



# USAG WEST POINT

# WHAT'S HAPPENING WITH FAMILY & MWR

AUGUST 24

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

## UPCOMING MWR EVENTS



UPCOMING EVENTS & PROGRAMS (CLICK ON HYPERLINKED ACTIVITIES FOR MORE INFO)

### AUGUST

- 1st <u>Stop the bleed and save a life at tronsrue 5pm-9pm</u>
- 1st <u>The play project hosted by Cys 5pm-6:30pm</u>
- 3rd MILLENNIAL DAY AT ROUND POND
- 3<sup>rd</sup>+17<sup>th</sup> <u>Yoga at trophy point 9am-10am</u>
- 3rd KAYAK TRIP TO CONSTITUTION ISLAND 8:30AM-3PM
- 5<sup>th</sup> PRE-SEASON CLINICS BEGINS AT THE YOUTH CENTER
- 7<sup>th</sup> Acs back to school bbo at Morgan Farm 12PM-3PM
- 9th RAFTING ON THE LACKAWAXEN RIVER
- 13<sup>th</sup>+15<sup>th</sup> JBK TRAVEL SOCCER TRYOUTS 6:30PM-7:30PM
- 15<sup>th</sup> Bridal Show at the West Point Club 7PM-9:30PM
- **16<sup>th</sup>** LADIES NIGHT AT THE AUTOMOTIVE SKILLS CENTER 5:30PM-7PM
- 16<sup>th</sup> SUMMER MOVIE: "SURF'S UP" AT ROUND POND BEACH 8:30PM
- 21<sup>st</sup> sos constellations at ACS 10AM-11AM
- 22nd YAPPY HOUR AT THE MWR LARGE DOG PARK 4PM-7PM (REPEATS SEP 19<sup>11</sup>)
- 24<sup>th</sup> RING RUN 5K RACE STARTING AT 8AM
- 26<sup>th</sup> CYS YOUTH SPORTS FALL SEASON BEGINS
- 28<sup>th</sup> West Point Club Spirit Lunch Doors Open 11AM, Lunch Served 12PM

MORE MWR EVENTS, PROGRAMS, & OFFERINGS BELOW!

# MWR SPECIAL EVENTS SAVE THE DATE FOR OUR WEST POINT OKTOBERSEST!





# FRI & SAT, SEPTEMBER 27" & 28"













### FOLLOW US ON FACEBOOK & INSTAGRAM FOR THE LATEST INFORMATION!





MWR EVENTS: (845) 938-3601/6497 WWW.WESTPOINT.ARMYMWR.COM **f** Facebook: @Westpointfmwr Ø Instagram: @Westpointmwr



# THE WEST POINT CLUB

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



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

#### **COCKTAIL HOUR PACKAGES**

Perfect for celebrations and functions of all kinds! Enjoy unlimited beer, wine, and soda, plus delicious dining options and room rental, all for one incredible price! 2-Hour Package info <u>here</u>; 3-Hour <u>here</u>. Reserve yours today at (845) 446-5120!



#### 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 <u>HERE</u>. Order at (845) 446-5504/5545/5506.



CLUB LUNCH / GRAB-N-GO <u>Buffet & Carving Line</u>: available Wed & Thu, 10:30am-2pm in the Pierce Dining Room.

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

More information available <u>HERE</u>. Order at (845) 446-5504/5545/5506.



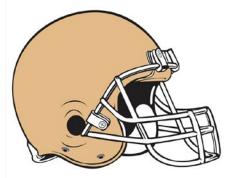
Planning an event? Book one of our off-premise sites! (845) 938-5120 OR (845) 446-5545 | THEWESTPOINTCLUB.COM

# THE WEST POINT CLUB

' GO ARMY 🛧



### 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	Νανν

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

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

Please make any special requests when you order online.



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



# 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	X
E7-03	\$56	\$32	$\diamond$
04-010, RETIREES, & DOD CIVILIANS	\$60	\$34	
CONTRACTORS, VETS, SENIORS, & GUESTS	\$65	\$40	
GENERAL PUBLIC	\$74	\$45	$\left  \right\rangle$

### WEEKENDS & HOLIDAYS DAILY TWILIGHT

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.

