



USAG WEST POINT

# WHAT'S HAPPENING WITH FAMILY & MWR

## MARCH <sup>20</sup>/<sub>24</sub>

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



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# MWR FITNESS CENTER

## Shamrock Shuffle 5K RACE



March 16 | 8am | \$20

Start and finish at the MWR Fitness Center.



Register online or at the MWR Fitness Center by February 1st and get a guaranteed t-shirt size.

Day of registration starts at 7am.



[westpoint.armymwr.com](http://westpoint.armymwr.com)  
(845) 938-6490



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# CHILD & YOUTH SERVICES

CYS PARENT & OUTREACH SERVICES PARENT WORKSHOP

## EDIS PRESENTATION FOR PARENTS OF PRESCHOOLERS



**MARCH 20<sup>TH</sup>, 3:30PM - 4:30PM**  
**AT THE MST BUILDING (500 WASHINGTON RD.)**

CYS invites all Parents of Preschoolers to join us at our free EDIS Parent Workshop, where you will learn all you need to know about Developmental Screenings through Educational & Developmental Intervention Services (EDIS) and the West Point School System! Make sure your child is growing up healthy & strong, and meeting developmental milestones, by taking advantage of these services!

**FREE & OPEN TO ALL WEST POINT PARENTS WITH CYS REGISTERED YOUTH. REGISTER IN PERSON AT PARENT & OUTREACH SERVICES OR BY CALLING (845) 938-1362/4458/0939.**



U.S. ARMY



CALL P&OS AT: (845) 938-1362/4458/0939

VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)

OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# BOSS SPECIAL EVENTS

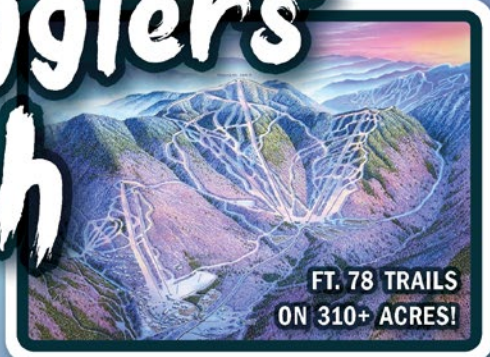


SCAN QR CODE  
TO REGISTER

**MARCH 22<sup>ND</sup> - 25<sup>TH</sup>**  
**JOIN BOSS FOR OUR**  
**ANNUAL SKI TRIP TO:**



# Smugglers' Notch RESORT



FT. 78 TRAILS  
ON 310+ ACRES!

VANS LEAVE THE BSP (628 HODGES PL) AT 8AM ON MARCH 22<sup>ND</sup>.  
COST IS \$220 PP (DUE AT SIGN-UP). MUST REGISTER BY MAR 6<sup>TH</sup>.  
REGISTER WITH PROVIDED FORM, OR VIA WEBTRAC (SEE QR CODE).

REGISTRATION IS OPEN TO BOSS SOLDIERS ONLY. FOR MORE INFO,  
PLEASE CALL (845) 938-6497 OR VISIT WESTPOINT.ARMYMWR.COM



U.S. ARMY



BOSS COORDINATOR PHONE: (845) 938-6497  
VISIT MWR AT WESTPOINT.ARMYMWR.COM  
VISIT BOSS'S FACEBOOK @WESTPOINTBOSS



BETTER OPPORTUNITIES  
FOR SINGLE SOLDIERS

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

# MORGAN FARM

## SPRING RIDING CAMP

MARCH  
25<sup>TH</sup> - 29<sup>TH</sup>

10AM-3PM AT  
MORGAN FARM



*Join us at Morgan Farm for a week of fun, riding, & learning about horses! Each day, the campers will practice riding, spend time with the horses, and do fun activities with our instructors in the Saint Equestrian Center!*

**FOR CHILDREN AGES 5+. COST IS \$350 PER CHILD FOR ALL 5 DAYS. CHILDREN MUST BRING THEIR OWN LUNCH & DRINKS. ONLINE REGISTRATION OPEN NOW VIA WEBTRAC! FOR INFO, PLEASE CALL MORGAN FARM AT (845) 938-3926.**



RESERVATIONS AVAILABLE ONLINE VIA WEBTRAC

(845) 938-3926 | [WWW.WESTPOINT.ARMYMWR.COM](http://WWW.WESTPOINT.ARMYMWR.COM)

206 MORGAN FARM ROAD, WEST POINT, NY 10996



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# ARMY COMMUNITY SERVICE

## Employment Readiness Program



## COMMUNITY CAREER FAIR

**MARCH 26<sup>TH</sup>, 10AM-2PM**  
**IN EISENHOWER HALL (655 PITCHER RD)**

Connect with over 30 organizations & businesses looking for new hires at our West Point Community Career Fair! Discover employment opportunities for transitioning service-members, spouses, family and more. SFL-TAP, The Education Center, and ACS Employment Readiness Program specialists will be on-site for resume review and career coaching, and HR specialists will be available to answer questions about federal employment.

FREE & OPEN TO ACTIVE DUTY MILITARY, DEPENDENTS, & CIVILIAN FEDERAL EMPLOYEES. FOR MORE INFO, CONTACT THE E.R.P. OFFICE AT (845) 938-0232, OR T.A.P. AT (845) 938-6383.



U.S. ARMY



ARMY COMMUNITY SERVICE: (845) 938-3655

VISIT ONLINE AT: [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

f: @WESTPOINTARMYCOMMUNITYSERVICE



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# THE WEST POINT CLUB

## *Easter Sunday* **BRUNCH**

March 31st | West Point Club



### Seatings at:

**10:30am, 11:00am, 11:30am, 12:00pm, 12:30pm and 1:00pm**

Reservations will be online only until March 18th.

Purchased before March 18th

Adults (12+): \$50

Under Age 12: \$25

Purchased after March 18th

Adults (12+): \$60

Under Age 12: \$30

Children under age 3 are free.

*No refunds after March 25th.*

*Gate pass required for non West Point residents and non DoD card holders.*

Menu on back ►



U.S. ARMY



[TheWestPointClub.com](http://TheWestPointClub.com)

(845) 938-5120

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

**MONTH OF THE MILITARY CHILD**

# **MONTH OF THE MILITARY CHILD**

**CLICK HERE TO  
VIEW THE MOMC  
CALENDAR OF  
EVENTS!**

**JOIN MWR THIS APRIL  
FOR A MONTH OF  
CELEBRATION!**



**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**



# THE WEST POINT CLUB

MONTH OF THE MILITARY CHILD  
"MILITARY CHILDREN: BRAVE, FEARLESS, RESILIENT!"



## *Sneaker Ball & Talent Show*

A semi-formal dance with your favorite sneakers!  
Friday, April 5th from 5pm-8pm  
West Point Club (603 Cullum Road)

- ★ Free and open to the West Point Community ★
- ★ Dance, talent show, photo booth, & more ★
- ★ Food and beverages available for purchase ★
- ★ Sensory-safe room with headphones will be available ★
- ★ To participate in the talent show, contact (845) 938-0633 ★

SPONSORED BY (NO FEDERAL  
ENDORSEMENT IMPLIED):



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# ARTS & CRAFTS CENTER

## MONTH OF THE MILITARY CHILD

# COMIC STRIP

## ..... ART CONTEST



**SHARE YOUR ADVENTURES AS A MILITARY CHILD IN THE FORM OF A COMIC STRIP FOR THE CHANCE TO WIN A \$25 GIFT CARD!**

ONE WINNER WILL BE CHOSEN PER AGE GROUP (AGES 0-4, 5-10, 11-14, & 15-18).

STOP BY ARTS & CRAFTS BETWEEN 9AM-4PM TO PICK UP YOUR OFFICIAL COMIC STRIP PAPER ON ANY OF THE FOLLOWING DATES: APRIL 2<sup>ND</sup>-4<sup>TH</sup>, AND APRIL 9<sup>TH</sup>-11<sup>TH</sup>.

ENTRIES MUST BE SUBMITTED TO WEST POINT ARTS & CRAFTS (693 WASHINGTON ROAD) BY 4PM ON APRIL 16<sup>TH</sup>, AND WILL BE DISPLAYED AT THE MWR FITNESS CENTER FROM APRIL 22<sup>ND</sup>-29<sup>TH</sup> TO BE VOTED ON BY THE COMMUNITY. GOOD LUCK!

**FOR MORE INFO, VISIT [WESTPOINTARTSANDCRAFTS.COM](http://WESTPOINTARTSANDCRAFTS.COM) OR CALL (845) 938-4812**



**ARTS & CRAFTS CENTER HOURS:**  
TUE-THU: 9AM-4PM, & FRI BY APPOINTMENT.  
VISIT US ONLINE BY SCANNING THE QR CODE!  
OUR FACEBOOK: WESTPOINTARTSANDCRAFTS

**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**

# THE WEST POINT CLUB

## Month of the Military Child

### SUPERHERO BREAKFAST

April 14th | West Point Club | 9:30-11:30am

Dress your children in their favorite superhero costume and enjoy a delicious home-style breakfast buffet. Parents/guardians can dress-up too!



Purchased before April 1st

Adults (12+): \$21

Under Age 12: \$10

Purchased after April 1st

Adults (12+): \$26

Under Age 12: \$15

Children under age 3 are free.

*Gate pass required for non-West Point residents and non-DoD cardholders.*

Open to the public



Register online, in person  
or by calling (845) 938-5120.

[TheWestPointClub.com](http://TheWestPointClub.com)

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# MWR FITNESS CENTER



**APRIL 15<sup>TH</sup> - 22<sup>ND</sup> | 2024**



Complete a full marathon of 26.2 miles.

