




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

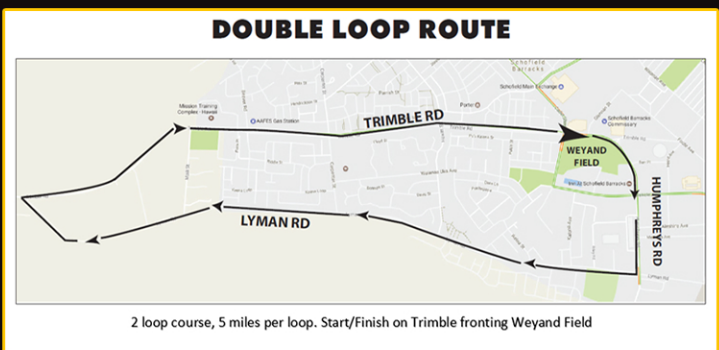


Awards & Recognition:

- 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.



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



HiMWR.com or MWR HAWAII

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MARTINEZ PHYSICAL FITNESS CENTER

ALL ACTIVE-DUTY MILITARY AND DOD ID CARDHOLDERS AGED 18 AND OLDER.

MURPH CHALLENGE

**MONDAY, MAY 25 -
SATURDAY, MAY 30**
7 a.m. - 8 p.m.

In Honor of
of
Navy SEAL
Lt. Michael P. Murphy

ALL FITNESS LEVELS WELCOME.

- 1-MILE RUN
- 100 PULL-UPS
- 200 PUSH-UPS
- 300 BODYWEIGHT SQUATS
- 1-MILE RUN

The Pull-Ups, Push-Ups, and bodyweight squats can be partitioned and scaled as needed. Participants are encouraged to wear a 20 lb. (Male) and 14lb. (Female) body vest.*

*Please note that Martinez Physical Fitness Center will not provide weighted vests.

Entry Fee:

\$5 (without t-shirt)

\$20 (includes commemorative t-shirt)

Credit Card ONLY. No Refunds.

Limited time slots!

For more information
call (808) 787-0721.
Registration available at the Martinez Physical Fitness Center
front desk from Friday, May 1 to Saturday, May 30.



STRONGER TOGETHER
GRAB A PARTNER
AND TAKE ON THE
MURPH

SPONSORED BY:



HiMWR.com or MWR HAWAII



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

USAG HAWAII SPORTS, FITNESS & AQUATICS

5 FIVE HUNDRED MILE HOLOMUA KAKOU MILE RUN CLUB

OPEN TO ALL DOD ID CARDHOLDERS

January 1, 2026 - December 31, 2026

Register at any MWR Physical Fitness Center
(Except WAAF)

Join the Hololomua Kakou (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 KAKOU 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, 2026 to complete the 500 miles.

So, lace up your shoes, track your miles at one of our facilities and celebrate your achievement with us.

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

SCAN ME



Scan the QR code for facility hours of operation.



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MARTINEZ FITNESS FACILITY



Thursday, January 1 - Thursday, December 31, 2026

**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 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 DOW ID Cardholders 18 years & older.

Monday - Friday: 5 a.m.-8 p.m.
Saturday & Sunday: 7 a.m.-1 p.m.

**FOR MORE INFORMATION,
PLEASE SEE STAFF ON
DUTY OR CALL:
(808) 787-0721.**

AWARDS

BRAGGING RIGHTS!

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



U.S. ARMY

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HOURS OF OPERATION



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 ME



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



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

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

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UPDATE



24/7 Fitness orientations are held at Lee 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, and Lee Health & Fitness Center

APRIL 2026

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

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



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APRIL 2026

FITNESS CLASS SCHEDULE

Lee Health & Fitness Center

Monday - Friday

6 a.m.-7 p.m.

