





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.



DIGITAL GARRISON

MOBILE APP













THE WEST POINT CLUB



West Point Club | Sunday, May 14th

Seatings at:

10:30am | 11am | 11:30am | 12pm | 12:30pm

Adults \$45 | Children 6-11 \$25 | Children 5 & under \$10

Reservations required by calling Rose at (845) 938-5120.

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











thewestpointclub.com

THE WEST POINT CLUB

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 - \$50,088Work Site: West Point Club



Food and Beverage Attendant NA-01:

Army Installation Management Command Family and Morale, Welfare and Recreation Announcement #O3NAFBR2211322535SR

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

THE WEST POINT CLUB

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













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

WEST POINT GOLF COURSE



WEST POINT GOLF COURSE DAILY FEES



ON WEEKDAYS	DAILY	TWILIGHT
E1-E5, CADETS, KIDS	\$46	\$28
E6-03	\$56	\$32
04-010, RETIREES, & DOD CIVILIANS	\$60	\$34
CONTRACTORS, VETS, SENIORS, & GUESTS	\$65	\$40
GENERAL PUBLIC	\$74	\$45



WEEKENDS & HOLIDAYS	DAILY	TWILIGHT
E1-E5, CADETS, KIDS	\$53	\$30
E6-03	\$64	\$36
04-010, RETIREES, & DOD CIVILIANS	\$70	\$38
CONTRACTORS, VETS, SENIORS, & GUESTS	\$79	\$42
GENERAL PUBLIC	\$91	\$46

TWILIGHT PRICING STARTS AT 3PM & IS NOT AVAILABLE MONDAYS. 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 FAMILY & MWR BOWLING CENTER



NOW THRU AUGUST 31st?

Kids ages 2-15 get two FREE bowling games every program day! Register for this offer online at: kidsbowlfree.com/Army. For more info, call the West Point 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 (845) 938-2140 | 622 SWIFT RD, WEST POINT, NY 10996



WEST POINT FMWR BOWLING CENTER













WE DELIVER!*

THU & SAT-SUN: 12pm - 7pm

MON-WED & FRI: 11AM - 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





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





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.

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!

COSMIC BOWLING

Fridays & Saturdays, 5pm - 11pm

When the sun goes down, black lights, glow pins and good times await you at the West Point Bowling Center! \$5.00 per person, per game.

OPEN BOWLING

7 Days a Week

Open Bowling at West Point is always a great deal! Only \$4.50 per person per game, with \$4.00 shoe rentals. What are you waiting for?

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

STABLE & KENNEL



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 and group lessons for ages 5+. Semi-private options available. For more info, call (845) 938-3926 or visit us on 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.

MORGAN FARM



LAKE FREDERICK RECAREA

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 quality time with your friends and family in our cozy lakeside bunk houses! Amenities include heat, a mini fridge, fire ring, & 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.





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

RECREATIONAL FISHING AND HUNTING

— RECREATIONAL FISHING —



SHOP BAIT & TACKLE AT ROUND POND!

NOW OPEN SEASON FOR:

- NORTHERN PIKE TIGER MUSKELLUNGE
- STRIPED BASS PICKEREL WALLEYE
- -TROUT -SUNFISH -SALMON EEL
- WHITEFISH CRAPPIE PERCH



CURRENTLY 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!

IT'S TURKEY HUNTING TIME!

MAY 1ST - MAY 31ST HUNTERS MAY TAKE 2 BEARDED TURKEYS (LIMIT: 1 PER DAY). REMEMBER TO MEASURE THE BEARD, SPUR, AND WEIGHT OF THE BIRD TO RECORD ON YOUR TAG!



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

Kids' Fishing Fun Day

SAT WAY 6th | 9-11AM
Happy Mountain Pavilion | Round Pond

Free and open to all anglers ages 5-15 who are residents of West Point, Stewart or a child of a DOD Cardholder.

Refreshments provided | Need to provide own pole & tackle Pre-register online at westpoint.armymwr.com.













For more info call, (845) 938-2503.



