



USAG WEST POINT

WHAT'S HAPPENING WITH FAMILY & MWR

FEBRUARY 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

THE WEST POINT CLUB

Mother & Son Dance



West Point Club
Friday, February 2nd
From 6:30-9pm

- Dinner Buffet
- Dessert and Dancing
- Dress in Sunday Best
- Photo Booth

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

\$50 per couple
\$20 for each additional son*
(applicable to boys 13 or younger)

* No refunds for cancellations after January 26th, 2024.

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

The West Point Club will be closed from Dec. 21, 2023 through Jan. 7, 2024.
Reservation start on January 10th, 2024.



thewestpointclub.com
(845) 938-5120

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

ARMY COMMUNITY SERVICE



JOIN ACS FOR
**FAMILY
GAME NIGHT**

FEB 9TH, 5:30PM-7:30PM
@ THE ACS BUILDING
(BLDG 622)

JOIN ARMY COMMUNITY SERVICE FOR A FUN-FILLED FAMILY GAME NIGHT WITH KARAOKE, BOARD GAMES, AND PRIZES!

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



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

BOSS SPECIAL EVENTS

**BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS**

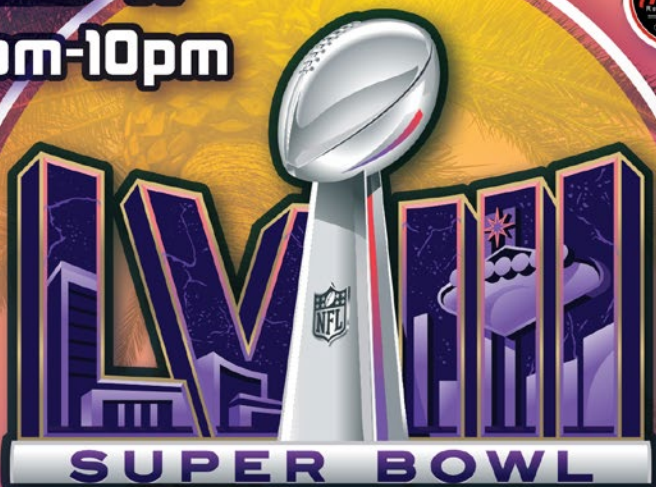
(NO FEDERAL ENDORSEMENT IMPLIED)



Warsteiner
PREMIUM GERMAN PILSENER



FEB 11TH
5pm-10pm



WATCH PARTY

**JOIN BOSS FOR THE BIG GAME
AT BUFFALO SOLDIER PAVILION!**

**ENJOY BEVERAGES PROVIDED BY WARSTEINER, FREE FOOD PROVIDED
BY HACIENDA MEXICANA & ANDY'S RESTAURANT, AND PLAY TAILGATE
GAMES AS WE WATCH THE SUPER BOWL AT THE BSP (BUILDING 628)!**

FREE & OPEN TO ALL SINGLE SOLDIERS AND THEIR GUESTS!



U.S. ARMY



BOSS COORDINATOR PHONE: (845) 938-2401
VISIT MWR AT WESTPOINT.ARMYMWR.COM
VISIT BOSS'S FACEBOOK @[WESTPOINTBOSS](https://www.facebook.com/WESTPOINTBOSS)

BOSS

**BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS**

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

THE WEST POINT CLUB



Valentine's Day Dinner-To-Go

★
West Point Club
Wednesday, February 14th

Place your order today and specify a pick up time between 4:30–6:30pm on February 14. Last day to place an order is COB February 9. Pick-up at the WPC Benny Haven's Lounge.

4 servings for \$50 or 6 servings for \$75
(845) 446-5506/5504

This menu is in lieu of our regular Dinner-To-Go menu.

Choice of 1 Salad

Traditional Greek Salad ♦ Classic Caesar add Chicken (\$3)

Choice of 1 Entrée

Crab Stuffed Jumbo Shrimp ♦ Braised Beef Short Ribs w/Red Wine Demi-Glace
Cornbread & Wild Rice Stuffed Breast of Chicken w/Roasted Pepper Cream Sauce

Choice of 2 Sides

Creamy Yukon Gold Mashed Potatoes ♦ Long Grain & Wild Rice
Roasted Brussels Sprouts ♦ Honey Glazed Baby Carrots

Bakery Selections

Fresh Baked Dinner Rolls ♦ Buttermilk Biscuits

ENHANCEMENTS (a la carte)

Appetizers

Traditional Parmesan Arancini (Risotto Balls)w/Marinara (\$12 per dozen)
Bruschetta w/Crostinis \$3 per person

Desserts

Individual Molten Chocolate Cake (\$5 per each)
Individual Raspberry Cheese Cakes (\$4 per each)
Chocolate Covered Strawberries (\$15 per dozen)
Chocolate Chip Cookies (\$12 per dozen)



U.S. ARMY



TheWestPointClub.com

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

TRONSRUE MARKSMANSHIP CENTER

VALENTINES DATE NIGHT

Thursday, February 15th | 6:30-8pm



Celebrate Valentine's Day at the Tronsrue Marksmanship Center!

Cost is \$100 per couple and includes range fee, firearm rental, box of ammo, ear/eye protection and two targets.

Plus you will receive a \$50 MWR gift card that can be used at any of our West Point MWR facilities.

(Gift card can be used at a later date).

Sessions are for 1 hour shared range time valid for February 15 only.

Couples can arrive anytime between 6:30-8pm.

Military/DoD ID Required to Participate.



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

CHILD & YOUTH SERVICES

WEST POINT CYS PARENTS

CPR+ AED+ **FIRST AID** CLASS



5PM - 7PM FEB 16TH

AT THE STONY CDC (1207 PATRICK TRAIL ROAD)

THIS CLASS IS FREE & OPEN TO ALL PARENTS OF CYS REGISTERED YOUTH! REGISTER IN PERSON AT PARENT & OUTREACH SERVICES, OR BY CALLING THEM AT (845) 938-1362/4458/0939. SPACE IS LIMITED; REGISTER ASAP.



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

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR ON OUR FACEBOOK: [@WESTPOINTCYS](https://www.facebook.com/WESTPOINTCYS)



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

ARMY COMMUNITY SERVICE



**AFAP WANTS
YOU TO
VOICE
YOUR
OPINION!**



ARMY FAMILY ACTION PLAN (AFAP) IS LOOKING FOR VOLUNTEERS TO PARTICIPATE IN OUR FOCUS GROUP! HELP US DECIDE WHICH ISSUES CURRENTLY FACING ARMY FAMILIES WE SHOULD ADDRESS!

