



USAG WEST POINT

WHAT'S HAPPENING WITH FAMILY & MWR

OCTOBER ²⁰/₂₄



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



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

UPCOMING MWR EVENTS



UPCOMING EVENTS & PROGRAMS

(CLICK ON HYPERLINKED ACTIVITIES FOR MORE INFO)

OCTOBER

1st / 3rd / 8th / 10th [Women's Self-Defense Course, 6pm-8pm at the SAC](#)

1st / 3rd / 8th / 10th [Wellness Wednesdays hosted by FAP](#)

4th [Cadets Only Basic Pistol Course, 4pm-6pm at Tronsrue](#)

5th [CYSitters Babysitter Certification Course, 9am-4pm at the SAC](#)

6th [Fall Foliage Kayaking on the Hudson, 12pm-3pm starting at South Dock](#)

15th [SOS Constellations, 10am-11am at the ACS Building](#)

18th [College-Themed Adult Game Night, 6pm-10pm at the MWR Bowling Center](#)

18th [Parents' Night Out, 6pm-9pm at the Stony CDC](#)

24th [The Play Project, 4pm-5pm at the ACS Building](#)

25th [Communicating Through Art: A Couple's Adventure, 6pm at the BSP](#)

26th [Personally Owned Firearm Open Range Session, 9am-3:30pm at Range 5](#)

26th [Outdoor Rec E-Bike Trail Ride, 10am-2pm starting at the ODR Center](#)

30th [Halloween Costume 5K Race, 5pm-7:30pm starting & ending at H-Lot](#)

30th [MWR Trunk or Treat Event, 6pm-7:30pm in the PX parking lot by H-Lot](#)

MORE MWR EVENTS, PROGRAMS, & OFFERINGS BELOW!

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

MWR SPECIAL EVENTS



COLLEGE-THEMED ADULT

GAME NIGHT



OCTOBER 18TH | 6PM-10PM

AT THE MWR BOWLING CENTER BIERGARTEN (622 SWIFT RD)

- PONG & CORNHOLE TOURNAMENTS • KARAOKE • COLLEGE STYLE GAMES
- FOOD & DRINKS • BOARD GAMES & CARD GAMES • PRIZES & GIVEAWAYS

OPEN TO AGES 21+. COST IS \$5. REGISTER ONLINE VIA WEBTRAC, IN PERSON AT LTS OR OUTDOOR REC, OR BY CALLING (845) 938-3601/0123. THE FIRST 50 PEOPLE TO REGISTER ONLINE RECEIVE A FREE DRINK! NEED SOMEONE TO WATCH THE KIDS? REGISTER FOR PARENTS' NIGHT OUT WITH CYS BY SCANNING THE QR CODE BELOW!

DRINK RESPONSIBLY! SHUTTLE SERVICE WILL RUN AT 7PM, 8PM, 9PM, & 10PM. SHUTTLE WILL STOP AT BUS STOPS ALONG STONY LONESOME & WASHINGTON ROAD



SCAN FOR PARENTS' NIGHT OUT INFO AND REGISTRATION →



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

CHILD & YOUTH SERVICES

PARENTS' NIGHT OUT

MULTI-CHILD DISCOUNT AVAILABLE!



FRI, OCT 18TH

6PM-9PM AT THE STONY CDC

CYS WILL BE OFFERING CHILDCARE AT THE STONY CDC (AT 1207 PATRICK TRAIL) FOR CHILDREN AGED 6 WEEKS THROUGH 5TH GRADE!

LEAVE THE KIDDOS WITH US AND ENJOY A NIGHT OF MWR COLLEGE-THEMED FUN & GAMES AT THE BOWLING CENTER!

CHILDREN MUST BE REGISTERED WITH CYS. COST IS \$55 FOR THE FIRST CHILD PER FAMILY, AND \$27.50 FOR EACH ADDITIONAL CHILD. PAYMENT DUE AT ENROLLMENT. MUST ENROLL WITH PARENT CENTRAL BY 5PM OCT 11TH. MINIMUM ENROLLMENT OF 15 CHILDREN NEEDED BY OCT 11TH OR PROGRAM WILL BE CANCELED. TO REGISTER, OR FOR MORE INFO, CALL PARENT CENTRAL AT (845) 938-1362/4458/0939.



U.S. ARMY



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

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR ON OUR FACEBOOK: @WESTPOINTCYS



UNITED STATES ARMY
CHILD & YOUTH SERVICES

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

MWR SPECIAL EVENTS



OCT 30TH 6PM-7:30PM
IN THE PX PARKING LOT BY H-LOT

**MORE INFO & TRUNK OR TREAT SIGNUP AT WESTPOINT.ARMYMWR.COM
FREE & OPEN TO THE WEST POINT COMMUNITY!**



U.S. ARMY



SPECIAL EVENTS: (845) 938-4690
WWW.WESTPOINT.ARMYMWR.COM
ON FACEBOOK: @WESTPOINTFMWR



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

MWR FITNESS CENTER

MWR FITNESS CENTER PRESENTS:

HALLOWEEN COSTUME 5K RACE

WEDNESDAY, OCTOBER 30TH, 5 - 7:30PM

\$10 PER PERSON

JOIN US FOR OUR HALLOWEEN COSTUME 5K RACE AND
RIGHT AFTER ENJOY OUR MWR TRUNK OR TREAT EVENT!

