





#### **USAG WEST POINT**

## WHAT'S HAPPENING WITH FAMILY & MWR



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



#### **UPCOMING MWR EVENTS**



#### **NOVEMBER**

| <br>   | - 1 |  |
|--------|-----|--|
|        |     | Wast Daint Community Isa Cleating at Tata Dink 2.15mm 5.15mm |
| <br>χ, | • 1 | West Point Community Ice Skating at Tate Rink, 3:15pm-5:15pm |
|        |     |  |

|     | CYS Youth Sports Preseason Basketball Workouts Begin  |
|-----|---|
| 5th | C13 100111 3pot15 Freseuson Buskenbull Workouts Beyin |

| 1 | 6t | h ( | Turkey | Trot | 5K | Race, | starts | 8am | in | front | of | the | MWR | Fitness | Center |
|---|----|-----|--------|------|----|-------|--------|-----|----|-------|----|-----|-----|---------|--------|
|   |    | _   |        |      |    |       |        |     |    |       |    |     |     |         |        |

| 71 St | SOS Constellations: A Gathering of Gold Stars, 10am-11am in the ACS BLDG   |
|-------|--|
|       | The state of the s |

22nd Last day to register for CYS Youth Sports Learn to Play Ice Hockey

26<sup>th</sup> Go Army Spirit Luncheon at the West Point Club, doors open 11am

17th LTS Macy's Balloon Inflation & Natural History Museum, 9:30am-4:30pm

27<sup>th</sup> West Point Club Thanksgiving Dinner-To-Go (must order by 2pm Nov 20<sup>th</sup>)

28th LTS Day Trip: Macy's Thanksgiving Day Parade, departing 6am

28th West Point Club Thanksgiving Dinner Buffet, 12pm-2pm

**MORE MWR EVENTS, PROGRAMS, & OFFERINGS BELOW!** 

#### **UPCOMING SPECIAL EVENTS**

JOIN FAMILY AND MWR FOR OUR ANNUAL WEST POINT



# Choliday Tree Lighting Geremony

6pm December 2nd at the Exchange

JOIN US FOR LIVE MUSICAL PERFORMANCES, MAGNIFICENT LIGHTS, A VISIT FROM SANTA & FRIENDS, AND A HOLIDAY TREE GIVEAWAY SUPPORTED BY TREES FOR TROOPS AND YOUR LOCAL BOSS PROGRAM! THIS EVENT IS FREE AND OPEN TO THE WEST POINT COMMUNITY.

FOR MORE INFO, CALL (845) 938-6497 OR VISIT WESTPOINT.ARMYMWR.COM



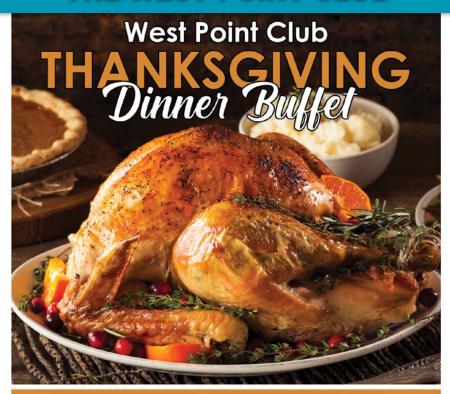












THURSDAY | NOVEMBER 28th Reservations every half hour from 12-2pm.



Adults: \$59 | Child 3-12: \$45 | Child 3 & under: Free No refunds/cancellations after Nov. 21st. Reservations only, no walk-ins. Reservations end on November 21st at end of day.









THEWESTPOINTCLUB.COM

For reservations, call 845.938.5120





\$105 serves 6 Ala Carte only available with purchase of a full To-Go order. Reheating directions provided.

No refunds for cancellations after Wednesday, November 20th.















To place an order,

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



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

#### **COCKTAIL HOUR PACKAGES**

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

2-Hour Package info <u>here;</u> 3-Hour <u>here</u>. Reserve yours today at (845) 446-5120!



#### **DINNER-TO-GO AT THE CLUB**

**Available Wednesday & Thursday!** 

Must place order by 2pm, and specify a pick up time between 4pm and 5:30pm. Servings for 4 or 6 people are available.

View our full menu online <u>HERE</u>. Order at (845) 446-5504/5545/5506.



#### **CLUB LUNCH/GRAB-N-GO**

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

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

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

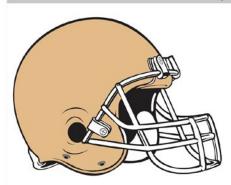


Planning an event? Book one of our off-premise sites! (845) 938-5120 OR (845) 446-5545 | THEWESTPOINTCLUB.COM



## LuncheoN

#### West Point Club | Grand Ballroom



Wed Aug 28 Lehigh

Thur Sept 19 Rice

Thur Oct 10 UAB

Thur Oct 17 East Carolina

Thur Oct 31 Air Force

Tue Nov 26 UTSA

Wed Dec 11 Navy

#### Doors Open at 11am | Luncheon Begins at 12pm

\$15 per person online presale \$17 per person space available, day of

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

Please make any special requests when you order online.









