



USAG WEST POINT FMWR NEWSLETTER



JULY 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



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WEST POINT CLUB



FMWR BOWLING CENTER



MORGAN FARM



TRONSRUE MARKSMANSHIP



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TRONSRUE MARKSMANSHIP



WEST POINT ARTS & CRAFTS



WEST POINT ARTS & CRAFTS



LEISURE TRAVEL SERVICES



MWR FITNESS CENTER

By the Cadets Hostess Office (Building 148)
HOSTED BY THE MWR 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

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

PILATES

WITH **SALLY**

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

Living Angelic

MASSAGE THERAPY

At the MWR Fitness Center

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

MWR FITNESS CENTER

Cadets run for free!
Open to the public!

RING RUN 5K

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

MWR FITNESS CENTER

Sunrise Salsa

with the **Sotos**

Every Thursday: 6:30-7:30am

MWR FITNESS CENTER

WAKE UP WITH PAT

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

INTRAMURAL SPORTS

WEST POINT COMMUNITY Noontime Summer HANDBALL LEAGUE

ON ARVIN GYM'S 2ND FLOOR

FRIDAYS, 12:15PM-1:15PM | STARTS JUN 12TH

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

BUFFALO SOLDIER PAVILION

Dancing Salsa with the Soto's

Classes begin April 28

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

STAY UP TO DATE BY FOLLOWING OUR FACEBOOK AND INSTAGRAM!

RECREATIONAL SWIMMING



WEST POINT AUTO



LAKE FREDERICK REC AREA



OUTDOOR RECREATION



OUTDOOR RECREATION



OUTDOOR RECREATION



OUTDOOR RECREATION



CYS YOUTH SPORTS



CYS YOUTH SPORTS



CYS YOUTH SPORTS



CYS YOUTH SPORTS



YOUTH CENTER (MST)



PARENT CENTRAL SERVICES



PARENT CENTRAL SERVICES



ARMY COMMUNITY SERVICE



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