MEDALS WILL BE PRESENTED TO THE TOP
FINISHERS AND THOSE WITH THE BEST COSTUME!

THE RACE STARTS AND ENDS AT H-LOT.

SIGN-UP TODAY ONLINE AT WESTPOINT.ARMYMWR.COM
OR AT THE MWR FITNESS CENTER FRONT DESK.

DAY OF REGISTRATION STARTS AT 4PM.



For more info,
call (845) 938-6490.



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

THE WEST POINT CLUB

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



PATRONS, PLEASE NOTE: BENNY HAVEN'S LOUNGE HAS BEEN 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 [here](#); 3-Hour [here](#). Reserve yours today at (845) 446-5120!



Club Lunch Program

★
Check our Facebook page for weekly menu rotations!

CLUB LUNCH / GRAB-N-GO

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

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

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

DINNER-TO-GO AT THE CLUB

Available Wednesday & Thursday!

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

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



DINNER-TO-GO

★
AT THE WEST POINT CLUB

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

(845) 938-5120 OR (845) 446-5545 | THEWESTPOINTCLUB.COM

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

THE WEST POINT CLUB

★ GO ARMY ★



SPIRIT LUNCHEON

West Point Club | Grand Ballroom



Wed Aug 28 Lehigh
Thur Sept 19 Rice
Thur Oct 10 UAB
Thur Oct 17 East Carolina
Thur Oct 31 Air Force
Tue Nov 26 UTSA
Wed Dec 11 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.



U.S. ARMY



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



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

WEST POINT GOLF COURSE



WEST POINT GOLF COURSE DAILY FEES

<u>ON WEEKDAYS</u>	<u>DAILY</u>	<u>TWILIGHT</u>
E1-E6, CADETS, YOUTH	\$46	\$28
E7-03	\$56	\$32
04-010, RETIREES, & DOD CIVILIANS	\$60	\$34
CONTRACTORS, VETS, SENIORS, & GUESTS	\$65	\$40
GENERAL PUBLIC	\$74	\$45



<u>WEEKENDS & HOLIDAYS</u>	<u>DAILY</u>	<u>TWILIGHT</u>
E1-E6, CADETS, YOUTH	\$53	\$30
E7-03	\$64	\$36
04-010, RETIREES, & DOD CIVILIANS	\$70	\$38
CONTRACTORS, VETS, SENIORS, & GUESTS	\$79	\$42
GENERAL PUBLIC	\$91	\$46

TWILIGHT PRICING STARTS AT 3PM (NOT AVAILABLE MONDAYS). ALL FEES SHOWN INCLUDE CART RENTAL. MUST PRESENT A VALID ID TO RECEIVE MILITARY/DOD RATES. NO OUTSIDE ALCOHOLIC BEVERAGES OR COOLERS ARE PERMITTED ON THE GOLF COURSE PREMISES.

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

WEST POINT GOLF COURSE



CLICK HERE FOR THE MONTHLY GOLF COURSE UPDATE!

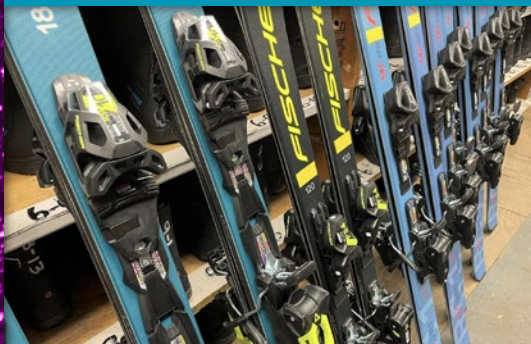
West Point Golf Course
Driving Range Now Open!
NEW HOURS!
HOURS OF OPERATION:
BEGINNING FRIDAY, SEPTEMBER 20
FRIDAY - SUNDAY
8:00AM - 4:00PM

New Driving Range Hours

Open Friday-Sunday, 8am-4pm.
Shuttle buses run every 30 min from the Ski Lodge to Golf Maintenance, from 8am-4pm. The last shuttle back to the Ski Lodge will leave at 5pm.

Small Bucket of Golf Balls: \$8.
Large Bucket of Golf Balls: \$14

VICTOR CONSTANT SKI AREA



ON SALE STARTING OCTOBER 1ST:
**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 GO ON SALE OCTOBER 1ST!

**TAKE ADVANTAGE OF THE LOWEST PRICES OF THE SEASON! PRICE INCREASES
NOV 1ST & DEC 1ST. UNLIMITED, WEEKDAY, AND WEEKEND PASSES AVAILABLE!**

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

WEST POINT BOWLING CENTER

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.

Sign up for a Bowling League today! League play runs Sep-May with Mon, Sun, and Thu evening league options. All Leagues are handicap formatted. Call (845) 938-2140 for info and assistance.

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 a per game, with \$4.00 shoe rentals.
What are you waiting for?

