

### Hosted by MWR Sports & Fitness

What a unique and perfect way to spend a Fall Aloha Friday evening sipping and enjoying a 2-mile stroll through Nagorski Golf Course.



Open to all DoW ID Cardholders ages 21 & older only. • Child-Free even

Be the first 50 to register to receive an event wine glass!

# Friday, November 7 6 p.m.

Nagorski Golf Course

711 Morton Drive, Fort Shafter

# SIP & STREET

Early Registration: \$25 until October 19

Late Registration: \$30 from October 20 -November 5

Same Day Registration: \$30

No refunds



Register in person at any Army Physical Fitness Center (excluding WAAF) or over the phone at (808) 787-4039 or scan the QR Code to register online.

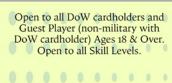
For more information, call (808) 787-5738.













\*Rain Out Dates: Friday, November 21 • 5 p.m. Saturday, November 22 • 8 a.m.

#### LOCATION:

 Tennis Courts next to Lee Health & Fitness Center or Tennis Courts next to **Martinez Fitness Center.** 

# FRIDAY, NOVEMBER 14 0 5 P.M. & SATURDAY, NOVEMBER 15 0 8 A

COLE ELIMINATION

#### **Division:**

Women's Doubles Friday, November 14 Check-in 4-4:45 p.m.

Men's Doubles & CoEd Doubles Saturday, November 15 Check-in 7-7:45 a.m.

Must have a minimum of 4 teams per division. If minimum requirements are not met, divisions will be combined.



#### **Registration:**

Early Registration: \$60 Per Team

Register by Friday, October 31 (T-Shirt Guaranteed)

Late Registration: \$80 Per Team



Register in personal any Army Physical Filmess Center continuous, or sean the QLCCO to register on line.

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

PICKLEBALL IS LIFE... PLAY - EAT - SLEEP













TVIATRUUNIEZ PHYSICAL FITNESS CENTER HIVIR PHYSICAL FITNESS CENTER

Team Awards will be presented to the 1st and 2nd place teams!

For more information, call (808) 787-0717 or (808) 787-0718. Visit our USAG Hawaii Sports, Fitness & Aquatics Office 730 Leilehua Avenue, Bldg. 645, Room 2, Schoffeld Barracks

Information may also be obtained via the MWR Sport website: Facebook at IMARMYsportsHI









#### Registration Deadline: No later than 4 p.m. on Friday, November 14

Registration forms are available online, at all Army Hawaii Physical Fitness Center (except WAAF) or the USAG Hawaii Sports, Fitness, & Aquatics Office.



Register by scanning the QR Code.



#### 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.

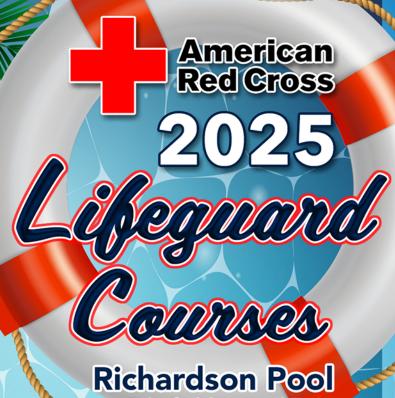
#### COST:

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



HIMWR.com or MWR HAWAII

MWR



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

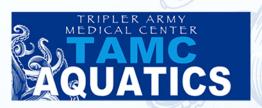
August 18 - 22

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.



# 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		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.

























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



# ORIENTATION

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

# OCTOBER 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
			Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.		Martinez PFC 9:30 a.m.
29	30	31	LEE HFC 6 p.m.	TAMC PFC 6 p.m.	3	TAMC PFC 10 a.m.
	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.		Martinez PFC 9:30 a.m.
5	LEE HFC 6 p.m.	TAMC PFC 6 p.m.	LEE HFC 6 p.m.	TAMC PFC 6 p.m.	10	TAMC PFC 10 a.m.
	;***;	Martinez PFC 12 p.m.	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.		Martinez PFC 9:30 a.m.
12	Day 13	TAMC PFC 6 p.m. <b>14</b>	LEE HFC 6 p.m. <b>15</b>	TAMC PFC 6 p.m. <b>16</b>	17	TAMC PFC 10 a.m. <b>18</b>
	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.	Fort Shafter PFC	Martinez PFC 12 p.m.		Martinez PFC 9:30 a.m.
19	LEE HFC 6 p.m. <b>20</b>	TAMC PFC 6 p.m. <b>21</b>	11:30 a.m. LEE HFC 6 p.m.	TAMC PFC 6 p.m. <b>23</b>	24	25
	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.	2	
26	LEE HFC 6 p.m. <b>27</b>	TAMC PFC 6 p.m. 28	LEE HFC 6 p.m. <b>29</b>	TAMC PFC 6 p.m. <b>30</b>	HAPPY HALLOWEEN 31	1















