





USAG WEST POINT

WHAT'S HAPPENING WITH FAMILY & MWR

OCTOBER 23

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 SPECIAL EVENTS

MORALE, FAMILY, WELFARE & RECREATION AND KELLER ARMY COMMUNITY HOSPITAL PRESENT:

4:30PM TO 5PM: SENSORY FRIENDLY

- AND -TRUNK OR TREAT OCT 27th At Keller Army Community Hospital

MORE INFO & TRUNK OR TREAT SIGNUP AT WESTPOINT.ARMYMWR.COM FREE & OPEN TO THE WEST POINT COMMUNITY!







SPECIAL EVENTS: (845) 938-4690 WWW.WESTPOINT.ARMYMWR.COM ON FACEBOOK: @WESTPOINTFMWR



5:00PM

TO 8PM:

GENERAL

PUBLIC

2

MWR BIRTHDAY PARTIES





Morgan Farm Horse Party Pony ride party on the farm!

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



OREC Paintball Birthday Parties

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

West Point Bowling Center

music & more! (845) 938-2140



West Point Arts & Crafts

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



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

GO ARMY 🏠



West Point Club | Grand Ballroom



ur	Sept 7
ur	Oct 5
ur	Oct 12
ur	Oct 26
ed	Nov 1
ur	Nov 9
ur	Nov 16
ed	Dec 6

Delaware State Boston College Troy Alabama UMASS Air Force (Away) Holy Cross Coastal Carolina Navy (Away)

Doors Open at 11am | Luncheon Begins 12pm \$14 Per Person in Advance | \$16 Per Person at Door

Seating: Buy Early for Reserved Seats! Each Luncheon is a Pep Rally for that Week's Game!

Reservations are based on the tickets sold by 2pm on the day prior to the lunch. Please indicate which department you're with or who you would like to sit with when purchasing tickets. After 2pm, tickets will only be available at the door, and will be open seating, based on space availability.



THEWESTPOINTCLUB.COM

For reservations, call (845) 446-5504/5506/5545



West Point Club Thanksgiving Dinner-To-Go

> Orders received by 2pm Wednesday, November 15th

Pick up on Wednesday, November 22nd between 1-5pm

\$90 serves 6 Ala Carte only available with purchase of a full To-Go order. Reheating directions provided.

No refunds for cancellations after Wednesday, November 15th.



TheWestPointClub.com To place an order, call 845,938,5120.

West Point Club THANKSGIVING Dinner Buffet

THURSDAY | NOVEMBER 23rd Reservations every half hour from 12-2pm.



Adults: \$55 | Child 6-12: \$25 | Child 5 & under: \$15 No refunds/cancellations after Nov. 16th. Reservations only, no walk-ins. Reservations end on COB November 16th.



THEWESTPOINTCLUB.COM For reservations, call 845.938.5120

HELP WANTED!

Apply now at www.usajobs.gov! USA Jobs keyword: "Army Installation Management Command"; location: "West Point, NY". Work Site: West Point Club

Supervisory Chef NF-03:

Army Installation Management Command Family and Morale, Welfare and Recreation

• Salary Range: \$44,870 - \$50,088

Food and Beverage Attendant NA-01:

Army Installation Management Command Family and Morale, Welfare and Recreation <u>Announcement #O3NAFBR2211322535SR</u>

• Starting pay: \$16.76 per hour, plus guaranteed gratuities on most events paid by the WP Club.

Cook NA-06:

Army Installation Management Command Family and Morale, Welfare and Recreation

• Salary Range: \$19.32 - \$22.54 per hour

Cook NA-04:

Army Installation Management Command Family and Morale, Welfare and Recreation

Salary Range: \$17.78 - \$20.74 per hour

Food Service Worker NA-01:

Army Installation Management Command Family and Morale, Welfare and Recreation

• Salary Range: \$15.46 - \$18.04 per hour

Laborer NA-03:

Army Installation Management Command Family and Morale, Welfare and Recreation

• Salary Range: \$17 - \$19.84 per hour

Applicants/employees are authorized to have *two* government positions!

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













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



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



Club Lunch Program



Check our Facebook page for weekly menu rotations!

