transition Readiness Program

Transition Readiness Seminar (TRS)

The TRS is required for all Service Members separating from military service. Service Members must have completed an individual counseling (IC) and pre-separation brief prior to registration. The seminar incorporates briefs from Veterans Affairs, Department of Labor, Personal Financial Management, and other important transition resources. For registration details, contact your Unit Transition Coordinator.

2-4 June	0800-1630	Camp Hansen	Bldg. 2339
9-11 June	0800-1630	Camp Kinser	Bldg. 1220
23-25 June	0800-1630	Camp Schwab	Bldg. 3000
23-25 June	0800-1630	Camp Foster	Bldg. 439

Department of Labor Employment Workshop (DOL-EW)

The 2-Day DOL-EW is available to meet the congressionally mandated requirement for those who seek employment after separating or retiring from the military. The DOL-EW curriculum is designed to assist service members with their transition into high-quality civilian careers. The track will assist in identifying and developing career goals, understanding hiring methods, as well as creating a professional introduction and a draft resume.

5-6 June	0800-1630	Camp Hansen	Bldg. 2339
12-13 June	0800-1630	Camp Kinser	Bldg. 1220
26-27 June	0800-1630	Camp Schwab	Bldg. 3000
26-27 June	0800-1630	Camp Foster	Bldg. 439

Pre-Retirement Seminar

This workshop is an alternative option to the TRS for retiring Service Members. It covers recruiting, job market, resume preparation, federal employment, interview skills, and specific entitlements, to include: Financial and Estate Planning, Veterans benefits. Spouses of Service Members are welcome to attend the entire seminar. Service Members are eligible to attend 24 months prior to retirement. For registration details, contact your Unit Transition Coordinator (UTC).

2-4 June	0730-1630	Camp Foster	Bldg. 439
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***The TRP office does not accept direct registrations from Service Members.
For more information on the TRP, please email MCBB_TRP@usmc.mil
or call 645-3151.***

TRP

Transition Readiness Program

Pre-Separation Counseling Brief

This brief will prepare service members for the transition process. Eligible service members will receive invaluable information on benefits, entitlements and resources in this 3 hour brief.

4 June	0830-1130 1300-1600	Camp Kinser	Bldg. 1220
11 June	0830-1130 1300-1600	Camp Schwab	Bldg. 3000
18 June	0830-1130 1300-1600	Camp Foster	Bldg. 439
25 June	0830-1130 1300-1600	Camp Hansen	Bldg. 2339

Boots to Business (B2B)

The Small Business Administration (SBA) provides a live virtual workshop to deliver the Entrepreneurship Track - B2B. This 2-day introductory course is available to Service Members and their spouses/adult family members. This workshop provides valuable assistance to those who are exploring self-employment opportunities. The course provides the key steps for evaluating business concepts and the foundational knowledge required for developing a business plan. Participants are also introduced to SBA resources that are available.

12-13 June	0830-1630	Camp Schwab	Education Ctr.
26-27 June	0830-1630	Camp Foster	Education Ctr.



***The TRP office does not accept direct registrations from Service Members.
For more information on the TRP, please email MCBB_TRP@usmc.mil
or call 645-3151.***

FMEAP

Family Member Employment Assistance Program

The FMEAP provides individual assistance with resume development and review, interview coaching, and a career resource center with a computer lab. All services are free and available to Service Members, retirees, reservists, DoD employees, military spouses and family members.

Federal Government Employment

Applying for federal employment can be a daunting process, but we are here to help de-mystify the process. We will walk you through the application process, required documents, creating a resume and how to align your skills with the job qualifications.

3 June 0830-1130 Camp Foster Bldg. 445

Ace The Interview

Applying for a job is just the first step, in this workshop we discuss some of the basics to ace your next interview. From answering the tough questions, to dressing to impress, this workshop covers how to prepare for your next Interview!

10 June 0830-1130 Camp Courtney Bldg. 4425

Resume Writing Workshop

Write a winning resume today! In this workshop you will be able to identify your skills, learn different resume formats, and how to write about your accomplishments so that an employer will call you for an interview.

17 June 0830-1130 Camp Kinser Bldg. 1220

Civilian Employment Bootcamp

For those who are looking for a great opportunity to be introduced to the civilian employment landscape, resume writing, and interview skills in preparation for civilian life, or for an opportunity to invest in yourself!

**24 June 0830-1130 Camp Hansen Bldg. 2339
 1300-1600 Camp Schwab Bldg. 3000**

*For registration or more information please visit the MCCS FMEAP webpage at:
www.okinawa.usmc-mccs.org/fmeap
Email MCBB_FMEAP@usmc.mil or call 645-5074*

MCFTB

Marine Corps Family Team Building

Volunteer Program

Volunteer workshops are developed to expose volunteer opportunities on island and the benefits of volunteering. For registration or more information please visit:
www.mccsokinawa.com/volunteer.



Passport to Volunteering

This training gives volunteers the necessary tools for a successful and fulfilling volunteer career. Learn about strategic volunteer opportunities, how to identify transferrable skills for resumes, and much more. Sign-ups are via Eventbrite.com

11 June

1400-1630

Camp Courtney

Bldg. 4425

The President's Volunteer Service Award (PVSA)

The President's Volunteer Service Award (PVSA) encourages citizens to live a life of service through Presidential gratitude and National recognition. Presidential recognition sets you apart from your peers. Although you may not seek recognition, your example can deliver a powerful message that encourages others to take action. Hours are measured over a 12-month period (January 1 through December 31) and awards are based on cumulative hours.

Age Group	Bronze	Silver	Gold
Teens (13-15)	50-74	75-99	100+
Young Adults (16-25)	100-174	175-249	250+
Adults (26+)	100-249	250-499	500+

Navy Support

The Navy Liaison provides active outreach for MCCS Marine & Family Programs to all US Navy Personnel aboard Commander Fleet Activities Okinawa (CFAO) and their tenant commands, Commander, Task Force Seventy-Six (CTF-76) at White Beach, and the U.S. Naval Hospital Okinawa on Camp Foster. For any questions, reach out to mcbb_navysupport@usmc.mil.

Registration is required for all workshops. To register, or request accommodations, go to: <https://www.okinawa.usmc-mccs.org/mcftb>

MCFTB

Marine Corps Family Team Building

LifeSkills Training and Education

LifeSkills Training and Education is a collection of personal and professional skill building classes that promote positive adjustments and improved individual and family functioning. It provides Marines & family members practical skills for successful interactions and positive outcomes at work, home, & in life.

Family Care Plan

Join our workshop to gain essential knowledge on family care planning, ask questions, and complete forms with our team's support.

