



USAG WEST POINT

WHAT'S HAPPENING WITH FAMILY & MWR

AUGUST ²⁰/₂₂



TO ENABLE EMBEDDED HYPERLINKS, THIS PDF MUST BE VIEWED THRU A PDF VIEWER SUCH AS ADOBE ADOBE ACROBAT, OR THRU AN INTERNET BROWSER. LINKS WILL NOT WORK IN EMAIL PREVIEWS.

COVID-19 RESTRICTIONS STRICTLY ENFORCED AT MWR FACILITIES FOR CUSTOMER & STAFF SAFETY



DIGITAL GARRISON
MOBILE APP

POWERED BY:



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](https://westpoint.armymwr.com)

Upcoming Special Events

CYS SCHOOL SUPPORT SERVICES PRESENTS:

SEE THE POINT!



**FINAL
TOUR RUNS
AUG 11TH**



FEATURES OF THIS TOUR OF WEST POINT INCLUDE:

- MORGAN FARM & THE ARMY MULES
- THE WEST POINT BOWLING CENTER
- THE MIDDLE SCHOOL TEEN CENTER
- WEST POINT MIDDLE SCHOOL
- WEST POINT ARTS & CRAFTS CENTER
- OUTDOOR RECREATION, AND MORE!
- PLUS, ENJOY A COMPLIMENTARY SLURPEE AT AAFES EXPRESS!

See P&OS for permission slip. To register, call P&OS at (845) 938-4458 / 1362 / 0939. Space is limited. Register at least 48hrs before tour. Please pack a lunch and wear comfortable walking shoes & socks (for bowling). If desired, after tour, participants may remain at the MST for Open Gym until 4pm. Call (845) 938-2092 for more info.



UNITED STATES ARMY INSTALLATION
MANAGEMENT COMMAND
WESTPOINT.ARMYMWR.COM



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

Upcoming Special Events



Ring Run — 5K Race —

August 27th | 8am | Thayer Extension

Pre-register online at westpoint.armymwr.com.

Day of registration starts at 7am.

Pre-registration \$20 | Day of \$25

Registration includes: Class Crest Race T-Shirt.

Prizes for:

Top 3 finishers male & female and top male & female cadet.

Package pick-up on August 26th from 10am-6:30pm at the MWR Fitness Center.



UNITED STATES ARMY
INSTALLATION MANAGEMENT COMMAND

westpoint.armymwr.com
(845) 938-6490



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

Upcoming Special Events

FAMILY & MORALE, WELFARE AND RECREATION

SAVE THE DATE!

TEST YOUR ATHLETIC METTLE ON
ALL **950 VERTICAL FEET** OF THE
VICTOR CONSTANT SKI SLOPES!

CONQUER THE VIC 5K TRAIL RUN

8AM SEPTEMBER 25TH

AT VICTOR CONSTANT
SKI AREA



OPEN
TO THE
PUBLIC

WEST POINT
CONQUER THE VIC
5K TRAIL RUN



OPEN TO THE PUBLIC!

JOIN MWR FOR OUR
12TH ANNUAL

WEST POINT OKTOBERFEST

OCTOBER 7TH - 8TH

AT VICTOR CONSTANT
SKI AREA

STAY TUNED TO OUR FACEBOOK & WEBSITE FOR UPCOMING INFO!



SPECIAL EVENTS: (845) 938-6497
VISIT WESTPOINT.ARMYMWR.COM
OR FACEBOOK: WESTPOINTFMWR



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

THE WEST POINT CLUB

CLUB IS OPEN TO THE PUBLIC - DOD VISITOR ACCESS POLICIES APPLY



Club Lunch Program



Check our Facebook page for weekly menu rotations!

From 10:30am - 2pm, enjoy Bistro 603's Grab-N-Go lunch & daily carving board selections, plus:

NEW: "BUFFET BONANZA"
AT THE WEST POINT CLUB

**Featuring Taco Tuesdays
and Wing Wednesdays!**

Mondays, Thursdays, & Fridays:
Rotating International Favorites

Buffet Bonanza (Dine In only) Includes Chef's choice of dessert & Iced Tea. \$14 pp.



DINNER TO GO AT THE CLUB

Mon - Fri: Place order by 2pm.

Pick up from 4pm - 5:30pm.

Servings for 4 & 6 people available.

View our full menu [HERE](#). Order at
(845) 938-5120 or (845) 446-5545.