From 10:30am - 2pm, enjoy Bistro 603's Grab-N-Go lunch & daily carving board selections, plus:

NEW: "BUFFET BONANZA" AT THE WEST POINT CLUB Featuring Taco Tuesdays and Wing Wednesdays! Mondays, Thursdays, & Fridays: Rotating International Favorites

Buffet Bonanza (Dine In only) Includes Chef's choice of dessert & Iced Tea. \$14 pp.

DINNER-TO-GO AT THE CLUB Now available Wednesday - Friday!

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

View our full menu <u>HERE</u>. Order by calling (845) 446-5506/5504.



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

WEST POINT GOLF COURSE



WEST POINT GOLF COURSE DAILY FEES

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<u>on weekdays</u>	<u>DAILY</u>	<u>twilight</u>	
E1-E5, CADETS, KIDS	\$46	\$28	Z
E6-03	\$56	\$32	
04-010, RETIREES, & DOD CIVILIANS	\$60	\$34	X
CONTRACTORS, VETS, SENIORS, & GUESTS	\$65	\$40	X
GENERAL PUBLIC	\$74	\$45	K

WEEKENDS & HOLIDAYS DAILY TWILIGHT

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

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

VICTOR CONSTANT SKI AREA



Apply now at www.usajobs.gov! USA Jobs keyword: "Army Installation Management Command" USA Jobs location: "West Point, NY"



Recreational Equipment Operator (Snowmaker) NA-08

Army Installation Management Command Family and Morale, Welfare and Recreation

Salary Range: \$21.91 - \$25.55 per hour

Recreation Assistant (Ski

Patrol) NF-03

Army Installation Management

Family and Morale, Welfare and

Salary Range: \$41,010 - \$43,000 per year

Command

Recreation



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

Army Installation Management Command Family and Morale, Welfare and Recreation

Salary Range: \$15.85 - \$19.38 per hour



Custodial Worker NA-02

Army Installation Management Command Family and Morale, Welfare and Recreation

Salary Range: \$17.04 - \$19.88 per hour

Applicants/employees are authorized to have *two* government positions!



MON-FRI: 3:00pw-9:00pw | SAT: 9:00Aw -7:00pw | SUN: 9:00Aw -5:00pw | (845)938-8810 | WWW.VICTORCONSTANTSKI.COM 732 VICTOR CONSTANT ROAD, WEST POINT, NY 10996



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.



WEST POINT BOWLING CENTER

SENS®RY FRIENDLY BØWLING

Now offered from 4pm-5pm every 2nd Wednesday of the month!

During Sensory-friendly Bowling hour, no music will be playing, and only special needs bowlers will be allowed use of the facility. For more information, call the Bowling Center at (845) 938-2140.





MON-THU: 11AM-7:30PM, FRI: 11AM-11PM, SAT: 12PM-11PM SUN: 12PM-7:30PM WWW.WESTPOINT.ARMYMWR.COM (845) 938-2140 622 SWIFT RD, WEST POINT, NY 10996



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!



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.

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.

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!

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!

MORGAN FARM

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

MORGAN FARM KENNEL IS OPEN FOR BOARDING OVER THANKSGIVING, ARMY/ NAVY WEEKEND, & DECEMBER HOLIDAYS!

EST POINT

MORGAN FARM





PET KENNELING • DAILY DOG WALKS • LARGE DOG RUNS • CLIMATE CONTROLLED • MULTI-PET DISCOUNTS

RESERVE YOUR PET'S STAY-CATION TODAY! CALL (845) 938-3926, MON-FRI, 8:30AM-1PM

HORSE RIDING LESSONS

Private and group lessons for ages 5+. Semi-private options available. For more info, call (845) 938-3926 or visit us on <u>the MWR website.</u>





HORSE BOARDING

Our historic stables offer large stalls, daily turnout, 2 lighted outdoor rings, an 225'x95' indoor ring, scenic trails, and 3 different boarding options. Get more info at (845) 938-3926 or <u>online.</u>

MORGAN FARM



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 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 <u>westpoint.armymwr.com</u> or call (845) 938-2649.



FISHING & HUNTING —— RECREATIONAL FISHING



SHOP BAIT & TACKLE AT ROUND POND!

IT IS NOW OPEN SEASON FOR...

