

Visit
HiMWR.com

for activity details.

To sign up, call
(808) 655-0143.
For more information, call
(808) 655-9046.



Custom programming is also available for family outings, physical training, and organizational days. Minimum 6 people per program. Call for complete details

Saturday,

14

SUP 101

**STAND UP
PADDLE BOARDING**

8:30 a.m.-12:30 p.m.

\$59 per Person • TBD



Learn how to enjoy one of Hawaii's most unique and exciting outdoor activities while feeling the sun on your face and the spray of the ocean! Learn proper stance and technique for paddling a stand-up paddleboard, including paddling and some basic and advanced maneuvers. Location will be determined by weather and ocean conditions. Transportation, instruction, PFD (lifejacket) and SUP (including paddle and leash) included. Please wear sun-protective clothing and bring sunscreen, water, and a snack.

MARCH PROGRAMS & ADVENTURES

Saturdays,

7 & 28

**BICYCLE
CLINIC**

8:30 a.m.-12:30 p.m.

\$20 per Bicycle • ODR

Interested in learning more about the upkeep and maintenance of your street, mountain, or hybrid bicycle? Join Outdoor Recreation and their certified bike mechanic for a 3-hour workshop including basic skills such as changing tires, making on-the-fly tire repairs, maintaining chain, and much more. Instruction and equipment will be provided, but we encourage you to bring your own bike for a more personalized experience.

Saturday,

21

**TEMPLE TOUR
& HIKE**

8:30 a.m.-12:30 p.m.

\$30 per Person • Kane'ohe

Come join us on a mystical tour of the Japanese Byodo-In Temple followed by a moderate level hike up Pu'u Ma'eli'eli Trail. The Byodo-In Temple is a non-practicing Buddhist temple which welcomes people of all paths to worship, meditate, or simply appreciate its beauty. The pillbox hike will end in stunning vistas of Kaneohe Bay and offers time for exploration of historic WWII bunkers. Transportation, guided temple tour, and trail guides included. Please wear sun-protective clothing and bring sunscreen, water, and a snack.

SIGN UP: At Outdoor Recreation no later than close of business the Thursday prior to the program.

OPEN TO: The minimum age is 10, children under the age of 18 must be accompanied by an adult.

TRANSPORTATION: Up to 12 people, equipment and instruction is provided.

NOTE: Please bring water, snacks and sunscreen.

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

