

# RICHARDSON POOL

## children's Learn to swim classes



Classes are Monday, Wednesday, Thursday, and Friday.

### SESSION 1

Registration:  
Saturday, March 9

**classes:**  
March 18-29  
3:15-5:15 p.m.

### SESSION 2

Registration:  
Saturday, April 6

**classes:**  
April 15-26  
3:15-5:15 p.m.

### SESSION 3

Registration:  
Saturday, May 18

**classes:**  
June 3-14  
9-11 a.m.

### SESSION 4

Registration:  
Saturday, June 8

**classes:**  
July 8-19  
9-11 a.m.

### SESSION 5

Registration:  
Saturday, July 27

**classes:**  
August 12-23  
3:15-5:15 p.m.

### SESSION 6

Registration:  
Saturday, September 7

**classes:**  
September 16-27  
3:15-5:15 p.m.

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

Levels 4-5 \$120.00 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 more information, call (808) 787-4090**

MWR Aquatics Website



SCAN ME



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

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Richardson Pool &  
Tripler Army Medical Center  
Pool

2024  
SERVICE MEMBER  
**LEARN  
TO SWIM  
COURSE**

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



Open to military personnel.

**RICHARDSON POOL SCHEDULE:** (Schofield Barracks)

Registration Deadline:	Class Start Date:	Graduation Date:
Thursday, January 25	Monday, February 5	Friday, February 16
Friday, March 8	Monday, March 18	Friday, March 29
Friday, April 5	Wednesday, April 17	Friday, April 26
Friday, May 3	Monday, May 13	Friday, May 24
Monday, June 10	Tuesday, June 18	Friday, June 28
Friday, June 28	Monday, July 8	Friday, July 19
Friday, July 26	Monday, August 5	Friday, August 16
Friday, August 30	Monday, September 9	Friday, September 20

**TAMC POOL SCHEDULE:** (Tripler Army Medical Center)

Registration Deadline:	Class Start Date:	Graduation Date:
Monday, March 4	Monday, March 11	Friday, March 22
Monday, April 1	Monday, April 8	Friday, April 19
Monday, April 29	Monday, May 6	Friday, May 17
Monday, May 13	Monday, May 20	Friday, May 31
Monday, June 3	Monday, June 10	Friday, June 21
Monday, July 1	Monday, July 8	Friday, July 19
Monday, August 5	Monday, August 12	Friday, August 23
Monday, September 2	Monday, September 9	Friday, September 20

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

Phone: (808) 655-1560

Email: [sandra.j.johnson120.civ@army.mil](mailto:sandra.j.johnson120.civ@army.mil)

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



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.

 American Red Cross

# 2024 Lifeguard Courses

Richardson Pool  
Schofield Barracks

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

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

## COURSE DATES:

**MARCH 11 - 15**

**MARCH 18 - 22**

OPEN TO AGES 15-17 ONLY  
(PUBLIC SCHOOLS SPRING BREAK)

**APRIL 29 - MAY 3**

**MAY 20 - 23 & MAY 25**

**JUNE 24 - 28**

SECTION 1: OPEN TO ADULTS AGES 18 & UP  
SECTION 2: OPEN TO AGES 15-17 ONLY

**JULY 22 - 26**

**AUGUST 19 - 23**

**SEPTEMBER 23 - 27**

**OCTOBER 7 - 11**

OPEN TO AGES 15-17 ONLY  
(PUBLIC SCHOOLS FALL BREAK)

**OCTOBER 21 - 25**



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HiMWR.com or  MWR HAWAII 

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	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

SCAN ME



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



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





315 Krukowski Road  
Bldg. 300  
Honolulu, Hawaii 96819  
**(808) 433-5257**



## TAMC *Tako* Challenge

Every month we challenge you to take the leap!

It might be who can do the fastest lap or individual medley? Swim in the North Shore Swim Series or 26-mile Kaiwi Channel?

Come check out what your next challenge could be!

## Hours of Operation

### Monday - Friday

6-9 a.m.

- Military CAC holders only  
Adult 18+  
Lap Swim

- Active Duty Reservations

9-11 a.m.

- Closed for Pool Maintenance

11 a.m.-5 p.m.