11 June	1400-1600	Camp Kinser	Bldg. 1220
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Premarital Seminar

The seminar provides an in-depth look at the procedures for getting married in the United States or overseas. The seminar also hosts information regarding IPAC benefits, legal services, immigration procedures, financial partnerships, and basic communication strategies.

13 June	0800-1430	Camp Foster	Ocean Breeze
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Strike Out Stress

This workshop helps military youth and teens boost well-being through bowling and life skills classes focused on stress management, communication, and teamwork in a fun, supportive environment.

13 June	1300-1500	Camp Foster	Bowling Alley
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Stress Management

Dive into practical, actionable strategies designed to help you manage stress effectively and create a healthier, more balanced work-life routine. Learn how to prioritize your well-being, boost your productivity, and enjoy more peace of mind—both at work and at home!

17 June	1000-1200	Camp Schwab	Bldg. 3000
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Pre-Deployment Brief

Get ready for a smooth deployment! Our pre-deployment brief covers everything you need to know from key topics to awesome resources, ensuring both service members and their families are mission-ready!

12 June	1000-1100	Virtual
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Registration is required for all workshops. To register, or request accommodations, go to: <https://www.okinawa.usmc-mccs.org/mcftb>

MCFTB

Marine Corps Family Team Building

L.I.N.K.S. Workshops

L.I.N.K.S. is a military acculturation program designed by spouses to help meet the needs of all military personnel, families, and DOD ID card holders.

L.I.N.K.S Cuppa Conversations

The L.I.N.K.S. Cuppa Conversations is an opportunity for L.I.N.K.S Mentors and L.I.N.K.S Foundation graduates to network, share information and enjoy good company.

L.I.N.K.S. Foundations

The L.I.N.K.S. Foundations workshop is designed for spouses of any age and experience level. Come meet other spouses, network and share experiences at this one day workshop.

3-4 June

1730-2030

Camp Foster

Ocean Breeze

L.I.N.K.S. Japanese

The L.I.N.K.S. for Japanese Spouses workshop provides information about the Marine Corps in a format intended to address the practical and cultural questions specific to Japanese spouses. Attendance is encouraged for Japanese fiancées as well as new and experienced spouses. This workshop is conducted in both English and Japanese.

10 June

0900-1600

Camp Hansen

The Palms

L.I.N.K.S. Kids / Mid-Deployment- Crafts, Films and Fun!

Join us for a fun, supportive event to help kids and parents navigate life during deployment. Enjoy a Disney movie with an accompanying craft, and take the opportunity to connect, network, and build lasting bonds with others who share similar experiences. Don't miss out!

11 June

0900-1200

Camp Foster

Library

25 June

0900-1200

Camp McTureous

Community Center

L.I.N.K.S. Mentor Training

After completing a L.I.N.K.S. class, individuals are encouraged to join the training crew as L.I.N.K.S. Mentors. These trained volunteers assist Marines, Sailors, and their families by providing information on benefits, services, and opportunities to navigate military life.



MCFTB

Marine Corps Family Team Building

Family Readiness Program Training Program

Family Readiness Program Training workshops provide resource information and training to enhance Family Readiness Command Teams in support of the Unit, Personal and Family Readiness Program.



Command Team Training, Family Readiness Command Team Advisor / Assistant Family Readiness

Family Readiness Command Team Training is designed to orient and guide Command Team members in their roles, responsibilities, and operating components of their Unit, Personal and Family Readiness Program. This training provides the required information to implement and execute a successful program to empower Marines and their families not just to survive but to thrive while taking on the challenges of the military lifestyle.

4 June

0830-1130

Camp Hansen

Bldg. 2339

UPFRP Readiness Coordinator Training

UPFRP Readiness Coordinator training provides Deployment and Uniformed Readiness Coordinators and with the required information and resources to be successful in their roles and to effectively support the Unit, Personal and Family Readiness Program. This three-day training prepares Readiness Coordinators for the challenging and exciting task of managing the UPFRP.

16-18 June

0830-1600

Camp Hansen

Bldg. 2339



Registration is required for all workshops. To register, or request accommodations, go to: <https://www.okinawa.usmc-mccs.org/mcftb>

MCFTB

Marine Corps Family Team Building




STRIKE OUT STRESS!

MARINE & Family
Marine Corps Family
Team Building

*Youth and Teen Bowling
Workshop*

DATES / LOCATIONS

 **JUN. 13TH 2025 CAMP FOSTER**

BOOK NOW!



MC

MARINE CORPS COMMUNITY
SERVICES



MCFTB

Marine Corps Family Team Building

Limited
spaces

Ages
5-13



JOIN US EACH WEEK FOR A SUMMER SERIES: KIDS MOVIE
MATINEE, CRAFTY CREATIONS AND A POSITIVE MESSAGE AT
THE FOLLOWING LOCATIONS (SCAN QR CODE).

Faster



McTureous

MARINE & Family
Marine Corps
Family Team
Building

FOR MORE INFORMATION VISIT
WWW.OKINAWA.USMC-MCCS.ORG/MCFTB

MCCS
MARINE CORPS
SERVICES

MCFTB

Marine Corps Family Team Building



Marine Corps Family
Team Building

Family Care Plan Design

June 11, 2025
Camp Kinser
Building 1220
Education Center Rm 105
from 1400-1600

Join us for an informative and empowering workshop designed to equip you with essential knowledge about family care planning. Gain the confidence to ask questions and fill out the necessary forms with our dedicated team by your side. Leave with a sense of relief, knowing that your family is in capable hands.



Register

For questions, please call us.



098-970-3689/645-3689



Education Program

The MCCS Education Program assist active duty and family members with their educational goals. Guidance Counselors can provide academic/vocational guidance, financial assistance information, and assist in developing education plans. To make an appointment please email education@okinawa.usmc-mccs.org

USMC Tuition Assistance (TA) Brief

This brief is a requirement for all Marines who are first time TA users. During this brief participants will review the Marine Corps TA policies and the local process for requesting TA.

Mondays & Wednesday	1000	Camp Courtney	Bldg. 4425
	1000	MCAS Futenma	Bldg. 407
	1000	Camp Hansen	Bldg. 2339
Tuesdays & Thursday	1000	Camp Schwab	Bldg. 3000
	1000	Camp Kinser	Bldg. 1220B
	1000	Camp Foster	Bldg. 5679

Virtual SkillBridge Brief*

Marines will learn about the policies and guidelines for pursuing a SkillBridge program opportunity that provides civilian work force training prior to separation from active duty service.

5 June 1430 Virtual

IMPORTANT INFORMATION FOR VIRTUAL BRIEFS

*To register for special virtual briefs or for more information about educational workshops, please email: [**education@okinawa.usmc-mccs.org**](mailto:education@okinawa.usmc-mccs.org)

Please provide your name, rank, email address, and assigned camp. We will email you the link and password for your assigned day of the scheduled brief.