Run at your own pace indoors or outdoors on any race route.  
Must verify distance/time on a fitness tracker device or screenshot.

Must complete marathon in one week.

Marathon time must be submitted NLT 8am on April 23<sup>rd</sup>.

Prizes will be given to everyone who completes the marathon.

*Registration is free and open to all DoD Community Members.*



For more info,  
call (845) 938-7060.

[westpoint.armymwr.com](http://westpoint.armymwr.com)

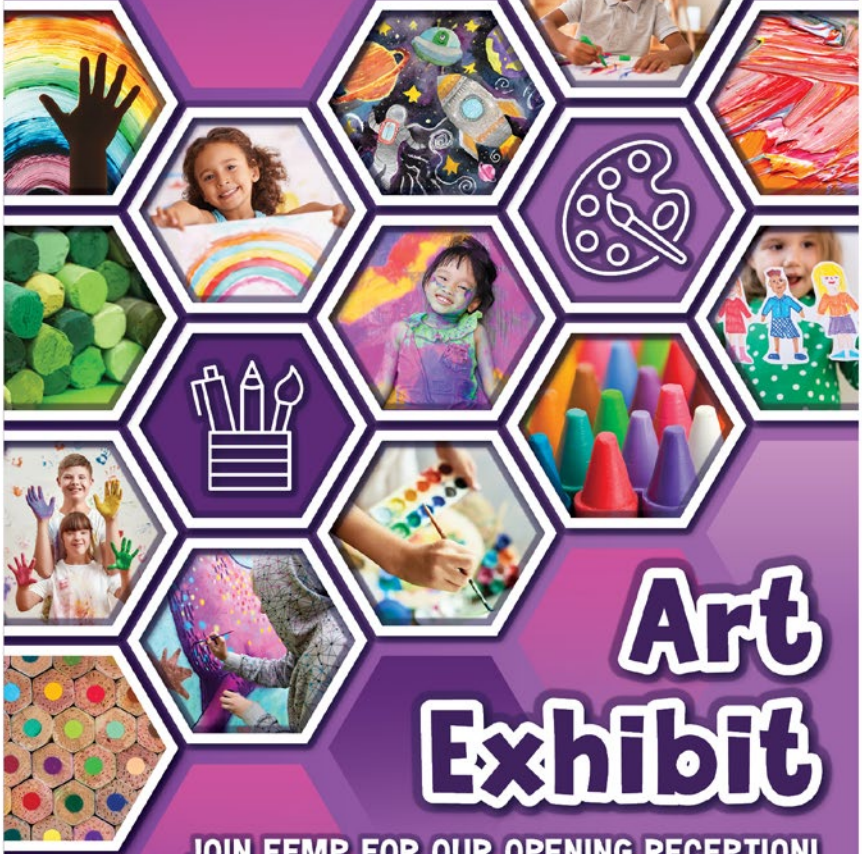


**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**

# ARMY COMMUNITY SERVICE

## EFMP

EXCEPTIONAL  
FAMILY  
MEMBER  
PROGRAM



# Art Exhibit

**JOIN EFMP FOR OUR OPENING RECEPTION!**

ON APRIL 15<sup>TH</sup>, JOIN EFMP AT THE PX (1204 STONY LONESOME RD) FROM 4PM-5:30PM FOR THE OPENING RECEPTION OF OUR EFMP ART EXHIBIT, FEATURING INCREDIBLE ARTWORK BY ARTISTS WITH SPECIAL NEEDS! THIS FREE EVENT IN SUPPORT OF AUTISM AWARENESS AND ACCEPTANCE MONTH WILL INCLUDE FUN GIVEAWAYS, MUSIC, LIGHT REFRESHMENTS, AND ART ACTIVITIES. COME CELEBRATE THE DIVERSITY THAT ENRICHES OUR WORLD! THE EXHIBIT WILL BE ON DISPLAY THROUGH APRIL 22<sup>ND</sup>. FOR MORE INFO, CALL (845) 938-5655.



CALL ACS AT: (845) 938-3655 / EFMP: 5655  
VISIT MWR AT: WESTPOINT.ARMYMWR.COM  
f: @WESTPOINTARMYCOMMUNITYSERVICE



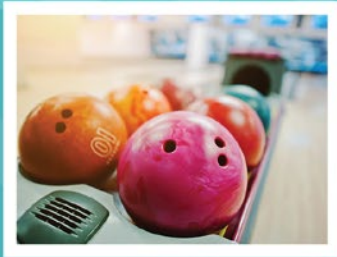
VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

# MWR BIRTHDAY PARTIES

## BIRTHDAY PARTY!



Four great locations! Non-stop Fun!



### West Point Bowling Center

10 Lanes, pizza, ice cream, music & more! (845) 938-2140



### Morgan Farm Horse Party

Pony ride party on the farm!  
(845) 938-3926



### West Point Arts & Crafts

Multiple projects to choose & create lasting memories!  
(845) 938-4812



### OREC Paintball Birthday Parties

Consider OREC your party central!  
(845) 938-0123

[westpoint.armymwr.com](http://westpoint.armymwr.com)

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# USMA GRADUATION SERVICES



## MAKE YOUR USMA GRADUATION RESERVATIONS WITH MWR!

For West Point MWR Graduation Services information, click [HERE](#)

For West Point Club Graduation Week Lunch Tickets, click [HERE](#)

For West Point Club Catering requests, email [westpointcatering@army.mil](mailto:westpointcatering@army.mil)

For Outdoor Graduation Tailgates, order [HERE](#)

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# THE WEST POINT CLUB

## West Point Club Ala Carte Menu

603 Cullum Rd. | 845.938.5120



Call the Club 72 hours in advance to place your order.  
Our culinary professionals will be on the move to  
prepare your dinner to be ready for pick-up!  
Pick-up time is between 12-5pm.



View full menu online at  
[TheWestPointClub.com](http://TheWestPointClub.com)



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)



# THE WEST POINT CLUB

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



**PATRONS, PLEASE NOTE: BENNY HAVEN'S LOUNGE HAS BEEN PERMANENTLY CLOSED.**

## COCKTAIL HOUR PACKAGES

*Perfect for celebrations and functions of all kinds! Enjoy unlimited beer, wine, and soda, plus delicious dining options and room rental, all for one incredible price!*

**2-Hour Package info [here](#); 3-Hour [here](#). Reserve yours today at (845) 446-5120!**



## CLUB LUNCH / GRAB-N-GO

**Buffet & Carving Line:** available Wed & Thu, 10:30am-2pm in the Pierce Dining Room.

**Express Buffet Lunch:** available Tue & Fri by reservation only (20 person minimum).

More information available [HERE](#). Order at (845) 446-5504/5545/5506.



## Club Lunch Program

★  
Check our Facebook page for weekly menu rotations!

## DINNER-TO-GO AT THE CLUB

**Available Wednesday & Thursday!**

*Must place order by 2pm, and specify a pick up time between 4pm and 6:30pm. Servings for 4 or 6 people are available.*

View our full menu online [HERE](#).  
Order at (845) 446-5504/5545/5506.



## DINNER-TO-GO

★  
AT THE WEST POINT CLUB

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

(845) 938-5120 OR (845) 446-5545 | [THEWESTPOINTCLUB.COM](http://THEWESTPOINTCLUB.COM)

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# THE WEST POINT CLUB

## HELP WANTED!

THE WEST POINT CLUB AND GOLF COURSE ARE HIRING!



Apply at [usajobs.gov](https://usajobs.gov), or scan the QR code below! All jobs are located at West Point, NY, and fall under the keyword "MWR". Employee benefits include campgrounds access, free gym membership, discount tickets, professional development, career growth opportunities with retirement benefits and healthcare, 12-weeks paid maternity leave, and more!

### Food and Beverage Attendant NA-01:

- Starting pay: \$16.76 per hour + gratuities on most Club/Golf events
- AKA: Event Waiter/Waitress • Work Site: Club/Golf

### Cook NA-06:

- Salary Range: \$19.32 - \$22.54 per hour • Work Site: Club/Golf

### Cook NA-04:

- Salary Range: \$17.78 - \$20.74 per hour • Work Site: Club/Golf

### Food Service Worker NA-01:

- Salary Range: \$15.46 - \$18.04 per hour • Work Site: Club/Golf

### Bartender NA-03:

- Starting pay: \$17 per hour + gratuities on most events • Work Site: Club

Applicants/employees are authorized to hold multiple government positions!



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

# WEST POINT GOLF COURSE

## West Point Golf Course

# ANNUAL PASS SALE

GET READY TO SWING INTO ACTION! ANNUAL PASSES FOR THE WEST POINT GOLF COURSE WILL BE UP FOR GRABS STARTING MARCH 26<sup>TH</sup>! ENJOY UNLIMITED ACCESS TO OUR PREMIER GOLF COURSE FOR THE ENTIRE 2024 SEASON (OPENING MARCH 29<sup>TH</sup>)!



### ANNUAL PASS COST (COVERS GREENS FEES ONLY):

YOUTH AGES 18 & UNDER, CADETS, & E1-E6: \$800 (FAMILY PASS: \$1160)

E7-03: \$1600 (FAMILY PASS: \$2550)

O4-010 & AUTHORIZED DOD PATRONS: \$1800 (FAMILY PASS: \$2900)

SENIORS AGES 62+ & VETERANS: \$2000 (FAMILY PASS: \$3000)

WEST POINT ARMY CONTRACTORS & ARMY COACHES: \$2500 (FAMILY PASS: \$3500)

GENERAL PUBLIC: \$3000 (FAMILY PASS: \$3600)

SEASON PASSES ARE AVAILABLE FOR PURCHASE AT THE VICTOR CONSTANT SKI LODGE.