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

# NOVEMBER 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

Sun	day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							Martinez PFC 9:30 a.m.
	26	27	28	29	30	31	1
		Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.		Martinez PFC 9:30 a.m.
	2	LEE HFC 6 p.m.	TAMC PFC 6 p.m.	LEE HFC 6 p.m.	TAMC PFC 6 p.m.	7	8
		Fort Shafter PFC 11:30 a.m.	HAPPY VETERANS	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.		Martinez PFC 9:30 a.m.
	9	LEE HFC 6 p.m. <b>10</b>	DAY HONORING ALL WHO SERVED 11	LEE HFC 6 p.m. <b>12</b>	TAMC PFC 6 p.m. <b>13</b>	14	15
		Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.		Martinez PFC 9:30 a.m.
	16	LEE HFC 6 p.m. <b>17</b>	TAMC PFC 6 p.m. <b>18</b>	LEE HFC 6 p.m. <b>19</b>	TAMC PFC 6 p.m. <b>20</b>	21	22
		Fort Shafter PFC 11:30 a.m.	Martinez PFC 12 p.m.	Fort Shafter PFC 11:30 a.m.	HAPPY		Martinez PFC 9:30 a.m.
	23	LEE HFC 6 p.m. <b>24</b>	TAMC PFC 6 p.m. <b>25</b>	LEE HFC 6 p.m. <b>26</b>	27	28	29
	30	1	2	3	4	5	6















# Download MY ARMY POST APP

## LEE HEALTH & FITNESS CENTER

<u> </u>					
JANUARY	<ul> <li>MISSION SLIMPOSSIBLE (\$)</li> <li>GLOW ZUMBA DANCE PARTY AT TROPICS (\$)</li> </ul>				
MARCH	<ul> <li>ALOHA JAM: 3 ON 3 BASKETBALL TOURNAMENT AT MARTINEZ PHYSICAL FITNESS CENTER (\$)</li> </ul>				
APRIL	• DA HO 'IKAIKA HUI: TEAM SBD COMPETITION. ASSEMBLE A TEAM OF THREE, EACH MEMBER WILL COMPETE IN ONE OF THE THREE EVENTS (SQUAT, BENCH PRESS, OR DEADLIFT). (\$)				
MAY	<ul> <li>AVENGER CHALLENGE: THIS EVENT WILL BE COMPRISED OF SIX STATIONS FOR THE BEST TIME. (\$)</li> </ul>				
JULY	• 22 A DAY: AMRAP (AS MANY ROUNDS AS POSSIBLE) CHALLENGE (FREE) • UNWINED (\$)				
AUGUST	• HO' OKUKU PICKLEBALL TOURNAMENT (\$)				
SEPTEMBER	• 9/11 STAIRMASTER CHALLENGE (\$) OR (FREE) W/O T-SHIRT				
NOVEMBER	• TURKEY DRI TRI (\$)				

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

ALL PROGRAM DATES ARE TENTATIVE AND ARE SURJECT TO CHANGE





# 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 (0) (\$)	STONEMAN COMPLEX
MAY 3	ARMY STRONG BANDS PICKLEBALL TOURNAMENT (0)	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 (0) (\$)	STONEMAN COMPLEX
JUL 7-18	DODGEBALL TOURNAMENT (0)	MARTINEZ OR HMR
JUL 7-18	CORNHOLE TOURNAMENT (0)	MARTINEZ OR HMR
JUL 26-27	ARMY HAWAII DISC GOLF TOURNAMENT (0)	STONEMAN COMPLEX
AUG 11-22	ARMY HAWAII SAND VOLLEYBALL TOURNAMENT (0)	TROPICS
AUG 25-NOV 21	FLAG FOOTBALL LEAGUE (R)	STONEMAN STADIUM
SEP 13-14	FALL CLASSIC SOFTBALL TOURNAMENT (0)(\$)	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.