- •WALLEYE SUNFISH PERCH CRAPPIE
- WHITEFISH* TIGER MUSKELLUNGE EEL
- TROUT (C&R ONLY AFTER OCT 15[™], EXCEPT FOR LAKE TROUT, WHICH FULLY CLOSES)
 NORTHERN PIKE* • PICKEREL • SALMON*



- SMALL & LARGEMOUTH BASS (C&R ONLY AFTER NOV 30TH)
- ENDS NOV 30TH: HICKORY SHAD, STRIPED BASS**, MUSKELLUNGE

*Cannot be found on West Point. **Can be found in the Hudson River off West Point, but not in lakes or ponds on the installation.

Fishing Permits & Fishing Info | NYS Freshwater Fishing Guide



- RECREATIONAL HUNTING



- DEER BOW HUNTING: OCT 1st NOV 17TH. CROSSBOW: NOV 4TH 17TH.
- DEER REGULAR HUNTING SEASON: NOV 18TH DEC 10TH.
- DEER LATE BOW HUNTING: DEC 11TH 19TH & DEC 26TH JAN 1ST.
- RACCOON, SKUNK, FOX, POSSUM, AND WEASEL: OCT 25TH FEB 15TH
- BRANT: OCT 14TH NOV 12TH · SNOW GEESE: OCT 1ST APR 15TH
- QUAIL, GROUSE, PHEASANT & RABBIT: OCT 1ST FEB 29TH.
- SQUIRREL: NOW FEB 29TH. COYOTE: OCT 1ST MAR 31ST
- BOBCAT: OCT 25TH FEB 15TH.
 HARE: DEC 11TH FEB 29TH.
- TURKEY: OCT 21ST NOV 3RD. BEAR: OCT 1ST DEC 19TH.
- DUCKS & COOTS: OCT 21ST DEC 3RD & DEC 9TH 24TH.
- SCAUP: NOV 30TH DEC 3RD & DEC 9TH 24TH.

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 <u>WESTPOINT.ISPORTSMAN.NET</u>

OUTDOOR RECREATION CAMPING MD ODR EQUIPMENT RENTALS



CAMPING RESERVATIONS FOR 2023 SEASON Book your reservation by calling (845) 938-8810/2503 between 12pm-4pm, Mon-Fri. For more info about campsites, please click the following links: BULL POND | ROUND POND | LAKE FREDERICK



OUTDOOR RECREATION EQUIPMENT RENTALS

The <u>Outdoor Recreation Equipment Checkout Center</u> is your home base for hiking, backpacking, canoeing, kayaking, rock climbing, mountain biking, paintball, & more! In addition to rental equipment, it also offers an equipment resale discount program, as well as guide books and maps of local trails and outdoor activities. For rental assistance, or for more information, contact ODR at (845) 938-0123.

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



The Auto Skills Center offers full mechanical services, self-help bays, NYS Inspections, oil changes, tire services, & computer diagnostics!

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



NEW Auto Skills Center Hours (starting Oct 3rd)

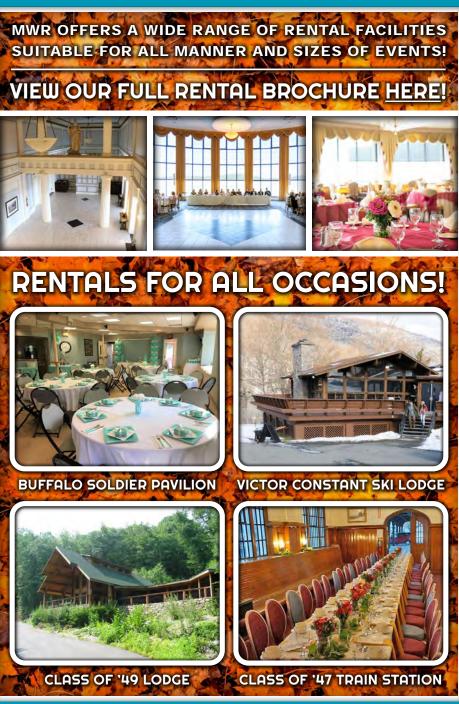
The Auto Skills Center will now offer evening hours on Thursdays! We will continue to operate at the current schedule for other days.