- **FEB 21ST, 11AM - 12PM & 5PM - 6PM**
- **FEB 22ND, 9AM - 10AM**

AT THE ACS BUILDING (622 SWIFT ROAD)

AFAP INVITES MEMBERS OF THE TOTAL ARMY FAMILY TO BE AGENTS OF CHANGE BY HELPING TO ESTABLISH AND IMPROVE PROGRAMS & SERVICES, DEVELOP AND CHANGE POLICIES & REGULATIONS, CREATE LEGISLATION, AND AMEND LAWS.

OPEN TO ALL VETERANS, ACTIVE DUTY, OR RETIRED MILITARY AND THEIR FAMILY, SURVIVORS, AND DOD CIVILIANS! TO REGISTER, CALL (845) 938-5654/4621. THANKS IN ADVANCE FOR YOUR INTEREST IN IMPROVING QUALITY OF LIFE FOR OUR ARMY COMMUNITY, AND ENSURING THE ARMY CHANGES WITH THE TIMES!

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

CHILD & YOUTH SERVICES

JOIN CYS FOR OUR FREE PARENT WORKSHOP ON...

TAKING THE STRESS OUT OF TESTING

FOR ELEMENTARY & MIDDLE SCHOOLERS

WITH THE
CYS SLO



FEB 21ST

3:30PM-4:30PM AT THE MST (500 WASHINGTON RD)

JOIN US FOR OUR PARENT WORKSHOP, WHERE WE'LL DISCUSS WHY SCHOOLS ASSESS STUDENTS, IDENTIFY DIFFERENT TYPES OF TESTS, EXPLORE STRATEGIES TO HELP MINIMIZE STRESS & TEST ANXIETY, AND SHARE SCHOOL TRANSITION ISSUES SPECIFIC TO MILITARY KIDS.

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



U.S. ARMY



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

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR VISIT OUR FACEBOOK @WESTPOINTCYS



UNITED STATES ARMY
CHILD & YOUTH SERVICES

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

CHILD & YOUTH SERVICES

CYS SCHOOL SUPPORT SERVICES PRESENTS:

HOME SCHOOL FIELD TRIP TOUR

Jefferson Hall

[THE USMA LIBRARY, BUILDING #758]



FEBRUARY 22ND - TWO TIME SLOTS

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

CYS invites Home Schoolers and their parents on a free tour of Jefferson Hall, USMA's Library! Tour will run 9:50am-11am for 3rd graders and younger, and 10:50am-12pm for 4th-12th graders. We will meet at the entry door facing Bartlet Hall.

FREE! REGISTRATION RUNS JAN 15TH - FEB 21ST. REGISTER VIA WEBTRAC, OVER THE PHONE, OR IN PERSON AT P&OS. FOR MORE INFO, CALL THE SLO AT (845) 938-2092. NO STROLLERS, PLEASE.



U.S. ARMY



SCHOOL LIAISON OFFICER: (845) 938-2092

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR VISIT OUR FACEBOOK @WESTPOINTCYS



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

MWR FITNESS CENTER

Shamrock Shuffle 5K RACE



March 16 | 8am | \$20

Start and finish at the MWR Fitness Center.



Register online or at the MWR Fitness Center by February 1st and get a guaranteed t-shirt size.

Day of registration starts at 7am.



westpoint.armymwr.com
(845) 938-6490



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

BOSS SPECIAL EVENTS

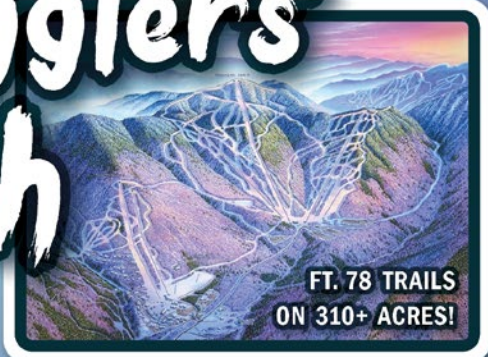


SCAN QR CODE
TO REGISTER

**MARCH 22ND - 25TH
JOIN BOSS FOR OUR
ANNUAL SKI TRIP TO:**



Smugglers' Notch RESORT



FT. 78 TRAILS
ON 310+ ACRES!

VANS LEAVE THE BSP (628 HODGES PL) AT 8AM ON MARCH 22ND. COST IS \$220 PP (DUE AT SIGN-UP). MUST REGISTER BY MAR 6TH. REGISTER WITH PROVIDED FORM, OR VIA WEBTRAC (SEE QR CODE).

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



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



BETTER OPPORTUNITIES
FOR SINGLE SOLDIERS

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

MWR BIRTHDAY PARTIES

BIRTHDAY PARTY!



Four great locations! Non-stop Fun!



West Point Bowling Center

10 Lanes, pizza, ice cream, music & more! (845) 938-2140



Morgan Farm Horse Party

Pony ride party on the farm!
(845) 938-3926



West Point Arts & Crafts

Multiple projects to choose & create lasting memories!
(845) 938-4812



OREC Paintball Birthday Parties

Consider OREC your party central!
(845) 938-0123

westpoint.armymwr.com

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

USMA GRADUATION SERVICES



MAKE YOUR USMA GRADUATION RESERVATIONS WITH MWR!

For West Point MWR Graduation Services information, click [HERE](#)

For West Point Club Graduation Week Lunch Tickets, click [HERE](#)

For West Point Club Catering requests, email westpointcatering@army.mil

For Outdoor Graduation Tailgates, order [HERE](#)

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

THE WEST POINT CLUB

HELP WANTED!

THE WEST POINT CLUB AND GOLF COURSE ARE HIRING!



Apply at usajobs.gov, or scan the QR code below! All jobs are located at West Point, NY, and fall under the keyword "MWR". Employee benefits include campgrounds access, free gym membership, discount tickets, professional development, career growth opportunities with retirement benefits and healthcare, 12-weeks paid maternity leave, and more!

Food and Beverage Attendant NA-01:

- Starting pay: \$16.76 per hour + gratuities on most Club/Golf events
- AKA: Event Waiter/Waitress • Work Site: Club/Golf

Cook NA-06:

- Salary Range: \$19.32 - \$22.54 per hour • Work Site: Club/Golf

Cook NA-04:

- Salary Range: \$17.78 - \$20.74 per hour • Work Site: Club/Golf

Food Service Worker NA-01:

- Salary Range: \$15.46 - \$18.04 per hour • Work Site: Club/Golf

Bartender NA-03:

- Starting pay: \$17 per hour + gratuities on most events • Work Site: Club

Applicants/employees are authorized to hold multiple government positions!



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 IS CLOSED UNTIL FURTHER NOTICE.

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 / 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.



Club Lunch Program

★
Check our Facebook page for weekly menu rotations!

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

VICTOR CONSTANT SKI AREA

HELP WANTED!

VICTOR CONSTANT SKI AREA IS LOOKING TO HIRE!