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 Heidi*

*Special
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group	<u>Spin</u> 9 a.m. 1	2	3	Recycle Run @Weyand Field 4
5	6	7	<u>Spin</u> 9 a.m. 8	9	10	11
12	13	14	<u>Spin</u> 9 a.m. 15	16	17	18
19	20	21	<u>Spin</u> 9 a.m. 22	23	24	25
26	27	28	<u>Spin</u> 9 a.m. 29	30		



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2026 INTRAMURAL SPORTS CALENDAR

JANUARY - APRIL		
	BASKETBALL LEAGUE (R)	MARTINEZ / HMR / TAMC
	3-POINT SHOOTOUT (R)	MARTINEZ / HMR / TAMC
	KICKBALL TOURNAMENT (O)	STONEMAN COMPLEX / TAKATA FIELD
	VOLLEYBALL TOURNAMENT (R)	MARTINEZ / HMR
	FUTSAL/INDOOR SOCCER TOURNAMENT (R)	MARTINEZ / HMR
APR 24-26	STONEMAN SHOWDOWN SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX
MAY - AUGUST		
MAY 8-10	STRONG BANDS HO'OKUKU PICKLEBALL TOURNAMENT (O)(\$)	ARTS & CRAFTS PICKLEBALL COURTS
	SOFTBALL LEAGUE (R)	STONEMAN COMPLEX / TAKATA FIELD
	SPEEDBALL TOURNAMENT (O)	STONEMAN STADIUM
	OUTDOOR SOCCER LEAGUE (R)	STONEMAN STADIUM
JUL 10-12	SUMMER SLUGFEST SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX
	DODGEBALL TOURNAMENT (O)	MARTINEZ / HMR
	CORNHOLE TOURNAMENT (O)	THE HANGAR ENTERTAINMENT CENTER
	ARMY HAWAII DISC GOLF TOURNAMENT (O)	STONEMAN COMPLEX
	ARMY HAWAII SAND VOLLEYBALL TOURNAMENT (O)	TROPICS RECREATION CENTER
	FLAG FOOTBALL LEAGUE (R)	STONEMAN STADIUM / TAKATA FIELD
SEPTEMBER - DECEMBER		
SEP 11-13	SEPTEMBER SERIES SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX
	ULTIMATE FRISBEE TOURNAMENT (O)	STONEMAN STADIUM / TAKATA FIELD
OCT 16-18	PICKLE-OR-TREAT PICKLEBALL TOURNAMENT (O)(\$)	ARTS & CRAFTS PICKLEBALL COURTS
	RUGBY RUMBLE TOURNAMENT (O)	STONEMAN STADIUM / TAKATA FIELD
	SLEIGH THE COURT 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 DOW 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 ROOM 2, SCHOFIELD BARRACKS 96857 • INFORMATION MAY ALSO BE OBTAINED VIA THE MWR SPORTS WEBSITE OR FACEBOOK AT IMARMYSPORTSHI



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LET'S KEEP OUR COURTS CLEAN!

WE LOVE SEEING EVERYONE ENJOY OUR PICKLEBALL COURTS! TO KEEP THEM SAFE AND FUN FOR ALL, PLEASE REFRAIN FROM USING CHALK OR ANY OTHER MATERIALS TO DRAW, TRACE, ETCH, OR MARK ON THE PLAYING SURFACES. YOUR COOPERATION HELPS US MAINTAIN A CLEAN, SAFE, AND LONG-LASTING COURT FOR OUR COMMUNITY.



Mahalo Nui Loa!



3RD ANNUAL



dink, dink SMASH!

HO'OKŪKŪ

Pickleball

TOURNAMENT

TOURNAMENT FORMAT:

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

SAT., MAY 9 - SUN., MAY 10

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 & Sunday, May 10 • 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
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 or [MWR HAWAII](https://www.facebook.com/IMARMYsportsHI)



Season: Monday, May 18 - Friday, August 7

2026

Softball

ARMY HAWAII COMPANY LEVEL INTRAMURAL LEAGUE

FREE

**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 Hawaii Sports Office for further details).

ENTRY DEADLINE: All applications must be received by the USAG Hawaii Sports Office no later than 4 p.m. on Wednesday, May 6. Applications may also be emailed to the USAG Hawaii Sports Office Applications at: usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

Registration forms are available online or USAG Hawaii Sports Office.

Register by scanning the QR Code.