732 VICTOR CONSTANT RD, WEST POINT, NY  
CALL GOLF AT: (845) 938-2327/2435/2067  
VISIT ONLINE AT WESTPOINT.ARMYMWR.COM  
OR FACEBOOK: @WESTPOINTGOLFCOURSE



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

# WEST POINT BOWLING CENTER

## WEST POINT FMWR BOWLING CENTER



### ***WE DELIVER!***\*

**MON-WED & FRI: 11AM - 7PM**

**THU & SAT-SUN: 12PM - 7PM**

**PLACE ORDERS AT (845) 938-2140**



*\*FOOD DELIVERY SERVICE IS AVAILABLE FOR WEST POINT RESIDENTS ONLY. ON-SITE PICKUP AT THE BOWLING CENTER IS AVAILABLE FOR ALL OTHERS.*



**VIEW OUR ENTIRE MENU ONLINE  
AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**



**MON-THU: 11AM-7:30PM, FRI: 11AM-11PM, SAT: 12PM-11PM**

**SUN: 12PM-7:30PM | [WWW.WESTPOINT.ARMYMWR.COM](http://WWW.WESTPOINT.ARMYMWR.COM)**

**(845) 938-2140 | 622 SWIFT RD, WEST POINT, NY 10996**



**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**

# WEST POINT BOWLING CENTER

# SENSORY FRIENDLY BOWLING

Now offered from 4pm to 5pm on  
the 2<sup>nd</sup> Thursday of each month!



During Sensory-friendly Bowling hour, no music will be playing, and only special needs bowlers will be allowed use of the facility. For more information, call the Bowling Center at (845) 938-2140.



Mon-Thu: 11am-7:30pm, Fri: 11am-11pm, Sat: 12pm-11pm  
Sun: 12pm-7:30pm | [www.westpoint.armymwr.com](http://www.westpoint.armymwr.com)  
(845) 938-2140 | 622 Swift Rd, West Point, NY 10996



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# WEST POINT BOWLING CENTER

Sign up for our Winter Bowling League season at the West Point Bowling Center! We have Monday night 4 person teams, Thursday 3 person teams, and (interest permitting) a Sunday night league!



## 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



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!

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://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](http://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



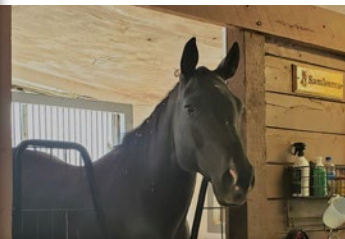
## HORSE RIDING LESSONS

Riding lesson times available on Saturdays and Sundays! We offer private and group riding lessons for ages 5+. Semi-private options available. For more info, call (845) 938-3926 or visit us [online](http://www.westpoint.armymwr.com).



## HORSE BOARDING

Our historic stables offer large stalls, daily turnout, 2 lighted outdoor rings, a 225'x95' indoor ring, and scenic trails. For more info, please call (845) 938-3926 or visit us [online](http://www.westpoint.armymwr.com).



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WWW.WESTPOINT.ARMYMWR.COM](http://WWW.WESTPOINT.ARMYMWR.COM)

# MORGAN FARM

# RV AND BOAT STORAGE AT MORGAN FARM



- \* MONTHLY & YEARLY STORAGE OPTIONS AVAILABLE.
- \* SPACES FOR VEHICLES: 20' AND UNDER, 21'-30', & 31' AND LARGER.
- \* 24/7, 365 DAY ACCESS TO YOUR RV.
- \* OPEN TO ACTIVE DUTY MILITARY, RETIREES & DOD ID CARDHOLDERS.



UNITED STATES ARMY INSTALLATION  
MANAGEMENT COMMAND  
[westpoint.armymwr.com](http://westpoint.armymwr.com)  
(845) 938-3926



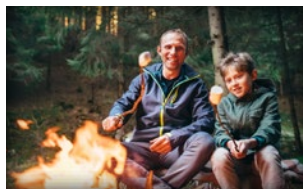
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# OUTDOOR RECREATION

## LAKE FREDERICK REG 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 quality time with your friends and family in our cozy lakeside bunk houses! Amenities include heat, a mini fridge, fire ring, & charcoal grill. 4 Family Style cabins are available to rent for \$125 per night (\$150 on holidays/USMA events. Two night minimum weekend stay). Wood, bagged ice, & Lake Frederick patches are also available to buy! For details, or to book a reservation, visit [westpoint.armymwr.com](http://westpoint.armymwr.com) or call (845) 938-2649.



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# OUTDOOR RECREATION

## BULL POND REG AREA

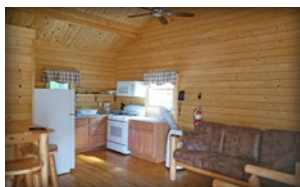
Now closed for the season! Reopening in April '24. Lodging dates and application info available [HERE](#).



## BULL POND VIRTUAL LOTTERY

**BULL POND LOTTERY WILL BE DRAWN MARCH 31<sup>ST</sup>!**

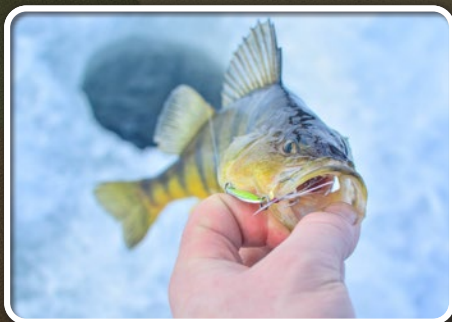
Apply at [westpoint.armymwr.com](http://westpoint.armymwr.com) by COB March 31<sup>st</sup>! Open to Active Duty Military only. Limit is one chance per household. Winners will be notified by April 5<sup>th</sup>. Dates available after lottery will be opened up to all other eligible DoD personnel on a first-come, first-serve basis. All reservations require full advance payment in cash, check, or credit.



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# FISHING & HUNTING

## RECREATIONAL FISHING

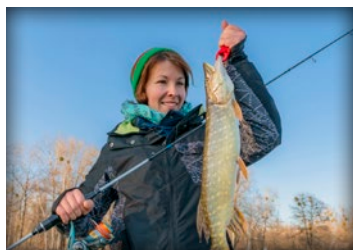


### FISH CURRENTLY IN SEASON:

- WALLEYE • SUNFISH • PERCH • CRAPPIE
- WHITEFISH\* • TIGER MUSKELLUNGE • EEL
- TROUT (NOW C&R ONLY, EXCEPT FOR LAKE TROUT, WHICH IS NOW FULLY CLOSED)
- NORTHERN PIKE\* • PICKEREL • SALMON\*
- SMALL AND LARGEMOUTH BASS (NOW CATCH AND RELEASE ONLY)

*\*Cannot be found on West Point.*

[Fishing Permits & Fishing Info](#) | [NYS Freshwater Fishing Guide](#)



## RECREATIONAL HUNTING



### CURRENT SEASONAL GAME:

- COYOTE: NOW - MAR 31<sup>ST</sup>
- SNOW GEESE: NOW - APR 15<sup>TH</sup>



[Hunting Permits & Hunting Info](#) | [NYS Hunting & Trapping Guide](#)

HUNTING ON WEST POINT REQUIRES A NYS HUNTING LICENSE & A WEST POINT HUNTING PERMIT, WHICH MAY BE OBTAINED AT [WESTPOINT.ISPORTSMAN.NET](http://WESTPOINT.ISPORTSMAN.NET)

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# OUTDOOR RECREATION

## CAMPING AND ODR EQUIPMENT RENTALS



## OUTDOOR RECREATION EQUIPMENT RENTALS

The Outdoor Recreation Equipment Checkout Center is now closed for the season. We plan to reopen on April 1<sup>st</sup>, 2024! However, we will continue to support equipment pickup during the off-season, including tables & chairs for upcoming holiday events. No delivery is available. For rental assistance or more info, call (845) 938-0123.



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

## ROUND POND

# RECREATIONAL VEHICLE AND BOAT STORAGE

*At Round Pond*

- **DAILY, MONTHLY, AND SEASONAL STORAGE OPTIONS AVAILABLE.**
- **COME AND GO ACCESS TO RVs/BOATS/TRAILERS APRIL - NOVEMBER. (NO GATE ACCESS DURING THE WINTER)**
- **OPEN TO ACTIVE DUTY MILITARY, RETIREES & DOD ID CARDHOLDERS.**



UNITED STATES ARMY INSTALLATION  
MANAGEMENT COMMAND  
[westpoint.armymwr.com](http://westpoint.armymwr.com)  
(845) 938-3926



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://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 - 4pm.**

For more info, call (845) 938-2074  
or visit us at [westpoint.armymwr.com](http://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!

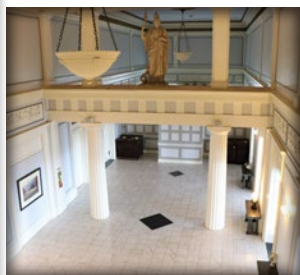
*For more info, call us at (845) 938-2074. Reservations are required.*

**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://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!](#)**



## 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](http://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 NEW CLASSES AND EVENTS AS WE RELEASE OUR MONTHLY 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](http://WESTPOINT.ARMYMWR.COM)



# ARTS & CRAFTS CENTER

# MARCH

# CALENDAR OF EVENTS



### A Stitch in Time: A Weekly Yarn Social

**Wednesdays, 9am - 12pm**

Bring your current projects and enjoy the company of your fellow textile artists! No registration required.