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



#### **WEST POINT GOLF COURSE**

#### November Blowouth

Enjoy Twilight Pricing now through the rest of the season!



#### **WEST POINT GOLF COURSE DAILY FEES**



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



| WEEKENDS & HOLIDAYS                     | <u>DAILY</u>  | <u>TWILIGHT</u> |
|---|---------------|-----------------|
| E1-E6, CADETS, YOUTH                    | \$53 /        | \$30            |
| E7-03                                   | \$64          | \$36            |
| 04-010, RETIREES,<br>& DOD CIVILIANS    | \$ <b>V</b> 0 | \$38            |
| CONTRACTORS, VETS,<br>SENIORS, & GUESTS | \$79          | \$42            |
| GENERAL PUBLIC                          | \$91          | \$46            |

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

#### **VICTOR CONSTANT SKI AREA**

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



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

COMING SOON! SKI/SNOWBOARDING

LESSONS AND CLINICS FOR AGES 7+.





ON SALE STARTING OCTOBER 1ST:

### SEASONAL SKI AND SNOWBOARD RENTALS

LIMITED INVENTORY AVAILABLE— PURCHASE YOURS TODAY! ON-SITE (SKI OR SNOWBOARD) AND OFF-SITE (SKI ONLY) RENTALS ARE AVAILABLE.

#### VCSA SEASON PASSES ARE NOW AVAILABLE!

TAKE ADVANTAGE OF THE LOWEST PRICES OF THE SEASON! PRICE INCREASES ON DECEMBER 1ST. UNLIMITED, WEEKDAY, AND WEEKEND PASSES AVAILABLE!

#### **WEST POINT BOWLING CENTER**

#### **BOWLING HOURS**

Mon-Thu: 11am - 7:30pm Friday: 11am - 11pm Saturday: 12pm - 11pm Sunday: 12pm - 7:30pm

#### **DELIVERY HOURS**

(For West Point locations only)

Mon-Weds & Fri: 11am - 7pm Thu & Sat-Sun: 12am - 7pm

Place your order at (845) 938-2140.

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

#### **WEEKLY BOWLING SPECIALS**

#### LUNCH N' BOWL

#### Monday - Friday, 11:30am - 1pm

Buy any Combo Meal and get your bowling game for half price! Come in during lunch hour and shake up your typical break from the office.

#### TIME FOR TOTS

#### Tuesdays, 11:30am - 1:30pm

Kids 6 years old or younger get two bowling games, bowling shoes, a small fountain soda, and a slice of pizza for only \$9.00 per child!

#### COSMIC BOWLING

#### Fridays & Saturdays, 5pm - 11pm

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

#### OPEN BOWLING

#### 7 Days a Week

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

What are you waiting for?

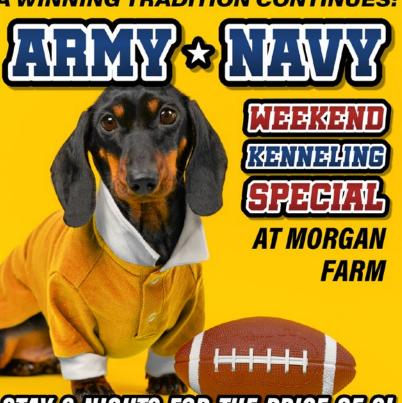


ON THE 2<sup>ND</sup> THURSDAY OF EACH MONTH, FROM 4PM-5PM

#### **Sensory Friendly Bowling**

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

A WINNING TRADITION CONTINUES!



STAY 3 NIGHTS FOR THE PRICE OF 21

DROP OFF DEC 13™ & PICK UP DEC 16™. MUST STAY 3 NIGHTS TO GET DISCOUNT. CALL (845) 938-3926 TO BOOK YOUR RESERVATION TODAY!

#### CAT BOARDING

#### **DOG BOARDING**

WALKS

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

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

Walks: \$7

#### \*SPECIALS & ADDT'L PET PRICING FOR ACTIVE/RETIRED MIL/DOD ONLY, GROOMING ALSO AVAILABLE.

Required vaccinations: Rabies, Distemper, & Bordetella for dogs; 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





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

#### **Grooming & Kenneling Services**

We offer kenneling for dogs and cats, with daily dog walks, large dog runs, a climate controlled facility, and multi-pet discounts! Grooming is also available, including baths, nail & coat trims, and ear cleaning. For more info, call (845) 938-3926 or visit us online.