WEST POINT FMWR
BOWLING CENTER



**SENSORY
FRIENDLY
BOWLING**



ON THE 2ND THURSDAY OF EACH MONTH, FROM 4PM-5PM

Sensory Friendly Bowling

Offered from 4pm-5pm on every 2nd 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.

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

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](#).



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

MORGAN FARM

ARMY ★ FOOTBALL TAILGATE KENNELING

LET MORGAN FARM
CARE FOR YOUR
DOG WHILE YOU
ENJOY THE
GAME!



CALL (845) 938-3926 TO BOOK YOUR KENNELING RESERVATION TODAY!

COST: \$26 PER DOG. DROP OFF BETWEEN 8AM-11AM AND PICK UP BETWEEN 3PM-5PM. NEED MORE TIME? RESERVATION EXTENSIONS FROM 5PM-7PM ARE AVAILABLE FOR \$52 PER DOG.

MUST SHOW PROOF OF RABIES, DISTEMPER, & BORDETELLA VACCINATIONS. RESERVATIONS REQUIRE VALID CREDIT/DEBIT CARD. MUST CONFIRM PICKUP TIME AT RESERVATION. NO SHOWS WILL BE CHARGED FOR THE FULL DAY.

ARMY FOOTBALL HOME GAMES: 9/21, 10/12, 10/19, 11/12, & 11/30



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



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

MORGAN FARM



Equine Assisted — ACTIVITIES —

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



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

OUTDOOR RECREATION

MWR ARMY OUTDOOR RECREATION PRESENTS:



HOWL-O-WEEN YAPPY HOUR

October 24th | 4-6pm | Large Dog Park*



Bring your furry friend in their best dress for our Howl-O-Ween costume contest. The winner will get a special prize. There will be free sweet treats and toys for your four-legged friend. There will be beverages for sale during the event. This event also serves to promote pet safety and domestic violence prevention.

**The Large Dog Park is located directly across from Subway on Buckner Loop.*



For more info,
call (845) 938-0123.

westpoint.armymwr.com



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

OUTDOOR RECREATION

CAMPING AND ODR EQUIPMENT RENTALS



CAMPING RESERVATIONS FOR 2024 SEASON

Book your reservation by calling (845) 938-8810/2503 between 12pm-4pm, Mon-Fri. For more info about campsites, please click the following links:

[BULL POND](#) | [ROUND POND](#) | [LAKE FREDERICK](#)



OUTDOOR RECREATION EQUIPMENT RENTALS

The Outdoor Recreation Equipment Checkout Center is your home base for hiking, backpacking, canoeing, kayaking, rock climbing, mountain biking, paintball, & more! In addition to rental equipment, it also offers an equipment resale discount program, as well as guide books and maps of local trails and outdoor activities. For rental assistance, or for more information, contact ODR at (845) 938-0123.

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.



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

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.



ROUND POND MINI-CABIN SPECIAL

(Available September through October)

Check in on a Monday or Tuesday, stay two nights, and get the third night (a value of \$60) FREE!

To receive discount, call the Round Pond office at (845) 938-2503.

DISCOUNTS NOT AVAILABLE ONLINE. EXCLUDES HOLIDAYS & WEEKENDS.

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

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 [HERE](#).**



TO MAKE A BULL POND RESERVATION, CALL (845) 938-2649 (FIRST COME, FIRST SERVED). EMAIL QUESTIONS TO DANIEL.B.EICHNER.NAF@ARMY.MIL.



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

OUTDOOR RECREATION

E-BIKE TRAIL RIDE

October 26th | 10am-2pm
ODR Equipment Checkout Center

Come and ride on our new electric bikes for a 19 mile ride on the scenic Heritage Trail throughout Orange County. Enjoy the views, the changing leaves and stops at local shops along the way. We will provide all necessary transportation and gear. Cost is \$40 per person. Open to ages 16 and up.

For more info, call (845) 938-0123 | westpoint.armymwr.com



OUTDOOR RECREATION PRESENTS

Fall Foliage Kayaking Trip on the Hudson River SUNDAY, OCTOBER 6TH 12PM - 3PM



Enjoy one of the best places in New York to observe the changing autumn leaves while kayaking on the Hudson River. We will provide transportation from South Dock to get to the launch point. We will then paddle 4.5 miles from Mine Dock Park ending conveniently at South Dock. Open to all experienced users ages 15 & up.

Cost is \$35 per person. Registration is required and is available online, by phone or at the center. Registration ends on October 4th. Call (845) 938-0123 for more info.

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

OUTDOOR RECREATION

E-BIKES NOW FOR RENT



AT THE ODR EQUIPMENT CHECKOUT CENTER

Available now through October 31st.

\$40 For 4 Hours*

\$70 For 8 Hours*

Call (845) 938-0123 to reserve yours today.