### Creation Station

**Thu, Mar 7<sup>th</sup> & 21<sup>st</sup>**  
**3:00pm - 4:30pm**

Complete a craft of your choice! Projects prices start at \$15. For ages 5 years and up. Registration required.



### Little Impressionists

**Thu, Mar 7<sup>th</sup> & 21<sup>st</sup>**  
**10:30-11:30am + 1pm-2pm**

Let your little one express their inner artist! For all children ages 6 or younger. \$5 pp. Registration required.



### Home School Art Class

**Wed, Mar 13<sup>th</sup>**  
**1:00pm - 2:00pm**

Monthly art history projects for homeschoolers in grades K & up. "Leonardo da Vinci". \$15 pp. Registration required.



### Meet the Artist Class

**Wed, Mar 13<sup>th</sup>**  
**3:30pm - 4:30pm**

Monthly art history projects for all youth in grades K and up. "Leonardo da Vinci". \$15 pp. Registration required.



### Private Event

**Thu, Mar 14<sup>th</sup>**  
**Evening**

Arts & Crafts will be closed for a private event on the evening of March 14<sup>th</sup>.



### Open Studio

**Each Tue, Wed & Thu**  
**9:00am - 4:00pm**

Drop in & create a work of art in ceramics, glass/resin, or canvas painting! Prices vary. Must start by 3pm.

**LOOKING FOR THE PERFECT GIFT?  
WEST POINT ARTS & CRAFTS  
OFFERS FRAMING SERVICES,  
ENGRAVING SERVICES, AND  
OTHER CUSTOM GIFTING OPTIONS  
FOR A TRULY UNIQUE PRESENT!**

FOR MORE INFO, VISIT [WESTPOINTARTSANDCRAFTS.COM](http://WESTPOINTARTSANDCRAFTS.COM) OR CALL (845) 938-4812



**ARTS & CRAFTS CENTER HOURS:**  
TUE-THU: 9AM-4PM, & FRI BY APPOINTMENT.  
VISIT US ONLINE BY SCANNING THE QR CODE!  
OUR FACEBOOK: [WESTPOINTARTSANDCRAFTS](http://WESTPOINTARTSANDCRAFTS)

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# ARTS & CRAFTS CENTER

# APRIL

# CALENDAR OF EVENTS



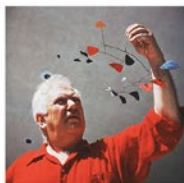
### A Stitch in Time: A Weekly Yarn Social Wednesdays, 9am - 12pm

Bring your current projects and enjoy the company of your fellow textile artists!



### Home School Art Class Wed, Apr 10<sup>th</sup> 1:00pm - 2:00pm

Monthly art history projects for homeschoolers in grades K and up. "Alexander Calder". \$15 pp. Registration required.



### Meet the Artist Class Wed, Apr 10<sup>th</sup> 3:30pm - 4:30pm

Monthly art history projects for all youth in grades K & up. "Alexander Calder". \$15 pp. Registration required.



### Little Impressionist Thu, Apr 4<sup>th</sup> & 18<sup>th</sup> 10:30-11:30am + 1pm-2pm

Let your little one express their inner artist! For all children ages 6 or younger. \$5 pp. Registration required.



### Creation Station Thu, Apr 4<sup>th</sup> & 18<sup>th</sup> 3:00pm - 4:30pm

Complete a craft of your choice! Projects prices start at \$15. For ages 5 years and up. Registration required.



### Adult Canvas Painting Thu, Apr 11<sup>th</sup> 5:30pm - 7:30pm or later

Paint hydrangeas with us on an 11"x14" canvas! \$25 pp. Registration required.



### Open Studio Each Tue, Wed & Thu 9:00am - 4:00pm

Drop in & create a work of art in ceramics, glass/resin, or canvas painting! Prices vary. Must start by 3pm.

**DID YOU KNOW? IF YOU'RE AN ADULT, BUT WANT TO LEARN ABOUT OUR HOME SCHOOL CLASS'S FEATURED ARTIST, YOU CAN DO A SELF-GUIDED CLASS & PROJECT DURING CREATION STATION OR OPEN STUDIO! CALL FOR DETAILS.**

FOR MORE INFO, VISIT [WESTPOINTARTSANDCRAFTS.COM](http://WESTPOINTARTSANDCRAFTS.COM) OR CALL (845) 938-4812



**ARTS & CRAFTS CENTER HOURS:**  
TUE-THU: 9AM-4PM, & FRI BY APPOINTMENT.  
VISIT US ONLINE BY SCANNING THE QR CODE!  
OUR FACEBOOK: [WESTPOINTARTSANDCRAFTS](https://www.facebook.com/WestPointArtsAndCrafts)

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# TRONSRUE MARKSMANSHIP CENTER



**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.

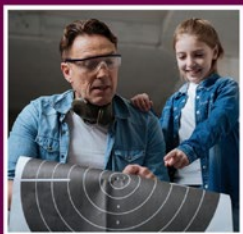


## April is Month of the Military Child Come Celebrate with Tronsrue!

Thursdays in April | Youth Special | 6:30-8pm | Free

Friday, April 12th | Shooting Range Orientation  
5-6:30pm | Youth ages 12-20 | \$20

Saturday, April 13th | Pistol Orientation  
4-6pm | Youth ages 16-20 | \$50



Register online, in person or by calling  
(845) 938-1700

[westpoint.armymwr.com](http://westpoint.armymwr.com)



### **BASIC PISTOL COURSE** SUNDAY | APRIL 14th | 10AM-12PM

**Basic:** Saturday | April 13th | 1-3pm  
OR  
Sunday | April 14th | 10am-12pm  
(Same course, only choose one day.)

**Advanced:** Sunday | April 14th | 1-5pm



### **Pistol Courses**

**Basic Course:** April 13<sup>th</sup>, from 1pm-3pm, or  
April 14<sup>th</sup>, from 10am-12pm. Cost: \$50 pp.

**Advanced Course:** April 14<sup>th</sup>, 1pm-5pm.  
Cost: \$90 pp. Prerequisite: Basic Course.

All 3 at TMC. Cost includes rental firearm,  
ammo, targets, and eye & ear protection.

**CHECK OUT OUR NEW FACEBOOK PAGE!**  
**VISIT US ONLINE AT [WWW.FACEBOOK.COM/TRONSRUE](http://WWW.FACEBOOK.COM/TRONSRUE)**

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# TRONSRUE MARKSMANSHIP CENTER



## Daily Specials at Tronsrue

Tuesday & Wednesday: \$10 Range Fee + \$5 Firearm Rental (with valid Mil/DoD ID)! Thu: Youth ages 12-15 shoot free (range + rental) & get a complimentary paper target (must be accompanied by adult to shoot). Also Thu: "Ladies Night", ft. \$10 Range Fee & \$5 Rentals!

## TRONSRUE CLOTHING AND STICKERS AVAILABLE NOW!



Tronsrue  
Marksmanship  
Center

**PUNCH PASSES  
ON SALE NOW!**

WEST POINT FAMILY AND MWR



**GIFT CARD**

## TMC PUNCH PASSES & GIFT CARDS ARE ALSO AVAILABLE!



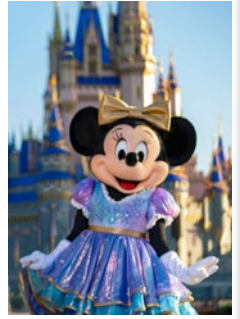
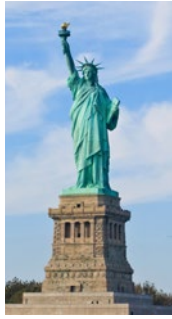
## Private Shooting Lessons

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.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# 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!



## LEISURE TRAVEL SERVICES FUN & EXCITEMENT AT YOUR FINGERTIPS!

DISCOUNT UNIVERSAL  
STUDIOS TICKETS ARE  
AVAILABLE AT LTS!

CALL (845)-938-3601  
FOR MORE INFO!



## WALT DISNEY WORLD MILITARY SALUTES PASS 2024

WALT DISNEY WORLD  
MILITARY SALUTES  
2024



Now available! Choose either a 4-day, 5-day, or 6-day Disney Military Promotional Ticket! (Special pricing! Requires eligibility plus ID)

- 6-Day w/ Park Hopper®: \$409.
- 5-Day w/ Park Hopper®: \$389.
- 4-Day w/ Park Hopper®: \$369.

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

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

## MWR SWIM

# Lunchtime Lap Swim at Crandall Pool



**12:00-1:45pm on the following days only.**

**January: 3, 5, 8, 10, 16, 18, 24, 26, 29, 31**

**February: 5, 7, 9, 12, 14, 20, 22, 26, 28**

**March: 1, 4, 6, 11, 13, 15, 18, 20, 25, 27, 29**

**April: 2, 4, 8, 10, 12, 15, 17, 22, 24, 29**

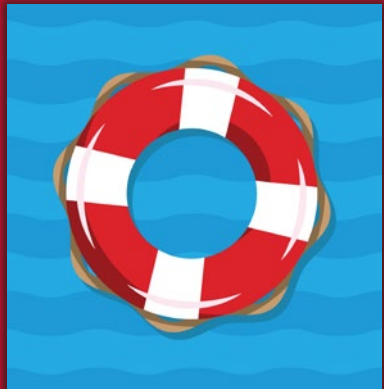
**May: 1, 6, 8, 10, 15, 17, 21, 23, 29, 31**

Crandall Pool is located at 727 Brewerton Rd., Arvin Gym.

(845) 938-7060 | [westpoint.armymwr.com](http://westpoint.armymwr.com).

Open to Active Duty Personnel, DoD Civilians,  
Retired Personnel & West Point Community Family Members.

*Please note the pool depth is between 8-16 feet and is not  
recommended for use by young children as there are no shallow areas.*



**West Point Community, we need you! MWR is seeking volunteer lifeguards for our Indoor Swim program! Certified lifeguards are preferred, but free Red Cross Lifeguard Training is available. Hours are Mon-Fri, 12pm-1:45pm. Valid DOD ID card is required. If interested, call 845-938-7060, or email [WestPointSFA@army.mil](mailto:WestPointSFA@army.mil).**

# MWR FITNESS CENTER

Hours of Operation: Mon-Thu 5:30am-8pm; Fri 5:30am-6pm; Sat/Sun 9am-5pm.



CLASS SIZES ARE LIMITED! PRE-REGISTRATION HIGHLY ENCOURAGED.

NEW  
DAYS & TIMES  
STARTING NOV 1ST

## Functional Fitness

Classes with  
Anthony

MONDAY - THURSDAY | 9AM  
MWR FITNESS CENTER  
\$5 PER CLASS

To sign-up, call (845) 938-6490.

[westpoint.armymwr.com](http://westpoint.armymwr.com)



- Prepare your body for real life movement and activities.
- Train your muscles to work in unison.
- Simulate common movements you would do at home, work or in sports.

## 24/7 FITNESS ACCESS AT THE WEST POINT FITNESS CENTER

- ✓ YOU MUST BE AN AUTHORIZED USER OF THE MWR PHYSICAL FITNESS CENTER IAW AR 215-1, TABLE 7-1 AND A MINIMUM OF 18 YEARS OLD (17 YEARS OLD FOR ACTIVE DUTY).
- ✓ PRE-REGISTER, IN-PERSON, AT THE MWR FITNESS CENTER, BEGINNING NOVEMBER 15, AT 12PM.
- ✓ 24/7 WILL BE AVAILABLE NIGHTS, WEEKENDS, HOLIDAYS AND DURING SEVERE WEATHER, BUT YOU MUST BE PREREGISTERED TO TAKE ADVANTAGE.



**THE FITNESS CENTER WILL REMAIN OPEN DURING CODE REDS. MUST BE REGISTERED FOR THE 24/7 FITNESS ACCESS TO USE THE FACILITY. ENTER AT YOUR OWN RISK. WE ARE NOT RESPONSIBLE FOR ANY INJURIES THAT MAY OCCUR IN OR OUTSIDE OF THE FACILITY DUE TO WEATHER. LOCKER ROOMS MAY BE CLOSED, BUT BATHROOMS WILL BE AVAILABLE.**

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# MWR FITNESS CENTER

## Parent/Child POWER ZONE

AT THE MWR FITNESS CENTER



Starting February 1, MWR is introducing Parent/Child Power Zone. This program is an opportunity for active parents to bring their child to the West Point MWR Fitness Center and work out in our dedicated Fitness Studio!

This room will include a Rower, Spin bikes, Exercise Balls, and Free Weights to cover your fitness needs without the hassle of looking for a babysitter!

**Monday - Thursday: 0900 to 2000**

**Friday: 0900 to 1800**

**Saturday - Sunday: 0900 to 1700**

- Parents are responsible for their children at all times
- Child must be in the room at all times while parent is working out
- Babies must be kept in their strollers
- Children should be an arms length from their parents at all times
- Children should not play with weights



CALL THE FITNESS CENTER: (845) 938-6490  
VISIT ONLINE AT: [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)  
OR OUR FACEBOOK PAGE @WESTPOINTFMWR



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)



# MWR FITNESS CENTER

## SLAM SWEAT LIKE A MOTHER!

**Mondays, Thursdays & Fridays  
9:30-10:30am**

**STARTING NOVEMBER 6TH  
NEW LOCATION!**

**MST YOUTH CENTER  
500 WASHINGTON RD.**



**BRING YOUR KIDS!**

Single Class Pass \$12 | Five Class Pass \$60  
Ten Class Pass \$110 | Unlimited Monthly \$65

On sale online at [westpoint.armymwr.com](http://westpoint.armymwr.com)  
or at the Fitness Center.

[westpoint.armymwr.com](http://westpoint.armymwr.com) | (845) 938-6490



## ZUMBA Classes with Lindsey At the MWR Fitness Center

STARTING SEPTEMBER 11TH  
CLASSES WILL BE HELD ON  
MONDAYS & WEDNESDAYS ONLY.

## Zumba with Lindsey

Monday & Wednesday, 6pm-7pm  
at the MWR Fitness Center. \$5 pp.  
Pre-register online via Webtrac or  
purchase class coupon at the front  
desk. Call (845) 938-6490 or visit  
[westpoint.armymwr.com](http://westpoint.armymwr.com) for info.

**In 2024 do you want to show  
what you are all about?**

**Then try and make it onto our  
MWR Fitness Center Leaderboard!**

West Point Fitness Center LEADERBOARD				
MEN				
BENCH	SQUAT	DEADLIFT	5K TIME	
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.
WOMEN				
BENCH	SQUAT	DEADLIFT	5K TIME	
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.

This Leaderboard will show  
the top 5 Males and Females for  
Squat, Deadlift, Bench Press, and 5K Run.  
(Squat, Deadlift & Bench Press must be observed by a staff member.)

In order to get on, you must  
participate in one of our 5K's  
organized by the MWR Fitness  
Center. 5K times will only  
count for the following races:  
(Shamrock Shuffle, Army Birthday, Ring Run or Turkey Trot)

Ask the Front Desk for details today!

For more info,  
visit [westpoint.armymwr.com](http://westpoint.armymwr.com)  
or call (845) 938-6490.



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# MWR FITNESS CENTER

## Quadfecta Race Series Passes Now Available at the MWR Fitness Center!

Interested in running multiple 5Ks at a discount rate? Purchase the Quadfecta Race Series Pass.



Get this \$80 value for only \$50!

This pass is authorized for the following races:

Shamrock Shuffle  
(March 16, 2024)

Army Birthday  
(June 15, 2024)

Ring Run  
(August 24, 2024)

Turkey Trot  
(November 23, 2024)

For more info, call (845) 938-6490 or visit [westpoint.armymwr.com](http://westpoint.armymwr.com).



## Living Angelic Massage Therapy



MASSAGE THERAPY NOW AVAILABLE THROUGH LIVING ANGELIC AT THE MWR FITNESS CENTER!

## Living Angelic Massage Therapy

Helping you heal by relieving your tension with a wide variety of massage techniques! Schedule an appointment today by calling Elliot at (347) 567-6060. Full list of pricing and services at [westpoint.armymwr.com](http://westpoint.armymwr.com).

## CPR/First Aid/AED Certification



CPR



AED



FIRST AID

Offered through MWR Swim

February 27th and March 20th  
10:30am-1:30pm | Buffalo Soldier Pavilion

Open to ages 15 and up.  
Limited seats available.

Sign-up at the MWR Fitness Center or online today at [westpoint.armymwr.com](http://westpoint.armymwr.com).

Cost \$30

For more info, call (845) 938-7060.



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# MWR INTRAMURAL SPORTS

## West Point Community Monday Morning WOMEN'S DOUBLES TENNIS League



**STARTS JANUARY 22<sup>ND</sup>**

**MONDAYS ONLY | 9AM - 11AM**  
**LICHTENBURG INDOOR TENNIS FACILITY**  
Seasonal Pass Required | \$80 DoD/\$90 NoN-DoD

Open to Active Duty Personnel, DoD Civilians, Retired Personnel,  
West Point Community Family Members & approved non-DoD.  
To sign-up, call MWR Intramural Sports at (845) 938-3066.



## West Point Community Noontime Badminton/Pickleball Open Play



**Starts January 9th**

**TUESDAYS | 12PM-1PM**  
**Arvin Gym 2nd Floor Courts**

Open to Active Duty Personnel, DoD Civilians, Retired Personnel,  
West Point Community Family Members & Approved Non-DoD.

To sign-up, call MWR Intramural Sports at (845) 938-3066.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# MWR INTRAMURAL SPORTS

2023-2024

*West Point Community Skate Program*

Tate Rink - Holleder Center



## SUNDAYS

October 22nd & 29th  
5:15-7:15pm

November 5th & 26th | December 3rd & 10th  
January 7th, 21st & 28th | February 11th & 18th  
3-5pm



## EXTENDED DATES IN MARCH!

MARCH 3rd, 10th & 17th  
3-5pm



Open to Active Duty Personnel, DoD Civilians,  
Retired Personnel, & West Point Community Family Members.

This program is free but skaters must provide their own skates.

For more information, call the Skate Hotline at (845) 938-2991.



UNITED STATES ARMY INSTALLATION  
MANAGEMENT COMMAND  
[westpoint.armymwr.com](http://westpoint.armymwr.com)



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# MWR INTRAMURAL SPORTS



West Point Community  
**MONDAY  
EVENING  
PICKLEBALL  
LEAGUE**

## WP Community Monday Evening Pickleball League

Mondays from 7pm-9pm at the Lichtenburg Indoor Tennis Facility. Seasonal Pass required (Cost is \$80-\$90). League starts Jan 22<sup>nd</sup>.

To sign up, call (845) 938-3066



West Point Community  
**Noontime 4 on 4  
VOLLEYBALL  
LEAGUE**

## WP Community Noontime 4 on 4 Volleyball League

Wednesday & Friday only, from 12:15pm-1:15pm at Arvin Gym 2<sup>nd</sup> Floor Courts. League runs October 27<sup>th</sup> - May 1<sup>st</sup>.

