

U.S. ARMY GARRISON HAWAII

# MARTINEZ PHYSICAL FITNESS CENTERS



Now through December 31.

**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.**

Basically, you take your **one rep max** in each of the three major lifts (dead, squat and bench) and add them up. If it totals 1,000 pounds, you're in! If not, keeping working at it, you can do it!

1,000 Club Entry example:  
Dead Lift: 450 lbs. + Squat: 365 lbs. + Bench Press: 235 lbs.  
= 1,005 lbs. Total

**\$30 PER PERSON**  
includes a shirt  
(while supplies last)  
**\$5 without Shirt**

Open to all DoD ID Cardholders 18 years of age & older.

Monday - Friday: 5 a.m.-8 p.m.

Saturday & Sunday: 7 a.m. - 1 p.m.

**FOR MORE INFORMATION,  
CALL:  
(808) 655-4804.**



U.S. ARMY



[HiMWR.com](http://HiMWR.com)



MWR Hawaii





# 2023 STRONG B.A.N.D.S.

BALANCE ACTIVITY NUTRITION DETERMINATION STRENGTH

## COMMIT-STAY FIT!



**Monday, May 1 - Wednesday, May 31**

### 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.

Open to all DoD ID Cardholders.

For more information, call (808) 438-9733.



**Monday, May 1 - Wednesday, May 31**

### Triathlon

Tripler Aquatics & Physical Fitness Center

Open to all DoD ID Cardholders 16 years & older.

For more information, call (808) 433-5257.

### Tropics Recreation Center's May Activities Calendar

Free entry

Cinco De Mayo, Bubble Soccer Tournament, Trivia Night & more.

Activity dates on Tropics Calendar

Open to all DoD ID Cardholders 18 years & older.

For more information, call (808) 655-5698.



**Saturday, May 6**

### Water Safety Day

Richardson Pool

10 a.m.-2 p.m.

Open to all DoD ID Cardholders 15 years & older.

For more information, call (808) 655-9698.

**Saturday, May 6**

### Moonlight Hike

Schofield Barracks Outdoor Recreation Center

\$20 per person (Discounted price for 10-17 years old.)

Open to all DoD ID Cardholders.

For more information, call (808) 655-0143 / 9046.



**Thursday, May 18**

### Hand Building Clay Workshop

Schofield Barracks Arts & Crafts center

12-2 p.m. • \$25

Open to all DoD ID Cardholders.

For more information, call (808) 655-4202.



**Saturday, May 20**

### Ford Island Bike Ride

Schofield Barracks Outdoor Recreation Center

\$30 per person (Discounted price for 10-17 years old.)

Open to all DoD ID Cardholders.

For more information, call (808) 655-0143 / 9046.

**Monday, May 29**

### Murph Challenge

Martinez Physical Fitness Center

The first heat begins at 6:15 a.m.

Open to all DoD ID Cardholders 18 years & older.

Early Registration Deadline: Friday, April 28 • \$25

After April 28: \$30 • Day of event Registration: \$30

For more information, call (808) 655-5375.



**Tuesday, May 30 - Saturday, July 22**

### CYS Youth Sports & Fitness Department 2023 Soccer Season

Registration Dates: Now thru Sunday, April 30

\$65 per child • YOB: 2008-2018 • Must be CYS registered

For more information, call Schofield Barracks (808) 655-6465 or AMR (808) 836-1923.



### 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

HIMWR.com or MWR HAWAII



# MAY 2023

## FITNESS CLASS SCHEDULE

Schofield Barracks  
Health & Fitness Center

**Monday-Friday**  
**5:00 a.m.-8:30 p.m.**

**Single Class: \$4**  
**(Credit/Debit Card Only)**

For more information,  
call (808) 655-8007.

Open to all DoD ID Cardholders.



Personal Training available. (Appointment only).  
Unit PT Classes: 6:30-7:30 a.m. (Appointment only).

*MixedFit*  
Coach Ashley

*Spin*  
Coach Heidi

*Intro to Gym*  
Coach Rachel

*Functional Fitness*  
Coach Kristi

*Special  
Events*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	Functional Fitness 9 a.m. 2	Spin 9 a.m. 3	Functional Fitness 9 a.m. MixedFit 6 p.m. 4	5	6
7	8	Functional Fitness 9 a.m. 9	10	Functional Fitness 9 a.m. MixedFit 6 p.m. 11	12	13
14	Intro to Gym 9 a.m. 15	Functional Fitness 9 a.m. 16	Spin 9 a.m. 17	Functional Fitness 9 a.m. MixedFit 6 p.m. 18	19	20
21	22	Functional Fitness 9 a.m. 23	Spin 9 a.m. 24	MixedFit 6 p.m. 25	26	27
28	MURPH Challenge @ Martinez PFC Starts 6:15 a.m. 29	Functional Fitness 9 a.m. 30	Spin 9 a.m. 31	Join Our Facebook Group: Army Fitness Hawaii Interested in becoming a personal trainer or group instructor for USAG-Hawaii? Call (808) 655-5975.		



