





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.

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



DIGITAL GARRISON

MOBILE APP













Join us for

Valentine's Day Sunday Brunch West Point Club



February 12th | 10am-1:30pm

Perfect for a family celebration!

\$40 Adult | \$20 Children 6-11 \$10 Children 5 & under

For reservations, call (845) 938-5120 or visit thewestpointclub.com for more info.











THEWESTPOINTCLUB.COM

Mother Mamce



West Point Club Friday, February 24th From 6:30-9pm

- Dinner Buffet
- Dessert and Dancing
- Dress in Sunday Best
- On-site Photographer (nominal fee)

Calling all moms, grandmothers, sisters, aunts, dads, brothers, and uncles to our annual Mother & Son Dance.

\$45 per couple \$17 for each additional son* (applicable to boys 13 or younger)

* No refunds for cancellations after February 16th, 2023.

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

The West Point Club is closed from Dec. 21, 2022 through Jan. 3, 2023.

Reservation start on January 30th, 2023.











thewestpointclub.com (845) 938-5120

HELP WANTED!

Apply now at www.usajobs.gov!
USA Jobs keyword: "Army Installation Management Command"
USA Jobs location: "West Point, NY"

Supervisory Chef NF-03:

Army Installation Management Command Family and Morale, Welfare and Recreation

Salary Range: \$44,870 - \$50,088

· Work Site: West Point Club



Army Installation Management Command Family and Morale, Welfare and Recreation

Salary Range: \$20.87 - \$24.34 per hour

Work Site: West Point Club

Cook NA-06:

Army Installation Management Command Family and Morale, Welfare and Recreation

Salary Range: \$19.32 - \$22.54 per hour

Work Site: West Point Club

Cook NA-04:

Army Installation Management Command Family and Morale, Welfare and Recreation

• Salary Range: \$17.78 - \$20.74 per hour

Work Site: West Point Club

Food Service Worker NA-01:

Army Installation Management Command Family and Morale, Welfare and Recreation

• Salary Range: \$15.46 - \$18.04 per hour

Work Site: West Point Club











Applicants/employees are authorized to have *two* government positions!

HELP WANTED!

Apply now at www.usajobs.gov!
USA Jobs keyword: "Army Installation Management Command"
USA Jobs location: "West Point, NY"

Food and Beverage Attendant NA-01:

Army Installation Management Command Family and Morale, Welfare and Recreation Announcement #03NAFBR2211322535SR

- Starting pay: \$16.76 per hour, plus guaranteed gratuities on most events paid by the WP Club.
- AKA: Event Waiter/WaitressWork Site: West Point Club



Bartender NA-03:

Army Installation Management Command Family and Morale, Welfare and Recreation Announcement #03NAFBR2211332894SR

- Starting pay: \$17.00 per hour, plus guaranteed gratuities on most events paid by the WP Club.
- Work Site: West Point Club



Bar Assistant NA-01:

Army Installation Management Command Family and Morale, Welfare and Recreation Announcement #03NAFBR2211553518SR

- Starting pay: \$15.46 per hour, plus guaranteed gratuities on most events paid by the WP Club.
- Work Site: West Point Club



Applicants/employees are authorized to have *two* government positions!

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



BENNY HAVEN'S LOUINGE NOW OPEN THU & FRI 4PM-9:30PM (KITCHEN CLOSES AT 8:30PM)











Club Lunch Program



Check our Facebook page for weekly menu rotations!

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

NEW: "BUFFET BONANZA"
AT THE WEST POINT CLUB

Featuring Taco Tuesdays and Wing Wednesdays!

Mondays, Thursdays, & Fridays: Rotating International Favorites

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









DINNER-TO-GO AT THE CLUB

Now available Wednesday - Friday!

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 <u>HERE</u>. Order by calling (845) 446-5506/5504.



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

Attn: Faculty, Soldiers, Families & Civilians...
School is Back and so is
West Point Club's Benny Haven's Lounge!