# **WEST POINT GOLF COURSE**

### **<u>CLICK HERE</u> FOR THE MONTHLY GOLF COURSE UPDATE!**



GET READY TO SWING INTO ACTIONI ANNUAL PASSES FOR THE WEST POINT GOLF COURSE WILL BE UP FOR GRABS STARTING MARCH 26"! ENJOY UNLIMITED ACCESS TO OUR PREMIER GOLF COURSE FOR THE ENTIRE 2024 SEASON (DPENING MARCH 29"!) SEASON PASSES WILL BE AVAILABLE FOR PURCHASE AT THE VICTOR CONSTANT SKI LODGE.



- YOUTH AGES 18 & UNDER, CADETS, & E1-E6: \$800 (FAMILY PASS: \$1160)
- E7-03: \$1600 (FAMILY PASS: \$2550)
- 04-010 & AUTHORIZED DOD PATRONS: \$1800 (FAMILY PASS: \$2900)
- SENIORS AGES 62+ & VETERANS: \$2000 (FAMILY PASS: \$3000)
- WEST POINT ARMY CONTRACTORS & Army coaches: \$2500 (Family Pass: \$3500)
- GENERAL PUBLIC: \$3000 (FAMILY PASS: \$3600)





### **Driving Range Now Open!**

Open Wednesday-Sunday, 7am-6pm. Shuttle buses run every 30 min from the Ski Lodge to Golf Maintenance, from 7am-5pm. The last shuttle back to the Ski Lodge will leave at 6pm.

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

# **WEST POINT BOWLING CENTER**

# KIDS BOWL FREE PROGRAM

# APRIL 15<sup>™</sup> THROUGH AUGUST 31<sup>s</sup><sup>™</sup>!

Kids ages 2-15 get two FREE bowling games every program day! Friday and Saturday, games must be completed by 5pm. For more info, call the West Point Bowling Center at (845) 938-2140.

### **REGISTER FOR THIS OFFER AT: KIDSBOWLFREE.COM/ARMY**

# 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.

# 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

#### <u> Tuesdays, 11:30am - 1:30pm</u>

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!

# 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?



SENSØRY FRIENDLY BØWLING

#### **Sensory Friendly Bowling**

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

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

### **MORGAN FARM**

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



EST POINT

MORGAN FARM

### **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 <u>online</u>.

#### **COMING SOON! Equine Therapy!**

Great news! Morgan Farm will be launching our Equine Assisted Therapies Program starting Tuesday, September 3<sup>rd</sup>! For more info, call (845) 938-3926 or visit us <u>online</u>.





### 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 <u>online</u>.

### **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 <u>online</u>.



# OUTDOOR RECREATION

**MWR ARMY OUTDOOR RECREATION PRESENTS:** 





WONKA JUL 27<sup>TH</sup> | <u>9PM</u> AT H-LOT SURF'S UP AUG 16<sup>™</sup> | <u>8:30PM</u> AT ROUND POND BEACH

JUNE 8

### FREE & OPEN TO THE PUBLIC!

- Movie concessions for sale
- Giant inflatable screen (available to rent)

**BRING BLANKETS AND CHAIRS** 





OUTDOOR REC: (845) 938-0123 WESTPOINT.ARMYMWR.COM TRY OUR EQUIPMENT RENTALS!





# OUTDOOR RECREATION CAMPING MD 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 PONDROUND PONDLAKE FREDERICK



### OUTDOOR RECREATION EQUIPMENT RENTALS

The <u>Outdoor Recreation Equipment Checkout Center</u> 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.

# EV & BOAT STORAGE

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

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

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



# OUTDOOR RECREATION INVITES YOU TO RAFTING ON THE LACKAWAAXEN RECREATION AUGUST 9TH | 9AM-6PM | \$50 PER PERSON



Come join ODR for a day of low intensity rafting on the dam released Lackawaxen River that leads to the scenic Delaware River. Transportation will be provided leaving from and returning to the Outdoor Recreation Equipment Checkout Center. Bring a packed lunch, plenty of water, sun screen, bug spray, clothes good for the water and a change of clothes, as well.



