

Open to all DoD ID Cardholders
and the public.

Color Blast 5K RUN August 8

Deadline for General Public to
register is Saturday, July 25.

Saturday,

7:30 a.m.

Stoneman Field, Schofield Barracks

EARLY REGISTRATION:

Now - July 16

\$25 | Includes T-Shirt Guaranteed

LATE REGISTRATION:

July 17 - August 5

\$30 | T-Shirt Not Guaranteed

RACE DAY REGISTRATION:

August 8, 6:30-7:15 a.m.

\$30 | T-Shirt Not Guaranteed

Credit Card Only

CHECK IN:

6:15-7:15 a.m.

• Safety Brief at 7:20 a.m.

**HOW TO
REGISTER:**

In Person
at any Army
Physical Fitness
Center
(excluding WAAF),

Online
Scan QR code



Call
(808) 787-5739.
Credit card only.

Get ready for the most vibrant
and exciting run of the year!
Bring your family and friends
for a morning of colorful fun.



For more information, call
(808) 787-5738



PAPA JOHN'S
Better Ingredients. Better Pizza.

SYSTEMCENTER

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

HiMWR.com or **f MWR HAWAII**



USAG HAWAII SPORTS, FITNESS & AQUATICS

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.



[HiMWR.com](https://www.himwr.com) or [f](#) MWR HAWAII [@](#)

Download MY ARMY POST APP



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.

AWARDS

BRAGGING RIGHTS!

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

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.**



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



UPDATE



24/7 Fitness orientations are held at Lee Health & Fitness Center, Martinez, and TAMC Physical Fitness Centers for All DOD ID Cardholders 18 years of age or older. See the **JULY** schedule below.

24/7 FITNESS ORIENTATION

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

JULY 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
28	29	30	LEE HFC 6 p.m. 1	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 2	3	4
5	6	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 7	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	LEE HFC 6 p.m. 13	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 14	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	LEE HFC 6 p.m. 20	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 21	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	LEE HFC 6 p.m. 27	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 28	LEE HFC 6 p.m. 29	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 30	31	1



HiMWR.com or f MWR HAWAII @



JULY 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	1	2	3	 4 INDEPENDENCE DAY Gym closed
5	6	7	8 <i>Spin</i> 9 a.m.	9	10	11
12	13	14	15 <i>Spin</i> 9 a.m.	16	17	18
19	20	21	22 <i>Spin</i> 9 a.m.	23	24	25
26	27	28	29 <i>Spin</i> 9 a.m.	30	31	



HiMWR.com or f MWR HAWAII @



REGISTRATION:
Monday, June 15-Tuesday, July 14
Register with DOD ID at WAAF PFC front desk for free.



SUMMER BENCH PRESS CHALLENGE

Open to all DOD ID Cardholders
18 years & older

WEIGHT CLASSES:

WOMEN'S:

100 LBS & UNDER,
101 LBS - 120 LBS,
121 LBS - 145 LBS,
146 LBS - 165 LBS,
166 LBS - 185 LBS
186 LBS & UP

MEN'S:

140 LBS & UNDER,
141 LBS - 160 LBS,
161 LBS - 185 LBS,
186 LBS - 205 LBS,
206 LBS - 225 LBS
226 LBS & UP

WEDNESDAY, JULY 15
12-6 P.M. • FREE
WHEELER ARMY AIRFIELD PHYSICAL
FITNESS CENTER

COMPETITION RULES:

Unlimited attempts, but only ONE entry may be recorded.
A staff member must observe each attempt. Spotter required
for every attempt, either an acquaintance or WAAF PFC staff member.

AWARDS:

The 1st place winner in each weight class receives an exclusive
T-shirt and will have their name displayed at the Wheeler PFC!