Apply at usajobs.gov, or scan the QR code below! All jobs are located at West Point, NY, and fall under the keyword "MWR". Employee benefits include campgrounds access, free gym membership, discount tickets, professional development, career growth opportunities with retirement benefits/healthcare, 12-weeks paid maternity leave, and more!

Recreational Equipment Operator (Snowmaker) NA-08:

- Salary Range: \$21.91 - \$25.55 per hour • Work Site: Victor Constant Ski Area (VCSA)

Recreation Aid (Lift Operation/Rental Tech) NF-01:

- Salary Range: \$15.85 - \$19.38 per hour • Work Site: Victor Constant Ski Area (VCSA)

Recreation Assistant (Ski Patrol) NF-03:

- Salary Range: \$19.65 - \$20.60 per hour • Work Site: VCSA

Custodial Worker NA-02:

- Salary Range: \$17.04 - \$19.88 per hour • Work Site: VCSA



Applicants/employees are authorized to have two government positions!



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

VICTOR CONSTANT SKI AREA

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



VISIT US ONLINE HERE!

SNOW PASSES, EQUIPMENT RENTALS, TUNING AND REPAIR, LOCKERS, AND MERCHANDISE NOW AVAILABLE HERE!

SKI & SNOWBOARDING LESSONS AND CLINICS NOW OFFERED FOR AGES 7+. REGISTER NOW VIA OUR WEBTRAC!



WE OFFER PLENTY OF RENTAL GEAR SUCH AS SKIS, SNOWSHOES, SNOWBOARDS, HELMETS, AND MORE! SEASON PASSES ARE ON SALE NOW—GRAB YOURS TODAY!

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

WEST POINT BOWLING CENTER

WEST POINT FMWR BOWLING CENTER



WE DELIVER!*

MON-WED & FRI: 11AM - 7PM

THU & SAT-SUN: 12PM - 7PM

PLACE ORDERS AT (845) 938-2140



**FOOD DELIVERY SERVICE IS AVAILABLE FOR WEST POINT RESIDENTS ONLY. ON-SITE PICKUP AT THE BOWLING CENTER IS AVAILABLE FOR ALL OTHERS.*



**VIEW OUR ENTIRE MENU ONLINE
AT WESTPOINT.ARMYMWR.COM**



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



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

WEST POINT BOWLING CENTER

SENSORY FRIENDLY BOWLING

Now offered from 4pm to 5pm on
the 2nd Thursday of each 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
(845) 938-2140 | 622 Swift Rd, West Point, NY 10996



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

WEST POINT BOWLING CENTER

Sign up for our Winter Bowling League season at the West Point Bowling Center! We have Monday night 4 person teams, Thursday 3 person teams, and (interest permitting) a Sunday night league!



WEEKLY 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 \$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!

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**



DOG GROOMING

- NAILS
- BATHS
- EARS
- TRIMS

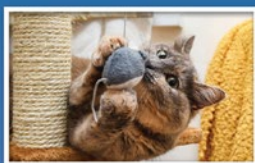


MORGAN FARM

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



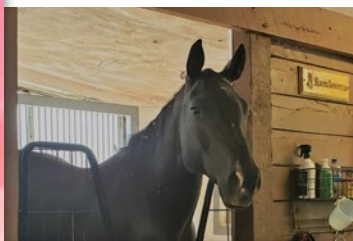
HORSE RIDING LESSONS

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](http://www.westpoint.armymwr.com).



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](http://www.westpoint.armymwr.com).



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

MORGAN FARM

RV AND BOAT STORAGE AT MORGAN FARM



- * MONTHLY & YEARLY STORAGE OPTIONS AVAILABLE.
- * SPACES FOR VEHICLES: 20' AND UNDER, 21'-30', & 31' AND LARGER.
- * 24/7, 365 DAY ACCESS TO YOUR RV.
- * OPEN TO ACTIVE DUTY MILITARY, RETIREES & DOD ID CARDHOLDERS.



UNITED STATES ARMY INSTALLATION
MANAGEMENT COMMAND
westpoint.armymwr.com
(845) 938-3926



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

MORGAN FARM

PRESIDENTS' DAY

WEEKEND

KENNELING SPECIAL*

AT MORGAN FARM

**STAY 4 NIGHTS & GET
1 FREE! DROP OFF ON
FEB 16TH, PICK UP ON
FEB 20TH. MUST BOOK
AT LEAST 4 NIGHTS TO
RECEIVE DISCOUNT.**



**SPECIALS & ADDT'L PET PRICING ARE ONLY FOR ACTIVE/RETIRED MIL OR DOD.*

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

Let us care for your cat or dog while you're away from home! Our kennel offers advance reservations, a climate controlled facility, large dog runs, & daily walks.

CAT BOARDING DOG BOARDING WALKS

\$16 per day; \$8 per add'l cat*

\$26 a day; \$13 per add'l dog*

Walks: \$7

Required vaccinations: Rabies, Distemper, & Bordetella for dogs, and Rabies & Distemper for cats. Reservations must be made with a valid credit or debit card. Boarding cancellations are accepted up to 48hrs prior to reservation time. Late cancellations and no shows will be charged 2 days worth of boarding per animal.



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

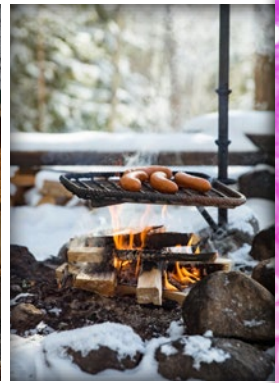


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OUTDOOR RECREATION

LAKE FREDERICK REG 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.



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

LAKE FREDERICK CABIN RENTALS

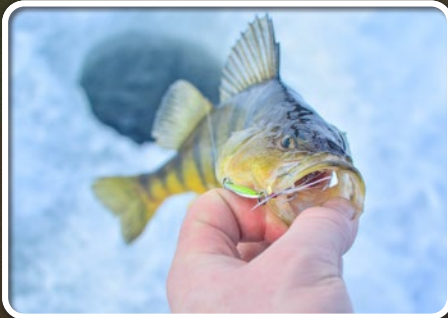
Spend some quality time with your friends and family in our cozy lakeside bunk houses! Amenities include heat, a mini fridge, fire ring, & charcoal grill. 4 Family Style cabins are available to rent for \$125/night (\$150 on holidays/USMA events). Dec 1st thru Mar 1st, no minimum stay! Wood, bagged ice, & Lake Frederick patches are also available to buy! Information + reservations at westpoint.armymwr.com or (845) 938-2649.



