





#### **USAG WEST POINT**

# WHAT'S HAPPENING WITH FAMILY & MWR



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.

PLEASE NOTE: <u>All MWR FACILITIES</u> WILL BE <u>Closed</u> on dec 25<sup>TH</sup> & JAN 1<sup>ST</sup>, <u>except</u> the <u>MWR Fitness center</u> (which is open 24/7), and <u>victor constant ski</u>, (which is open 12PM-5PM, weather permitting). Cys will be closed dec 16<sup>TH</sup> for cys training day.

#### **UPCOMING MWR EVENTS**



#### <u>UPCOMING EVENTS & PROGRAMS</u>

(CLICK ON HYPERLINKED ACTIVITIES FOR MORE INFO)

#### **DECEMBER**

nd	Holiday Tree Lighting Ceremony - 6pm at the West Point Exchange
	monday free Lighting Ceremony - opin at the West Form Exchange

Keeping Kids Safe in a Digital World, 5:30pm-7:30pm at the ACS Building

7th Holiday Tree Handout at Victor Constant Ski Area, 1pm-4pm

7th & 8th Ski Swap & Sell at Victor Constant Ski Area, 9am-4pm

25 CYS Learn to Play Ice Hockey - at Bear Mountain Ice Rink, 8am-9am

Breakfast With Santa at the WP Club - Seatings every 30min, 9am-11am

11th Spirit Luncheon at the WP Club - doors open 11am, lunch at 12pm

11th CYS Parent Workshop: Financial Aid Process, 3:30pm-4:30pm at the SAC

11th ACS Holiday Open House, 4pm-8pm at the ACS Building (622 Swift Rd)

13<sup>th</sup>-16<sup>th</sup> Morgan Farm Army Navy Weekend Kenneling Special

15<sup>th</sup> Be An Active Participant In Your Own Rescue, 9am-1pm at Tronsrue

CYS Learn to Play Ice Hockey - at Tate Ice Rink, 2pm-3pm

15th WP Community Skate Program at Tate Rink, 3:15pm-5:15pm

21st\_22nd NYS Concealed Carry Permit Course, 9am-6pm at Tronsrue

23rd-27th+30th-Jan 3rd Winter Camp at the SAC, 6am-5:30pm

27<sup>th</sup> WP Community Skate Program at Tate Rink, 1pm-3pm

Noon Year's Eve at the WP Arts & Crafts Center, 10:30am-12:30pm

**MORE MWR EVENTS, PROGRAMS, & OFFERINGS BELOW!** 

#### **UPCOMING SPECIAL EVENTS**

JOIN FAMILY AND MWR FOR OUR ANNUAL WEST POINT



# Choliday (tee) Lighting Geremony

6pm December 2nd at the Exchange

JOIN MWR AT THE PX FOR LIVE MUSICAL PERFORMANCES, MAGNIFICENT LIGHTS, AND A VISIT FROM SANTA AND HIS FRIENDS! FREE AND OPEN TO THE WEST POINT COMMUNITY.

FOR MORE INFO, CALL (845) 938-6497 OR VISIT WESTPOINT.ARMYMWR.COM



**U.S. ARMY** 





EXCHANGE

#### **UPCOMING SPECIAL EVENTS**

# HOLIDAY TREE HANDOUT

AT VICTOR CONSTANT SKI AREA PARKING LOT



FEDEX WILL DELIVER AN ESTIMATED 80 FRESH, FARM-GROWN CHRISTMAS TREES TO MILITARY FAMILIES AT WEST POINT AS PART OF THE TREES FOR TROOPS PROGRAM!

FROM 1PM-2PM, TREES WILL BE HANDED OUT FOR JUNIOR ENLISTED SOLDIERS. FROM 2PM-4PM, ALL ACTIVE DUTY MILITARY ARE WELCOME TO PICK UP A TREE!













#### **ARMY COMMUNITY SERVICE**



#### 4PM-4:45PM: SENSORY FRIENDLY 4:45PM-8PM: GENERAL PUBLIC

Join ACS for a very merry evening at our Holiday Open House! Enjoy seasonal games, crafts, activities, light refreshments, and live holiday music from the West Point Band! Plus, a photo opportunity with Santa Claus! Free and open to all DoD ID Cardholders! To reserve a sensory-friendly spot, call (520) 717-9739.







ACS: (845) 938-4621 / EFMP: (520) 717-9739
VISIT MWR AT: WESTPOINT.ARMYMWR.COM

#: @WESTPOINTARMYCOMMUNITYSERVICE





#### THE WEST POINT CLUB



#### Sunday, December 8th

Seatings at 9:00am, 9:30am, 10:00am, 10:30am, & 11:00am

#### Preregister cost now through December 5th

Adults 12+: \$23 | Child ages 3-11: \$13 | Child under 3: Free

Cost after December 6th

Adults 12+: \$30 | Child ages 3-11: \$20 | Child under 3: Free

Reservations required

# CLICK HERE TO REGISTER ONLINE VIA WEBTRAC!

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













THEWESTPOINTCLUB.COM
CLICK HERE TO VIEW MENU!

#### THE WEST POINT CLUB

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



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

#### **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 <u>here;</u> 3-Hour <u>here</u>. Reserve yours today at (845) 446-5120!



# 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 5:30pm. Servings for 4 or 6 people are available.

View our full menu online <u>HERE</u>. Order at (845) 446-5504/5545/5506.

#### **CLUB LUNCH/GRAB-N-GO**

<u>Buffet & Carving Line</u>: 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 <u>HERE</u>. Order at (845) 446-5504/5545/5506.



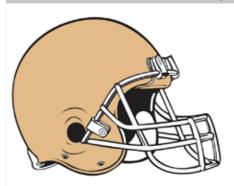
Planning an event? Book one of our off-premise sites! (845) 938-5120 OR (845) 446-5545 | THEWESTPOINTCLUB.COM

#### THE WEST POINT CLUB



# LuncheoN

West Point Club | Grand Ballroom



#### NEW DATE ADDED!

#### TUESDAY. DEC 3RD

• AAC CONFERENCE CHAMPIONSHIP GAME

#### WEDNESDAY, DEC 11<sup>TH</sup>

VERSUS NAVY

Doors Open at 11am | Luncheon Begins at 12pm \$15 per person online presale \$17 per person space available, day of

Presale tickets available online only starting 1 August at thewestpointclub.com.

Please make any special requests when you order online.









For more info, call, (845) 938-5120



#### **VICTOR CONSTANT SKI AREA**

FOR DAILY UPDATES & OPERATION TIMES, CALL (845) 938-2475



MULTI-WEEK SKI LESSONS WILL GO ON SALE DEC 9<sup>TH</sup> FOR ACTIVE DUTY MILITARY & DEPENDENTS; DEC 10<sup>TH</sup> FOR ELIGIBLE DOD CIV CARDHOLDERS & DEPENDENTS; AND DEC 11<sup>TH</sup> FOR THE GENERAL PUBLIC. SALES ARE ONLINE ONLY.



SNOW PASSES, EQUIPMENT RENTALS, TUNING & REPAIR, LOCKERS, AND MERCHANDISE ARE AVAILABLE <u>HERE</u>!



# SEASONAL SKI AND SNOWBOARD RENTALS

LIMITED INVENTORY AVAILABLE—
PURCHASE YOURS TODAY! ON-SITE
(SKI OR SNOWBOARD) AND OFF-SITE
(SKI ONLY) RENTALS ARE AVAILABLE.

VCSA SEASON PASSES ARE NOW AVAILABLE!
INCLUDES UNLIMITED, WEEKDAY, AND WEEKEND SKI PASSES.

#### **VICTOR CONSTANT SKI AREA**

Victor Constant Ski Area



December 7th & 8th | 9am-4pm Cash ONLY, no checks or credit cards.

Tag, sell & purchase! Do you have winter gear or clothing you are looking to part with or find? Drop off and register your items at the Victor Constant Ski Area between December 2nd-6th, 10am-5pm. Shop the Ski Swap December 7th & 8th, 9am-4pm.

732 Victor Constant Rd. | West Point, NY 10996 For more info, call (845) 938-8810.











Scan the QR Code for Swap and Sell Procedures.



#### **WEST POINT BOWLING CENTER**

THE BOWLING CENTER WILL BE CLOSED FOR BOWLING DURING JANUARY, BUT WILL REMAIN OPEN FOR FOOD SERVICE.

#### **BOWLING HOURS**

Mon-Thu: 11am - 7:30pm Friday: 11am - 11pm Saturday: 12pm - 11pm Sunday: 12pm - 7:30pm

#### DELIVERY HOURS

(For West Point locations only)

Mon-Weds & Fri: 11am - 7pm Thu & Sat-Sun: 12am - 7pm Place your order at (845) 938-2140.

#### **WEEKLY BOWLING 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 \$9.00 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?



ON THE 2<sup>NO</sup> THURSDAY OF EACH MONTH, FROM 4PM-5PM

#### **Sensory Friendly Bowling**

Offered from 4pm-5pm on every 2<sup>nd</sup>
Thursday of the month at the West
Point FMWR Bowling Center! During
this time, no music will play, and only
special needs bowlers will be allowed
use of the facility. Call (845) 938-2140
for more information.

#### **MORGAN FARM**





DROP OFF DEC 13™ & PICK UP DEC 16™. MUST STAY 3 NIGHTS TO GET DISCOUNT. CALL (845) 938-3926 TO BOOK YOUR RESERVATION TODAY!

#### CAT BOARDING

#### **DOG BOARDING**

WALKS

\$16 per day; \$8 per add'l cat\*

\$26 a day; \$13 per add'l dog\*

Walks: \$7

#### \*SPECIALS & ADDT'L PET PRICING FOR ACTIVE/RETIRED MIL/DOD ONLY, GROOMING ALSO AVAILABLE.

Required vaccinations: Rabies, Distemper, & Bordetella for dogs; Rabies & Distemper for cats. Reservations must be made with a valid credit or debit card. Boarding cancellations are accepted up to 48hrs prior to reservation time. Late cancellations and no shows will be charged 2 days worth of boarding per animal.







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



#### **MORGAN FARM**



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

#### **Grooming & Kenneling Services**

We offer kenneling for dogs and cats, with daily dog walks, large dog runs, a climate controlled facility, and multi-pet discounts! Grooming is also available, including baths, nail & coat trims, and ear cleaning. For more info, call (845) 938-3926 or visit us online.



