



TRIPLER  
AQUATICS  
& PHYSICAL  
FITNESS CENTER



# TRIATHLON



Open to all DOD ID Cardholders  
13 years of age & older.  
Children under the age of 18 years  
must be accompanied by an adult  
at all times.

## THURSDAY, MAY 1 - SATURDAY, MAY 31

*Switch up your workout routine and challenge yourself in completing  
the total distance of each event!*

TRIATHLON  
DISTANCES  
FOR EACH EVENT:



SWIM: 750m



BIKE: 20km



RUN: 5km

### FASTEST SCORE WILL BE PLACED ON A LEADER BOARD!



Record your bike and treadmill time by taking a picture of the machine's screen, and if you do not have a smart watch to record your swim, the Aquatics Team can assist you. All recorded times must be reported to the Physical Fitness Center Team. No restrictions on how much you accomplish in a day. Complete the total distances of swim, bike, and run by end of the month. All distances must be completed at TAMC PFC.

SCAN ME



Check Hours of Operations

For more information about  
the Aquatics program:

<https://hawaii.armymwr.com/programs/aquatics/programs/aquatics>

**For more information, call (808) 787-4155**

Tripler Army Medical Center Pool  
315 Krukowski Rd., Bldg. 301, Honolulu 96819

HiMWR.com or f MWR HAWAII

## LET'S GET PHYSICAL!

**#STRONGBANDS**  
armymwr.com/strongbands





# POWER CHALLENGE

The event will be comprised of the following FIVE STATIONS for the BEST SCORES completed in the following:



DUMB BELL CARRY



TANK PUSH



SLED DRAG



MEDICINE BALL THROW



TIRE FLIP

**COST:**

**\$10** entry fee at the Fort Shafter PFC.

Register before June 1, 2025

Open to all DOD ID Cardholders ages 18 and older.

POWER CHALLENGE QUALIFIERS

**MAY 1-JUNE 1**

For qualification details, see the Fort Shafter Physical Fitness Center staff.

**CATEGORIES:**

Male / Female

**First 40** to complete will receive a coin. **Top 6** total point scorers will qualify for the Final Showdown.

**Final Showdown: Saturday, June 28**

SCAN ME

Scan the **QR Code** for hours of operation.

For more information, call  
**(808) 787-4039.**



Download MY ARMY POST APP



170 Chapplear Rd. BLDG 665 • Fort Shafter, Hawaii 96858



**HiMWR.com** or **MWR HAWAII**



# HMR PHYSICAL FITNESS CENTER

Open to all DOD ID  
Cardholders ages 18 and older.

**Register  
at HMR PFC**

**Cost:  
\$5 per person**

HMR PHYSICAL FITNESS CENTER

# PULL UP CHALLENGE

Put away your sweaters and long sleeves.  
Winter is gone, it is time to pull up to summer.

THROUGHOUT THE MONTH OF MAY COMPLETE  
**250 PULL-UPS**  
AND RECEIVE A PRIZE.



For more information, call us  
at (808) 787-7460.

441 Kuapale Road, Bldg. 25  
Wahiawa, Hawaii 96786



[HiMWR.com](http://HiMWR.com) or  MWR HAWAII 

**LET'S GET PHYSICAL!**

**#STRONGBANDS**  
[armymwr.com/strongbands](http://armymwr.com/strongbands)





*To participate in the Lifeguarding Course, participants must:*

1. Swim 150 meters
2. Tread water for 2 minutes
3. Swim 50 meters
4. Complete Timed Skills Demonstration

Scan the QR Code below for additional information



Courses are open to ages 18 & up, unless otherwise noted.

**COST:**

**SERVICE MEMBERS  
OF ALL BRANCHES: \$150  
CIVILIANS: \$175**



**For more information,  
call (808) 787-4090.**



**HiMWR.com** or **MWR HAWAII**



**American  
Red Cross**

**2025**

# ***Lifeguard Courses***

**Richardson Pool  
Schofield Barracks**

**MONDAY - FRIDAY  
8:45 A.M.-5:30 P.M.**

**COURSE DATES:**

**February 24 - 28**

**March 17 - 21**

(High School Ages Only 15-18 Years old)

**March 24 - 28**

**April 21 - 25**

**May 19 - 23**

**June 2 - 6**

(High School Ages Only 15-18 Years old)

**June 23 - 27**

**August 18 - 22**

**September 22 - 26**

**October 6 - 10**

(High School Ages Only 15-18 Years old)

**October 20 - 24**

Pre-Requisite Demonstrations must be completed during these following hours:

Monday, Wednesday - Friday 8-9 a.m. & 11 a.m.-4 p.m.  
Saturday 10 a.m.-4 p.m.