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

FISHING & HUNTING

RECREATIONAL FISHING



FISH CURRENTLY IN SEASON:

- WALLEYE • SUNFISH • PERCH • CRAPPIE
- WHITEFISH* • TIGER MUSKELLUNGE • EEL
- TROUT (NOW C&R ONLY, EXCEPT FOR LAKE TROUT, WHICH IS NOW FULLY CLOSED)
- NORTHERN PIKE* • PICKEREL • SALMON*
- SMALL AND LARGEMOUTH BASS (NOW CATCH AND RELEASE ONLY)

**Cannot be found on West Point.*

Fishing Permits & Fishing Info | NYS Freshwater Fishing Guide



RECREATIONAL HUNTING



CURRENT SEASONAL GAME:

- RACCOON, SKUNK, POSSUM, BOBCAT, FOX, AND WEASEL: NOW - FEB 15TH
- QUAIL, GROUSE, PHEASANT, AND RABBIT: NOW - FEB 29TH
- BOBCAT: NOW - FEB 15TH
- HARE & SQUIRREL: NOW - FEB 29TH
- COYOTE: NOW - MAR 31ST
- SNOW GEESE: NOW - APR 15TH

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

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

OUTDOOR RECREATION

CAMPING AND ODR EQUIPMENT RENTALS



OUTDOOR RECREATION EQUIPMENT RENTALS

The Outdoor Recreation Equipment Checkout Center is now closed for the season. We plan to reopen on April 1st, 2024! However, we will continue to support equipment pickup during the off-season, including tables & chairs for upcoming holiday events. No delivery is available. For rental assistance or more info, call (845) 938-0123.



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

ROUND POND

RECREATIONAL VEHICLE AND BOAT STORAGE

At Round Ponds

- **DAILY, MONTHLY, AND SEASONAL STORAGE OPTIONS AVAILABLE.**
- **COME AND GO ACCESS TO RVs/BOATS/TRAILERS APRIL – NOVEMBER. (NO GATE ACCESS DURING THE WINTER)**
- **OPEN TO ACTIVE DUTY MILITARY, RETIREES & DOD ID CARDHOLDERS.**



UNITED STATES ARMY INSTALLATION
MANAGEMENT COMMAND
westpoint.armymwr.com
(845) 938-3926



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!

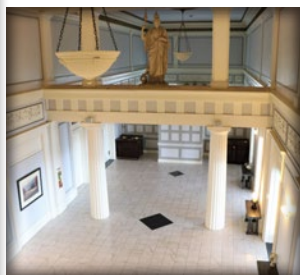
For more info, call us at (845) 938-2074. Reservations are required.

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

FEBRUARY CALENDAR OF EVENTS



A Stitch in Time: A Weekly Yarn Social

Wednesdays, 9am - 12pm

Bring your current projects and enjoy the company of your fellow textile artists!



Home School Art Class

Wed, Feb 7th

1:00pm - 2:00pm

Monthly art history projects for homeschoolers in grades K and up. "Augusta Savage". \$15 pp. Registration required.



Meet the Artist Class

Wed, Feb 7th

3:30pm - 4:30pm

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



Little Impressionist

Thu, Feb 8th & 22nd

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

Let your little one express their inner artist! For all children ages 6 or younger. \$5 pp. Registration required.



Creation Station

Thu, Feb 8th & 22nd

3:00pm - 4:30pm

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



Canvas Painting

Tue, Feb 13th

5:00pm - 6:30pm

Paint your heart out with us on an 11"x14" canvas! \$20 pp. Registration required.



Mystery Crafts Day

Tue, Feb 20th

Time TBD

Check our Facebook page on the first of the month to find out what it is (or call Arts & Crafts at (845) 938-4812)!

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

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

ARTS & CRAFTS CENTER

A Stitch in Time

A weekly yarn social at West Point Arts & Crafts

Wednesdays, 9am-12pm (Begins Nov 1st)



Come join other needle crafters to knit, crochet, embroider, cross stitch and more! Have a coffee or tea and enjoy some adult time.

Open Gathering

Wednesdays, 9am-12pm

Bring your current projects and enjoy the company of others working on their creations!



Chain 1 Beginner's Crochet Class

1st Wed of the month, 9am-10am.

Bring the following supplies:

1 Skein Med #4 Acrylic or cotton yarn (not chenille), and 1 size J/10 crochet hook.

This is a Resiliency Through Art Program



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

GOOD LUCK TO OUR ARMY PISTOL & ARMY RIFLE TEAMS AS THEY COMPETE AGAINST NAVY ON FEB 3RD! GO ARMY! BEAT NAVY! TMC RANGE WILL BE CLOSED FEB 9TH IN SUPPORT OF THE ARMY PISTOL TEAM NCAA NATIONAL QUALIFIERS MATCH.



REC SHOOTING: 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.

WOMEN'S INTRO TO PISTOL CLASS



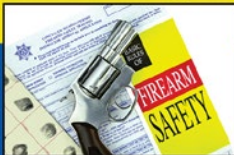
SOLD OUT!

Women's Only Intro to Pistol
Sun, Feb 11th, 1pm-5pm at TMC.

\$85 pp. This introductory course is designed for women who are brand new to firearms. The course consists of classroom and live fire training.

NYS Concealed Carry Permit Course

February 17th & 18th | 9am-6pm
Tronsrue Marksmanship Center



NYS Pistol Permit Course

Feb 17th & 18th, from 9am-6pm.

This course is a combo of 16+ hours of classroom lecture & 2 hours of practical skills including live-fire range instruction. Day 1 is at the BSP, and day 2 is at TMC. Cost: \$400 per person (includes rental firearm, ammo, and eye & ear protection).

**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

Daily Specials at Tronsrue

Tuesday & Wednesday: \$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!

TRONSRUE CLOTHING AND STICKERS AVAILABLE NOW!



Tronsrue
Marksmanship
Center

**PUNCH PASSES
ON SALE NOW!**

WEST POINT FAMILY AND MWR



GIFT CARD

TMC PUNCH PASSES & GIFT CARDS ARE ALSO AVAILABLE!

Private Shooting Lessons

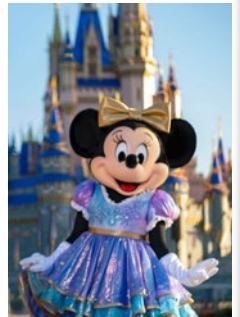
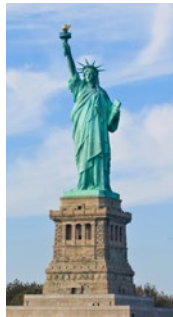
TMC offers handgun & rifle instruction for every level of learner in a private setting by experienced instructors. Cost: \$85 for one person, or \$135 for two people. Ammo sold separately. Available by appointment only.



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 FUN & EXCITEMENT AT YOUR FINGERTIPS!

DISCOUNT UNIVERSAL STUDIOS TICKETS ARE AVAILABLE AT LTS!

