

USAG HAWAII

# Celebrating with Aloha

JULY 4, 1776-2026



For more details, visit [himwr.com](http://himwr.com) or scan the QR Code below.



*Honor this historic milestone with exclusive USAG Hawaii commemorative merchandise designed to celebrate America's 250th Independence Day with Aloha!*



### Featured Items:

**Limited-Edition Apparel & Wearables**  
T-Shirts, Dry Fit Shirts, Baseball Hats, and Foldable Cowboy Hats

**Collectibles & Body Décor**  
Cup Coolers, Ceramic Mugs, Beer Steins, 250-Year Patches, Stickers, and Temporary Tattoos

**Everyday Essentials**  
Golf Towels, Lanyards, and Tote Bags

### Shop Now!

Visit designated MWR Facilities:  
**Nagorski Golf Course Pro Shop**  
More locations coming soon!

or  
stop by the USAG Hawaii MWR booth at:  
Fun Fest – April 04, 2026  
Independence Day Celebration – July 04, 2026

*Supplies are limited, don't miss out!*

**Celebrate Freedom with Aloha. Support Community. Own History.**



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





**Limited Seating**  
Reservations are recommended!



# Mother's Day BRUNCH

*Hosted by Pacific Palms Catering*  
*A spectacular Sunday Brunch Buffet to celebrate Mother's Day with family and friends.*

## MAIN MENU\*

### BREAKFAST ITEMS

Assorted Pastries & Croissants, Hash Browns, Scrambled Eggs, Applewood Smoked Bacon, Cinnamon French Toast with Assorted Toppings,

### COLD ITEMS

Assorted Fresh Sliced Fruit & Papaya Platter, Chilled Peel & Eat Shrimp with Cocktail Sauce, Deviled Eggs, Lomi Lomi Salmon, Tofu Watercress Salad, Garden Salad with Assortment of Dressings, Caesar Salad, Oriental Chicken Salad, Cold Ginger Chicken

### HOT ITEMS

Steamed White Rice, Garlic Mashed Potatoes, Chicken Piccata, Roasted Vegetables, Miso Salmon with Ginger Buerre Blanc, Oven Fresh Bread Rolls

## STATIONS

### CARVING STATION

Herb Crusted Roast Beef  
Kalbi

### "BUILD YOUR OWN OMELET"

Made fresh by our chefs

## BEVERAGES

Hot Coffee, Hot & Iced Tea, Orange Juice, and Fruit Punch

## DESSERTS

Boston Cream, Pecan, Lemon Meringue & Apple Pie, Warm Bread Pudding with Crème Anglaise Sauce, Red Velvet Cake, Carrot Cake, Chocolate Cake, Assorted Jell-O

## SUNDAY, MAY 10

### 9 A.M.-1 P.M. • HALE IKENA

#### COMMUNITY & ACTIVITY CENTER

711 Morton Drive • Fort Shafter, HI 96858

Office Hours: Monday-Friday • 8:30 a.m.-4:30 p.m.

Open to Active Duty, DOD ID Cardholders, and the Public.

### SEATING TIMES (2-HOUR LIMIT)

9 A.M., 10 A.M., 11 A.M.

**\$59.95 PER PERSON**

(AGES 11 & UP)

**\$24.95 PER CHILD**

(AGES 4-10) Children 3 and under are FREE

\*Menu items subject to change without notice.

\*Gratuuity is not included.



## FOR MORE INFORMATION

To place a reservation, please call

**(808) 787-4011**

**Reservation Deadline:**

Friday, May 1 by 3 p.m.