#### **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.

#### **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.



#### **MORGAN FARM**



Starting September 2024, Morgan Farm will be offering Equine Assisted Unmounted Activities. These 12 week programs are designed to build relationships outside of one's self, as well as confidence, independence, patience, self-care, empathy, and fun while interacting with horses!

All sessions will be taught by a P.A.T.H. (Professional Association of Therapeutic Horsemanship) International Certified instructor, and will be tailored to each individual or group's needs.



**Hour or half-hour sessions are available** Sunday thru Thursday in private, semi-private, or group formats (limit 6 per group).

#### **Pricing for Equine Assisted Services**

- Half-Hour Introductory/Assessment Session: \$46 (limit 1 per person)
- 1 Hour Private, 12 Sessions: \$600 pp
- 1 Hour Semi-Private, 12 Sessions: \$550 pp
- 1 Hour Group, 12 Sessions: \$500 pp

Open to people of all ages and abilities! For more info, call (845) 938-3926.







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



#### **OUTDOOR RECREATION**

#### CAMPING MD ODR EQUIPMENT RENTALS







#### OUTDOOR REGREATION EQUIPMENT RENTALS

The <u>Outdoor Recreation Equipment Checkout Center</u> has all the your party equipment you need for the Holidays! To rent tables or chairs for your event or family gathering, please visit the Outdoor Recreation Equipment Checkout Center's webpage and click the "Email Us" link to make a reservation.

#### RV & BOAT STORAGE

Morgan Farm: Monthly and Yearly storage options. 24/7 access all year round!

Round Pond: Daily, Monthly, and Seasonal storage options. Come & Go Access from Apr-Nov (No gate access during winter).

Storage at either open to Active Duty Mil, Retirees. & DoD ID Cardholders.



#### **OUTDOOR RECREATION**

# SEASONAL MID-WEEK CABIN SPECIALS







#### LAKE FREDERICK CABIN SPECIAL

(Available October through March)

Check in on a Monday or Tuesday, stay two nights, and get the third night (a value of \$100) FREE!

To receive discount, call the Lake Frederick office at (845) 938-2649.

DISCOUNTS NOT AVAILABLE ONLINE. EXCLUDES HOLIDAYS & WEEKENDS.

#### FISHING & HUNTING

Fishing Permits & Fishing Info | NYS Freshwater Fishing Guide

HUNTING ON WEST POINT REQUIRES A NYS HUNTING LICENSE & A WEST POINT HUNTING PERMIT, WHICH MAY BE OBTAINED AT WESTPOINT.ISPORTSMAN.NET

Hunting Permits & Hunting Info | NYS Hunting & Trapping Guide







#### **OUTDOOR RECREATION**

#### LAKE FREDERICK RECREATION 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.







Lakeside bunk house amenities include heat, a mini fridge, fire ring, and 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 or call (845) 938-2649.

#### **BULL POND RECREATION AREA**

Bull Pond is available to DOD civilian employees! Lodging dates and application info available <u>HERE</u>.







INFORMATION ON THE 2025 BULL POND SEASON LOTTERY COMING SOON! TO MAKE A BULL POND RESERVATION. CALL (845) 938-2649 (FIRST COME, FIRST SERVED). EMAIL QUESTIONS TO DANIEL.B.EICHNER.NAF@ARMY.MIL.







#### **AUTOMOTIVE SKILLS CENTER**

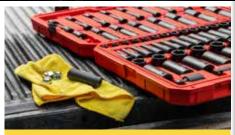


#### THE AUTO CENTER IS OPEN FOR FULL SERVICE!



#### **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.



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.

#### **AUTOMOTIVE SKILLS CENTER**



FREE WINTER CHECKUP

(By appointment, Tuesdays only) Check brakes, tires & pressure, wipers, belts & hoses, and charging systems

Valid Nov 111 - Dec 3111, 2024

20% OFF

Hourly Bay Rentals on Tuesdays, Wednesdays, & Thursdays

Valid Nov 1st - Dec 31st, 2024

10% OFF Brake Service

Valid Nov 111 - Dec 3111, 2024

\$15

Tire Rotation with an Oil Change (Reg. \$25)

Valid Nov 1" - Dec 31", 2024







BUSINESS HRS: TUE-SAT 8AM-4PM Contact auto at: (845) 938-2074 648 Wilson Road, West Point, NY

AUTOMOTIVE SKILLS CENTER

#### **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** 

#### 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 addisvements into timeless works of and choose from 500+ quality mouldings, 450 add-free mats, & UV-Protective glass. DIV 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!











# DECEMBER CALENDAR OF EVENTS



A Stitch in Time Each Wednesday

9:00am - 12:00pm

A Weekly Yarn Social where you can bring your current projects to work on in the company of fellow textile artists!



Army Scarf Tue, Dec 3<sup>rd</sup>

1:00-3:00pm or 5:00-7:00pm

Get Army-Navy game ready with an arm-knitted scarf in an Army color of your choice! \$20 pp. Must register by Nov 20<sup>th</sup>.



Little Impressionist

Thu, Dec 5th & 19th

10:30-11:30am or 1pm-2pm

Let your little ones express their inner artist! For children 5 years of age or younger. \$5 per child. Registration required.

DID YOU KNOW? IF YOU'RE AN ADULT. OR GO TO TRADITIONAL SCHOOL. BUT WOULD LIKE TO LEARN ABOUT OUR HOME SCHOOL CLASS'S FEATURED ARTIST. YOU CAN DO A SELF-GUIDED CLASS AND PROJECT DURING CREATION STATION OR OPEN STUDIO! CALL US FOR DETAILS.