(S)- 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











#### FORT SHAFTER PHYSICAL FITNESS CENTER

Monday - Friday • 5 a.m.-7 p.m. Saturday & Sunday • Closed Federal Holidays • Closed



#### TRIPLER ARMY MEDICAL CENTER PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m. Saturday & Sunday • Closed Federal Holidays • Closed



#### ALIAMANU MILITARY RESERVATION PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m. Saturday & Sunday • Closed Federal Holidays • Closed



Gyms with 24/7 Fitness access privilege.



Scan the QR code for more facility information, 24/7 fitness access and upcoming events



#### WHEELER ARMY AIRFIELD PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m. Saturday & Sunday • Closed Federal Holidays • Closed

#### **MARTINEZ** PHYSICAL FITNESS CENTER

Monday - Friday • 5 a.m.-8 p.m. Saturday & Sunday • 7 a.m.-1 p.m. Federal Holidays • 7 a.m.-1 p.m.



#### LEE **HEALTH & FITNESS CENTER**

Monday - Friday • 6 a.m.-7 p.m. Saturday & Sunday • Closed Federal Holidays • Closed



#### HELEMANO MILITARY RESERVATION PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m. Saturday & Sunday • Closed Federal Holidays • Closed



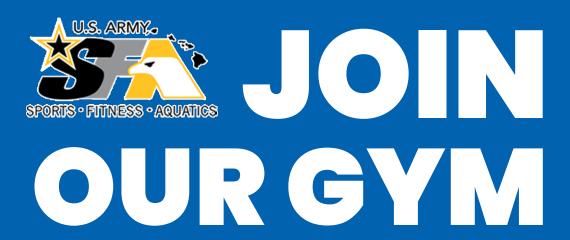












USAG-Hawaii MWWR is looking for group fitness instructors.