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# Father's Day Sunday



# BRUNCH

At Hale Ikena Community Activity Center

## Main menu

### BREAKFAST ITEMS

- Assorted Pastries
- Croissants & Scones
- Scrambled Eggs
- Assortment of Breakfast Meats
- Belgian Waffles with Assorted Toppings

## Build your own

Omelet Station

### HOT ITEMS

- Steamed White Rice
- Wisconsin Cheddar Mashed Potatoes
- Hawaiian Sweet Rolls with Lilikoi Butter
- Grilled Huli Huli Chicken
- Kansas City BBQ Baby Back Ribs

### COLD ITEMS

- Assorted Fresh Sliced Fruit
- Papaya Platter
- Poached Shrimp with Sriracha Cocktail Sauce
- Nicoise Salad
- Tomato & Mozzarella Caprese Salad

## SUNDAY, June 21 9 A.M.-1 P.M.

**SEATING TIME (90 MIN. LIMIT)**  
9 A.M., 10 A.M., 11 A.M.

**\$49.95 PER PERSON**  
(AGES 11 & UP)

**\$21.95 PER CHILD**  
(AGES 4-10)

Children ages 3 and under are FREE

**Limited Seating**  
Reservations are recommended!

## Beverages

Hot Coffee, Hot & Iced Tea,  
Orange Juice, Fruit Punch

## Desserts

Pudding Bar  
Assorted Jell-O  
Cake & Pies  
Malasada Bar



\*Menu items subject to change without notice.

\*Gratuity is not included.

### FOR MORE INFORMATION:

Place a reservation, please call **(808) 787-4011**.

Reservation Deadline: Friday, June 5 by 3 p.m.

Office Hours: Monday-Friday • 8:30 a.m.-4:30 p.m.

711 Morton Drive • Fort Shafter, HI 96858



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U.S. ARMY  
18TH ANNUAL  
**ARMY TEN-MILER**  
HAWAII  
USAG HAWAII  
**QUALIFIER**  
SATURDAY, JUNE 13 • 6 A.M.  
**RICHARDSON POOL • SCHOFIELD BARRACKS**  
1757 Kolekole Ave., Bldg. 578 • Schofield Barracks, HI 96857

This event is open to all Active-Duty Service Members, DOD ID Cardholders, Retirees, and their Guests.

Additionally 25th ID will participate in the qualifier. Type of team(s) TBD.

Active-Duty Soldiers aiming to qualify for the official Army Ten-Miler must submit an application signed by their Commander.

*Get ready to race! The official qualifying event for the prestigious Army Ten-Miler is happening right here in Hawaii. This is your chance to represent U.S. Army Garrison Hawaii at the main event in Washington D.C. on Sunday, October 11!*

**To Register:**

Visit any **Army Physical Fitness Center** (Excluding WAAF)

By phone, call **808-787-7460**

Credit Card payment only

Scan the QR Code →

To register online



**Awards & Recognition:**

- Overall race awards will be presented to the top 3 male and female finishers.

- One co-ed team, comprised of the fastest male and female Active-Duty Service Members, will be selected to represent USAG Hawaii at the official Army Ten-Miler in Washington D.C.

**Entry Fee:**

**Early Registration: April 1 - May 15**

\$35 • T-Shirt guaranteed

**Late Registration: May 16 - June 10**

\$45 • T-Shirt not guaranteed

**Day of the Race:**

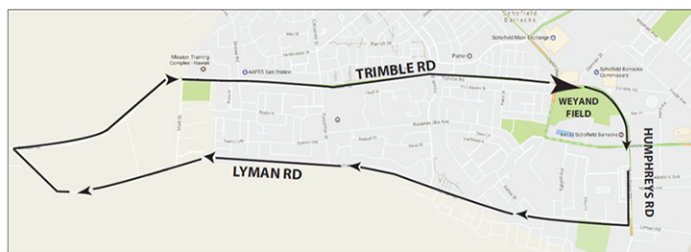
\$45 • T-Shirt not guaranteed

**Packet Pick-up:**

**4:45-5:45 a.m.** (Richardson Pool)

Post-race refreshments will be provided. Strollers are permitted. • Pets are not permitted.

**DOUBLE LOOP ROUTE**



2 loop course, 5 miles per loop. Start/Finish on Trimble fronting Weyand Field

For more information call (808) 787-0715 / 0717 or visit [HiMWR.com](http://HiMWR.com)

# 3RD ANNUAL



## dink, dink SMASH!

# HO'OKŪKŪ

# Pickleball

## TOURNAMENT

### TOURNAMENT FORMAT:

Double Elimination Tournament, depending on the number of teams that sign up.

