



Open to all DOD ID Cardholders and general public with installation access.

# HOLIDAY LUNCH Buffet

## Tuesday, December 10

### 11 a.m.-1 p.m.

Hale Ikena Community Activity Center  
711 Morton Drive, Fort Shafter, HI 96858

**\$29.95** per person  
(ages 11 and up)

**\$14.95** per child  
(ages 4-10)

Children ages 3 & under are free

### MENU

#### *Cold Items*

Fresh Garden Salad with Assortment of Dressings, Potato Salad, Macaroni Salad

#### *Desserts*

Apple Pie, Pumpkin Pie

#### *Beverages*

Hot Coffee, Hot & Iced Tea, Lemonade

#### *Hot Items*

Holiday Ham with Brown Sugar Pineapple Glaze,  
Oven Roasted Turkey with Gravy & Cranberry Sauce, Candied Yams, Garlic Mashed Potatoes, Green Bean Casserole, Traditional Herb Stuffing, Steamed White Rice, Fresh Oven Rolls

*\*Menu items subject to change without notice\**

For more information or to make a reservation, call (808) 787-4010 or (808) 787-4011.



# Share some Holiday Cheers!

Office Hours: Monday - Friday, 8:30 a.m.-4:30 p.m.



HiMWR.com or MWR HAWAII



# 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.

**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)



Digital Garrison



*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



# 12 DAYS OF FITMAS

## DECEMBER 1-31

Open to all  
DOD ID Cardholders  
13 years and older.  
Ages 13-15 must show ID and  
be accompanied by parent.

Participating Fitness Centers:  
Martinez Physical Fitness Center,  
Health & Fitness Center and  
HMR Physical Fitness Center

**FREE!**

**Rules:**  
There will be 12 different exercises.  
Challenger will be the one to  
determine the amount of weight they  
will use to complete exercise.

\*Check each participating Fitness  
Center for complete details on the  
fitness challenges.

**Awards:**  
To each finisher while  
supplies last.



For more information, call Martinez at (808) 787-0721,  
HFC at (808) 787-5739 or HMR at (808) 787-7460



**12 Days of FITMAS at Martinez & HMR Physical Fitness Center**

**1- ASSAULT BIKE CHALLENGE**  
100cal bike ride for time

**2- JINGLE BELL 15 MINUTES AMRAP**  
(as many rounds as possible)  
\*You will need a kettlebell for this workout!  
15KB Swings  
15 Around the World  
15 Goblet Squats  
15 Overhead Press

**3- REINDEER DASH** (for time)  
\*MUST do in order  
1 Mile Run  
3 Mile Bike  
1,000 Meter Row

**4- BETTER IN PAIRS** (for time)  
Partner 1 - 1,000 Meter Row  
50 Trainers  
50 Hand Release Push-Ups  
Partner 2 - 1,000 Meter Row  
50 Trainers  
50 Hand Release Push-Ups

**5- INCLINE POWER WALL**  
100lb Incline 1.0, 2.0, 3.0  
5 minutes  
5 reps  
5 sets  
5 rounds

**1- MINUTE PLANK OF CHOICE**  
The goal is to jump a little farther each time, and walk back to where you started. Always land with a soft knee and sinking into a squat at the end of the movement.

**2- 2-MINUTE JUMP ROPE**  
If you don't have a jump rope, no worries. You can "four jump rope," just acting like you're jumping without the rope. Or you can do anything for two minutes that will elevate your heart rate. You can hop on the spin bike, treadmill, rower, or do plyometric exercises, like high knees, side to side hops, mountain climbers, or a variation.

**3- BROAD JUMPS**  
The goal is to jump a little farther each time, and walk back to where you started. Always land with a soft knee and sinking into a squat at the end of the movement.

**4- PLANK JACKS**  
Make sure to keep your hips down in line with your spine as you "jack" your feet out and in. If you want to keep it low-impact, walk your feet out and in instead of jumping.

**5- BURPEES**  
Any burpee modification you like! Feel free to get fancy by adding a push-up, a tuck jump, or modify by eliminating the jump, or performing your burpees placing your hands on the countertop or a wall.

**6- HEAVY ROWS**  
Make sure to keep your spine long and your core pulled in as you exhale. You can do both arms at the same time, or perform it unilaterally with all of your sets on one side before completing reps on the other side.

