



USAG WEST POINT

WHAT'S HAPPENING WITH FAMILY & MWR

JANUARY 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.

*Best Wishes for
the New Year!*



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

THE WEST POINT CLUB

Father & Daughter Dance



West Point Club

Friday, January 19th

Saturday, January 20th

From 6:30-9pm

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

Calling all dads, grandfathers, brothers, uncles, moms, sisters, aunts and friends to our annual Father Daughter Dance.

\$50 per couple

\$20 for each additional daughter*
(applicable to girls 13 or younger.)

* No refunds for cancellations
after January 12, 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 Dec. 4, 2023.



thewestpointclub.com
(845) 938-5120

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

THE WEST POINT CLUB

Join us for
Valentine's Day
Sunday Brunch
West Point Club



February 11th | 10am-1:30pm

Perfect for a family celebration!

\$50 Adult | \$25 Children 6-11

\$12 Children 5 & under*

**No refunds for cancellations after February 5th, 2024.*

Reservations required by calling (845) 938-5120
or visit thewestpointclub.com for more info.

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

The West Point Club will be closed from Dec. 21, 2023 through Jan. 7, 2024.
Reservation start on Jan. 16, 2024.



THEWESTPOINTCLUB.COM

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

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



THE CLUB IS CLOSED FOR THE HOLIDAYS AND WILL BE REOPENING ON JANUARY 8TH.

BENNY HAVEN'S LOUNGE IS OPEN THU & FRI, 4PM-9:30PM (KITCHEN CLOSSES 8:30PM).

COCKTAIL HOUR PACKAGES

Perfect for celebrations and functions of all kinds! Enjoy unlimited beer, wine, and soda, plus delicious dining options and room rental, all for one incredible price!

2-Hour Package info [here](#); 3-Hour [here](#). Reserve yours today at (845) 446-5120!



Club Lunch Program

★
Check our Facebook page for weekly menu rotations!

CLUB LUNCH PROGRAM

Available Mon-Fri, 10:30am-2pm!

Enjoy Grab-n-Go staples at Bistro 603, or take advantage of our expanded and rotating dine-in menu or buffet!

View more info [HERE](#). Order by calling (845) 446-5506/5504.

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 [HERE](#). Order by calling (845) 446-5506/5504.



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



GET READY
- FOR THE -
2023/2024
SEASON!

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

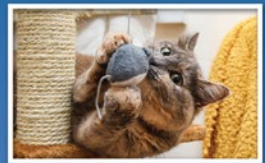


MORGAN FARM

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



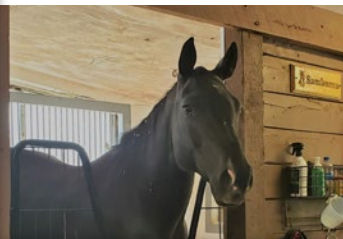
HORSE RIDING LESSONS

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, scenic trails, and 3 different boarding options. For more info, 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

 **AFFORDABLE
RATES!**

- * 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

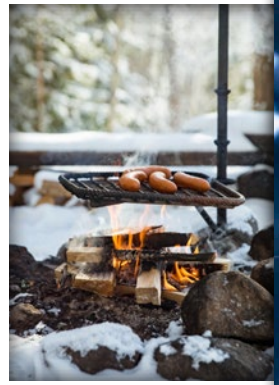


VISIT THE WEST POINT FAMILY & MWR ONLINE AT WESTPOINT.ARMYMWR.COM

OUTDOOR RECREATION

LAKE FREDERICK REC 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

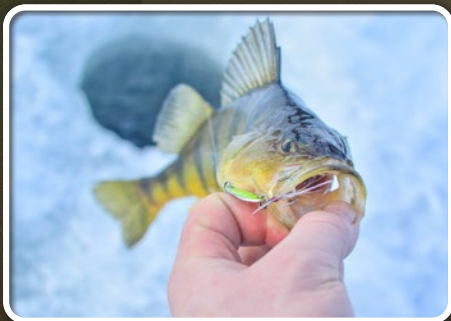
Spend some quality time with your friends and family in our cozy lakeside bunk houses! Amenities include heat, a mini fridge, fire ring, & charcoal grill. 4 Family Style cabins are available to rent for \$125/night (\$150 on holidays/USMA events). Dec 1st thru Mar 1st, no minimum stay! Wood, bagged ice, & 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