Please contact your nearest MCCS Education Center or visit the Marine and Family Program webpage at: <https://www.okinawa.usmc-mccs.org/education>

Education Program

USMAP/MCCOOL Brief

Marines will learn about apprenticeship and credentialing opportunities for their MOS to become better at their job while on active-duty and be better prepared to transition to civilian employment after leaving active-duty service.

10 June	1430	Camp Hansen	Bldg. 2339
10 June	1430	Camp Kinser	Bldg. 1220
25 June	1430	Camp Courtney	Bldg. 4425

Training In The Trades

This workshop will explore vocational and trade education and training. Navigate pursuing a vocation or trade-industry career, learn how to utilize the GI Bill and discover other financial resources to fund your education.

11 June	1430	MCAS Futenma	Bldg. 407
17 June	1430	Camp Schwab	Bldg. 3000
17 June	1430	Camp Foster	Bldg. 5679

GI Bill Brief

This class explains the differences between the Montgomery GI Bill and the Post 9-11 GI Bill. In addition, Marines will learn all the advantages of each type of GI Bill and how they can apply for and use these benefits.

24 June	1430	Camp Hansen	Bldg. 2339
24 June	1430	Camp Kinser	Bldg. 1220

Managing Your Education (MYE)

This 2-day workshop assists participants with planning their road to college after leaving active duty. Topics include: assessing personal and career goals, GI Bill, financial aid and scholarships.

To register, email: eduadvisor@okinawa.usmc-mccs.org.

Please provide your name, rank, email address, EDIPI, and dates of the class you would like to attend.

5-6 June	0800	Camp Hansen	Bldg. 2339
12-13 June	0800	Camp Kinser	Bldg. 1220
26-27 June	0800	Camp Schwab	Bldg. 3000
26-27 June	0800	Camp Foster	Bldg. 5679

Education Program

Targeting Careers & Education

Mil-Spouse Event

**JUNE
24**

Camp Kinser | Kinser Fitness Center
11:30 a.m.–1 p.m.

Camp Foster | Gunners Fitness Center
11:30 a.m.–1 p.m.

**JUNE
25**

**JUNE
26**

Camp Courtney | Ironworks Fitness Center
11:30 a.m.–1 p.m.



**Military spouses and
family members—
Stop by to learn about:**

- ✓ *Financial aid*
- ✓ *Scholarships*
- ✓ *Schools and Classes*
- ✓ *Professional Resources
and more!*

www.okinawa.usmc-mccs.org/education



We encourage and support the participation of individuals of all abilities. Please contact 645-7160 if accommodations are required.

Please contact your nearest MCCS Education Center or visit the Marine and Family Program webpage at: <https://www.okinawa.usmc-mccs.org/marine-family-support/>

Library Program

MCCS Libraries are open 365 days a year, providing creative and educational programs for children, teens, and adults as well as access to technology and online resources (eBooks, audiobooks, magazines, periodicals, and music).

Library Resources

Innovation Lab

The MCCS Libraries' Innovation Labs provide an opportunity for the military community to learn and explore 3D printing, virtual reality, robotics, LittleBits, prototyping, and much more. Exciting programs highlight the opportunities to learn and use new equipment. Visit the MCCS Innovation Lab and broaden your horizons in the areas of STEAM: Science, Technology, Engineering, Arts and Mathematics!

Weekly Adult Programs

MCCS Libraries offer virtual and in person adult programs with topics varying from writing, Japanese language, to art and technology. Please check with your local Library for dates and times.

Electronic Resources

MCCS Libraries offer Electronic Resources to help you with recreation and education. A few examples are Mango Languages, Freegal music, Kanopy Movies, and Gale Search. Visit www.dodmwrlibraries.org for more details.

School Age Programs

Discover and develop your creative and technical strengths through programs focused on coding, innovation, science and technology! Tap into our curiosity by learning how to create cool 3D designs, conduct experiments, and learn how to use the library's innovation resources. Topics vary each month.

Library Storytimes

Kangaroo Storytime

The perfect Storytime for caregivers and infants who have not yet begun to walk. Introduce babies to books, language, and the very basics of early literacy.

Play to Learn Storytime

Learn the basics of early literacy through language building play through stories, games, and activities in this high energy Storytime.

Once Upon a Storytime

Enjoy full length picture books, songs, and rhymes in this Storytime designed for children to continue their early literacy development.

Yomikikase

An all-ages Storytime for children to learn Japanese holidays, language, and culture!

Semper Fit

MCCS Semper Fit creates opportunities that promote and improve the health and wellness of the entire Marine Corps community. The primary focus of the Semper Fit and Recreation program is to provide fitness, recreational, sports, and educational activities that are conducive to healthy lifestyles. MCCS Semper Fit offers eight world class fitness centers, five satellite gyms, dozens of playing fields and courts, adult and youth sports, group fitness classes, the HITT program, the Single Marine Program, and more on Marine Corps installations throughout Okinawa.

Semper Fit Health Promotion

Aids Service Members and their families in achieving optimum health and wellness through group fitness, wellness briefs, unit PT, the HITT program, and more.

645-3910 • mccshealthpromotions@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/healthpromotion

Semper Fit Athletics

Maintains fitness centers, playing fields and courts, and an outdoor recreation program. Select fitness centers also offer massage, martial arts, and dance programs.

645-3741 • fitnesscenters@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/semperfit

Semper Fit Adult Sports

Offers a variety of team sports, individual sports, and race events across Okinawa.

645-3521/3522 • adultsports@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/adultsports

Semper Fit Youth Sports

Provides a positive sporting experience for all youth ages 5 to 18 years within the community on Marine Corps family camps.

645-3533/3534 • youthsports@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/youthsports

Semper Fit Aquatics

Maintains 25-meter and 50-meter pools across Okinawa, offering swim lessons, lifeguarding courses, a youth and adult swim team, and more.

645-3180 • aquatics@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/aquatics

Single Marine Program

Fosters personal and professional growth in single and unaccompanied service members through Quality of Life advocacy, engaging in community opportunities through volunteerism, and through recreation activities.

645-3681 • singlemarineprogram@okinawa.usmc-mccs.org
okinawa.usmc-mccs.org/smp

*For more information, visit the Adult Sports Program webpage at:
okinawa.usmc-mccs.org/adultsports
or find us on Facebook at MCCS Okinawa - Semper Fit!*

Youth Sports

The Semper Fit Youth Sports Program offers high-energy, team-based fun for youth ages 5 to 18 in Marine Corps family camp communities — building skills, confidence, and a love for the game!

