USAG West Point

WHAT'S HAPPENING With Family & MWR

AUGUST 2019 EDITION

-Special Concert Announcement-

COMING SOON!!

ARTIST ANNOUNCEMENT

COMING VERY SOON

Michie Stadium
Saturday, October 19 | 7:30PM
Open to the Public!

More information coming soon at **westpoint.armymwr.com**

SPARTAN RACE — YOU'LL KNOW AT THE FINISH LINE

West Point Spartan Race: Sprint 2019
Sat & Sun, Aug 24 & 25 | At Lake Frederick

The third year in a row West Point has hosted the "Honor Series" of Spartan, don't miss it this year! There will be a complimentary shuttle that will run all day from West Point to Lake Frederick for all members of the West Point community who register for the race.

For more information or to register: **westpoint.armymwr.com**

Women Rock the Forts Tour: Maddie & Tae Concert
Fri, Aug 31, 7PM | Robinson Auditorium
Tickets: $25 Per Person

Announcing the Women Rock the Forts Tour, showcasing Country Music Stars Maddie & Tae, and special guests Ruthie Collins, Natalie Stovall and Lakin. Event open to authorized MWR patrons (DoD cardholders) and their guests.

For more information or to buy tickets: **westpoint.armymwr.com**

The West Point Club
(Open to the Public - DoD Visitor Access Policies Apply)

The West Point Club Presents Murder Mystery Dinner Theater "Academy Of Murder"

Murder Mystery
Friday, August 23, 7-10PM

Enjoy an evening of crime and cuisine at the historic West Point Club. This full immersion experience will delight and intrigue guests as everyone tries to solve the murder mystery. $55 per person, includes dinner buffet & 1 complimentary beer, wine or soda.

For more info, call: (845) 938-5120
Registration at **thewestpointclub.com**

Spirit Luncheon
Tues. Aug 27 | 11AM-1PM
West Point Vs. Rice

Save the date! Doors Open at 11AM. Luncheon begins at 12PM. $12 Per Person in Advance. $13 Per Person at the Door. Seating: buy early for reserved seats. Each Luncheon is a Pep Rally for that week's game! Located in the Grand Ballroom at the West Point Club.

For more info: (845) 938-5120

Champagne Sunday Brunch
Sundays, Now - Nov 17
10AM-1PM

The 2019 Champagne Sunday Brunch has all your favorites: waffles, pancakes, bacon, syrups and more! $30 Per Adult. $15 Per Child (ages 6-12)

For more info, call: (845) 938-5120
Buy tickets: **thewestpointclub.com**

Let Us Host Your Special Occasion at the West Point Club (Open to the Public)

Executive Conference Space at The West Point Club

Looking for a professional facility to host your important meeting, or large conference? Look to the West Point Club for assistance!

For more info, (845) 938-5120
thewestpointclub.com

Let us host your wedding at the West Point Club!

Are you planning a wedding in 2019 or do you know someone who is? Let the West Point Club take care of everything.

For more info, (845) 938-5120
thewestpointclub.com

West Point Golf Course
(Open to the Public)

West Point SUPT's Scramble
Aug 15 | 1PM Shotgun Start

Open to West Point and surrounding communities to build comradery and socialize with West Point Leadership. This is a four-person team scramble.

Register today, call: (845) 938-2435
golfatwestpoint.com

West Point Club Championship
Aug 24-25 | Save the Date

7:30 AM Tee Time. Two Day Event. USGA GHIN Handicap Required. Dinner and awards on Aug 25th.

(845) 938-2435
golfatwestpoint.com

Golf & Grub Special
Now - Oct 20, 2019

Special Includes:
18 Holes, cart, anything off the menu & draft beer or soft drink.
Available:
Weekdays After 10AM - $59
Weekends After 1PM - $65
All fees included.

Book your tee-time today, call: (845) 938-2435
golfatwestpoint.com

Family Golf Special
Now - Oct 20
Every Friday - Sunday
3PM - 45 Minutes Before Dusk

Season Pass Holders - $10; Active Duty/ Retired Military/ DoD - $25
All Others - $35 (Includes greens fees and cart)Tee Times Highly Encouraged. Special Kids Meal $5 (For Kids 10 & Under)

Book your tee-time today, call: (845) 938-2435
golfatwestpoint.com

Mondays are only for private golf outings
At the West Point Golf Course

The Club House and Snack Bar are open only to scheduled outing groups on Mondays.