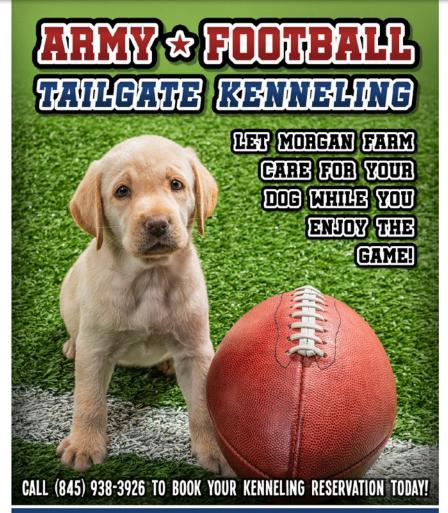
#### **HORSE RIDING LESSONS**

Riding lesson times available on Saturdays and Sundays! We offer private and group riding lessons for ages 5+. Semi-private options available. For more info, call (845) 938-3926 or visit us online.

#### **HORSE BOARDING**

Our historic stables offer large stalls, daily turnout, 2 lighted outdoor rings, a 225'x95' indoor ring, and scenic trails. For more info, please call (845) 938-3926 or visit us online.





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

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

ARMY FOOTBALL HOME GAMES: 9/21, 10/12, 10/19, 11/12, 6 11/30







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





Starting September 2024, Morgan Farm will be offering Equine Assisted Unmounted Activities. These 12 week programs are designed to build relationships outside of one's self, as well as confidence, independence, patience, self-care, empathy, and fun while interacting with horses!

All sessions will be taught by a P.A.T.H. (Professional Association of Therapeutic Horsemanship) International Certified instructor, and will be tailored to each individual or group's needs.



**Hour or half-hour sessions are available** Sunday thru Thursday in private, semi-private, or group formats (limit 6 per group).

#### **Pricing for Equine Assisted Services**

- Half-Hour Introductory/Assessment Session: \$46 (limit 1 per person)
- 1 Hour Private, 12 Sessions: \$600 pp
- 1 Hour Semi-Private, 12 Sessions: \$550 pp
- 1 Hour Group, 12 Sessions: \$500 pp

Open to people of all ages and abilities! For more info, call (845) 938-3926.







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



#### CAMPING MD ODR EQUIPMENT RENTALS







#### OUTDOOR REGREATION EQUIPMENT RENTALS

The <u>Outdoor Recreation Equipment Checkout Center</u> has all the your party equipment you need for the Holidays! To rent tables or chairs for your event or family gathering, please visit the Outdoor Recreation Equipment Checkout Center's webpage and click the "Email Us" link to make a reservation.

#### RV & BOAT STORAGE

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

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

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



## SEASONAL MID-WEEK CABIN SPECIALS







#### LAKE FREDERICK CABIN SPECIAL

(Available October through March)

Check in on a Monday or Tuesday, stay two nights, and get the third night (a value of \$100) FREE!

To receive discount, call the Lake Frederick office at (845) 938-2649.

DISCOUNTS NOT AVAILABLE ONLINE. EXCLUDES HOLIDAYS & WEEKENDS.

#### FISHING & HUNTING

Fishing Permits & Fishing Info | NYS Freshwater Fishing Guide

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

<u>Hunting Permits</u> & <u>Hunting Info</u> | <u>NYS Hunting & Trapping Guide</u>







## Opening Day Hunting Lottery

Thursday | November 7 | 6pm Victor Constant Ski Area Lodge



Reserve your hunting area prior to opening day! Participate in the Hunting Lottery to reserve your favorite area for Opening Day of Rifle Season. Area is reserved until 9am of opening day only.

For more info, call 845.938.2503

| Priority # _ |  |
|--------------|--|
| Lottery # -  |  |







westpoint.armymwr.com or https\westpoint.isportsman.net/

#### LAKE FREDERICK RECREATION AREA

Lake Frederick Recreation Area offers 8 bunk houses with heat & A/C, 50 tent sites, a meeting/mess hall, pavilions, & bathhouse. A mountain lake, ADA fishing pier, swimming beach, and hiking trails are all within walking distance from your site! Our main office offers firewood, canoes, paddle boats, rowboats and more. Additional Services include a bathhouse with hot showers, a volleyball court, basketball court, & coin operated laundry.







Lakeside bunk house amenities include heat, a mini fridge, fire ring, and charcoal grill. 4 Family Style cabins are available to rent for \$125 per night (\$150 on holidays/USMA events. Two night minimum weekend stay). Wood, bagged ice, & Lake Frederick patches are also available to buy! For details, or to book a reservation, visit westpoint.armymwr.com or call (845) 938-2649.