HiMWR.com or f MWR HAWAII @





**UPDATE**

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DoD cardholders 18 years of age or older. See the **May** schedule below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

## MAY 2023

### ORIENTATION SCHEDULE

Orientations are limited to 25 participants on a first-come, first-serve basis.

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
30	 <b>Lei Day/ May Day</b> Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	<b>Cinco de Mayo</b> Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
7	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
 14	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
21	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
28	<b>Memorial Day</b> <b>MURPH Challenge</b> 	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.			



For more information, call (808) 655-4804.





TRIPLER  
AQUATICS  
& PHYSICAL  
FITNESS CENTER

# TRIATHLON



Open to all DoD ID Cardholders  
16 years of age & older.  
Children under the age of 18 years must  
be accompanied by an adult at all times.

## MONDAY, MAY 1 - WEDNESDAY, MAY 31

*Switch up your workout routine and challenge yourself in completing  
the total distance of each event!*

TRIATHLON  
DISTANCES  
FOR EACH EVENT:



SWIM: 750m



BIKE: 20km



RUN: 5km

### FASTEST SCORE WILL BE PLACED ON A LEADER BOARD!



Record your bike and treadmill time by taking a picture of the machine's screen, and if you do not have a smart watch to record your swim, the Aquatics Team can assist you. All recorded times must be reported to the Physical Fitness Center Team. No restrictions on how much you accomplish in a day. Complete the total distances of swim, bike, and run by end of the month. All distances must be completed at TAMC PFC.

Check Hours of Operations

SCAN ME



For complete details  
scan QR code or visit:

<https://hawaii.armymwr.com/programs/aquatics/programs/aquatics>

**For more information, call  
(808) 433-5257**

Tripler Army Medical Center Pool  
315 Krukowski Rd. • Bldg. 301 • Honolulu 96819

HiMWR.com MWR Hawaii



**COMMIT - STAY FIT!**

#STRONGBANDS  
[ArmyMWR.com/STRONGBANDS](https://ArmyMWR.com/STRONGBANDS)





SCHOFIELD AUTO SKILLS CENTER

# SPEEDY LUBE

## GET READY FOR SUMMER

**No Appointment  
Required.**

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

**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.

**Oil Change Hours of Operation**

Tuesday - Friday:

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

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

**Special!**  
**\$5 off**

**DURING THE MONTH OF MAY**

**\$50 STANDARD  
CONVENTIONAL  
OIL CHANGE**

REGULAR PRICE: \$55

**\$87 HIGH  
PERFORMANCE**  
REGULAR PRICE: \$92

**SYNTHETIC OIL CHANGE**

## AUTO SKILLS

CENTER

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

FOR MORE INFORMATION, CALL (808) 655-9368.



HiMWR.com or MWR HAWAII

HELLO  
SUMMER  
ENJOY EVERY MOMENT



**AUTO SKILLS CENTER**

Hours of Operation

Tuesday - Friday: 11:30 a.m.-6 p.m.

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



U.S. Army Hawaii Libraries  
presents

# Lei Making Classes

at the  
Schofield Barracks  
Arts & Crafts Center

**Thursdays**  
**May 4, 11, 25 &**  
**Wednesday, May 31**  
**9:30-11:30 a.m. • Free**

*Learn how to make eye-lash yarn or ribbon  
leis for upcoming celebrations!*  
(Graduations, birthdays, retirements, etc.)

Seating is limited. Pre-registration is required.  
Registration deadline: 24 hours prior to event date.

*For more information, call (808) 655-4202.*

Schofield Barracks Arts & Crafts Center  
Hours of Operation:  
Wednesday & Thursday: 10 a.m.-3:30 p.m.  
Friday & Saturday: 9 a.m.-3:30 p.m.

919 Humphreys Rd. Bldg 572  
Schofield Barracks HI 96857



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



# SCHOFIELD BARRACKS HEALTH & FITNESS CENTER

**\$35 per class**

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.**

### Classes:

Yoga  
Spin  
Functional Fitness  
MixxedFit

Reserve one of our certified  
fitness instructors to lead  
the way!

