

JULY 2025

FITNESS CLASS SCHEDULE

Lee 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).

Spin
Coach Carlie

Spin
Coach Heidi

*Special
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 <i>Spin</i> 9 a.m.	3	4  Gym closed	5
6	7	8	9 <i>Spin</i> 9 a.m.	10	11	12
13	14	15 <i>Spin</i> 5:30 p.m.	16 <i>Spin</i> 9 a.m.	17	18	19
20	21	22 <i>Spin</i> 5:30 p.m.	23 <i>Spin</i> 9 a.m.	24	25	26
27	28	29 <i>Spin</i> 5:30 p.m.	30 <i>Spin</i> 9 a.m.	31	Join Our Facebook Group: Army Fitness Hawaii	 Army Fitness Hawaii Facebook Group



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UPDATE

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

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 **July** schedule below.

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



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





LEAGUE BEGINS:

**MONDAY,
AUGUST 25**

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

Takata Field (Fort Shafter)

Stoneman Football Field (Schofield Barracks)

FREE

ELIGIBILITY:

Active-Duty Army Soldiers, Army Reservists, Army National Guardsmen and Army DOD-Civilians within the geographical limits of Hawaii (NO EXCEPTIONS). This is a Company (or subordinate Unit) level and One (1) Army DOD-Civilian team league. Army teams must sign up under a Company, and all players on each team must belong to the same Company while Army DOD-Civilians can create a team granted each Common Access Card (CAC) holder works for the United States Army Garrison in Hawaii. (There are exceptions to this rule. Please contact the USAG-HI Sports, Fitness & Aquatics Office for further details).

ENTRY DEADLINE: Friday, August 8 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 8, 2025. Applications may be scanned/emailed to the Sports, Fitness and Aquatics Office at 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

Register by
scanning the
QR Code.



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

*The HAWAII ARMY Intramural Sports
Office has the right to make changes.



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REGISTER THROUGH
THE MONTH
OF AUGUST
AT HMR PFC.



\$5 CHALLENGE

CHALLENGE YOURSELF TO COMPLETE THE
MAHI'AI (FARMER) CHALLENGE.

USING THE HONOR SYSTEM, YOU WILL

CHOOSE YOUR FITNESS:

LEVEL 1 = 3 SETS

LEVEL 2 = 4 SETS

LEVEL 3 = 5 SETS

REST UP TO 2 MINUTES BETWEEN SETS.

COMPLETE THE WORKOUT IN THE MONTH OF AUGUST.

UPON COMPLETION PARTICIPANTS WILL RECEIVE A WRISTBAND.



10 farmer carry steps

10 shrugs

10 shrugs

shrugs

upright rows

SCAN ME



Scan the QR code or visit
Hawaii.armymwr.com/categories/sports-and-fitness
for facility hours of operations.

441 Kuapale Road • Bldg. 25
Wahiawa, Hawaii 96786

FOR MORE INFORMATION, CALL (808) 787-7460.



HiMWR.com or MWR HAWAII

HMR Physical Fitness Center presents

Back to School DASH

August starts the school year for some students.

The mad dash for school supplies has started.

Head to the HMR PFC and track your miles through the month of August to complete your personal goal of 1 mile, 2 miles, or 5K.

Register through the month of August at HMR PFC.

Sign our poster and commemorate the achievement.

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

**FREE
CHALLENGE!**

SCAN ME



Scan the QR code or visit
Hawaii.armymwr.com/categories/sports-and-fitness
for facility hours of operations.

441 Kuapale Road • Bldg. 25
Wahiawa, Hawaii 96786





Open to DOD ID Cardholders of all ages and the general public.
(12 and under must be accompanied by a guardian at all times.)