For more info, call (845) 938-0123. Register 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 <u>westpoint.armymwr.com</u> or call (845) 938-2649.

# **BULL POND RECREATION AREA**

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



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



## OUTDOOR RECREATION

**MWR ARMY OUTDOOR RECREATION PRESENTS:** 



# August 15th & September 19th 4-7pm | Large Dog Park\*



Enjoy free eats, treats and drinks for your favorite four-legged friends! Drink & food specials are available for purchase throughout for our pet parents. Please abstain from bringing any unsocialized dogs. Large & small dogs are welcome.

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



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



# **OUTDOOR RECREATION**



AUGUST 3RD 8:30AM-3PM South Dock \$50 PER PERSON Register at Westpoint.Armymwr.com For More INFO. Call 845.938.0123.

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Millennial Day, August 3rd Listen to all the greatest hits of the 90's, 2000's and 2010's while enjoying games & ice cream!



# **RECREATIONAL SWIMMING**

NEW

WATER PARK WIBITS!



Now thru Labor Days gam=Gpm, 7 Days/week

### FOR MORE INFORMATION AND PRICING. CALL (845) 938-7060. Or visit westpoint.armymwr.com or hudsonskyropes.com

Round Pond & Lake Frederick Syrim Areas

#### Open Memorial Day Weekend to Labor Day Weekend.

Open 11am-5pm with lifeguard on duty.

Open weekends and holidays only: May 25th-27th, June 1st-2nd, June 8th-9th, June 15th-16th, June 19th & June 22nd-23rd.

Open 7 days a week starting June 29th through August 25th.

Open Labor Day Weekend August 31- September 2nd (Final Weekend).



westpoint.armymwr.com (845) 938-7060





VOLUNTEER INDOOR LIFEGUARDS NEEDED! Certified lifeguards are preferred; free training is available. Hours are Monday-Friday, 12pm-1:45pm. A valid DOD ID card is required. If interested, call (845) 938-7060, or email WestPointSFA@army.mil.

# FISHING & HUNTING RECREATIONAL FISHING



#### **CURRENT SEASONAL FISH:**

- SMALL & LARGEMOUTH BLACK BASS
- ALL TROUT SPECIES NORTHERN PIKE
- PICKEREL SPLAKE MUSKELLUNGE
- STRIPED BASS 
   SUNFISH 
   PERCH
- AMERICAN & HICKORY SHAD · CRAPPIE
- TIGER MUSKELLUNGE WALLEYE EEL
   WHITEFISH\* ATLANTIC SALMON\*

\*Cannot be found on West Point.

For Hudson River downstream of Troy Dam (and Tributaries): All Species, All year, Catch & Release only (except for bait fish).

Fishing Permits & Fishing Info | NYS Freshwater Fishing Guide

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

Hunting Permits & Hunting Info | NYS Hunting & Trapping Guide

# **AUTOMOTIVE SKILLS CENTER**







OIL CHANGE SPECIAL! Conventional Oil: \$45 for up to 5qts\*). Synthetic Oil: \$70 for up to 5qts\*). \*Additional guarts extra



**OPEN FOR** 

**FULL SERVICE!** 

Auto Skills Center Hours Tuesday - Saturday 8am - 4pm. For more info, call (845) 938-2074 or visit us at westpoint.armymwr.com.

The Auto Center offers full mechanical services as well as self-help bays, NYS Inspections, oil changes, tire services, and computer diagnostics! *For more info, call us at (845) 938-2074. Reservations are required.* 

# **AUTOMOTIVE SKILLS CENTER**



## OPEN 'TIL 8PM FOR SELF-HELP & NYS INSPECTION APPOINTMENTS ON AUGUST 9<sup>™</sup>, 16<sup>™</sup>, & 23<sup>™</sup>

### LADIES NIGHT: AUGUST 16<sup>TH</sup>, 5:30PM-7:00PM

Come learn how to care for your vehicle! Cost: \$15.