To sign up, call (845) 938-3066

West Point Community  
**Adult Intramural  
GOLF  
League**

**APR 2nd - AUG 27th**  
TUESDAYS | 4:30PM - DUSK  
West Point Golf Course

## WP Community Adult Intramural Golf League

Tuesdays, 4:30pm to Dusk, at the West Point Golf Course. League will run April 2<sup>nd</sup> - August 27<sup>th</sup>.

To sign up, call (845) 938-3066



West Point Community  
**Noontime Ultimate  
FRISBEE  
Spring Tournament**

**MAR 19<sup>th</sup> - MAY 1<sup>st</sup>**  
Monday - Friday | 12:15-1:15pm

At Daly Field  
(Deadline for entries - COB March 12th.)

## WP Community Noontime Ultimate Frisbee League

Monday through Friday, 12pm-1pm at Daly Field. League will run March 19<sup>th</sup> - May 1<sup>st</sup>.

To sign up, call (845) 938-3066.  
Team Entry deadline is March 12<sup>th</sup>.

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

## CHILD & YOUTH SERVICES

# CYS OPEN GYM

..... AT THE YOUTH CENTER



**Mon-Fri, Feb 26<sup>th</sup> - Mar 22<sup>nd</sup>**

**2pm-5pm at the Youth Center Gym (Bldg 500)**

*CYS will be holding Open Gym at the Youth Center for all CYS registered youth in grades 6-8! For info, call the Youth Sports Office at (845) 938-3727/3266*

CYS WILL BE CLOSED ON FEDERAL HOLIDAYS & OTHER COMMAND DIRECTED CLOSURES.



YOUTH SPORTS OFFICE: (845) 938-3727/3266  
VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)  
OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# CHILD & YOUTH SERVICES

CYS SCHOOL SUPPORT SERVICES PRESENTS:

## CREATIVE COMPUTING HOME-SCHOOL-EVENT



**MARCH 15<sup>TH</sup> 11AM-1PM**  
**AT THE MST (500 WASHINGTON RD)**

JOIN CYS FOR A FUN INTRO TO COMPUTER PROGRAMMING! THE WEST POINT PHYSICS & NUCLEAR ENGINEERING DEPT. (PANE) WILL BE COMING WITH TURING TUMBLE, A GAME WHERE YOU BUILD MARBLE-POWERED COMPUTERS TO SOLVE LOGIC PUZZLES! SEE HOW SIMPLE SWITCHES, CONNECTED TOGETHER IN CLEVER WAYS, CAN DO INCREDIBLE THINGS!

FREE! OPEN TO HOME SCHOOLERS IN GRADES 3+. REGISTRATION RUNS MARCH 1<sup>ST</sup>-14<sup>TH</sup>. REGISTER ON WEBTRAC, OR BY CONTACTING P&OS. FOR MORE INFORMATION, CALL THE SIO AT (845) 938-2092.



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SCHOOL LIAISON OFFICER: (845) 938-2092  
VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)  
OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

**CHILD & YOUTH SERVICES**

**DISABILITY AWARENESS MONTH**

**EDUCATIONAL FAIR**



**MARCH 19<sup>TH</sup>, FROM 11AM-2PM**  
**AT THE YOUTH CENTER (500 WASHINGTON RD)**

**IN HONOR OF DISABILITY AWARENESS MONTH, ACS EFMP AND THE CYS SLO WILL BE HOSTING A FREE EDUCATIONAL FAIR AT THE YOUTH CENTER FOR WEST POINT FAMILIES!**

**LOCAL COMMUNITY PARTNERS WILL SHARE HOW THEY ADAPT EDUCATIONAL SUPPORT TO OUR FAMILIES. HOME SCHOOL CURRICULUM EXCHANGE WILL ALSO BE AVAILABLE.**

**FREE DEVELOPMENTAL SCREENINGS WILL BE CONDUCTED BY EDUCATIONAL & DEVELOPMENTAL INTERVENTION SERVICES (EDIS) BY APPOINTMENT ONLY FOR CHILDREN AGES 0-5. TO SCHEDULE AN APPOINTMENT, CALL (845) 938-2698/6868.**



**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**



**CHILD & YOUTH SERVICES**

**DISABILITY AWARENESS MONTH**

**EMPOWERMENT THROUGH  
KNOWLEDGE WORKSHOP**



**MARCH 20<sup>TH</sup>, 9:30AM-11:30AM**  
**AT THE YOUTH CENTER (500 WASHINGTON RD)**

**IN HONOR OF DISABILITY AWARENESS MONTH, ACS EFMP & THE CYS SLO WILL HOST A FREE WORKSHOP WITH ANNE CUNNINGHAM, AN ORANGE COUNTY EDUCATION ADVOCATE!**

**PARENTS WILL ACTIVELY PARTICIPATE IN THIS WORKSHOP, LEARNING INTERACTIVE MULTI-SENSORY STRATEGIES TO ASSIST THEIR CHILDREN WITH READING, WRITING, & MATH SKILLS. MARCINE BEST (SPECIAL EDUCATION SPECIALIST), AND PATRICIA EWEN (CYSS SCHOOL SUPPORT SPECIALIST) WILL ALSO SHARE SPECIAL ED INFO & RESOURCES THAT HELP ASSIST & SUPPORT MILITARY CHILDREN'S EDUCATIONAL NEEDS.**



**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**

## CHILD & YOUTH SERVICES

# CYS WALK-IN

## ★ HIRING EVENT ★

**WEST POINT CHILD & YOUTH SERVICES IS LOOKING TO ADD CHILD AND YOUTH PROGRAM ASSISTANTS TO THEIR TEAM!**

**WE WILL BE CONDUCTING ON THE SPOT INTERVIEWS!**

**EVERY TUESDAY FROM 10AM-2PM AT THE STONY CDC (1207 PATRICK TRAIL)**

*Candidates must bring a valid ID and transcripts/high school diploma. To enter the installation, a visitor pass must be obtained from the Visitor Control Center (2107 New South Post Rd in Highland Falls, NY).*



*Full Time, Part time, & Flexible Positions are available at the Child Development Center (CDC), School Age Center (SAC) and Middle School & Teen Center (MST). Salary range: \$18.50-\$23.77 per hour.*



**FOR INQUIRIES, CONTACT ERIN OR EMILY AT:**  
[ERIN.M.FAHERTY.NAF@ARMY.MIL](mailto:ERIN.M.FAHERTY.NAF@ARMY.MIL) (845) 938-8255  
[EMILY.S.MILLERT.NAF@ARMY.MIL](mailto:EMILY.S.MILLERT.NAF@ARMY.MIL) (845) 938-5838



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# CHILD & YOUTH SERVICES

## 2024 CYS PARENT WORKSHOPS

**3PM TO 4PM** AT THE MST BUILDING  
(500 WASHINGTON RD)

### **JAN 21<sup>ST</sup> - KINDERGARTEN READINESS (WITH CYS SLO)**

KINDERGARTEN ELIGIBILITY; WHETHER YOUR CHILD IS READY FOR IT, AND HOW TO HELP YOUR CHILD SUCCEED.

### **FEB 21<sup>ST</sup> - DE-STRESSING TESTING FOR GRADES 1-8 (WITH CYS SLO)**

WHY SCHOOLS ASSESS STUDENTS; DIFFERENT TESTS; MILITARY TRANSITION ISSUES & MINIMIZING TEST STRESS.

### **MAR 20<sup>TH</sup> - EDIS PRESENTATION TO PRE-K PARENTS (WITH CYS FTS)**

LEARN ABOUT DEVELOPMENTAL SCREENINGS AVAILABLE THROUGH EDIS AND THE WEST POINT SCHOOL SYSTEM.

### **APR (TBD) - STOMP EVENT (WITH ACS & PAVE)**

PATHWAYS TO MILITARY MEDICAL AND MEDICAID BENEFITS FOR EXCEPTIONAL FAMILIES; PROPER COMPONENTS OF AN IEP, FINANCIALLY "DEPENDENT" PLANNING FOR A CHILD'S FINANCIAL STABILITY; EDUCATION SERVICES.

### **MAY 22<sup>ND</sup> - HOW TO HANDLE TEMPER TANTRUMS**

LEARN ABOUT TEMPER TANTRUMS AND THE STRATEGIES PARENT CAN USE TO CALMLY HANDLE THEM.

### **JUN 19<sup>TH</sup> - SOCIAL MEDIA SAFETY FOR GRADES 6-12 (WITH CYS FTS)**

SOCIAL MEDIA USAGE + PROS & CONS; KEEPING MIDDLE & HIGH SCHOOL CHILDREN SAFE AND POSITIVE.

### **JUL 24<sup>TH</sup> - SETTING HEALTHY MEDIA LIMITS (WITH CYS FTS)**

LIMITING MEDIA USE; HOW TO SET HEALTHY SCREEN TIME LIMITS; ALTERNATIVES TO MEDIA USAGE.

### **AUG 21<sup>ST</sup> - ONLINE SAFETY FOR ELEMENTARY SCHOOLERS (WITH CYS FTS)**

INTERNET SAFETY; USAGE BY CHILDREN + PROS & CONS; CYBERBULLYING; KEEPING CHILDREN SAFE ONLINE.

### **SEP 4<sup>TH</sup> - ONLINE SAFETY FOR MIDDLE & HIGH SCHOOLERS (WITH CYS FTS)**

INTERNET SAFETY; USAGE BY CHILDREN + PROS & CONS; CYBERBULLYING; KEEPING CHILDREN SAFE ONLINE.