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

**For more information: Contact the USAG Hawaii Sports Office at
730 Leilehua Ave., Bldg. 645, Rm. 2 • Schofield Barracks
(808) 787-0717 / (808) 787-0718**



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Stoneman Stadium (Schofield Barracks)

SEASON STARTS:

Monday, May 18

SEASON PERIOD: MAY 18 - AUGUST 7

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



Registration forms are available online or USAG Hawaii Sports Office.

ENTRY DEADLINE: All applications must be received by the USAG Hawaii Sports Office no later than 4 p.m. on Wednesday, May 6, 2026. Applications may also be scanned/mailed to the Sports Office at usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

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 Hawaii Sports Office for further details).

ORGANIZATION MEETING:

Thursday, May 7
3 p.m. at USAG Hawaii Sports Office.
730 Leilehua Ave,
Bldg. 645, Room 2,
Schofield Barracks, HI.

MORE INFORMATION:

Contact The USAG Hawaii Sports Office:
730 Leilehua Ave, Bldg. 645
Room 2, Schofield Barracks or call
(808) 787-0717 or (808) 787-0718.

Information may also be obtained via the MWR Website:
<http://www.himwr.com>
Facebook page:
Hawaii ARMY Intramural Sports @IMARMYsportsHI.



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HOMESCHOOL FITNESS PROGRAM



SESSIONS:

EVERY THURSDAY

May 7-
June 18

11:30 A.M.-12:30 P.M.

REGISTRATION

Must be registered with CYS.

First Time & Renewing Participants

Register at Parent Central Services or online with Web Trac
(Online enrollment is available for limited activities.)

Schofield Barracks
Parent Central Services
241 Hewitt St. • Bldg. 1283
(808) 787-7464



PCS Hours of Operation

AMR Parent Central Service
154 Kauhini Road • Bldg. 1782
(808) 787-7465

Web Trac



Web Trac Registration

Scan QR code to access Web Trac, registration, and see available activities.

Scan QR code for Web Trac online registration instructions.



Web Trac Instructions

CYS SPORTS OFFICE

For information regarding our Youth Sports Program or becoming a Volunteer Coach, contact your local Youth Sports Office:

Schofield Barracks
2251 McMahon Rd. • Bldg. 9090
(808) 630-7305

AMR
154 Kauhini Road • Bldg. 1782
(808) 330-9327

Are you a homeschooling parent looking for a fun and educational way to keep your kids active while earning school credits? The CYS Homeschool Fitness Program offers a unique blend of physical activity and learning to keep your kids engaged and healthy.

REGISTRATION DATES: APRIL 1-30

LOCATIONS:

Bennett Youth Center Gym
2251 McMahon Road, Bldg. 9090
Schofield Barracks, Hawaii 96857

AMR School Age Center Gym
154 Kauhini Road, Bldg. 1782
Honolulu, Hawaii 96818

COST:

\$30 per child

Must be 5 years old by May 7, 2026.
(Ages: 5-18) Year of eligibility: 2008-2021

NO REFUNDS

REQUIREMENTS:

- Medical Action Plan (MAP) required if there is a health condition
- Health Assessment/Sports Physical Statement (HASPS) required for all participants
- The EFMP form (DA7725 Health Screening Tool) is a requirement for all registrations, regardless of EFMP status

CYS and Safety Protocols*

- No Jewelry | Shorts: no pockets, fingertip length or longer | No hair beads
- Glasses: must wear sports goggles or a strap at all times.

SUBJECT TO CHANGE*



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REGISTRATION DATES:
Wednesday, April 1 - Saturday, June 6

Cost:
\$30
 PER CHILD
 (No Refunds)

Saturday,
June 6

Session 1
8:30-10:00 A.M.
 YOY: 2018-2021

Session 2
10:30-12:00 P.M.
 YOY: 2011-2017

Location:
Bennett Youth Center Field

**2251 McMahon Rd,
 Schofield Barracks, HI 96857**

ELIGIBILITY:

Ages 5 to 15 years old.
 Youth born between 2011-2021.
 Must be at least 5 years old
 by June 6, 2026 to participate.



REGISTRATION

Must be registered with CYS.

First Time & Renewing Participants

Register at Parent Central Services
 or online with Web Trac
 (Online enrollment is available for limited activities.)