#### Creation Station

Thu, Dec 5th & 19th

3:30pm - 4:30pm

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



#### **Couples' Paint Night**

Thu, Dec 5th

5:30pm - 7:30pm

Paint a single canvas, or a paint a set of 2 canvases to create a diptych! \$20 per person. Registration required.



#### Holiday Ceramic Jump Start

Fri, Dec 6th

3:00pm - 7:00pm

Get a jump start on your holiday gift making! \$20 pp. Must begin by 6pm. Registration required.

FOR MORE INFO, VISIT 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

#### **CALENDAR** DECEMBER. OF EVENTS



#### Home School Art Class

Wed, Dec 11th

1:00pm - 2:00pm

Monthly art history projects for homeschoolers grades K & up. "Kandinsky". \$15. Registration required.



#### Meet the Artist

Wed, Dec 11th

3:30pm - 4:30pm

Monthly art history projects for youth in grades K and up. "Kandinsky". \$15 per person. Registration required.



#### Polar Express Painting

Fri, Dec 13th

10:00am - 12:00pm

Come in your pajamas to paint the Polar Express, ring a bell, and enjoy hot cocoa & cookies! \$20 pp. Registration required.

LOOKING FOR THE PERFECT GIFT? WE OFFER FRAMING SERVICES. ENGRAVING SERVICES, & OTHER CUSTOM GIFTING OPTIONS FOR A TRULY UNIQUE PRESENT!



#### Open Studio Sat. Dec 14th

9:00am - 12:00pm

Create artwork in your choice of medium! Prices vary. Must begin by 11am. Last day for ceramics to be ready by Winter Break!



#### Art Attack

Wed, Dec 18th

1:00-3:00pm or 3:30-5:00pm Come create a piece of original artwork for free! Part of the "Resiliency Thru Art" program. Registration required.



#### Noon Year's Eve

Tue, Dec 31st

10:30am - 12:30pm

Join us for a NYE celebration & craft the kids will love! \$20 pp. Must register by Dec 18th. Look out for our separate flyer!

FOR MORE INFO, VISIT WESTPOINTARTSANDCRAFTS.COM OR CALL (845) 938-4812

ALL CLASSES MUST BE REGISTERED FOR ONLINE THROUGH WEBTRAC, SCAN OR CODE TO ACCESS WEBTRAC!





FOR MORE INFO, VISIT WESTPOINTARTSANDCRAFTS.COM OR CALL (845) 938-4812.
REGISTER ONLINE VIA WEBTRAC BY SCANNING THE QR CODE BELOW.











ARTS & CRAFTS CENTER HOURS: TUE-THO: 9AM-4PM, & FRI BY APPOINTMENT. VISIT US ONLINE BY SCANNING THE QR CODE:

TMC RANGE CLOSURES: DEC 6TH (\*IF\* ARMY FOOTBALL IS A HOME GAME), DEC 24TH-25TH, AND JAN 1ST. HAPPY HOLIDAYS!

OPERATIONAL HOURS: 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.

A HOLIDAY GIFT: MORE RANGE TIME! WINTER BREAK HOURS: DEC 17TH-JAN 3RD: TUE-WED. 12PM-7PM; THU-FRI. 3PM-9PM.

Tronsrue Marksmanship Center Presents:

#### Be An Active Participant In Your Own Rescue

Sunday, December 15th | 9am-1pm

Buffalo Soldier Pavilion | 628 Hodges Place



This event is a lecture-based class designed to help students understand human reactive behavior.

Students will learn steps to help avoid being a victim in numerous emergencies, which include: active shooter attacks, fires, hotel safety, and travel, through basic situational awareness.

Students will be encouraged to discuss potential options in various scenarios.

Cost is \$50 per person and you can register online at westpoint.armymwr.com or at the center.

For more info, call (845) 938-1700.





VISIT US ONLINE AT WWW.FACEBOOK.COM/TRONSRUE

#### TRONSRUE MARKSMANSHIP CENTER



## NYS concealed carry Permit Course

Sat, Dec. 21st (Buffalo Soldier Pavilion)
Sun, Dec. 22nd (Tronsrue Marksmanship Center)

9am-6pm | \$400 per person

This is a 16-hour class plus 2-hour live fire course required by New York State. Must be present for both days of instruction to receive certificate. Topics include: firearm safety, loading and unloading, use of deadly force under NYS law, carry locations and possession, gun safety and fundamentals.

This course covers all material required by New York State & students will take both a written examination and practical skills exam. This course is designed for new pistol license applicants as well as permit holders who are required to take a course to upgrade or renew a pistol license.









Register online at westpoint.armymwr.com, at the center or by calling (845) 938-1700.





### Holiday Specials for your shooting enthusiast!

For every \$50 MWR Gift Card purchased at Tronsrue in December, receive a FREE one hour range card!







Learn firearm safety and the fundamentals of shooting.
Gain confidence needed to safely handle and operate a firearm.
Open to all patrons & general public ages 16 and up. No experience or equipment necessary to participate.

\$90 per Person & Includes: Firearm, targets, ammunition, safety glasses & hearing protection.

Register online at westpoint.armymwr.com, at the center or by calling (845) 938-1700.