Book your tee-time today, call: (845) 938-2435
golfatwestpoint.com

Bowling Center Happenings

Winter League Sign-Up
Registration now open!
Leagues Start after Labor Day

Sunday Night mixed league (4 person)
Monday Night mixed league (4 person)
Thursday Night league (3 person team)

Sign-up at: (845) 938-2140

Kids Bowl Free
Now - August 30
For Ages 2-15

Bowling is free for kids at the West Point Bowling Center when you sign-up online. A great way to get out of the house and have some fun, this program makes it easier than ever to get into bowling.

Sign-up at: **kidsbowlfree.com/army**

West Point Bowling Center Under Construction
August 26 - Until Completion

The West Point Bowling Center will undergo maintenance and will be limited to 5 lanes only.

For more info about Bowling Center hours or services call: (845) 938-2140

Family & MWR Delivery Services

West Point Bowling Delivers Pizza
Delivery Hours (West Point Only):
Sun-Thurs, 3PM-8PM
Fri-Sat, 3PM - 9:30PM

Have the West Point Bowling Center cater all your pizza needs. Deliveries to West Point addresses only.
Learn more,call: (845) 938-2140

Dinner-To-Go Monday-Friday
Place order by 2PM.
Deliveries between: 5PM-7PM.
Pick-Up Available between: 4:30-6:30PM.

Servings for 4 and 6 people available. Deliveries available on West Point only. For the full menu: **thewestpointclub.com**
(845) 938-5120 / (845) 446-5545

Morgan Farm Stables & Kennel
(Open to the Public)

Riding Lessons
For Ages 5 & Up

Private and group lessons available. Riding lessons suitable for beginners thru advanced.

For more info, call: (845) 938-3926
Or go to: **westpoint.armymwr.com**

Morgan Farm Horse Boarding

Morgan Farms historic stables offers large stalls, daily turnout, 3 lighted outdoor rings, trails and three different boarding options in a scenic and private location.

For more info, or to register call: (845) 938-3926
westpoint.armymwr.com

Morgan Farm Pet Kennels

We at Morgan Farm, realize that your pet is an important member of your family and you want to know that they are being well taken care of, but want to keep an eye on the budget. Morgan Farm offers multi-pet discounts.

For more info, or to register call: (845) 938-3926
westpoint.armymwr.com

West Point Fitness Center

Yoga at Trophy Point
Aug 17 & 31 | 9AM

Center your mind and body with yoga at Trophy Point. Requires a $5 fitness coupon purchased in advance at the FMWR Fitness Center. Weather permitting.

For more information: (845) 938-6490
westpoint.armymwr.com

Ring Run 5K Class of 2020
Aug 24 | 8AM Start
Outside West Point Club

Save the date! Open to cadets, cadet parents and MWR authorized patrons. Cost is $15 per person. Cadets are free, but must register by calling the FMWR Fitness Center. All others must register online.

For more info: (845) 938-6490
westpoint.armymwr.com

Calendar August 2019
For the NEW August Calendar, westpoint.armymwr.com
For more info, (845) 938-6490

NEW Exciting classes, great instructors! The FMWR Fitness Center has it all to help you get in the shape you want, or even just to keep you moving.

Tai Chi New Time!!
Tuesdays | 7:00PM

Tai Chi is moving to Tuesdays! Meditate and get fit all at the same time.

For more info, call: (845) 938-6490
Or go to: **westpoint.armymwr.com**

Spin 101 Basics with Paul
Wednesdays | 5:40AM

We'll be looking at everything in and out of the saddle, from good fit to good position to good form. Join us as we put the deep winter to use and emerge into a new year ready for performance.

For more info, call: (845) 938-6490
Or go to: **westpoint.armymwr.com**

Fitness Center Services
For more info, (845) 938-6490
westpoint.armymwr.com

Group Fitness Classes
Yoga | Spin | Kickboxing | And more!
Wellness Springs Massages
Personal Training

Personal Training
For more info, (845) 938-6490
westpoint.armymwr.com

Get in the best shape of your life with the help of our personal trainers. They will customize a training regimen just for you to help you reach your goals.