Benny Haven's Lounge Menu

Beer Battered Onion Rings \$6 Served with Horseradish Sauce

Tempura Fried Shrimp \$8 Served with Shredded Carrot, Teriyaki Sauce and Sesame Seeds

Warm Bavarian Pretzel Sticks with Beer Cheese Dip \$6

Loaded Waffle Fries \$9 Served with Melted Cheddar and Applewood Bacon

Warm Spinach-Artichoke Dip with Tri-Color Tortilla Chips \$8 BBQ Pulled Pork Sandwich \$12 On a Brioche Roll

On a Brioche Roll served with House Fries

Chicken Wings \$10 Buffalo, Garlic Parmesan or BBQ w/ choice of Bleu Cheese or Ranch

Chicken Tender Basket \$10 Served with BBQ sauce or Honey Mustard and Fries

Flatbread of the Day \$8

Check the Chalkboard

Beginning August 25th, Benny Haven's Lounge will open every Thursday & Friday evening from 4-9:30pm. Kitchen is open 4-8:30pm.









THEWESTPOINTCLUB.COM

For more info, call 845.938.5120



VICTOR CONSTANT SKI AREA

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



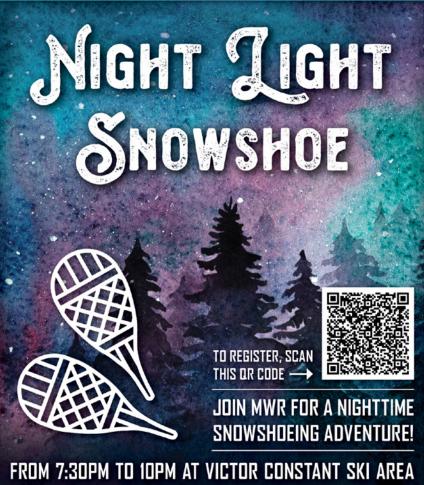
SNOW PASSES, EQUIPMENT RENTALS, TUNING AND REPAIR, LOCKERS, AND MERCHANDISE NOW AVAILABLE <u>HERE!</u>
SKI & SNOWBOARDING LESSONS AND CLINICS NOW OFFERED FOR AGES 7+.
REGISTER NOW VIA DUR WEBTRAC!





THE FIRST
SHIPMENTS OF
OUR NEW RENTAL
EQUIPMENT ARE
HERE, INCLUDING
SNOWSHOES AND
SKIS! SEASON
PASSES ARE ON
SALE NOW—GRAB
YOURS TODAY!

VICTOR CONSTANT SKI AREA



MARCH FEBRUARY 18™

COST: OVER A WEEK IN ADVANCE: \$20. LESS THAN A WEEK: \$25 REGISTRATION COST INCLUDES SNOWSHOES, TREKKING POLES, AND A BONFIRE WITH S'MORES AT THE TOP OF THE MOUNTAIN!









CALL US AT: (845) 938-8810/6497 WWW.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.









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



WEST POINT BOWLING CENTER



Now offered from 4pm-5pm every 2nd Wednesday of the 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



WEST POINT BOWLING CENTER



LUNCH N. BOMT

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.

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.

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!

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!







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



MORGAN FARM



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



DOG GROOMING

- NAILS
 BATHS
- EARS
 TRIMS





MORGAN FARM



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



PET KENNELING

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



HORSE RIDING LESSONS

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





HORSE BOARDING

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

LAKE FREDERICK REGAREA

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







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

LAKE FREDERICK CABIN RENTALS

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





BULL POND REC AREA

Now closed for the season! Reopening in April '23. Lodging dates and application info available HERE.



















BULL POND VIRTUAL LOTTERY

BULL POND LOTTERY WILL BE DRAWN MARCH 31^{SI}!

Apply online at westpoint.armymwr.com by March 31st! Open to Active Duty Military only & limited to one chance per household. Winners will be notified by April 3rd. 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.







RECREATIONAL FISHING AND HUNTING

— RECREATIONAL FISHING —



SHOP BAIT & TACKLE AT ROUND POND!

OPEN SEASON FOR:

- PICKEREL SUNFISH SALMON EEL
- · WHITEFISH · PIKE · WALLEYE · CRAPPIE
- PERCH TIGER MUSKELLUNGE

NOW CATCH & RELEASE ONLY:

- BOTH SMALLMOUTH AND LARGEMOUTH BASS











Fishing Permits & Fishing Info | NYS Freshwater Fishing Guide







— RECREATIONAL HUNTING —



REMEMBER TO WEAR YOUR HI-VIS GEAR!