### Eligibility:

Active Duty, Reservists,  
National Guardsmen  
Only

For more information, call (808) 655-5975 /8007 or email  
the DFMWR Fitness Coordinator at [steven.b.webb.naf@army.mil](mailto:steven.b.webb.naf@army.mil)

1554 Trimble Road BLDG. 582,  
Schofield Barracks, HI 96857



[HiMWR.com](http://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	\$100	3 years and up
Semi-Private Lesson	1	2	5 classes per month	45 minutes	\$180	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](https://HiMWR.com) or [f MWR HAWAII](https://www.facebook.com/MWRHAWAII) [i](https://www.instagram.com/MWRHAWAII)



*Mahalo Nui Loa from,*  
Team TAMC Takos



Open to all DoD ID Cardholders.

Schofield Barracks Bowling Center's

# Thursday Special

Every Thursday until the end of September

**9 a.m.-4 p.m.**

557 Burr Pl., Bldg. 577,  
Schofield Barracks, HI 96857

**\$9 for 3 games or  
\$10 for 4 games!**

- Games must be completed by 4 p.m.
- Shoes not included
- No refunds

**For more information,  
call (808) 655-0573.**

Promotion cannot be combined with other special offers or used for party/ group reservations.

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



HiMWR.com or  MWR HAWAII 





# RICHARDSON POOL Spring and Summer Swim Lessons

# 2023



## SESSION 1

Registration:  
SATURDAY, MARCH 4  
9 A.M.-12 P.M.

Classes:  
MARCH 13-24  
3-5 P.M.

## SESSION 2

Registration:  
SATURDAY, APRIL 1  
9 A.M.-12 P.M.

Classes:  
APRIL 10-21  
3-5 P.M.

## SESSION 3-4

Registration:  
SATURDAY, MAY 20  
9 A.M.-12 P.M.

Classes:  
JUNE 5-16  
9-11 A.M. &  
3-5 P.M.

## SESSION 5-6

Registration:  
SATURDAY, JUNE 24  
9 A.M.-12 P.M.

Classes:  
JULY 17-28  
9-11 A.M. &  
3-5 P.M.

## SESSION 7

Registration:  
SATURDAY, JULY 8  
9 A.M.-12 P.M.

Classes:  
AUGUST 14-26  
3-5 P.M.



MWR Aquatics Website



SCAN ME

1757 Kolekole Ave., Bldg. 578  
Schofield Barracks, HI 96857

### Things to know:

1. Open to all DoD ID Cardholders ages 4 & older.  
Children must be CYS registered. Must bring proof.
2. Price:
  - Levels 1-4 \$80.00 per student (8 x 30 min lessons)
  - Levels 5-6 \$100.00 per student (8 x 45 min lessons)(Instructors will evaluate children's skill level and assign course at time of registration)
3. No refunds.
4. Classes will be filled on a first come-first served basis on days of registration.

Swim class registration and payment will take place at Richardson Pool.

For more information, call (808) 655-1128



HiMWR.com or MWR HAWAII

Digital Garrison





**Things to know before you sign-up:**

\*All participants must be at least 15 years old and able to complete the following skills demonstration before being accepted to the class.

1. Swim 300 meters continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes.
3. Complete a timed event within 1 minute and 40 seconds:
  - Starting in the water, swim 15-20 meters. Swim goggles are not allowed.
  - Surface dive feet-first or head-first, to a depth of 10 to 15 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 meters on the back to return to the starting point with both hands holding the object.
  - Exit the water without using a ladder or steps.



**American  
Red Cross**

**2023**

# **Lifeguard Courses**

**Richardson Pool**

**Schofield Barracks**

**COST PER-PERSON:**

**ACTIVE DUTY: \$150**

**CIVILIANS: \$175**



## **COURSE DATES:**

**FEBRUARY 28 - MARCH 4**

**MARCH 13 - 17**

**(HIGH SCHOOL AND COLLEGE STUDENTS ONLY)**

**MARCH 20 - 24**

**APRIL 17 - 21**

**MAY 15 - 19**

**JUNE 26 - 30**

**JULY 24 - 28**

**AUGUST 21 - 25**

**SEPTEMBER 18 - 22**

**OCTOBER 23 - 27**

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.

**For more information,  
call (808) 655-9698.**



**HiMWR.com** or **f MWR HAWAII**



SCHOFIELD BARRACKS ARTS & CRAFTS CENTER

# SATURDAY YOUTH ART CLASSES

(MARCH-DECEMBER 2023)

10-11 A.M.

AGES: 3-13 YEARS OLD

(3-6 yrs must be accompanied by an adult)

**\$60** includes all 4 classes  
or **\$35** for 2 classes

*Join us as we explore and learn different art mediums!  
Easy and fun! Students will learn how to correctly use  
them and create art projects using different  
art styles and techniques.*

Each class will provide instructions.