CAMPING NO ODR EQUIPMENT RENTALS







OAMPING RESERVATIONS FOR 2023 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 REGREATION 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.









ARMY OUTDOOR RECREATION: (845) 938-0123
VISIT ONLINE AT WESTPOINT.ARMYMWR.COM
ASK ABOUT OUR ODR EQUIPMENT RENTALS!



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.



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

CALENDAR OF EVENTS

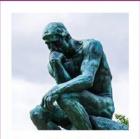
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Little Impressionist Thu, May 4th & 18th

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.



Home School Art Class Wed, May 17th

1:00pm - 2:00pm

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



Pick & Paint Ceramics Sat, May 20th

9:00am - 3:00pm

Last one until September! Create art in our ceramics studio! Prices vary. Must begin by 2pm. Space limited; no registration required.

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



Little Impressionist Thu, Jun 1st

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.

OF EVENTS

...............

West Point Arts & Crafts would like to thank everyone for another great year! As we gear up for our Summer Camp (June & July), be on the lookout for crafts options on our Facebook page. We look forward to offering new & exciting projects for you come September. Have a creative summer!

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 OR CODE! OUR FACEBOOK: WESTPOINTARTSANDCRAFTS

Arts & Crafts Center



WEST POINT ARTS & CRAFTS INVITES YOU TO JOIN THEM FOR SUMMER CAMP! WITH NEW PROJECTS EVERY DAY. YOUNG ARTISTS WILL EXPLORE DIFFERENT ART MEDIUMS WHILE STRENGTHENING THEIR SELF-CONFIDENCE. CREATIVE THINKING. AND ART MAKING TECHNIQUES. BOTH INDIVIDUALLY AND IN A COLLABORATIVE SETTING. CAMPERS WILL BE IMMERSED IN COLORS, LINES. SHAPES, & TEXTURES. CAMP SESSIONS WILL BE BURSTING WITH CREATIVE ACTIVITIES TO EXPLORE!

\$150 PER CHILD, PER SESSION. REGISTER STARTING MAY 17^{TA} VIA WEBTRAC, IN PERSON, OR BY PHONE. FULL PAYMENT IS REQUIRED AT REGISTRATION. SPACE IS LIMITED, SO REGISTRATION IS FIRST COME, FIRST SERVED.







WEST POINT ARTS & CRAFTS CENTER HOURS: TUE-THU: 9AM-4PM, & FRI BY APPOINTMENT. CONTACT ARTS & CRAFTS AT (845) 938-4812.



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.



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 May 3rd, 9th, and 12th, Cadets can enjoy exclusive discounts, featuring \$10 Range Fees and \$5 Rentals!



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

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.

LEISURE TRAVEL SERVICES

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



DAYTRIPPER - MAY '23

SAT, MAY 6TH - NY BOTANICAL GARDEN & ARTHUR AVE.



Enjoy a morning at the New York Botanical Garden, and then a trip to the Bronx's Little Italy for shopping and dining! NYBG tickets must be purchased in advance. We'll leave WP at 8:45am and leave the Bronx 3:30pm.

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

SUN, MAY 14TH & JUN 4TH - BIKE THE BRONX RVR PKWY!



Bicycle Sundays are a beloved Westchester tradition since 1974. Take advantage of this traffic-free event to walk, bike, or jog the 13.1-mile loop of Bronx River Parkway! We leave WP at 8:30am and depart at 2:30pm. \$30 with bike rental / \$15 with own bike.

SUNDAY, MAY 21st - THE 9th AVENUE FOOD FESTIVAL



The oldest & largest food festival in NYC, ft. international food & beverages, fine arts & crafts, and live entertainment. Plus, Japan Day is being held in Central Park as well!

Depart WP at 9am; depart NYC at 5pm.

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

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

LEISURE TRAVEL SERVICES



DAYTRIPPER - MAY '23

WEDNESDAY, MAY 24TH - THEATER VAN TO BROADWAY



Purchase half-price theater tickets at the ticket booth and enjoy a night on the town with shows like The Lion King, Hadestown, Wicked, Chicago, Moulin Rouge, and more! Depart WP at 4pm; depart NYC at 10:30pm.