2025 COLOR BLAST!!! FUN RUN



Start & Finish: **Stoneman Field**

Shirt & Bib Pick-up/Check-in: **6:30-7:15 a.m.**

Safety Brief: **7:15a.m.**

Fun Run Route: **Stoneman Field to Watts Field
back to Stoneman Field**

**Saturday, August 9
7:30 a.m.**

**Stoneman - Watts Field
Schofield Barracks**



(Shirt Back)

REGISTRATION

In Person:

At any Army Physical Fitness
Center (excluding WAAF)

Over the Phone:

(808) 787-7460

Online:

Scan the QR Code below



Entry Fee: (credit card only)

Early Entry: \$25 per person
must register by Thursday, July 17
T-shirt guaranteed

Late Entry: \$30 per person
July 18 to August 7
(T-shirts while supplies last)

Race Day Registration:
\$30 per person, 6:30-7:15 a.m.
credit card only.
(T-shirts while supplies last)

Deadline for General Public:
Saturday, July 26

**No Refunds.
Strollers are permitted.**

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



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

To participate in the Lifeguarding Course, participants must:

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

Scan the QR Code below for additional information



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

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



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

Digital Garrison



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**American
Red Cross**

2025

Lifeguard Courses

Richardson Pool
Schofield Barracks

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

COURSE DATES:

February 24 - 28

March 17 - 21

(High School Ages Only 15-18 Years old)

March 24 - 28

April 21 - 25

May 19 - 23

June 2 - 6

(High School Ages Only 15-18 Years old)

June 23 - 27

August 18 - 22

September 22 - 26

October 6 - 10

(High School Ages Only 15-18 Years old)

October 20 - 24

Pre-Requisite Demonstrations must be completed during these following hours:
Monday, Wednesday - Friday 8-9 a.m. & 11 a.m.-4 p.m.
Saturday 10 a.m.-4 p.m.

Tripler Army Medical Center Pool
&
Richardson Pool

2025
SERVICE MEMBER
LEARN
TO SWIM
COURSE

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



Open to active duty military personnel.

TAMC POOL SCHEDULE: (Tripler Army Medical Center)

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

RICHARDSON POOL SCHEDULE: (Schofield Barracks)

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

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





PRIVATE SWIM LESSON

Open to all DoD Cardholders ages 3 years and older.



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

How to Sign Up?

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

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

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

Payment will be collected after classes are scheduled.

SCAN ME



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



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



Mahalo Nui Loa from,
Team TAMC Takos



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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WHEELER PHYSICAL FITNESS CENTER

 **WE'VE MOVED** 

**Bldg. 113 to
Bldg. 102 DFAC**

USAG HAWAII SPORTS, FITNESS & AQUATICS

500 FIVE HUNDRED MILE HOLOMUA KĀKOU MILE RUN CLUB

Open to ALL DOD ID CARDHOLDERS

January 1, 2025 - December 31, 2025

Register at any MWR Physical Fitness Center

Join the Holomua Kākou (Let's Go Ahead),
500 mile run club. Challenge yourself to reach a total
of 500 miles! As a reward for your dedication,
you'll receive a
FREE HOLOMUA KĀKOU T-SHIRT
once you complete the distance. Whether you're a
seasoned runner or just starting out, you have from
when you start the challenge until December 31, 2025
to complete the 500 miles. So, lace up your shoes,
track your miles at one of our facilities and
celebrate your achievement with us.

for facility hours
of operations.



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



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MARTINEZ FITNESS FACILITY



January 1 - December 31, 2025

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

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

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

1,000 Club Entry example:

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

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

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

Open to all DOD ID Cardholders 18 years & older.

AWARDS

BRAGGING RIGHTS!

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

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

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

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

(808) 787-0721





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

UNIT PT

FITNESS CLASSES

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



Choose
from a
variety
of
classes.

\$35 PER CLASS

**SCHOFIELD BARRACKS
HEALTH AND FITNESS
CENTER**

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

Reserve one of our
certified instructors to
lead the way!

SCAN HERE for UNIT
Physical Training (PT)
Request Form



Eligibility:

Active Duty, Reservists, National Guardsmen Only.

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

usarmy.schofield.id-pacific.mbx.dfmwr-sfa-unit-pt@army.mil



2025 EVENT CALENDAR

SCHOFIELD BARRACKS HEALTH AND FITNESS CENTER

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

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

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



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2025 INTRAMURAL SPORTS CALENDAR

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

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

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

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



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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	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	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
			Spectator Fee	\$20

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



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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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Benefits:

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

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

ANNUAL GOLF MEMBERSHIP

2025 Membership

OPEN TO THE PUBLIC

JOIN TODAY!