FIRST 4 SATURDAYS OF EACH MONTH

**MARCH:** Watercolors (Pallet & Pencils)

**APRIL:** Mosaic Tile (4-Class Session Only)

**MAY:** Fabric Art

**JUNE:** Watercolors (Soft Pastel, Markers & More)

**JULY:** Acrylic Paint with Texture

**AUGUST:** Basic Drawing Techniques

**SEPTEMBER:** Journal Collage

**OCTOBER:** Crayon Art

**NOVEMBER:** Recycled Material Art

**DECEMBER:** Mixed Media

\*Classes are subject to change with notification

## Hours of Operation

Wed/Thurs: 10 a.m.-3:30 p.m.

Fri/Sat: 9 a.m.-3:30 p.m.

For more information and to  
register, call (808) 655-4202.



HiMWR.com or MWR HAWAII



BOSS'



2023

# SUNRISE

## HIKES

Meet at  
the trail head  
at 6:15 a.m.

OPEN TO ALL  
SINGLE &  
UNACCOMPANIED  
SOLDIERS

Transportation provided if needed,  
contact BOSS Office.

*Wednesdays*

**February 8**

KULI'OU'OU RIDGE TRAIL

**February 15**

KOKO HEAD

**February 22**

OLOMANA THREE PEAKS TRAIL

**March 8**

MAKIKI VALLEY LOOP TRAIL

**March 15**

WILIWILINUI RIDGE TRAIL

**March 22**

MANANA RIDGE TRAIL

**March 29**

KA'ENA POINT TRAIL (WEST)

**April 12**

HAU'ULA LOOP TRAIL

**April 19**

MA'AKUA RIDGE TRAIL (PAPALI)

**April 26**

KAHEKILI TRAIL

**May 10**

PU'U PIEI TRAIL

**May 17**

PU'U OHULEHULE TRAIL

**May 24**

PU'UPIA TRAIL

**May 31**

LIKEKE FALLS TRAIL

Register at the BOSS Office/Unit BOSS Representative  
Registration Deadline: 24 hours before each event.



HiMWR.com or MWR HAWAII



For more information, (808) 655-1130 or visit:



HIBOSSMWR



HAWAIIBOSSPROGRAM



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



SCHOFIELD BARRACKS ARTS & CRAFTS CENTER PRESENTS

# Paint and Sip

at the

**Schofield Barracks Bowling Center  
Pā'ina Room**

**6:30-8:30 p.m.**

Open to all DoD ID Cardholders  
21 years & older.

*Second Saturday of each  
month*

**October 8, 2022  
November 12, 2022  
December 10, 2022  
January 14, 2023  
February 11, 2023  
March 11, 2023  
April 8, 2023  
May 13, 2023  
June 10, 2023  
July 8, 2023  
August 12, 2023  
September 9, 2023**

Arrive at 6 p.m.  
to purchase  
your food and  
beverages at SB  
Bowling Center  
Snack Bar.

**\$40** *per person*

(supplies & instructions included)

**Pre-registration is required.  
Deadline: 24 hours prior  
to event**

**For more information  
and to register, call  
SB Arts & Craft Center  
(808) 655-4202**

**Enjoy painting a picture on canvas  
while sipping your beverage of choice.**



**HiMWR.com** or **f MWR HAWAII**





TROPICS RECREATION CENTER & SGT YANO LIBRARY PRESENTS

# ANIME NIGHT

AT TROPICS RECREATION CENTER

1<sup>ST</sup> THURSDAYS  
OF THE MONTH!  
6-8:30 P.M.



**FREE TO  
WATCH!**

18 & UP

## FOOD AND DRINKS

ARE AVAILABLE FOR PURCHASE  
AT THE KOA CAFE & BAR

FOR MORE INFORMATION,

CALL: (808) 655-8002

OR (808) 655-0968

1470 FOOTE AVE., BLDG. 589  
SCHOFIELD BARRACKS, HI 96857





KOA CAFE & BAR PRESENTS

Open to all DoD ID cardholder 18 & older.



# Tasty

## THURSDAYS

LOCATED IN TROPICS RECREATION CENTER

6-8 P.M.

CHEF'S CHOICE PRESENTING  
A SPECIAL EVERY THURSDAY!

**SAVE YOUR RECEIPT!**

Enter your receipt in the Monthly Lucky Drawing!  
A winner will be chosen at the end of each month.