#### **BULL POND RECREATION AREA**

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







INFORMATION ON THE 2025 BULL POND SEASON LOTTERY COMING SOON! TO MAKE A BULL POND RESERVATION. CALL (845) 938-2649 (FIRST COME, FIRST SERVED). EMAIL QUESTIONS TO DANIEL.B.EICHNER.NAF@ARMY.MIL.







#### **AUTOMOTIVE SKILLS CENTER**



#### THE AUTO CENTER IS OPEN FOR FULL SERVICE!



#### **OIL CHANGE SPECIAL!**

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

#### **AUTOMOTIVE SKILLS CENTER**



FREE WINTER CHECKUP

(By appointment, Tuesdays only) Check brakes, tires & pressure, wipers, belts & hoses, and charging systems

Valid Nov 1st - Dec 31st, 2024

**20% OFF** 

Hourly Bay Rentals on Tuesdays, Wednesdays, & Thursdays

Valid Nov 1st - Dec 31st, 2024

10% OFF Brake Service

Valid Nov 1st - Dec 31st, 2024

\$15

Tire Rotation with an Oil Change (Reg. \$25)

Valid Nov 1st - Dec 31st, 2024







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

Automotive Skills Center

#### **RENTAL FACILITIES**

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

**VIEW OUR FULL RENTAL BROCHURE HERE!** 







#### **RENTALS FOR ALL OCCASIONS!**







VICTOR CONSTANT SKI LODGE



**CLASS OF '49 LODGE** 



**CLASS OF '47 TRAIN STATION** 

#### **ARTS & CRAFTS CENTER**

#### 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 addievements into timeless works of and choose from 500+ quality mouldings, 450 add-free mats, & UV-Protective glass. DIV framing classes are also available by appointment.

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











#### **ARTS & CRAFTS CENTER**

### NOVEMBER CALENDAR OF EVENTS



#### Open Studio

Each Tue, Wed & Thu

9:00am - 4:00pm

Drop in and create a work of art in ceramic, glass resin, or on canvas! Prices vary by project. Projects must begin by 3pm.



#### A Stitch in Time

Each Wednesday

9:00am - 12:00pm

A Weekly Yarn Social where you can bring your current projects to work on in the company of fellow textile artists!



#### Plate Date

Fri, Nov 1st

5:00pm - 7:30pm

Create a plate to share at holiday celebrations! \$20. Must start project by 6:30pm. Registration required.

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



#### **Resin Class**

Wed. Nov 6th

5:30pm - 7:30pm

Create an 11"x14" American Flag piece of resin artwork. \$50 per person. Registration required.



#### Little Impressionist

Thu. Nov 7th & 21st

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

Let your little ones express their inner artist! For children 5 years of age or younger. \$5 per child. Reaistration required.



#### **Creation Station**

Thu, Nov 7th & 21st

3:30pm - 4:30pm

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

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

#### **ARTS & CRAFTS CENTER**

### NOVEMBER GALENDAR OF EVENTS



#### **Home School Art Class**

Wed, Nov 13th

1:00pm - 2:00pm

Monthly art history projects for homeschoolers grades K & up. "Norman Rockwell". \$15. Registration required.



#### Meet the Artist

Wed, Nov 13th

3:30pm - 4:30pm

Monthly art history projects for youth in grades K & up. "Norman Rockwell". \$15. Registration required.



#### **Open Studio**

Fri, Nov 15th

1:00pm - 3:00pm

Create artwork in ceramic, glass resin, or on canvas! Prices vary by project. Must begin project by 2pm.







#### **Pick & Paint Ceramics**

Sat, Nov 16th

9:00am - 12:00pm

Create a work of art in our Ceramics Studiol Prices vary. Must start project by 11am. No registration required.



#### **Family Canvas Painting**

Tue, Nov 19th

5:30pm - 7:00pm

Paint your own gingerbread house on an 11x14 canvas to make a village! \$20 pp. Registration required.



#### "Make a Cadet" Night

Thu, Nov 21st

5:30pm - 7:30pm

Display your Army West Point pride by making an 8"x18" wooden cadet! \$35. Registration required.



#### Art Attack

Tue, Nov 26th

10am-12pm or 1:30-3:30pm Create an original piece of art! Part of the "Resiliency Thru Art" program. Free! Registration required.

ALL CLASSES MUST BE REGISTERED FOR ONLINE THROUGH WEBTRAC. SCAN QR CODE TO ACCESS WEBTRAC!



THE RANGE WILL BE CLOSED ON NOV 15TH & 22ND IN SUPPORT OF THE WEST POINT PISTOL TEAM MATCH, AS WELL AS ON NOV 28TH & 29TH FOR THANKSGIVING.

OPERATIONAL HOURS: TUE-WED: 10AM-3PM; THU-FRI: 6:30PM-9PM



**DUR INDOOR SHOOTING FACILITY IS ACCESSIBLE TO DOD ID CARDHOLDERS.**REGISTER FOR CLASSES ONLINE VIA WEBTRAC, IN PERSON, OR AT (845) 938-1700.