# RICHARDSON POOL

1757 Kolekole Ave, BLDG 578 Schofield Barracks

## Children's Learn to Swim Classes

# 2025



Classes are Monday, Wednesday, Thursday, and Friday.

### SESSION 1

Levels 1 & 2 Only

Registration:  
Saturday, March 8

**classes:**

March 10-21  
3:15-5:15 p.m.

### SESSION 2

Levels 1, 2, & 3

Registration:  
Saturday, April 12

**classes:**

April 21-May 2  
3:15-5:15 p.m.

### SESSION 3

Levels 1, 2, & 3

Registration:  
Saturday, May 3

**classes:**

May 12-23  
3:15-5:15 p.m.

### SESSION 4

Levels 2, 3, & 4

Registration: Saturday, June 7

**classes:**

June 16-30 • 9-11 a.m.  
(Juneteenth No Class)

### SESSION 5

Levels 2, 3, 4, & 5

(Fitness Swimming for Kids)

Registration: Saturday, July 12

**classes:**

July 21-August 1 • 9-11 a.m.

- No make up lessons will be held for those who miss scheduled classes.
- No refunds after a session has started.

**PRICE:** Levels 1-3 \$100.00 per student (8 x 30 min lessons)

Levels 4-5 \$150.00 per student (8 x 45 min lessons)

**REGISTRATION:** 9 a.m.-12 p.m.



- Open to all DOD ID Cardholders ages 4-17 years old.
- Children must be CYS registered.
- For safety class sizes are limited to 6-8 students per instructor based upon the level and abilities of the children in each class.

MWR Aquatics Website

**For more information, call (808) 787-4090**

Digital Garrison



HiMWR.com or



MWR HAWAII



SCAN ME



Tripler Army Medical Center Pool  
&  
Richardson Pool

2025  
SERVICE MEMBER  
LEARN  
TO SWIM  
COURSE

Two-week course  
One hour per day/  
5 days a week



Open to active duty military personnel.

TAMC POOL SCHEDULE: (Tripler Army Medical Center)

Class Start Date:	Graduation Date:
Monday, March 17	Friday, March 28
Monday, April 7	Friday, April 18
Monday, April 21	Friday, May 2
Monday, May 12	Friday, May 23
Monday, June 9	Friday, June 20
Monday, July 7	Friday, July 18
Monday, July 21	Friday, August 1
Monday, August 11	Friday, August 22
Monday, September 8	Friday, September 19
Monday, September 22	Friday, October 3

RICHARDSON POOL SCHEDULE: (Schofield Barracks)

Class Start Date:	Graduation Date:
Monday, March 10	Friday, March 21
Monday, March 24	Friday, April 4
Monday, April 14	Friday, April 25
Monday, May 12	Friday, May 23
Monday, June 2	Friday, June 13
Monday, June 16	Friday, June 27
Monday, July 7	Friday, July 18
Monday, July 21	Friday, August 1
Monday, August 11	Friday, August 22
Monday, August 25	Friday, September 5
Monday, September 15	Friday, September 26

Training packets must be submitted by your Training NCO or Training Officer to:  
Ms. Sandra Johnson  
Installation Schools, USARHAW, Institutional Training Division  
896 Menoher Road, Room 114, Schofield Barracks, HI 96857  
Email: [sandra.j.johnson120.civ@army.mil](mailto:sandra.j.johnson120.civ@army.mil)







**Season:**  
**Monday,**  
**May 12 -**  
**Friday,**  
**August 8**

**Awards: Team awards will be presented to the 1st and 2nd place teams.**

**GAMES WILL BE PLAYED AT**  
**STONEMAN SOFTBALL FIELDS** (SCHOFIELD BARRACKS)  
**& TAKATA FIELD** (FORT SHAFTER)

**ELIGIBILITY:** Active Duty Army, Army Reservists, Army National Guardsmen within the geographical limits of Hawaii (NO EXCEPTIONS). This is a Company (or subordinate Unit) level league. Teams must sign up under their Company, and all players on each team must belong to the same Company (There are exceptions to this rule. Please contact the USAG-HI Sports, Fitness & Aquatics Office for further details).

**ENTRY DEADLINE:** All applications must be received by the USAG-HI Sports, Fitness, & Aquatics Office no later than 4 p.m. on Friday, April 25. Applications may also be emailed to the Sports, Fitness and Aquatics Office Applications at [usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil](mailto:usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil)

Registration forms are available online or USAG HI Sports, Fitness & Aquatics Office.

Register by scanning the QR Code.



**For more information, contact the**  
**USAG-HI Sports, Fitness & Aquatics Office at**  
**730 Leilehua Ave, Bldg. 645, Room 2,**  
**Schofield Barracks or call**  
**(808) 787-0715 or (808) 787-0716.**



**HiMWR.com** or **MWR HAWAII**







# Stoneman Stadium

## (Schofield Barracks)

SEASON STARTS:

# Monday, May 12

**Team awards  
will be  
presented to  
the 1st and  
2nd place  
teams.**

**ENTRY DEADLINE:** All applications must be received by the USAG-HI Sports, Fitness, & Aquatics Office: BLDG 645, 730 Leilehua Avenue, Schofield Barracks, no later than 4 p.m. on Friday, April 25, 2025. Applications may also be emailed to the Sports, Fitness and Aquatics Office Applications at [usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil](mailto:usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil)

Registration forms are available online or USAG HI Sports, Fitness & Aquatics Office.

Register by scanning the QR Code.



**ELIGIBILITY:** Active Duty Army Soldiers, Army Reservists, Army National Guardsmen within the geographical limits of Hawaii (NO EXCEPTIONS). This is a Battalion (or subordinate Unit) level league. Teams must sign up under a Battalion, and all players on each team must belong to the same Battalion (There are exceptions to this rule. Please contact the USAG-HI Sports, Fitness & Aquatics Office for further details).

### ORGANIZATION MEETING:

**Thursday, May 1**  
3 p.m. at DFMWR Sports, Fitness and Aquatics Office.  
730 Leilehua Ave,  
Bldg. 645, Room 2,  
Schofield Barracks, HI.

### MORE INFORMATION:

Contact The USAG-HI Sports, Fitness & Aquatics Office:  
730 Leilehua Ave, BLDG 645  
Room 2, Schofield Barracks or call  
**(808) 787-0715** or  
**(808) 787-0716.**

Information may also be obtained via the MWR Website:  
<http://www.himwr.com>,  
Facebook page:

Hawaii ARMY Intramural Sports @IMARMYSportsHI.



[HiMWR.com](http://HiMWR.com) or MWR HAWAII





UPDATE

24/7 Fitness orientations are held at Health & Fitness Center, Fort Shafter, Martinez, and TAMC Physical Fitness Centers for All DOD ID Cardholders 18 years of age or older. See the April schedule below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center, Martinez Physical Fitness Center, Tripler Army Medical Center Physical Fitness Center, & Health & Fitness Center

APRIL 2025

## ORIENTATION SCHEDULE

Orientations are available on a walk-in basis daily after 8:00 a.m.

A Statement of Understanding will be completed and signed to register for access.

E-4 & below will require Commander signature • All dependents of AD Soldiers will require AD signature

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	Martinez PFC 12 p.m. TAMC PFC 6 p.m.1	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.2	Martinez PFC 12 p.m. TAMC PFC 6 p.m.3	4	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.5
6	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.7	Martinez PFC 12 p.m. TAMC PFC 6 p.m.8	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.9	Martinez PFC 12 p.m. TAMC PFC 6 p.m.10	11	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.12
13	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.14	Martinez PFC 12 p.m. TAMC PFC 6 p.m.15	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.16	Martinez PFC 12 p.m. TAMC PFC 6 p.m.17	18	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.19
20	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.21	Martinez PFC 12 p.m. TAMC PFC 6 p.m.22	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.23	Martinez PFC 12 p.m. TAMC PFC 6 p.m.24	25	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.26
27	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.28	Martinez PFC 12 p.m. TAMC PFC 6 p.m.29	Fort Shafter PFC 11:30 a.m. HFC PFC 6 p.m.30	1	2	3
4	5	6	7	8	9	10



HiMWR.com or MWR HAWAII

For more information, call (808) 787-0721.