- Open Community Swim  
(One Guest per One Military Sponsor)

### Closed & Special Hours:

- Federal Holidays
- Saturday & Sunday
- First Wednesday of every month for Super Chlorination (Closed all day)
- Tuesday prior to first Wednesday of each month only open 6 a.m.-1 p.m.

## Lessons

Please refer to the MWR website with questions about swim lessons.

## Pool Equipment Available for use

<input checked="" type="checkbox"/> Kickboards	<input checked="" type="checkbox"/> Lifejackets	<input checked="" type="checkbox"/> Swim Paddles
<input checked="" type="checkbox"/> Pull Buoys	<input checked="" type="checkbox"/> Puddle Jumpers	<input checked="" type="checkbox"/> Therapy Noodles
<input checked="" type="checkbox"/> Aqua Joggers	<input checked="" type="checkbox"/> Lap Fins	<input checked="" type="checkbox"/> Aqua Dumb Bells
<input checked="" type="checkbox"/> Training Rifles	<input checked="" type="checkbox"/> Aqua Gloves	<input checked="" type="checkbox"/> Hydro Tone Bell

## Request a PT Reservation

- Groups must be 3 or more
  - Timed Physical Fitness Test:  
May reserve for one person.
  - Reservation must be read, filled out, and signed prior to reservation time.
- Please come by the pool to pick up a reservation form or contact: [jennifer.a.lapean.naf@army.mil](mailto:jennifer.a.lapean.naf@army.mil)

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



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*Mahalo Nui Loa*

From  
Team TAMC Takos  
[tamc.aquatics@gmail.com](mailto:tamc.aquatics@gmail.com)

For questions or more  
information, call  
**(808) 433-5257**

# Dog & Cat:

- Boarding
- Pet Taxi



99-951 Hahaione Valley Street  
Aiea, Hawaii 96701



Paradise Pet Care Center is the perfect place to board your furry friend while you're away. We offer comfortable and safe accommodations for both dogs and cats, so you can rest easy knowing your pet is in good hands.

Our experienced staff provides personalized care and attention to each pet, ensuring they receive the love and attention they deserve.

Our Pet Taxi service is a great way to ensure your furry friend gets to their destination.

Our service charges a flat rate of \$60 plus an additional \$2.50 per mile. This means you can rest assured your pet is in the best hands without worrying about any hidden fees. Whether you need to get your pet to the Kennels, airport, or any other destination, our reliable and friendly drivers are here to help and make your pet's experience stress-free.



Photo: Coming soon! Rendering of the new Paradise Pet Care completing in 2024.



SCAN ME



If you're interested in learning more about our services and pricing, please give us a call at

**(808) 368-3456.**

HiMWR.com or MWR HAWAII



2024 ARMY OUTDOOR RECREATION

# CYCLING CHALLENGE



ACCEPT THE CHALLENGE!  
RIDE,  
TRACK,  
REPORT!  
AND WIN!

## Can you ride 1000km (621 miles) over 4 months?

*Ride outdoors on roads & trails.*

**Entry fee:** \$50

**Registration:** Begins in April at **USAG-HI** Outdoor Rec

**Track your Progress:** May 1 - Aug 31



### REACH THE GOAL to WIN AN AWESOME CYCLING JERSEY!

Winners report back to Outdoor Rec beginning Sep 1 to receive your jersey

For more info, visit your local Outdoor Rec or [armymwr.com/odrcyclingchallenge](http://armymwr.com/odrcyclingchallenge)

**Open to all authorized MWR patrons**



*Experience Hawaii with the Outdoor Recreation Center!*



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND  
A subordinate of Army Materiel Command  
[ArmyMWR.com](http://ArmyMWR.com)

For more information, call  
**(808) 787-4097.**



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

# OUTDOOR RECREATION CENTER

# FORD ISLAND LOOP BIKE RIDE

Experience the thrill of the open road on two wheels with our Ford Island Loop Bike Ride! Nestled in the heart of scenic beauty, Ford Island offers cyclists an unforgettable journey through lush landscapes and historic landmarks. Whether you're a seasoned rider seeking a new adventure or a family looking for a fun day out, our loop path promises breathtaking views and exhilarating twists and turns.