# SATURDAY, MAY 9

# 8 A.M.

**NEWLY RENOVATED PICKLEBALL COURTS LOCATED ADJACENT TO THE SCHOFIELD BARRACKS ARTS AND CRAFTS CENTER (BLDG. 572) AND POST CONFERENCE ROOM (BLDG. 584)**

### ELIGIBILITY:

Open to all DOD cardholders and Guest Player (non- military with DOD cardholder) Ages 18 & over.

### EARLY REGISTRATION:

\$60 per team.  
Pre-Register by Friday, April 24

### LATE REGISTRATION:

\$80 per team.  
Register by Friday, May 1

### REGISTER:

Register in person at any Army Hawaii Physical Fitness Center (except WAAF) or scan the QR code to register online.

*NO REFUNDS will be issued except for unforeseen circumstances beyond DFMWR's control.*

### DIVISIONS:

Women's Doubles, Men's Doubles, & CoED Doubles. Must have at least 4 teams for each division. If minimum requirement is not met, divisions will be combined. Maximum 10 teams per division.

### CHECK IN:

Saturday, May 9 • 7-7:30 a.m.

### AWARDS:

Awards will be presented to both members of the 1st and 2nd place teams in each division.

### FOR MORE INFORMATION:

Please contact the Sports Office: (808) 787-0717 / 0718

Email:

[usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil](mailto:usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil)  
DFMWR Sports Office located on Schofield Barracks, 730 Leilehua Ave, Bldg. 645, Room 2

Information may also be obtained via the

MWR Sports website: Facebook at IMARMYSportsHI



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

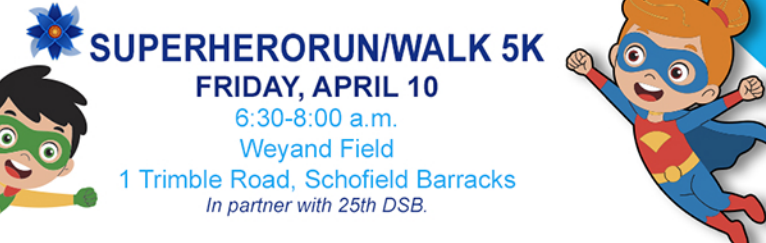


Army Community Service (ACS)  
Family Advocacy Program (FAP) has several  
information sessions throughout the month  
to bring awareness of child abuse.



Family Advocacy Program Staff  
will be out spreading awareness on  
Child Abuse Prevention.

**SUPERHERORUN/WALK 5K**  
**FRIDAY, APRIL 10**  
6:30-8:00 a.m.  
Weyand Field  
1 Trimble Road, Schofield Barracks  
In partner with 25th DSB.



**CHILD SAFETY PLAYGROUP DAY**  
**TUESDAY, APRIL 14**  
10 a.m.-12 p.m.  
SGT Yano Library, Schofield Barracks

**OHANA PAINT PARTY**  
**WEDNESDAY, APRIL 29**  
2-4 p.m.  
Soldier and Family Assistance  
Center (SFAC)  
371 Brannon Road Bldg. 663  
Schofield Barracks



For more information, please contact Army Community Service at 808-787-4227.