Schofield Barracks  
Health & Fitness Center

Monday - Friday  
5 a.m.-8:30 p.m.

APRIL  
2025

FITNESS  
CLASS  
SCHEDULE

Single Class: \$4  
(Credit/Debit Card Only)

For more information, call  
(808) 787-5739.

Open to all DOD ID Cardholders.

Unit PT Fitness Classes: 6:30-7:30 a.m. (Appointment only).

Spin  
Coach Carlie

Spin  
Coach Heidi

Special  
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Spin 5:30 p.m.	2 Spin 9 a.m.	3	4	5 Da Ho' Oikaika Hui Team Competition @Martinez
6	7	8 Spin 5:30 p.m.	9 Spin 9 a.m.	10	11	12
13	14	15 Spin 5:30 p.m.	16 Spin 9 a.m.	17	18	19 Egg-Cellent 5K Run @Weyand Field
20	21	22 Spin 5:30 p.m.	23 Spin 9 a.m.	24	25	26
27	28	29 Spin 5:30 p.m.	30 Spin 9 a.m.	Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



HiMWR.com or f MWR HAWAII





HMR PHYSICAL FITNESS CENTER



# Kuapula

5K • 10K • 15K

## Free Challenge

Register through the  
month of April at  
HMR PFC.

441 Kuapale Road • Bldg. 25  
Wahiawa, Hawaii 96786

Leaf sprouting and flowers are blooming everywhere!  
Time to get out and look at the pretty flowers.  
Sign the poster after completing a 5K, 10K, or 15K  
during the month of April.

For more information, call  
(808) 787-7460.

Scan the QR code or visit  
[Hawaii.armymwr.com/categories/sports-and-fitness](http://Hawaii.armymwr.com/categories/sports-and-fitness)  
for facility hours of operations.

SCAN ME



[HiMWR.com](http://HiMWR.com) or [MWR HAWAII](https://www.facebook.com/MWRHAWAII)





# JOIN OUR GYM

**USAG-Hawaii  
MWR is looking  
for group fitness  
instructors.**

## **ALL APPLICANTS MUST SUBMIT**

- Current certifications from a reputable & recognized organization
- Current CPR/First Aid/AED certificates (No Online certificates allowed)
- Current training insurance
- Hawaii State Business License with GET license
- Unique Entity ID(UEI) Number

**FOR MORE INFORMATION,  
CONTACT HALEY RYAN:  
(808) 787-5738 OR  
HALEY.C.RYAN.NAF@ARMY.MIL**



*HiMWR.com* or  MWR HAWAII 





USAG HAWAII SPORTS, FITNESS & AQUATICS

# **500 FIVE HUNDRED MILE HOLOMUA KĀKOU MILE RUN CLUB**

Open to ALL DOD ID CARDHOLDERS

**January 1, 2025 - December 31, 2025**

Register at any MWR Physical Fitness Center

Join the Holomua Kākou (Let's Go Ahead),  
500 mile run club. Challenge yourself to reach a total  
of 500 miles! As a reward for your dedication,

you'll receive a

**FREE HOLOMUA KĀKOU T-SHIRT**

once you complete the distance. Whether you're a  
seasoned runner or just starting out, you have from  
when you start the challenge until December 31, 2025  
to complete the 500 miles. So, lace up your shoes,  
track your miles at one of our facilities and  
celebrate your achievement with us.

for facility hours  
of operations.



SCAN ME

Call or visit one of our  
MWR Physical Fitness Centers  
for more information.