Child Care Co-Op

The co-op is dedicated to helping parents who want to work out without an infant or toddler hanging off their arm. How does it work? Participants volunteer for shifts looking after children at the co-op (conveniently located at the MWR Fitness Center). In return, you get to drop your kids off with other parents and workout in peace and quiet!

For more info, call: (845) 938-3969

Long Pond Recreation Area

Long Pond Recreation Area
Season ends after Labor Day weekend.
Only (1) month remains - take advantage now!

For complete details on access, pricing, and hours, visit: **westpoint.armymwr.com/programs/swimming**

Family & MWR Intramural Sports

2019 Noon-time Ultimate Frisbee
Aug 12 | MWR Staff & Faculty

The league will be held on River Courts and/or Target Hill Fields. League play will be held on Mondays-Fridays at 12:10PM. Registration still open for individual players.

For more info, call: (845) 938-3066.

2019 Evening Flag Football
Sept 4 | MWR Staff & Faculty

The league will be held on USMAPS Football Field. League play will be held on Mondays and Wednesdays in the evening. Registration for teams closes on August 29.

For more info, call: (845) 938-3066.

Outdoor Recreation Programs

National S'mores Night

National S'mores Night
Sat, August 10 | 6:30-8PM

The most popular treat is recognized each year in August. Celebrate at the Round Pond Rec Area. Make new friends and tell stories around the fire while enjoying your favorite snack.

For more info:(845) 938-2503
westpoint.armymwr.com

Bow Hunter Ed Course
Sun, Sept 15 | 9AM-3:30PM

Free and good for life. NYS Course required to purchase NYS & WP Bow Hunting License. Registration begins Aug 1. Complete homework prior to course.

For more info:(845) 938-2503
westpoint.armymwr.com

Bull Pond Availability
Mon, Sept 30 - Fri, Oct 4

Bull Pond is available for the week of September 30th thru October 4th. Please contact the ODR Main Office for more information. Cost is $990.

For more info:(845) 938-2503
westpoint.armymwr.com

Stay at Round Pond and Lake Frederick during the USMA Football Season

Stay close to the game at ODR Round Pond or Lake Frederick. Check for availability of RV, lodging, tent sites and more.

For more info:(845) 938-2503
westpoint.armymwr.com

Kayaking Tours

Intro to Kayaking
Sat, Aug 10 | 10AM
Sun, Aug 25 | 10AM
Departs from Long Pond

In this class we will introduce paddlers to paddling techniques with a focus on safe body mechanics, maneuvering, and basic rescues. While the course is perfect for the beginner, anyone who has never had formal instruction will benefit from this class. $85 per person.

For more info or to register, call: (845) 938-0123

Family Friendly Kayaking
Wed, Aug 21 | 1PM
Sat, Aug 17 | 9AM
Departs from South Dock

We invite paddlers of all ages to participate in the fun, where we can accommodate families and offer younger paddlers ages eight up, to paddle independently in their own craft. The aim of this program is to get kids comfortable on the water and we keep it fun with games, races and lots of splashing!

For more info or to register, call: (845) 938-0123

Stand-Up Paddle Boarding

SUP Yoga
Aug 10, 17, 24, 25, 31 | 10AM
Aug 12, 19, 26 | 5PM
At Round Pond Rec Area

Experience the serene yet invigorating joy of yoga on a paddleboard. Our instructor will familiarize you with the equipment and you'll be practicing the relaxation of yoga in no time! Anyone can do it, it's fun for all levels. Equipment is included in the class. Have a group of (4) or more and would like more of a private session, we can accommodate your request.

For more info or to register, call: (845) 938-0123

Intro to SUP
Sun, Aug 11 | 10AM
Sat, Aug 24 | 10AM
At Round Pond Rec Area

This beginner level course will provide you with the basic equipment knowledge and paddling concepts you need to confidently and efficiently explore this exciting sport. The class will focus on appropriate board and paddle selection, outfitting, paddling stance and basic strokes.