Tronsrue Marksmanship Center Presents:

#### BeAn Active Participant

In Your Own Rescue

Sunday, December 15th | 9am-1pm Buffalo Soldier Pavilion | 628 Hodges Place



This event is a lecture-based class designed to help students understand human reactive behavior.

Students will learn steps to help avoid being a victim in numerous emergencies, which include: active shooter attacks, fires, hotel safety, and travel, through basic situational awareness.

Students will be encouraged to discuss potential options in various scenarios.

Cost is \$50 per person and you can register online at westpoint.armymwr.com or at the center.

For more info, call (845) 938-1700.







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

#### CADETS ONLY BASIC & ADVANCED PISTOL COURSES

#### TRONSRUE MARKSMANSHIP CENTER

#### BASIC:

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

#### ADVANCED:

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



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

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

Prerequisite: Tronsrue Cadet Basic Pistol Class or equivalent.

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

Pre-registration is required.







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

HESTPORT ARMYMUR.COM

#### TRONSRUE MARKSMANSHIP CENTER



### NYS concealed carry Permit Course

Sat, Dec. 21st (Buffalo Soldier Pavilion)
Sun, Dec. 22nd (Tronsrue Marksmanship Center)

9am-6pm | \$400 per person

This is a 16-hour class plus 2-hour live fire course required by New York State. Must be present for both days of instruction to receive certificate. Topics include: firearm safety, loading and unloading, use of deadly force under NYS law, carry locations and possession, gun safety and fundamentals.

This course covers all material required by New York State & students will take both a written examination and practical skills exam. This course is designed for new pistol license applicants as well as permit holders who are required to take a course to upgrade or renew a pistol license.









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





Basic Training of Firearms and the Fundamentals Saturday, January 11th | 2-3pm



Learn firearm safety and the fundamentals of shooting.

Gain confidence needed to safely handle and operate a firearm.

Open to all patrons & general public ages 16 and up.

No experience or equipment necessary to participate.

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

\$90 per Person & Includes:

Firearm, targets, ammunition, safety glasses & hearing protection.







Tronsrue Marksmanship Center westpoint.armymwr.com





#### **Private Shooting Lessons**

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



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

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

#### TRONSRUE CLOTHING AND STICKERS ARE AVAILABLE!







TMC PUNCH PASSES & GIFT CARDS ARE ALSO AVAILABLE!

#### LEISURE TRAVEL SERVICES

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



## DAYTRIPPER - NOV '23

#### NOV 27TH - MACY'S BALLOONS & NAT. HISTORY MUSEUM



Visit NYC's renowned Natural History Museum, and watch the inflation of the giant Macy's Thanksgiving Day Parade balloons! We will depart West Point at 9:30am and leave NYC at 4:30pm.

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

DISCOUNT UNIVERSAL STUDIOS TICKETS ARE AVAILABLE AT LTS!

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



#### RADIO CITY CHRISTMAS SPECTACULAR TICKETS NOW AVAILABLE!



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

#### **LEISURE TRAVEL SERVICES**

Join LTS for this quintessential Thanksgiving tradition filled with memories that will last a lifetime!

#### MACY'S THANKSGIVING DAY PARADE



Thursday, November 28th

Leave West Point at 6am sharp. Leave parade after the last float passes the drop-off area.

(Not when the last float gets to Macy's in Harold Square.)

Estimated arrival time back at West Point is around 2pm.

\$50 all seats (transportation only)

Reservations available online at westpoint.armymwr.com or at LTS 683 Buckner Loop.











For more info, Call LTS at (845) 938-3601.

westpoint.armymwr.com

#### LEISURE TRAVEL SERVICES



Tuesday, December 10<sup>th</sup> & 17<sup>th</sup>
Leave West Point at 4pm, curtain at 8pm,
return immediately after the show (approx 10pm).
Orchestra seating

#### Wednesday, December 11th

Leave West Point at 1pm, curtain at 5pm, return immediately after the show (approx 7pm).

Orchestra seating

#### Wednesday, December 18th

Leave West Point at 12:30pm, curtain at 4:30pm, return immediately after the show (approx 6:30pm).

Orchestra seating

All tickets \$125 includes ticket & transportation. Seating is limited. Tickets not sold separately. All sales final. Tickets available at LTS, online or by phone.

Leisure Travel Services (LTS), 683 Buckner Loop | 845.938.3601

westpoint.armymwr.com









United States Army Installation
MANAGEMENT COMMAND



#### **MWR FITNESS CENTER**

#### 24/7 FITNESS AGGESS AT THE WEST POINT FITNESS GENTER

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

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













#### Parent/Child Power Zone

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



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

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

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





#### **MWR FITNESS CENTER**

Hours of Operation: Mon-Thu 5:30am-8pm; Fri 5:30am-6pm; Sat/Sun 9am-5pm.