For more information, call  
**(808) 787-4097.**

435 Ulrich Way • Building #2110 • Schofield Barracks, Hawai'i 96857



**SATURDAYS,**  
**June 29**  
**July 13 & 27**  
**August 10 & 24**

**10 a.m. - 12 p.m.**  
**Ford Island**

**Cost: \$30: Bike • \$45: E-Bike**

*If you are a registered participant in the Army Outdoor Recreation 2024 Cycling Challenge, you will receive a discount of \$10 off. Registration includes your selected bike, helmet, and optional gloves as well as a guided tour of 2 loops around Ford Island.*

Minimum Age: 6  
Participants 17 or younger must be accompanied by an adult.  
Registration deadline:  
48 hours prior to scheduled program date at Schofield Barracks Outdoor Recreation Center

Participants **MUST BRING: Valid CAC** (Program is located on a military installation), closed-toe shoes and bike-appropriate attire. Recommended: sun-protective wear, sunglasses, sunscreen, and water.



*Experience Hawaii with the Outdoor Recreation Center!*



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



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



# 2024 ARMY HAWAII

OPEN TO ALL MILITARY BRANCHES AND  
DOD ID CARDHOLDERS 18 YEARS & OLDER.

# SAND VOLLEYBALL TOURNAMENT



# AUGUST 12-23

LOCATION:

**TROPICS RECREATION CENTER SAND VOLLEYBALL COURTS**

1470 FOOTE AVE BLDG. 589 SCHOFIELD BARRACKS, HI 96857



**AWARDS FOR 1ST AND  
2ND PLACE TEAMS**



**ENTRY DEADLINE:  
FRIDAY, JULY 26**

REGISTRATION FORMS AVAILABLE AT ALL ARMY PHYSICAL FITNESS CENTERS  
OR THE USAG-HI SPORTS, FITNESS & AQUATICS OFFICE.



U.S. ARMY



SPORTS • FITNESS • AQUATICS

HiMWR.com or  MWR HAWAII 



USAG-HI SPORTS,  
FITNESS & AQUATICS OFFICE  
(808) 787-0718/0717/0715.

730 LEILEHUA AVE BLDG. 645 ROOM 2  
SCHOFIELD BARRACKS, HI 96857

# 7 VS. 7 FLAG FOOTBALL

## 2024 ARMY HAWAII LEAGUE



LEAGUE BEGINS: **MONDAY,  
AUGUST 26**

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

**FREE**



**Takata Field (Fort Shafter)**

**Stoneman Football Field (Schofield Barracks)**

### ELIGIBILITY:

Active Duty Army Soldiers, 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 a 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: Friday, August 9 at 4 p.m.

All applications must be received by the USAG-HI Sports, Fitness, & Aquatics Office on Schofield Barracks, no later than 4 p.m. on Friday, August 9, 2024. Applications may be scanned/mailed to the Sports, Fitness and Aquatics Office at [usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil](mailto:usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil)



For more information, call (808) 787-0717 or (808) 787-0718

USAG Hawaii Sports, Fitness & Aquatics Office  
730 Leilehua Avenue Bldg. 645 • Room 2  
Schofield Barracks, Hawaii

\*The HAWAII ARMY Intramural Sports Office has the right to make changes. Hawaii.ArmyMWR.com | Facebook: Hawaii ARMY Intramural Sports

U.S. ARMY GARRISON HAWAII

# MARTINEZ PHYSICAL FITNESS CENTER'S

# 1,000 POUND CLUB

May 1 - December 31, 2024

**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 their **one rep max** on 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: 450 lbs. + Squat: 365 lbs. + Bench Press: 235 lbs.  
= 1,005 lbs. Total

**\$25** **PER PERSON**  
includes a shirt  
(while supplies last)  
**\$5 without shirt**

Open to all DoD ID Cardholders 18 years & older.

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

Saturday & Sunday: 7 a.m.-1 p.m.