Schofield Barracks
 Parent Central Services
 241 Hewitt St. • Bldg. 1283
 (808) 787-7464



PCS Hours of Operation

AMR Parent Central Service
 154 Kauhini Road • Bldg. 1782
 (808) 787-7465

Web Trac



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Web Trac Instructions

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Schofield Barracks
 2251 McMahon Rd. • Bldg. 9090
 (808) 630-7305

AMR
 154 Kauhini Road • Bldg. 1782
 (808) 330-9327

Learn the basic fundamentals of Soccer: Passing, Dribbling, Kicking & Goal Shooting



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2026 SUMMER

SOCCER

Season



REGISTRATION

Must be registered with CYS.

First Time & Renewing Participants

Register at Parent Central Services or online with Web Trac
(Online enrollment is available for limited activities.)

Schofield Barracks
Parent Central Services
241 Hewitt St. • Bldg. 1283
(808) 787-7464



PCS Hours of Operation

AMR Parent Central Service
154 Kauhini Road • Bldg. 1782
(808) 787-7465

Web Trac



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Scan QR code to access Web Trac, registration, and see available activities.

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Web Trac Instructions

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Schofield Barracks
2251 McMahan Rd. • Bldg. 9090
(808) 630-7305

AMR
154 Kauhini Road • Bldg. 1782
(808) 330-9327

Practice Begins:
Tuesday, June 9

Game & Practice Locations:

Schofield Barracks - Watts Field: 100 A Road, Schofield Barracks
AMR - Aliamanu Field: 154 Kauhini Road, Honolulu

Season Period: June 20-August 8

Registration Period:
Month of April

Cost:
\$75
Per Child
(No Refunds)

Eligibility:

Ages 5 to 15 years old.
Youth born between 2011-2021. Must be at least 5 years old by June 9, 2026 to participate.

Requirements:

- Health Assessment/Sports Physical Statement (HASPS) required for all participants.
- Exceptional Family Member Program (EFMP) form is required for all participants.
- Medical Action Plan (MAP) are required if there is a health/medical condition.



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Open to ages 6 - 18 years old
New children who are 5 years old have to be approved
by the instructor prior to enrollment.

REGISTER FOR

TAE KWON-DO CLASSES

Aim to Achieve

- ✓ Self-Control
- ✓ Self Discipline
- ✓ Self-Confidence
- ✓ Physical Fitness
- ✓ Perseverance
- ✓ Leadership Development
- ✓ Coordination Development
- ✓ Better Social Skills
- ✓ Stress Relief
- ✓ Respect for Others
- ✓ Increased Attention Span

\$60 Per Month

Registration deadline:
30th of the month prior.

SCHOFIELD SKIES STUDIO **Tuesday & Thursday**

Beginners • 5:00-5:45 p.m.
Intermediate • 5:45-6:30 p.m.
Advanced • 6:30-7:15 p.m.
241 Hewitt Road • Bldg. 1283

AMR SKIES STUDIO **Wednesday**

All Levels • 4:30-6:00 p.m.
154 Kauhini Road • Bldg. 1782

Classes are held weekly, ongoing enrollment.
Children must be registered with Child & Youth Services.
Classes are not held on Federal holidays.

For registration information call
Child & Youth Services at **(808) 787-7464**.



Tripler Army Medical Center Pool
&
Richardson Pool
2026
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 9, 2026	Friday, March 20, 2026
Monday, April 6, 2026	Friday, April 17, 2026
Monday, April 20, 2026	Friday, May 1, 2026
Monday, May 11, 2026	Friday, May 22, 2026
Monday, June 8, 2026	Friday, June 18, 2026
Monday, July 6, 2026	Friday, July 17, 2026
Monday, July 20, 2026	Friday, July 31, 2026
Monday, August 10, 2026	Friday, August 21, 2026
Monday, August 24, 2026	Friday, September 4, 2026
Monday, September 14, 2026	Friday, September 25, 2026
Monday, September 28, 2026	Friday, October 9, 2026

RICHARDSON POOL SCHEDULE: (Schofield Barracks)

