



USAG WEST POINT FMWR NEWSLETTER



AUGUST 2026 HIGHLIGHTS

CLICK ON EVENT IMAGES FOR DETAILS. LINKS WILL NOT WORK IN EMAIL PREVIEWS.
SIGN UP FOR OUR WEEKLY TEXT FOR ALL UPCOMING EVENTS, PROGRAMS & ACTIVITIES.

MWR SPECIAL EVENTS

WEST POINT MWR OKTOBERFEST

★ **FRI, SEP 25TH**

★ **SAT, SEP 26TH**

JOIN MWR FOR OUR CELEBRATION OF GERMAN CULTURE WITH FOOD, DRINKS, MUSIC, DANCING, & FUN!

OPEN TO THE PUBLIC

WEST POINT CLUB

CLASS OF '47 TRAIN STATION

HAPPY HOUR

Thursdays, 4:30pm-8:30pm at 696 Williams Road

FMWR BOWLING CENTER

WEST POINT FAMILY & MWR BOWLING CENTER

KIDS BOWL FREE

www.kidsbowlfree.com

APRIL 15TH THROUGH AUGUST 31ST!

MORGAN FARM

MORGAN FARM

HORSE RIDING CAMPS

JUNE, JULY, & AUGUST 2026

OPEN TO AGES 5-16

TRONSRUE MARKSMANSHIP

-TRONSRUE MARKSMANSHIP CENTER-

UPCOMING MINI CLASSES

FRIDAYS | MAY 29-AUG 14 | 7-9PM

TRONSRUE MARKSMANSHIP

NEW YORK STATE CONCEALED CARRY PERMIT COURSE

AUG 1ST & 2ND, 9AM-6PM

AT TRONSRUE MARKSMANSHIP CENTER. AGES 21+ ONLY. \$400 PP.

TRONSRUE MARKSMANSHIP

INTERMEDIATE PISTOL

AUG 9TH

9AM TO 2PM

AT TRONSRUE MARKSMANSHIP CENTER (BLDG 655)

WEST POINT ARTS & CRAFTS

A Stitch in Time

A weekly yarn social at West Point Arts & Crafts

Wednesdays, from 9am-12pm

MWR FITNESS CENTER

Acupuncture

WITH STEFANIE

OFFERED AT THE MWR FITNESS CENTER

Need to recover after a hard workout? Melt the pain away with Acupuncture!

MWR FITNESS CENTER

By the Cadets Hostess Office (Building 148)
HOSTED BY THE FMWR FITNESS CENTER

YOGA at Trophy Point

JUNE - SEPTEMBER | SATURDAYS, 9AM-10AM | \$5 PER PERSON

MWR FITNESS CENTER

Stretching & Mobility

WITH **Krista K**

9AM FRIDAYS AT THE MWR FITNESS CENTER

MWR FITNESS CENTER

S.L.A.M.

SWEAT LIKE A MOTHER! FITNESS CLASS

Mondays, Wednesdays, and Fridays, from 9:30am - 10:30am at Dragon Park

(Inside the MST starting Nov 3rd)

MWR FITNESS CENTER



PILATES
WITH SALLY

Mon & Wed, 5:45am-6:30am at the Fitness Center

MWR FITNESS CENTER



Cadets run for free!
Open to the public!

27
EARNED NOT GIVEN

RING RUN 5K

SAT, AUG 22ND - STARTS 8:30am AT CLINTON LOT

MWR FITNESS CENTER



Living Angelic
MASSAGE THERAPY

At the MWR Fitness Center

Offering a wide variety of different massage techniques to help you heal!