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

About Nagorski Golf Course:

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



711 Morton Drive • Fort Shafter • Honolulu, 96858

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



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ADJUST YOUR LATITUDE



NO-COST resiliency program options in Hawaii:

1. REBALL (Paintless Paintball)
2. BLITZBALL (Battleball & Soccer)
3. MOKOLI'I ISLET (Ocean Kayaking)

(More programs coming soon!)

WARRIOR ADVENTURE QUEST

U.S. Army Garrison Hawaii

435 Ulrich Way • Bldg. 2110 • Schofield Barracks, Hawaii

Phone: (808) 787-4097

waq.armymwr.com

himwr.com

WAQ ACTIVITIES

selected using following criteria:

- High Adventure Component
- Leverage local resources at each Garrison
- L-LAAD trained
- Designed for Platoon-Sized Group
- Team-Building

All activities are designed to instill cohesion, build teamwork, and share esprit-de-corps in a supervised and controlled manner.



WARRIOR ADVENTURE QUEST

A High-Adventure Outdoor Recreation (ODR) Program combined with L-LAAD as part of the Army's holistic approach to RESET.

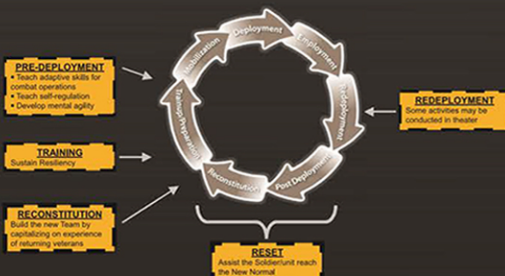
Who participates:

- All redeploying Soldiers focused at the platoon level
- Facilitated by L-LAAD trained debriefers
- Coordinated by the Garrison

When executed:

- Within the first 120 days of return to home station
- May be offered at other stages within the Deployment Cycle...

SUPPORT IN THE DEPLOYMENT CYCLE



Why:

- Mitigate boredom and high-risk behavior of redeploying Soldiers by providing high-adventure activity in an outdoor environment
- Reinforce Soldier unit cohesion and individual coping tools for stress and reintegration challenges

Phases of the Program Package:

LEADERSHIP TRAINING

- Emphasizes to leaders the importance of demonstrating confidence and competence in front of a group

- Creates the opportunity for horizontal and vertical bonding in a small group setting



- Builds unit cohesion and esprit-de-corps

- Receive training on Leader-Led After Action Debrief (L-LAAD) techniques

SOLDIER TRAINING

- WAQ Program Overview
- Addresses Combat Operational Stress Control Model
 - Adaptive
 - Post Traumatic Growth
- Resiliency Overview
- Coping Skills

ODR ACTIVITY

A **team-building** activity, focused at the platoon-level, to engage **all Soldiers in RESET**

High-Adventure Activities may include (but not limited to) the following:

- | | | |
|----------------|-----------------------|----------------------------|
| I Paintball | I White-Water Rafting | I Rock Climbing/Rappelling |
| I Geocaching | I Scuba Diving | I Canoeing |
| I Skeet/Trap | I Adventure Racing | I Mountain Biking |
| I Ropes Course | I Skiing | I Sea Kayaking |

Please see back flap for your Hawaii options!

LEADER LED AFTER ACTION DEBRIEF

- L-LAAD is integrated into the Army's overall psychological resiliency building program

Leader-Led After Action Debrief

- Debrief facilitation tool developed by Army Medical Department (AMEDD) Center & School
- Leverages trained unit assets to conduct debrief at conclusion of ODR activity
- Connects challenges of WAQ activity and Soldier resiliency

L-LAAD is a Soldier resiliency tool to address both combat and operational stress during rigors of day-to-day military life



WARRIOR ADVENTURE QUEST

WAS DESIGNED WITH INPUT FROM MEDICAL, SCIENTIFIC, RECREATIONAL AND OPERATIONAL COMMUNITIES AND DIRECTLY SUPPORTS RESET

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