**CAPM Outreach Tables:**

**Thursday, April 2**  
11:30 a.m.-12:30 p.m.  
Schofield Barracks PX

**Friday, April 10**  
11:30 a.m.-12:30 p.m.  
Fort Shafter PX

**Wednesday, April 15**  
11:30 a.m.-12:30 p.m.  
Schofield Barracks Commissary

**Friday, April 24**  
11:30 a.m.-12:30 p.m.  
Schofield Barracks PX

**Wednesday, April 29**  
11:30 a.m.-12:30 p.m.  
Schofield Barracks Commissary

**WEAR BLUE EVERY  
MONDAY IN APRIL!**

IN HONOR OF CHILD ABUSE PREVENTION MONTH

**CAPM WAVE**

**FRIDAY, APRIL 3**  
11 a.m.  
ACS Building  
310 Brannon Road, Schofield Barracks

**WEDNESDAY, APRIL 8**  
7:15 a.m.  
Wheeler Elementary School  
1 Wheeler Army Airfield (WAAF)

**TUESDAY, APRIL 28**  
11 a.m.  
ACS Building  
310 Brannon Road, Schofield Barracks



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Military Children and Youth:  
**Strength in Every Story**

For all DOD ID Cardholders and their children.

# MOVIE ON THE LAWN

Child and Youth Services is hosting a free Movie on the Lawn to celebrate the Month of the Military Child! Join us as we honor the "Strength in Every Story" of our amazing military kids with a fun, family-friendly film under the stars.



**FREE!**

**Friday, April 17**

**6:30 - 8:30 p.m.**

Schofield Barracks School Age Center

1885 Lyman Road • Bldg. 1280  
 Schofield Barracks, Hawaii

*Featuring:*



Enjoy **FREE POPCORN**  
 (While supplies last)  
 and more!

Bring your own blankets, chairs,  
 and snacks for a cozy evening.

Wear purple to show your  
 support ("Purple Up!").

To ensure a clear view for all attendees,  
 no tents or umbrellas are permitted.

For more information, call (808) 787-7464



## We Wear Purple!

**Purple Up:**  
 Wearing purple is a visible way to show support and thank military children and youth for their courage and sacrifices. Purple is chosen to symbolize all branches of the military. It is a combination of Army green, Marine Corps scarlet, Coast Guard, Navy and Air Force blue.



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# CARDBOARD Boat Races

## Free!



## Saturday, May 2

### Richardson Pool

1757 Kolekole Ave., Bldg. 578  
Schofield Barracks, HI 96857

Check-in starts at 9 a.m.  
Boats must be ready to race by 10 a.m.

### PURPOSE:

To design and construct a cardboard boat that can carry a crew of a captain and mates (Minimum 1 Person, Maximum of 3 crew members). It will need to be able to stay afloat for approximately 50 meters (around/through the pool obstacle course).

**ALL PARTICIPANTS WILL WEAR THE PFDS PROVIDED BY THE FACILITY AT ALL TIMES.**

### BOAT REQUIREMENTS:

- All boats must be built before the event and will undergo an inspection at check-in to avoid disqualification. *(Teams must also include a mast no taller than 4 feet high)*
- Your boat, including any oars or paddles, must be constructed using only corrugated cardboard, duct tape, and plastic bottles or containers.
- The hull cannot be wrapped or covered with tape, wax, or crayons. Instead, waterproof the vessel by taping the bottom seams from the inside only.
- Prohibited materials include wax-based cardboard and enamel paints, as well as any other substance that could bleed into the pool.
- Any decorations you add must also serve a functional purpose by aiding in the boat's flotation.

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

Registration  
Deadline:  
Saturday, April 25  
by 4 p.m.



### AWARDS:

- **Best in Show:**  
Most creatively designed boat.
- **The Titanic Award:**  
Team with the most dramatic sinking!
- **Fastest to Finish:**  
Team to cross the finish line in the fastest time!
- **Best Team Uniforms:**  
Captain, first mate, and supporting crew themed costumes will be judged on originality and authenticity.

SCAN ME



Scan QR code for hours of operation and rules.

SPONSORED BY:



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This sponsorship does not constitute DOD, Army or Federal Government endorsement.

*Aloha!*

**Free introduction to stand up  
paddle boarding & ocean kayaking.**



*Sponsored by the  
MWR Aquatics and Outdoor  
Recreation Departments*

# AQUATICS SAFETY Day

Open to all DOD ID Cardholders  
and sponsored guests.

## JOIN US FOR:

- Safety equipment demonstrations
  - Water safety instruction
- Prizes for all attendees  
(while supplies last)!