Season Information

Calling all young athletes ages 5 to 18 - it's time to play, learn and grow with **Semper Fit Youth Sports!**

Got a 4-year-old ready to hit the field? they're welcome too - as long as they turn 5 before the season ends! Register today on Eventbrite or stop by your nearest **MCCS Fitness Center** during our official registration periods.

Don't miss out on the fun - Sign up and get moving with Semper Fit!



Volunteer Coaches Wanted!

Head coach and assistant coach positions are available. Download an application today and submit it to the Semper Fit Youth Sports office or call for more information at 645-3533 | 098-970-3533

For more information, visit the Youth Sports Program webpage at okinawa.usmc-mccs.org/recreation-fitness/sports/youth-sports or find us on Facebook at [MCCS Okinawa - Semper Fit!](#)

Youth Sports

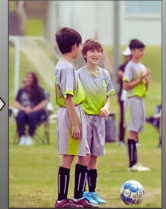
SEMPER FIT YOUTH SPORTS SCHEDULE

(ALL DATES ARE SUBJECT TO CHANGE BEFORE OR DURING THE SEASON)



2025 CO-ED SOCCER

- REGISTRATIONS: 01-30 NOVEMBER 2024
- PRACTICE BEGINS: 03 FEBRUARY, 2025
- SEASON BEGINS: 15 FEBRUARY, 2025
- SEASON ENDS: 10 MAY, 2025



2025 FALL BASEBALL & SOFTBALL

- REGISTRATIONS: 01 APRIL - 31 MAY 2025
- PRACTICE BEGINS: 14 JULY, 2025
- SEASON BEGINS: 26 JULY, 2025
- SEASON ENDS: 04 OCTOBER, 2025



2025 / 26 WINTER BASKETBALL & CHEERLEADING

- REGISTRATIONS: 01-31 AUGUST, 2025
- PRACTICE BEGINS: 14 OCTOBER, 2025
- SEASON BEGINS: 25 OCTOBER, 2025
- SEASON ENDS: 24 JANUARY, 2026



2026 CO-ED SOCCER

- REGISTRATIONS: 01-30 NOVEMBER 2025
- PRACTICE BEGINS: 02 FEBRUARY, 2026
- SEASON BEGINS: 14 FEBRUARY, 2026
- SEASON ENDS: 09 MAY, 2026



HOURS OF OPERATION
MONDAY - FRIDAY 0800-1800
"CLOSED ON HOLIDAYS"
BLD# 5952, CAMP FOSTER

PHONE: 645-3533/34 (DSN) / (098) 970-3533/34 (LOCAL)

EMAIL: YOUTHSports@OKINAWA.USMC-MCCS.ORG

WEBSITE:

WWW.OKINAWA.USMC-MCCS.ORG/RECREATION-FITNESS/SPORTS/YOUTH-SPORTS

FACEBOOK: MCCS OKINAWA - SEMPER FIT

Aquatics

The Semper Fit Aquatics Program maintains 25-meter and 50-meter pools across Okinawa, offering swim lessons, lifeguarding courses, a youth and adult swim team, and more.



For more information, visit the Aquatics Program webpage at www.okinawa.usmc-mccs.org/aquatics or find us on Facebook at [MCCS Okinawa - Aquatics!](#)

Aquatics

AQUATHLON

(Run-Swim-Run)

SERIES 2025

Camp McTureous
June 11, 18 & 25
4:30-6:30 p.m.

622-7397 | 098-970-7397
www.okinawa.usmc-mccs.org/aquatics
facebook.com/mccsokinawa.aquatics

MCCS
SEMPER FIT

Aquatics

2025 SUMMER LEAGUE SWIM CAMP

JUNE 11-14

**HANSEN AQUATIC
CENTER**

This 4-day camp for elementary and middle-school aged children will introduce the four competitive swimming strokes as well as starts and turns. Must be able to pass the MCCS Aquatics swim test, including a 25m with of a recognition stroke and 1 minute tread or float to be able to participate.

**WEDNESDAY-FRIDAY
SATURDAY**

**11 A.M.-1 P.M.
8:30-10:30 P.M.**

Register by June 7 for \$75

www.facebook.com/mccsokinawa.aquatics
www.okinawa.usmc-mccs.org/aquatics

MCCS
SEMPER FIT

Aquatics

Dive-In MOVIE NIGHTS

at Aquatic Centers

CAMP HANSEN | 6/20 & 8/22
CAMP MCTUREOUS | 6/27 & 9/5
PLAZA HOUSING | 7/11 & 9/12
MCas FUTENMA | 7/25 & 10/3
CAMP KINSER | 8/8 & 10/10

Join us for a **FREE** movie showing
with complimentary popcorn
and drinks (while supplies last).

645-2211 | 098-970-2211
www.okinawa.usmc-mccs.org/aquatics

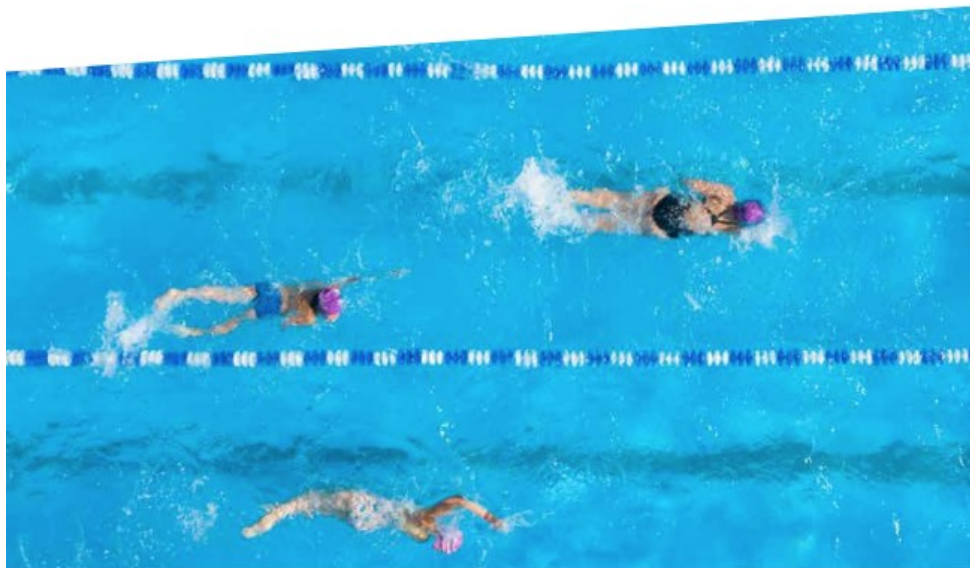
MC&CS
SEMPER FIT

Aquatics



June 26, 2025
**The World's Largest
Swimming Lesson™**

1:30–2:30 P.M. PLAZA AQUATIC CENTER



FREE | Open to all

LEARN SWIMMING TECHNIQUES, REFINE STROKES AND PREVENT DROWNING.