**PITCHER OF BEER \$10**

For more information, call the Tropics Front Desk at (808) 655-5698

HiMWR.com or f MWR HAWAII ©





# EVENT CALENDAR

## SEPTEMBER 2022-MAY 2023

SGT. Yano Library

Fort Shafter Library

### Block Party

1st & 3rd Thursdays of the Month • 3 - 4:30 p.m.  
*Create a masterpiece with Legos and wooden blocks.*

### Board Game

3rd Saturdays of the Month • 10 a.m. – 2 p.m.  
*Play board and card games.  
We can provide or you can bring your own.*

### Color & Chill

2nd & 4th Thursdays of the Month • 2 - 4:30 p.m.  
1st Saturdays of the Month • 10 a.m. – 2 p.m.  
*Relax and Color. Supplies will be provided.*

### Family Morning Meet Up

2nd & 4th Tuesdays of the Month • 10 a.m. – 12 p.m.  
*Books, blocks, board games, and more.*

### Movie Afternoon

2nd & 4th Wednesdays of the Month • 3 - 4:30 p.m.  
*Join us for a family-friendly movie.*

### S.T.E.A.M. Petting Zoo

1st & 3rd Tuesdays of the Month • 3 - 4:30 p.m.  
*Come out and try out some fun S.T.E.A.M. activities.*

### Story Time

1st & 3rd Wednesdays of the month • 10 - 11 a.m.  
*Themed stories and activities.*

### Video Game Party

2nd Saturdays of the month • 10 a.m. – 2 p.m.  
*Come and play video games. We can provide or you can bring your own.*

\* Subject to change without notice

### Story Time

2nd & 4th Fridays of the Month • 10 -11:30 a.m.  
*Themed stories and activities.*

### Family Board Games

4th Thursdays of the Month • 2:30 - 4:30 p.m.  
2nd Saturdays of the Month • 10 a.m.- 2:30 p.m.  
*Spend quality time with your family playing board and card games.*

### Brick Club

3rd Thursdays of the Month • 2:30 - 4:30 p.m.  
1st Saturdays of the Month • 10 a.m. - 2:30 p.m.  
*Bring your imagination and your creativity.*

### Color & Chill

3rd Saturdays of the Month • 10 a.m. - 2:30 p.m.  
*Relax and Color. Supplies will be provided.  
All ages are welcome.*

### Drop-In Craft

1st Thursdays of the Month • 2:30 - 4:30 p.m.  
*Stop by and get crafty.*

### Family Morning Meet Up

1st and 3rd Fridays of the month • 10 a.m. – 12 p.m.  
*Books, blocks, board games, and more.*

### STEAM Club

2nd Thursdays of the Month • 2:30 - 4:30 p.m.  
*Activities built around STEAM fun.*

\*Subject to change without notice

For more information, call:

SGT Yano: (808) 655-8002  
1566 Kolekole Ave., Bldg. 560  
Schofield Barracks, 96857

Fort Shafter: (808) 438-9521  
181 Chapple Rd., Bldg. 650  
Fort Shafter, 96858

[HiMWR.com](http://HiMWR.com)

or [f](#) MWR HAWAII [@](#)





Open to the Public.

# Aloha

# FRIDAYS



## 3-6 P.M.

- Great Pupu Menu

Kalua Pork Sandwich • Hamburger  
Grilled Chicken Sandwich • Grilled Fish Sandwich  
Edamame (Soy Beans) • Chicken Wings  
Won Tons • Chips & Salsa • Fries

- \$20 Bucket of Five Beers

- \$5 Nachos



For more information, call (808) 438-6712

711 Moulton Drive • Fort Shafter • Honolulu, Hawaii





SING YOUR HEART OUT!

# KARAOKE

## NIGHT

**EVERY THURSDAY**

**7-10 P.M.**

Food and drinks are available  
for purchase.



For more information,  
call (808) 656-1745.

1735 Wright Avenue, Bldg. 835,  
Wheeler Army Air Field



**HiMWR.com** or **f** **MWR HAWAII**





# 2023 Intramural Sports CALENDAR

## JANUARY - APRIL

- BASKETBALL LEAGUE - COMPANY LEVEL (R)
- VOLLEYBALL TOURNAMENT (R)
- FUTSAL TOURNAMENT (R)
- SINGLES TENNIS TOURNAMENT (R)
- STONEMAN SHOOTOUT SOFTBALL TOURNAMENT (O) \$

## MAY-AUGUST

- ARMY STRONG B.A.N.D.S PICKLEBALL TOURNAMENT (O)
- SOFTBALL LEAGUE - COMPANY LEVEL (R)
- SOCCER LEAGUE - BATTALION LEVEL (R)
- 4TH OF JULY SOFTBALL TOURNAMENT (O) \$
- SAND VOLLEYBALL TOURNAMENT (R)
- DISC GOLF TOURNAMENT (O) \$
- TENNIS BASEBALL TOURNAMENT (R)

## SEPTEMBER-DECEMBER

- 7 VS 7 FLAG FOOTBALL LEAGUE - COMPANY LEVEL (R)
- SANTA SWOOSH HOOPS BASKETBALL TOURNAMENT (R)

(R) = Participation restricted to Active Duty Army Soldiers, Army Reservists & Army National Guardsmen ONLY. (No Exceptions)

(O) = Participation open to all DoD ID cardholders. All participants must be 18 years of age or older.

