

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 **August** schedule below.

24/7 FITNESS ORIENTATION

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

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



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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 **September** schedule below.

24/7 FITNESS ORIENTATION

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

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



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AUGUST 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	5 <i>Spin</i> 9 a.m.	6	7	8 Color Blast 5K Run @Stoneman Field
9	10	11	12 <i>Spin</i> 9 a.m.	13	14	15
16	17	18	19 <i>Spin</i> 9 a.m.	20	21	22
23	24	25	26 <i>Spin</i> 9 a.m.	27	28	29
30	31					



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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.

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Scan the QR code for
facility hours of operation.



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U.S. ARMY GARRISON HAWAII

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.**



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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.

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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



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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](#)

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Join us in honoring the heroic sacrifice of the FDNY firefighters who gave their lives on September 11, 2001.

2026 9/11 Memorial Stair Climb Challenge participants will climb 110 floors on a Stairmaster, symbolizing the 110 stories of the World Trade Center.

Each climber pays tribute to an FDNY firefighter, completing their heroic journey to save others. This challenge is more than a workout—it's a powerful way to remember the bravery and sacrifice of the 343 FDNY firefighters who selflessly gave their lives so others might live.

Through the participation of Soldiers and the Army community, we ensure that each firefighter is honored and that the world knows and will:

MAI POINA
Never Forget

FRIDAY, SEPTEMBER 11

ALL ARMY PHYSICAL FITNESS CENTERS (excluding WAAF & Fort Shafter PFCs)

7 a.m. - 7 p.m.

(Times may vary depending on the Physical Fitness Center)

Open to: All military service members, DOD, Retiree Cardholders, Family members 13 years and older with a valid ID.



HOW TO REGISTER:

In Person
at any Army
Physical Fitness
Center
(excluding WAAF)
or
by phone
Call
(808) 787- 5739
Credit card only.



Early Registration: Until Sept 2, 2026

\$25

(includes-Shirt & Commemorative Coin)

OR

\$15

(Commemorative coin ONLY)

Until Sept 2, 2026

Late Registration: Sept 3 - Sept 11, 2026.

\$30

(includes-Shirt & Commemorative Coin)

OR

\$20

(Commemorative Coin Only)

For more information,
call (808) 787-5739.



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USAG HAWAII





In honor of the Na Wahine O Ke Kai,
WPFC will be hosting a rowing
challenge for all DOD ID Cardholders
ages 16 & up!

**Register
through the
month of
September.**

**This is a
FREE
Event.**

ROWING CHALLENGE

WHEELER PHYSICAL FITNESS CENTER

Head to Wheeler Physical Fitness Center
and row through the month of
September to complete 26.2 miles!
Participants may log their
progress over the course
of September.

**Complete the challenge
and head to the
front desk to claim a free
T-shirt and wristband!**

SCAN ME



Scan the QR code or visit
[Hawaii.armymwr.com/categories/sports-and-fitness](https://hawaii.armymwr.com/categories/sports-and-fitness)
for facility hours of operations.

For more information, call

(808) 787-1317/1318

1129 Wright Avenue • Bldg. 102
Wheeler Army Airfield, HI



[HiMWR.com](https://www.himwr.com) or [USAG HAWAII](https://www.usag-hawaii.com)



TAMC PHYSICAL FITNESS CENTER PRESENTS

Fall into Wellness

Open to Active-Duty Service Members, Family Members, and Authorized DOD ID Cardholders age 18 and older.



READY TO BUILD A BETTER ROUTINE?

"Fall" into Wellness is a 30-day challenge designed to encourage members to build consistent healthy habits through movement, nutrition, recovery, and community engagement.

This program creates a fun, motivating, and inclusive environment that promotes overall health and wellness for all fitness levels.

Participants will earn points by completing daily wellness activities and tracking their progress throughout the month of September!

Free to Participate

Register and track your progress at the TAMC Physical Fitness Center.

TRACK: Complete daily wellness activities encompassing movement, nutrition, and recovery.

EARN POINTS: Log your progress on your tracker at the TAMC PFC throughout the month of September.

CHECK THE LEADERBOARD!

Keep an eye on the large lobby leaderboard at the TAMC PFC!

We will be actively displaying top participants, current streaks, and overall standings so you can see how you stack up.