DINNER-TO-GO

AT THE WEST POINT CLUB

NOTE: BENNY HAVENS LOUNGE IS CLOSED UNTIL FURTHER NOTICE

Planning an event? Book one of our off-premise sites!

(845) 938-5120 OR (845) 446-5545 | THEWESTPOINTCLUB.COM

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

THE WEST POINT CLUB

A-DAY BUFFET

SATURDAY, AUGUST 13, 2022



AT THE HISTORIC WEST POINT CLUB



ON THE MENU

- FRESH GARDEN SALAD-
- ITALIAN PASTA SALAD-
- SAUTÉED BREAST OF CHICKEN PROVENCAL-
- MEATBALLS MARINARA-
- TRI COLOR ROTINI PRIMAVERA -
- WILD RICE PILAF-
- GARLIC GREEN BEANS-
- CHEF'S CHOICE ASSORTED DESSERTS-
- ICED TEA, COFFEE, TEA & DECAF-



RESERVATIONS ONLY

For reservations, please contact Rose Tumacder
at (845) 938-8007 or rose.a.tumacder.naf@army.mil

\$23 per person includes service charge



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

WEST POINT GOLF COURSE



WEST POINT GOLF COURSE DAILY FEES

ON WEEKDAYS

DAILY

TWILIGHT

E1-E6, CADETS, KIDS

\$35

\$23

E7-03

\$48

\$28

04-010, RETIREES,
& DOD CIVILIANS

\$50

\$30

CONTRACTORS, VETS,
SENIORS, & GUESTS

\$60

\$35

GENERAL PUBLIC

\$71

\$43

WEEKENDS & HOLIDAYS

DAILY

TWILIGHT

E1-E6, CADETS, KIDS

\$40

\$25

E7-03

\$55

\$32

04-010, RETIREES,
& DOD CIVILIANS

\$58

\$35

CONTRACTORS, VETS,
SENIORS, & GUESTS

\$73

\$45

GENERAL PUBLIC

\$88

\$55

TWILIGHT PRICING STARTS AT 3PM, & IS NOT AVAILABLE ON MONDAYS. DAILY FEES INCLUDE CART RENTAL. YOU MUST PRESENT A VALID ID TO RECEIVE MILITARY/DOD RATES. NO OUTSIDE ALCOHOLIC BEVERAGES OR COOLERS ARE PERMITTED ON THE GOLF COURSE PREMISES.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

WEST POINT BOWLING CENTER

Open MON-THURS: 11am-7:30pm, FRI: 11am-11pm, SAT: 12pm-11pm, SUN: 12pm-7:30pm



DELIVERY HOURS*

MON-WEDS & FRI: 11AM - 7PM

THURS & SAT-SUN: 12PM - 7PM

PLACE ORDERS AT (845) 938-2140

VIEW OUR ENTIRE MENU ONLINE
AT WESTPOINT.ARMYMWR.COM



*DELIVERY IS AVAILABLE FOR WEST POINT RESIDENTS ONLY. ON-SITE PICKUP IS AVAILABLE FOR ALL OTHERS.

NEW! Sensory-friendly bowling is now offered every 2nd Tuesday of the month from 4:30pm-5:30pm at the FMWR Bowling Center!

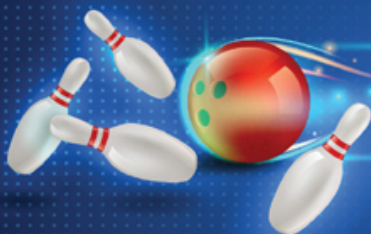


NOW THRU AUGUST 31ST!

Kids ages 2-15 get two FREE bowling games every program day! Register for this offer online at: kidsbowlfree.com/Army. For more info, call the West Point Bowling Center at (845) 938-2140.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

WEST POINT BOWLING CENTER



WEEKLY SPECIALS

LUNCH N' BOWL

Monday - Friday, 11:30am - 1pm

Buy any Combo Meal and get your bowling game for half price! Come in during lunch hour and shake up your typical break from the office.

TIME FOR TOTS

Tuesdays, 11:30am - 1:30pm

Kids 6 years old or younger get two bowling games, bowling shoes, a small fountain soda, and a slice of pizza for only \$7.50 per child!

COSMIC BOWLING

Fridays & Saturdays, 5pm - 11pm

When the sun goes down, black lights, glow pins and good times await you at the West Point Bowling Center! \$5.00 per person, per game.