We encourage and support the participation of individuals of all abilities.
Please call 645-3180 and/or email mccsaquatics@okinawa.usmc-mccs.org,
if you need any assistance or require an accommodation.

645-2787
www.okinawa.usmc-mccs.org/semperfit

MCCS
SEMPER FIT

Aquatics

GET READY TO CRUSH YOUR NEXT RACE



SWIM / BIKE / RUN CUSTOM TRAINING PLANS



bit.ly/3V34PLr



Health Promotion

The Semper Fit Health Promotion Program aids service members and their families in achieving optimum health and wellness through group fitness, wellness briefs, unit PT, the HITT program, and more.

Make an appointment with our Wellness team!

Wellness educators provide resources that empower you AND help you stay on track.

Individual, Group, or Unit appointments available:

- Nutrition Education
- Tobacco Cessation
- Health Fairs/Special Events
- Body Composition Program (BCP) (Active Duty only)
- Stress Management
- Alcohol Prevention
- Microwave Meal Demos
- Heart Health
- Sexual Health

To request wellness support, please call 645-3910 or email us at mccshealthpromotions@okinawa.usmc-mccs.org.



Check out our Free Group Fitness Classes!

MCCS Health Promotions hosts a variety of strength and cardio-based group fitness classes across MCB Butler!

Find current class schedules and class descriptions on our webpage at okinawa.usmc-mccs.org/groupfitness

For more information, visit the Health Promotion webpage at okinawa.usmc-mccs.org/healthpromotion or find us on Facebook at MCCS Okinawa - Semper Fit!

Health Promotion

JUNE IS...



DEPLOYMENT READINESS & RESILIENCY MONTH

Deployments can be challenging and stressful for the whole family. However, they can also be opportunities for growth and fostering resiliency.

Contact MCCS Health Promotion for resources to help you and your family during the next deployment or separation.

MCCS
SEMPER FIT

645-3910 | facebook.com/mccsokinawa.semperfit
www.okinawa.usmc-mccs.org/healthpromotion

We encourage and support the participation of individuals of all abilities. Please contact us if reasonable accommodations are necessary. Call 645-3910/098-970-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org.

Health Promotion

Energized & Ready to Exercise!

Kids on the MOVE

June 24 | June 26
Camp Foster | Camp Courtney

8:30–10:30 a.m. | Ages 8–12



Register for FREE in person at Gunners Fitness Center or Ironworks Fitness Center.
Limited to 30 children per session.

We encourage and support the participation of individuals of all abilities. Please call MCCS Health Promotion 645-3910 or email mccshealthpromotion@okinawa.usmc-mccs.org if you need any assistance or require an accommodation.

645-3910 | 098-970-3910 | www.okinawa.usmc-mccs.org/healthpromotion

MCCS
SEMPER FIT

Health Promotion

||-WEIGHT ROOM-|| ORIENTATION

Gunners Fitness Center, Camp Foster

Learn how to optimally operate fitness equipment to meet your fitness goals.

9–10:30 a.m.

• ~~January 25~~

• ~~February 13~~

• ~~March 22~~

• ~~April 17~~

• ~~May 17~~

• **June 19**

Registration required at \$70 per person; deadline to register is one day before desired date.
Orientation is open to all with base access ages 18 and older.

mccshealthpromotions@okinawa.usmc-mccs.org
www.okinawa.usmc-mccs.org/semperfit
645-7834 | 645-3910

MCCS
SEMPER FIT

Health Promotion

2025 HITT SUL SCHEDULE

CAMP SCHWAB
3-7 FEB

Registration closes:
27 JAN

MCAS FUTENMA
10-14 MAR

Registration closes:
3 MAR

CAMP HANSEN
7-11 APR

Registration closes:
31 MAR

CAMP FOSTER
6-10 OCT

Registration closes:
29 SEP

MCAS FUTENMA
17-21 NOV

Registration closes:
10 NOV

CAMP COURTNEY
8-12 DEC

Registration closes:
1 DEC

REGISTRATION REQUIREMENTS

- Active duty Marine or Sailor E4 and above
- Current 1st class for PFT and CFT
- Must have completed Semper Fit Basic Fitness (MCI4134A) and Semper Fit Advanced (MCI 4134A) Fitness Courses



HITT

HIGH INTENSITY TACTICAL TRAINING

MC&CS
SEMPER FIT



We encourage and support the participation of individual of all abilities. Please call 645-3910 / 098-970-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org. If accommodations are required, Email to register

Health Promotion

YOUNG WARRIORS SUMMER

Fit Camp

TUESDAY: ZUMBA KIDS

THURSDAY: YOGA KIDS

0900-1000

@GUNNERS GYM

CAMP FOSTER

MCCS
SEMPER FIT



THE IMPORTANCE OF FITNESS FOR CHILDREN

FITNESS PLAYS A CRUCIAL ROLE IN PROMOTING BOTH THE PHYSICAL AND MENTAL WELL-BEING OF CHILDREN. IT SUPPORTS HEALTHY GROWTH AND DEVELOPMENT WHILE DECREASING THE LIKELIHOOD OF CHRONIC DISEASES IN THE FUTURE. TO ENCOURAGE ACTIVITY DURING THE SUMMER, WE AIM TO OFFER FITNESS CLASSES FOR KIDS. THESE CLASSES WILL FOCUS ON ENJOYABLE FITNESS FORMATS THAT NOT ONLY KEEP THEM ENGAGED BUT ALSO ENHANCE THEIR OVERALL FITNESS LEVELS.



STARTING, THURSDAY JUNE 12th !

REGISTRATION INFORMATION FOR AGES 7-11

CHILDREN AGED 7 TO 11 ARE REQUIRED TO COMPLETE A REGISTRATION FORM ALONG WITH A PARQ ASSESSMENT.

TO RECEIVE THE PACKAGE, PLEASE SCAN OUR QR CODE FOR EVENTBRITE. ALL COMPLETED PACKAGES BRING WITH THEM TO THE 1ST CLASS

SESSION 1



SESSION 2



SESSION DETAILS:

**SESSION 1: JUNE 12 - JULY 3 (NO CLASS ON JUNE 19)

**SESSION 2: JULY 8 - JULY 24

*COST: \$30 PER SESSION (INCLUDES SIX CLASSES PER SESSION)

*MAXIMUM CAPACITY: 20 CHILDREN PER SESSION

WE ENCOURAGE AND SUPPORT THE PARTICIPATION OF INDIVIDUALS OF ALL ABILITIES.