**E-Bikes can only be ridden on post.*

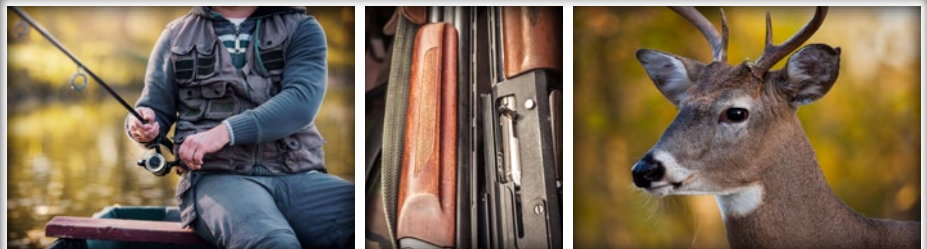


FISHING & HUNTING

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



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

AUTOMOTIVE SKILLS CENTER

AUTOMOTIVE SKILLS CENTER



THE AUTO CENTER IS OPEN FOR FULL SERVICE!

**OIL
CHANGE
SPECIAL**



OIL CHANGE SPECIAL!

Conventional Oil: \$45 for up to 5qts*.
Synthetic Oil: \$70 for up to 5qts*.

**Additional quarts extra*



Auto Skills Center Hours

Tuesday - Saturday 8am - 4pm.

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



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

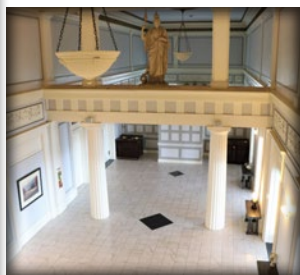
For more info, call us at (845) 938-2074. Reservations are required.

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

RENTAL FACILITIES

MWR OFFERS A WIDE RANGE OF RENTAL FACILITIES SUITABLE FOR ALL MANNER AND SIZES OF EVENTS!

VIEW OUR FULL RENTAL BROCHURE [HERE!](#)



RENTALS FOR ALL OCCASIONS!



BUFFALO SOLDIER PAVILION



VICTOR CONSTANT SKI LODGE



CLASS OF '49 LODGE



CLASS OF '47 TRAIN STATION

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

ARTS & CRAFTS CENTER

UNLEASH YOUR CREATIVITY!

The Arts & Crafts Center offers a variety of craft classes for all ages, including pick-and-paint pottery, stained glass, canvas painting, glass fusion, pallet painting, mosaics, sewing, scrapbooking, and more! Birthday packages and private event bookings are also available. Call (845) 938-4812 for more info.

BE ON THE LOOKOUT FOR NEW CLASSES AND EVENTS AS WE RELEASE OUR MONTHLY ARTS & CRAFTS CENTER CALENDAR!

Our custom framing experts will help turn your achievements into timeless works of art! Choose from 500+ quality mouldings, 450 acid-free mats, & UV-Protective glass. DIY framing classes are also available by appointment.

Turn your gift-giving up a notch! West Point Arts & Crafts offers framing, engraving, full color sublimation services, and other unique gifting options!



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

ARTS & CRAFTS CENTER

OCTOBER

CALENDAR OF EVENTS



Art Attack Thu, Oct 3rd

10:00am-12:00pm

Create an original piece of artwork! Self-guided and free. Open to all ages. Registration required.



Home School Art Class Wed, Oct 9th

1:00pm - 2:00pm

Monthly art history projects for homeschoolers in grades K & up. "Henri Matisse". \$15 pp. Registration required.



Meet the Artist Class Wed, Oct 9th

3:30pm - 4:30pm

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



Little Impressionists Thu, Oct 10th & 24th

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

For ages birth through 5 years old. \$5 per child. Registration required.



Creation Station Thu, Oct 10th & 24th

3:30pm - 4:30pm

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



Resin Class Fri, Oct 11th

5:30pm - 7:30pm

Create an 11"x14" Go Army Beat Navy piece of resin artwork! \$50 per person. Registration required.



Open Studio Holiday Jump Start Fri, Oct 25th

9:00am - 12:00pm

Get a jump start on your holiday gift making! Must start project by 11am.



A Stitch in Time

A weekly yarn social at West Point Arts & Crafts



JOIN US FOR "A STITCH IN TIME".
OUR FREE YARN SOCIAL EVENT. ON
WEDNESDAYS. 9AM-12PM! BRING
YOUR CURRENT TEXTILE PROJECT!



Open Studio Each Tue, Wed, & Thu

9:00am - 4:00pm

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

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

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

TRONSRUE MARKSMANSHIP CENTER

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.

PERSONALLY OWNED FIREARM OPEN RANGE SESSION

Gettysburg Range Complex (Range 5)
Route 293, across from Round Pond Rec. Area

9am-3:30pm
on Saturday,
October 26th

For more information, visit
westpoint.armymwr.com,
or scan the QR code.



CHECK OUT OUR NEW FACEBOOK PAGE!
VISIT US ONLINE AT WWW.FACEBOOK.COM/TRONSRUE

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

TRONSRUE MARKSMANSHIP CENTER

CADETS ONLY **BASIC & ADVANCED** **PISTOL COURSES**

TRONSRUE MARKSMANSHIP CENTER

BASIC:

Fri., Oct. 4 | 4-6pm
Sun., Nov. 17 | 9-11am
Sun., Mar. 2 | 9-11am
Sun., Mar. 9 | 9-11am

ADVANCED:

Sun., Nov. 17 | 1-5pm
Sun., Mar. 2 | 1-5pm
Sun., Mar. 9 | 1-5pm



Basic Course: This 2 hour basic pistol course builds upon and refines your skills, sets, concepts and shooting principles. Discuss and learn the fundamentals of the new Army Service Pistol, Sig Sauer M17. 50 rounds of ammo included.