#### **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.



#### **Daily Specials at Tronsrue**

Tues & Wed: enjoy Lunch Hours rate from 10am to 3pm (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 ARE AVAILABLE!







TMC PUNCH PASSES & GIFT CARDS ARE ALSO AVAILABLE!

#### 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!



# DAYTRIPPER - DEC '24

#### WALT DISNEY WORLD MILITARY SALUTES PASS 2025



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 + tax.
- 5-Day w/ Park Hopper®: \$389 + tax.
- 4-Day w/ Park Hopper®: \$369 + tax.

DISCOUNT UNIVERSAL STUDIOS TICKETS ARE AVAILABLE AT LTS!

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



#### RADIO CITY CHRISTMAS SPECTACULAR TICKETS NOW AVAILABLE!



LEGOLAND, Hershey Park, Universal, Disney, Six Flags, Sesame Place, and IKON Passes & Tickets available! Click <u>HERE</u> for info!

#### LEISURE TRAVEL SERVICES



Tuesday, December 10<sup>th</sup> & 17<sup>th</sup> Leave West Point at 4pm, curtain at 8pm,

return immediately after the show (approx 10pm).

Orchestra seating

Wednesday, December 11th

Leave West Point at 1pm, curtain at 5pm, return immediately after the show (approx 7pm).

Orchestra seating

Wednesday, December 18th

Leave West Point at 12:30pm, curtain at 4:30pm, return immediately after the show (approx 6:30pm).

Orchestra seating

All tickets \$125 includes ticket & transportation. Seating is limited. Tickets not sold separately. All sales final. Tickets available at LTS, online or by phone.

Leisure Travel Services (LTS), 683 Buckner Loop | 845.938.3601

westpoint.armymwr.com









United States Army Installation MANAGEMENT COMMAND



#### **MWR FITNESS CENTER**

#### 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 ARE AVAILABLE.





#### Parent/Child Power Zone

Bring your child with you and work out in our dedicated Fitness Studio! Room includes Rower, Spin Bikes, Exercise Balls, & Free Weights. Children must be supervised at all times. Hours are Mon-Thu: 9am-8pm; Fri: 9am-6pm; & Sat-Sun: 9am-5pm





Yoga with Krista K is canceled from Dec 23<sup>rd</sup> through Jan 3<sup>rd</sup>, and will resume on Jan 6<sup>th</sup>.

#### **MWR FITNESS CENTER**



# MWR FUTNESS CENTER Month of January Deals

Looking to start the new year off correctly?

Come purchase a Massage Therapy Session or

Personal Training Sessions in the month of
January and receive 10% off the services!

For pricing of the massage therapy and personal training sessions, visit westpoint.armymwr.com.











For more info, call 1 (520) 717-9827.



#### **MWR FITNESS CENTER**

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

PERSONAL TRAINING SESSIONS AND ASSESSMENTS
STOP BY OR CALL (845) 938-6490 TO SET UP A SESSION OR
ASSESSMENT TODAY! FOR DETAILS, CALL OR VISIT ONLINE.

CLASS SIZES ARE LIMITED! PRE-REGISTRATION HIGHLY ENCOURAGED.



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

> STARTING APRIL 1ST NEW LOCATION!

> > DRAGON PARK

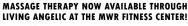
#### S.L.A.M.

A fitness class for mothers! Mon & Fri, 9:30am-10:30am at Dragon Park. Bring your kids! Single Class Pass: \$12. Five Class Pass: \$60. Ten Class Pass: \$110 Unlimited Monthly Pass: \$65. On sale online or at the Fitness Center front desk. Call (845) 938-6490 for info.



### **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.





#### WAKE UP WITH PAT

Tuesdays & Thursdays 6:30-7:30am

MWR Fitness Center | \$5 per class

westpoint.mwr.com | (845) 938-6490



#### RECREATIONAL SWIMMING



West Point Community, we need you! In order to establish a Noontime Lap Swimming program at Crandall Pool in Arvin CPDC, West Point MWR is seeking volunteers to serve as lifeguards. Current certified lifeguards are preferred but free Red Cross Lifeguard Training is available. Volunteer Hours are Wednesdays & Fridays, 1200 – 1345. All volunteers must have a valid DOD ID Card. For more information or to volunteer today, please email WestPointSFA@army.mil or call 845-938-7060.

#### Prerequisites for Free Red Cross Lifeguard Course: Candidates MUST

1.) Be age 18+. 2.) Be able to: Continuously swim 300yds (back/side swimming not allowed); Tread water using only legs for 2 min; and be able to, within 1 min 40 sec, swim 20 yds, surface dive to a depth of 7-10ft to retrieve a 10lb object, return to the surface & swim 20yds on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to breathe, and exit the water without using a ladder or steps.

#### RECREATIONAL SWIMMING

### LUNCHTIME LAP SWIM

AT CRANDALL POOL

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



Oct: 23rd, 28th & 30th

Nov: 4th, 6th, 12th, 14th, 18th, 20th & 25th

Dec: 3rd, 9th, 11th, 16th, 18th, 23rd & 30th



Crandall Pool is located in Arvin Gym (727 Brewerton Road)

For more info, call (845) 938-7060 or visit westpoint.armymwr.com



#### MWR INTRAMURAL SPORTS



### WP Community Noontime Indoor Pickleball

Tuesdays & Thursdays from 12pm-1pm at Arvin Gym 2nd Floor Courts. Played year-round!