**FOR MORE  
INFORMATION, CALL:  
(808) 787-0721.**



HiMWR.com or MWR HAWAII



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)



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# RUN CALENDAR

2023 - 2024



SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

SATURDAY,  
OCTOBER 28, 2023

## 2nd Annual Costume Dash Fun Run

Distance: 4-Mile Fun Run/ 2-Mile Kid's Run  
Theme: Halloween  
Location: Helemano Military Reservation (HMR)

SATURDAY,  
DECEMBER 2, 2023

## 8th Annual WAAF Pearl Harbor Commemoration 4K Run/ Walk

Distance: 4K (2.5 miles)  
Theme: Commemoration  
Location: Wheeler Army Air Field (WAAF)

SATURDAY,  
FEBRUARY 10, 2024

## Cupid Shuffle 5K Fun Run

Distance: 5K (3.1 miles)  
Theme: Valentine's Day  
Location: Schofield Barracks

SATURDAY,  
MARCH 30, 2024

## 2nd Annual Egg-cellent 5K Fun Run

Distance: 5K (3.1 Miles)  
Theme: Easter  
Location: Schofield Barracks

SATURDAY,  
MAY 4, 2024

## May the 4K Be With You Fun Run

Distance: 4K (2.5 miles)  
Theme: Star Wars  
Location: Tripler Army Medical Center (TAMC)

SATURDAY,  
JUNE 15, 2024

## 16th Annual Army Ten-Miler Hawaii Qualifier

Distance: 10 Miles  
Theme: Qualifier Race  
Location: Schofield Barracks

SATURDAY,  
AUGUST 10, 2024

## Color Blast Fun Run

Distance: 5K (3.1 miles)  
Theme: Color  
Location: Schofield Barracks

SATURDAY,  
SEPTEMBER 21, 2024

## 7th Annual Wurst 5K Fun Run

Distance: 5K (3.1 miles)  
Theme: Oktoberfest  
Location: Schofield Barracks

## REGISTRATION

At all Army Physical Fitness Centers (PFCs) (excluding WAAF and AMR) or call (808) 655-8007.

Early Entry.....\$25  
Late Entry.....\$30  
Race Day.....\$30

- Open to DoD ID Cardholders of all ages and the general public
- 12 and under must be accompanied by a guardian at all times
- No Pets Allowed
- Strollers are Permitted
- No refunds

HiMWR.com or MWR HAWAII



For more information, visit or call the Schofield Barracks Health & Fitness Center, (808) 655-5975.

# 2023 - 2024 SPORTS CALENDAR

(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 ID Cardholders. All participants must be 18 years of age or older.

(\$) - Fees may apply.

\* Dates are tentative and are subject to change based on participation.



## FLAG FOOTBALL LEAGUE & COMBINE (R)

Season: **August 28 - November 17, 2023**

Eligibility: **Company Level**

Location: **Stoneman Stadium, Schofield Barracks & Takata Field, Fort Shafter**

## FALL CLASSIC ARMED FORCES INVITATIONAL SOFTBALL (O) (\$)

Season: **September 16 & 17, 2023**

Eligibility: **All DoD ID Cardholders**

Location: **Stoneman Softball Complex, Schofield Barracks**

## SANTA SWOOSH BASKETBALL TOURNEY (R)

Season: **November 27 - December 15, 2023**

Eligibility: **Eligible Army Military Personnel**

Location: **SB Martinez PFC or HMR PFC Gym**

## BASKETBALL LEAGUE (R)

Season: **January 22 - March 22, 2024**

Eligibility: **Company Level**

Location: **SB Martinez PFC, HMR PFC or TAMC PFC Gym**

## VOLLEYBALL TOURNEY (R)

Season: **March 25 - April 5, 2024**

Eligibility: **Eligible Army Military Personnel**

Location: **SB Martinez PFC or HMR PFC Gym**

## FUTSAL/INDOOR SOCCER TOURNEY (R)

Season: **April 8 - 19, 2024**

Eligibility: **Battalion Level**

Location: **SB Martinez PFC or HMR PFC Gym**

## SINGLES TENNIS TOURNEY (R)

Season: **April 8 - 19, 2024**

Eligibility: **Eligible Army Military Personnel**

Location: **SB Martinez Tennis Courts**

## STONEMAN SHOOTOUT SOFTBALL (O) (\$)

Season: **April 20 & 21, 2024**

Eligibility: **All DoD ID Cardholders**

Location: **Stoneman Softball Complex, Schofield Barracks**

## ARMY STRONGBANDS PICKLEBALL TOURNEY (O) (\$)

Season: **May 4, 2024**

Eligibility: **All DoD ID Cardholders**

Location: **SB Arts & Crafts Pickleball Courts**

## SOFTBALL LEAGUE (R)

Season: **May 13 - August 9, 2024**

Eligibility: **Company Level**

Location: **Stoneman Softball Complex, Schofield Barracks & Takata Field, Fort Shafter**