OPEN BOWLING

7 Days a Week

Open Bowling at West Point is always a great deal! Only \$4.50 per person per game, with \$4.00 shoe rentals. What are you waiting for?

BOWLING LEAGUES



**SPOTS OPEN
ON MON & THU
NIGHT LEAGUES**

League play runs September through May with Monday, Sunday, and Thursday evening leagues! Teams are often looking for full time players or alternates. All leagues are handicap formatted. Please call us for more information. We can help place you on an existing team, or assist you in setting up your own!



MON-THU: 8:30AM-1PM, FRI: 11AM-11PM, SAT: 12PM-11PM
SUN: 12PM-7:30PM | WWW.WESTPOINT.ARMYMWR.COM
(845) 938-2140 | 622 SWIFT RD, WEST POINT, NY 10996



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WWW.WESTPOINT.ARMYMWR.COM

MORGAN FARM



**Pet Kenneling • Dog Grooming • Seasonal Riding Camp
Riding Lessons • Horse Boarding • RV & Boat Storage**



DOG GROOMING

- NAILS • BATHS
- EARS • TRIMS

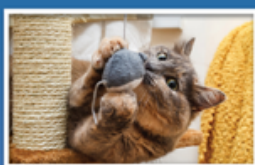


MORGAN FARM

STABLE & KENNEL



RESERVATIONS CAN BE MADE MON-FRI, 8:30AM-1PM
(845) 938-3926 | WWW.WESTPOINT.ARMYMWR.COM
206 MORGAN FARM ROAD, WEST POINT, NY 10996



PET KENNELING

- DAILY DOG WALKS
- LARGE DOG RUNS
- CLIMATE CONTROLLED
- MULTI-PET DISCOUNTS



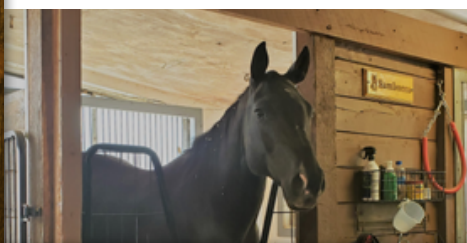
HORSE RIDING LESSONS

Private & group lessons for ages 5+.
Semi-private options available. Face
masks required. For info, call (845)
938-3926 or visit [the MWR website](http://theMWRwebsite).



HORSE BOARDING

Our historic stables offer large stalls,
daily turnout, 2 lighted outdoor rings,
an 225'x95' indoor ring, scenic trails,
and 3 different boarding options. Get
more info at (845) 938-3926 or online.



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

OUTDOOR RECREATION

LAKE FREDERICK REC AREA

Lake Frederick Recreation Area offers 8 bunk houses with heat & A/C, 50 tent sites, a meeting/mess hall, pavilions, & bathhouse. A mountain lake, ADA fishing pier, swimming beach, and hiking trails are all within walking distance from your site! Our main office offers firewood, canoes, paddle boats, rowboats and more. Additional Services include a bathhouse with hot showers, a volleyball court, basketball court, & coin operated laundry.



Contact the Lake Frederick Office at (845)938-2649.

LAKE FREDERICK CABIN RENTALS

Spend some good ol' fashioned quality time with your family in our cozy lakeside bunk houses! Amenities include heat, a mini fridge, fire ring, & charcoal grill. Four Family Style cabins (with dining area) are available to rent for just \$100 per night! (\$125 on holidays/USMA events). Wood, bagged ice, & Lake Frederick patches are also available to buy! For more info, or to book a reservation, visit westpoint.armymwr.com or call (845) 938-2649.

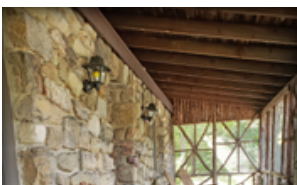


VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

OUTDOOR RECREATION

BULL POND REC AREA

Bull Pond Recreation Area now open for the season!
Lodging dates and application info available [HERE](#).



MAKE YOUR RESERVATION TODAY!

RESERVATIONS OPEN TO ALL ELIGIBLE DOD PERSONNEL.

Bull Pond Reservations are available on a first come, first serve basis. To make a reservation, call (845) 938-2649. Questions can be emailed to daniel.b.eichner.naf@army.mil. To see available lodging dates, please visit the [Bull Pond](#) page on westpoint.armymwr.com.