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

DISCOUNT UNIVERSAL STUDIOS TICKETS ARE AVAILABLE AT LTS! CALL (845)-938-3601 FOR MORE INFO!



THU, JUN 8TH - DINNER IN LITTLE ITALY OR CHINATOWN

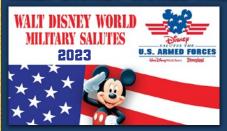


Spend a relaxing evening in NYC's most colorful neighborhoods! Enjoy fine dining with authentic Italian or Chinese cuisine.

Depart WP at 4pm; depart NYC at 10:30pm.

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

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**.

MWR SWIM

Lunchtime Lap Swim at Crandall Pool

NEW DAYS STARTING JUNE 2ND! 12-1:45pm on Wednesdays & Fridays



Crandall Pool is located in Arvin Gym at 727 Brewerton Rd, West Point, NY.

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

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.

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



classes with Lindsey

At the MWR Fitness Center!

Wednesdays 6-7pm and Saturdays 9:15-10:15am

At the Buffalo Soldier Pavilion (BSP)
Thursdays 9-10am

Cost: \$5 per class coupon

Coupons must be purchased at the front desk of the Fitness Center.

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











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.

Wellbeats

FITNESS THAT FITS YOUR LIFE

Starting Monday, March 20th at the MWR Fitness Center!

Want to take a **FREE** Fitness Class? Come Join Wellbeats! Wellbeats is online fitness class that ofters over 200 different classes. Any open period, you can take any class you would like! Open period is first come first serve.

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



Lifeguarding | Waterfront CPR | First Aid | AED CERTIFICATION CLASSES

CLASS 1

April 29th

8am at Long Pond (Waterfront) 12pm at Arvin Gym (Lifeguarding) April 30th

8am at Buffalo Soldier Pavilion (CPR, FA, AED)

CLASS 2

May 6th

8am at Long Pond (Waterfront) 12pm at Arvin Gym (Lifeguarding) **May 7th**

8am at Buffalo Soldier Pavilion (CPR, FA, AED)



Open to ages 15 and up. Limited seats available, sign-up today online or at the MWR Fitness Center.

Cost: \$350 per person

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

westpoint.armymwr.com



Massage therapy is back starting April 10th at the MWR Fitness Center!

Living Angelic offers a wide variety of different massage techniques to help you heal and feel less tense!

Contact Elliot from Living Angelic at (347) 567-6060 to schedule your appointment today.

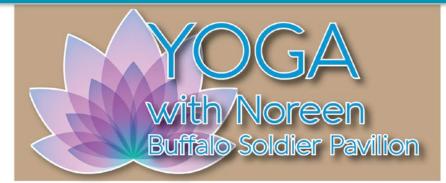
For a complete list of services offered and pricing, visit westpoint.armymwr.com.











Mondays Starting May 8th from 9-10am. Cost is \$5 per class.



Pre-registration online via WebTrac highly encouraged.
Please bring your own yoga mat!

Please bring group fitness coupon or exact change.







UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND

westpointarmymwr.com (845) 938-6490







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

Dragon Park

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.

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



MWR INTRAMURAL SPORTS



WP Community Noontime Ultimate Frisbee Tournament

Mon - Fri, 12pm-1pm at Daly Field. League runs March 20th - May 12th.

To sign up, call (845) 938-3066



WP Community Adult Summer Softball League

Mon and Wed only, 6pm-10pm at H-lot Softball Fields. League will run from May 31st thru Aug 9th.

To sign up, call (845) 938-3066

MWR INTRAMURAL SPORTS



WP Community Adult Intramural Golf League

Tuesdays only, 4:30pm to dusk, at the West Point Golf Course. (Course Fees apply; no entry fee). League runs April 4th - Aug 29th.

To sign up, call (845) 938-3066



WP Community Monday Women's Tennis League

Doubles format. Mon, 9am-11am in Lichtenburg Indoor Tennis Facility. A Season Pass is required (\$80). The league will run thru May 22th.