MWR FITNESS CENTER



WAKE UP WITH PAT

TUESDAYS & THURSDAYS
6:30am-7:30am
At the MWR Fitness Center

MWR FITNESS CENTER



Sunrise Salsa with the Sotos

Every Thursday: 6:30-7:30am

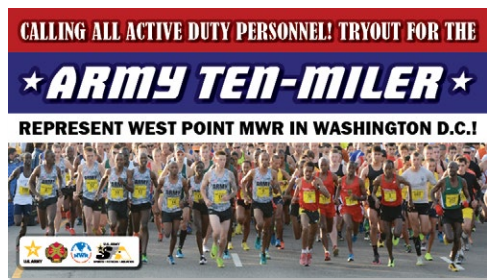
BUFFALO SOLDIER PAVILION



Dancing Salsa with the Soto's

Classes begin April 28

INTRAMURAL SPORTS



CALLING ALL ACTIVE DUTY PERSONNEL! TRYOUT FOR THE

★ **ARMY TEN-MILER** ★

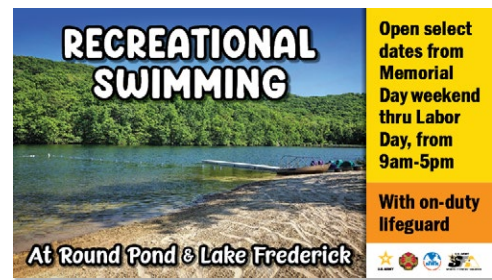
REPRESENT WEST POINT MWR IN WASHINGTON D.C.!

INTRAMURAL SPORTS



West Point Community
NOONTIME INDOOR
PICKLEBALL
Open Play
Tuesdays & Thursdays | 12-1pm

RECREATIONAL SWIMMING



RECREATIONAL SWIMMING

Open select dates from Memorial Day weekend thru Labor Day, from 9am-5pm

With on-duty lifeguard

At Round Pond & Lake Frederick

RECREATIONAL SWIMMING



RECREATIONAL SWIMMING

JUN 27TH TO SEP 7TH

Mon-Sat: 10am-5pm
Sunday: 12pm-5pm

EXTENDED HOURS:
Fridays 5pm-7pm, starting July 3rd

AT LONG POND

RECREATIONAL SWIMMING



SUMMERTIME LAP SWIM AT GRANDALL POOL

OUTDOOR RECREATION



Get OUTDOORS

20 26
ARMY OOR

Privately sponsored by
MILITARY STAR DISCOVER NETWORK
No Federal Endorsement Implied

OUTDOOR RECREATION



HIKING BIKING CHALLENGE

LAKE FREDERICK REC AREA



CABIN RENTALS

OUTDOOR RECREATION



STARLIGHT CINEMA
• NIGHT AT THE MUSEUM •

AUG 8TH 9:00PM

AT H-LOT FIELDS (NEAR THE PX)

FREE AND OPEN TO THE PUBLIC! REFRESHMENTS AVAILABLE FOR PURCHASE

FOR MORE EVENTS & ACTIVITIES, VISIT WESTPOINT.ARMYMWR.COM

WEST POINT AUTO



LEISURE TRAVEL SERVICES



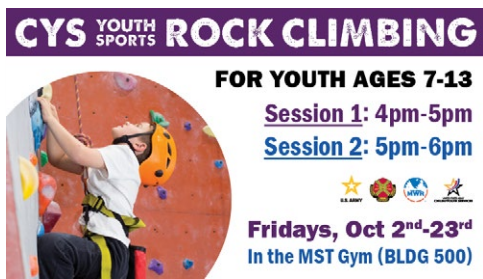
CYS YOUTH SPORTS



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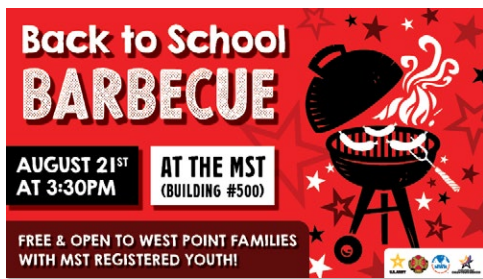
CYS YOUTH SPORTS



CYS YOUTH SPORTS



YOUTH CENTER (MST)



YOUTH CENTER (MST)



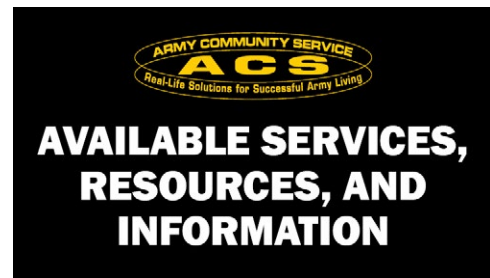
PARENT CENTRAL SERVICES



PARENT CENTRAL SERVICES



ARMY COMMUNITY SERVICE



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