IN SEASON THIS MONTH:

- SNOW GEESE PHEASANT FOX
- SQUIRREL RABBIT RACCOON
- WEASEL BOBCAT COYOTE
- SKUNK FISHER OPOSSUM
- GROUSE QUAIL

(PLEASE CHECK EACH COUNTY FOR DATES AND RESTRICTIONS)















Hunting Permits & Hunting Info | NYS Hunting & Trapping Guide

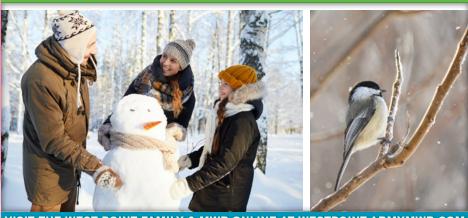
HUNTING ON WEST POINT REQUIRES A NYS HUNTING LICENSE & A WEST POINT HUNTING PERMIT, WHICH MAY BE OBTAINED AT WESTPOINT.ISPORTSMAN.NET

CAMPING AND ODR EQUIPMENT RENTALS



OUTDOOR REGREATION EQUIPMENT RENTALS

The <u>Outdoor Recreation Equipment Checkout Center</u> is now closed for the season, and will be reopening next spring! 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.



B.O.S.S. SPECIAL EVENTS





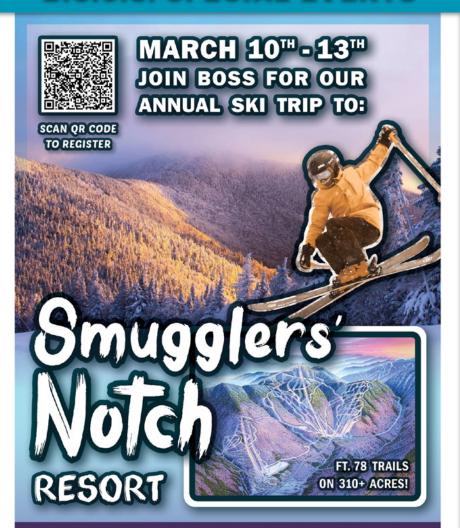




BOSS COORDINATOR PHONE: (845) 938-6497
VISIT MWR AT WESTPOINT.ARMYMWR.COM
VISIT BOSS'S FACEBOOK @WESTPOINTBOSS



B.O.S.S. SPECIAL EVENTS



VANS LEAVE THE BSP (628 HODGES PL) AT 7AM ON MARCH 10TH. COST IS \$220 PP (DUE AT SIGN-UP). MUST REGISTER BY MAR 1ST. REGISTER ONLINE VIA WEBTRAC, OR BY SCANNING THE QR CODE.

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







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



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 - 3pm.For more info, call (845) 938-2074 or visit us at westpoint.armymwr.com.



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

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

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!







VICTOR CONSTANT SKI LODGE



CLASS OF '49 LODGE



CLASS OF '47 TRAIN STATION

Arts & Crafts Center

FEBRUARY CALENDAR OF EVENTS



Little Impressionist Thu, Feb 2nd & 16th

IIIu, Feb 2 & 16

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

Let your little ones express their inner artist! For children 6 years of age or younger. \$5 per child. Registration required.



Open Studio Sat, Feb 4th

9:00am - 3:00pm

Choose from a variety of mediums to work with in our studio! Projects start at \$12. Projects must begin by 2pm.

* * * * * *



Creation Station Tue, Feb 7th

3:30pm - 4:30pm

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



Home School Art Class Wed. Feb 8th

1:00pm - 2:00pm

Monthly art history projects for homeschoolers in grades K & up. "Edgar Degas". \$15 per person. Registration required.



Artopia

Tue, Feb 15th

3:00pm - 4:30pm

For grades 5 and up. Pick from several project options. Project pricing starts at \$15. Registration required.

DID YOU KNOW?

If you are an adult, or go to traditional school, but would like to learn about our monthly Home School Class's featured artist, you can do a self-guided class and project during our Creation Station or Open Studio! Call the Arts & Crafts Center at (845) 938-4812 for more information.