\$ = Fees may apply.

For more information, call (808) 655-9914/9650/0856 • Facebook @IMARMYsports HI  
Email: [usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil](mailto:usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil)

USAG-HI Sports, Fitness & Aquatics Office • 730 Leilehua Ave., Bldg. 645 Room 2 • Schofield Barracks



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





# ADVENTURE

# PT PROGRAM

**TUESDAYS-FRIDAYS • 6-9 A.M.**  
**OUTDOOR RECREATION CENTER**

Learn a new skill while you're doing your morning physical training!

## REGISTER IN PERSON AT ODR

**Registration Deadline:**  
**5 days prior to program date**

## \$8 PER PERSON

**Must be paid before any  
PT program is officially  
scheduled.**

## 2 HOUR SESSION

**Must be during  
PT hours.**

## MINIMUM OF 10 PARTICIPANTS

## ACTIVITIES

**REBALL •**

**BLITZBALL •**

**STAND UP •**

**PADDLE BOARDING (SUP) •**

**MOUNTAIN BIKING •**

**KAYAKING •**

**HIKING •**

**ARCHERY & TRAP •**

**\*Off-site PT locations are  
subject to staff approval.**

**For more information, call (808) 655-9046**

**435 Ulrich Way • BLDG 2110 • Schofield Barracks, HI 96857**



**HiMWR.com** or **f** MWR HAWAII **@**





SCHOFIELD  
BOWLING CENTER



"MAJOR \$AVINGS"  
30 games of Bowling  
for \$60 dollars!

FORT SHAFTER  
BOWLING CENTER



"MAJOR \$AVINGS"  
30 games of Bowling  
for \$60 dollars!

BOWLING

30/60 CARD

30 GAMES for \$60

(UP TO \$120 VALUE)

SCHOFIELD BOWLING CENTER & FORT SHAFTER BOWLING CENTER

Some restrictions apply.

See Bowling Center Associate for complete details.

- Shoe rental is NOT included.
- Not valid during Cosmic Bowling or for Birthday, School or Group Reservations.
- Cannot be combined with any other offers or discounts.
- All sales are final. No refunds.
- Card is only valid at location on cover.

BUY & SAVE!



For more information, call Schofield (808) 655-0573 or Fort Shafter (808) 438-6733.

HiMWR.com or f MWR HAWAII ©





SCHOFIELD BOWLING CENTER

# COSMIC BOWLING

**\$5.00** Per Game

(Does not include shoe rental)

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

**The Most  
Bowling Fun  
Around.**

**COSMIC TIME:**

**Saturday**  
5- 10 p.m.

**Sunday**  
12 - 6 p.m.

For more information, call (808) 655-0573.

Digital Garrison



HiMWR.com or f MWR HAWAII





SCHOFIELD BOWLING CENTER



# BOWLING PARTY PACKAGE



Available Anytime!

**SUPER DEAL!!**

REGULAR PRICE  
UP TO \$109 VALUE

**\$78**

UP TO  
FIVE PEOPLE

- 2 HOURS OF BOWLING
- UP TO 5 PAIRS OF SHOES
- ONE 16" SINGLE TOPPING PIZZA
- UP TO 5 FOUNTAIN DRINKS

For more information, call (808) 655-0573.



HiMWR.com or  MWR HAWAII 







# APPLY TODAY!



# Aloha!

## Looking for Military Spouses to Join our team in Hawaii



### Benefits include:

- Competitive pay.
- Flexible or regular positions.
- Career Advancement Opportunities.
- Child Care at Reduced Rates (CYS Positions).
- Spouse Preference Opportunities (NF3 pay grade or below).
- Training through Accredited Childcare Programs.
- MWR Jobs that will prepare you for prospects at your next duty station!

**For more information, call (808) 656-0093.**

Or visit [usajobs.gov](https://usajobs.gov) and Search Keyword "MWR", Location "Hawaii"



**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.

**Oil Change Hours of Operation**

Tuesday - Friday:

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

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

**\$92** **HIGH  
PERFORMANCE  
SYNTHETIC OIL CHANGE**



**FOR MORE INFORMATION, CALL (808) 655-9368.**



HiMWR.com or f MWR HAWAII



**AUTO SKILLS CENTER**

Hours of Operation

Tuesday - Friday: 11:30 a.m.-6 p.m.