## OUTDOOR SOCCER LEAGUE (R)

Season: **May 13 - August 9, 2024**

Eligibility: **Battalion Level**

Location: **Stoneman Stadium, Schofield Barracks & Takata Field, Fort Shafter**

## STARS & STRIPES SOFTBALL (O) (\$)

Season: **June 29 & 30, 2024**

Eligibility: **All DoD ID Cardholders**

Location: **Stoneman Softball Complex, Schofield Barracks**

## FLAG FOOTBALL LEAGUE & COMBINE (R)

Season: **August 26 - November 22, 2024**

Eligibility: **Company Level**

Location: **Stoneman Complex, Schofield Barracks & Takata Field, Fort Shafter**

## FALL CLASSIC ARMED FORCES INVITATIONAL SOFTBALL (O) (\$)

Season: **September 21 & 22, 2024**

Eligibility: **All DoD ID Cardholders**

Location: **Stoneman Softball Complex, Schofield Barracks**

More Information: Contact the USAG-HI Sports, Fitness & Aquatics Office 730 Leilehua Ave, BLDG 645 Room 2, Schofield Barracks. Phone Number 808-655-9650, 808-655-9914.

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

Facebook page: Hawaii ARMY Intramural Sports @IMARMYSportsHI

Email: [usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil](mailto:usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil)



# JULY 2024

## FITNESS CLASS SCHEDULE

Schofield Barracks Health & Fitness Center

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


MixedFit/Power Pulse  
Coach Ashley M.

Spin  
Coach Carlie

Spin  
Coach Heidi

Zumba  
Coach Ashley E.

Special  
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	Spin 5:30 p.m. 2	Spin 9 a.m. Zumba 6 p.m. 3	4 <sup>th</sup> JULY INDEPENDENCE Day	5	6
7	8	Spin 5:30 p.m. 9	Spin 9 a.m. Zumba 6 p.m. 10	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 11	12	13
14	15	Spin 5:30 p.m. 16	Spin 9 a.m. Zumba 6 p.m. 17	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 18	UnWined ~Yoga N' Wine~ Tropics Recreation Center 6 p.m. 19	20
21	22	Spin 5:30 p.m. 23	Spin 9 a.m. Zumba 6 p.m. 24	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 25	26	27
28	29	Spin 5:30 p.m. 30	Spin 9 a.m. Zumba 6 p.m. 31	Join Our Facebook Group: Army Fitness Hawaii	 Army Fitness Hawaii Facebook Group	



HiMWR.com or MWR HAWAII





**UPDATE**

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DOD ID Cardholders 18 years of age or older. See the **July** schedule below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

## JULY 2024

### 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
 <b>30</b>	Fort Shafter PFC 11:30 a.m. <b>1</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>2</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>3</b>	 <b>4</b>	<b>5</b>	Martinez PFC 9:30 a.m. <b>6</b>
<b>7</b>	Fort Shafter PFC 11:30 a.m. <b>8</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>9</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>10</b>	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>11</b>	<b>12</b>	Martinez PFC 9:30 a.m. <b>13</b>
<b>14</b>	Fort Shafter PFC 11:30 a.m. <b>15</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>16</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>17</b>	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>18</b>	<b>19</b>	Martinez PFC 9:30 a.m. <b>20</b>
<b>21</b>	Fort Shafter PFC 11:30 a.m. <b>22</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>23</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>24</b>	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>25</b>	<b>26</b>	Martinez PFC 9:30 a.m. <b>27</b>
<b>28</b>	Fort Shafter PFC 11:30 a.m. <b>29</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>30</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>



HiMWR.com or MWR HAWAII

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

Open to DOD ID  
Cardholders 18 and older



# FANTASY CLASH NIGHT

DUNGEONS  
& DRAGONS

MAGIC THE  
GATHERING

2nd Friday of the Month

Free - 4:30-10 p.m.

Tropics Recreation Center

1470 Foote St, Bldg. 589 Schofield Barracks, HI 96857

Please contact SGT Mortenson at (253) 230-8184 or SGT Saurez at (808) 286-6749 for more detailed information and registration.