**7- CURTIS LUNGES (EACH SIDE)**  
Start with one leg forward, and toes angled out 45 degrees. Step your other foot totally back behind the front, so that your foot is behind the opposite shoulder. Sink low into a curtsy lunge, then as you exhale, squeeze your legs to rise.

**8- SHOULDER PRESSES**  
Start with your arms out at 90 degrees from your shoulders. Press the dumbbells overhead, then lower back down and repeat.

**9- TRICEPS KICKBACKS**  
Squeeze your shoulder blades together and keep your elbows close to your torso. Keep your back flat, and exhale as you press the weights back. As you press the weights back, think about really squeezing your triceps to lift your arms.

**10- WEIGHTED SQUATS**  
Place your feet just under your shoulders with toes slightly angled out. Hold a HEAVY dumbbell under your chin, perpendicular to the floor. Keep your chest lifted and a light cone as you sink back and down into your squat. Pretend like there is a chair in front of you, and you're going to tap your bottom to the chair. The weight should remain in your heels and 1/3 keep your knees just under the buttocks with a nice wide grip.

**11- SUMO DEADLIFT**  
Place your feet just under your shoulders with toes slightly angled out. Hold a HEAVY dumbbell under your chin, perpendicular to the floor. Keep your chest lifted and a light cone as you sink back and down into your squat. Pretend like there is a chair in front of you, and you're going to tap your bottom to the chair. The weight should remain in your heels and 1/3 keep your knees just under the buttocks with a nice wide grip.



Top Male and Female with the fastest  
time for Gobble, Wobble, and Elite  
Gobbler will win a prize.

# 2024 TURKEY

# DRI-TRI Challenge

Monday, November 18 - Wednesday, November 20  
6 a.m.-7 p.m. and  
Thursday, November 21  
6 a.m.-12 p.m.

**\$25**

Register by Wednesday,  
November 13 to  
guarantee a t-shirt.

**\$30**

Register November-18-21:  
T-Shirt Not-Guaranteed.



## Indoor Dri Triathlon

Instead of the swim, participants will row using the Concept 2 Rower, Bike on the Upright Bike, and then hop on the treadmill for your run.

Looking for a bigger challenge? Sign up for the Elite Gobbler instead!

**GOBBLE:** Row – 1,000m • Upright Bike Ride - 3 Miles • Treadmill Run – 1 Mile

**WOBBLE:** Row – 2,000m • Upright Bike Ride – 6 Miles • Treadmill Run – 2 Miles

**ELITE GOBBLER:** Ski-Erg – 500m • Assault Bike – 1 Mile • Assault Treadmill Run – 1 Mile

Register at Schofield Barracks Health and Fitness Center or call 808-787-5739.



# NOVEMBER 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).

Spin  
Coach Carlie

Spin  
Coach Heidi

Zumba  
Coach Ashley E.

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	Spin 5:30 p.m. 5	Spin 9 a.m. 6 Zumba 6 p.m. 6	7	8	9
10	11	Spin 5:30 p.m. 12	Spin 9 a.m. 13 Zumba 6 p.m. 13	14	2nd Annual Bench Press & Endurance Competition @HMR 15	16
17	Turkey Dri-Tri November 18 - 21 @HFC 18	Spin 5:30 p.m. 19	Spin 9 a.m. 20	21	22	23
24		Spin 5:30 p.m. 26	Spin 9 a.m. 27 Zumba 6 p.m. 27			
31	25	26	27	28	29	30

**UPDATE**

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

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center, Martinez Physical Fitness Center, & Tripler Army Medical Center Physical Fitness Center

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



HiMWR.com or f MWR HAWAII

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





# DECEMBER 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).

*Spin  
Coach Carlie*

*Spin  
Coach Heidi*

*Zumba  
Coach Ashley E.*

*Special  
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	Spin 5:30 p.m. 3	Spin 9 a.m. Zumba 6 p.m. 4	5	6	WAAF Pearl Harbor Commemoration 4K Run/Walk @WAAF 7
8	9	Spin 5:30 p.m. 10	Spin 9 a.m. Zumba 6 p.m. 11	12	13	14
15	16	Spin 5:30 p.m. 17	Spin 9 a.m. Zumba 6 p.m. 18	19	20	21
22	23	Holiday Gym Hours 5 a.m.-1 p.m. 24	MERRY CHRISTMAS 25	Holiday Gym Hours 7 a.m.-3:30 p.m. 26	27	28
29	30	Holiday Gym Hours 5 a.m.-1 p.m. 31		Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