For Ladies Night, the first 30 min will be a shop safety class. All participants receive a shop safety card. Topics covered include checking fluids, battery, and tire pressure; changing oil and flat tires, roadside safety, jumpstarting a battery, and replacing light bulbs, wiper blades, and air filters. Demonstrations will be done on shop vehicle. Mechanics will be available afterwards for Q&A. Registration is required via WebTrac.

# West Point B.O.S.S.

THE NEXT MONTHLY BOSS MEETING WILL BE 5:30PM ON AUGUST  $14^{TH}$ AT THE ARTS & CRAFTS BUILDING (693 WASHINGTON RD). JOIN US TO UNWIND, EXPRESS YOURSELF, CONNECT WITH OTHERS, & HAVE FUN!

KEEP YOUR EYE OUT FOR UPCOMING EVENTS ON OUR FACEBOOK PAGE AT FACEBOOK.COM/WESTPOINTBOSS

# **AUTOMOTIVE SKILLS CENTER**

# Hot Summer Savings at the West Point Automotive Skills Center

# 10% OFF

Vehicle Tune Up

Valid June 18 - August 31, 2024

### 20% OFF A/C Recharge Service

\*\*Complete Evacuation, Vacuum Leak Test, & Charge Service. Special applies to most standard cars, compact trucks, & SUVs with R134a regrigerant. Restrictions apply.

Valid June 18 - August 31, 2024

# 10% OFF

Brake Service Valid June 18 - August 31, 2024

20% OFF Hourly Bay Rentals on

Tuesdays, Wednesdays, & Thursdays Valid June 18 - August 31, 2024



BUSINESS HRS: TUE-SAT 8AM-4PM CONTACT AUTO AT: (845) 938-2074 648 WILSON ROAD, WEST POINT, NY



# **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

**BUFFALO SOLDIER PAVILION** 

**CLASS OF '47 TRAIN STATION** 

# **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 artil Choose from 500+ quality mouldings, 450 add-free mats, & UV-Protective glass. DIV framing classes are also available by appointment.

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



### **TRONSRUE MARKSMANSHIP CENTER**

**NEW SUMMER HOURS AT TRONSRUE!** NOW THROUGH AUGUST 9<sup>TH</sup>: <u>TUE-WED</u>: 12PM-7PM; <u>THU-FRI</u>: 3PM-9PM Normal Hours resume aug 13<sup>TH</sup>: <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.

# THE RANGE WILL BE CLOSED FRIDAY, AUGUST 30<sup>th</sup>, for the army home football game.



#### **Private Shooting Lessons**

TMC offers handgun & rifle instruction for every level of learner in a private setting by experienced instructors. Cost: \$85 for one person, or \$135 for two people. Ammo sold separately. Available by appointment only.



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

Tues & Wed: enjoy Lunch Hours rate from 10am to 3pm (with valid Mil/DoD ID)! Thu: Youth ages 12-15 shoot free (range + rental) & get a complimentary paper target (must be accompanied by adult to shoot). Also Thu: "Ladies Night", ft. \$10 Range Fee & \$5 Rentals!

### **TRONSRUE MARKSMANSHIP CENTER**

INS GONGEALED GAPPy Permit Course



Sat, Sept 7th (Buffalo Soldier Pavilion) Sun, Sept 8th (Tronsrue Marksmanship Center)

9am-6pm | \$400 per person

This is a 16-hour class plus 2-hour live fire course required by New York State. Must be present for both days of instruction to receive certificate.



(845) 938-1700 | westpoint.armymwr.com

Utah/Florida Concealed Carry Permit Course



Saturday | September 14 | 9am-5pm Tronsrue Marksmanship Center

### Utah/Florida Concealed Carry Permit Course

Sep 14<sup>th</sup> at Tronsrue, 9am-5pm

Allows non-residents to conceal carry in 30+ states (excludes NY). \$175 pp + application fee. Open to Active Mil & <u>Cadets age 18+, and US Citizens 21+.</u>



CHECH OUT OUR NEW FACEBOOK PAGE! Visit us online at www.facebook.com/tronsrue

### **TRONSRUE MARKSMANSHIP CENTER**



### Celebrate National Shooting Sports Month in August at Tronsrue Marksmanship Center

Try our NSSM Target Challenge! There will be 3 divisions for this competition: Men's & Women's (ages 18 and up) and Youth divisions (ages 12-17). The top shooter from each division will be presented a prize. Participants must provide their own registered firearms and ammo. Rentals and Ammunition are also available for purchase at Tronsrue.