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



WALT DISNEY WORLD MILITARY SALUTES PASS 2024

WALT DISNEY WORLD
MILITARY SALUTES
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.

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

MWR SWIM

Lunchtime Lap Swim at Crandall Pool



12:00-1:45pm on the following days only.

January: 3, 5, 8, 10, 16, 18, 24, 26, 29, 31

February: 5, 7, 9, 12, 14, 20, 22, 26, 28

March: 1, 4, 6, 11, 13, 15, 18, 20, 25, 27, 29

April: 2, 4, 8, 10, 12, 15, 17, 22, 24, 29

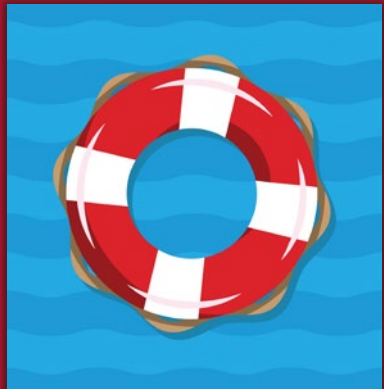
May: 1, 6, 8, 10, 15, 17, 21, 23, 29, 31

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

(845) 938-7060 | 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.*

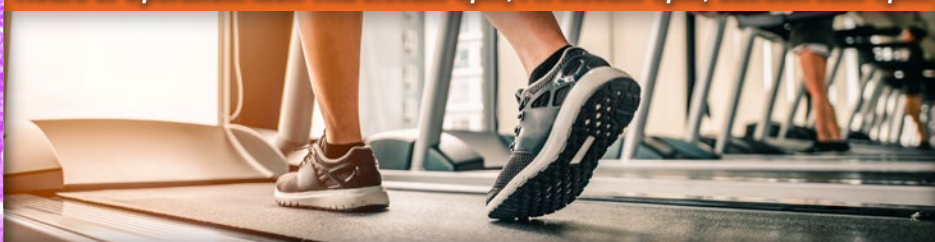


West Point Community, we need you! MWR is seeking volunteer lifeguards for our Indoor Swim program! Certified lifeguards are preferred, but free Red Cross Lifeguard Training is available. Hours are Mon-Fri, 12pm-1:45pm. Valid DOD ID card is required. If interested, call 845-938-7060, or email WestPointSFA@army.mil.

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.



CLASS SIZES ARE LIMITED! PRE-REGISTRATION HIGHLY ENCOURAGED.

NEW
DAYS & TIMES
STARTING NOV 1ST

Functional Fitness

Classes with
Anthony

MONDAY - THURSDAY | 9AM
MWR FITNESS CENTER
\$5 PER CLASS

To sign-up, call (845) 938-6490.

westpoint.armymwr.com



- Prepare your body for real life movement and activities.
- Train your muscles to work in unison.
- Simulate common movements you would do at home, work or in sports.

24/7 FITNESS ACCESS AT THE WEST POINT FITNESS CENTER

- ✓ 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.



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 WILL BE AVAILABLE.

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

MWR FITNESS CENTER

Parent/Child POWER ZONE

AT THE MWR FITNESS CENTER



Starting February 1, MWR is introducing Parent/Child Power Zone. This program is an opportunity for active parents to bring their child to the West Point MWR Fitness Center and work out in our dedicated Fitness Studio!

This room will include a Rower, Spin bikes, Exercise Balls, and Free Weights to cover your fitness needs without the hassle of looking for a babysitter!

Monday - Thursday: 0900 to 2000

Friday: 0900 to 1800

Saturday - Sunday: 0900 to 1700

- Parents are responsible for their children at all times
- Child must be in the room at all times while parent is working out
- Babies must be kept in their strollers
- Children should be an arms length from their parents at all times
- Children should not play with weights



CALL THE FITNESS CENTER: (845) 938-6490
VISIT ONLINE AT: WESTPOINT.ARMYMWR.COM
OR OUR FACEBOOK PAGE @WESTPOINTFMWR



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

MWR FITNESS CENTER

SLAM SWEAT LIKE A MOTHER!

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

**STARTING NOVEMBER 6TH
NEW LOCATION!**

**MST YOUTH CENTER
500 WASHINGTON RD.**

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



ZUMBA

**Classes with Lindsey
at the MWR Fitness center**

**STARTING SEPTEMBER 11TH
CLASSES WILL BE HELD ON
MONDAYS & WEDNESDAYS ONLY.**

Zumba with Lindsey

**Monday & Wednesday, 6pm-7pm
at the MWR Fitness Center. \$5 pp.
Pre-register online via Webtrac or
purchase class coupon at the front
desk. Call (845) 938-6490 or visit
westpoint.armymwr.com for info.**

**In 2024 do you want to show
what you are all about?**

**Then try and make it onto our
MWR Fitness Center Leaderboard!**

West Point Fitness Center LEADERBOARD				
MEN				
BENCH	SQUAT	DEADLIFT	5K TIME	
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.
WOMEN				
BENCH	SQUAT	DEADLIFT	5K TIME	
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.

This Leaderboard will show the top 5 Males and Females for Squat, Deadlift, Bench Press, and 5K Run. (Squat, Deadlift & Bench Press must be observed by a staff member.)

In order to get on, you must participate in one of our 5K's organized by the MWR Fitness Center. 5K times will only count for the following races: (Shamrock Shuffle, Army Birthday, Ring Run or Turkey Trot)

Ask the Front Desk for details today!

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



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

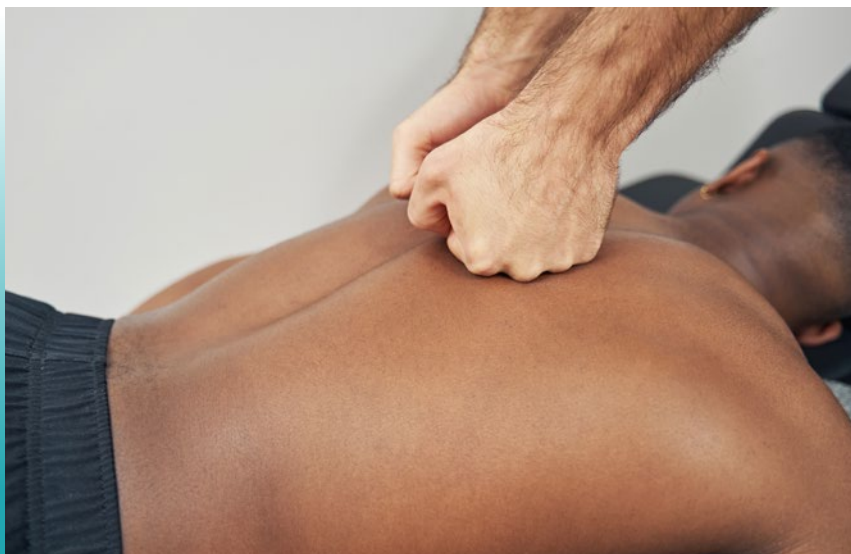
MWR FITNESS CENTER

Living Angelic Massage Therapy

Massage therapy is back
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.



