

Figure

AT THE WANGAR ENTERTAINMENT CENTER

Live performances by the

312TH

Woodwind Quintet & Brass Quintet

Rock, Pop & Country

IOWA STREET: Jazz Combo

Funky Brass Band featuring Traditional Marches, BRASS: Rock and Pop



6:30-9:30 P.M.





For more information, call (808) 787-4396.





1735 Wright Avenue • Bldg. 835 • Wheeler Army Air Field, Hawaii 96857













FRIDAY, JULY 18

6-8:30 P.M.

ENTRY FEE: \$10

REGISTRATION DEADLINE: WEDNESDAY, JULY 16

BENCH PRESS MAX

1 rep max out of three lifts. (Participation in the endurance competition is optional.)

MUSCULAR ENDURANCE COMPETITION

How many times can you lift half of your own body weight. 1st place for each category.

at all ARMY Physical Fitness Centers.

Registration forms available

BENCH PRESS WEIGHT

CATEGORIES: MEN

UP TO 150 LBS. 151 TO 170 LBS.

171 TO 190 LBS.

191 TO 210 LBS.

211 AND ABOVE

Medals will be awarded to:

- Top 2 male competitors in each weight class
- Top 3 female competitors
- Highest Total Weight Lifted: 1 man and 1 woman (scores will be tallied by adding up your three lifts and putting them in the Wilks formula)

TEST OUT YOUR STRENGTH AND ENDURANCE

For more information, call (808) 787-7460 HMR PFC: 441 Kuapale Road, Bldg. 25, Wahiawa, HI 96786



















U.S. ARMY HAWAII LIBRARIES SUMMER READING PROGRAM Sunday, May 18 - Saturday, July 26 & Make reading part of your summer goal! orme? orme? Can you find. Log your reading and Register by activities and earn scanning the QR code! rewards! Summer Reading Par Saturday, July 26 & 4-6 p.m. Schofield & Ft. Shafter Bowling Centers (*Only for patrons who registered for our summer reading program*) For more information, contact: DOD MWR LIBRARIES SUMMER READING PROGRAM SGT Yano: (808) 787-5753 1565 Kolekole Ave., Bldg. 560, Schofield Barracks Fort Shafter: (808) 787-4031 181 Chapplear Rd., Bldg. 650, Fort Shafter

HIMWR.com or MWR HAWAII



JULY PROGRAMS

Registration deadline: 48 hours prior to the event date.

Open to all DOD ID Cardholders (all children must be accompanied by a guardian).

Saturday. July 12

Lulumahu Falls Waterfall Hike

Time: 9 a.m.-12 p.m. · Location: Lulumahu Falls

\$15 per person (ages 10 and older)

This hike culminates in the falls themselves, roughly 300 ft. of natural Hawaiian waterfall surrounded by beautiful plant and animal life found only in Hawai'i. This is a beginner hike, but it can get muddy so be sure to bring adequate shoes for traversing muddy terrain, as well as plenty of water, sunscreen and sun protective clothing! Includes transportation from Schofield Barracks Outdoor Recreation Center to the trailhead and two trail guides.





Saturday. July 19

Patriotic Gellyball

Time: 11 a.m.-12 p.m. · Location: Outdoor Recreation Center \$25 per person (ages 6 and older)

Come on down to Schofield Barracks Outdoor Recreation Center for an amazing summer experience! We'll provide the equipment, masks, and the Gellyballs. The Gellyballs are safe and less painful than paintballs, so even kids as young as six can participate. Enjoy different varieties of games and scenarios that will test you and your family's skills! Be sure to bring CLOSED-TOE SHOES (mandatory), sunscreen, water, and the excitement.

Saturday. July 26

Summer Splash: Back 2 School

Time: 10 a.m.-2 p.m. · Location: Outdoor Recreation Center \$3 per child (ages 0-5), \$6 per child (ages 6 and older)

(Children aged 0-5 are not permitted on bouncers or slides. An exclusive splash pool, sprinklers, and foam play area will be available nearby for their enjoyment.)

Come join us at our 5,000 sq. ft. field located at the Outdoor Recreation Center facility on Schofield Barracks! We will have waterslides, bounce houses, shave ice and more! No adults permitted in bounce houses or waterslides, but accompanying adults will be treated to other activities as well as refreshments and music in a shaded area.



surfboards, camping gear, stand up paddleboards, and more!







Experience Hawai'i with the Outdoor Recreation Center! For more information, call (808) 787-4097 • 435 Ulrich Way • Bldg. 2110 • Schofield Barracks, HI 96857



AUGUST PROGRAMS

Registration deadline:

48 hours prior to the event date.

Open to all DOD ID Cardholders (all children must be accompanied by a guardian).

Saturday. August 9

Intro to Surf

When in Hawai'i, do as the locals do and SURF! Come join Outdoor Recreation's experienced teachers for a day of sun, surfing, and sea at White Plains Beach. Bring plenty of sunscreen, water, and sun protective gear!

Prices: \$85 per person

Time: 9-11 a.m. | Location: White Plains Beach | Age: 10 & up Must be able to swim 300 meters and tread water 1 minute.



Wednesday. **August 20**

B.O.S.S. PT Adventure: Blitz Ball

INQUIRE WITH YOUR B.O.S.S. REPRESENTATIVE FOR MORE DETAILS.



Ka'ena Point Sunrise **Mountain Bike Ride**

Saturday. **August 23**

Join Outdoor Recreation for a sunrise ride at Ka'ena Point and experience gorgeous views, unique plants and wildlife, and a healthy workout! Includes one mountain bike and one helmet. Planning to bring your own bike? Take \$20 off!

> Prices: \$35 per Mountain Bike Time: 6:30-8:30 a.m. | Location: Ka'ena Point | Age: 13 & up

Experience liciwoff with the Outdoor Recreation Centers or information, call (808) 787-4097 • 435 Ulrical Correction Centers For more information, call (808) 787-4097 • 435 Ulrich Way • Bldg. 2110 • Schofield Barracks, HI 96851

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