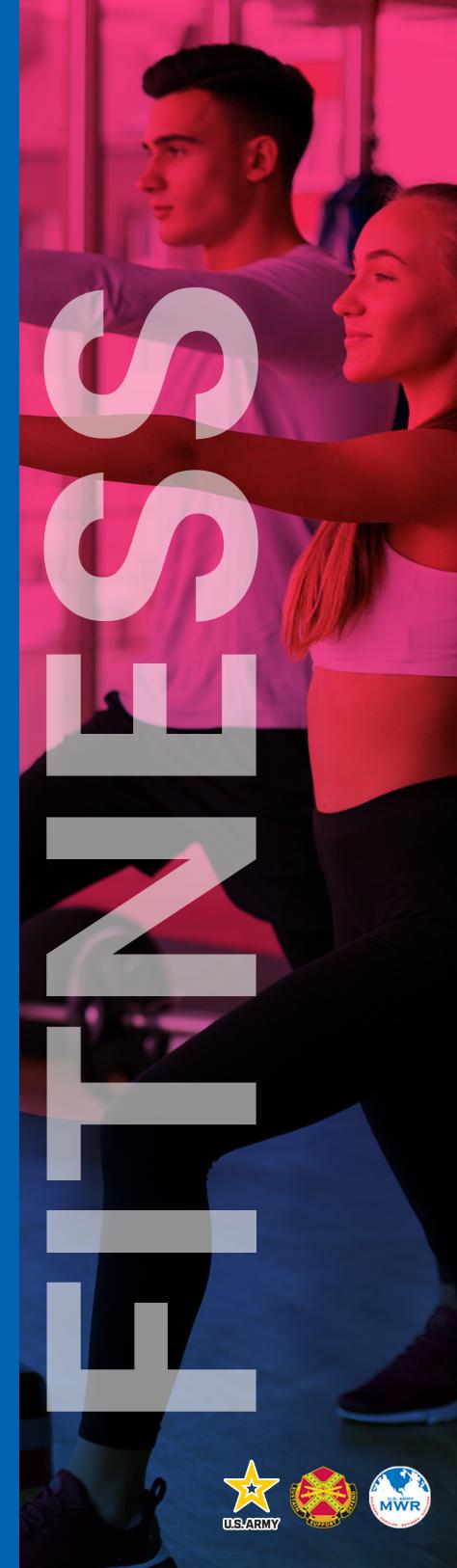
# **ALL APPLICANTS MUST SUBMIT**

- 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









# OWEVE MOVED 9

Bldg. 113 to Bldg. 102 DFAC

# LEE HEALTH & FITNESS CENTER 24 HOUR ACCESS NOW AVAILABLE

- Current patrons with a pass for FS PFC, Martinez or TAMC PFC do not automatically get access to LEE HFC. If access to LEE HFC is needed please stop by FS PFC, Martinez, TAMC or LEE HFC and request that LEE HFC is added to their pass.
- New users that want access to LEE HFC can attend the orientations at FS PFC, Martinez, TAMC PFC or stop by LEE HFC and request to sign up.

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

Lee Health & Fitness Center 1554 Trimble Road, Bldg. 582 Schofield Barracks 96857







**USAG HAWAII SPORTS, FITNESS & AQUATICS** 



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.



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





SPORTS · FITNESS · AQUATICS



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.





Call the Nagorski Pro Shop

(808) 787-4016

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

777 Morton Ditae Coft

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









U.S. ARMY GOLF . HAWAII

# GOLF FEES

Effective April 1, 2025



# Walter J. Nagorski Golf Course

711 Morton Drive • Fort Shafter, Hawaii • (808) 787-4016

DAILY GREEN FEES DISCOUNT CARDS

CATEGORY Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.	9 HOLES	18 HOLES	10 PLAY	30 PLAY
E1 - E5 Active Duty Enlisted / Youth (17 & under)	\$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



199 Leilehua Road • Wahiawa, Hawaii • (808) 787-4653

DAILY GREEN FEES DISCOUNT CARDS

CATEGORY Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.	9 HOLES	18 HOLES	10 PLAY	30 PLAY
E1 - E5 Active Duty Enlisted / Youth (17 & under)	\$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

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

Spectator Fee \$20







Nagorski Golf Course

Open to all DOD ID Cardholders and the public ages 7 and older.

Proudly sponsored by dedicated supporters of DFMWR

# Funciom Game I

Sharpen your skills and lower

your score with our complimentary

short game clinics held monthly

on our course.

Free to

Participants.

Equipment

if Needed.

MONTHLY

st Saturday: **ADULTS** 

10=11:00 a.m.

Second Saturda

YOUTH (Ages 7 - 17 years old)

10=11:00 a.m.

Clinic days are subject to cancelation.



Nagorski G.C.

## **Spaces are limited!**

Registration Deadline:

Friday before each clinic.

Register at the Nagorski Golf Shop.



(808) 787-401**6**. 711 Morton Drive • Fort Shafter • Honolulu, Hawaii

Open to DOD ID Cardholders and the public Public must have installation access, for more information visit https://home.army.mil/hawaii/about/visitor-information



















on Fort Shafter, to play a quick nine holes while you wait!



Showyour Hale Koarroom key for the special pricing!

Special includes a green fee, cart fee and a rental set.

E1-E5 ACTIVE DUTY / JUNIORS (UNDER 17 YEARS OLD): \$23 PER PLAYER

**ALL OTHER AUTHORIZED PATRONS: \$32** PER PLAYER

**GUESTS/PUBLIC: \$40** PER PLAYER

For more information, please contact the Golf Pro Shop at (808) 787-4016.

Office Hours: Tuesday - Sunday 6:30 a.m.-6 p.m. 711 Morton Dr. • Fort Shafter • Hawaii 96858







# WALTER J. NAGORSKI GOLF COURSE

# Open to Active Duty, Veterans, DoW Employees, and Civilians

1:00 p.m. Shotgun Start

#### Format:

18-Hole Two-Person Team Scramble Grab a partner and battle it out for bragging rights!

#### **Entry Fee:**

\$30 per person Tournament Fee (Green fees and cart fees not included) Entry Deadline: Saturday, November 1

After-Round Pupus (Light Bites and Appetizers) Prizes for Top Teams and More!



Limited spots

available -Don't miss out!

> Sign up at the Pro Shop or call (808) 787-4016 for more information.

Open to DoW 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.



Celebrate Our Veterans Service, with camaraderie, and some great golf!

HONORING ALL WHO SERVED