Class Start Date:	Graduation Date:
Monday, March 9, 2026	Friday, March 20, 2026
Monday, March 23, 2026	Friday, April 3, 2026
Monday, April 13, 2026	Friday, April 24, 2026
Monday, May 11, 2026	Friday, May 22, 2026
Monday, June 8, 2026	Friday, June 18, 2026
Monday, July 6, 2026	Friday, July 17, 2026
Monday, July 20, 2026	Friday, July 31, 2026
Monday, August 10, 2026	Friday, August 21, 2026
Monday, August 24, 2026	Friday, September 4, 2026
Monday, September 7, 2026	Friday, September 18, 2026
Monday, September 21, 2026	Friday, October 2, 2026

Training packets must be submitted by your Training NCO or Training Officer to:
Installation Schools, USARHAW, Institutional Training Division
896 Menoher Road, Room 114, Schofield Barracks, HI 96857
Contact your Training NCO or Bde Schools for course enrollment.



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RICHARDSON POOL

1757 Kolekole Ave, BLDG 578 Schofield Barracks

Children's Learn to Swim Classes

2026



CLASSES ARE MONDAY, WEDNESDAY, THURSDAY, AND FRIDAY.

No make up lessons will be held for those who miss scheduled classes.

SESSION 1

Levels 2, 3, & 4

Registration: Sat, March 7

CLASSES: March 16-27

3:30-5:30 p.m.

SESSION 2

Levels 1, 2, & 3

Registration: Sat, April 4

CLASSES: April 13-24

3:30-5:30 p.m.

SESSION 3

Levels 2, 3, & 4

Registration: Sat, May 9

CLASSES: May 11-22

3:30-5:30 p.m.

SESSION 4

Levels 1, 2, 3, & 4

Registration: Sat, June 6

CLASSES: June 15-26, 9-11 a.m.

(Juneteenth No Class)



SESSION 5

Levels 2, 3, 4, & 5

Registration: Sat, July 11

CLASSES: July 20-31

9-11 a.m.

SESSION 6

Levels 1, 2, & 3

Registration: Sat, August 8

CLASSES: August 17-28

3:30-5:30 p.m.

SESSION 7

Levels 3, 4, & 5

Registration: Sat, September 5

CLASSES: Sep 21-Oct 2

3:30-5:30 p.m.

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

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

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

- No refunds after a session has started.
- Credit card ONLY. No cash accepted.
- Children must be CYS registered.
- Open to all DOD ID cardholders and dependents ages 4-17 years old.
- Children must be present for registration and level evaluation.
- Course offerings and class sizes depend on the number of certified instructors and enrolled students.
- A parent or adult must stay at the pool during lessons.
- No student may be left with a sibling under 18.

Aquatics Website



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



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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.

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Scan QR code for hours of operation and rules.

SPONSORED BY:



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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 (Retrieve a 10lb object from 10-15ft feet of water in under 1 min, 40 secs.)

Courses are open to ages 15 & up, unless otherwise noted.

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

 **American Red Cross**

2026 Lifeguard Courses

Richardson Pool
Schofield Barracks

MONDAY - FRIDAY
9 A.M. - 5:30 P.M.

COURSE DATES:

FEBRUARY 23 - 27
(All Ages)

MARCH 16 - 20
(High School Ages Only)

MARCH 23 - 27
(All Ages)

APRIL 27 - MAY 1
(All Ages)

MAY 18 - 22
(All Ages)

JUNE 1 - 5
(High School Ages Only)

JUNE 22 - 26
(All Ages)

JULY 20 - 22
(WATER FRONT)***

AUGUST 24 - 28
(All Ages)

SEPTEMBER 21 - 25
(All Ages)

OCTOBER 5 - 9
(High School Ages Only)

OCTOBER 19 - 23
(All Ages)

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.



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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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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 <small>(must be at the same skill level)</small>

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.



Mahalo Nui Loa from,
Team TAMC Takos

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



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U.S. ARMY GOLF • HAWAII

GOLF FEES



Walter J. Nagorski Golf Course

711 Morton Drive • 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 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.



Leilehua G.C.