HiMWR.com or MWR HAWAII



**UPDATE**

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



HiMWR.com or f MWR HAWAII @

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



# 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 



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](mailto:usarmy.schofield.id-pacific.mbx.dfmwr-sfa-unit-pt@army.mil)





# 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



# 2024-2025 BOSS COMMUNITY FLEA MARKET

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

- **November 23, 2024** (Stalls on sale September 23)
- **January 11, 2025** (Stalls on sale November 25, 2024)
- **May 17, 2025** (Stalls on sale March 10, 2025)
- **July 12, 2025** (Stalls on sale May 19, 2025)

### 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) 787-4097 or  
LTS (808) 787-3981

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



**BOSS**  
Better Opportunities  
for Single Soldiers



HiMWR.com or MWR HAWAII

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.

Digital Garrison



HiMWR.com or MWR HAWAII





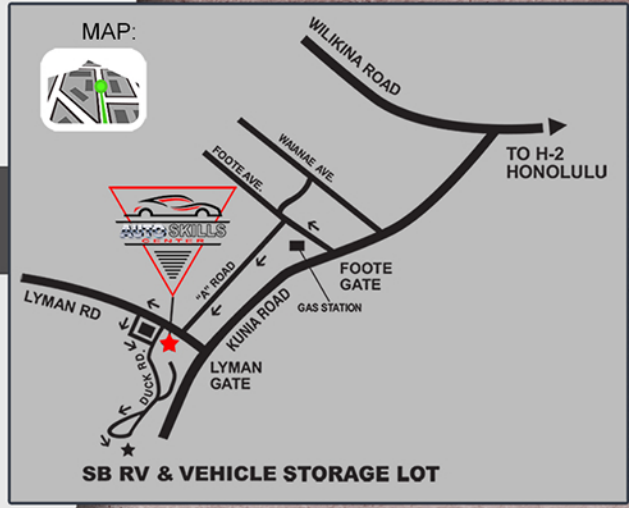
# STATE SAFETY INSPECTIONS



Effective Tuesday, October 1, 2024  
No appointment is required.  
First-Come, First-Served.

## VEHICLES

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



## HOURS OF OPERATION

**TUESDAY-FRIDAY**

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

**SATURDAY: 9a.m.-3 p.m.**

For more information, call  
**(808) 787-0726.**

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.)



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



SCHOFIELD AUTO SKILLS CENTER

# SPEEDY LUBE

**No Appointment Required.**

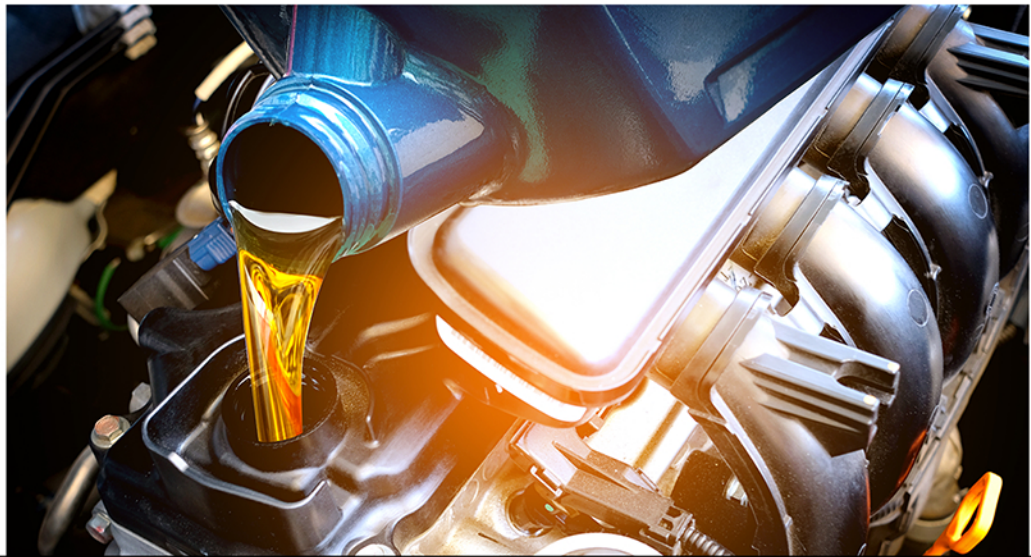
Required Documents:  
Vehicle Registration  
(Must be in your name)  
& DOD Affiliated ID

## \$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:

8:30 a.m.-4:30 p.m.