Purchase a \$50 gift card at Tronsrue & receive a one-hour range card free!

Friday – Date Night! Bring your significant other and share a NSSM range package. Package includes 1 hour of range time for two, a firearm rental, 1 box of ammunition, and 2 targets. Military/DoD ID is required. Cost is \$40 for a 9mm pistol package and \$30 for a AR-Rifle Package.

Follow us on Facebook. Be on the lookout for NSSM Social Media posts. Our staff will present their favorite gears and gadgets, range reviews, drills and fundamental shorts.



Tronsrue Marksmanship Center (845) 938-1700.

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!



### WEDNESDAY, AUGUST 14<sup>TH</sup> - 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 10am, and depart NYC after the shows.

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

### SATURDAY, AUGUST 3<sup>RD</sup> - EXPLORING LOWER MANHATTAN



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.

LTS HAS MILITARY DISCOUNTED TICKETS ON SALE FOR SIX FLAGS GREAT ADVENTURE IN JACKSON, NJI CONTACT US TODAY AT (845) 938-3601!

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

GREAT ADVENTURE

# LEISURE TRAVEL SERVICES

### WEDNESDAY, AUGUST 28<sup>TH</sup> - NYB GARDENS & BRONX ZOO



Enjoy a day at the beautiful NY Botanical Gardens and/or the Bronx Zoo! Tickets for both attractions must be reserved online in advance. We will leave from West Point at 8:30am and leave from NYC at 3:30 pm.

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

### TUESDAY, AUGUST 13<sup>™</sup> - DAY TRIP TO CONEY ISLAND



Join LTS for a special seaside day-cation in Brooklyn! Visit the NY Aquarium, ride the famous Cyclone roller coaster, explore the boardwalk, and relax at the beach! Depart WP at 9am, leave Coney Island at 4pm.

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

# **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 <u>VISIT ONLINE</u>.

CLASS SIZES ARE LIMITED! PRE-REGISTRATION HIGHLY ENCOURAGED.



### **Functional Fitness**

A class for building functional muscle used in everyday activities! Monday thru Thursday, starting at 9am at the Fitness Center. \$5 per class. Passes on sale online or at the Fitness Center. Call (845) 938-6490 for info.



**Fitness Class** 

Mondays, Thursdays & Fridays

9:30-10:30am

STARTING APRIL 1ST NEW LOCATIONI

DRAGON PARK



 JUNE
 AUGUST
 SER

 1st, 15th & 29th
 3rd, 17th & 31st
 7th

SEPTEMBER 7th & 14th

Pre-registration online via WebTrac highly encouraged.

Class is limited to 20 participants. Weather permitting.

Please bring your own yoga mat!

Please bring group fitness coupon or exact change.

For more info, call (845) 938-6490 or visit westpoint.armymwr.com

### 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.

# **MWR FITNESS CENTER**

24/7 FITNESS AGGESS AT THE WEST POINT FITNESS GENTER

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

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CHALLENGER SERIESI

Parent/Child

POWER ZONE

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

### **Parent/Child Power Zone**

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

#### MAY 27TH TO SEPTEMBER 2ND

EARN POINTS FOR EVERY CHALLENGE COMPLETED. ADULT & YOUTH DIVISIONS. PRIZES FOR MOST POINTS!

SCAN QR CODE FOR MORE



### **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.

# **MWR FITNESS CENTER**



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





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

**Ring Run** 

5K Race

August 24th | 8am | Thayer Extension



### 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.

Preregister online at westpoint.armymwr.com. Day of registration starts at 7am.