To sign up, call (845) 938-3066



### WP Community Adult Intramural Hockey

Sun 5:30pm-7pm, plus Mon & Fri 6am-7:30am, at Tate Rink in the Holleder Center. Season Pass required. Sep 15th thru Mar 14th.

To sign up, call (845) 938-3066

#### **MWR INTRAMURAL SPORTS**



#### WP Community Weds Eve Women's Doubles Tennis

Wednesdays, 7:30pm-9:30pm at the Lichtenburg Tennis Center. Season Pass required. \$100 DoD; \$110 all others) Jan 22<sup>nd</sup> - Apr 30<sup>th</sup>.

To sign up, call (845) 938-3066



### **WP Community Monday Women's Doubles Tennis**

Mondays, 9am-11am at the Lichtenburg Tennis Center. Season Pass required. \$100 DoD; \$110 all others) Jan 13<sup>th</sup> - Apr 21<sup>st</sup>.

To sign up, call (845) 938-3066



#### WP Community Monday Evening Pickleball

Mondays, 7:30pm-9:30pm at the Lichtenburg Tennis Center. Season Pass required. \$100 DoD; \$110 all others) Jan 13<sup>th</sup> - May 5<sup>th</sup>.

To sign up, call (845) 938-3066



## **MWR INTRAMURAL SPORTS**

2024-2025
West Point Community Skate Program
Tate Rink - Holleder Center



Sundays | 3:15-5:15pm November 3rd & 17th | December 15th | February 2nd & 9th

> Christmas Break | 1-3pm Friday, December 27th



#### Cost

\$3 per person
No Cash, Credit/Debit Card Only.



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

Skaters must supply their own skates.

For more information, call the sports office at (845) 938-3066.









UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND Westpoint.armymwr.com



## **MWR INTRAMURAL SPORTS**



November 4 - March 14

Mondays & Thursdays | 12:15PM-1:15PM
Arvin Gym 4th Floor Gourds

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.









WED & FRI ONLY | OCT 6 - MAY 7 12:15-1:15pm | Arvin Gym 2nd Floor Courts

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

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









## **WEST POINT CYS PARENTS**

CPR+ FIRST AID CLASS







# 5PM-7PM DEG 6TH

AT THE STONY CDC (1207 PATRICK TRAIL ROAD)

THIS CLASS IS FREE & OPEN TO ALL PARENTS OF CYS REGISTERED YOUTH!
REGISTER IN PERSON AT PARENT & OUTREACH SERVICES, OR BY CALLING
THEM AT (845) 938-1362/4458/0939. SPACE IS LIMITED; REGISTER ASAP.







CALL PGOS AT: (845) 938-1362/4458/0939 VISIT CYS ONLINE AT: WESTPOINTCYS.COM OR ON OUR FACEBOOK: @WESTPOINTCYS



PART-DAY CARE PROGRAMS AT THE STONY CDC (1207 PATRICK TRAIL)

# BEFORE GARE & AFTER GARE

For WP Elementary UPK Program Participants

- · Runs Mon-Fri, 6am-5:30pm
- · WPES will bus children between the CDC & School
- · Full-day care is provided on school-out days



Program follows the WPES DoDEA Calendar, and may be requested on www.militarychildcare.com.
Cost based on CYS Fee Policy, CYS registration is required. Call (845) 938-1362/4458/0939 for info.







## Upcoming Events at the MST

- <u>Dec 17</u><sup>th</sup>-<u>18</u><sup>th</sup>: Parent Participation: Cardboard Gingerbread House Contest
- The MST will be open from 12:30-5:30 on Dec 4<sup>th</sup> & 13<sup>th</sup>, as well as Dec 23<sup>rd</sup>-31<sup>st</sup>
- The MST will be closed on Dec 16th & 25th

VIEW THE YOUTH SPORTS 2024-2025 CALENDAR HERE

WEST POINT GYS
WALK-IN
HIRING EVENT

#### **CYS Walk-In Hiring Event**

CYS will be conducting on the spot interviews every Tuesday from 10am-2pm at the Stony CDC (1207 Patrick Trail)! Full time, part time, and Flex positions available. Must bring valid ID & transcripts/high school diploma. Visitor's Pass required to enter Base.

## CYS INVITES YOU TO A FREE WORKSHOP ON THE



## AT THE SCHOOL AGE CENTER (140 BUCKNER LOOP)

Join CYS for our Parent Workshop on the Financial Aid Process! In this workshop, we'll explore different types of Financial Aid, and discuss the FAFSA. We will assess the cost of a secondary education, and consider private grants and scholarships, and potential pitfalls to avoid.

FREE 6 OPEN TO THE WEST POINT COMMUNITY. REGISTER IN PERSON AT PARENT CENTRAL, OR BY CALLING (845) 938-1362/0939/4458. IF THERE ARE NO ENROLLEES BY DEC 6<sup>TH</sup> THE EVENT WILL BE CANCELED.







CALL P&OS AT: (845) 938-1362/0939/4458 VISIT CYS ONLINE AT: WESTPOINTCYS.COM OR VISIT OUR FACEBOOK @WESTPOINTCYS







DEC 23RD - DEC 27TH & DEC 30TH - JAN 3RD

6AM-5:30PM AT THE SCHOOL AGE CENTER (BLDG 140)

THE WEST POINT SCHOOL AGE CENTER WILL BE OFFERING CAMP DURING WINTER BREAK!