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

(Effective as of Tuesday, September 3, 2024)



SCHOFIELD BARRACKS  
249 Duck Rd., Bldg. 910 • Schofield Barracks

**FOR MORE INFORMATION, CALL (808) 787-0726.**



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.

# BOWLING

## 20/60 DISCOUNT CARD

**20 REGULAR GAMES OF BOWLING FOR \$60**  
(UP TO \$120 VALUE)

**Friday, November 1, 2024 - Monday, March 31, 2025**



- NOT valid for Hyper Bowling, Cosmic Bowling, birthday parties, group events, league play, or school or group reservations.
- Shoe rental is NOT included. • Cannot be combined with any other offers or discounts.
- The card is only valid at the location show on the cover. • All sales are final. No refunds.

### FORT SHAFTER BOWLING CENTER

Valid Monday - Thursday: 8 a.m.-8:30 p.m.  
Friday: 8 a.m.-10:30 p.m.  
Some restrictions apply. For more information, call (808) 490-9511.  
186 Chapplear Rd., Bldg. 660, Honolulu, HI 96858

### SCHOFIELD BOWLING CENTER

Valid Monday - Friday: 9 a.m.-9:30 p.m.  
Some restrictions apply.  
For more information, call (808) 787-1332  
217 Burr Pl., Bldg. 557, Schofield Barracks 96857

### THE HANGAR ENTERTAINMENT CENTER

Valid Tuesday - Saturday during normal hours of operation.  
\*Thursday-Saturday after 8 p.m. 18 years & older only.  
For more information, call (808) 787-4395.  
1735 Wright Ave., Bldg. 835, Wheeler Army Airfield 96857



SCHOFIELD BOWLING CENTER

# COSMIC BOWLING

**\$6.00**

Per  
Game

(Does not include shoe rental)

**COSMIC TIME:**

**Saturday**

3 - 10 p.m.

**Sunday**

12 - 6 p.m.

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

**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 \$112 VALUE  
**\$95**  
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

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

DAILY LUNCH SPECIALS



HiMWR.com or  MWR HAWAII 



LEILEHUA GOLF COURSE

Presents

# The Candy Sale

*Sweeten your game with fantastic discounts!*

FRIDAY, NOVEMBER 1 -  
TUESDAY, DECEMBER 31

Bring your items to the counter and pick a piece of candy to unwrap your savings!!

**10-50% off**

all merchandise, including already reduced items.  
Excludes golf balls and special orders.

Open to all DOD ID Cardholders and the general public.

*Treat yourself to great savings and sweet surprises!*

*Visit us at Leilehua Golf Course today!*

**For more information, call  
(808) 787-4653.**

**Office Hours:**

Monday- Sunday 6:30 a.m.-6 p.m.

199 Leilehua Road Bldg.6505, Wahiawa, HI 96786



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

WALTER J. NAGORSKI  
GOLF COURSE

GET READY TO SCORE  
BIG SAVINGS!

# ROLL THE DICE

# Sale!

FRIDAY, NOVEMBER 1 - TUESDAY, DECEMBER 31

## How It Works:

1. Bring your items to the counter.
2. Roll the dice!
3. Enjoy a discount of 10% to 50% off your purchase!

## Sale Includes:

- All merchandise
- Already marked down items (Excludes Golf Balls and Special Orders)

**Don't miss your chance to save while you gear up for your next round of golf!**

**Visit us today!**



Walter J. Nagorski  
Golf Course  
HAWAII

711 Morton Dr., Fort Shafter, HI 96858

Office Hours: Tuesday-Sunday  
6:30 a.m. - 6 p.m.

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



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

### TUESDAY - 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.



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

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



HiMWR.com or f MWR HAWAII

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)