PERSONAL TRAINING SESSIONS AND ASSESSMENTS
STOP BY OR CALL (845) 938-6490 TO SET UP A SESSION OR
ASSESSMENT TODAY! FOR DETAILS, CALL OR VISIT ONLINE.

CLASS SIZES ARE LIMITED! PRE-REGISTRATION HIGHLY ENCOURAGED.



**MWR Fitness Center Presents:** 

#### TURKEY TROT 5K

Saturday, November 16th, 8am

**Registration & T-Shirt** 

Adults w/shirt: \$20.00

Kids or adults registration only: \$10.00

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

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

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



#### **MWR FITNESS CENTER**



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

> STARTING APRIL 1ST NEW LOCATION!

> > DRAGON PARK

#### S.L.A.M.

A fitness class for mothers! Mon & Fri, 9:30am-10:30am at Dragon Park. Bring your kids! Single Class Pass: \$12. Five Class Pass: \$60. Ten Class Pass: \$110 Unlimited Monthly Pass: \$65. On sale online or at the Fitness Center front desk. Call (845) 938-6490 for info.



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

### **Living Angelic Massage Therapy**

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



### Become a Fitness Trainer or Instructor!

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



#### **WAKE UP WITH PAT**

Tuesdays & Thursdays 6:30-7:30am

MWR Fitness Center | \$5 per class

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



#### RECREATIONAL SWIMMING

## • AT GRANDALL POOL •



Available 12pm-1:45pm on the following days:

Oct: 23rd, 28th & 30th

Nov: 4th, 6th, 12th, 14th, 18th, 20th & 25th

Dec: 3rd, 5th, 9th, 11th, 16th, 18th, 23rd & 30th

Crandall Pool is located at 727 Brewerton Rd., Arvin Gym. (845) 938-7060 | WESTPOINT.ARMYMWR.COM

Please note that the pool depth is between 8-16 feet and is not recommended for use by young children, as there are no shallow areas.

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













#### RECREATIONAL SWIMMING



West Point Community, we need you! In order to establish a Noontime Lap Swimming program at Crandall Pool in Arvin CPDC, West Point MWR is seeking volunteers to serve as lifeguards. Current certified lifeguards are preferred but free Red Cross Lifeguard Training is available. Volunteer Hours are Wednesdays & Fridays, 1200 – 1345. All volunteers must have a valid DOD ID Card. For more information or to volunteer today, please email WestPointSFA@army.mil or call 845-938-7060.

#### Prerequisites for Free Red Cross Lifeguard Course: Candidates MUST

1.) Be age 18+. 2.) Be able to: Continuously swim 300yds (back/side swimming not allowed); Tread water using only legs for 2 min; and be able to, within 1 min 40 sec, swim 20 yds, surface dive to a depth of 7-10ft to retrieve a 10lb object, return to the surface & swim 20yds on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to breathe, and exit the water without using a ladder or steps.

#### **MWR INTRAMURAL SPORTS**



#### **WP Community Noontime** Indoor Pickleball

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



#### **WP Community Adult Intramural Hockey**

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

To sign up, call (845) 938-3066



#### **WP Community Adult Women's Double Tennis**

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

To sign up, call (845) 938-3066



#### **MWR INTRAMURAL SPORTS**



November 4 - March 14

Mondays & Thursdays | 12:15PM-1:15PM **Arvin Gym 4th 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.









WED & FRI ONLY | OCT 6 - MAY 7 12:15-1:15pm | Arvin Gym 2nd Floor Courts

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

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









#### **MWR INTRAMURAL SPORTS**

2024-2025
West Point Community Skate Program
Tate Rink - Holleder Center



Sundays | 3:15-5:15pm November 3rd & 17th | December 15th | February 2nd & 9th

> Christmas Break | 1-3pm Friday, December 27th



Cost \$3 per person No Cash, Credit/Debit Card Only.



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

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









UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND westpoint.armymwr.com



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



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

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

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

#### **BOWLING**

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

#### STRENGTH & FITNESS

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

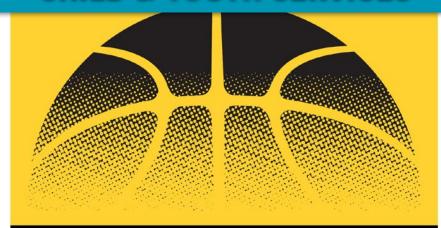
#### HOME SCHOOL GYM Tue & Thu at the Youth Center. \$60.