Offered for children who are not enrolled in Before & After Care, and need full day care during Winter Break. Cost based on household income. Spaces limited. To register, visit militarychildcare.com. Registration opens Nov 12th. Offers will be made Nov 18th. Contract appointment to follow militarychildcare.com offer.

NOTE: SAC WILL BE CLOSED DEC 25TH & JAN 1ST DUE TO FEDERAL HOLIDAYS.







PARENT CENTRAL: (845) 938-4458/1362/0939
VISIT CYS ONLINE AT: WESTPOINTCYS.COM
OR VISIT OUR FACEBOOK @WESTPOINTCYS





## THE YOUTH CENTER (MST)!













SCHOOL YEAR HOURS 2:30PM - 5:30PM

MST FEATURES: • FREE WIFI • SNACKS • HOMEWORK ASSISTANCE • CLUBS • ACTIVITIES • SPECIAL EVENTS
• MACBOOKS • GYM • CAFÉ • GAME ROOM • THEATER ROOM • MUSIC/TEEN ROOM • ART ROOM

THE MST (MIDDLE SCHOOL & TEEN CENTER), IS FREE AND OPEN TO ALL WEST POINT MIDDLE & HIGH SCHOOLERS! YOUTH MAY REGISTER TO USE THE FACILITY (AT 500 WASHINGTON RD) AT ANY TIME. HOWEVER, IF THEY REQUIRE ANY RESCUE MEDICATION, THEY MUST FIRST REGISTER THROUGH PARENT & OUTREACH SERVICES AT (845) 938-1362/4458/0939.



#### CYS YOUTH SPONSORSHIP PROGRAM



#### **CYS Youth Sponsorship**

Kids who want to help other kids new to West Point can be a guide, mentor, cyber pal, & friend! Activities include training, welcomes and farewells, orientation tours, and more. For more info, call the SLO at (845) 938-2092, or visit westpoint.armymwr.com



HOSTED BY THE ACS FAMILY ADVOCACY PROGRAM

# IN THE ACS BUILDING (622 SWIFT ROAD)

Getting your child a new device or game? Thinking of expanding their internet privileges? Looking to learn more about the real-world dangers of the internet for kids? Hear from Special Agents from the FBI Child Crimes Task Force and Army CID about the risks and vulnerabilities of online activities. Plus, enjoy door prizes, light refreshments, and more!

Free and open to all DoD ID Cardholders and members of the Public with Installation access. Registration is required by December 2<sup>nd</sup>. To register, please call ACS at (845) 938-0629 or email emily.a.calangi2.civ@army.mil.











Employment Readiness Program



Need help finding employment? Stop by the Employment Readiness Program (ERP) Office at the ACS Building (622 Swift Road)!

Have your resume reviewed by an Advanced Certified Resume Development Strategist, practice your intro "elevator pitch", prepare for interviews, or get assistance with your job search!

Office Hours:

Mon - Thu

9am - 12pm

lpm - 4pm

FOR MORE INFO, CONTACT:

## Charles E. Bernal



Building 622, Room 158



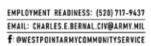














ARMY COMMUNITY SERVICE
LENDING CLOSET

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

- Dishware Cookware Utensils
- Small Appliances Microwaves
   Irons & Ironing Boards 6 more!
- WON THE WAR AND THE TOTAL OF THE PARTY OF TH

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









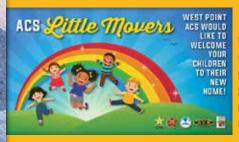


For more information, please call ACS at (845) 938-3487.



#### **SOS Constellations**

Survivor Outreach invites Survivors & Gold Star Families to join them on the third Thursday of each month, from 10am-11am in the ACS Building (622 Swift Rd), to socialize, support, learn, and grow with one another! Call (845) 938-5654 for more info.



#### **ACS Little Movers**

West Point ACS welcomes children to their new home! ACS offers free, funfilled activity bags for children ages 2-12 to entertain them while traveling or unpacking! Call (845) 938-3487 to schedule a pick up at 622 Swift Rd.



## ACS RRP Newcomers Orientation & Welcome

Relocation Readiness Program offers a Newcomers Orientation & Welcome every Tue at 1pm & Thu at 9am at 622 Swift Road in the ACS Hudson Room 156. Spouses are welcome to attend!

# Wee-Play & Wee-Read

#### BOTH PROGRAMS TAKE PLACE IN THE SCHOOL AGE CENTER (BUILDING 140) GYM

FREE & OPEN TO ALL RANKS AND DOD CIVILIANS WITH CHILDREN AGES 4 OR YOUNGER. NO REGISTRATION REQUIRED. FOR MORE INFORMATION, CALL FAP AT (845) 938-0633.