HiMWR.com or MWR HAWAII

Open to all single & unaccompanied Soldiers.



SCHOFIELD  
Federal Credit Union

# EMPOWER YOUR FINANCES

**March 28**  
**May 23**  
**August 22**  
**4-5 p.m.**



## Tropics Recreation Center

1470 Foote St, Bldg. 589 Schofield Barracks, HI 96857



**Free pizza, soda, 1 game bowling pass,  
and shoe rental pass for participants!**

For more information, call  
(808) 330-9455 or (808) 655-1130.

### Topics:

- Understanding Credit and How to Improve Your Score
- Auto Buying Tips
- Savings and Investing

Register by scanning the QR Codes below.



March 28



May 23



August 22

\*Pre-Registration Required.  
Maximum 30 participants.  
Registration Deadline:  
24 hours before each event.

This sponsorship does not constitute DoD,  
Army, or Federal Government Endorsement.



HiMWR.com or MWR HAWAII

Open to all DoD ID Cardholders and guests.



# VOLUNTEER OPPORTUNITY

## ADOPT-A-HIGHWAY

8:30-11:30 A.M.

MEET AT TROPICS BY 8:30 A.M.



May 25  
July 27  
September 21

## BEACH CLEAN UPS

9-11 A.M.



April 27 - Mokuleia Beach  
June 29 - Tracks Beach  
August 10 - Mokuleia Beach



Register at the BOSS office inside Tropics Recreation Center or call BOSS (808) 330-9455 or (808) 655-1130.



HiMWR.com or MWR HAWAII

# 2024 BOSS COMMUNITY FLEA MARKET

## ACS PARKING LOT 8 A.M. - 12 P.M.

- **January 13** (Stalls on sale November 13)
- **March 23** (Stalls on sale January 16)
- **May 18** (Stalls on sale March 25)
- **July 13** (Stalls on sale May 20)
- **September 14** (Stalls on sale July 15)

### BUY, SELL, TRADE

### SELLERS:

- \$20 Fee (Market Space, 1 Table, 2 Chairs)
- Fees are due in advance at Schofield Barracks Outdoor Recreation Center and Leisure Travel Service
- Set up: 6:30 a.m.
- Breakdown: 12:10 p.m.
- Bring your own pop up tent (No larger than 8'x8')
- Food & beverage sales are prohibited.

### NEW & USED:

- Household Goods
- Clothing
- Tools
- Garden Items
- Furniture
- Art
- Jewelry
- Music
- Books
- Crafts & all kinds of treasures.



For more information, call  
ODR (808) 655-0143 or  
LTS (808) 655-9971

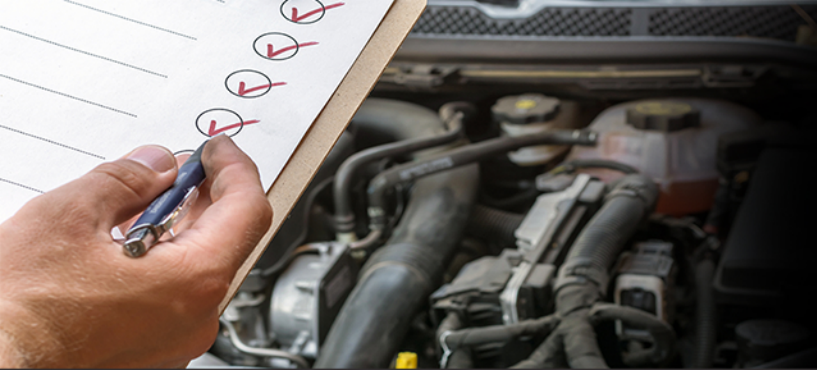
Food & beverages available  
for purchase at the BOSS  
concession stand.