Preregistration: \$25 After July 15th: \$30 Day of race: \$35 Cadets run for free but must call the MWR Fitness Center to register. (Registration includes: Class Crest Race T-Shirt.)

Package pick-up on August 24th from 8am-4pm at the MWR Fitness Center.

For more info, call (845) 938-6490



# **MWR INTRAMURAL SPORTS**



### WP Community Adult Intramural Golf League

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

To sign up, call (845) 938-3066



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Web

WP Community Noontime Indoor Pickleball Tuesdays & Thursdays from 12pm-1pm at Arvin Gym 2nd Floor Courts. Played year-round! To sign up, call (845) 938-3066

### WP Community Weds Flag Football League

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

To sign up, call (845) 938-3066



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### 40<sup>th</sup> Annual Army 10 Miler

October 13<sup>th</sup> 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

# **PRE-SEASON CLINICS**

# YOUTH CENTER | 7TH & 8TH GRADE August 5-16 | Mon, Wed, & Fri

### **VOLLEYBALL 4-5PM**

This clinic will help prepare you for the physical aspect/grind of the upcoming volleyball season. We will focus on speed training (for those explosive dives), agility training (for footwork and overall court movement), and strength training (to build power and endurance for those game winning spikes and blocks).

### CROSS COUNTRY 5-6PM

This clinic is designed to prepare participants for a successful and exciting season. Our clinic will focus on fundamentals, strength and stamina while having fun, enjoyable, and challenging drills and games.

# DON'T MISS THIS OPPORTUNITY TO GET A RUNNING START!







CLICK <u>ON THIS LINK</u> TO VIEW THE CYS YOUTH SPORTS 2024-2025 CALENDAR!



SEASON RUNS FROM AUG 26TH - OCT 24TH. REGISTRATION: JUL 9™ FOR MIL/DOD (JUL 29™ FOR ALL OTHERS) - AUG 9™.

### SOCCER - Ages 3-4: \$30. Ages 5+: \$60.

- Smart Start (Age 3) Mondays, 5pm-6pm at Stony Field
- Just 4 U (Age 4) Wednesdays, 5pm-6pm at Stony Field
- Division A (Ages 5-6) Mon & Wed, 5pm-6pm at Dragon Park
- Division B (Ages 7-9) Mon & Wed, 5pm-6pm at Dragon Park
- Division C (Ages 10-13) M&W, 5pm-6pm, WP Elementary School Field

### •FLAG FOOTBALL - \$60.

 Jr. NFL (Ages 7-9) Tues & Thurs, 5pm-6pm, at Dragon Park NFL (Ages 10-13) Tues & Thurs, 5pm-6pm, at Dragon Park

HOME SCHOOL GYM - Tues & Thurs in the MST Gym. \$50.

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

### INTRO TO FITNESS

For Ages 12-18 | Mondays, 4pm-5pm at the MWR Fitness Center | \$50

### RUNNING CLUB

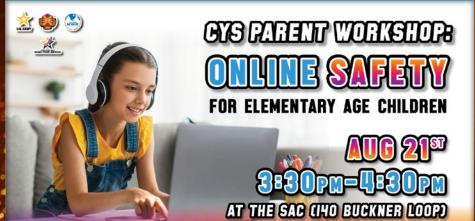
Thursdays at Dragon Park. \$25 Mon & Wed, at the MST. \$60.

• Ages 7-13 4pm-5pm

VOLLEYBALL

Grades 4-6 | 6pm-7pm

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



JOIN CYS FOR OUR WORKSHOP, WHERE WE'LL DEFINE INTERNET SAFETY, DISCUSS WAYS THAT CHILDREN USE THE INTERNET, AND EXPLORE THE Benefits & Risks of Internet Usei we'll also discuss cyberbullying & How to keep Children Safe Online. Free & Open to all west Point Parents with cys registered youth, register in Person at Parent & Outreach Services, or by Calling (845) 938-1362/0338.