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

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

MWR FITNESS CENTER

MWR FITNESS CENTER PRESENTS



CHALLENGE

FEBRUARY IS AMERICAN HEART MONTH!

According to the American Heart Association, 150 minutes of exercise a week is recommended to protect yourself against heart disease.

Join our challenge today by signing up at the front desk. Prizes will be given to those who complete this competition!

WEEK 1: FEBRUARY 5th-11th

150 Minutes of Cardio (Elliptical, Treadmill, Stairmaster)
Row 250 Meters

Take (1) MWR Fitness Class (Zumba, Functional Fitness, S.L.A.M.)*

WEEK 2: FEBRUARY 12th-18th

165 Minutes of Cardio (Elliptical, Treadmill, Stairmaster)
Row 500 Meters

Take (2) MWR Fitness Class (Zumba, Functional Fitness, S.L.A.M.)*

WEEK 3: FEBRUARY 19th-25th

190 Minutes of Cardio (Elliptical, Treadmill, Stairmaster)
Row 750 Meters

Take (2) MWR Fitness Class (Zumba, Functional Fitness, S.L.A.M.)*

WEEK 4: FEBRUARY 26th-MARCH 3rd

220 Minutes of Cardio (Elliptical, Treadmill, Stairmaster)
Row 1000 Meters

Take (3) MWR Fitness Class (Zumba, Functional Fitness, S.L.A.M.)*

All the exercises can be accumulated throughout the week.

*For additional points, take the fitness classes.



UNITED STATES ARMY
INSTALLATION MANAGEMENT COMMAND

westpoint.armymwr.com
(845) 938-6490



MWR FITNESS CENTER

Quadfecta Race Series Passes Now Available at the MWR Fitness Center!

Interested in running multiple 5Ks at a discount rate?
Purchase the Quadfecta Race Series Pass.

This pass is authorized for the following races:

Shamrock Shuffle
(March 16, 2024)

Army Birthday
(June 15, 2024)

Ring Run
(August 24, 2024)

Turkey Trot
(November 23, 2024)

Get this \$80 value for only \$50!



westpoint.armymwr.com

For more info, call
(845) 938-6490



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

MWR INTRAMURAL SPORTS

2023-2024

West Point Community Skate Program Tate Rink - Holleder Center



SUNDAYS

October 22nd & 29th
5:15-7:15pm

November 5th & 26th | December 3rd & 10th
January 7th, 21st & 28th | February 11th & 18th
3-5pm



CHRISTMAS BREAK
Wednesday, December 27th
Thursday, December 28th
12:15-2:15



Open to Active Duty Personnel, DoD Civilians,
Retired Personnel, & West Point Community Family Members.

This program is free but skaters must provide their own skates.

For more information, call the Skate Hotline at (845) 938-2991.



UNITED STATES ARMY INSTALLATION
MANAGEMENT COMMAND
westpoint.armymwr.com



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

MWR INTRAMURAL SPORTS

West Point Community Monday Morning WOMEN'S DOUBLES TENNIS League



STARTS JANUARY 22ND

MONDAYS ONLY | 9AM - 11AM
LICHTENBURG INDOOR TENNIS FACILITY
Seasonal Pass Required | \$80 DoD/\$90 NoN-DoD

Open to Active Duty Personnel, DoD Civilians, Retired Personnel,
West Point Community Family Members & approved non-DoD.
To sign-up, call MWR Intramural Sports at (845) 938-3066.



West Point Community Noontime Badminton/Pickleball Open Play



Starts January 9th

TUESDAYS | 12PM-1PM
Arvin Gym 2nd Floor Courts

Open to Active Duty Personnel, DoD Civilians, Retired Personnel,
West Point Community Family Members & Approved Non-DoD.

To sign-up, call MWR Intramural Sports at (845) 938-3066.

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

MWR INTRAMURAL SPORTS



WP Community Monday Evening Pickleball League

Mondays from 7pm-9pm at the Lichtenburg Indoor Tennis Facility. Seasonal Pass required (Cost is \$80-\$90). League starts Jan 22nd.

To sign up, call (845) 938-3066



WP Community Noontime 4 on 4 Volleyball League

Wednesday & Friday only, from 12:15pm-1:15pm at Arvin Gym 2nd Floor Courts. League runs October 27th - May 1st.

To sign up, call (845) 938-3066



WP Community 3 on 3 Basketball League

Mon & Thu only, 12:15pm-1:15pm located in Arvin Gym, 4th Floor. League runs Oct 30th - Mar 7th.

To sign up, call (845) 938-3066



West Point Community Adult Intramural Hockey

Mon & Thu, 6pm-7:30am, and Tue, 12pm-1:30pm, at Tate Rink in the Hollender Center. League will run October 2nd - March 1st.

To sign up, call (845) 938-3066

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

CHILD & YOUTH SERVICES

CYS WALK-IN

★ HIRING EVENT ★

WEST POINT CHILD & YOUTH SERVICES IS LOOKING TO ADD CHILD AND YOUTH PROGRAM ASSISTANTS TO THEIR TEAM!

WE WILL BE CONDUCTING ON THE SPOT INTERVIEWS!

EVERY TUESDAY FROM 10AM-2PM AT THE STONY CDC (1207 PATRICK TRAIL)

Candidates must bring a valid ID and transcripts/high school diploma. To enter the installation, a visitor pass must be obtained from the Visitor Control Center (2107 New South Post Rd in Highland Falls, NY).



Full Time, Part time, & Flexible Positions are available at the Child Development Center (CDC), School Age Center (SAC) and Middle School & Teen Center (MST). Salary range: \$18.50-\$23.77 per hour.



FOR INQUIRIES, CONTACT ERIN OR EMILY AT:
ERIN.M.FAHERTY.NAF@ARMY.MIL (845) 938-8255
EMILY.S.MILLERT.NAF@ARMY.MIL (845) 938-5838



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

CHILD & YOUTH SERVICES

CYS YOUTH SPONSORSHIP PROGRAM



JOIN OUR TEAM & WELCOME NEW STUDENTS!

**BECOME A SPONSOR
AND A LEADER IN YOUR COMMUNITY!**

OPEN TO CYS REGISTERED YOUTH IN GRADES 1-12.

The Youth Sponsorship program is composed of kids that want to help other kids that are new to West Point. In this program, you'll be a guide, a mentor, a cyber pal, and a friend. Activities include training, welcomes and farewells, orientation tours, and more!