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



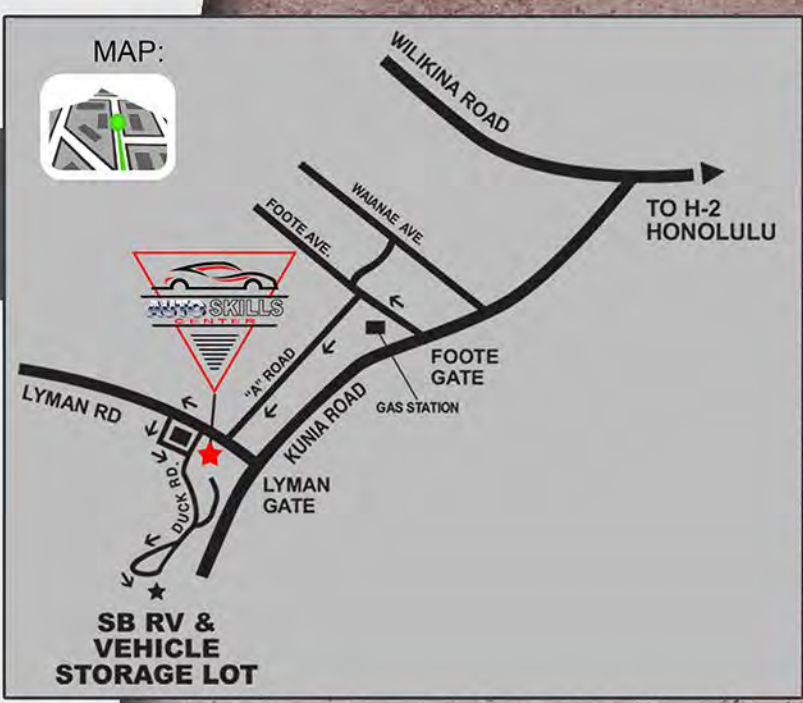


# STATE SAFETY INSPECTIONS



## VEHICLES

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



## HOURS OF OPERATION

**TUESDAY-FRIDAY**  
11:30 a.m.-1 p.m.  
& 2-5 p.m.

**SATURDAY**  
9-11 a.m. & 12-3 p.m.

For more information, call  
(808) 655-9368.

249 Duck Rd., Bldg. 910, Schofield Barracks

## STATE REQUIRED DOCUMENTS

State of Hawaii  
Complaint Proof of  
Insurance

(Digital copy acceptable)

Vehicle Title of  
Registration

(Photo or electronic copies are  
NOT accepted.)



Scan for the  
Digital Garrison  
App



Hawaii.ArmyMWR.com or



MWR HAWAII





# RENT A CLASS ROOM

## Conduct your own art class!

Minimum: 2 hour class for \$50  
Additional hour: \$25 per hour  
2 hours or more - one hour will be accommodated for set up and clean up. Deposit of \$25

### Hours of Operation:

Wednesday & Thursday

10 a.m.-4 p.m.

Friday & Saturday

9 a.m.-4 p.m.

HIMWR.com or f MWR HAWAII



## Showcase your creations!

Market your creative products in a display box at our sales store!  
3 months for \$50

# RENT A DISPLAY BOX





919 Humphreys Rd.  
Bldg. 572  
Schofield Barracks,  
HI 96857

Schofield Barracks  
Arts & Crafts  
Center

For more  
information, call  
(808) 655-4202

# MOM & TOT Art Kits

Order and pick up your  
Mom & Tots art kits!



Moms!  
We have 9 different art kits  
to choose from.  
Purchase a kit for your child  
to discover art! Have fun  
painting and assembling a creative  
project by using paper craft,  
glue and acrylic paint!

**\$5** (all supplies included)

Offered during normal operations:  
Wednesday & Thursday • 10 a.m.-3:30 p.m.  
Friday & Saturday • 9 a.m.- 3:30 p.m.

While supplies last  
Pre-ordering is required

Digital Garrison



HiMWR.com or MWR HAWAII





CHILD & YOUTH SERVICES

# HOURLY CARE

*Available!*

Reserve a Space Today!



## 3 LOCATIONS

*Call Parent Central Services to make your reservation.  
Must be registered with CYS and attend a parent orientation.*

### **FAMILY CHILD CARE**

FCC Providers on  
Schofield Barracks and Aliamanu Military Reservation (AMR)  
Hours of Operation: 6:30 a.m.-5:30 p.m.  
Fee: \$4 per child / per hour

### **HELEMANO CHILD DEVELOPMENT CENTER**

Hourly Care (starting October 4, 2021)  
Hours 8 a.m.-5 p.m.  
Spaces available for ages 13 months - 5 years old  
Fee: \$7 per child / per hour

**For more information contact Parent Central Services  
(808) 655-8380/5314 or 8313 or HMR CDC (808) 653-0724**





**SKIES** Unlimited stands for "School of Knowledge, Inspiration, Exploration and Skills" with the word "Unlimited" for the unlimited possibilities that this program provides to children and youth.