Advanced Course: This program explains and demonstrates the specific techniques to perform this very rapid, but accurate type of firearms presentation and shooting. The students will practice the fundamentals of tactical shooting, holster work, target transitions and shooting on the move while using the Sig Sauer M17, Army's Service Pistol. 100 rounds of ammo included.

Prerequisite: Tronsrue Cadet Basic Pistol Class or equivalent.

Basic: \$50 per person | Advanced: \$100 per person
Includes firearm, ammo, targets and eye/ear protection.

Pre-registration is required.



Tronsrue Marksmanship Center

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

WESTPOINT.ARMYMWR.COM



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

TRONSRUE MARKSMANSHIP CENTER



HALLOWEEN TARGET SPECIAL

Tue, Oct 29th thru Thu, Oct 31st,
receive one complimentary
Halloween-themed Target
with your purchase!



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!



Tronsrue
Marksmanship
Center

**PUNCH PASSES
ON SALE NOW!**

WEST POINT FAMILY AND MWR



GIFT CARD

TMC PUNCH PASSES & GIFT CARDS ARE ALSO AVAILABLE!

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

TRONS RUE MARKSMANSHIP CENTER

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.

\$50 per person



U.S. ARMY



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

westpoint.armymwr.com

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

LEISURE TRAVEL SERVICES

LTS (LOCATED AT 683 BUCKNER LOOP) IS OPEN FROM 8AM TO 4:15PM. CALL US AT (845) 938-3601 FOR INFORMATION ON ATTRACTIONS, TICKETS, TRIPS, AND MORE!



LEISURE TRAVEL SERVICES 2024 DAYTRIPPER: OCT 2024

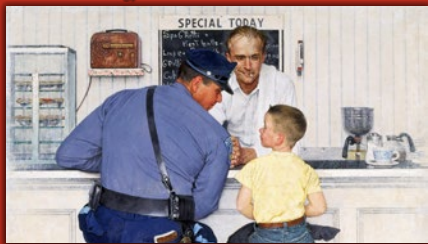
WEDNESDAY, OCTOBER 16TH - LTS VAN TO BROADWAY



Treat yourself to a dazzling Broadway show with half-price tickets from the iconic TKTS booth! Or, just enjoy a night of fun in the Big Apple! We'll leave West Point at 4pm, and depart NYC after the shows (~10:45pm).

Transport cost: \$30/adult & \$25/child.

FRIDAY, OCT 11TH - THE NORMAN ROCKWELL MUSEUM



Nestled in the picturesque Berkshires, this museum offers a deep dive into Rockwell's timeless and iconic American illustrations, plus breathtaking autumn views! Depart WP at 8am; leave Stockbridge MA at 2:30pm.

Transport cost: \$30/adult & \$25/child.

SATURDAY, OCTOBER 26TH - LOWER MANHATTAN TRIP



See where American history started for so many and the gateway for the future! Visit the Statue of Liberty, 9/11 Memorial, the NY Stock Exchange, Brooklyn Bridge and more. Leave WP at 8:30am; leave NYC at 3:30pm.

Transport cost: \$30/adult & \$25/child.

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

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

LEISURE TRAVEL SERVICES

THU, OCT 31ST - THE GREENWICH HALLOWEEN PARADE



Experience the Big Apple's iconic holiday parade (Greenwich Village's 51st annual)! This is the nation's only major night parade, with an entire mile of spooky fun! Depart from West Point at 4pm; leave NYC at 11pm.

Transport cost: \$30/adult & \$25/child.

WALT DISNEY WORLD MILITARY SALUTES PASS 2024



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

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

DISCOUNT UNIVERSAL STUDIOS TICKETS ARE AVAILABLE AT LTS!

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



RADIO CITY CHRISTMAS SPECTACULAR TICKETS NOW AVAILABLE!



RESERVE YOURS TODAY!

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

MWR FITNESS CENTER

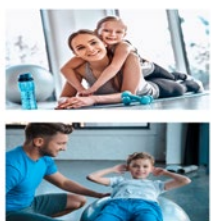
24/7 FITNESS ACCESS AT THE WEST POINT FITNESS CENTER

- ✓ YOU MUST BE AN AUTHORIZED USER OF THE MWR PHYSICAL FITNESS CENTER (AW 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

AT THE MWR FITNESS CENTER



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

MONDAYS 7:30PM | WEDNESDAYS 4PM | FRIDAYS 11AM
COST \$5 | MWR FITNESS CENTER

LOOKING TO IMPROVE YOUR MOBILITY, FLEXIBILITY
AND CORE? COME JOIN YOGA WITH KRISTA K!

FOR MORE INFO, CALL (845) 938-6490
OR VISIT US ONLINE AT WESTPOINT.ARMYMWR.COM



Become an MWR Fitness Trainer or Instructor!

Join our team and become a Personal Fitness Trainer or Group Instructor!
For info, call (845) 938-7060 or email patrick.j.starro.naf@army.mil.

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

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.