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

RECREATIONAL SWIMMING



Swim passes now available for purchase at the MWR Fitness Center!
Regular (Day) Swim Pass: \$5 per Adult or Cadet; \$3 per Child or Senior.
12 Swim Punch Pass: \$50 per Adult or Cadet; \$30 per Child or Senior.



LAKE FREDERICK

Lifeguards will be on duty Fri - Sun.

Open: 11am-5pm, on Weekends Only:

September 3rd - 5th

ICE CREAM & BEVERAGES AVAILABLE EVERY DAY!



ROUND POND

Open: 11am-5pm, 7 Days a week:

Now through August 21st!

Open 11am-5pm, on Weekends Only:

August 27th - 28th & September 3rd - 5th



LONG POND

Open: 11am-5pm, 7 Days a week:

Now through September 7th!

For rules & additional info, click [HERE](#) or call (845) 938-6490.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

OUTDOOR RECREATION

RECREATIONAL FISHING & HUNTING



**NYS Freshwater
Fishing Regulations**



**SHOP BAIT & TACKLE
AT ROUND POND!**



OPEN SEASON FOR:

- MUSKELLUNGE • SHAD
- TROUT • PERCH • EEL
- SALMON • WHITEFISH
- BLACK/STRIPED BASS
- SUNFISH • CRAPPIE

Fishing Permits & Fishing Info | Hunting Permits & Hunting Info

CAMPING RESERVATIONS FOR 2022 SEASON

Book your reservation by calling (845) 938-8810/2503 between 12pm-4pm, Mon-Fri. For more info about campsites, please click the following links:

BULL POND | ROUND POND | LAKE FREDERICK



OUTDOOR RECREATION EQUIPMENT RENTALS

The Outdoor Recreation Equipment Checkout Center is your home base for hiking, backpacking, canoeing, kayaking, rock climbing, mountain biking, paintball, & more! In addition to rental equipment, it also offers an equipment resale discount program, as well as guide books and maps of local trails and outdoor activities. For rental assistance, or for more information, contact ODR at (845) 938-0123.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

OUTDOOR RECREATION



SATURDAYS | 10-11:30AM

July
2nd, 9th & 30th

August
6th, 13th, 20th
& 27th

September
3rd

\$40 per class - Includes all equipment
Registration required online at: westpoint.armymwr.com

Round Pond Recreation Area
1348 Round Pond Rd., West Point, NY 10996

Classes include a diverse range of poses for all skill levels while promoting balance, core strength and stability.

No matter what level, our instructor, will guide you through amazing benefits of yoga by using your core to balance on a stand up paddleboard (SUP) on water!



For info, call
(845) 938-0123
WESTPOINT.ARMYMWR.COM



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

AUTOMOTIVE SKILLS CENTER

AUTOMOTIVE SKILLS CENTER



THE AUTO CENTER IS OPEN FOR FULL SERVICE!

OIL CHANGE SPECIAL

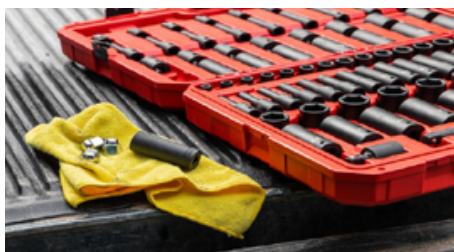


OIL CHANGE SPECIAL!

Conventional Oil: \$45 for up to 5qts*).

Synthetic Oil: \$70 for up to 5qts*).

**Additional quarts extra*



Auto Skills Center Hours

Tuesday - Saturday 8am - 3pm.

For more info, call (845) 938-2074
or visit us at westpoint.armymwr.com.



The Auto Center offers full mechanical services as well as self-help bays, NYS Inspections, oil changes, tire services, and computer diagnostics!

For more info, call us at (845) 938-2074. Reservations are required.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

RENTAL FACILITIES

**MWR OFFERS A WIDE RANGE OF RENTAL FACILITIES
SUITABLE FOR ALL MANNER AND SIZES OF EVENTS!**

VIEW OUR FULL RENTAL BROCHURE [HERE!](#)



HAPPY MOUNTAIN PAVILION



SHAPPY'S REC. PAVILION



WOOD-E LO HI PAVILION

RENTALS FOR ALL OCCASIONS!