HiMWR.com or MWR HAWAII



# TAMC PFC access begins on Monday, July 15

- Current patrons with after hours access at Fort Shafter and Martinez Fitness Center do not automatically get access to TAMC Fitness Center. If you are a current user of after hours access at Fort Shafter or Martinez and would like access to TAMC please stop by Fort Shafter, Martinez or TAMC and request that TAMC is added to your pass.
- New users that want access to TAMC can attend the orientations at Martinez or FS PFC or stop by TAMC and request to sign up.

For more information, call  
**(808) 787-4151**

**Tripler Army Medical Center Physical Fitness Center**  
**315 Krukowski Rd., Bldg. 300, Honolulu 96819**



## MARTINEZ FITNESS FACILITY



January 1 - December 31, 2025

**TO BE A MEMBER OF THIS CLUB,  
THE TOTAL OF YOUR BEST EFFORTS  
IN THE SQUAT, DEAD LIFT AND BENCH  
PRESS ON A SINGLE LIFT NEEDS TO  
TOTAL OVER 1,000 POUNDS OR MORE.**

*The participant will perform the Squat, Bench Press, and Deadlift.*

*The total numbers from all three lifts together should total 1,000 pounds.*

1,000 Club Entry example:

Dead Lift: 500 lbs. + Squat: 400 lbs. + Bench Press: 200 lbs.  
= 1,100 lbs. Total

*\* Reps that do not meet these guidelines will not be counted.*

**\$15 PER PERSON**  
includes a shirt  
(while supplies last)  
**\$5 without shirt**

Open to all DOD ID Cardholders 18 years & older.

## AWARDS

### BRAGGING RIGHTS!

Picture will be posted and the top 3 totals  
for both 1000lb and 500lb will receive awards!

Monday - Friday: 8 a.m. - 7:30 p.m.

Saturday & Sunday: 7:30 a.m. - 12:30 p.m.

**FOR MORE INFORMATION,  
PLEASE SEE STAFF ON  
DUTY OR CALL:**

**(808) 787-0721**







Looking to  
boost morale and  
switch up the unit PT  
routine for your soldiers?

# UNIT PT

## FITNESS CLASSES

Monday - Friday 6:30-7:30 a.m.



Choose  
from a  
variety  
of  
classes.

**\$35 PER CLASS**

**SCHOFIELD BARRACKS  
HEALTH AND FITNESS  
CENTER**

1554 Trimble Road • Bldg. 582 • Schofield Barracks, HI 96857

Reserve one of our  
certified instructors to  
lead the way!

**SCAN HERE** for UNIT  
Physical Training (PT)  
Request Form



Eligibility:

Active Duty, Reservists, National Guardsmen Only.

For more information, call  
**(808) 787-5739**  
or email

[usarmy.schofield.id-pacific.mbx.dfmwr-sfa-unit-pt@army.mil](mailto:usarmy.schofield.id-pacific.mbx.dfmwr-sfa-unit-pt@army.mil)





# 2025 EVENT CALENDAR

## SCHOFIELD BARRACKS HEALTH AND FITNESS CENTER

JANUARY	<ul style="list-style-type: none"> <li>MISSION SLIMPOSSIBLE (\$)</li> <li>GLOW ZUMBA DANCE PARTY AT TROPICS (\$)</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>ALOHA JAM: 3 ON 3 BASKETBALL TOURNAMENT AT MARTINEZ PHYSICAL FITNESS CENTER (\$)</li> </ul>
APRIL	<ul style="list-style-type: none"> <li>DA HO 'IKAIIKA HUI: TEAM SBD COMPETITION. ASSEMBLE A TEAM OF THREE, EACH MEMBER WILL COMPETE IN ONE OF THE THREE EVENTS (SQUAT, BENCH PRESS, OR DEADLIFT). (\$)</li> </ul>
MAY	<ul style="list-style-type: none"> <li>AVENGER CHALLENGE: THIS EVENT WILL BE COMPRISED OF SIX STATIONS FOR THE BEST TIME. (\$)</li> </ul>
JULY	<ul style="list-style-type: none"> <li>22 A DAY: AMRAP (AS MANY ROUNDS AS POSSIBLE) CHALLENGE (FREE)</li> <li>UNWINED (\$)</li> </ul>
AUGUST	<ul style="list-style-type: none"> <li>HO' OKUKU PICKLEBALL TOURNAMENT (\$)</li> </ul>
SEPTEMBER	<ul style="list-style-type: none"> <li>9/11 STAIRMASTER CHALLENGE (\$) OR (FREE) W/O T-SHIRT</li> </ul>
NOVEMBER	<ul style="list-style-type: none"> <li>TURKEY DRI TRI (\$)</li> </ul>