- ASSIST PEERS
- BUILD LEADERSHIP
- BUILD FRIENDSHIPS
- SERVE THE COMMUNITY
- FOSTER A SENSE OF BELONGING

PROGRAM TRAINING SESSION DATE: TO BE DETERMINED

For more info, call (845) 938-2092 or email westpointcys_youthsponsorship@army.mil



U.S. ARMY



SCHOOL LIAISON OFFICER: (845) 938-2092

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR VISIT OUR FACEBOOK @WESTPOINTCYS



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

CHILD & YOUTH SERVICES

School Age Center 2024

Summer Camp



Mon - Fri, starting June 10th

6am - 5:30pm at the School Age Center (Bldg 140)

Summer Camp is back at West Point SAC!

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

CARE REQUESTS OPEN ON MILITARYCHILDCARE.COM ON FEB 1ST AT 12:30PM.

Open to all Military and Civilian personnel with CYS registered children in grades K-5. Cost is based on household income. Space is limited. SAC will be closed on federal holidays & other Command directed closures.



THE SAC FRONT DESK: (845) 938-8530/0941
VISIT CYS ONLINE AT: WESTPOINTCYS.COM
OR VISIT OUR FACEBOOK @WESTPOINTCYS



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

CHILD & YOUTH SERVICES

2024 CYS PARENT WORKSHOPS

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

JAN 21ST - KINDERGARTEN READINESS (WITH CYS SLO)

KINDERGARTEN ELIGIBILITY; WHETHER YOUR CHILD IS READY FOR IT, AND HOW TO HELP YOUR CHILD SUCCEED.

FEB 21ST - DE-STRESSING TESTING FOR GRADES 1-8 (WITH CYS SLO)

WHY SCHOOLS ASSESS STUDENTS; DIFFERENT TESTS; MILITARY TRANSITION ISSUES & MINIMIZING TEST STRESS.

MAR 20TH - EDIS PRESENTATION TO PRE-K PARENTS (WITH CYS FTS)

LEARN ABOUT DEVELOPMENTAL SCREENINGS AVAILABLE THROUGH EDIS AND THE WEST POINT SCHOOL SYSTEM.

APR (TBD) - STOMP EVENT (WITH ACS & PAVE)

PATHWAYS TO MILITARY MEDICAL AND MEDICAID BENEFITS FOR EXCEPTIONAL FAMILIES; PROPER COMPONENTS OF AN IEP, FINANCIALLY "DEPENDENT" PLANNING FOR A CHILD'S FINANCIAL STABILITY; EDUCATION SERVICES.

MAY 22ND - HOW TO HANDLE TEMPER TANTRUMS

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

JUN 19TH - SOCIAL MEDIA SAFETY FOR GRADES 6-12 (WITH CYS FTS)

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

JUL 24TH - SETTING HEALTHY MEDIA LIMITS (WITH CYS FTS)

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

AUG 21ST - ONLINE SAFETY FOR ELEMENTARY SCHOOLERS (WITH CYS FTS)

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

SEP 4TH - ONLINE SAFETY FOR MIDDLE & HIGH SCHOOLERS (WITH CYS FTS)

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

OCT 2ND - TOILET LEARNING

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

NOV 6TH - APPLYING FOR COLLEGE (WITH CYS SLO)

IDENTIFYING COLLEGE CHOICES & NARROWING THEM DOWN; COLLEGE APPLICATION OPTIONS AND PROCESS.

DEC 7TH - FINANCIAL AID PROCESS (WITH CYS SLO)

DIFFERENT TYPES OF FINANCIAL AID; FAFSA; COST OF COLLEGE; PRIVATE GRANTS & SCHOLARSHIPS; PITFALLS.

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



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

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR VISIT OUR FACEBOOK @WESTPOINTCYS



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

CHILD & YOUTH SERVICES

CYS SPRING 2024

YOUTH SPORTS



SEASON RUNS FROM APRIL 1ST - MAY 23RD.

REGISTRATION: FEB 5TH FOR MIL/DOD (FEB 26TH FOR OTHERS) TO MAR 8TH.

FLAG FOOTBALL

Tuesdays & Thursdays,
6pm-7pm @ USMAPS. \$60.

- Junior NFL (Ages 7-9)
- NFL (Ages 10-13)

RUNNING CLUB

Thu, 4pm-5pm @ Dragon Park. \$25

- Grades 2-8

STRENGTH & FITNESS

Tue, 4pm-5pm at Dragon Park. \$25

- Ages 12-18

BASEBALL

Tue & Thu, 1hr between 5pm-7pm.
Location & exact time TBD. \$60.

- T-Ball (Ages 4-6)
- Minor League (Ages 7-9)
- Major League (Ages 10-13)

HOME SCHOOL GYM

Tue & Thu in the MST Gym. \$50.

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

SOCCER

Mon & Wed, 1hr between 5pm-7pm. Location & exact time TBD.
Ages 3-4: \$30. Ages 5+: \$60.

- Smart Start (Age 3): Mon only
- Just 4 U (Age 4): Wed only
- Division A (Ages 5-6)
- Division B (Ages 7-9)
- Division C (Ages 10-13)

COACHES NEEDED!

Want to be a volunteer CYS Youth Sports Coach? Call (845) 938-3208. Must clear background check and attend coach meetings to qualify. Coaches' children play for free!

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



CYS YOUTH SPORTS OFFICE: (845) 938-3266
VISIT CYS ONLINE AT: WESTPOINTCYS.COM
OR VISIT OUR FACEBOOK @[WESTPOINTCYS](https://www.facebook.com/WESTPOINTCYS)



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

CHILD & YOUTH SERVICES

CYS & ACS INVITE YOU TO ATTEND THEIR:

PROFESSIONAL DEVELOPMENT EVENT



FEB 22ND & 29TH, 1PM-3:30PM

AT THE STONY CDC (1207 PATRICK TRAIL)

**JOIN CYS AND ACS FOR AN OVERVIEW OF THE FEDERAL
HIRING PROCESS AND HOW TO BUILD A FEDERAL RESUME!**

FREE AND OPEN TO ALL CYS EMPLOYEES



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

CHILD & YOUTH SERVICES

CYS YOUTH SPORTS 2024

SPRING SEASON WILL RUN FROM APRIL 1ST THRU MAY 23RD.
REGISTRATION: FEB 5TH FOR MIL/DOD (FEB 26TH FOR OTHERS) TO MAR 8TH.

SPRING VOLLEYBALL

FOR CYS REGISTERED YOUTH IN GRADES 5-8

Mon & Wed, 6pm-7pm
at the Youth Center
(Building 500)



Cost is \$60.