BUFFALO SOLDIER PAVILION



VICTOR CONSTANT SKI LODGE



CLASS OF '49 LODGE



CLASS OF '47 TRAIN STATION

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

Arts & Crafts Center

UNLEASH YOUR CREATIVITY!

The Arts & Crafts Center offers a variety of craft classes for all ages, including pick-and-paint pottery, stained glass, canvas painting, glass fusion, pallet painting, mosaics, sewing, scrapbooking, and more! Birthday packages and private event bookings are also available. Call (845) 938-4812 for more info.

BE ON THE LOOKOUT FOR OUR NEW LINEUP OF FALL CLASSES (COMING SOON TO THE ARTS & CRAFTS CENTER CALENDAR!)

Our custom framing experts will help turn your achievements into timeless works of art! Choose from 500+ quality mouldings, 450 acid-free mats, & UV-Protective glass. DIY framing classes are also available by appointment.

Turn your gift-giving up a notch! West Point Arts & Crafts offers framing, engraving, full color sublimation services, and other unique gifting options!



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

TRONSRUE MARKSMANSHIP CENTER

**LAST CHANCE TO TAKE ADVANTAGE OF OUR
SUMMER SPECIALS & DEPARTMENT TEAM BUILDING ACTIVITY!**

REC SHOOTING: TUE-WED 10AM-3PM, & THU-FRI 6:30PM-9PM

**OUR INDOOR SHOOTING FACILITY IS ACCESSIBLE TO DOD ID CARDHOLDERS.
REGISTER FOR CLASSES ONLINE VIA WEBTRAC, IN PERSON, OR AT (845) 938-1700.**



WEST POINT DEPARTMENTS TEAM BUILDING ACTIVITY

Offered through end of August at the Tronsrue Marksmanship Center!

Step out of your comfort zone, boost morale, & get to know your colleagues on a whole new level! \$50 pp. Minimum of 6 people; max of 12. Must be 16+. Includes basic pistol instruction, firearm rental, targets, range time, eye/ear protection, and 50 rounds of ammo. No experience needed. Open to groups and departments. Must be associated with USMA. Pre-registration required.



VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

TRONS RUE MARKSMANSHIP CENTER

Tronsrue Marksmanship Center

PRIVATE Shooting Lessons



Private Shooting Lessons

TMC offers handgun & rifle instruction for every level of learner in a private setting by experienced instructors. Cost: \$85 for one person, or \$135 for two people. Ammo sold separately. Available by appointment only.

TRONS RUE CLOTHING AND STICKERS AVAILABLE NOW!



TMC PUNCH PASSES & GIFT CARDS ARE ALSO AVAILABLE!

Tronsrue
Marksmanship
Center

**PUNCH PASSES
ON SALE NOW!**

WEST POINT FAMILY AND MWR



GIFT CARD

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

TRONS RUE MARKSMANSHIP CENTER

SUMMER SPECIALS THRU AUGUST AT TRONS RUE MARKSMANSHIP CENTER

TUESDAYS

Two-for-Tuesday

Additional shooter is FREE all day!

THURSDAYS

Youth* ages 12-16 shoot free (range & rental)! PLUS, Ladies Night: \$5 range fee/\$5 rental for lady primary shooter.

WEDNESDAYS

Customer Appreciation Day

50% off range fees w/valid Mil/DOD ID

FRIDAYS

Date Night

Additional Shooter is FREE all night!

*YOUTH MUST BE SUPERVISED BY AN ADULT. FOR MORE INFORMATION CALL TMC AT (845) 938-1700.

LEISURE TRAVEL SERVICES

LTS (LOCATED AT 683 BUCKNER LOOP) IS OPEN FROM 8AM TO 4:15PM. CALL US AT (845) 938-3601 FOR INFORMATION ON ATTRACTIONS, TICKETS, TRIPS, AND MORE!

WEDNESDAY, AUGUST 11TH - NYC RESTAURANT WEEK



The year's most anticipated celebration of dining, this prix-fixe program invites diners to sample the incredible array of eateries that make up NYC's culinary culture. Depart West Point at 4pm & leave NYC at 10:30pm.

Transport cost: \$30/adult & \$25/child.