### **OCT 2<sup>ND</sup> - TOILET LEARNING**

STEPS AND CHALLENGES OF TOILET LEARNING; DEVELOPMENTAL CONSIDERATIONS; CREATING BATHROOM PLANS.

### **NOV 6<sup>TH</sup> - APPLYING FOR COLLEGE (WITH CYS SLO)**

IDENTIFYING COLLEGE CHOICES & NARROWING THEM DOWN; COLLEGE APPLICATION OPTIONS AND PROCESS.

### **DEC 7<sup>TH</sup> - FINANCIAL AID PROCESS (WITH CYS SLO)**

DIFFERENT TYPES OF FINANCIAL AID; FAFSA; COST OF COLLEGE; PRIVATE GRANTS & SCHOLARSHIPS; PITFALLS.

**FREE & OPEN TO WEST POINT PARENTS WITH CYS REGISTERED YOUTH. REGISTER IN PERSON AT PARENT & OUTREACH SERVICES OR BY CALLING THEM AT (845) 938-1362/4458/0939.**



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CALL P&OS AT: (845) 938-1362/4458/0939

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR VISIT OUR FACEBOOK @WESTPOINTCYS



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

# CHILD & YOUTH SERVICES

## CYS SPRING 2024

# YOUTH SPORTS



SEASON RUNS FROM APRIL 1<sup>ST</sup> - MAY 23<sup>RD</sup>.

REGISTER NOW THRU MARCH 8<sup>TH</sup> BY CALLING (845) 938-0939/4458/1362.

### FLAG FOOTBALL

Tue & Thu, 6pm-7pm at USMAPS.

- Junior NFL (Ages 7-9) \$60
- NFL (Ages 10-13) \$60

### HOME SCHOOL GYM

Tue & Thu in the MST Gym. \$50.

- Grades K-3: 11am-11:45am
- Grades 4-8: 12:15pm-1pm

### RUNNING CLUB

Thu, 4pm-5pm at Dragon Park.

- Grades 2-8 \$25

### STRENGTH & FITNESS

Tue, 4pm-5pm at Dragon Park.

- Ages 12-18 \$25

**SOCCER** *New times & locations! Ages 3-4: \$30. Ages 5+: \$60.*

- Smart Start (Age 3): 5pm-6pm Mon at Stony Field
- Just 4 U (Age 4): 5pm-6pm Wed at Stony Field
- Division A (Ages 5-6): 5pm-6pm Mon & Wed at the West Point Elementary School Field
- Division B (Ages 7-9): 5pm-6pm Mon & Wed at Dragon Park
- Division C (Ages 10-13): 6pm-7pm Mon & Wed at Dragon Park

**BASEBALL** *New times & locations! Tuesdays & Thursdays. \$60.*

- Tee-Ball (Ages 4-6): 5pm-6pm at Dragon Park.
- Minor League (Ages 7-9): 6pm-7pm at Dragon Park.
- Major League (Ages 10-13): 6pm-7pm at the West Point Elementary School Field



CYS YOUTH SPORTS OFFICE: (845) 938-3266

VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)

OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# CHILD & YOUTH SERVICES

## CYS YOUTH SPORTS 2024

SPRING SEASON WILL RUN FROM APRIL 1<sup>ST</sup> THRU MAY 23<sup>RD</sup>.  
REGISTRATION: FEB 20<sup>TH</sup> FOR MIL/DOD (FEB 28<sup>TH</sup> FOR OTHERS) TO MAR 8<sup>TH</sup>.

### TAEKWONDO

FOR CYS REGISTERED  
YOUTH AGES 7-12

**Mon & Wed,**  
11:15am-12pm  
at the MST  
(BLDG 500)

**Mon & Wed,**  
5:15pm-6pm  
at the SAC  
(BLDG 140)

**Cost: \$60.**



TO REGISTER, CALL P60S AT (845) 938-8939/4458/1362. SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS & COMMAND APPROVAL FOR PROGRAM FACILITATION.



CYS YOUTH SPORTS OFFICE: (845) 938-3266  
VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)  
OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# CHILD & YOUTH SERVICES

## CYS YOUTH SPORTS 2024

SPRING SEASON WILL RUN FROM APRIL 1<sup>ST</sup> THRU MAY 23<sup>RD</sup>.  
REGISTRATION: FEB 5<sup>TH</sup> FOR MIL/DOD (FEB 26<sup>TH</sup> FOR OTHERS) TO MAR 8<sup>TH</sup>.

### SPRING VOLLEYBALL

FOR CYS REGISTERED YOUTH IN GRADES 5-8

Mon & Wed, 6pm-7pm  
at the Youth Center  
(Building 500)



Cost is \$60.

TO REGISTER, CALL P&OS AT (845) 938-0939/4458/1362. SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS & COMMAND APPROVAL FOR PROGRAM FACILITATION.



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CYS YOUTH SPORTS OFFICE: (845) 938-3266

VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)

OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# CHILD & YOUTH SERVICES

## CYS YOUTH SPONSORSHIP PROGRAM



**JOIN OUR TEAM & WELCOME NEW STUDENTS!**

**BECOME A SPONSOR  
AND A LEADER IN YOUR COMMUNITY!**

**OPEN TO CYS REGISTERED YOUTH IN GRADES 1-12.**

*The Youth Sponsorship program is composed of kids that want to help other kids that are new to West Point. In this program, you'll be a guide, a mentor, a cyber pal, and a friend. Activities include training, welcomes and farewells, orientation tours, and more!*

- ASSIST PEERS
- BUILD LEADERSHIP
- BUILD FRIENDSHIPS
- SERVE THE COMMUNITY
- FOSTER A SENSE OF BELONGING

**PROGRAM TRAINING SESSION DATE: TO BE DETERMINED**

For more info, call (845) 938-2092 or email [westpointcys\\_youthsponsorship@army.mil](mailto:westpointcys_youthsponsorship@army.mil)



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SCHOOL LIAISON OFFICER: (845) 938-2092

VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)

OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# CHILD & YOUTH SERVICES

CYS SCHOOL SUPPORT SERVICES PRESENTS:

**VEX** **ROBOTICS**  
**COMPETITION**

**HOME**  
**SCHOOL**  
**EVENT**



**APRIL 11<sup>TH</sup> 8:30AM-11:30AM**  
**AT THE MST (500 WASHINGTON RD)**

**JOIN CYS FOR A HANDS-ON STEM EVENT FEATURING ROBOTS! USMA STEM OUTREACH WILL BE BRINGING VEX ROBOTICS KITS SO YOU CAN BUILD, PROGRAM, AND COMPETE AGAINST OTHERS WITH YOUR ROBOT!**

**FREE! OPEN TO HOME SCHOOLERS IN GRADES 5-8. REGISTRATION RUNS MARCH 11<sup>TH</sup> THRU APRIL 10<sup>TH</sup>. REGISTER ON WEBTRAC, OR BY CONTACTING P&OS. FOR MORE INFO, PLEASE CALL (845) 938-2092.**



U.S. ARMY



SCHOOL LIAISON OFFICER: (845) 938-2092

VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)

OR VISIT OUR FACEBOOK @WESTPOINTCYS



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)



# CHILD & YOUTH SERVICES

School Age Center 2024

## Summer Camp



**Mon - Fri, starting June 10<sup>th</sup>**

**6am - 5:30pm at the School Age Center (Bldg 140)**

### **Summer Camp is back at West Point SAC!**

*The School Age Center provides enriching experiences and fun, developmentally appropriate activities that promote children's learning, growth, and exploration.*

**CARE REQUESTS OPEN ON [MILITARYCHILDCARE.COM](http://MILITARYCHILDCARE.COM) ON FEB 1<sup>ST</sup> AT 12:30PM.**

*Open to all Military and Civilian personnel with CYS registered children in grades K-5. Cost is based on household income. Space is limited. SAC will be closed on federal holidays & other Command directed closures.*



THE SAC FRONT DESK: (845) 938-8530/0941  
VISIT CYS ONLINE AT: [WESTPOINTCYS.COM](http://WESTPOINTCYS.COM)  
OR VISIT OUR FACEBOOK @WESTPOINTCYS



**VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**

# ARMY COMMUNITY SERVICE

ACS EFMP INVITES YOU TO JOIN IN OUR

# Stress Less

Series

SEP - JUN



**EVERY 2<sup>ND</sup> TUESDAY OF THE MONTH  
3PM-5PM AT THE ACS BUILDING (#622)**

Studies show that interacting with animals can reduce loneliness, strengthen communal ties, and boost your mood. ACS EFMP has teamed up with Hudson Valley Paws for a Cause to provide a series of wellness & stress-relief events. Thru Jun 2024, take a "paws" with us every 2<sup>nd</sup> Tuesday of the month for a fun, relaxing afternoon! Free & open to the West Point/Highland Falls Community.