For more info or to register, call: (845) 938-0123

ODR Outdoor Summer Movie Series 2019

Summer will be over soon. See the last movie of the ODR Outdoor Summer Movie Series of 2019!

Incredibles 2
Fri, Sept. 6 | 8:15PM
At H-Lot

For more info call: (845) 938-0123

LTS Trips to NYC

FROZEN THE BROADWAY MUSICAL

Frozen
Thurs, Sept 19 | Leave WP 4PM

7PM Curtain. St. James Theater. Balcony Center, Row A. Ages 8+ recommended. $94 Per person (Includes Ticket and Transportation.)

Register, call: (845) 938-3601

Disney Tickets Available
Starts Jan 1-Dec 19, 2019

Special offer for Active Duty and Retired Military to stay at Walt Disney World Resorts, for 2019. Discounts up to 30% off.

For more info, call: (845) 938-3601

Bronx Zoo/ NY Botanical Gardens
Wed, Aug 14 | 9:00AM

A NY tradition. Bring your blanket and picnic basket, and enjoy music under the stars. A firework display follows at the end of the performance. Adult $30. Child $25. (Transportation only)

Register, call: (845) 938-3601

Lower Manhattan
Sat, Aug 17 | 8:00AM

Leave WP 8AM, leave NYC 3:30 PM. Where American history started for many and the gateway for the future. Visit the Statue of Liberty, 9/11 Memorial, NY Stock Exchange, Brooklyn Bridge and more! Adult $30. Child $25. (Transportation only).

Register, call: (845) 938-3601

Hudson Valley Food & Wine Festival
Sat, Sept 7 | 9:00AM

Leave WP 9AM. Leave Rhinebeck 5PM. Taste the bounty of New York! Experience wines, distilled spirits, craft brews, gourmet specialty foods all in one beautiful, Rhinebeck, NY. **For ages 21 and over.** Adults $30 (all seats, transportation only).

Register, call: (845) 938-3601

Ain't Too Proud: The Life and Times of the Temptations
Thurs, Oct 24 | 7PM

7PM curtain, depart West Point at 4PM. Leave immediately after the show. Imperial Theatre, Rear Mezz Section 3, Row B. $138 (includes Ticket and Transportation).

Register, call: (845) 938-3601

**Offer for Military/ Retired Military & DoD Only*

Arts & Crafts Center: Classes and More

Custom Framing & Engraving

Get something special for anyone in your life with the help of the Arts and Crafts Center! At the Arts & Crafts Center we personalize any gift with custom engraving. Talk to our staff at the Arts & Crafts Center of West Point to go over all your framing and engraving needs.

Learn more, call: (845) 938-4812

Dye Sublimate Your Favorite Pictures!

The West Point Arts & Crafts Center has a new Dye Sublimation machine, where they can transform your favorite pictures into wonderful keepsakes. Talk to the wonderful people at the Arts & Crafts Center to go over all your sublimating needs.

Learn more, call: (845) 938-4812

Automotive Center

Automotive Skills Center

NYS Inspections, oil changes, tire services, automotive repairs, self help* & more! Great service & convenience.

*Safety Class Required for individual use of shop.

Learn more, call: (845) 938-2074

Child & Youth Services

Youth Center (Bldg. 500) Change of Hours
Now Closes at 6:00PM Daily

Paintball Party
Mon, Aug 12 | 2-4PM
MWR Paintball Field

Play some paintball with your friends at the MWR Paintball Fields. You'll be having so much fun, you won't notice the time fly by.

For more info, call: (845) 938-8889

See the Point Welcome Tours
School Support Services
Thurs, Aug 15 | 9AM-1PM

Experience the many opportunities offered at West Point, including a guided tour, a visit to Morgan Farm, West Point Arts and Crafts and more!

For more info (845) 938-2092

Long Pond Swimming Trip
Thurs, Aug 15 | 1-5PM

A day at the beach is the best way to spend part of your summer. Take a trip to Long Pond and enjoy the soft sand and cool water!

For more info, call: (845) 938-8889

Stony CDC Open House
Thurs, Aug 15 | 6:30-7:30PM

Attention parents! Get to know the staff at Stony CDC and learn more about the facility that your little one is (or will be) attending.