SUNDAY, AUGUST 14TH - HIKE ALONG MOUNT BEACON



Enjoy a panoramic view of the Highlands & Catskills on this 3.7 mile hike up Mount Beacon, once home to the world's steepest funicular. After, eat and shop in downtown Beacon! Depart West Point at 8:30am, and leave Beacon at 2pm. Transport cost: \$15.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

LEISURE TRAVEL SERVICES

WEDNESDAY, AUG 17TH - NYB GARDENS & BRONX ZOO



Enjoy free grounds admission to both the NY Botanical Gardens and the Bronx Zoo! Free Bronx Zoo tickets must be reserved online in advance. We'll leave from West Point at 8:30am & leave NYC at 3:30 pm.

Transport cost: \$30/adult & \$25/child.

SATURDAY, AUG 20TH - EXPLORING LOWER MANHATTAN



See where American history started for so many and the gateway for the future! Visit the Statue of Liberty, 9/11 Memorial, the NY Stock Exchange, Brooklyn Bridge and more. Leave WP at 8:30am; leave NYC at 3:30pm.

Transport cost: \$30/adult & \$25/child.

THURSDAY, AUG 25TH - THEATER VAN TO BROADWAY



Purchase half-price theater tickets at the TKTS booth, and enjoy an exciting night on the town with shows like Wicked, Chicago, Hadestown, POTO, & more! Depart WP at 4pm; leave NYC after shows (~10:45pm).

Transport cost: \$30/adult & \$25/child.

LEGOLAND, Hershey Park, Universal, Disney, Six Flags, Sesame Place, and IKON Passes & Tickets available! Click [HERE](#) for info!

WALT DISNEY WORLD MILITARY SALUTES PASS 2022



Thru Dec 16th, choose between a 4-day or 5-day Disney Military Promotional Ticket! (Special pricing! Requires eligibility + ID)

- 5-Day w/ Park Hopper®: \$70 per day.
- 4-Day w/ Park Hopper®: \$83 per day.

For more information, click [HERE](#).

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

MWR FITNESS CENTER

NEW HOURS OF OPERATION! The MWR Fitness Center is now open Monday thru Thursday from 5:30am-8pm, Fridays 5:30am-6pm, & Sat-Sun 9am-5pm.

New
Evening
Time!

Functional Fitness

Classes with
Anthony



FUNCTIONAL FITNESS WITH ANTHONY

MON THROUGH FRI AT 9AM
+ TUE & THU 7PM-8PM

NEW DAYS
AND TIMES!



ZUMBA

Classes
with Ginella

MWR Fitness Center
(Starting July 11th)

ZUMBA CLASS WITH GINELLA

MON & WED 5:30PM-6:30PM
+ SAT: 9:15AM-10:15AM

YOGA at Trophy Point

Saturdays, 9am-10am

(Weather permitting)



August 6th & 20th | September 10th

\$5 pp. Class size: 20. Pre-registration highly encouraged. BYO yoga mat.

Classes are \$5 pp. Class size limited; pre-registration is highly encouraged.

GO AFTER
WHAT YOU
WANT



PERSONAL
TRAINERS

AVAILABLE AT THE MWR FITNESS CENTER

Personal Training Sessions & Assessments

Call our front desk or stop by to
set up a session or assessment
today! Call (845) 938-6490 or visit
us online for pricing & more info.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

MWR INTRAMURAL SPORTS



AUG 15th - NOV 1st

Monday - Friday
12 - 1:15pm
At Daly Field & River Courts

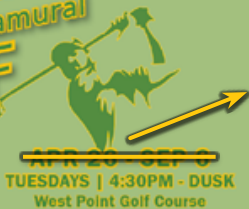


WP Community Noontime Ultimate Frisbee League

Mon-Fri, 12pm-1pm at Daly Field.
League begins August 15th. Must register for a team by August 8th.

To sign up, call (845) 938-3066

West Point Community
Adult Intramural
GOLF
League



WP Community Adult Intramural Golf League

Now extended until September 6th!

Tuesdays from 4pm until dusk at
the West Point Golf Course.

To sign up, call (845) 938-3066



WP Community Adult Flag Football League

September 7th - November 9th, on
Wednesdays from 7pm to 9pm at
the USMAPS Football Stadium.

To sign up, call (845) 938-3066

★ **ATTENTION ALL** ★
ACTIVE DUTY PERSONNEL!

Sign-up today for the 38th annual

**ARMY TEN MILER
MWR TEAM**

and represent West Point!

38th Annual Army Ten Miler Marathon

On October 9th at Washington DC.
Try out for a place on the MWR's
team and represent West Point!