#### WEE-PLAY: TUE

9am-10am BI-WEEKLY

- SEPTEMBER 10<sup>™</sup> & 24<sup>™</sup>
- OCTOBER 8<sup>™</sup> & 22<sup>™</sup>
- NOVEMBER 5<sup>TB</sup> & 19<sup>TB</sup>
- DECEMBER 310 & 1711

## WEE-READ: WED

9an-IOan, BI-WEEKLY

- SEPTEMBER 25<sup>™</sup>
- OCTOBER 9<sup>™</sup> & 23<sup>™</sup>
- · NOVEMBER 6™ & 20™
- DECEMBER 4<sup>™</sup> 6 18<sup>™</sup>











#### Join the FAP at the ACS Building (622 Swift Rd) for our THRIVE workshops!



- · Oct 7th, 1pm-2pm Problematic Sexual Behavior in Children & Youth
- Oct 10<sup>th</sup>, 11:30am-12:30pm Couples Communication
- Oct 15<sup>th</sup>, 4pm-5pm Enhancing Your Child's Wellness
- · Oct 24th, 11:30am-12:30pm Positive Parenting
- Nov. 7th, 11:30am-12:30pm Stress and Anger Management
- Nov 14<sup>th</sup>, 11:30am-12:30pm Couples Communication
- Nov 20<sup>th</sup>, 4pm-5pm Perinatal Wellness
- Nov 21<sup>st</sup>, 11:30am-12:30pm Positive Parenting
- Dec 2<sup>nd</sup>, 1pm-2pm Problematic Sexual Behavior in Children & Youth
- Dec 5°, 11:30am-12:30pm Stress and Anger Management
- Dec 12th, 11:30am-12:30pm Couples Communication
- · Dec 18th, 4pm-5pm FAP Overview
- · Dec 19th, 11:30am-12:30pm Positive Parenting

REGISTRATION IS REQUIRED. FOR REGISTRATION & MORE INFO. CALL (845) 938-0629. ALL SESSIONS ARE FREE!



#### BOTH PROGRAMS TAKE PLACE IN THE SCHOOL AGE CENTER (BUILDING 140) GYM

\*PROGRAMS EXCLUDE SCHOOL OUT DAYS. FREE & OPEN TO ALL RANKS & DOD CIVILIANS WITH CHILDREN AGES 4 OR YOUNGER. NO REGISTRATION REQUIRED. CALL (520) 717-9711 FOR INFO.

## WEE-PLAY: TUE

9AH-10AH WEEKLY'

- . JAN 711, 1411 & 2811
- FEB 411, 1111, 1811 & 2511
- MAR 4<sup>10</sup>, 11<sup>10</sup> € 25<sup>10</sup>

#### WEE-READ: WED

9AM-10AM BI-WEIKLY

- JANUARY 8<sup>™</sup> & 22<sup>™</sup>
- FEBRUARY 5<sup>™</sup> & 19<sup>™</sup>
- MARCH 5<sup>TI</sup>











#### Join the FAP at the ACS Building (622 Swift Rd) for our THRIVE workshops!



- · Jan 6°, Ipm-2pm Problematic Sexual Behavior in Children & Youth
- Jan 9th, II:30am-I2:30pm Stress and Anger Management
- Jan 16th, 11:30am-12:30pm Couples Communication
- · Jan 22th, 4pm-5pm Enhancing Your Child's Wellness
- Jan 30°, 11:30am-12:30pm Positive Parenting
- Feb 6<sup>to</sup>, 11:30am-12:30pm Stress and Anger Management
- Feb 19<sup>n</sup>, 4pm-5pm Perinatal Wellness
- Feb 20<sup>n</sup>, 11:30am-12:30pm Couples Communication
- Feb 27<sup>th</sup>, 11:30am-12:30pm Positive Parenting
- Mar 3<sup>rd</sup>, 1pm-2pm Problematic Sexual Behavior in Children & Youth
- Mar 6<sup>th</sup>, 11:30am-12:30pm Stress and Anger Management
- Mar 13<sup>th</sup>, 11:30am-12:30pm Couples Communication
- · Mar 19th, 4pm-5pm FAP Overview
- · Mar 27", 11:30am-12:30pm Positive Parenting

REGISTRATION IS REQUIRED. FOR REGISTRATION & MORE INFO. CALL (845) 938-4621. ALL SESSIONS ARE FREE!

#### Paid Advertisement (No Federal Endorsement Intended)

## Hands Free Dog Walking Belt & Thether

#### ULTIMATE MOBILITY

Our unique design with a sliding D-ring offers your dog full 360 range of motion and allows your pet to roam freely from your left-hand side to your righthand side and vice versa without you needing to reposition the belt or unclasp the leash.

#### HANDS-FREE CONVENIENCE

You can engage in physical activity with your dog by your side while keeping your hands free. The belt is worn around your walst, freeing up your hands to check your cell phone or to carry a tote or water bottle.

#### COMFORTABLE DESIGN

Your dog can move around you as the D-ring to which the tether is attached simply moves along. The tether itself is a bungee, further enhancing comfort as it absorbs shocks and reduces tugging further enhancing comfort as it absorbs shocks and reduces tugging.

#### FLEXIBILITY

The waist belt comes with 1 sliding D-ring allowing your dog to move around your waist. When tighter control is needed, the bunges leash can be attached to a fixed D-ring next to the waist buckle. The leash also features control handles on both ends for easy grip when you need to keep your dog near to you.

#### FOCUS ON SAFETY

Both the waist belt and bunges tether are manufactured from sturdy nylon fabric and feature reflective stitching. The waist belt is closed with a safety buckle preventing inadvertent unbuckling.

#### ONE SIZE FITS ALL

The waist belt is adjustable from 27 to 40 inches around the waist so the same belt can easily be shared among family members.







rosperlinc@gmail.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



A TRICARE PRIME OPTION



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