Nutrition Advice From Gwen

**Fridays between 8am-4pm
at the MWR Fitness Center**

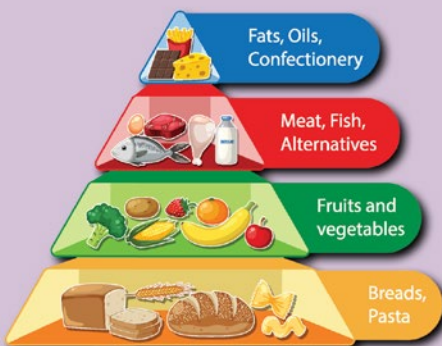
Are you into working out but not sure if you are getting the proper nutrition?

Are you new to working out and looking to get guided on the right path?

Do you think your carb intake is too high?
Not getting enough protein?

Come see Gwen every Friday for nutritional advice! Gwen is a graduate from SUNY Oneonta and currently finishing her masters in dietetics. Gwen will lead you on the right path and give you the right information needed to guide you.

This event is free and open to the West Point Community!



MWR Fitness Center Presents:

TURKEY TROT 5K

Saturday, November 16th, 8am

Registration & T-Shirt

Adults w/shirt: \$20.00

Kids or adults registration only: \$10.00

Join us for our Turkey Trot 5K and let's make it fun by wearing your best costume! Costumes are not mandatory but encouraged. An award will be presented to the best costume! Race starts and ends at the MWR Fitness Center.

Sign-up today online at westpoint.armymwr.com or at the MWR Fitness Center front desk.

Day of registration starts at 7am. Sign-up by November 1st to guarantee your shirt size.

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

MWR FITNESS CENTER

S.L.A.M.

SWEAT LIKE A MOTHER!

Fitness Class



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

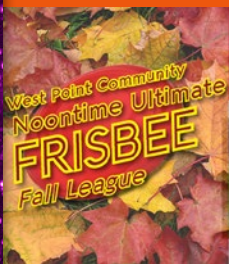


MASSAGE THERAPY NOW AVAILABLE THROUGH
LIVING ANGELIC AT THE MWR FITNESS CENTER!

Living Angelic Massage Therapy

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

MWR INTRAMURAL SPORTS



August 19th - November 1st

Monday - Friday | 12:15-1pm
At Daly Field



WP Noontime Ultimate Frisbee Fall League

Mon-Fri from 12:15pm-1pm at Daly Field (weather permitting). Season runs August 19th - November 1st.

To sign up, call (845) 938-3066



West Point Community NOONTIME-INDOOR PICKLEBALL Open Play

Tuesdays & Thursdays | 12-1pm

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

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

MWR INTRAMURAL SPORTS



WP Community Weds Flag Football League

Wednesdays from 7pm-9pm at the USMAPS Football Field (weather permitting), Sep 14th thru Nov 6th.

To sign up, call (845) 938-3066



40th Annual Army 10 Miler

October 13th in Washington D.C. Open to all Active Duty personnel. Represent West Point MWR!

To try out for a spot on the team, or for info, call (845) 938-3066 or email james.p.mcguinness.naf@army.mil



WP Community Adult Intramural Hockey

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

To sign up, call (845) 938-3066



WP Community Adult Women's Double Tennis

Mon 9am-11am at the Lichtenburg Tennis Center. (Seasonal Pass is required. \$90 DoD; \$100 all others) Runs Sep 16th through Dec 16th.

To sign up, call (845) 938-3066

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

CHILD & YOUTH SERVICES

CLICK ON THIS LINK TO VIEW THE CYS YOUTH SPORTS 2024-2025 CALENDAR!

CYS WINTER 2024 YOUTH SPORTS



OFFERED DEC 2ND - 20TH & JAN 6TH - FEB 20TH. REGISTRATION OPENS OCT 8TH FOR MIL/DOD (OCT 21ST FOR ALL OTHERS) AND RUNS THRU NOV 8TH.

BASKETBALL At the Youth Center, the School Age Center, and Elementary & Middle School Gyms. Age 4: \$30. Ages 5+: \$60.

- **Little Shooters (Age 4)** - Tue, 5pm-6pm
- **Training League (Ages 5-6)** - Mon & Wed, 5pm-6pm
- **Collegiate League (Ages 7-9)** - Mon & Wed, 6pm-7pm
- **Junior NBA (Ages 10-12)** - Tue & Thu, 6pm-7pm

BOWLING

For Grades 3-8. Tuesdays, 5pm-6pm at the Bowling Center. \$60.

STRENGTH & FITNESS

For Ages 12-18. Thursdays, 5pm-6pm (Location TBD). \$30.

HOME SCHOOL GYM Tue & Thu at the Youth Center. \$60.

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

OUR YOUTH SPORTS PROGRAMS CAN ONLY OPERATE WITH AN ADEQUATE NUMBER OF COACHES! IF YOU ARE INTERESTED IN COACHING, PLEASE REACH OUT TO THE CYS YOUTH SPORTS OFFICE AT (845) 938-3266.

SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS AND COMMAND APPROVAL. TO REGISTER, PLEASE CONTACT PARENT CENTRAL SERVICES AT (845) 0939/1362/4458

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

CHILD & YOUTH SERVICES

WEST POINT CYS 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.