To sign up, call (845) 938-3066 or
email john.georg@westpoint.edu

CHILD & YOUTH SERVICES

OPEN GYM

Mon - Fri, 12pm - 4pm

**At the Youth Center
(500 Washington Road)**

Jun 6th - Aug 19th

CYS will be holding Open Gym for all West Point Middle Schoolers & High Schoolers! No registration needed. Call the Youth Sports Office at (845) 938-8896/8525 for info.

Lee Area CYS Facility



Before & After School Care

Before & After School Care

At Lee Area CYS Facility

Mon - Fri on normal school days,
6:00am-8:30am & 3:00pm-5:30pm

Register for the 2022-2023 School Year
online at: militarychildcare.com. For
more info, call (845) 938-8530 / 0941.



UNITED STATES ARMY
CHILD & YOUTH SERVICES

JOIN OUR TEAM

ALL NEW HIRES
WILL RECEIVE A

\$500
RECRUITMENT
BONUS!



APPLY BY SCANNING
QR CODE, OR GO TO
WWW.USAJOB.SGOV

WEST POINT CYS IS HIRING!

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

CHILD & YOUTH SERVICES

JUNIOR BLACK KNIGHTS

TRAVEL SOCCER TRYOUTS *FOR BOYS & GIRLS*

JBK OFFERS THE FOLLOWING TEAMS*:

U14: FOR BIRTH YEARS 2009-2010

U12: FOR BIRTH YEARS 2011-2012

U10: FOR BIRTH YEARS 2013-2015

AUGUST 9TH & 11TH

6:30PM TO 7:30PM AT H-LOT

This free tryout is open to all West Point & Highland Falls / Fort Montgomery Central School District residents born between 2009 & 2015. Youth U12 or under who do not make travel team may register for the CYS Rec Soccer League. Additional family-led summer kickarounds are held Tue & Thu nights from 6:30pm-7:30pm at Dragon Park. Call (845) 938-8896 / 8525 for more info.

**Teams are based on age and divided into boys' and girls' divisions.*



UNITED STATES ARMY INSTALLATION
MANAGEMENT COMMAND
WESTPOINT.ARMYMWR.COM



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CHILD & YOUTH SERVICES

FALL 2022 YOUTH SPORTS



SEASON RUNS AUGUST 29TH - OCTOBER 27TH.

REGISTRATION: JUL 11TH FOR MIL/DOD (AUG 1ST FOR OTHERS) - AUG 12TH.

SOCCER

Mon & Wed, 5pm-6pm* at Dragon Park for Division C; H-Lot for others.
\$25 for Ages 3-4; \$55 for all older.

- **Smart Start (Age 3): Mon ONLY**
- **Just 4 U (Age 4): Weds ONLY**
- **Division A (Ages 5-6)**
- **Division B (Ages 7-8)**
- **Division C (Ages 9-12)**

*Sessions are 45 min for Ages 3-4.

FLAG FOOTBALL

Tue & Thu, 5pm-6pm at H-Lot. \$55.

- **Collegiate (Ages 7-9)**
- **Junior NFL (Ages 10-12)**
- **Grades 7-8**

RUNNING CLUB

Tues & Thurs at Dragon Park. \$25

- **Grades 2-8 | 4pm-5pm**

VOLLEYBALL

Mon & Wednesdays, 4pm-5pm.
At the MST (Building 500). \$55.

- **Ages 7-12**

INTRO TO GOLF

Thursdays at H-Lot, in 2 sessions:
4pm-4:45pm & 5pm-5:45pm. \$25.

- **Ages 6-9**

SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS & COMMAND APPROVAL FOR PROGRAM FACILITATION. MORE INFO AT: (845) 938-4458/1362 OR WESTPOINTCYS.COM



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CHILD & YOUTH SERVICES

West Point Child and Youth Services
Sports & Instructional Programs

COACHES NEEDED

Rec Soccer | Flag Football | Running Club | Volleyball



Requirements include:

Background checks must be cleared on all coaches prior to the season.
Coaches must attend the coaches meeting to review the rules and coaching policies.
Become certified through the National Alliance for Youth Sports (NAYS).
Coaches children get to play for free.

Contact the Youth Sports Office at (845) 938-3208.