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



U.S. ARMY



CYS YOUTH SPORTS OFFICE: (845) 938-3266

VISIT CYS ONLINE AT: WESTPOINTCYS.COM

OR VISIT OUR FACEBOOK @WESTPOINTCYS



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

ARMY COMMUNITY SERVICE

ACS EFMP INVITES YOU TO JOIN IN OUR

Stress Less

Series

SEP-JUN



**EVERY 2ND TUESDAY OF THE MONTH
3PM-5PM AT THE ACS BUILDING (#622)**

Studies show 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 a series of wellness & stress-relief events. Thru Jun 2024, take a "paws" with us every 2nd Tuesday of the month for a fun, relaxing afternoon! Free & open to the West Point/Highland Falls Community.

Sep 12 Oct 10 Nov 14 Dec 12 Jan 16* Feb 13 Mar 12 Apr 16* May 14 Jun 11

**Third Tuesday*



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



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

ARMY COMMUNITY SERVICE



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

**A
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- April 4th, 11:30am-12:30pm - *Couples Communication*
- April 11th, 11:30am-12:30pm - *Stress Less Management*
- April 17th, 11:30am-12:30pm - *Enhancing Your Child's Wellness*
- April 17th, 4pm-5pm - *Positive Parenting*

**M
A
Y**

- May 2nd, 11:30am-12:30pm - *Couples Communication*
- May 9th, 11:30am-12:30pm - *Stress Less Management*
- May 15th, 11:30am-12:30pm - *Perinatal Wellness*
- May 15th, 4pm-5pm - *Positive Parenting*

**J
U
N
E**

- June 6th, 11:30am-12:30pm - *Couples Communication*
- June 13th, 11:30am-12:30pm - *Stress Less Management*
- June 26th, 4pm-5pm - *Positive Parenting*
- June 27th, 11:30am-12:30pm - *What is PSB-CY?*

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).



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

Wee-Play & Wee-Read



WEE-PLAY: 9AM-10AM WEEKLY, ON TUESDAYS*

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

Jan 9th, 16th, 23rd, & 30th | Feb 6th, 13th, 20th, & 27th | Mar 5th, 12th, 19th, & 26th

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!

January 10th & 24th | February 7th & 21st | March 6th & 20th

BOTH PROGRAMS OFFERED IN THE MST BUILDING'S GYM (500 WASHINGTON RD)

Wee-Play sessions will be offered on a weekly basis for this season only. Free and open to all ranks & DoD civilians with children ages 4 or younger.



U.S. ARMY



CALL ACS AT: (845) 938-2519 / FAX: 0633

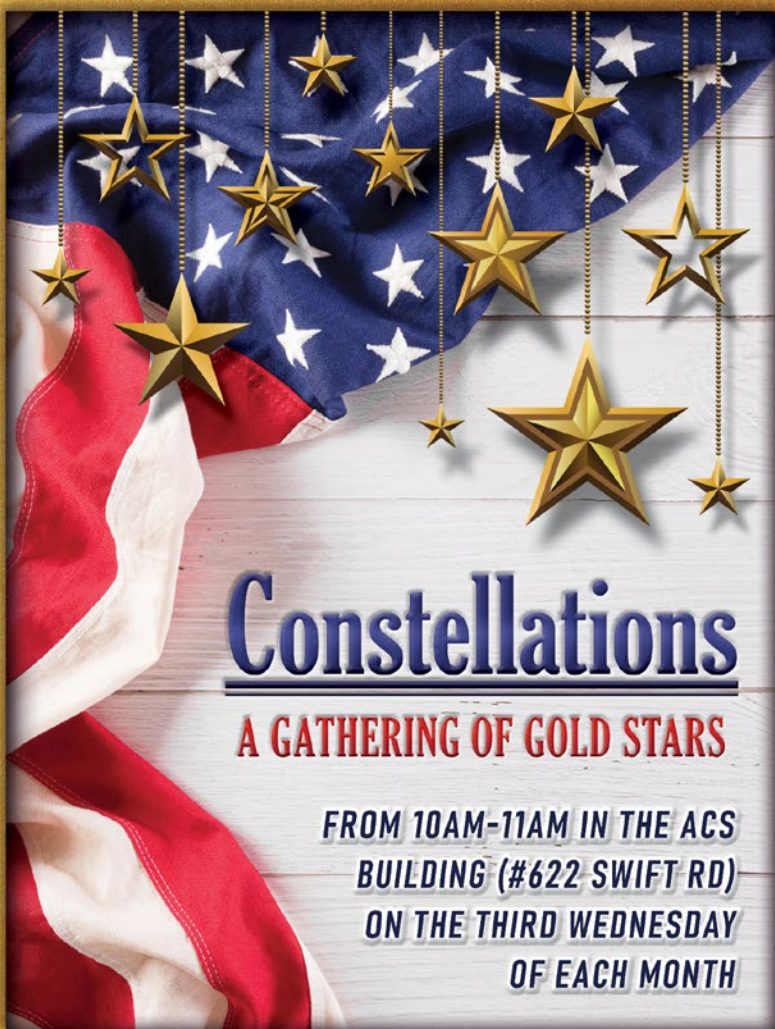
VISIT MWR AT: WESTPOINT.ARMYMWR.COM

f: @WESTPOINTARMYCOMMUNITYSERVICE



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

ARMY COMMUNITY SERVICE



Constellations

A GATHERING OF GOLD STARS

**FROM 10AM-11AM IN THE ACS
BUILDING (#622 SWIFT RD)
ON THE THIRD WEDNESDAY
OF EACH MONTH**

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



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

ARMY COMMUNITY SERVICE

Just PCS'ed to West Point? Want to learn more about the installation? Then you need the...

ARMY COMMUNITY SERVICE RELOCATION READINESS ← NEWCOMERS ORIENTATION → AND WELCOME

SPouses
WELCOME TO
ATTEND!



HELD EVERY TUESDAY AT 1PM & THURSDAY AT 9AM
IN BUILDING G22 SWIFT RD, ACS HUDSON ROOM 156

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.

SPOUSES ARE WELCOMED & ENCOURAGED TO ATTEND!



ACS Employment Readiness Program Where Career Success Begins

JOB SEARCH ASSISTANCE - CAREER RESOURCES - REFERRAL SERVICES - TRAINING OPPORTUNITIES

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.

ACS 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 2-12 a free, fun-filled activity bag to keep them occupied while traveling or getting settled in!

CALL THE RELOCATION ASSISTANCE PROGRAM AT (846) 938-3487 TO SCHEDULE A TIME TO PICK UP YOUR ACTIVITY BAG(S) AT THE ACS BUILDING (622 SWIFT ROAD).

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

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](https://www.usfhp.net)



A TRICARE
PRIME OPTION



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



#WESTPOINTMWR



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VISIT THE WEST POINT FAMILY & MWR ONLINE AT [WESTPOINT.ARMYMWR.COM](https://www.westpoint.armymwr.com)