WEST POINT GYS WALK-IN HIRING EVENT **CYS Walk-In Hiring Event** 

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



# SAT, SEPTEMBER I4<sup>™</sup>, I2PM-3PM

CELEBRATE THE BOYS AND GIRLS CLUBS OF AMERICA DAY FOR KIDS WITH CYSI ENJOY A FUN AFTERNOON OF ARTS & CRAFTS, CHILDREN'S ACTIVITIES, TREATS, A BOUNCE HOUSE, AND MORE! FREE AND OPEN TO THE WEST POINT COMMUNITY. NO REGISTRATION IS REQUIRED. AT THE SAC (BUILDING 140)



CPR+ FIRST AID CLASS

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ON SEP 12<sup>™</sup> FROM 5:00PM - 7:00PM FOR CYS PARENTS ONLY

AT STONY CDC (BLDG 1207)

FREE & OPEN TO PARENTS OF CYS REGISTERED YOUTH! REGISTER

IN PERSON AT P&OS, OR CALL THEM AT (845) 938-1362/4458/0939.

#### CYS YOUTH SPONSORSHIP PROGRAM



THE YOUTH CENTER (MST)

IS NOW OPEN!

**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

#### SUMMER HOURS: 12:30PM - 5:30PM

SCHOOL YEAR HOURSE 2:30PM = 5:30PM

THE MST OFFERS FREE WIFI, SNACKS, HOMEWORK ASSISTANCE, CLUBS, **ACTIVITIES, AND SPECIAL EVENTS!** AMENITIES INCLUDE MACBOOKS. A GYM, A CAFÉ, A GAME ROOM, A THEATER ROOM, A MUSIC/TEEN ROOM, AND AN ART ROOM.

YOUTH MAY REGISTER AT THE MST (AT 500 WASHINGTON ROAD) AT ANY TIME. HOWEVER, IF THEY REQUIRE ANY **RESCUE MEDICATION (INHALER, EPIPEN, ETC.), THEY** MUST FIRST REGISTER THRU PARENT & OUTREACH SERVICES AT (845) 938-1362/4458/0939.





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#### ACS Employment Readiness Program (ERP)

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



**Gold Star Families** 

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# ★ RIVER CRUISE ☆

# 1:45PM ON THURSDAY, AUGUST 22ND



#### 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.



ACS Stille Movers

### **SOS Constellations**

Survivor Outreach Services invites Gold Star Families to join them on the third Wednesday 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.



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



#### ACS RRP Newcomers Orientation & Welcome

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

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

WEST POINT

ACS WOULD LIKE TO

CHILDREN TO THEIR

NEW

HOME!

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OFFERED FOR FREE BY ACS!

# TUESDAYS AT 11AM & 12PM

# Starting September 17™

AT THE ACS BUILDING (622 SWIFT ROAD)

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



**†** SCAN T REGISTER



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





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

- July 11th, 11:30am-12:30pm Stress and Anger Management
- July 25th, 11:30am-12:30pm Positive Parenting
- July 31st, 4pm-5pm Enhancing Your Child's Wellness
- <u>August 1st</u>, 11:30am-12:30pm Stress and Anger Management
- August 5th, 1pm-2pm Problematic Sexual Behavior in Children & Youth
- August 8th, 11:30am-12:30pm Positive Parenting
- August 14th, 4pm-5pm Couples Communication
- <u>August 22<sup>nd</sup></u>, 11:30am-12:30pm Perinatal Wellness
- September 5th, 11:30am-12:30pm Stress and Anger Management
- September 18th, 4pm-5pm Couples Communication
- September 19th, 11:30am-12:30pm Positive Parenting
- September 26th, 11:30am-12:30pm FAP Overview

REGISTRATION IS REQUIRED. FOR REGISTRATION & MORE INFO, CALL (845) 938-0629. All sessions are free and take place at the ACS building (622 Swift Road).







Paid Advertisement (No Federal Endorsement Intended)

# BENEFITS OF JOINING USFHP

OUR MEMBERS RECEIVE GREAT HEALTHCARE BENEFITS, WHICH INCLUDE:



Same-day urgent care appointments



Quick and easy specialty referrals



An extensive network of providers and facilities close to your home



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

### USFHP.NET



A TRICARE PRIME OPTION



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





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