**SATURDAY,  
April 18**

**10 A.M.-2 P.M.  
FREE!**



**RICHARDSON POOL**

1757 Kolekole Ave., Bldg. 578  
Schofield Barracks



For more information, call Richardson Pool at

**(808) 787-4090.**

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UNITED STATES ARMY  
CHILD & YOUTH SERVICES

US ARMY GARRISON HAWAII

MORALE, WELFARE & RECREATION

# Job Fair



SCAN QR CODE  
TO START YOUR  
FEDERAL CAREER!



**NEW  
BENEFIT**

ALL CYS staff will receive 100% **FREE** childcare for their first child and 25% for any additional children!

CYS POSITIONS  
START:  
**\$19.67** PER HOUR  
+ \*8.64% COST OF LIVING  
ALLOWANCE  
  
\*SUBJECT TO CHANGE  
WITHOUT NOTICE



Flexible work hours with  
full-time, part-time,  
& flex positions

Opportunities to  
work in USAG-HI's  
new CYS facilities

## OUR EMPLOYEE BENEFITS

- Insurance coverage for full-time & part-time employees.
- Paid leave for full-time & part-time employees.
- Paid parental leave (restrictions apply).
- Retirement options and 401k savings plan.
- Career progression with world class training.
- Access to DFMWR Fitness Centers, Arts & Crafts Center, and other services.
- Easy lateral transfers using the Army NAF CEAT program.
- **TAX FREE GROCERY\* & RETAIL STORE PRIVILEGES.**

\*Certain benefits are subject to CYS Employees only

OPEN TO THE PUBLIC  
**TUESDAY,  
 APRIL 21**  
**8:30 A.M.-1:30 P.M.**  
 ALIAMANU MILITARY RESERVATION  
 PHYSICAL FITNESS CENTER  
 176 Kauhini Road, Bldg. 1780 Honolulu, HI 96818  
**CHECK US OUT ONLINE!**  
 Find more tips, necessary documents,  
 & how-to's on our website  
<https://hawaii.armymwr.com/employment>



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





# APRIL PROGRAMS

**Registration deadline:** 48 hours prior to the event date.

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

**Friday,  
April 3**

## Pau Hana: Blitz Ball Pickup Game

**Time:** 3:30-4:30 p.m. | **Price:** \$15 per person | **Age:** 10 & up

**Location:** Outdoor Recreation Center

A scrimmage-style game of Blitz Ball bubble soccer on ODR's grass field.



**Saturday,  
April 11**

## Intro to Surf

**Time:** 9-11 a.m. | **Price:** \$85 per person | **Age:** 10 & up  
**Location:** White Plains Beach, Ewa Beach (meet on site)

*Must be able to swim 300 meters and tread water 1 minute*



**Friday,  
April 17**

## Pau Hana: Archery Training

**Time:** 3:30-4:30 p.m. | **Price:** \$20 per person | **Age:** 10 & up

**Location:** Outdoor Recreation Center



**Saturday,  
April 25**

## Ke Ala Pūpūkea Bike Ride & Snorkel

**Time:** 7-10 a.m. | **Price:** \$45 per person (+\$10 per snorkel set)\*

**Age:** 10 & up | **Location:** Outdoor Recreation to

Sunset Beach Park, Hale'iwa (transport provided from ODR)

*Must be able to swim 300 meters and tread water 1 minute*

*\*Snorkel subject to weather and wave conditions*



**Experience Hawai'i with the Outdoor Recreation Center!**

### RENTALS:

Stop by the Outdoor Recreation Center for all of your adventure needs! Tents, surfboards, camping gear, stand up paddleboards, and more!



For more information,  
call (808) 787-4097

435 Ulrich Way • Bldg. 2110 • Schofield Barracks, HI 96857

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# MAY 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,  
May 2**

## Makapu'u Tide Pools Hike

Time: 6-10 a.m. | Price: \$20 per person 8 & up, \$5 for youth 7 & under.