To sign up, call (845) 938-3066



WP Community Noontime Indoor Pickleball League

Tuesdays only, 12pm-1pm, at the Arvin Gym 2nd Floor Courts. League runs April 4th - May 9th.

To sign up, call (845) 938-3066



WP Community Noontime Outdoor Pickleball League

Thursdays only, 12pm-1pm at Clinton Courts by Daly Field. League runs April 6th - May 11th.

To sign up, call (845) 938-3066



OFFERED JUNE 12TH THRU JULY 20TH.
4-DAY CLINICS, MON-THU, 525 PER SESSION, REGISTRATION BEGINS MAY 8TH.

BASKETBALL: June 12th - 15th at the Youth Center.

4pm-5pm (Ages 7-9): Intro to Hoops - Students new to basketball will receive an intro to the sport and learn basic concepts, terms, and motor movements.

5pm-6pm (Ages 10-12): Complete Skills - helps players of all abilities develop athletically, refine fundamental skills, and enhance their skill set at the post, wing, or guard position.

FLAG FOOTBALL: June 20th - 23rd at Dragon Park. Tue - Fri.

5pm-6pm (Ages 7-12) - Participants will learn the fundamentals while developing their skills and using proper techniques. Offensive and defensive position drills along with proper stretching and warm-ups occur daily, plus fun competitions.

MULTISPORT: June 26th - 29th at Dragon Park.

4pm-5pm (Ages 4-6) | 5pm-6pm (Ages 7-12) - A non-sports-specific clinic that includes a variety of fun, interactive and sports-related activities with a focus on development and fun! Participants will learn the foundation of techniques and skills through exciting drills and games!

SOCCER: July 10th - 13th at Dragon Park.

4pm-5pm (Ages 4-6) | 5pm-6pm (Ages 7-12) - A wide range of technical, physical, and tactical activities with a focus on fun!

SPORTS PERFORMANCE: July 17th - 20th at Dragon Park.

4pm-5pm (Ages 4-6) | 5pm-6pm (Ages 7-12) - Learn drills to reinforce proper mechanics and improve overall performance, force production, and agility. Designed to translate to all sports & benefit all, regardless of age or skill level.

SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS & COMMAND APPROVAL FOR PROGRAM FACILITATION, MORE INFO AT: (845) 938-1362/0939 OR WESTPOINTCYS.COM







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



CYS PARENT & OUTREACH SERVICES PARENT WORKSHOP

APPROPRIATE SEXUAL BEHAVIOR IN CHILDREN



MAY 18th FROM 3PM - 4PM

AT THE MST BUILDING (500 WASHINGTON RD)

Join CYS for our free Parent Workshop, co-hosted by the ACS Family Advocacy Program Manager, where we'll discuss how to recognize developmentally appropriate sexual behaviors in children from birth to early elementary school, how to identify inappropriate or problematic sexual behaviors, and how to teach children consent. We'll also share reporting channels and supporting components.

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













2023 CYS PARENT WORKSHOPS

3PM TO 4PM AT THE MST BUILDING (500 WASHINGTON RD)

MAY 130 - APPROPRIATE SEXUAL BEHAVIOR (WITH ACS FAPM)

DEVELOPMENTALLY APPROPRIATE SEXUAL BEHAVIORS FROM BIRTH TO EARLY ELEMENTARY SCHOOL; TEACHING CHILDREN CONSENT: INAPPROPRIATE/PROBLEMATIC SEXUAL BEHAVIORS: REPORTING CHANNELS AND SUPPORT.

200 220 - SOCIAL MEDIA SAFETY FOR MIDDLE & HIGH SCHOOLERS

SOCIAL MEDIA USAGE + PROS & CONS: KEEPING MIDDLE & HIGH SCHOOL CHILDREN SAFE AND POSITIVE.

- SETTING HEALTHY MEDIA LIMITS (WITH CYS FTS)

LIMITING MEDIA USE: HOW TO SET HEALTHY SCREEN TIME LIMITS: ALTERNATIVES TO MEDIA USAGE.