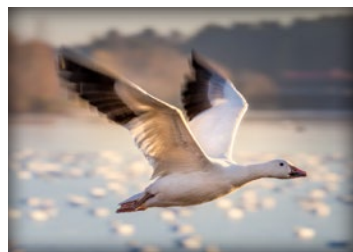


FISH CURRENTLY IN SEASON:

- 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

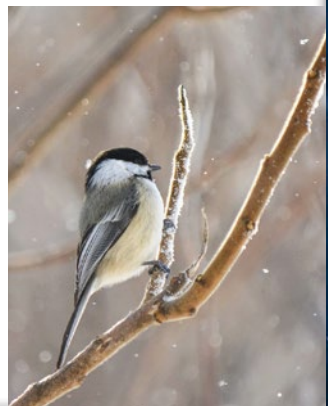
OUTDOOR RECREATION

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!

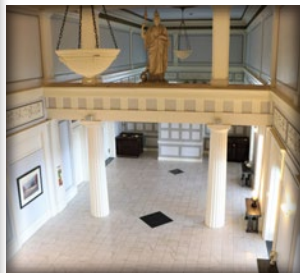
For more info, call us at (845) 938-2074. Reservations are required.

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

JANUARY

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, Jan 10th

1:00pm - 2:00pm

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



Meet the Artist Class Wed, Jan 10th

3:30pm - 4:30pm

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



Little Impressionists Thu, Jan 11th & 25th

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.

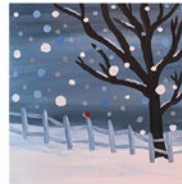


Creation Station

Thu, Jan 11th & 25th

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, Jan 16th

5pm - 6:30pm

Paint a winter evening on an 11"x14" canvas! \$20 pp. Registration required.



Resin Palooza

Fri, Jan 19th

5pm - 7:30pm

Come create a beautiful glass and resin piece of art with us! \$30 per person. Registration required.

**LOOKING FOR THE PERFECT GIFT?
WEST POINT ARTS & CRAFTS
OFFERS FRAMING, ENGRAVING,
FULL COLOR SUBLIMATION
SERVICES, AND OTHER CUSTOM
GIFTING OPTIONS!**

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](https://www.facebook.com/WestPointArtsAndCrafts)

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

WINTER BREAK HOURS OF OPERATION

Tuesday, December 19th
through Friday, January 5th

Tuesdays & Wednesdays
12pm-7pm

Thursdays & Fridays
3pm-9pm



U.S. ARMY



westpoint.armymwr.com

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

TRONSRUE MARKSMANSHIP CENTER

TRONSRUE 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



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 or are interested in firearm ownership. Course consists of classroom and live fire training.

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

TRONS RUE 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!

TRONS RUE 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!



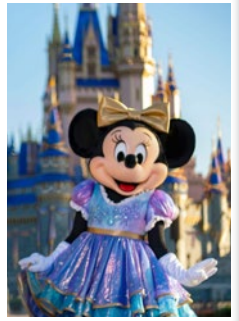
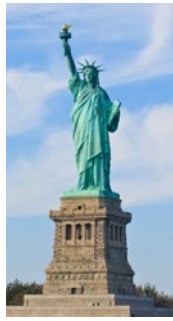
Private Shooting Lessons

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

DAYTRIPPER - JAN '24

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.*



U.S. ARMY



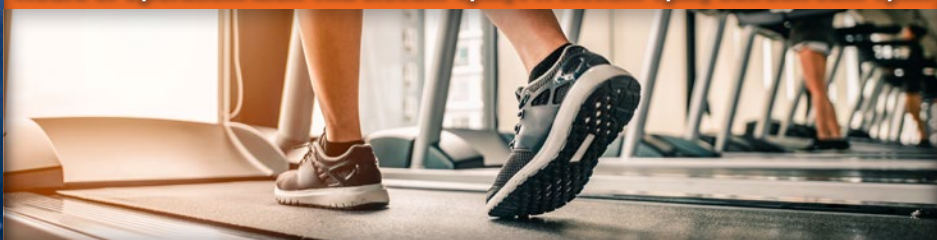
SPORTS • FITNESS • AQUATICS



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

Lifeguard & CPR/First Aid/AED Certification



Offered through
MWR Swim



January 6-8

January 6-7 | Combat Pool in Arvin
January 6, 12-6pm | January 7, 10am-4pm
January 8, 3-7pm CPR/FA/AED | Buffalo Soldier Pavilion

