



## JANUARY 2026 HIGHLIGHTS

CLICK ON EVENT IMAGES FOR DETAILS. TO ENABLE EMBEDDED HYPERLINKS, FILE MUST BE OPENED IN ADOBE ACROBAT OR A WEB BROWSER. LINKS WILL NOT WORK IN EMAIL PREVIEWS.

### WEST POINT CLUB



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### SPECIAL EVENTS



### VICTOR CONSTANT SKI AREA



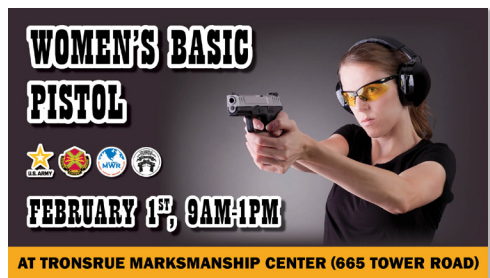
### TRONSRUE MARKSMANSHIP



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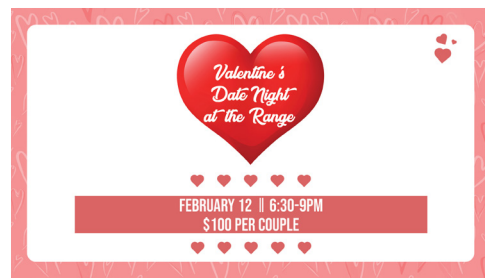
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### WEST POINT ARTS & CRAFTS



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## CEA CLASSES

**Songwriting**  
with *Pendrick*

CREATIVE ENLIGHTENMENT WITH THE Arts

JAN 17<sup>TH</sup> FROM 12PM - 1:30PM AT THE BSP

## CEA CLASSES

**Hip-hop Dance**  
with *Abbygale Chung*

CREATIVE ENLIGHTENMENT WITH THE Arts

JAN 24<sup>TH</sup> 12PM TO 1:30PM AT WP GOLF

## CEA CLASSES

**Improv Class**  
with *James Mastraieni*

CREATIVE ENLIGHTENMENT WITH THE Arts

FEB 7<sup>TH</sup> 12PM TO 1:30PM AT THE BSP

## MWR FITNESS CENTER

**SHAMROCK SHUFFLE.**

COME JOIN MWR FOR OUR ANNUAL SAINT PATRICK'S DAY SKI!

8AM ON SAT, MAR 14<sup>TH</sup>

STARTING AND ENDING AT THE MWR FITNESS CENTER

U.S. ARMY U.S. NAVY U.S. MARINE CORPS U.S. AIR FORCE

## MWR FITNESS CENTER

**PILATES**  
WITH *SALLY*

Starting Jan 5<sup>th</sup>, 2026!

Mon & Wed, 5:45am-6:30am at the Fitness Center

## MWR FITNESS CENTER

**WAKE UP WITH PAT**

Tuesdays and Thursdays

6:30am-7:30am

At the MWR Fitness Center

## MWR FITNESS CENTER

**Biomagnetic Therapy**

MWR FITNESS CENTER

## MWR FITNESS CENTER

**Stretching & Mobility**  
WITH *Krista K*

9AM FRIDAYS AT THE MWR FITNESS CENTER

## MWR FITNESS CENTER

**S.L.A.M.**  
SWEAT LIKE A MOTHER! FITNESS CLASS

Mondays, Wednesdays, and Fridays, from 9:30am - 10:30am at Dragon Park

(Inside the MST starting Nov 3<sup>rd</sup>)

## MWR FITNESS CENTER

**PERSONAL TRAINERS**  
AT THE MWR FITNESS CENTER

## BUFFALO SOLDIER PAVILION

**Dancing Salsa with the Solo's**

Classes begin April 28

## INTRAMURAL SPORTS

**West Point Community NOONTIME-INDOOR PICKLEBALL**

Open Play

Tuesdays & Thursdays | 12-1pm

## INTRAMURAL SPORTS

**WEST POINT ADULT INTRAMURAL ICE HOCKEY**

• 5:30PM-7PM SUNDAYS  
• 6AM-7:30AM TUE & FRI

AT TATE RINK IN THE HOLLEDER CENTER, SEP-MAR

## INTRAMURAL SPORTS

**WEST POINT INTRAMURAL VOLLEYBALL WED & FRIDAY LEAGUE**

12PM, WED & FRI  
AT ARVIN GYM, 2ND FLOOR

NOVEMBER 5<sup>TH</sup> - MAY 8<sup>TH</sup>

## INTRAMURAL SPORTS

**Ice Skating AT TATE ICE RINK IN THE HOLLEDER CENTER**

\$3 PP

OPEN TO THE WEST POINT COMMUNITY!