TAEKWONDO

AN INTRODUCTORY LEVEL CLASS FOR CYS REGISTERED YOUTH AGES 7-12

Mondays & Wednesdays

5:15PM-6PM AT THE SAC
(140 BUCKNER LOOP)

October 2nd - October 30th

\$80 PP (INCLUDES ALL CLASSES). REGISTRATION RUNS SEP 16th TO OCT 2nd. CALL (845) 938-0939/4458/1362 TO REGISTER.



CYS YOUTH
SPORTS



THE PLAY PROJECT

A PARENT-LED AUTISM EARLY INTERVENTION PROGRAM FOCUSED ON DEVELOPING THRU PLAY

JOIN CYS FOR AN INTRODUCTION TO THE PLAY PROJECT, AN EARLY INTERVENTION PROGRAM! LEARN HOW TO IMPROVE SOCIAL & EMOTIONAL DEVELOPMENT OF CHILDREN WITH AUTISM THRU LANGUAGE & PLAY. MORE INFO AT: PLAYPROJECT.ORG

FREE AND OPEN TO THE WEST POINT COMMUNITY! REGISTRATION IS REQUIRED. REGISTER BY OCTOBER 21ST, EITHER IN PERSON AT P&OS, OR BY CALLING (845) 938-1362/4458/0939. LIMIT: 20 PARTICIPANTS.

OCT 24TH 4PM-5PM AT THE ACS BLDG (#622)



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

CHILD & YOUTH SERVICES

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

BEFORE CARE & AFTER CARE

For WP Elementary UPK
Program Participants

- Starts September 3rd 2024
- Runs Mon-Fri, 6am-5:30pm
- WPES will bus children between the CDC and School
- Full-day care is provided on school-out days



PART-DAY PRESCHOOL

AM Program, for ages 3-5

- Starts October 7th, 2024*
- Runs Mon-Fri, 9am-12pm
- 2-Day and 3-Day care options are available



Both programs follow the WPES DoDEA Calendar and may be requested on militarychildcare.com. Cost based on CYS Fee Policy. CYS registration required. Call P&OS at (845) 938-1362/4458/0939 for information. *Part-Day Preschool program dependent on community need/requests received.



Upcoming Events at the MST

- Oct 11th: Tailgating (for Youth & Parents), 4:30pm-6:20pm
- Oct 18th: Tailgating (for Youth & Parents), 4:30pm-6:20pm
- Oct 21st-25th: Parent Participation: Fall Photography Contest, 2:30pm-5:30pm
- Oct 25th: Fall Ball & Prep-Party for the Middle School Fall Festival Dance, 3:30pm-5:30pm & 4:30pm-6:20pm
- Nov 1st: Tailgating (for Youth & Parents), 4:30pm-6:20pm

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

CHILD & YOUTH SERVICES



CYSITTERS

BABYSITTER CERTIFICATION COURSE

— OPEN TO ALL CYS REGISTERED YOUTH AGES 12+ —

SAT, OCTOBER 5TH, 9AM-4PM

AT THE SCHOOL AGE CENTER (140 BUCKNER LOOP)

IN THIS CLASS, PARTICIPANTS WILL LEARN HOW TO:

- Care for children and infants
- Be a good leader and role model
- Make good decisions & problem solve
- Keep children and themselves safe
- Handle emergencies and injuries
- Become CPR certified, and more!



\$20 PER PERSON. OPEN TO CYS REGISTERED YOUTH AGES 12+. REGISTRATION RUNS THRU OCT 3RD OR UNTIL FILLED. REGISTER ONLINE VIA WEBTRAC, IN PERSON AT PARENT CENTRAL SERVICES, OR BY CALLING (845) 938-1362/4458/0939. CLASS SIZE IS LIMITED TO THE FIRST 8 REGISTRANTS. ATTENDEES MAY BRING NUT-FREE SNACKS & LUNCHES TO CLASS.

CYS YOUTH SPONSORSHIP PROGRAM



JOIN OUR TEAM & WELCOME NEW STUDENTS!

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

MAKE THE MOST OF YOUR SPARE TIME AT THE YOUTH CENTER (MST)!



SUMMER HOURS

(NOW-SEPTEMBER 4TH):

12:30PM - 5:30PM

SCHOOL YEAR HOURS

(STARTS SEPTEMBER 5TH):

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.



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

ARMY COMMUNITY SERVICE

Wellness Wednesdays

HOSTED BY THE FAMILY ADVOCACY PROGRAM

Each Wednesday in October, join FAP for fun events that help you focus on your personal wellbeing! All events are free & open to the West Point Community.



OCT 2ND AT 4PM: YOGA CLASS AT THE FITNESS CENTER

ENJOY A FREE YOGA CLASS FROM INSTRUCTOR KRISTA K. AT THE MWR FITNESS CENTER! REGISTRATION IS REQUIRED. CALL (845) 938-0629 TO REGISTER.

OCT 9TH AT 2PM: STRESS MANAGEMENT WORKSHOP

JOIN US FOR A STRESS MANAGEMENT WORKSHOP AT THE ACS BUILDING!