January 20-22

January 20-21 | Combat Pool in Arvin
January 20, 12-6pm | January 21, 10am-4pm
January 22, 3-7pm CPR/FA/AED | Buffalo Soldier Pavilion

January 27-29

January 27-28 | Combat Pool in Arvin
January 27, 12-6pm | January 28, 10am-4pm
January 29, 3-7pm CPR/FA/AED | Buffalo Soldier Pavilion

Open to ages 15 and up. Limited seats available.
Sign-up today at the MWR Fitness Center.

Cost \$300

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



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.



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.

Wellbeats

Online Fitness Class

Offering 200+ different classes and
open any period! Take any class you
like (first come, first serve).

Call us at (845) 938-6490 or visit
westpoint.armymwr.com for info.

Wellbeats™

FITNESS THAT FITS YOUR LIFE

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



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

MWR FITNESS CENTER

NEW YEAR'S CHALLENGE

January 1st-28th

Do you want to start the new year off right?
Join the MWR Fitness Center's New Year's Challenge!

This free event allows you to challenge yourself each week!

See the front desk to sign-up for the beginner or the advanced.

BEGINNER

Week 1 (Jan. 1-7)

500 Meter Row
30 Second Squat Jump
Pushups until Failure
Stairmaster (10 Minutes)

Week 2 (Jan. 8-14)

500 Meter Row
30 Second Squat Jump
Pushups until Failure
Stairmaster (10 Minutes)

Week 3 (Jan. 15-21)

500 Meter Row
30 Second Squat Jump
Pushups until Failure
Stairmaster (10 Minutes)

Week 4 (Jan. 22-28)

500 Meter Row
30 Second Squat Jump
Pushups until Failure
Stairmaster (10 Minutes)

ADVANCED

Week 1 (Jan. 1-7)

500 Meter Row
30 Second Squat Jump
Pushups until Failure
Stairmaster (10 Minutes)

Week 2 (Jan. 8-14)

1000 Meter Row
45 Second Squat Jump
Pushups until Failure
Stairmaster (15 Minutes)

Week 3 (Jan. 15-21)

1500 Meter Row
60 Second Squat Jump
Pushups until Failure
Stairmaster (20 Minutes)

Week 4 (Jan. 22-28)

2000 Meter Row
75 Second Squat Jump
Pushups until Failure
Stairmaster (25 Minutes)



UNITED:
INSTALL

westpoint.armymwr.com
(845) 938-6490



MWR FITNESS CENTER

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

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

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)

In order for the deadlift to count, a staff member must be present. Ask the Front Desk for details today!

U.S. ARMY SPORTS • FITNESS • AQUATICS		West Point Fitness Center LEADERBOARD									
MEN											
BENCH	SQUAT	DEADLIFT	5K TIME								
1.				1.				1.			
2.				2.				2.			
3.				3.				3.			
4.				4.				4.			
5.				5.				5.			
WOMEN											
BENCH	SQUAT	DEADLIFT	5K TIME								
1.				1.				1.			
2.				2.				2.			
3.				3.				3.			
4.				4.				4.			
5.				5.				5.			



For more info, call (645) 750-4870.
westpoint.armymwr.com



MWR FITNESS CENTER

Living Angelic Massage Therapy Holiday Season Special

20% OFF
All Services

Want to give that special someone a special something for the Holiday Season? Living Angelic is offering 20% OFF all services from December 18th through January 5th!

Contact the MWR Fitness Center at (845) 938-6490 to schedule your appointment today.



westpoint.armymwr.com

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



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 Ultimate Frisbee Fall League

Mon & Thu only, 12:15pm-1:15pm in Arvin Gym 2nd Floor courts. League runs Nov 28th - April 14th.

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

MWR INTRAMURAL SPORTS

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.



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MANAGEMENT COMMAND
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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.

****All Levels Welcome****

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



westpoint.armymwr.com



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: \$17.53-\$22.52 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

HISTORIC HUGUENOT STREET

Virtual Field Trip for Homeschoolers



JANUARY 12TH *from 11am-1pm*
At the MST (500 Washington Road)

Join CYS for a virtual trip to this National Historic Landmark District in New Paltz, NY! Experience over 300 years of history, from the original Indigenous inhabitants to the French and Dutch settlers and enslaved African peoples. Explore seven historic stone houses, a reconstructed French church, the community burying ground, and a replica wigwam!