SAVE THE DATE! Registration starts August 22nd

BACK TO HOME SCHOOL BOAT RIDE

October 6th, 1:30pm-3pm at Supt's Boat South Dock

ENJOY A SCENIC CRUISE DOWN THE HUDSON RIVER & CONNECT WITH OTHER HOME SCHOOLING FAMILIES!

SNACKS & DRINKS ALLOWED. TO REGISTER, CALL (845) 938-4458/1362/3969. MUST REGISTER BY OCT 4th. FOR MORE INFO, CALL (845) 938-2092.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

ARMY COMMUNITY SERVICE

EFMP

Exceptional Family Member Program

ALL AGES
WELCOME!

Craft & Chat



SATURDAY, AUGUST 20TH

FROM 10AM-12PM AT THE ACS BUILDING (622 SWIFT RD)

Chime-in and join ACS EFMP for a fun-filled creative day! Connect with others & create your own wind chime, explore sensory friendly games, and participate in a collaborative giant canvas painting! Light snacks will be provided. Walk-ins are welcome while supplies last.

TO REGISTER, PLEASE CONTACT ACS AT (845) 938-5655, OR SEND US A MESSAGE ON OUR FACEBOOK @WESTPOINTARMYCOMMUNITYSERVICE.

Free and open to all DoD with priority given to active duty enrolled EFMP.

EFMP

Exceptional Family Member Program

Coffee Hour

EVERY 3RD THURS OF THE MONTH, 10AM-11AM AT THE ACS BLDG (622)

ACS invites all EFMP families to join us for a coffee hour, either in person at the ACS building (622) or online via Microsoft Teams. Come connect with other EFMP families and share resources, knowledge, and ideas for services focusing on individuals with special needs!

EFMP COFFEE HOUR IS SCHEDULED FOR THE FOLLOWING DATES:

1/20 2/17 3/17 4/21 5/19 6/16 7/21 8/18 9/15 10/20 11/17 12/15

Free & open to all. To register, call (845) 938-5655. Dates subject to change.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

ARMY COMMUNITY SERVICE

Wee-Play & Wee-Read



FAP WEE-ONES PROGRAMS AT THE YOUTH CENTER BLDG (500)

Wee-Ones programming is free and open to all Mil & DoD civilians with children ages 4 and younger. Registration is required. Register by calling (845) 938-0633.

WEE-PLAY: TUE

8:30AM-10AM, BI-WEEKLY

- Jul 12th + 26th
- Aug 9th + 23rd
- Sep 6th + 20th

WEE-READ: WED

9AM-10AM, BI-WEEKLY

- Jul 13th + 27th
- Aug 10th + 24th
- Sep 7th + 21st



ARMY COMMUNITY SERVICE

Little Movers



Army Community Service would like to welcome your children to their new home!

Moving can be a stressful process, so ACS offers all newly relocated children ages 2-12 a free, fun-filled activity bag to keep them occupied while traveling or getting settled in!

You can schedule a time to pick up your activity bag(s) at the ACS Building (622 Swift Road) by calling the Relocation Assistance Program at (845) 938-3487.



FAP offers Life Skills Classes for Parenting, Couple's Communication, Stress Management, and Anger Management! Each program is 4-6 sessions of 1-2 hours each, located at the ACS Building (622) To register, call (845) 938-0633.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

ARMY COMMUNITY SERVICE

NEED TO BORROW BASIC HOUSEHOLD ITEMS? ACS HAS YOU COVERED!

ARMY COMMUNITY SERVICE LENDING CLOSET

You can borrow items for
up to 30 days ... **for FREE!**

- Dishware • Cookware • Utensils
- Small Appliances • Microwaves
- Irons & Ironing Boards • & more!

The Lending Closet is open 9am-1pm
at the ACS Building (622 Swift Road).



For more information, please call ACS at (845) 938-3487.

Advertisement (No Federal Endorsement Intended)

MUSIC UNDER THE STARS

Upcoming Concerts

Saturdays at 7:30 p.m.

Trophy Point Amphitheater | West Point



August 6

Give up the Funk



August 13

Sing-Along:
Family Movie Favorites



August 20

At the Point



Sept. 3 Raindate: Sept. 4

Labor Day Celebration
with fireworks display

westpointband.com
#trophytipoint f @ y +

No endorsement implied



WEST
POINT
BAND

FREE SUMMER CONCERTS
June — September

West Point Family & MWR
681 Hardee Place, Rm 202
West Point, NY, 10996



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