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

TRONSRUE MARKSMANSHIP CENTER

REC SHOOTING: <u>Tue-wed</u> 10am-3pm, & <u>Thu-fri</u> 6:30pm-9pm

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

TMC WILL BE CLOSED ON FEBRUARY 10TH AND 24TH FOR WEST POINT PISTOL MATCH.



NEW! Daily Specials at TMC

Tue & Wed, 11am-2pm: \$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!



Cadet Appreciation Days

From 10am-3pm, at TMC on February 8th and 15th, and March 14th and 22nd, Cadets can enjoy exclusive discounts, feat. \$10 Range Fees and \$5 Rentals!

USCCA Basic Pistol Course



Sunday | February 26th | 9am-4pm Tronsrue Marksmanship Center

USCCA Basic Pistol Course

Sun, Feb 26th, 9am-4pm at TMC. \$100. Course discusses the following: basic knowledge, skills, & attitude for pistol ownership and operation; pistol parts and function; ammo types; defensive shooting fundamentals from a holster; and range rules. A USCCA certificate is issued upon completion of class.



Cadet Only Tactical Pistol Course

Sun, March 19th, 12pm-4pm at TMC. Learn the fundamentals of tactical shooting and more with the Sig Sauer M17. \$125 pp (Includes ammo, targets, and eye/ear protection). Prerequisite: TMC Cadet Advanced Pistol Course.

TRONSRUE MARKSMANSHIP CENTER



Firearms Rentals

Did you know? TMC allows you to rent firearms for practice shooting on our indoor ranges. Available rentals include several types of SIG Sauers, Rugers, Smith & Wessons, and BUL M-5 Commanders, and well as the Springfield 1911. Call for more info.

TRONSRUE CLOTHING AND STICKERS AVAILABLE NOW!







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.

TRONSRUE MARKSMANSHIP CENTER

NOW HIRING: Rec. Assistant (Range Operations) NF-02!



Intermittent. Salary: \$15.90 - \$20 per hour. Closes Feb 28th. Scan QR Code to view on USAJobs. Must have experience with firing range operation, firearm safety, customer service, & cashiering. Must pass drug test & obtain current Installation Range Cert + NRA Range Safety Officer Cert or equivalent within 60 days.

Tronsrue Marksmanship Center VALENTINES DATE NIGHT

THU FEB 9th | 6:30-9PM



\$100 for Valentines Date Night Package

Includes range fee, 9mm box ammo (50 rounds), two targets, pistol rental, and a \$50 MWR gift card to share with your significant other!

REGISTER ONLINE, IN PERSON, OR BY CALLING (845) 938-1700.

Sessions are for 1 hour range time.

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!











DISCOUNT TICKETS & MORE!



WALT DISNEY WORLD MILITARY SALUTES PASS 2023



Thru mid Dec '23, choose either a 4-day or 5-day Disney Military Promotional Ticket! (Special pricing! Requires eligibility + ID)

- 5-Day w/ Park Hopper®: \$369 + tax.
- 4-Day w/ Park Hopper®: \$349 + tax.
 For more information, click HERE.

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

MWR SWIM

Lunchtime Lap Swim is Back at Crandall Pool!

Wednesdays only, starting November 30th from 12-1:45pm.



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

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

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.

Shampock Shuffle SKRAGE

March 11 | 8am | \$20

Start and finish at the MWR Fitness Center.





Register online or at the fitness center by February 11th and get a guaranteed shirt size!









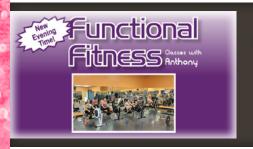
westpoint.armymwr.com (845) 938-6490



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



CLASS SIZES ARE LIMITED! PRE-REGISTRATION HIGHLY ENCOURAGED.



FUNCTIONAL FITNESS WITH ANTHONY

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





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

November 10th - March 31st Youth Center Gym

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 or at the Fitness Center.







Personal Training Sessions & Assessments

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

SUPERBOUL

MWR FITNESS CENTER January 8th - February IITH

INSTRUCTIONS

Try to get 100 yards into the endzone to win a prize! The more times you get into the endzone, the more you can win! Complete all challenges to earn yards. Weekly challenges can only be completed once. One lucky finisher will be selected to get a FREE entry into the Shamrock Shuffle 5K in March!