JAN 4<sup>TH</sup>, 11<sup>TH</sup>, & 25<sup>TH</sup> | FEB 1<sup>ST</sup>, 15<sup>TH</sup>, & 22<sup>ND</sup> | MAR 1<sup>ST</sup>

**STAY UP TO DATE BY FOLLOWING OUR FACEBOOK AND INSTAGRAM!**



## INTRAMURAL SPORTS

**WEST POINT COMMUNITY  
3 ON 3 BASKETBALL**

**NOV 3<sup>RD</sup> - MAR 12<sup>TH</sup>**  
12PM-1:15PM, MON & THU  
AT ARVIN GYM, 4TH FLOOR

## INTRAMURAL SPORTS

**MONDAY  
MORNING  
DOUBLES  
WOMEN'S  
TENNIS**

**JAN 26<sup>TH</sup> - APR 27<sup>TH</sup>**  
**MONDAYS, 9AM-11AM**  
IN THE LICHTENBERG INDOOR TENNIS FACILITY

## RECREATIONAL SWIMMING

**VOLUNTEER  
LIFEGUARDS NEEDED**

## RECREATIONAL SWIMMING

**LUNCHTIME LAP SWIM AT CRANDALL POOL**

## OUTDOOR RECREATION

**Lilo & Stitch  
FAMILY MOVIE NIGHT:  
LILLO & STITCH  
(2025)**

**JAN 30<sup>TH</sup>  
6:30PM  
AT THE MST**

FREE AND OPEN TO THE PUBLIC! REFRESHMENTS AVAILABLE FOR PURCHASE

## LAKE FREDERICK REC AREA

**LAKE FREDERICK  
WINTER  
CABIN  
RENTALS**

**OPEN  
12 MONTHS A YEAR!**

## LEISURE TRAVEL SERVICES

LEISURE TRAVEL SERVICES

**TICKET**

— PRICE LIST —

## WEST POINT AUTO

**OIL  
CHANGE  
SPECIAL**

## CYS YOUTH SPORTS

**COACHES NEEDED  
FOR CYS YOUTH SPORTS!**

CYS needs parent volunteer coaches for all youth sports!

## CYS YOUTH SPORTS

**YOUTH SWIM PROGRAM**

OFFERED BY CYS DEC THRU FEB AT ARVIN GYM

## CYS YOUTH SPORTS

**JAN 12<sup>TH</sup>  
THROUGH  
FEB 11<sup>TH</sup>**

**CYS YOUTH  
SPORTS**

**TAEKWONDO**

CLASSES FOR YOUTH AGES 7-13

**6PM TO  
6:45PM**  
**MON & WED  
AT THE SAC**

## CYS YOUTH SPORTS

**CYS WINTER 2025  
YOUTH SPORTS**

**DEC 1<sup>ST</sup> - 18<sup>TH</sup> AND JAN 5<sup>TH</sup> - FEB 19<sup>TH</sup>**

Basketball, Bowling, Strength & Fitness, and Gym

## CYS YOUTH SPORTS

**CYS IS OFFERING FREE BALLET CLASSES!**

**Tuesdays, at the School Age Center (Building 140)**  
11AM-11:45AM & 12PM-12:45PM, SEP 9<sup>TH</sup> THRU DEC 9<sup>TH</sup> & JAN 6<sup>TH</sup> THRU APR 21<sup>ST</sup>

## CYS YOUTH SPORTS

**LEARN TO PLAY  
ICE HOCKEY**

AT TATE ICE RINK IN HOLLEDER CTR

FOR CYS REGISTERED  
YOUTH AGES 4-12.  
**ON SELECT SUNDAYS,  
DEC 14<sup>TH</sup> - MAR 1<sup>ST</sup>**

## ARMY COMMUNITY SERVICE

**ARMY COMMUNITY SERVICE  
ACS**  
Real-Life Solutions for Successful Army Living

**AVAILABLE SERVICES,  
RESOURCES, AND  
INFORMATION**

**FOR MORE EVENTS & ACTIVITIES, VISIT WESTPOINT.ARMYMWR.COM**