NEW SCHEDULE:

Tue-Wed: 8am – 4pm Thursday: 11am – 7pm Fri-Sat: 8am – 4pm Sun-Mon: Closed

For more info, call (845) 938-2074, or visit <u>westpoint.armymwr.com</u>.

RENTAL FACILITIES



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 OUR NEW LINEUP OF FALL CLASSES (COMING SOON TO THE ARTS & CRAFTS CENTER CALENDAR!)

Our custom framing experts will help turn your achievements into timeless works of and Ghoose 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

OCTOBER CALENDAR **OF EVENTS**



Open Studio Tue, Wed, & Thursdays 9:00am - 4:00pm Create a work of art in a medium

of your choice, such as ceramics, canvas paintings, & glass resin! Prices vary. Must begin by 3pm.



Create-a-Canvas "Gourd-geous" Tue, Oct 3rd 5:00pm - 6:30pm

Come paint a fun pumpkin! \$20 (includes supplies & instruction). 11"X14". Registration required.



Little Impressionist Thu, Oct 5th & 19th 10:30-11:30am + 1pm-2pm

Let your little ones express their inner artist! For children 6 years of age or younger. \$5 per child. Registration required.

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.



Creation Station Thu, Oct 5th & 19th 3:30pm - 4:30pm Complete a craft of your choice! Projects prices start at \$15. For ages 5 years and up.

Registration required.



Home School Art Class Wed, Oct 11th 1:00pm - 2:00pm Monthly art history projects for homeschoolers in grades

K & up. "Frida Kahlo". \$15 per



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

person. 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 OR CODE! OUR FACEBOOK: WESTPOINTARTSANDCRAFTS

TRONSRUE MARKSMANSHIP CENTER



REC SHOOTING: <u>TUE-WED</u> 10AM-3PM, & <u>THU-FRI</u> 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.



USCCA Basic Pistol Course Sun, Oct 15th, from <u>9am-4pm</u> at TMC.

Learn small arms basics + advanced skills, gear & gadgets + purchasing.

\$150 per person (includes live fire on the range and a USCCA certificate).

INTRO TO PISTOL SHOOTING



Sunday | October 29th | 12-4pm Tronsrue Marksmanship Center

Intro to Pistol Shooting Sun, Oct 29th, from <u>12pm-4pm</u> at TMC.

This 4-hour class teaches firearm safety and the fundamentals of shooting. Participants will learn to safely handle and operate a firearm.

For ages 16+ only. \$85 per person.



Daily Specials at Tronsrue

Tue & Wed, now all day: \$10 Range Fee + \$5 Firearm Rental (with valid Mil/DoD ID)! Thu: Youth ages 12-15 shoot free (range + rental) & get a complimentary paper target (must be accompanied by adult to shoot). Also Thu: "Ladies Night", ft. \$10 Range Fee & \$5 Rentals!

TRONSRUE MARKSMANSHIP CENTER



Firearms Rentals

Did you know? TMC allows you to rent firearms for practice shooting on our indoor ranges. Available rentals include several types of SIG Sauers, Rugers, Smith & Wessons, and BUL M-5 Commanders, and well as the Springfield 1911. Call for more info.

TRONSRUE CLOTHING AND STICKERS AVAILABLE NOW!



TMC PUNCH PASSES & GIFT CARDS ARE ALSO AVAILABLE!



Private Shooting Lessons

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

TRONSRUE MARKSMANSHIP CENTER

PERSONALLY OWNED FIREARM OPEN RANGE SESSION

Gettysburg Range Complex (Range 5) Rte. 293, Across from Round Pond Recreation Area



NOVEMBER 4[™], 9AM-3PM

Authorized users must have a Department of Defense issued form of identification and present it at the range. Two guest are authorized for each identification card holder and the guest must sign a liability waiver.

Authorized users include: Active Duty Military Personnel, Staff, Faculty and their families assigned to West Point or directly supported by it, U.S. Military Academy at West Point, Cadets and Cadets of all service academies who are assigned to West Point, DOD Civilians, Retired Military Personnel and their families. Minors must be accompanied by their sponsor at all times, minimum age is 12yrs.