PLEASE CONTACT US IF REASONABLE ACCOMMODATIONS ARE NECESSARY.

EMAIL: MCCSHEALTHPROMOTIONS@OKINAWA.USMC-MCCS.ORG OR CALL US: 645-3910

Excellence Gymnastics Academy (EGA)



KIDS NIGHT OUT
DROP OFF EVENT FOR CHILDREN AGES 4-12

JUNE 7TH 11 \$25

6:00 PM - 9:00 PM
SATURDAY

GYMNASTICS
GAMES
ARTS AND CRAFTS
AND MORE!

Register Today:
portal.iclasspro.com/mccsokinawa



EGA
EXCELLENCE
GYMNASTICS
ACADEMY

Excellence Gymnastics Academy (EGA)

DAYTIME PLAYTIME

For ages
10 months - 4 years old

Mondays

10AM - 11AM

Fridays

11:30AM - 12:30PM

Registration required through

[iClassPro](#)

Parent supervision and guidance
will be required

\$5



Excellence Gymnastics Academy (EGA)

Excellence Gymnastics Academy
ega@okinawa.usmc-mccs.org

ADULT FITNASTICS OPEN GYM

Come work on skills, stay active, and have fun in a relaxed, open gym environment! Whether you're a former gymnast, a beginner, or just looking for a new way to move, this is the perfect opportunity to train at your own pace.

- ✓ Select Monday's
- ✓ 7:00PM - 8:00PM
- ✓ Registration required **24 hours** in advance

Register Now!

- ✓ Registration must be completed through iClassPro

portal.iclasspro.com/mccsokinawa



SMP

Single Marine Program

The Single Marine Program (SMP) fosters personal and professional growth in single, unaccompanied service members through Quality of Life (QOL) advocacy and community engagement opportunities through volunteering and recreational activities.



Become a Unit Representative!

*Be a voice for your unit to address quality of life concerns,
plan memorable trips and events,
and become a force for good in the community!*

SMP Council Meetings*

Kinser SMP	First Wednesday	1500-1600
Futenma SMP	Last Tuesday	1200-1300
Foster SMP	Biweekly Wednesdays	1530-1630
Courtney SMP	Biweekly Wednesdays	1500-1600
Hansen SMP	Biweekly Wednesdays	1300-1400
Schwab SMP	First & Last Wednesdays	1500-1600

***For more information, visit okinawa.usmc-mccs.org/smp
or find us on social media at:***

***Camp Kinser SMP, MCAS Futenma SMP, Camp Foster SMP, Courtney SMP,
Camp Hansen SMP, Schwab SMP, and Oki SMP.***

SMP

Single Marine Program

Trips & Activities

**Open to single or unaccompanied Marines and Sailors only.
Schedule is subject to change*

Kinser SMP 637-3258(DSN)

◆ Deep Sea Fishing

6/14 (Sat) 0500-1800

*Spots are limited to the first 9 signups. Cost per participant is \$120. Fee includes fishing gear, transportation to and from the port. Sign up at Kinser SMP!

◆ Snorkeling Boat trip

6/28(Sat) 0830-1630

*Boat charter for Marines and Sailors to go snorkeling. The cost per person is \$85 dollars, Sign up at Kinser SMP!

◆ Free Food Day

6/10,13,18,24, 1130-1300

*Free lunch at the SMP while supplies last!
First come, first served

Foster SMP 645-3681(DSN)

◆ Manza Ocean Park

6/7(Sat) 1200-1800

◆ Tsuken Island Trip

6/14(Sat) 0700-1700

◆ Go Kart Tour

6/19(Thu) 1400-1800.

◆ Zanpa Beach

6/21(Sat) 1130-1800

*Enjoy Yomitan's clear turquoise waters, perfect for swimming, water sports, or getting cozy on a Unicorn float. Advance sign-up is required at Foster SMP!

◆ Free Food Day

6/4,11,18,25(Wed) 1130-1300

*Free lunch at the SMP while supplies last!
First come, first served.



SMP

Single Marine Program

Volunteer Information

An LOA will be issued to all participants, Contact your local SMP center for more details!

***Schedule is tentative, Open to all who are interested**

Kinser SMP

637-3258(DSN)

***LOAs provided**

◆ **Community Beautification** -Seawall by Parco City

6/7(Sat) 1300-1500

*Contact Kinser SMP for more details, welcome all who are interested!

◆ **Camp Beautification**

6/14 , 21, 28 (Sat) 1300-1400

*Open to eligible ID Card holders.

◆ **Blood Drive**

6/24 (Tue) 1100-1500

*Open to eligible ID Card holders. An appointment can be made with the SMP prior to the blood drive date.



Courtney SMP

622-7105 (DSN)

***LOAs provided**

◆ **Garden Beautification**

June 7 & 28 // 10:30-11:30

*Meet at Courtney SMP at 1015 for event-day sign-ups and help care for the Courtney Friendship Garden. Limited to 10 spots!

◆ **SMP Appreciation Day**-SMP Center Field day

June 12 & 26 // 17:00—18:00

*Meet at the Courtney SMP Center at 1645 for event-day sign-ups. Limited to 10 spots per event!

Foster SMP

645-3681(DSN)

***LOAs provided**

◆ **Scrub A Dub Sunday** -SMP Center Field day

6/8(Sun) 1300-1500

◆ **SMP Garden Day**

6/14,28 (Sat) 1200-1500

* Help plant flowers, trim greenery, and enhance the outdoor space for everyone to enjoy. No experience needed—just bring a positive attitude and a willingness to get your hands dirty! Tools and supplies provided. Dress for outdoor work!

Southern Camps SMP

***LOAs provided**

◆ **Asakatsu**

English Coffee with the US Consulate

When: 6/4 & 6/11—Wednesday

Time: 0730-0830

Location: Starbucks at Barclays Court

- Sign up required at the Southern Camps SMP center
- Welcome all who are interested

FAP

Family Advocacy Program

To schedule a counseling appointment, please call us at 645-2915 or 098-970-2915 or visit us at Camp Foster Bldg. 439, 2nd floor. We are open from Monday-Friday between 0800-1600, excluding holidays.

'Re-Train Your Brain' (Century Anger Management Class)

'Re-Train Your Brain' - (Century Anger Management) is a 4-week psychoeducational class taught by Behavioral Health, Family Advocacy Program Prevention & Education. This class teaches individuals how to properly manage stress, cope with feelings of anger, and communicate effectively. Available to active duty Marines, attached Sailors, and dependents.

Must be age 18 and over.