**Sep 12 Oct 10 Nov 14 Dec 12 Jan 16\* Feb 13 Mar 12 Apr 16\* May 14 Jun 11**

*\*Third Tuesday*



CALL ACS AT: (845) 938-3655 / EFMP: 5655  
VISIT MWR AT: WESTPOINT.ARMYMWR.COM  
f: @WESTPOINTARMYCOMMUNITYSERVICE



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

# ARMY COMMUNITY SERVICE



**Join the West Point Family Advocacy Program for our workshops on the following topics:**

- April 1<sup>st</sup>, 1pm-2pm - *Problematic Sexual Behavior in Children & Youth*
- April 4<sup>th</sup>, 11:30am-12:30pm - *Couples Communication*
- April 11<sup>th</sup>, 11:30am-12:30pm - *Stress and Anger Management*
- April 17<sup>th</sup>, 4pm-5pm - *Positive Parenting*
- April 18<sup>th</sup>, 11:30am-12:30pm - *Enhancing Your Child's Wellness*

- May 2<sup>nd</sup>, 11:30am-12:30pm - *Couples Communication*
- May 9<sup>th</sup>, 11:30am-12:30pm - *Stress and Anger Management*
- May 15<sup>th</sup>, 4pm-5pm - *Positive Parenting*
- May 23<sup>rd</sup>, 11:30am-12:30pm - *Perinatal Wellness*

- June 3<sup>rd</sup>, 1pm-2pm - *Problematic Sexual Behavior in Children & Youth*
- June 6<sup>th</sup>, 11:30am-12:30pm - *Couples Communication*
- June 13<sup>th</sup>, 11:30am-12:30pm - *Stress and Anger Management*
- June 26<sup>th</sup>, 4pm-5pm - *Positive Parenting*
- June 27<sup>th</sup>, 11:30am-12:30pm - *Family Advocacy Program Overview*

**REGISTRATION IS REQUIRED. FOR REGISTRATION & MORE INFO, CALL (845) 938-0629. ALL SESSIONS ARE FREE AND TAKE PLACE AT THE ACS BUILDING (622 SWIFT ROAD).**



CALL ACS AT: (845) 938-2519 / FAP: 0633  
VISIT MWR AT: WESTPOINT.ARMYMWR.COM  
f:@WESTPOINTARMYCOMMUNITYSERVICE



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

# ARMY COMMUNITY SERVICE

## WOMEN'S SELF-DEFENSE COURSE

**SUPPORT,  
PROTECT,  
DEFEND...  
YOURSELF!**



**APRIL 23<sup>RD</sup>, 25<sup>TH</sup>, & 30<sup>TH</sup>  
+ MAY 1<sup>ST</sup> 6PM-8PM AT THE SCHOOL AGE  
CENTER (140 BUCKNER LOOP)**

Certified instructors from the Town of Woodbury Police Department will lead this interactive 4-session workshop. Participants will have a chance to practice their skills, including a real-world simulation! Leave feeling empowered to defend yourself in any given situation!

This event is free and open to all female DoD ID Cardholders ages 14+. Participants must attend all 4 sessions in order to receive certificate. Space is limited; registration is required. Please call (845) 938-0629 or email [emily.a.calangi2.civ@army.mil](mailto:emily.a.calangi2.civ@army.mil) to make a reservation today!



U.S. ARMY



CALL ACS AT: (845) 938-2519 / FAP: 0633  
VISIT MWR AT: [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)  
f: @WESTPOINTARMYCOMMUNITYSERVICE



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# ARMY COMMUNITY SERVICE

## Wee-Play & Wee-Read



FAP WEE-ONES PROGRAMS AT THE MST BUILDING (H500) GYM

Free and open to all ranks and DoD civilians with children ages 4 or younger.  
For more information, call FAP at (845) 938-0633 or visit [westpoint.armymwr.com](http://westpoint.armymwr.com).

### WEE-PLAY: TUE

9AM-10AM, WEEKLY

- Jan 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>
- Feb 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>
- Mar 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>

### WEE-READ: WED

9AM-10AM, BI-WEEKLY

- January 10<sup>th</sup> & 24<sup>th</sup>
- February 7<sup>th</sup> & 21<sup>st</sup>
- March 6<sup>th</sup> & 20<sup>th</sup>



## Wee-Play & Wee-Read



FAP WEE-ONES PROGRAMS AT THE MST BUILDING (H500) GYM

Free and open to all ranks and DoD civilians with children ages 4 or younger.  
For more information, call FAP at (845) 938-0633 or visit [westpoint.armymwr.com](http://westpoint.armymwr.com).

### WEE-PLAY: TUE

9AM-10AM, BI-WEEKLY

- April 9<sup>th</sup> & 23<sup>rd</sup>
- May 7<sup>th</sup> & 21<sup>st</sup>
- June 4<sup>th</sup> & 18<sup>th</sup>

### WEE-READ: WED

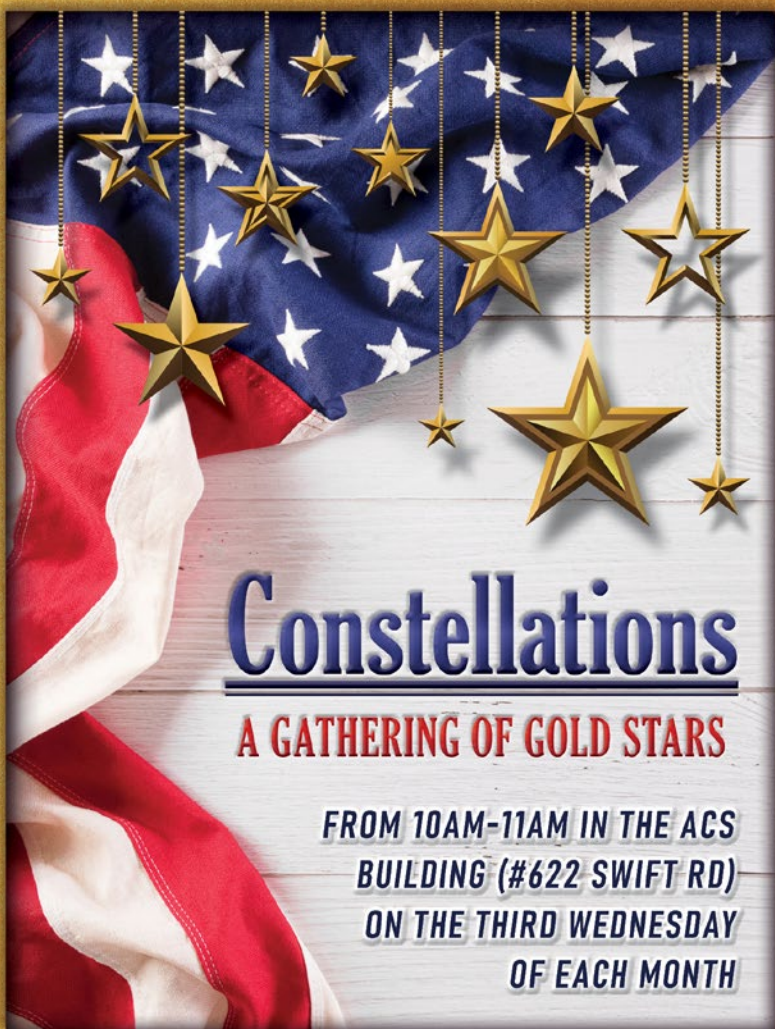
9AM-10AM, BI-WEEKLY

- April 10<sup>th</sup>
- May 8<sup>th</sup> & 22<sup>nd</sup>
- June 5<sup>th</sup>



VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

# ARMY COMMUNITY SERVICE



## Constellations

### A GATHERING OF GOLD STARS

**FROM 10AM-11AM IN THE ACS  
BUILDING (#622 SWIFT RD)  
ON THE THIRD WEDNESDAY  
OF EACH MONTH**

Survivor Outreach Services invites Gold Star Family members to join us on the third Thursday of each month to socialize, support, learn, and grow with one another! Call SOS at (845) 938-5654 for more info.



U.S. ARMY



CALL ACS AT: (845) 938-2519 / SOS: 5654  
VISIT MWR AT: WESTPOINT.ARMYMWR.COM  
f: @WESTPOINTARMYCOMMUNITYSERVICE



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

# ARMY COMMUNITY SERVICE

Just PCS'ed to West Point? Want to learn more about the installation? Then you need the...

## ARMY COMMUNITY SERVICE RELOCATION READINESS ← NEWCOMERS ORIENTATION → AND WELCOME

SPOUSES  
WELCOMED TO  
ATTEND!



HELD EVERY TUESDAY AT 1PM & THURSDAY AT 9AM  
IN BUILDING G22 SWIFT RD, ACS HUDSON ROOM 156

Open to all Active Duty Military and their families. No registration is required.  
For more info, call the ACS Relocation Readiness Program at (845) 938-3487.

**SPOUSES ARE WELCOMED & ENCOURAGED TO ATTEND!**



### ACS Employment Readiness Program Where Career Success Begins

JOB SEARCH ASSISTANCE - CAREER RESOURCES - REFERRAL SERVICES - TRAINING OPPORTUNITIES

### ACS Employment Readiness Program (ERP)

ERP advances careers by providing info about job search tips, education, training, transition, and volunteering to Soldiers, DoD Civilians, and their Family. Call (845) 938-0232 for details.

## ACS Little Movers



WEST POINT  
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!

CALL THE RELOCATION ASSISTANCE PROGRAM AT (846) 938-3487 TO SCHEDULE A TIME TO PICK UP YOUR ACTIVITY BAG(S) AT THE ACS BUILDING (622 SWIFT ROAD).

VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)

Paid Advertisement (No Federal Endorsement Intended)

# BENEFITS OF JOINING USFHP

OUR MEMBERS RECEIVE GREAT HEALTHCARE BENEFITS, WHICH INCLUDE:



Same-day urgent care appointments



Quick and easy specialty referrals



An extensive network of providers and facilities close to your home



Free eyewear, free dental care, and \$250 gym reimbursements

[USFHP.NET](https://www.usfhp.net)



A TRICARE  
PRIME OPTION



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



 [#WESTPOINTMWR](https://www.instagram.com/westpointmwr)  
 [/WESTPOINTMWR](https://www.facebook.com/westpointmwr)

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