Location: Outdoor Recreation to Makapu'u (transportation provided from ODR)



**Friday,  
May 8**

## Pau Hana Series: Haleiwa Sunset Paddle

Time: 3-4:30 p.m. | Price: \$20 per person | Age: 10 & up | Location: Haleiwa (meet on site)

*Must be able to swim 300 meters and tread water 1 minute*



**Saturday,  
May 9**

## Ka'ena Pt. Hike (West Side)

Time: 6-10 a.m. | Price: \$20 per person | Age: 10 & up | Location: Outdoor Recreation to Ka'ena Pt. Trailhead (West) (transportation provided from ODR)

**Saturday,  
May 16**

## Intro to Surf

Time: 9-11 a.m. | Price: \$85 per person | Age: 10 & up | Location: White Plains Beach (meet on site) *Must be able to swim 300 meters and tread water 1 minute*



**Friday,  
May 22**

## Pau Hana Series: Ford Island Bike Ride

Time: 3-4:30 p.m. | Price: \$10 bring your own bike, \$20 per Mountain Bike, \$30 per E-Bike | Location: Ford Island (meet on site)

**Saturday,  
May 23**



## All American Blast

*Drop-in GellyBall play, free use of ODR's All American Bouncer, and bottomless shave-ice to beat the Hawai'i heat!*

Time: 10 a.m.-2 p.m. | Price: \$20 per person  
Location: Outdoor Recreation (meet on site)

**Saturday,  
May 30**

## Kane'ohe Bay Kayak + Snorkel

Time: 9 a.m.-12 p.m. | Price: \$75 per single kayak, \$100 per tandem kayak  
\$10 per snorkel set | Age: 10 & up | Location: Kane'ohe Bay (meet on site)

*Must be able to swim 300 meters and tread water 1 minute*



**Experience Hawai'i with the Outdoor Recreation Center!**

### RENTALS:

Stop by the Outdoor Recreation Center for all of your adventure needs! Tents, surfboards, camping gear, stand up paddleboards, and more!



For more information,  
call (808) 787-4097

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HiMWR.com or MWR HAWAII

Open to all Single Soldiers and Geo-Bachelor Soldiers

# BOSS

BETTER OPPORTUNITIES  
FOR SINGLE SOLDIERS

# THE ULTIMATE HANGOUT NIGHT



AT THE HANGAR ENTERTAINMENT CENTER

EVERY 4TH THURSDAY OF THE MONTH

Kick back, relax, and make the most of your night with BOSS. Bring your friends or meet new ones!

FREE ENTRY

6-10 P.M.

After 8 p.m. (18 years & older only)



Scan the QR Code to register online.

Please register through BOSS Link tree:  
<https://linktr.ee/BOSSUSAGH>  
l?utm\_source=qr\_code

ENJOY

- Pool
- Foosball
- Board Games
- and Karaoke

FOOD & BEVERAGES AVAILABLE FOR PURCHASE.



FOR MORE INFORMATION, CALL (808) 330-9455



1735 Wright Avenue, Bldg. 835  
Wheeler Army Airfield, HI 96857

HiMWR.com or MWR HAWAII



# LIFE SKILL

## AUTO SKILLS



**Registration Deadline:**  
24 Hours prior to the event



Scan the QR  
Code to  
register online.

### TO REGISTER

Visit the BOSS Linktree at:  
[https://linktr.ee/BOSSUSAGHI?utm\\_source=qr\\_code](https://linktr.ee/BOSSUSAGHI?utm_source=qr_code)



**THURSDAYS**  
**2-5 P.M. • FREE**

**MAY 14**  
**BRAKE PADS & ROTORS CHANGE**

**JUNE 11**  
**TIRE CHANGE & ROTATION**

**JULY 9**  
**TUNE UP**

**AUGUST 13**  
**PREVENTIVE MAINTENANCE**  
**CHECKS & SERVICES**

**SEPTEMBER 10**  
**OIL & FILTER CHANGE**

**CLASS WILL BE TAUGHT BY MR. RODGER**  
**AT THE AUTO SKILLS CENTER.**

249 Duck Rd., Bldg. 910 • Schofield Barracks, HI 96786

**FOR MORE INFORMATION,**  
**CALL (808) 330-9455**



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LEILEHUA GOLF COURSE

# Mother's DAY SALE

Treat Mom to something special!