FOR MORE INFORMATION, CONTACT  
SCHOFIELD BARRACKS HEALTH AND FITNESS CENTER AT (808) 787-5739.  
1554 TRIMBLE ROAD, BLDG. 582, SCHOFIELD BARRACKS 96857

\* ALL PROGRAM DATES ARE TENTATIVE AND ARE SUBJECT TO CHANGE.



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# 2025 INTRAMURAL SPORTS CALENDAR

DATE	SPORT	LOCATION
JAN 20-MAR 21	BASKETBALL LEAGUE (R)	MARTINEZ OR HMR OR TAMC
MAR 24-APR 4	VOLLEYBALL TOURNAMENT (R)	MARTINEZ OR HMR
APR 7-18	FUTSAL/INDOOR SOCCER TOURNAMENT (R)	MARTINEZ OR HMR
APR 7-18	SINGLES TENNIS TOURNAMENT (R)	MARTINEZ TENNIS COURTS
APR 26-27	STONEMAN SHOOTOUT SOFTBALL TOURNAMENT (O) (\$)	STONEMAN COMPLEX
MAY 3	ARMY STRONG BANDS PICKLEBALL TOURNAMENT (O)	ARTS & CRAFTS TENNIS COURTS
MAY 12-AUG 8	SOFTBALL LEAGUE (R)	STONEMAN AND TAKATA FIELD
MAY 12-AUG 8	OUTDOOR SOCCER LEAGUE (R)	STONEMAN STADIUM
JUL 5-6	STARS AND STRIPES 4TH OF JULY SOFTBALL TOURNAMENT (O) (\$)	STONEMAN COMPLEX
JUL 7-18	DODGEBALL TOURNAMENT (O)	MARTINEZ OR HMR
JUL 7-18	CORNHOLE TOURNAMENT (O)	MARTINEZ OR HMR
JUL 26-27	ARMY HAWAII DISC GOLF TOURNAMENT (O)	STONEMAN COMPLEX
AUG 11-22	ARMY HAWAII SAND VOLLEYBALL TOURNAMENT (O)	TROPICS
AUG 25-NOV 21	FLAG FOOTBALL LEAGUE (R)	STONEMAN STADIUM
SEP 13-14	FALL CLASSIC SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX
DEC 1-12	SANTA SWOOSH BASKETBALL TOURNAMENT (R)	MARTINEZ OR HMR

(R)- PARTICIPATION RESTRICTED TO ACTIVE DUTY ARMY SOLDIERS, ARMY RESERVISTS AND ARMY NATIONAL GUARDSMEN ONLY.  
(O)- PARTICIPATION OPEN TO ALL SERVICEMEN AND SERVICEWOMEN OF ANY MILITARY BRANCH (INCLUDING RESERVISTS AND NATIONAL GUARDSMEN), MILITARY DEPENDENTS, MILITARY RETIREES, AND ALL DOD CARDHOLDERS. ALL PARTICIPANTS MUST BE 18 YEARS OF AGE OR OLDER.  
(\$)- FEES MAY APPLY

\* ALL PROGRAM DATES ARE TENTATIVE AND ARE SUBJECT TO CHANGE BASED ON NUMBER OF SUBMITTED REGISTRATIONS.

FOR MORE INFORMATION, CONTACT INTRAMURAL SPORTS OFFICE AT (808)787-0717, (808)787-0718 OR (808)787-0715.  
730 LEILEHUA AVE, BLDG. 645, SCHOFIELD BARRACKS 96857



HiMWR.com or f MWR HAWAII





# PRIVATE SWIM LESSON

Open to all DoD Cardholders ages 3 years and older.