Open to CYS registered Homeschoolers. Space limited to 30 participants. Registration is required. To register for this event, call Parent & Outreach Services at (845) 938-1362/0939/4458. For more info, contact the School Liaison Officer at (845) 938-2092.



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

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



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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

CYS YOUTH SPORTS & ACS PRESENT:

GIRLS' CIRCLE/FITNESS



A 4-WEEK WORKSHOP FOR GIRLS IN GRADES 6-8

**EVERY FRIDAY IN FEBRUARY, FROM 3PM-4:30PM
AT THE YOUTH CENTER (500 WASHINGTON ROAD)**

COME MEET NEW FRIENDS & PARTICIPATE IN FUN ACTIVITIES!
EACH WEEK FOR 45 MINUTES THE GIRLS WILL COME TOGETHER TO EXPERIENCE A THEMED SMALL GROUP ATMOSPHERE THAT INSPIRES & EQUIPS THEM TO BE CONFIDENT, CREATIVE, AND COMPASSIONATE IN TODAY'S EVER CHANGING AND CHALLENGING WORLD. FOR THE LAST 45 MINUTES THEY WILL HEAD TO THE GYM FOR A FUN FITNESS ACTIVITY, WHERE THEY WILL HAVE AN OPPORTUNITY TO INCREASE THEIR CONNECTION WITH SPORTS IN A JUDGMENT FREE ZONE. OUR GOAL IS TO HELP BUILD CONFIDENT, POWERFUL, AND RESILIENT YOUNG GIRLS WHO WILL GO ON TO BECOME IMPACTFUL, SUCCESSFUL YOUNG WOMEN!

THIS PROGRAM IS FREE AND OPEN TO ALL CYS REGISTERED GIRLS IN GRADES 6-8. REGISTRATION WILL OPEN JAN 8TH. TO REGISTER, PLEASE CALL (845) 938-1362/4458.



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.



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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

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.



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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 PARENT WORKSHOP:

KINDERGARTEN

READINESS



JAN 31ST

3:30PM - 4:30PM

AT THE MST BUILDING (500 WASHINGTON ROAD)

JOIN CYS FOR OUR PARENT WORKSHOP ON KINDERGARTEN READINESS! IN THIS COURSE, WE'LL LEARN THE ELIGIBILITY REQUIREMENTS FOR KINDERGARTEN, HOW TO TELL WHETHER OR NOT YOUR CHILD IS READY TO START SCHOOL (AND WHY THAT'S IMPORTANT), & WAYS TO HELP YOUR CHILD SUCCEED!

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.



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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



CYSITTERS

BABYSITTER CERTIFICATION COURSE

— OPEN TO ALL CYS REGISTERED YOUTH AGES 12+ —

JANUARY 27TH, 9AM-4PM

AT THE SCHOOL AGE CENTER (140 BUCKNER LOOP)

IN THIS CLASS, PARTICIPANTS WILL LEARN HOW TO:

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

\$20 PER PERSON. OPEN TO ALL CYS REGISTERED YOUTH AGES 12+. REGISTRATION WILL RUN THROUGH JAN 25TH OR UNTIL FILLED. REGISTER ONLINE VIA WEBTRAC, IN PERSON AT PARENT CENTRAL SERVICES, OR BY CALLING (845) 938-1362/4458/0939. CLASS SIZE IS LIMITED TO THE FIRST 8 REGISTRANTS. ATTENDEES MAY BRING NUT-FREE SNACKS AND LUNCHES TO CLASS.



U.S. ARMY



CALL P&QS 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

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



**EFMP & USO INVITE
YOU TO JOIN
THEM FOR...**



COFFEE CONNECTIONS

**THURSDAY, JANUARY 11TH AT 10AM
AT THE ACS BUILDING (622 SWIFT ROAD)**

**JOIN USO WEST POINT AND OTHER MILITARY SPOUSES FROM
THE COMMUNITY TO CONNECT OVER COFFEE AND MAKE NEW
FRIENDS! REGISTER ONLINE AT: NEWYORK.USO.ORG/EVENTS/377**

Note: this event is replacing the normal EFMP Coffee Hour for January.