All personnel attending this event must adhere to the following instructions:

- 1. All patrons are responsible to bring their own paper targets, hearing & eye protection.
- Pistols, shotguns and rifles are permitted. Rifles are limited to 7.62x51mm NATO (.308 Winchester) cartridges or below.
- 3. Automatic weapons are not allowed.
- 4. Two guests per ID card holder permitted (liability waiver enforced).
- 5. Mine Torne Road will be closed during these dates and times.



Tronsrue Marksmanship Center (845) 938-1700.

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!







WALT DISNEY WORLD MILITARY SALUTES PASS 2023



Thru mid Dec '23, choose either a 4-day or 5-day Disney Military Promotional Ticket! (Special pricing! Requires eligibility + ID)

- 5-Day w/ Park Hopper®: \$369 + tax.
- 4-Day w/ Park Hopper®: \$349 + tax.

For more information, click <u>HERE</u>.

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

MWR SWIM

Lunchtime Lap Swim at Grandall Pool NEW DATES STARTING IN OCTOBER 12-1:45pm on day 1's only



October 10, 12, 18, 20, 23 & 25 November 1, 3, 6, 8, 13, 15, 20, 28 & 30 December 4, 6, 11, 13, 15, 20, 22

Crandall Pool is located at 727 Brewerton Rd., Arvin Gym. For more info, call (845) 938-7060.

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.





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.



Functional Fitness with Anthony

Monday thru Friday at 9am + Tue & Thu 7pm-8pm At the Fitness Center

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





Are you a stay at home mom looking to get in shape? COME GET FIT WITH KRISTA!

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

November 10th - March 31st Youth Center Gym (500 Washington Rd.)

BRING YOUR KIDS!

Single Class Pass \$12 | Five Class Pass \$60 Ten Class Pass \$110 | Unlimited Monthly \$65 On sale soon, online or at the Fitness Center.

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



MWR FITNESS CENTER



FITNESS CENTER

TO APPLY, CALL (845) 938-6490 OR VISIT USAJOBS.GOV



Massage therapy is back starting April 10th 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 <u>westpoint.armymwr.com</u>.



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.

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





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.



AUG 21ª NOV 1ª

Monday - Friday | 12:15-1pm At Daly Field

WP Community Noontime Indoor Pickleball League

Thursdays only, 12pm-1pm at Arvin Gym 2nd floor courts. The league will run from September 7th through October 26th. To sign up, call (845) 938-3066

WP Community Ultimate Frisbee Fall League

Monday thru Friday, 12:15pm-1pm at Daly Field. League will run August 21st - November 1st.

To sign up, call (845) 938-3066



WP Community Flag Football League

Wednesdays from 7pm-9pm at USMAPS Football Field. League will run from Sep 6th thru Nov 8th.

To sign up, call (845) 938-3066

West Rolint Community Adult Intramunal Hockey League OCTOBER 2ND MARCH 1ST

MONDAY & THURSDAYS, 6-7:30AM AND TUESDAYS, 12-1:30PM Tate Rink | Holleder Center



West Point Community Adult Intramural Hockey

Mon & Thu, 6pm-7:30am, and Tue, 12pm-1:30pm, at Tate Rink in the Holleder Center. League will run October 2nd - March 1st. To sign up, call (845) 938-3066



STARTS OCTOBER 24TH

TUESDAYS ONLY | 9AM - 11AM LIGHTENBURG INDOOR TENNIS FACILITY Seasonal Pass Required | \$80 DoD/\$90 Non-DoD

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

To sign-up, call MWR Intramural Sports at (845) 938-3066 or email paul.peck@westpoint.edu.





UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND westpoint.armymwr.com





STARTS MONDAY, OCTOBER 30"

MONDAYS ONLY | 9AM - 11AM LIGHTENBURG 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, email: sally.hilderbrand01@gmail.com or call MWR Intramural Sports at (845) 938-3066.





WED & FRI ONLY | OCT 27 - MAY 1 12:15-1:15pm | Arvin Gym 2nd Floor

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

To sign-up or for more info, call (845) 938-3066.





UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND Wesingini armymwr.com





MON & THU ONLY | NOV 28 - APR 14 12:15-1:15pm | Arvin Gym 2nd Floor

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

To sign up and for more info, email james.p.mcguinness.naf@army.mil or call 845-938-3066.