**BOSS**  
Better Opportunities  
for Single Soldiers



HiMWR.com or MWR HAWAII



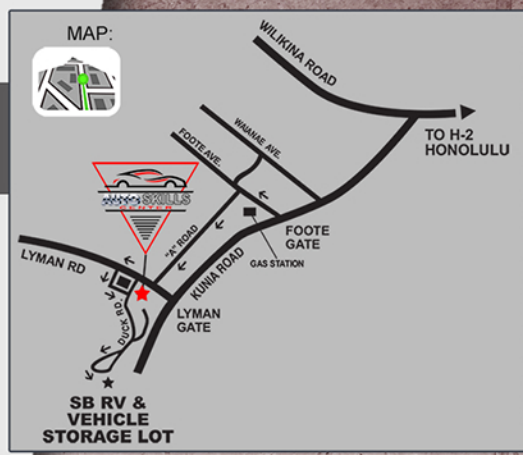
# STATE SAFETY INSPECTIONS



**An appointment is required at least two weeks in advance.**

## VEHICLES

- Automobiles: \$25
- Motorcycles: \$17
- Trailers: \$15



## INSPECTION HOURS

**TUESDAY-FRIDAY**  
11:30 a.m.-1 p.m.  
& 2-5 p.m.

**SATURDAY**  
9-11 a.m. & 12-3 p.m.

For more information, call  
(808) 655-9368.

249 Duck Rd., Bldg. 910, Schofield Barracks

## STATE REQUIRED DOCUMENTS

State of Hawaii  
Compliant Proof of  
Insurance

(Digital copy acceptable)

Vehicle Title of  
Registration

(Photo or electronic copies are  
NOT accepted.)



Scan for the  
Digital Garrison  
App



U.S. ARMY



Hawaii.ArmyMWR.com or MWR HAWAII

SCHOFIELD AUTO SKILLS CENTER

# SPEEDY LUBE

**No Appointment  
Required.**

Required Documents:  
Vehicle Registration  
(Must be in your name)  
& DoD Affiliated ID

**\$55 STANDARD  
CONVENTIONAL  
OIL CHANGE**

**Each service  
includes:**

- Up to 5 quarts of oil
- Oil filter
- Under the hood fluid check
- Tire pressure check
- Additional oil if required  
\*Available at \$9 per quart.

**\$92 HIGH  
PERFORMANCE  
SYNTHETIC OIL CHANGE**



**Oil Change Hours of Operation**

Tuesday - Friday:

11:30 a.m.-6 p.m.

Saturday: 9 a.m.-3 p.m.



249 Duck Rd., Bldg. 910 • Schofield Barracks

**FOR MORE INFORMATION, CALL (808) 655-9368.**



HiMWR.com or MWR HAWAII

MAP:

**AUTO SKILLS CENTER**  
Hours of Operation  
Tuesday - Friday: 11:30 a.m.-6 p.m.  
Saturday: 9 a.m.-3 p.m.

# Register Today! It's Free!

## FORT SHAFTER Bowling Center

is a participant  
in the

### National

# KIDS BOWL FREE

## Summer Program

**Monday, June 3 - Tuesday, July 30**  
**(Monday to Friday ONLY)**

### How it works...

**1** Please complete the form online to register your children at [www.kidsbowlfree.com/military](http://www.kidsbowlfree.com/military)

**2** Download bowling passes weekly. Registered kids 15 and younger will receive 2 free games per day during the summer.



SCAN ME

Scan the QR code to Register.

Shoes are not included, this special cannot be combined with other offers or discounts. Days and times are based on lane availability.

For more information or lane availability, call (808) 490-9511.



HiMWR.com or MWR HAWAII



Open to all DOD ID Cardholders & Sponsored Guests.

## FORT SHAFTER BOWLING CENTER

# DINE&BOWL

EVERY TUESDAY - THURSDAY IN AUGUST  
11 A.M. - 3 P.M.

**\$18** PER PERSON

**Includes:**  
Two Games of Bowling,  
One pair of Shoe Rental,  
and choice of a:  
Cheeseburger or Hot Dog Combo

This offer cannot be combined with any other special offers or discounts.  
This offer cannot be used for party/group reservations.  
No refunds. No exceptions.

For more information,  
or lane availability call  
**(808) 490-9511.**

186 Chapplear Road  
Bldg. 660  
Fort Shafter, HI 96858



HiMWR.com or MWR HAWAII



FORT SHAFTER BOWLING CENTER

**ALL DAY!** OPEN TO CLOSE

8 A.M.-1:30 P.M. AND 6-11 P.M.

**FREE GAME FRIDAYS**

FRIDAY MAY 3-FRIDAY SEPTEMBER 27



Purchase 3 games  
at regular price  
and get your

**4TH GAME  
FREE!**

Shoe rental is not included.  
Cannot be combined with any  
other offers or discounts.