AUG 220 - Online Safety for Elementary Schoolers (CYS FTS)

INTERNET SAFETY; USAGE BY CHILDREN + PROS & CONS; CYBERBULLYING; KEEPING CHILDREN SAFE ONLINE.

SEP [] B C TALK SAVES LIVES SUICIDE PREVENTION (SPPM & AFSP)

COMMON RISK FACTORS & WARNING SIGNS OF SUICIDE: HOW TO KEEP YOURSELF AND OTHERS SAFE & SAVE LIVES.

OCT 5 - TOILET LEARNING

STEPS AND CHALLENGES OF TOILET LEARNING: DEVELOPMENTAL CONSIDERATIONS: CREATING BATHROOM PLANS.

NOV 900 - HOW TO HANDLE TEMPER TANTRUMS

LEARN ABOUT TEMPER TANTRUMS AND THE STRATEGIES PARENT CAN USE TO CALMLY HANDLE THEM.

1 - ONLINE SAFETY FOR MIDDLE & HIGH SCHOOLERS (CYS FTS)

INTERNET SAFETY: TEEN INTERNET USAGE + PROS & CONS: CYBERBULLYING: HOW TO KEEP TEENS SAFE ONLINE.

FREE AND OPEN TO WEST POINT PARENTS WITH CYS REGISTERED YOUTH. REGISTER IN PERSON AT PARENT ε OUTREACH SERVICES OR BY CALLING (845) 938-1362/4458/0939.







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



NOTABLE UPCOMING CYS DATES

- O MAY 25TH & 25TH From 12pm-1pm & 5pm-6pm: CYS Summer Camp orientation
- o JUNE 972 From 4pm-5pm: Parent Participation End-of-Year BBQ
- o JUNE Day of School
- o JUNE 12¹¹¹ CYS Summer Camp Begins



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.



FOR GRADES K-5. COST BASED ON INCOME. JOIN WAITLIST AT MILITARYCHILDCARE.COM (OPENS FEB 1ST AT NOON).



ENJOY AN EVENING OF BOWLING ON US! INCLUDES 2 GAMES, SHOE RENTAL, AND UNLIMITED PIZZA & FOUNTAIN DRINKS!

Free and open to all Cadets, Active Duty, Guard, Reserve, and Veteran Service Members & their families. Offer limited to the first 50 bowlers. Must adhere to start and end times. Call (845) 938-5658 for more info.















Survivor Outreach Services invites Gold Star Family members to join us on the third Thursday of each month to socialize, support, learn, and grow with one another! Call SOS at (845) 938-5654 for more info.







CALL ACS AT: (845) 938-2519 / SOS: 5654
VISIT MWR AT: WESTPOINT.ARMYMWR.COM
F:@WESTPOINTARMYCOMMUNITYSERVICE







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 & stress-relief events. Take a "paws" with us every 2nd Tuesday of the month thru June 2023 for an afternoon of fun and relaxation! Free and open to the West Point & Highland Falls Community.











BABY BOOT CAMP

MAY 23RD, 24TH, & 25TH
10AM - 12PM



Join ACS in preparing for life with your new little one!

- Tuesday, May 23rd (Day 1): Taking Care of Baby
- Wednesday, May 24th (Day 2): Navigating Military Services
- Thursday, May 25th (Day 3): Strengthening Perinatal Wellness

Free & open to New and Expecting DoD ID Cardholders. Space is limited; registration is required. Call (845) 938-5658 or email emily.a.calangi2.civ@army.mil to register.













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

•• @WESTPOINTARMYCOMMUNITYSERVICE





Wee-Play & Wee-Kend



WEE-PLAY: 9AM-IOAM BI-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!

April 4th & 18th | May 2nd, 16th, & 30th | June 13th & 27th

WEE-READ: 9AM-10AM 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!

April 5th & 19th | May 3rd, 17th, & 31st | June 14th & 28th

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

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...

ARMY COMMUNITY SERVICE

RELOCATION READINESS

CNEWCOMERS

ORIENTATION

AND WELCOME

WELCOM

HELD EVERY 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







Little Movers



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).







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

•• @WESTPOINTARMYCOMMUNITYSERVICE











EVERY 1ST 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