POINT SYSTEM

Category	Daily Activity	Points Earned
Fitness	30-Minute Workout	1 Point
	60-Minute Workout	2 Points
	90+ Minute Workout	3 Points
	10,000+ Steps	1 Point
	Attend a Group Fitness Class	1 Point
Recovery & Wellness	7+ Hours of Sleep	1 Point
	10+ Minutes of Intentional Recovery (stretching, foam rolling, yoga, mobility, sauna, etc.)	1 Point
	5-10 Minutes of Journaling, Reflection, or Gratitude	1 Point
	5-10 Minutes of Mindfulness (breathing, meditation, or mindfulness practice)	1 Point
Nutrition & Lifestyle	Hydration: 64 oz (2L) of Water	1 Point
	Include a Protein Source with All Main Meals	1 Point
Community	Bring a Guest to the Gym for a Workout (if eligible)	2 Points

Table 2: Streak Bonus Points

Streak Length	Bonus Points Awarded
3-Day Streak	+3 Points
7-Day Streak	+7 Points
21-Day Streak	+15 Points
30-Day Streak	+25 Points

ACTIVITY	Sept. 1	Sept. 2	Sept. 3	Sept. 4	Sept. 5	Sept. 6	Sept. 7	Sept. 8	Sept. 9	Sept. 10	Sept. 11	Sept. 12
30-Minute Workout												
60-Minute Workout												
90-Minute Workout												
10,000+ Steps												
5-10 Minutes of Journaling, Reflecting, or Gratitude Writing												
64 oz. (2L) of Water per Day												
Include a Protein Source with All Main Meals												
7-Hour Sleep												
10-Minute Recovery												
5-10 Minute Mindfulness												



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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 IMARMYSPORTSHI



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USAG HAWAII
SEPTEMBER

SERIES

NAME YOUR GAME!

1. REGULAR GAME (7 Innings) • 2. ONE PITCH (9 Innings)
3. MULLIGAN (1 Do Over per game; Offense or Defense)

DIVISION ELIGIBILITY:

Intramural Division: Reserved to only Active-Duty Personnel, Reservists and National Guardsmen from all Military Service Branches.
All players from each team must be assigned/attached to a Military Unit, Company, Troop, Battalion, Squadron, etc. from their organization.

Open Division: Reserved to all valid DOD ID Cardholders from all Military Service Branches which includes all Servicemen and Servicewomen, Military Dependents, Military Retirees, DOD Civilians and DOD Contractors.

All participants in the tournament must be 18 years of age or older.
Everyone is required to present a valid Military ID that verifies eligibility status on site.
All players are only allowed to play on one team and may not play for multiple teams or in multiple divisions. (Rosters will be strictly enforced).

Invite Friends: Up to two Non-DOD players, "Chip Players," will be allowed on each team.
Must be 18 years or older with a valid ID.
Each guest needs to be able to gain access on base or sponsored on by a DOD card holder.
All "Chip Players" must sign a waiver/hold harmless agreement to participate in this event.

TOURNAMENT INFORMATION & INSTRUCTIONS:

This is a 2-Day Tournament. Games will start in the evening on Friday, September 11 and start back up in the morning of Saturday, September 12. (Additional games to be held on September 13 if there is an abundance of teams).
The actual times and tournament format will be determined when all registrations are complete.
A minimum of 4 teams per division are required to conduct separate division tournaments.
If there are not enough teams to conduct separate divisions, all teams will be integrated into one tournament/bracket and tournament rules will be modified.

PRIZES/AWARDS

Team prize packages will be awarded to the champions of each division.
MVP and Defensive MVP Awards will also be offered.

ON SALE

Commemorative SHIRTS/JERSEYS will be on sale on site.
Food and drink options will be available at the fields for sale.

For more information, please contact the Sports Office:

(808) 787-0716 / 0715

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



**FRIDAY,
SEPTEMBER 11 -
SATURDAY,
SEPTEMBER 12**

**Stoneman Softball Complex
Schofield Barracks**

**\$250 (Intramural Division)
\$300 (Open Division)**

Once payment is made, NO REFUNDS will be issued except for unforeseen circumstances beyond DFMWR's control (e.g. weather and/or emergencies)

To Register:

Visit any Army Physical Fitness Center
(Excluding WAAF), By phone, call
(808) 787-7460 (Credit Card payment only)
or Scan the QR Code to register online

**COSTS
AND TO
REGISTER**



SCAN ME



Saturday, September 12

"BRING WHAT YOU CAN SWING"

\$20 per participant. Signups will begin on September 11 and will be credit card payment only. Limited spots will be available and must have at least 10 paid entries for the winner to win a brand-new softball bat.
Separate Men's and Women's Derbies will be offered.

**ENTRY
DEADLINE**

All completed applications, and payment must be received by any of the Army Hawaii PFC's (except for WAAF PFC) by the facility's close of business on Friday, August 28. No applications will be accepted after the deadline, so please sign up early.
For additional payment and tournament information, please contact the USAG Hawaii Sports Office.

**ROSTERS
&
MEETING**

Completed team rosters are due NLT Tuesday, September 8 at 4 p.m.
No extensions. All players must be listed on the roster to be eligible to play.

**Mandatory Pre-tournament
Organization Meeting:**

Thursday, September 3 at 2 p.m. at
DFMWR Sports Office on
Schofield Barracks, 730 Leilehua Ave.,
Bldg. 645, Room 2.



PAPAJOHN'S

HiMWR.com or **MWR HAWAII**



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

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.**



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or



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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.



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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.

Aquatics Website



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For more information, call (808) 787-4090



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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.



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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.

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



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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



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



Nagorski G.C.
FORT SHAFTER, HAWAII

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



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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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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



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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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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.



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