199 Leilehua Road • Wahiawa, Hawaii • (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 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	\$6 per token
Push Cart	\$3 (9-holes)	\$5 (18-holes)	Key FOB	\$60 for \$78
			Spectator Fee	\$20

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



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



Benefits:

- Complimentary green fees
- 15% off Pro Shop Merchandise
- Exclusive discounts on MWR tournament entry fees
- Reduced green fees at Leilehua Golf Course and any U.S. Army Golf Courses



Nagorski G.C.
FORT SHAFTER, HAWAII

OPEN TO THE PUBLIC

2026 MEMBERSHIP

JOIN TODAY!

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

711 Morton Drive • Fort Shafter • Honolulu, 96858

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

Prices are pro-rated monthly.

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

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Open to Nagorski Golf Course
Members and their guests.

Grab a friend and get ready for a day of
friendly competition and fun on the course.

MEMBER & GUEST TOURNAMENT

SHOTGUN START: 1 P.M.
SATURDAY, MAY 2

Registration Deadline:
Wednesday, April 29

ENTRY FEE:
\$25 FOR MEMBERS
\$30 FOR GUESTS

(Green fees and cart fees not included)

Entry Details:

- Format: 18-Hole Best Ball Shamble
- Min. 16 players | Max. 38 players
- Food and festivities following the tournament
- Prizes for low scores, closest to the pin, and straightest drive

Sign Up Today!

Call (808) 787-4016 or
visit the Pro Shop to
reserve your spot.

Where the Game of Golf Begins!



Nagorski G.C.
FORT SHAFTER, HAWAII

711 Morton Drive • Bldg. 711
Fort Shafter, HI 96858

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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.



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Nagorski G.C.
FORT SHAFTER, HAWAII

INTRODUCTION TO

Golf CLINICS

AT NAGORSKI GOLF COURSE

Saturdays • 10-11 a.m.

APRIL 4 • APRIL 18 • APRIL 25



Join the fun and learn to play golf with certified LPGA instructor, Rachael Krueger, in a laid-back, comfortable setting! Perfect for new and returning players, this clinic introduces the aspiring golfer to all aspects of the game, from swing basics and short game to on-course etiquette.

Limited Space!
6 participants per session.



*For more information, call
(615) 631-9561*

DETAILS

LOCATION:

Nagorski Golf Course
Practice Area

OPEN TO:

Adults (18+), including
Active Duty and DOD ID
Cardholders

COST:

\$25 per participant
per session. Register for
one clinic or all three.

REGISTER NOW!

Registration Deadline:
COB the day before
each clinic.

CONTACT:

Ms. Rachael Krueger, LPGA
Email: rachael.short@yahoo.com
-OR-
Paul Vasquez, PGA
Email: paul.d.vasquez2.naf@army.mil

*Where the game
of golf begins!*

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Fort Shafter, HI 96858

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Nagorski Golf Course

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

Proudly sponsored by
dedicated supporters
of DFMWR

Golf

CLINICS

Short Game Fundamentals

MONTHLY

First Saturday:
ADULTS

10 - 11:00 a.m.

Second Saturday:
YOUTH

(Ages 7 - 17 years old)

10 - 11:00 a.m.

Clinic days are subject to cancellation.



Nagorski G.C.
FORT SHAFTER, HAWAII



Sharpen your skills and lower your score with our complimentary short game clinics held monthly on our course.

Free to Participants.

Equipment Provided if Needed.

Spaces are limited!

Registration Deadline:
Friday before each clinic.
Register at the Nagorski Golf Shop.

Where the game of golf begins!

For more information, call
(808) 787-4016.

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>
or scan the QR code.

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Open to General Public, DOD ID Cardholders and Guests.

**Need to get away for a couple of hours
while your other half enjoys the
Waikiki shopping???**

**Come to The Nagorski Golf Course,
on Fort Shafter, to play a quick
nine holes while you wait!**

Aloha!



Nagorski G.C.
FORT SHAFTER, HAWAII

HALE KOA & NAGORSKI GC
NINE HOLE

GOLF SPECIAL

HALE KOA HOTEL

Show your Hale Koa room 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 (800) 787-4016.

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



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USAG HAWAII

Celebrating with Aloha

JULY 4, 1776-2026



For more details, visit 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.