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





STARTS OCTOBER 23rd

MONDAYS ONLY | 7PM - 9PM LICHTENBURG INDOOR TENNIS FACILITY

Seasonal Pass Required | 580 DoD/\$90 Non-DoD

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

To sign-up, call MWR Intramural Sports at (845) 938-3066 or email paul.peck@westpoint.edu.





UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND westpoint.armymwr.com





OFFERED DEC 4TH-ISTH & JAN 3RD-FEB 22ND, REGISTRATION OPENS OCT IO™ FOR MIL/DOD (OCT 30™ FOR ALL OTHERS) AND RUNS THRU NOV 9™.

BASKETBALL Mon-Thu. At the Youth Center, Lee CDC, and Elementary & Middle School Gyms. For age 4: \$25. Ages 5+: \$55.

- Little Shooters (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

TAEKWONDO SAMPLER

For Ages 7-12. Mon & Wed, 5:15pm-6pm at the Lee CDC. \$60

BOWLING

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

STRENGTH & FITNESS

For Ages 12-18. Thu, 5pm-6pm at the Elementary School Gym. \$25.

HOME SCHOOL GYM Tue & Thu at the Youth Center. \$50.

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

SPORTS ARE SUBJECT TO CHANGE BASED ON HPCON LEVELS & COMMAND APPROVAL FOR PROGRAM FACILITATION. TO REGISTER, CALL YOUTH SPORTS AT (845) 938-3266.





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



NOTABLE UPCOMING CYS DATES

- OGT 5⁰⁰ Parent Workshop: Toilet Learning: from 3pm-4pm at the MST (500 Washington Road).
- ୦୦୦୦୦ ଅଡିସ୍ଥି Lee SAC Parent Participation event: Paint a Pumpkin (4pm-5pm)
- ୦ ତତି ଅନ୍ୟ Stony CDC Trunk or Treat
- OCT 27¹⁰⁰ MWR Haunted Hospital and Trunk or Treat event at Keller Army Community Hospital! Sensory Friendly Hour: 4:30pm-5pm. General Public: 5pm-8pm.
- ୦ ତିତି ମି^{ଟ୍ର} Halloween!
- NOV 4700 CYSitters Babysitter Certification Course: 9am-4pm at the Lee SAC

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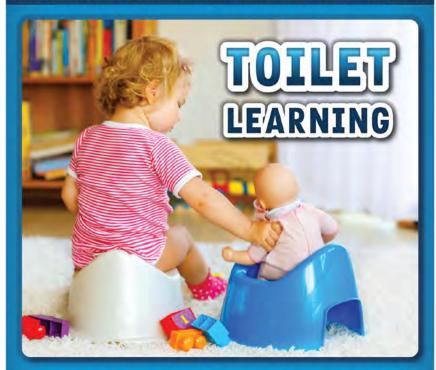


Before & After School Care At Lee Area CYS Facility

Mon - Fri on normal school days, 6:00am-8:30am & 3:00pm-5:30pm

Register for the 2023-2024 School Year online at: <u>militarychildcare.com</u>. For more info, call (845) 938-8530 / 0941.

CYS PARENT & OUTREACH SERVICES PARENT WORKSHOP



AT THE MET BUILDING (500 WASHINGTON RD.)

CYS invites parents to join us for our free Parent Workshop on toilet learning! We will discuss developmental considerations when toilet learning, how to make a bathroom plan, and how to stress the importance of consistency. We'll also describe some of the steps involved in toilet learning, and possible challenges that may arise.

FREE AND OPEN TO ALL WEST POINT PARENTS WITH CYS REGISTERED YOUTH. Register in Person at Peos or by Calling them at (845) 938-1362/0938.