OCT 16TH AT 10AM: HIKING AT BEAR MOUNTAIN

MEET US OUTSIDE THE BEAR MOUNTAIN INN FOR A STROLL AROUND THE PARK! LEARN ABOUT FAP & LOCAL RESOURCES WHILE ENJOYING FALL SCENERY. CHILDREN WELCOME!

OCT 23RD AT 6PM: DIY BATH BOMB PARTY AT ACS

GRAB YOUR FRIENDS AND JOIN US AT THE ACS BUILDING FOR A DIY BATH BOMB PARTY! REGISTRATION IS REQUIRED. CALL (845) 938-0629 TO REGISTER.



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



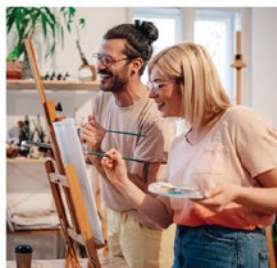
VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

ARMY COMMUNITY SERVICE

ARMY COMMUNITY SERVICE FAMILY ADVOCACY PROGRAM

Communicating Through Art:

A Couple's Adventure



Friday, October 25th

STARTING AT 6PM AT BUFFALO SOLDIER PAVILION

Grab your partner and join FAP for a night of fun! Learn how to communicate with your loved one during this creative art-themed date night.

FREE & OPEN TO ALL! REGISTRATION REQUIRED. CALL (845) 938-0629 TO REGISTER.



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



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

ARMY COMMUNITY SERVICE

WOMEN'S SELF-DEFENSE COURSE

SUPPORT,
PROTECT,
DEFEND...
YOURSELF!



OCT 1ST, 3RD, 8TH, & 10TH
6PM-8PM AT THE SAC (140 BUCKNER LOOP)

JOIN ACS AND GET CERTIFIED IN WOMEN'S SELF-DEFENSE!

- Interactive 4-session workshop!
- Led by instructors from the Town of Woodbury Police Department

This event is free and open to all female DoD Cardholders ages 14+. Participants must attend all four sessions in order to receive a certificate. Space is limited, so registration is required. To make a reservation, please call (845) 938-0629 or email emily.a.calangi2.civ@army.mil.



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 10TH & 24TH
- OCTOBER 8TH & 22ND
- NOVEMBER 5TH & 19TH
- DECEMBER 3RD & 17TH

WEE-READ: WED

9AM-10AM, BI-WEEKLY

- SEPTEMBER 25TH
- OCTOBER 9TH & 23RD
- NOVEMBER 6TH & 20TH
- DECEMBER 4TH & 18TH



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

ARMY COMMUNITY SERVICE

Employment Readiness Program

Resume Review



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

1pm - 4pm

FOR MORE INFO, CONTACT:

Charles E. Bernal

**Employment Readiness
Program Manager**

Building 622, Room 158



EMPLOYMENT READINESS: (845) 938-0232
EMAIL: CHARLES.E.BERNAL.CIV@ARMY.MIL
f: @WESTPOINTARMYCOMMUNITYSERVICE



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

ARMY COMMUNITY SERVICE

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!

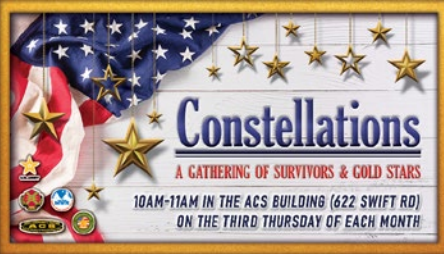
The Lending Closet is open 9am-1pm at the ACS Building (622 Swift Road).



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

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, fun-filled 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 Little Movers

WEST POINT ACS WOULD LIKE TO WELCOME YOUR CHILDREN TO THEIR NEW HOME!



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!



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

ARMY COMMUNITY SERVICE

ACS IS OFFERING FREE BALLET CLASSES!

TUESDAYS AT 11AM & 12PM

Starting September 17TH

AT THE ACS BUILDING (622 SWIFT ROAD)

ACS WILL BE OFFERING FREE BALLET CLASSES FOR CHILDREN AGES 3-5! SPACE IS LIMITED, SO REGISTRATION IS REQUIRED. ALL GENDERS AND ABILITIES ARE WELCOME! CHILD MUST BE AGE 3 OR OLDER AT TIME OF REGISTRATION. SCAN THE QR CODE TO REGISTER.



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 10th**, 11:30am-12:30pm - *Couples Communication*
- **Oct 15th**, 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 14th**, 11:30am-12:30pm - *Couples Communication*
- **Nov 20th**, 4pm-5pm - *Perinatal Wellness*
- **Nov 21st**, 11:30am-12:30pm - *Positive Parenting*

- **Dec 2nd**, 1pm-2pm - *Problematic Sexual Behavior in Children & Youth*
- **Dec 5th**, 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!

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

BENEFITS OF JOINING USFHP

OUR MEMBERS RECEIVE GREAT HEALTHCARE BENEFITS, WHICH INCLUDE:



Same-day urgent care appointments



Quick and easy specialty referrals



An extensive network of providers and facilities close to your home



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

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



A TRICARE
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