• Grades K-3 - 11am-11:45am

• Grades 4-8 - 12:15pm-1pm

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

SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS AND COMMAND APPROVAL. To register. Please contact parent central services at (845) 0939/1362/4458



## 

OPEN TO ALL 7TH & 8TH GRADERS

3PM-4PM, NOV 5TH-8TH & NOV 12TH-15TH

FOR GIRLS: AT THE MIDDLE SCHOOL GYM

FOR BOYS: AT THE YOUTH CENTER GYM

TO REGISTER, CALL YOUTH SPORTS AT (845) 938-3266/8896

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







YOUTH SPORTS OFFICE: (845) 938-3266/8896
VISIT CYS ONLINE AT: WESTPOINTCYS.COM
OR VISIT OUR FACEBOOK @WESTPOINTCYS



# CEARD TO PLAY ICE HOCKEY

At the Tate Ice Rink in the Holleder Center (714 Fenton PI), and the Bear Mountain Ice Rink (3020 Seven Lakes Dr).

TATE ICE RINK: 2PM-3PM. DEC 15<sup>TH</sup> | JAN 19<sup>TH</sup> | FEB 2<sup>ND</sup>, 16<sup>TH</sup>, & 23<sup>RD</sup>
BEAR MOUNTAIN: 8AM-9AM. DEC 8<sup>TH</sup> | JAN 12<sup>TH</sup> & 26<sup>TH</sup> | FEB 9<sup>TH</sup>

### VOLUNTEER COACHES NEEDED! THIS PROGRAM CAN ONLY RUN WITH ENOUGH VOLUNTEERS!

#### **EQUIPMENT NEEDED:**

- SKATES
- STICKS
- KNEE PADS
- ELBOW PADS
- CHEST PROTECTOR
- HELMET
- HOCKEY PANTS
- HOCKEY GLOVES
- HOCKEY SOCKS (FOR OVER KNEE PADS)
- HOCKEY JERSEY
- JOCK/CUP



OPEN TO CYS REGISTERED YOUTH AGES 4-12! COST: \$100. REGISTRATION RUNS OCT 29<sup>TH</sup>-NOV 22<sup>ND</sup>. CALL (845) 938-4458/0939/1362 TO REGISTER.

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







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



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

# BEFORE GARE & AFTER GARE

For WP Elementary UPK Program Participants

- · Runs Mon-Fri, 6am-5:30pm
- · WPES will bus children between the CDC & School
- · Full-day care is provided on school-out days



Program follows the WPES DoDEA Calendar, and may be requested on www.militarychildcare.com. Cost based on CYS Fee Policy. CYS registration is required. Call (845) 938–1362/4458/0939 for info.









#### Upcoming Events at the MST

- Nov 1<sup>st</sup>: Fall Harvest Festival Dance and Prep-Party, 2:30pm-6pm
- Nov 25<sup>th</sup>: Parent participation -Baked Goods Decorating Contest, 2:30pm-5:30pm

# WEST POINT GYS WALK-IN HIRING EVENT

#### **CYS Walk-In Hiring Event**

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



APPLY BY SCANNING QR CODE, OR GO TO WWW.USAJOBS.GOV

PER HOUR

ALL NEW HIRES WILL RECEIVE A

RECRUITMENT **BONUS!** 

WEST POINT CYS IS HIRING!

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













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

MST FEATURES: • FREE WIFI • SNACKS • HOMEWORK ASSISTANCE • CLUBS • ACTIVITIES • SPECIAL EVENTS Macbooks - Gym - Café - Game Room - Theater Room - Music/Teen Room - Art Room

THE MST (MIDDLE SCHOOL & TEEN CENTER), IS FREE AND OPEN TO ALL WEST POINT MIDDLE & HIGH SCHOOLERS! YOUTH MAY REGISTER TO USE THE FACILITY (AT 500 WASHINGTON RD) AT ANY TIME. HOWEVER, IF THEY REQUIRE ANY RESCUE MEDICATION, THEY MUST FIRST REGISTER THROUGH PARENT & OUTREACH SERVICES AT (845) 938-1362/4458/0939.



#### CYS YOUTH SPONSORSHIP PROGRAM



#### **CYS Youth Sponsorship**

Kids who want to help other kids new to West Point can be a guide, mentor, cyber pal, & friend! Activities include training, welcomes and farewells, orientation tours, and more. For more info, call the SLO at (845) 938-2092, or visit westpoint.armymwr.com



HOSTED BY THE ACS FAMILY ADVOCACY PROGRAM

## IN THE AGS BUILDING (622 SWIFT BOAD)

Getting your child a new device or game? Thinking of expanding their internet privileges? Looking to learn more about the real-world dangers of the internet for kids? Hear from Special Agents from the FBI Child Crimes Task Force and Army CID about the risks and vulnerabilities of online activities. Plus, enjoy door prizes, light refreshments, and more!