10 YARDS

Run/Bike a 5K (3.1 miles)

20 YARDS

- Register for a Fitness Class (Functional Fitness or SLAM)
- Run/Bike a 5K (3.1 miles)
- Full Participation in weekly challenges

30 YARDS

- Register for (2) Fitness Classes (Same week)
- Run/Bike a 5K
- Full participation in Weekly Challenges









MORE ON BACK

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

5 YARDS

Week 1: 1/8-1/14

• 10 Pull ups

Week 2: 1/15-1/21

• 1 minute plank

Week 3: 1/22- 1/28

20 sit ups

Week 4: 1/29- 2/4

• 1 minute battle rope

Week 5: 2/5- 2/11

• ½ marathon (bike or run) all week (13.1 miles)

10 YARDS

Week 1: 1/8-1/14

• 2 minute plank

Week 2: 1/15-1/21

50 sit ups

Week 3: 1/22- 1/28

• 2 minute battle rope

Week 4: 1/29- 2/4

2 minute wall squat

Week 5: 2/5- 2/11

• Marathon (run or bike) all week (26.2 miles)



MWR INTRAMURAL SPORTS

2022-2023

West Point Community Skate Program

Tate Rink - Holleder Center



Sundays 3-5pm

December 4th & 11th | January 15th, 22nd & 29th February 5th, 12th & 26th

> Christmas Break 1:45-3:45pm Tuesdays & Thursdays

December 20th, 22nd, 27th & 29th

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



MWR INTRAMURAL SPORTS



MONDAY & TUESDAY, 6-7:30AM AND THURSDAY, 12-1:30PM

Tate Rink | Holleder Center



Season Pass Fee: Active Duty Personnel: \$150 DoD Civilians: \$200 Non DoD Approved Civilians: \$250

To sign up and for more info, email james.p.mcguinness.naf@army.mil or call 845-938-3066.



WP Community Noontime 3 on 3 Basketball League

Mon & Thu, 12:15pm-1:15pm inside Arvin Gym on 2nd Floor. League runs November 28th - April 14th.

To sign up, call (845) 938-3066



WP Community Noontime 4 on 4 Volleyball League

Tuesday & Friday, 12:15pm-1:15pm inside Arvin Gym on 2nd Floor. League runs Nov 29th - Apr 29th.

To sign up, call (845) 938-3066



WP Community Noontime Indoor Pickleball League

Wednesdays only, 12pm-1pm, in the Arvin Gym 2nd Floor courts. League runs Nov 9th - Mar 8th.

To sign up, call (845) 938-3066

CHILD & YOUTH SERVICES



SEASON RUNS FROM APRIL 3RD - JUNE IST.

REGISTRATION: FEB 6TH FOR MIL/DOD (FEB 27TH FOR OTHERS) - MAR 10TH.

SOCCER

Mon & Wed 5pm-6pm at H-Lot and Dragon Park. Ages 3-4: \$25. 5+: \$55.

- Smart Start (Age 3): Mon ONLY
- Just 4 U (Age 4): Wed ONLY
- Division A (Ages 5-6)
- Division B (Ages 7-9)
- Division C (Ages 10-12)

RUNNING CLUB

Thursdays at Dragon Park. \$25

- Grades 2-5 | 4pm-5pm
- Grades 6-8 | 3pm-4pm

HOME SCHOOL GYM

Tue & Thu in the MST Gym. \$25.

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

FLAG FOOTBALL

Tue & Thu, 6pm-7pm at H-Lot. \$55.

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

BASEBALL

Tuesdays & Thursdays, 5pm-6pm. At Dragon Park and H-Lot. \$55.

- <u>Tee Ball</u> (Ages 4-6)
- Minor League (Ages 7-9)
- Major League (Ages 10-12)

COACHES NEEDED!

Want to be a volunteer CYS Youth Sports Coach? Call (845) 938-3208. Must clear a background check & attend coaches meetings to qualify.

SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS & COMMAND APPROVAL FOR PROGRAM FACILITATION. MORE INFO AT: (845) 938-3208/8525 OR WESTPOINTCYS.COM







YOUTH SPORTS OFFICE: (845) 938-3208/8525
VISIT CYS ONLINE AT: WESTPOINTCYS.COM
OR VISIT OUR FACEBOOK @WESTPOINTCYS



CHILD & YOUTH SERVICES

CYS SCHOOL SUPPORT SERVICES PRESENTS:

HOME SCHOOL FIELD TRIP TOUR

Sefferson Hall

(THE USMA LIBRARY, BUILDING #758)



FEBRUARY 17¹¹, 10AM-11AM

GET A BEHIND-THE-SCENES LOOK AT JEFFERSON HALL!

CYS invites all West Point Home Schooling Students in grades 3-12 and their parents to come tour Jefferson Hall (Building 758), USMA's Library) We'll meet at the entry door facing Bartlet Hall at 9:50am.

FREE! REGISTRATION RUNS FROM JANUARY 10[™] THRU FEBRUARY 15[™]. TO REGISTER, CALL P&OS AT (845) 938-4458/1362/0939. FOR MORE INFO, CALL (845) 938-2092. DUE TO THE NATURE OF THIS EDUCATIONAL ENVIRONMENT. PLEASE MAKE ARRANGEMENTS FOR YOUNGER CHILDREN.



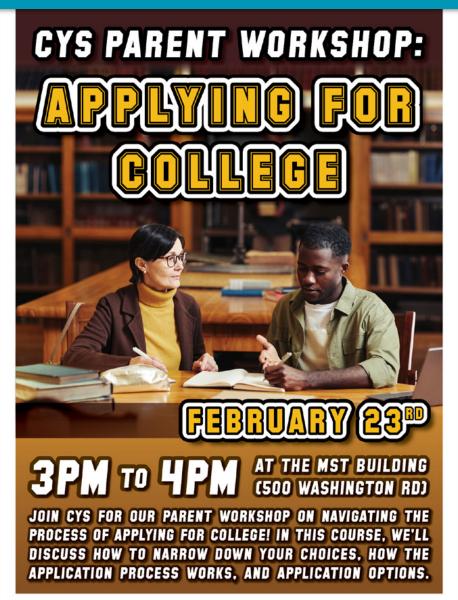
UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
WESTPOINT.ARMYMWR.COM







CHILD & YOUTH SERVICES



FREE AND OPEN TO WEST POINT PARENTS WITH CYS REGISTERED YOUTH. REGISTER IN PERSON AT PARENT ε OUTREACH SERVICES OR BY CALLING (845) 938-1362/4458/0938.



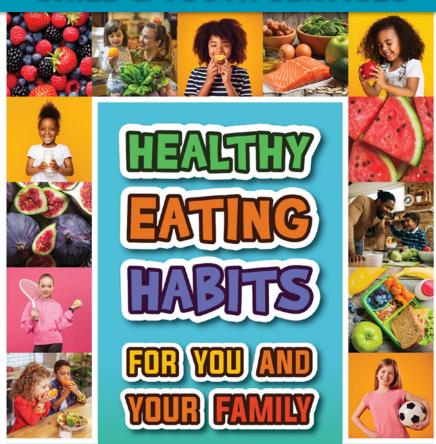




CALL P&OS AT: (845) 938-1362/4458/0938
VISIT CYS ONLINE AT: WESTPOINTCYS.COM
OR VISIT OUR FACEBOOK @WESTPOINTCYS



CHILD & YOUTH SERVICES



MARCH 2ND AT 5PM | AT THE MST BUILDING (500 WASHINGTON RD)

EXERCISE AND PROPER NUTRITION ARE KEY TO BECOMING A STRONG ATHLETE! JOIN YOUTH SPORTS FOR A CLASS ON HEALTHY EATING HABITS FOR YOUTH AND FAMILIES, LED BY REGISTERED DIETITIAN JACQUELYN CONTANT FROM THE KELLER HOSPITAL NUTRITION DEPT. ALL ATTENDEES WILL RECEIVE A RECIPE BOOK, AND BE ENTERED INTO A RAFFLE FOR A CHANCE AT A GRAND PRIZE!