For more information, call (808) 787-1317
1107 Santos Dumont Ave., Bldg. 102 • Wheeler Army Airfield



HiMWR.com or f MWR HAWAII @





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



HiMWR.com or f MWR HAWAII @ MWRArmyHawaii



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](#)

Download MY ARMY POST APP





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 IMARMYSPOHSHI



HiMWR.com or **f MWR HAWAII** 

Download MY ARMY POST APP



2026 ARMY HAWAII

DodgeBall

Tournament

Tournament starts at 6 p.m. each night.

Monday, August 10 -
Friday, August 14

Martinez Physical Fitness Center
Schofield Barracks



SCAN ME



Scan the QR code
to register online.

Eligibility:

Open to all authorized DOD ID Cardholders
18 years of age or older. Participants are required to present
a valid Military ID that verifies eligibility status.

Divisions:

Open Division

Entry Deadline:

Register by Friday, July 31, no later than 4 p.m.

All applications must be received by the

USAG Hawaii Sports Office:

730 Leilehua Avenue, Bldg. 645, Rm. 2, Schofield Barracks, HI
(Forms are available at the office)

Applications may be emailed to:

usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

Awards:

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

For more information, please contact the Sports Office:

(808) 787-0715 and (808) 787-0716 or

usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

USAG Hawaii Sports Office: 730 Leilehua Avenue
Bldg. 645, Room 2 • Schofield Barracks, HI



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

Download MY ARMY POST APP





2026 ARMY HAWAII CORNHOLE TOURNAMENT

**2 PLAYER
TEAMS!**
(TWO PLAYERS OF ANY GENDER
CAN ENTER AS A TEAM)

**Thursday, August 6
6 p.m.**

AWARDS:

Presented to the 1st
and 2nd place teams.



ELIGIBILITY:

Open to all authorized DOD ID Cardholders 18 years of age or older.
Participants are required to present a valid Military ID
that verifies eligibility status.

REGISTER BY:

Friday, July 24, no later than 4 p.m. All applications must be received
by the USAG Hawaii Sports Office: 730 Leilehua Avenue, Bldg. 645, Rm. 2,
Schofield Barracks. Applications may be emailed to
usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

FOR MORE INFORMATION, CONTACT: THE SPORTS OFFICE
(808) 787-0715 OR (808) 787-0716



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

ENTRY INFORMATION: 2026 USAG HAWAII CORNHOLE TOURNAMENT

Team Name: _____

Name: _____

Military Rank/Status: _____

Phone: _____ Email: _____

Alt. Contact Name: _____

Military Rank/Status: _____

Phone: _____ Email: _____

2026 ARMY HAWAII
3rd ANNUAL



DISC GOLF TOURNAMENT

Sunday, July 26
9 a.m., Shotgun Start

Check In starts at 8 a.m.
Rules Meeting 8:30 a.m.

Stoneman Complex Disc Golf Course
Schofield Barracks

COST: Free

ELIGIBILITY: All DOD ID Cardholders that are 18 years of age and older. Participants are required to present a valid Military ID that verifies eligibility status.

ENTRY DEADLINE: All applications or online registrations must be received by the USAG Hawaii Sports Office on Schofield Barracks, no later than 4 p.m. on Friday, July 17. Applications may be scanned and emailed to usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil. You will register as a pair on your team. Single registrations will be accepted and will be paired up with other single entries or participate as an individual. There will be only one division no matter the gender mix of each team.

TOURNAMENT FORMAT: Mixed division, pairs. 18-hole scramble, shotgun start.

AWARDS: Presented to the winning team or single of the tournament.

For more information, contact the Sports Office at 730 Leilehua Ave, Bldg. 645, Room 2, Schofield Barracks or call (808) 787-0715 or (808) 787-0716.

Email: usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

MWR Sports website: Facebook at [IMARMYsportsHI](https://www.facebook.com/IMARMYsportsHI).

REGISTER:

Registration forms
are available online
or USAG Hawaii
Sports Office.



Register by scanning
the QR Code.