Free and open to all DoD ID Cardholders and members of the Public with Installation access. Registration is required by December 2<sup>nd</sup>. To register, please call ACS at (845) 938-0629 or email emily.a.calangi2.civ@army.mil.







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

• @WESTPOINTARMYCOMMUNITYSERVICE





Employment Readiness Program



Need help finding employment? Stop by the Employment Readiness Program (ERP) Office at the ACS Building (622 Swift Road)!

Have your resume reviewed by an Advanced Certified Resume Development Strategist, practice your intro "elevator pitch", prepare for interviews, or get assistance with your job search!

Office Hours:

Mon - Thu

9am - 12pm

lpm-4pm

FOR MORE INFO, CONTACT:

Charles E. Bernal



Employment Readiness Program Manager



Building 622, Room 158









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

f: @WESTPOINTARMYCOMMUNITYSERVICE



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

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









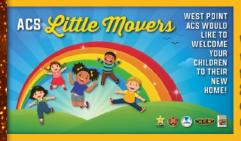


For more information, please call ACS at (845) 938-3487.



#### **SOS Constellations**

Survivor Outreach invites Survivors & Gold Star Families to join them on the third Thursday of each month, from 10am-11am in the ACS Building (622 Swift Rd), to socialize, support, learn, and grow with one another! Call (845) 938-5654 for more info.



#### **ACS Little Movers**

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



#### ACS RRP Newcomers Orientation & Welcome

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

## Wee-Play & Wee-Kend



#### BOTH PROGRAMS TAKE PLACE IN THE SCHOOL AGE CENTER (BUILDING 140) GYM.

FREE & OPEN TO ALL RANKS AND DOD CIVILIANS WITH CHILDREN AGES 4 OR YOUNGER. NO REGISTRATION REQUIRED. FOR MORE INFORMATION, CALL FAP AT (845) 938-0633.

#### WEE-PLAY: TUE

9am-10am, BI-WEEKLY

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

#### WEE-READ: WED

9am-10am, BI-WEEKLY

- SEPTEMBER 25™
- OCTOBER 9TH & 23ED
- · NOVEMBER 6™ & 20™
- DECEMBER 4™ & 18™











#### Join the FAP at the ACS Building (622 Swift Rd) for our THRIVE workshops!





- Oct 7th, 1pm-2pm Problematic Sexual Behavior in Children & Youth
- Oct 10th, 11:30am-12:30pm Couples Communication
- Oct 15th, 4pm-5pm Enhancing Your Child's Wellness
- · Oct 24th, 11:30am-12:30pm Positive Parenting
- Nov 7th, 11:30am-12:30pm Stress and Anger Management
- Nov 14th, 11:30am-12:30pm Couples Communication
- · Nov 20th, 4pm-5pm Perinatal Wellness
- . Nov 21st, 11:30am-12:30pm Positive Parenting
- Dec 2nd, 1pm-2pm Problematic Sexual Behavior in Children & Youth
- Dec 5th, 11:30am-12:30pm Stress and Anger Management
- · Dec 12th, 11:30am-12:30pm Couples Communication
  - · Dec 18th, 4pm-5pm FAP Overview
- · Dec 19th, 11:30am-12:30pm Positive Parenting

REGISTRATION IS REQUIRED. FOR REGISTRATION & MORE INFO. CALL (845) 938-0629. ALL SESSIONS ARE FREE!

#### Paid Advertisement (No Federal Endorsement Intended)

### Hands Free Dog Walking Belt & Thether

#### ULTIMATE MOBILITY

Our unique design with a sliding D-ring offers your dog full 360 range of motion and allows your pet to roam freely from your left-hand side to your right-hand side and vice versa without you needing to reposition the belt or unclasp the leash.

#### HANDS-FREE CONVENIENCE

You can engage in physical activity with your dog by your side while keeping your hands free. The belt is worn around your waist, freeing up your hands to check your cell phone or to carry a tote or water bottle.

#### **COMFORTABLE DESIGN**

Your dog can move around you as the D-ring to which the tether is attached simply moves along. The tether itself is a bungee, further enhancing comfort as it absorbs shocks and reduces tugging further enhancing comfort as it absorbs shocks and reduces tugging.

#### FLEXIBILITY

The waist belt comes with 1 sliding D-ring allowing your dog to move around your waist. When tighter control is needed, the bungee leash can be attached to a fixed D-ring next to the waist buckle. The leash also features control handles on both ends for easy grip when you need to keep your dog near to you.

#### FOCUS ON SAFETY

Both the waist belt and bungee tether are manufactured from sturdy nylon fabric and feature reflective stitching. The waist belt is closed with a safety buckle preventing inadvertent unbuckling.

#### ONE SIZE FITS ALL

The waist belt is adjustable from 27 to 40 inches around the waist so the same belt can easily be shared among family members.







■ rosperlinc@gmail.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** 



A TRICARE



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