THIS EVENT IS FREE AND OPEN TO WEST POINT FAMILY AND YOUTH OF ALL AGES! FOR MORE INFORMATION, CALL (845) 938-8525/8896, OR VISIT WESTPOINTCYS.COM







YOUTH SPORTS OFFICE: (845) 938-4458/1362 VISIT CYS ONLINE AT: WESTPOINTCYS.COM OR VISIT OUR FACEBOOK @WESTPOINTCYS



CHILD & YOUTH SERVICES



West Point SAC is offering Summer Camp!

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

Open to Military and Civilian personnel with CYS registered children in grades K-5. Cost is based on household income. To request Camp placement, join the waitlist on militarychildcare.com. Space is limited. Requests open on Feb 1st 2023 at noon.

NOTE: SAC WILL BE CLOSED ON FEDERAL HOLIDAYS & OTHER COMMAND DIRECTED CLOSURES.



LEE CDC (SAC) FRONT DESK: (845) 938-0941
VISIT CYS ONLINE AT: WESTPOINTCYS.COM
OR ON OUR FACEBOOK: @WESTPOINTCYS







CHILD & YOUTH SERVICES

NOTEABLE DATES IN FEBRUARY

- FEB 1ST CYS Summer Camp registration opens
- O FEB GTE Spring Youth Sports registration opens
- O FEB 化炉 Valentine's Day
- O FEB 17 UD Jeferson Hall Home School Field Trip
- O FEB 20TH President's Day CYS Closed
- O FEB 2830 Parent Workshop: Applying for College



Before & After School Care

At Lee Area CYS Facility

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

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



November 13th - February 26th

Sundays: 1-2pm | 12 Sessions

Registration opens October 13th. Open to youth ages 4-12.

Sessions played at Tate Ice Rink, Holleder Center

Cost is \$100 per child

For more info, call (845) 938-3208 or visit westpointcys.com.









Employment Readiness Program

FEBRUARY INFORMATION SESSIONS



TUESDAYS FROM 10:30AM - 12PM
IN THE ACS BUILDING (622 SWIFT ROAD) HUDSON ROOM

Come join ACS ERP this month as we focus once more on building non-federal resumes!

Feb 7th — Resume Writing, an Overview

Review proper styles and formatting, plus other resume recommendations.

Feb 14th - Cover Letters

Learn how to write a concise, effective cover letter that grabs their attention!

Feb 21st - Linkedin

Tips and tricks to get the most out of the biggest employment networking site.

Feb 28th — No Class

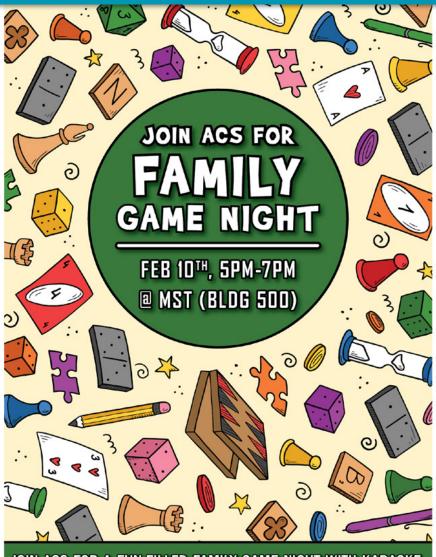
THESE SESSIONS ARE FREE & OPEN TO ACTIVE DUTY MIL, THEIR DEPENDENTS, & CIVILIAN FEDERAL EMPLOYEES. TO REGISTER, EMAIL PATRICK, E.M.CCARRON, CIV@ARMY, MIL OR CALL (845) 938-0232.











JOIN ACS FOR A FUN-FILLED FAMILY GAME NIGHT WITH KARAOKE, BOARD GAMES, DODGEBALL, A D&D CAMPAIGN, FOOD, & PRIZES!

FREE & OPEN TO ALL! NOTE: THIS IS NOT A DROP-OFF EVENT. PARENTS MUST BE ON SITE AT ALL TIMES. CALL (845) 938-3655/0633 FOR MORE INFO.













Studies have shown 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 you and your family with a 5-month series of wellness and stress-relief events. Take a "paws" and join us every 2nd Tuesday of the month for an afternoon of fun and relaxation! Free and open to the West Point & Highland Falls Community.