**ALL MERCHANDISE**

This amazing discount even includes  
already marked down items!

(Excludes golf balls and special orders).

ENJOY  
**20%**  
OFF

SALE DATES:  
FRIDAY, MAY 1-  
SUNDAY, MAY 10



FOR MORE  
INFORMATION, CALL  
**(808) 787-4653**

**Pro Shop Hours:**  
6 a.m.-6 p.m.  
Monday - Sunday

199 Leilehua Road • Bldg. 6505  
Wahiawa, HI 96786



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



Walter J. Nagorski Golf Course Pro Shop

# TAX RETURN SALE

**Tuesday, April 14 -  
Sunday, April 26**

**E1-E5 Patrons receive 20% off all merchandise**

**All Other Patrons receive 15% off all merchandise**

**Members receive an additional 10% off**

(Excludes golf balls, special orders, food & beverages, and tobacco products.)

**Turn your tax return into  
Big Time savings at the Golf Course!**

**Stop by the Pro Shop or  
call (808) 787-4016 for more information.**



Nagorski G.C.  
FORT SHAFTER, HAWAII



711 Morton Drive Bldg. 711  
Fort Shafter, HI 96858

HiMWR.com or MWR HAWAII

SCAN ME



Open to DOD ID Cardholders and the public ages 7 years & older.  
Public must have installation access, for more information visit  
<https://home.army.mil/hawaii/about/visitor-information>  
or scan the QR code.

Discover the fun of golf in a relaxed, beginner-friendly setting!

Open to Active Duty, DoD ID Cardholders and Guests.



Leilehua G.C.

Perfect for new or returning players, this clinic covers swing basics, short game, etiquette, and on-course rules. You will learn alongside others at your skill level for a supportive experience!

### Saturday Clinic Dates:

December 20, 2025

February 21, 2026

July 18, 2026

September 12, 2026



# SPOUSE CLINICS

## INTRODUCTION TO GOLF

Instruction from 4-5 p.m. at the Leilehua Golf Course Driving Range Practice Area, followed by a Q&A session at 604 Clubhouse.

Food and drink available for purchase. Registration: \$15 (Spaces limited to 12 participants); must register by close of business the day prior to clinic.

Instructors: Rachael Krueger, LPGA & Paul D Vasquez, PGA



To register call or email Paul D Vasquez at (520) 687-2830 or [paul.d.vasquez2.naf@army.mil](mailto:paul.d.vasquez2.naf@army.mil)

199 Leilehua Road • Bldg. 6505 • Wahiawa, Hawaii 96786



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

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Lee Health & Fitness Center

# POWER PLAY BINGO



### HOW TO PLAY:

- Complete Each Block
- Perform the activity listed in each block on your Bingo Card.
- Once you've completed an activity, let the staff know to mark your progress.

Your Bingo Card is good for 3 months, which means you have 3 months to either "Form a Line" and complete the BLACKOUT Challenge. You don't have to complete all the blocks at once – pace yourself, you have 3 months to enjoy the challenge.

### HOW TO WIN:

- **Form a Line:** Complete a horizontal, vertical, or diagonal line on your Bingo Card.
- Once you've completed a line, let the staff know and claim your small prize.
- **Blackout Challenge:** Complete every block on your Power Play Bingo Card to achieve a **BLACKOUT**.

**BLACKOUT** winners will receive an exclusive SFA Hawaii Swag Item.

Power Play Bingo combines fun fitness activities with healthy habits to keep you moving and motivated.