OUTREACH SERVICES: (845) 938-1362/0938 VISIT CYS ONLINE AT: WESTPOINTCYS.COM OR VISIT OUR FACEBOOK @WESTPOINTCYS



CHILD & YOUTH SERVICES CYS YOUTH SPONSORSHIP PROGRAM



JOIN OUR TEAM & WELCOME NEW STUDENTS! **DECOME 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





SCHOOL LIAISON OFFICER: (845) 938-2092 VISIT CYS ONLINE AT: WESTPOINTCYS.COM OR VISIT OUR FACEBOOK @WESTPOINTCYS





NOVEMBER 4[™], 9AM-4PM

AT THE LEE CYS FACILITY (140 BUCKNER LOOP)

IN THIS CLASS, PARTICIPANTS WILL LEARN HOW TO:

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

\$20 PER PERSON. OPEN TO ALL CYS REGISTERED YOUTH AGES 12+. REGISTRATION WILL RUN THROUGH NOV 2™ OR UNTIL FILLED. REGISTER ONLINE VIA WEBTRAC. IN PERSON AT PARENT CENTRAL SERVICES. OR BY CALLING (845) 938-1362/0939. CLASS SIZE IS LIMITED TO THE FIRST 8 REGISTRANTS, ATTENDEES MAY BRING NUT-FREE SNACKS AND LUNCHES TO CLASS.



OUTREACH SERVICES: (845) 938-1362/0939 VISIT CYS ONLINE AT: WESTPOINTCYS.COM VISIT OUR FACEBOOK @WESTPOINTCYS



ACS EFMP INVITES YOU TO JOIN IN OUR

Stress

Less

Series

SEP-JUN

EVERY 2ND TUESDAY OF THE MONTH SPM-5PM AT THE AGS BUILDING (#322)

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





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



PAWS

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

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Employment Readiness Program





FROM 2PM-4:30PM

Wednesday, October 18th - Interviewing

Learn tips and tricks for making a successful, lasting impression at your job interview!

Mon, Oct 23rd - Federal Resume Writing

Discover how to properly write and format a resume for use in Federal job applications.

SESSIONS ARE FREE & OPEN TO THE WEST POINT COMMUNITY AND ALL DOD ID CARDHOLDERS. To register, send an email to michaeld.cooksie.civ@army.mil, or call (845) 938-0232.











6PM-8PM AT THE LEE SAC (140 BUCKNER LOOP)

Join ACS & get certified in Women's Self-defense! • Interactive 4-session workshop! • Simulates realistic scenarios • Led by instructors from the Town of Woodbury Police Department

This event is free and open to all female DoD ID Cardholders ages 14+. Participants must attend all 4 sessions in order to receive certificate. Space is limited; registration is required. Please call (845) 938-5658 or email emily.a.calangi2.civ@army.mil to make a reservation today!



SUPPORT; PROTECT; Defend...

YOURSELF!



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



ACS INVITES THE WEST POINT COMMUNITY ON A:













ON JUL 19", AUG 19", SEP 20", G OFT 19"

ACS © THE WEST POINT MUSEUM WILL HOST 4 GUIDED MUSEUM TOURS FOR MEMBERS OF OUR COMMUNITY! TOURS ARE FREE AND OPEN TO ALL DOD ID CARDHOLDERS AND THEIR FAMILIES! REGISTRATION IS REQUIRED AND CLOSES A WEEK PRIOR TO THE TOUR. CALL (845) 938-3487 TO REGISTER.

THE WEST POINT MUSEUM IS LOCATED AT 2110 NEW SOUTH POST RD, WEST POINT, NY.



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









WED, OCTOBER 25TH 5PM-7PM AT THE ACS BUILDING (622 SWIFT ROAD)

Join ACS for a step-by-step guided painting class! Free and open to all DoD ID Cardholders and their family. Registration is required. Please call (845) 938-0629 to reserve your spot!





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



JOIN ARMY COMMUNITY SERVICE FOR THEIR 2ND ANNUAL

ENGINEERING

TECHNOLOGY



FROM IPM TO 3PM IN THE PARKING LOT OF THE WEST POINT MIDDLE SCHOOL (LOCATED AT 705 BARRY ROAD)

In honor of Disability Awareness Month, ACS EFMP will host their 2nd annual STEM event, featuring fun, sensory friendly, science-based activities suitable for a wide range of ages, plus light refreshments!

THIS EVENT IS FREE AND OPEN TO ALL DOD, WITH PRIORITY GIVEN TO ACTIVE DUTY MILITARY FAMILIES. GUESTS OF ALL AGES ARE WELCOME!