Mondays	0930-1130	Camp Hansen Behavioral Health	Bldg. 2631
Wednesdays	1130-1330	Camp Foster Behavioral Health	Bldg. 439

Skill Building Unit Brief

Briefs are provided to units in a variety of formats and topics. Specific topics can be requested to match individual unit needs. Examples of previously conducted briefs are Stress Management, Conflict Resolution, and Healthy Dating. Units can contact us by email to arrange a date and time for us to come provide this brief to their Marines or Sailors.

Available upon request- Please email: fapprevention@usmc.mil to schedule.

***For more information on counseling and psycho-educational groups,
Please call 645-2915 or FAPprevention@usmc.mil.***

NPSP

New Parent Support Program

Parents in Uniform

There are many challenges related to being a military parent. This is a small, group-based class offered to parents at any stage of pregnancy. We recommend taking it earlier rather than later in the pregnancy, as we cover Marine Corps policies related to becoming a parent—housing information, legal requirements, community resources, leave policy, on-island childcare options, DEERS, and other family readiness issues.

12 June **1430-1630** **Camp Foster** **WestPac Inn**

Baby Boot Camp

This class will provide helpful information on caring for your baby from birth through the first months after delivery. It discusses home, car, and crib safety, how to diaper, bathe, and soothe your baby, as well as feeding and breastfeeding. Also included is information on self-care, diet and nutrition, and baby health. At the end, prizes and giveaways are offered as well as resources that will help you transition to parenthood.

16 June **0815-1630** **Camp Foster** **Bldg. 439**

Infant Massage Class

Learn massage techniques that help with gas, colic, teething, congestion and regulating temperature. Infant Massage is a great way for both parents to connect and bond with baby and decreases the risk of Post-Partum Depression and promotes brain development.

Every Thursday **1000-1130** **Camp Foster** **WestPac Inn**

Play Morning

This interactive educational playgroup is offered to parents and their children under the age of six to assist parents in learning developmentally appropriate play techniques and help children improve their social, cognitive, language and motor skills. Registration required. For more information, please call at DSN: 645-0396 or 098-970-0396 (off base) or send us an e-mail at NPSPokinawa@usmc.mil.

Every Wednesday **1000-1130** **Camp Courtney** **Bldg. 4408**

Parenting Support Group

This group is designed to help parents: increase social connections, share experiences and parenting tips, discover new ideas for everyday challenges, and build friendships and support networks. Open to parents with children under 6 years old. Babies under 6 months are welcome to attend with their parents if needed.

Every Tuesday **1100-1230** **Camp Foster** **Bldg. 440**

The New Parent Support team consists of licensed professional counselors, social workers, and registered nurses with knowledge of the issues encountered by parents. Visit the MCCS NPSP webpage at: www.mccsokinawa.com/npsp/

CCP Community Counseling Program

To schedule a counseling appointment, please call Camp Foster at 645-2915 or Camp Hansen 623-1458.

BEHAVIORAL HEALTH

COMMUNITY COUNSELING PROGRAM

CONFIDENTIAL WALK-IN
SCREENING SERVICES

RELATIONSHIP ISSUES | ANGER | ANXIETY
DEPRESSION | JOB STRESS | GRIEF & LOSS

CAMP FOSTER | BLDG. 439
Monday–Friday, 8–11 a.m. & 1–4 p.m.
645-2915

CAMP HANSEN | BLDG. 2631
Monday–Friday, 8–11 a.m. & 1–4 p.m.
623-1458

Licensed and experienced counselors are available to help with the challenges of military life. Individual, couple, family and group counseling sessions are available.

MARINE &
Family

Community
Counseling
Program

MCICS
MARINE CORPS
INSTITUTIONAL COUNSELING CENTER

SACP

Substance Assessment and Counseling Program



www.okinawa.usmc-mccs.org/sacc

CYP

Child & Youth Programs

MCCS Child and Youth Programs (CYP) provide a safe, healthy, and developmentally appropriate learning environment as well as recreational opportunities for your family. The Child Development Centers (CDC) provide full-time care for children 6 weeks to 5 years old. School Age Care (SAC) provides before school, after school, and full day care on no school days for children in kindergarten through age 12 years old. CDC and SAC programs also provide drop-in hourly care.

The youth and teen centers are affiliated with the Boys and Girls Club of America and provide activities, field trips, and other recreational opportunities to kids ages 10-12 years old at youth centers and 13-18 years old at teen centers.



Check out your local Youth & Teen Center!

mccsokinawa.com/youth_centers • mccsokinawa.com/teenscenters

MARINE & Family
Child and Youth Programs

MCCS
MARINE CORPS

To register, please visit us at Camp Foster Building 495, or visit our webpage at: www.mccsokinawa.com/cyp/.

EFMP

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) in Okinawa ensures the continuity of care for dependents of active personnel who have special needs. Enrollment in the program is mandatory for those family members who have been determined by Headquarters Marine Corps EFMP to meet eligibility requirements. Standard forms for enrollment include DD Form 2792 (medical summary) and DD Form 2792-1 (educational needs summary). Besides assisting in initial enrollments, updated enrollments and requests for disenrollment, the Okinawa USMC EFMP Installation Office provides transition assistance, administrative case management, IEP support and training/outreach opportunities.



- **Assignment Coordination**
- **Information and Referral**
- **Administrative Case Management**
- **IEP Meeting Support**

For more information, contact the
Okinawa EFMP Installation Office.

645-9237 | 098-970-9237
efmp@okinawa.usmc-mccs.org
mccsokinawa.com/efmp



For questions and more information on the EFMP or to register for EFMP workshops, please contact the closest EFMP office:

Camp Foster, Bldg. 495: 645-9237

Camp Kinser, Bldg. 1316: 637-3516

Camp Courtney, Bldg. 4448: 622-9794

Email: efmp@okinawa.usmc-mccs.org

Webpage: www.facebook.com/mccsokinawa.marineandfamily

EFMP Exceptional Family Member Program

JOURNAL & JAVA

**3RD THURSDAY OF THE MONTH
10-11 A.M. | FOSTER LIBRARY**

MCSCS 645-9237 | 098-970-9237
MARINE CORPS  www.okinawa.usmc-mccs.org/EFMP

EFMP Exceptional Family Member Program

Marine & Family Programs Telephone Directories

Deputy Director, Marine & Family Programs	Christopher Cowderoy	645-3082
Chief, Personal & Professional Development	Tina Smilie	645-7809
Chief, Behavioral Health	Clark Jackson	645-2915
Chief, Family Care Program	Tamara Browning	645-4505
Chief, Semper Fit	Robert Johnston	645-3741
Director, Family Advocacy Program	Zachary Dungca	645-2915
Director, Community Counseling Program	Necol Jackson	645-2915
Director, Substance Assessment & Counseling Program	Charles Darsan	645-0815
Director, Resources	Terry Burmester	645-2903
Director, Education Program	Evan Carpenter	645-5797
Director, Library Program	Lynn Castaneda	645-6056
Director, Marine Corps Family Team Building	Bebe Husanini	645-3724
P&PD Administrative Specialist	Tabitha Williams	645-2889
Resources Administrative Specialist	Akira Nakayoshi	645-3125