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

ARMY COMMUNITY SERVICE

DAY AT THE MUSEUM WITH ACS



ON JANUARY 22ND AT 1PM

JOIN ACS ON A FAMILY-FRIENDLY GUIDED TOUR OF THE WEST POINT MUSEUM! SCHOOLS WILL BE CLOSED SO IT'S THE PERFECT TIME TO TAKE THE KIDS TO LEARN OUR LOCAL HISTORY! TOUR IS FREE AND OPEN TO THE WEST POINT COMMUNITY. REGISTRATION IS REQUIRED (REGISTRATION ENDS JAN 15TH). CALL (845) 938-5658 TO REGISTER.



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ACS BLDG: 622 SWIFT RD, WEST POINT, NY
VISIT MWR AT WESTPOINT.ARMYMWR.COM
f: @WESTPOINTARMYCOMMUNITYSERVICE



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.



U.S. ARMY



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.

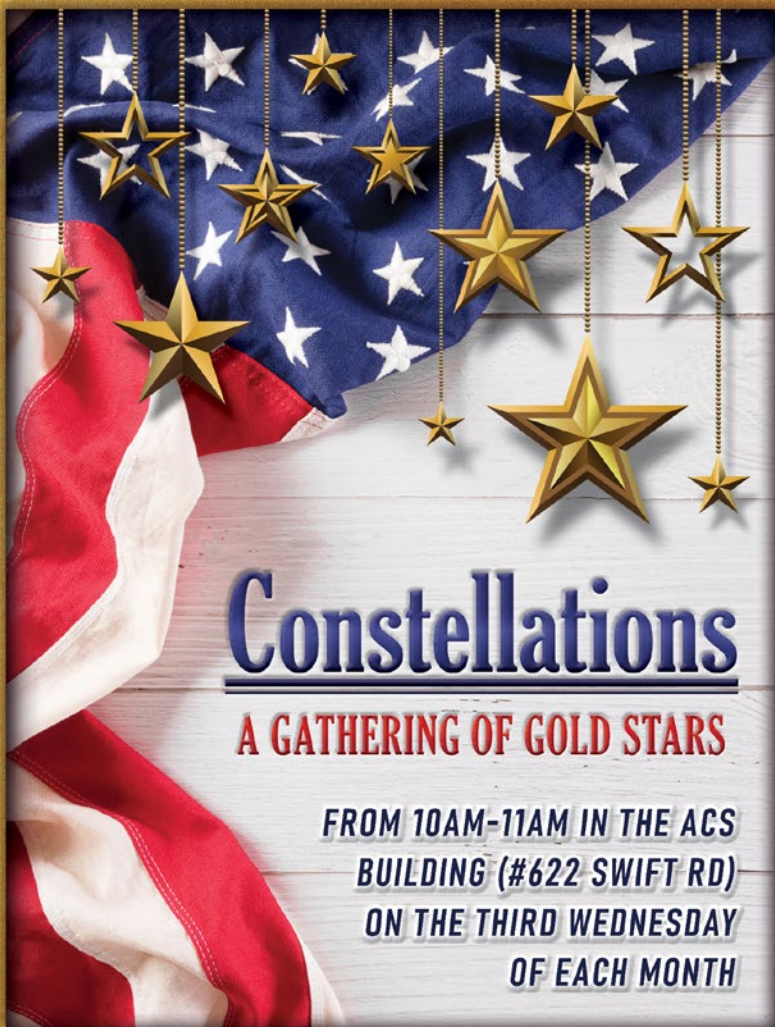


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ARMY COMMUNITY SERVICE



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.



U.S. ARMY



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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
WELCOMED 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

ARMY COMMUNITY SERVICE

ARMY COMMUNITY SERVICE LENDING CLOSET

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

- Dishware • Cookware • Utensils
- Small Appliances • Microwaves
- Irons & Ironing Boards • & more!

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



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

Paid Advertisement (No Federal Endorsement Intended)

ACTIVE-DUTY FAMILIES & MILITARY RETIREES



It's Time to Enroll in **US FAMILY HEALTH PLAN**

You get all the **TRICARE®** benefits, plus added perks!

TRICARE OPEN SEASON
Nov. 13 - Dec. 12



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



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