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

• @WESTPOINTARMYCOMMUNITYSERVICE





ARMY COMMUNITY SERVICE FAMILY ADVOCACY PROGRAM

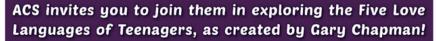
Exploring & Understanding Your

Teen's Love Language

THURSDAY
FEB 23RD
AT 4PM

IN THE ACS BLDG (#622 SWIFT RD) HERITAGE ROOM

COME DISCOVER YOUR PERSONAL LOVE L'ANGUAGE WITH/ACS!



This interactive workshop is open to teens & parents of teens who are looking to strengthen their relationships by discovering their own personal love language!

Event is free and open to all DoD ID Cardholders. Call (845) 938-5658 or email emily.a.calangi2.civ@army.mil to make a reservation today!













Join the West Point Family Advocacy Program as we delve deep into the following topics:



Be on the lookout for upcoming, program-specific course flyers! Course content is also offered in-between sessions on a 1:1 basis.

ALL SESSIONS ARE FREE! FOR MORE INFORMATION, CALL US AT (845) 938-0629/5658, OR CHECK OUT OUR OFFICIAL FACEBOOK PAGE @WESTPOINTARMYCOMMUNITYSERVICE!







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

F:@WESTPOINTARMYCOMMUNITYSERVICE





Wee-Play & Wee-Kend



WEE-PLAY: 9AM-IOAM WEEKLY, ON TUESDAYS*

Wee-Play is an open play group designed for your little ones to learn, play, make new friends, and develop their social, cognitive, and motor skills. This group also provides a great opportunity for West Point parents to connect and socialize with each other!

Jan 3rd, 10th, 17th, & 24th | Feb 7th, 14th, 21st, & 28th | Mar 7th, 14th, 21st, & 28th

WEE-READ: 9AM-IOAM BI-WEEKLY, WEDNESDAYS

Wee-Read is a fun-filled story time with activities that promote speech development and learning. Come listen to a new story with us every session, and complete a themed activity together!

January 4th & 18th | February 1st & 15th | March 1st & 15th

WEE-ONES PROGRAMS OFFERED IN THE MST BUILDING'S GYM (500 WASHINGTON RD)

*Wee-Play sessions will be offered on a weekly basis for this season only. Wee-Ones Programs free and open to all ranks and DoD civilians with children ages 4 or under. Space is limited; registration is required. Call (845) 938-0633 to register. More info at westpoint.armymwr.com.











Just PCS'ed to West Point? Then you need the...

RELOCATION READINESS

CHECKERS

CORIENTATION

AND WELCOME

WELDING TO THE PROPERTY OF THE PROP

HELDEVERY TUESDAY AT 1PM & THURSDAY AT 9AM INBUILDING 622 SWIFT RD, ACS HUDSON ROOM 156

SPOUSES ARE WELCOMED & ENCOURAGED TO ATTEND!

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.







RELOCATION READINESS: (845) 938-3487
VISIT MWR AT: WESTPOINT.ARMYMWR.COM

•• @WESTPOINTARMYCOMMUNITYSERVICE









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 to 12 a free, fun-filled activity bag to keep them occupied while traveling or getting settled in!

CALL THE RELOCATION ASSISTANCE PROGRAM AT (845) 938-3487 TO SCHEDULE A TIME TO PICK UP YOUR ACTIVITY BAG(S) AT THE ACS BUILDING (622 SWIFT ROAD).











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

ARMY COMMUNITY SERVICE
LENDING CLOSET

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

- Dishware Cookware Utensils
- Small Appliances Microwaves

• Irons & Ironing Boards • & more!

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











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





EVERY 151 THURSDAY OF THE MONTH, 10AM-11AM AT THE ACS BLDG

ACS invites all EFMP families to join us for a free coffee hour at the ACS building (622 Swift Rd)! Come connect with other EFMP families and share resources, knowledge, and ideas for services focusing on individuals with special needs! Open to all. Dates subject to change.

EFMP COFFEE HOUR IS SCHEDULED FOR THE FOLLOWING DATES:

Jan 5 Feb 2 Mar 2 Apr 6 May 4 Jun 1 Jul 6 Aug 3 Sep 7 Oct 5 Nov 2 Dec 7

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 Hardee Place, Rm 202 West Point, NY, 10996