PERSONAL AND PROFESSIONAL DEVELOPMENT

<i>Education Centers</i>			<i>Libraries</i>		
Foster	Bldg. 5679	645-7160	Foster	Bldg. 5679	645-7178
Courtney	Bldg. 4425	622-9694	Courtney	Bldg. 4453	622-9280
Futenma	Bldg. 407	636-3036	Futenma	Bldg. 403	636-3946
Hansen	Bldg. 2339	623-4376	Hansen	Bldg. 2339	623-7372
Kinser	Bldg. 1220	637-1821	Kinser	Bldg. 1311	637-1039
Schwab	Bldg. 3000	625-2046	Schwab	Bldg. 3000	625-2518
<i>Resources</i>					
<i>Camp Foster, Building 445</i>			<i>Camp Courtney, Building 4425</i>		
Resources Manager	645-3150		Front Desk / I & R	622-7332/7739	
Front Desk/Reception	645-2104/2106		Personal Finance	622-7416	
Relocation Services	645-7494		TRP/FMEAP Program	622-7878	
Resources	645-3600				
Administrative Assistant					
Personal Finance	645-3473		<i>Camp Hansen, Building 2339</i>		
Culture Awareness	645-3127/8109		Front Desk / I & R	623-4522/3055	
TRP Manager	645-7810		TRP/FMEAP Staff	623-3027/7291/7736	
FMEAP Manager	645-5074				
Transition Office	645-3151/3154		Personal Finance	623-3050	
Veterans Affairs Rep	645-3508				
Retired Activities Office	645-3159				
<i>Camp Schwab, Building 3000</i>			<i>Camp Kinser, Building 1220</i>		
Front Desk/I & R	625-2622		Front Desk / Reception	637-2815	
TRP/FMEAP	625-2699		Information & Referral	637-2509	
			Personal Finance	646-9125	
			TRP/FMEAP	637-1307	
<i>Marine Corps Family Team Building, Bldg. 445</i>					
Reception/Admin	645-3689		Family Readiness		
			Readiness &	645-7806	
			Deployment	645-3698	
L.I.N.K.S.	645-3696		Volunteer Program	645-3749	
LifeSkills Training	645-7806		Navy Support	645-5707	

BEHAVIORAL HEALTH

<i>Family Advocacy</i>			<i>Community Counseling</i>		
Foster	Bldg. 439	645-2915/2916	Foster	Bldg. 439	645-2915/2916
FOCUS	Bldg. 5691	645-6077	Hansen	Bldg. 2631	623-1453
NSPS	Bldg. 439	645-0396			

Substance Assessment & Counseling Program

Foster Bldg. 440 645-3009
Fax: 645-3939

SEMPER FIT

<i>Single Marine Program</i>			<i>Gyms/Fitness Centers</i>		
Foster	Bldg. 5908	645-3681	Foster	Bldg. 5902	645-2705
Hansen	Bldg. 2377	623-3017	Kinser	Bldg. 1307	637-1114
Schwab	Bldg. 439	625-1119	Futenma	Bldg. 159	636-2676
Kinser	Bldg. 1220	637-7105	Futenma	Bldg. 303	636-3241
Courtney	Bldg. 4319	622-7105	Courtney	Bldg. 4451	622-9221
Futenma	Bldg. 104/105	636-1015	Hansen	Bldg. 2431	623-4831
			Hansen	Bldg. 2828	623-2702
			Schwab	Bldg. 3450	625-2618
<i>Health Promotions</i>			<i>Athletics</i>		
Wellness Director		645-3910	Adult Sports		645-3521/3522
Fitness Director		645-3484	Youth Sports		645-3533/3534
Group Fitness Director		645-3484			
<i>Aquatics</i>					
Aquatics Program		645-3180			
Swim Team		645-2787			

FAMILY CARE

<i>Child Development Centers</i>			<i>Resource & Referral</i>		
Foster	Bldg. 499	645-3846/2549	Foster	Bldg. 495	645-4117
Ashibina (Fstr)	Bldg. 1680	645-5072/5073	<i>Family Child Care</i>		
Kinser	Bldg. 864	637-2296/2291	Foster	Bldg. 495	645-2174
Courtney	Bldg. 4456	622-9702/7761	<i>Exceptional Family Member</i>		
<i>Youth & Teen Centers</i>			Foster	Bldg. 495	645-9237
Kishaba (Y)	Bldg. 24	645-8012	Kinser	Bldg. 1316	637-3516
Foster (T)	Bldg. 200	645-1004/1006	Courtney	Bldg. 4448	622-9794
Kinser (Y/T)	Bldg. 1316	637-1755	<i>School Age Care Program</i>		
Courtney (Y/T)	Bldg. 4446	622-9702/9711	Foster	Bldg. 1620	645-7301
			McTureous	Bldg. 5206	622-9051
			Kinser	Bldg. 1091	637-3760
<i>Y=Youth / T=Teen</i>					
<i>Y/T=Youth & Teen</i>					

Events On Okinawa

Chatan Dragon Boat Festival

- ◆ Date: 1 June 2025
- ◆ Time: 07:00~
- ◆ Location: Hamagawa Port
- ◆ Address: 4 Minato, Chatan town
- ◆ Admission: Free

Father's Day Tuna Fish Fair (Tuna cutting show)

- ◆ Date: 14-15 June 2025
- ◆ Time: 11:00~
- ◆ Location: Tomari Iyumachi
- ◆ Address: 1-1-18 Minatomachi, Naha city
- ◆ Admission: Free

Father's Day Bull Fighting

- ◆ Date: 15 June 2025
- ◆ Time: 13:00~
- ◆ Location: Uruma city Ishikawa Multi-purpose Dome
- ◆ Address: 2298-1 Ishikawa, Uruma city
- ◆ Admission: Male 3,000 yen, Female 2000 yen, Jr. High & High School students 1,000 yen, Elementary School students and below FREE

Hydrangea Garden Yohena

- ◆ Peak season: Mid May to the beginning of June
- ◆ Date: 7 May 23 – late June
- ◆ Time: 0900 – 1800
- ◆ Admission: Adults 500 yen, Children 200 yen
- ◆ Location: Yohena Hydrangea Garden
- ◆ Address: 1312 Izumi, Motobu, Kunigami District, Okinawa
- ◆ Website: yohena-ajisai.sakura.ne.jp