Got a student interested in STEM? Contact CLD STEM at usma.stem@westpoint.edu



SCIENCE

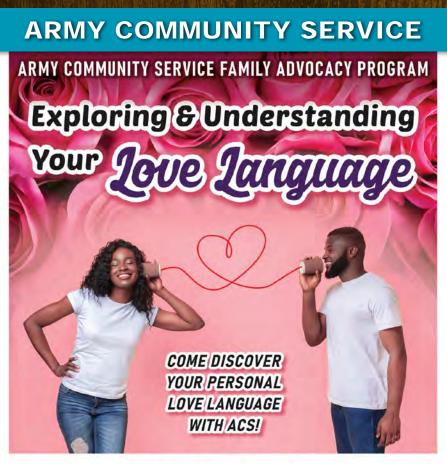


CALL ACS AT: (845) 938-3655 / EFMP: 5655 VISIT MWR AT: WESTPOINT.ARMYMWR.COM E: @WESTPOINTARMYCOMMUNITYSERVICE



MATHEMATICS

HOSTED BY: ACS EFMP



Monday, October 23rd

11:30AM-1PM AT THE ACS BUILDING (#622), HERITAGE ROOM

Bring your lunch to ACS and join us in exploring the Five Love Languages, as created by Gary Chapman!

This interactive workshop is for Adult Singles or Couples looking to strengthen their relationships with others by discovering their own personal love language!

Free & open to all DoD ID Cardholders. Call (845) 938-5658 to reserve your spot.



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



ACS INVITES THE WEST POINT COMMUNITY ON A:





ON OCTOBER 25" AT 1PM

JOIN ACS ON A HISTORICAL WALKING TOUR THROUGH THE SCENIC GROUNDS OF THE MILITARY ACADEMY AT WEST POINT! FREE AND OPEN TO ALL DOD ID CARDHOLDERS! REGISTRATION IS REQUIRED (REGISTRATION ENDS OCT 20^{TH}). Call (845) 938-3487 TO REGISTER.







Constellations

A GATHERING OF GOLD STARS

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

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





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





Join the West Point Family Advocacy Program as we delve deep into the following topics:

OVERCOMING STRESS AND ANGER
 OCUPLE'S ENRICHMENT
 POSITIVE PARENTING
 BABY BOOTCAMP

Be on the lookout for upcoming, program-specific course flyers! Course content is also offered in-between sessions on a 1:1 basis.

ALL SESSIONS ARE FREE! FOR MORE INFORMATION, CALL US AT (845) 938-0629/5658, OR CHECK OUT OUR OFFICIAL FACEBOOK PAGE @<u>Westpointarmycommunityservice</u>!



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





WEE-PLAY: 9AM-IOAM BI-WEEKLY, 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 parents and guardians to connect and socialize with each other!

October 10th & 24th | November 7th & 28th | December 12th

WEE-READ: 9AM-IOAM 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! October 11th & 25th | November 8th & 29th | December 13th

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

Free and open to all ranks and DoD civilians with children ages 4 or younger.





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



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



HELD EVERY/TUESDAY AT TPM & THURSDAY AT 9AM IN SUILDING 622 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 (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 <u>Little Movers</u>

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).

NEED TO CORROW CASIC HOUSEHOLD ITEXS? AGS HAS YOU COVERED!

ARMY COMMUNITY SERVICE

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.





EVERY 1^{SD} THURSDAY OF THE MONTH, 10AM-11AM AT THE ACS BLDG

ACS invites all EFMP families to join us for a free coffee hour at the ACS building (622 Swift Rd)! Come connect with other EFMP families and share resources, knowledge, and ideas for services focusing on individuals with special needs! Open to all. Dates subject to change.

EFMP COFFEE HOUR IS SCHEDULED FOR THE FOLLOWING DATES: Jan 5 Feb 2 Mar 2 Apr 6 May 4 Jun 1 Jul 6 Aug 3 Sep 7 Oct 5 Nov 2 Dec 7

OCT TOPIC: HOW TO PREP FOR A SUCCESSFUL CPSE/CSE MEETING

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



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





A TRICARE PRIME OPTION



#WESTPOINTMWR _WESTPOINTMWR