Class Type	Instructor#	Student#	One Session	Time	Price	Age
Private Lesson	1	1	5 classes per month	30 minutes	\$120	3 years and up
Semi-Private Lesson	1	2	5 classes per month	45 minutes	\$200	6 years and up (must be at the same skill level)

## How to Sign Up?

In-person registration only. Waiver must be completed before classes are scheduled.

Schedule is on a first-come, first-served basis and month-to-month system.  
(Doesn't have to be consecutive.)

Each session will be scheduled for the following month only.  
(e.g.; register in March for April classes)

Payment will be collected after classes are scheduled.

SCAN ME



For complete details  
scan QR code or visit:  
<https://hawaii.armymwr.com>



[HiMWR.com](https://HiMWR.com) or [f MWR HAWAII](https://www.facebook.com/MWRHAWAII) [i](https://www.instagram.com/MWRHAWAII)



*Mahalo Nui Loa from,*  
Team TAMC Takos



# U.S. ARMY GOLF • HAWAII

# GOLF FEES

Effective April 1, 2025



## Walter J. Nagorski Golf Course

Fort Shafter Hawaii • (808) 787-4016

### DAILY GREEN FEES DISCOUNT CARDS

CATEGORY <small>Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.</small>	9 HOLES	18 HOLES	10 PLAY	30 PLAY
E1 - E5 Active Duty / Juniors (under 17)	\$11.00	\$18.00	\$170.00	\$490.00
All Remaining Authorized Users	\$18.00	\$29.00	\$280.00	\$830.00
Guest / Public	\$27.00	\$38.00	\$370.00	\$1,070.00
Golf Cart Fees	\$10.00	\$18.00		

#### Rentals

Golf Clubs	\$7.50 (Twilight)	\$15 (18-holes)
Push Cart	\$3 (9-holes)	\$5 (18-holes)

In accordance with IMCOM Regulation 215-1-1 and AR 215-1.



## Leilehua G.C.

199 Leilehua Road • (808) 787-4653

### DAILY GREEN FEES DISCOUNT CARDS

CATEGORY <small>Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.</small>	9 HOLES	18 HOLES	10 PLAY	30 PLAY
E1 - E5 Active Duty / Juniors (under 17)	\$14.00	\$21.00	\$180.00	\$530.00
All Remaining Authorized Users	\$22.00	\$37.00	\$340.00	\$920.00
Guest / Public	\$31.00	\$47.00	\$440.00	\$1,190.00
Golf Cart Fees	\$10.00	\$18.00		

#### Rentals

Golf Clubs	\$12.50 (Twilight)	\$25 (18-holes)	Driving Range Balls	\$5 per token
Push Cart	\$3 (9-holes)	\$5 (18-holes)	Key FOB	\$50 for \$65
			Spectator Fee	\$20

In accordance with IMCOM Regulation 215-1-1 and AR 215-1.



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## Benefits:

- Complimentary green fees
- 20% discount on merchandise at Walter J. Nagorski Golf Course
- Special discounts on golf tournament pricing at Walter J. Nagorski Golf Course (DFMWR events only)
- Discount green fees at Leilehua Golf Course & other U.S. Army Golf Courses

Walter J. Nagorski  
Golf Course  
*Fort Shafter, Hawaii*

**ANNUAL GOLF MEMBERSHIP**

**2025**  
**Membership**  
OPEN TO THE PUBLIC

# JOIN TODAY!

Call the  
Nagorski Pro Shop  
at  
**(808) 787-4016**  
for  
membership prices  
and details.

## About Nagorski Golf Course:

- 9 hole course, close to town, easy access to and from Honolulu
- Perfect place for golfers of all skill levels
- Breathtaking views of downtown Honolulu and Diamond Head.
- Great sales throughout the year in the Pro Shop
- Hole #6 was voted one of the best par fives in the state of Hawaii

Digital Garrison



711 Morton Drive • Fort Shafter • Honolulu, 96858

Annual Payment	Single	Family
RANK E1 - E5	\$800	\$1,100
All Remaining Federal ID Card Holders	\$1,400	\$1,800
Civilian	\$1,850	\$2,250



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# **WHEELER PHYSICAL FITNESS CENTER**

 **WE'VE MOVED**   
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**Bldg. 113 to  
Bldg. 102 DFAC**