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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**

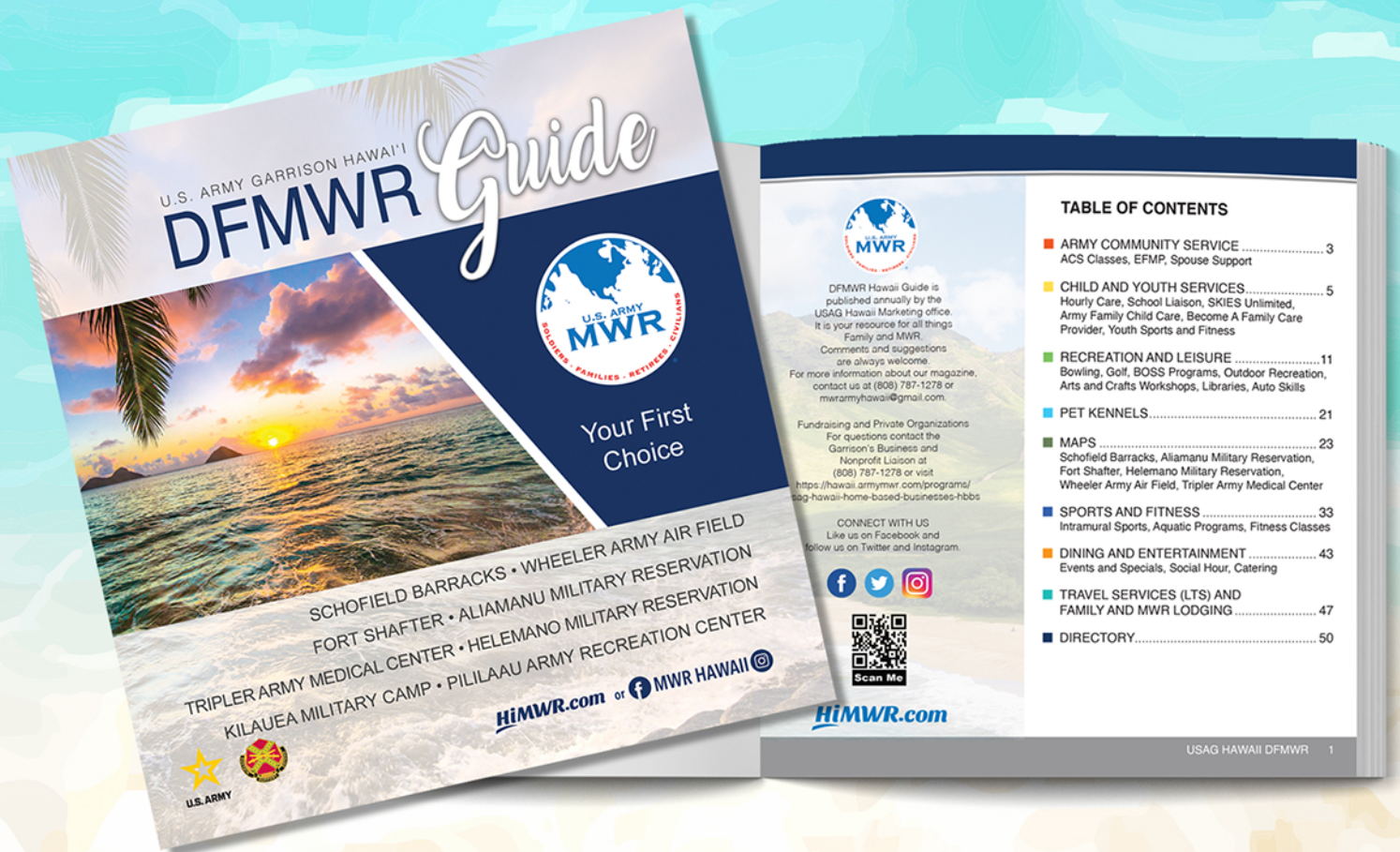


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USAG Hawaii DFMWR Guidebook

The USAG Hawaii MWR Guidebook is your go-to resource for everything happening across our Army installations - featuring MWR facilities, programs, contact information, and maps.



Your guide to discovering everything MWR Hawaii has to offer - anytime, anywhere.

*Note: At this time, the USAG Hawaii MWR Guidebook is accessible only on non-government networks.



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