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



For more information or lane availability, call **(808) 490-9511.**

186 Chapple Rd., Bldg. 660, Fort Shafter, HI 96858

SCHOFIELD BOWLING CENTER

# COSMIC BOWLING

**\$5.25** Per Game

(Does not include shoe rental)

Glow-in-the-dark  
bowling under black  
lights, spot lights,  
strobe lights,  
jamming music  
and convenient  
Snack Bar!

**COSMIC TIME:**

**Saturday**

3- 10 p.m.

**Sunday**

12 - 6 p.m.

**The Most  
Bowling Fun  
Around.**

Hours of operation: Monday - Saturday • 9 a.m.-10 p.m. & Sunday • 12-6 p.m.

For more information, call (808) 655-0573 / (808) 787-1332.



HiMWR.com or MWR HAWAII

# SCHOFIELD BOWLING CENTER



# BOWLING PARTY PACKAGE



**Available Anytime!**

**SUPER DEAL!**

REGULAR PRICE  
UP TO \$109 VALUE

**\$87**

UP TO  
FIVE PEOPLE

Cannot be combined with any other special offer.  
Subject to lane availability and snack bar and lanes hours of operation.

- **2 HOURS OF BOWLING**  
(ON ONE LANE)
- **UP TO 5 PAIRS OF SHOES**
- **ONE LARGE SINGLE TOPPING PIZZA**
- **TWO PITCHERS FOUNTAIN DRINKS**

**For more information, call (808) 655-0573 / (808) 787-1332.**

Hours of operation: Monday - Saturday • 9 a.m.-10 p.m. & Sunday • 12-6 p.m.



HiMWR.com or MWR HAWAII

Fort Shafter Bowling Center

# COSMIC

## Bowling

FAMILY PACKAGE

SATURDAYS

6-11 P.M.

**\$87**

**TWO HOURS OF BOWLING ON ONE LANE  
ONE LARGE CHEESE OR PEPPERONI PIZZA  
ONE PITCHER OF FOUNTAIN DRINK  
UP TO FIVE PAIRS OF SHOE RENTALS**



For more information, call (808) 490-9511.



Schofield Barracks Bowling Center

# Monday-Friday

*11 a.m. until sold out*

*Available for dine-in or  
take-out*

*For more information,  
call (808) 655-3978*



557 Burr Pl., Bldg. 557, Schofield Barracks, HI 96857



HiMWR.com or  MWR HAWAII 



*Did you know you can Call in your lunch order to the Hangar?  
Find your next great lunch meal at a convenient location with no waiting time.*

# PHONE IN YOUR LUNCH ORDER!

## (808) 787-4395

### THURSDAY - SATURDAY • 11 A.M.-2 P.M.

We are now accepting Phone orders for lunch at the Hangar Entertainment Center.  
Simply give us 15 minutes before arriving to receive no waiting time when you get here.  
You can choose to eat in or dine out.



## PHONE IN



## PICK UP

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

**For more information call, (808) 787-4395.**



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SING YOUR HEART OUT!

# KARAOKE

# NIGHT



**EVERY THURSDAY**

**7-10 P.M.**

Food and drinks are available for purchase.



ENTERTAINMENT  
CENTER

For more information,  
call (808) 656-1745.

1735 Wright Avenue, Bldg. 835,  
Wheeler Army Air Field



**HiMWR.com** or



**MWR HAWAII**





Open to all Active Duty, DoD ID Cardholders  
and guests. (18 & older after 8p.m.)



# THE HANGAR ENTERTAINMENT CENTER

# Extended Hours of Operations

For more information, call (808) 787-4395.

WITH THE ADDITION OF  
TUESDAYS & WEDNESDAYS 11A.M.-2P.M.

**VISIT US AT THE HANGAR  
ENTERTAINMENT CENTER MORE OFTEN!  
CHECK OUT OUR NEW AND EXCITING LUNCH SPECIALS!**

Hours of Operations:

Tuesday - Wednesday: 11a.m.-2p.m.

Thursday: 11a.m.-2p.m. & 5p.m.-Midnight

Friday-Saturday: 11a.m.-2p.m. & 6p.m.-Midnight

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



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