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

Download MY ARMY POST APP



7 vs. 7 FLAG FOOTBALL

2026 ARMY HAWAII LEAGUE



FREE

LEAGUE BEGINS:

**MONDAY,
AUGUST 24**

LEAGUE ENDS:

**FRIDAY,
NOVEMBER 20**

Takata Field (Fort Shafter)

Stoneman Football Field (Schofield Barracks)

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

ELIGIBILITY:

Army Active-Duty, Reservists, and 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 Hawaii Sports Office for further details)

ENTRY DEADLINE: Friday, August 7 at 4 p.m.

All applications must be received by the USAG Hawaii Sports Office on Schofield Barracks, no later than 4 p.m. on Friday, August 7, 2026. Applications may be scanned/emailed to the USAG Hawaii Sports Office at usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

Mandatory Organization Meeting:

Thursday, August 13, 2 p.m. at The Sports Office

730 Leilehua Ave., Bldg. 645 • Room 2, Schofield Barracks, HI

For more information, call (808) 787-0715 or (808) 787-0716

Register by scanning the QR Code.



Registration forms are available online or USAG Hawaii Sports Office.

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



HiMWR.com



or



MWR HAWAII



@

Download MY ARMY POST APP



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!



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.



HiMWR.com or f MWR HAWAII



Download MY ARMY POST APP



RICHARDSON POOL

1757 Kolekole Ave, BLDG 578 Schofield Barracks

Children's Learn to Swim Classes



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.

For more information, call (808) 787-4090

Aquatics Website



SCAN ME



HiMWR.com



MWR HAWAII



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.



HiMWR.com or **f MWR HAWAII**

Download MY ARMY POST APP



Aloha!
Free introduction to stand up
paddle boarding & ocean kayaking.

Sponsored by the
MWR Aquatics and Outdoor
Recreation Departments

AQUATICS

SAFETY Day

JOIN US FOR:

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



FRIDAY,
July 10

10 A.M.-12 P.M.
FREE!



TRIPLER ARMY
MEDICAL CENTER POOL

315 Krukowski Rd. Bldg. 301, Honolulu, HI 96819

Open to all DOD ID Cardholders and sponsored guests.



For more information, call TAMC at
(808) 787-4155 or (808) 787-4151.



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

Download MY ARMY POST APP





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

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	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	\$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)



Walter J. Nagorski Golf Course Presents:

THE END OF SUMMER

9-Hole Jr. Golf Tournament



SAT., AUGUST 1 • 2 P.M

Join Us for a Day of Fun, Sun, and Friendly Competition!



Nagorski G.C.
FORT SHAFTER, HAWAII

- **Registration Fee: \$41**
(includes green fee, food, and prizes for top players in each flight)
- **Register By:** Tuesday, July 28
- **Format:** 9-Hole Flighted Medal Play
- **Age Divisions:** 7-10, 11-13, and 14-18
- **Spots are Limited!** Be sure to secure your keiki's place early!
- **Register** at the Pro Shop or call (808) 787-4016 for more information.

*Where the Game
of Golf Begins!*

SCAN ME



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



Hours of Operation:

Tuesday - Sunday: 8:30 a.m. - 6 p.m.
711 Morton Dr, Bldg. 711 • Fort Shafter, HI

HiMWR.com or MWR HAWAII

Download MY ARMY POST APP



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



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



HIMWR.com

or MWR HAWAII



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.

SCAN ME



Download MY ARMY POST APP



HiMWR.com or MWR HAWAII

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!**



HALE KOA & NAGORSKI GC
NINE HOLE
GOLF SPECIAL



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) 707-4016.

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



HiMWR.com or f MWR HAWAII ©



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**



HiMWR.com or MWR HAWAII



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.



[HiMWR.com](https://www.himwr.com) or [f MWR HAWAII](https://www.facebook.com/MWRHawaii) [@](https://www.instagram.com/MWRHawaii)



Paid advertisement within this publication does not constitute DOD, Army, or Federal Government Endorsement.