**INSTRUCTORS  
NEEDED!**

**SKIES** Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

**INSTRUCTORS NEEDED**  
for CYS SKIES Unlimited programs:  
Tae Kwon Do • Dance • Hula  
Yoga • Tennis

If you are interested in becoming  
an instructor or for more information,  
call Parent Central Services  
**(808) 655-5314.**





**WE ARE**

# **Hiring!**

**JOIN OUR TEAM**



USAG-Hawaii Family  
and MWR Sports &  
Fitness is looking for:

- Functional Fitness Instructors
- Zumba Instructors
- Kettlebell Instructors
- Personal Trainers

and other specialized instructors.

**Requirements:**

- A current certification from a reputable and recognized organization
- Current CPR/AED/First Aid Certification (No online certificates allowed)
- Current training insurance
- Hawaii state business license with GET license
- D&B DUNS number

To learn more, contact the  
Fitness Coordinator  
at (808) 655-5975 or by email  
[steven.b.webb.naf@army.mil](mailto:steven.b.webb.naf@army.mil)



**HiMWR.com** or **MWR HAWAII**





Looking for a great gift  
or want your  
own gear?

Come on down to the  
Outdoor Recreation Center  
and check it out!



## Single Gellblaster

**\$75**

Kit Includes:

- Gellyball G2 Model
- Battery with Charging Cords
- Gellyhopper • Safety Glasses
- 10,000 Dehydrated Gellyballs
  - Orange Barrel Tip
- Gellyball Branded Backpacks

**\$140**

## Double Gellblaster

Kit Includes:

- 2 Gellyball G2 Model
- 2 Battery with Charging Cords
- 2 Gellyhopper • 2 Safety Glasses
- 10,000 Dehydrated Gellyballs
  - 2 Orange Barrel Tip
- 1,400 ready to go hydrated Gellyballs
  - 2 Orange Barrel Tip
- 2 Gellyball Branded Backpacks



Gather your  
Friends and Family!  
Gelly Ball Time!



## GAMES

Ages 5 & up

Weapons, masks, batteries & ammunition provided

**\$25 PER PERSON** • 2 hour play

**GROUPS \$250**

• 20 people maximum • 1 hour play

**PARTY PACKAGE \$350**

• 40 people maximum • 1 hour play  
• 4 hours on site  
• Tables & Chairs  
• Canopy



Check out our other sales!  
Embroidered towels/visors,  
cotton candy, popcorn packets  
& much more!

For more information, call (808) 655-9046



HiMWR.com or MWR.HAWAII







315 Krukowski Road  
Bldg. 300  
Honolulu, Hawaii 96819  
(808) 433-5257



## 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.

## 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!

## 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



# G O L F F E E S

Effective October 1, 2022



199 Leilehua Road • 808 655-4653

CATEGORY	DAILY GREEN FEES		DISCOUNT CARDS	
	9 Holes	18 Holes	10 Play	30 Play
<b>Active Duty E1 - E5, Jr's, Widows</b>	<b>\$13.00</b>	<b>\$19.00</b>	<b>\$170.00</b>	<b>\$470.00</b>
<b>All Remaining Federal ID Card Holders</b>	<b>\$21.00</b>	<b>\$35.00</b>	<b>\$300.00</b>	<b>\$860.00</b>
Guests/Public	\$30.00	\$45.00	\$390.00	\$1130.00

## RENTALS

Electric Cart	\$9 (9-holes)	\$16 (18-holes)	Driving Range Balls	\$5 per token
Golf Clubs	\$12.50 (Twilight)	\$25 (18-holes)	Key FOB	\$50 for \$65
Push Cart	\$3 (9-holes)	\$5 (18-holes)	Spectator Fee	\$20



Walter J. Nagorski Golf Course

Fort Shafter Hawaii • 808 438-9587

CATEGORY	DAILY GREEN FEES		DISCOUNT CARDS	
	9 Holes	18 Holes	10 Play	30 Play
<b>Active Duty E1 - E5, Jr's, Widows</b>	<b>\$10.00</b>	<b>\$16.00</b>	<b>\$150.00</b>	<b>\$440.00</b>
<b>All Remaining Federal ID Card Holders</b>	<b>\$17.00</b>	<b>\$27.00</b>	<b>\$260.00</b>	<b>\$770.00</b>
Guests/Public	\$26.00	\$36.00	\$340.00	\$1010.00

## RENTALS

Electric Cart	\$9 (9-holes)	\$16 (18-holes)
Push Cart	\$3 (9-holes)	\$5 (18-holes)
Golf Clubs	\$7.50 (Twilight)	\$15 (18-holes)

\*Play Cards are only honored at the golf course in which they are purchased from and are non-transferable