**GET YOUR POWER PLAY BINGO CARD TODAY!**



**FREE**

Any questions, please see Lee Health & Fitness Center Staff

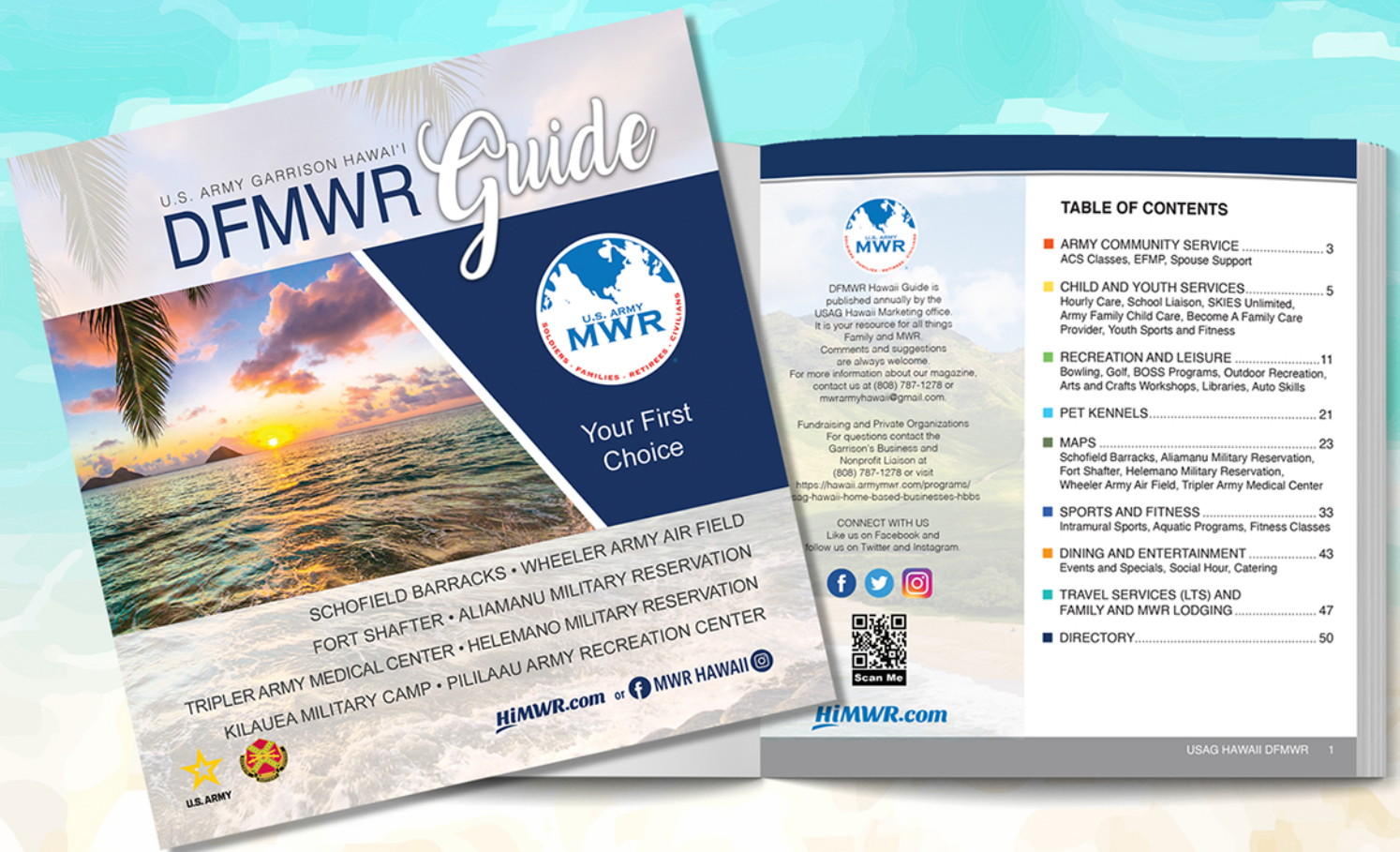
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# USAG Hawaii DFMWR Guidebook

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