For more info, call: (845) 938-4798

Bowling Trip
Fri, Aug 16 | 3-6PM

The West Point Bowling Center is a great place to hang out with your friends. See who is the best bowler!

For more info, call: (845) 938-8889

Back to School Boat Ride
School Support Services
Wed, August 21 | 2-4PM
South Dock Boarding 1:30PM

For New O'Neill High School students. Incoming 9th graders and transfers, grades 9-12. Permission slip required.

For more info (845) 938-2092/8889

The Castle Trip
Thurs, Aug 22 | 1-5PM

Mini-golf, go-carts, arcade and more await you at The Castle. Have some fun with your fiends at this awesome fun-land! Permission slip required.

For more info, call: (845) 938-8889

Youth Center (Bldg. 500) Open House
Fri, Aug 23 | 2-4PM

Come for an ice cream social, fun activities, tours and to learn about what the Youth Center has to offer! For youth entering grades 6-12 and a parent or guardian.

For more info, call: (845) 938-8889

Home School Boat Ride
School Support Services
Sept 26 | 10:30AM-12PM
South Dock Boarding 10AM

For all home school students and their families. Feel free to bring snacks and drinks to accommodate your family.

For more info (845) 938-2092

CYS Sports & Fitness

Junior Black Knights Girls & Boys Soccer Tryouts
Wed, Aug 14 | 6-8PM
USMAPS Soccer Fields

For Girls ages 8-11 (Born 08-11)
For Boys ages 7-9 (Born 10-12)
Rain site is at the USMAPS Bubble.

For more info, call: (845) 938-3208

Free Tennis Clinics
Aug 25 | 10:30AM-3:30PM
Malek Tennis Courts

Blue Sky Foundation's BOOTS ON THE COURT Program. Presented by Homestead Funding Corporation. Learn from the pros. Participation is limited to West Point Families and Military ID cardholders. Racquets, T-shirts, hats, prizes and refreshments provided.

Register at: **https://bootsonthecourtwestpoint2019.eventbrite.com**

Coaches Needed!
Fall 2019 Youth Sports

Coaches needed for Rec Soccer, Flag Football, Running Club, Volleyball and Hockey. Become certified through the National Alliance for Youth Sports. Coaches must attend the coaches meeting to review the rules and coaching policies.

For more info, call: (845) 938-3208

Fall Rec Sports
Registration July 15 - Aug 16
Season runs Sep 3 - Oct 30

Rec Soccer Groups: 3 year olds, 4 year olds, 5-6 year olds, 7-8 year olds, 9-11 year olds.
Flag Football Groups: 7-9 year olds, 10-12 year olds.
Running Club Groups: 8-12 year olds.
Volleyball Groups: 7-12 year olds.
Hockey Groups: 4-7 year olds, 8 and under.

For more info, call: (845) 938-3208

Upcoming with Army Community Service

Military In-Processing now TWO days a week!
Tues | 1:00PM
Thurs | 9:00AM

ACS in-processing briefings are held 2 times per week. This one hour long briefing provides valuable information to newcomers.

For more info, call: (845) 938-0629
westpoint.armymwr.com

Follow Us On Instagram

MWR Instagram

We're back on Instagram! We have pictures. Follow us @westpointmwr!

Paid Advertisements

[No Federal Endorsement Intended.]

PCS Price Match
Did you know The Historic Thayer Hotel will match your PCS rate?
Call 845-446-4731, ext 1 for details and availability
THE THAYER Hotel AT WEST POINT

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Affordable Family Entertainment
Just minutes from West Point. Exit 12 PIP.
Fireworks at all Saturday home games!
Classic American Baseball Rockland Boulders
www.rocklandboulders.com
Stop by the West Point Leisure Travel Services Office & Inquire About Free Tickets!

US FAMILY HEALTH PLAN — TRICARE

For questions and information on your TRICARE Benefits, use contact info below.

- Enrollment Eligibility
- Pharmacy Benefit
- Vision Benefit
- Retirement Transition
- Primary and Secondary Coverage
- Portability and Provider Network

Darrel Hutchinson, Sr
Health Benefits Consultant
dhutchinson@svcmcny.org
(646) 354-0126

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