



USAG HAWAII DFMWR



Monday, May 2 - Friday, May 6
MWR Sports, Fitness & Aquatics 3 vs 3 Basketball Tournament
 Helemano Military Reservation Gymnasium
 Open DoD ID cardholders 18 years of age & older.
 For more information, call (808) 655-9914/0856/9650

Monday, May 2 - Thursday, May 26
One Free Bowling Shoe Rental
 Fort Shafter Bowling Center
 Show your Strong B.A.N.D.S. Bracelet and receive One Free Shoe Rental with a paid game.
 Cannot be combined with any other specials or promotions.
 For more information, call (808) 438-6733

Monday, May 2 - Tuesday, May 31
Take-Home Origami
 SGT Yano & Fort Shafter Libraries
 Kits available at the Circulation Desk during normal hours of operation.
 For more information, call (808) 655-9269

Monday, May 2 - Tuesday, May 31
Murph Challenge
 Wheeler Physical Fitness Center
 Open DoD ID cardholders 18 years of age & older.
 For more information, call (808) 656-1690

Monday, May 2 - Tuesday, May 31
Triathlon
 Tripler Aquatics & Physical Fitness Center
 Open DoD ID cardholders 16 years of age & older.
 For more information, call (808) 433-5257

Wednesday, May 11
BOSS Sunrise Hike: Pink Pillbox (Ma'ili) Pu'u o hulu Trail
 Open to single and unaccompanied soldiers.
 For more information, call (808) 655-1130

Friday, May 13
BOSS Sunrise Yoga
 Tropics Recreation Center
 Open to single and unaccompanied soldiers.
 For more information, call (808) 655-1130

Wednesday, May 18
BOSS Sunrise Hike: Kolowalu Trail
 Open to single and unaccompanied soldiers.
 For more information, call (808) 655-1130

Wednesday, May 18
Hand Building Clay Workshop
 Schofield Barracks Arts & Crafts Center
 Ages 5-11 years old must be accompanied by an adult.
 For more information, call (808) 655-4202

Wednesday, May 25
BOSS Sunrise Hike: Makapu'u Lighthouse Trail
 Open to single and unaccompanied soldiers.
 For more information, call (808) 655-1130

Tuesdays - Fridays
Outdoor Recreation Center PT Program
 All Active Duty Only (No exceptions).
 For more information, call (808) 655-9046

2022 CYS Soccer Season
 Tuesday, May 31 - Saturday, July 23
 Year of birth eligibility: 2007-2017 • Must be 5 years old by May 31, 2022
 For more information, call (808) 655-6465

COMMIT-STAY FIT!

#STRONGBANDS

STEP 1
 Attend featured fitness events at your garrison

STEP 2
 Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP 3
 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS

