



Open to DoW ID Cardholders. 12 & under must be accompanied by a guardian at all times.

SATURDAY, **DECEMBER 6** 7 A.M.

WHEELER ARMY AIRFIELD

Starts at Kawamura Gate

REMEMBER & HONOR

Learn the history that WAAF holds regarding the attack on Pearl Harbor 84 years ago.

Participants will enjoy 12 short history lessons spread throughout the route, all in remembrance of the 1941 attack on Pearl Harbor. Participants will be able to run the flight line and witness the historic hangars from an angle not often visible to the public.

The event is very family friendly.



REGISTRATION Early Registration:

\$10, through Friday, November 14

Late Registration:

\$15, Saturday, November 15 -Wednesday, December 3

Same Day Registration: \$15 (5:45-6:45 a.m. • card only)

Strollers are permitted. Pets are not allowed.

Register in person at any Army Physical Fitness Center (excluding WAAF), over the phone at (808) 787-4039, (808) 787-5739 or scan the QR Code to register online.



First 200 runners to register will receive a Commemorative Pearl Harbor Anniversary coin!



For more information, call (520) 674-3234.















REWAND INPROVED PICKLEBALL COURTS & TENNS COURTS COMING SOON

-USAG Hawaii Family and MWR is currently renovating our Pickleball Courts and Martinez Tennis Courts to bring the community improved, modernized recreation spaces.

CONSTRUCTION IS UNDERWAY.

For your safety, please keep out of closed areas.



Thank you for your patience as we make these enhancements.





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.

Picture will be posted and the top 3 totals for both 1000lb and 500lb will receive awards!



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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-<u>0721.</u>















Registration forms are available online, at all Army Hawaii Physical Fitness Center (except WAAF) or the USAG Hawaii Sports Office.

Register by scanning the QR Code.



GAMES WILL BE PLAYED AT: NORTH

Martinez Physical Fitness Center (Schofield Barracks)

or

HMR Physical Fitness Center (Helemano Military Reservation)

SOUTH

TAMC Physical Fitness Center (Tripler Army Medical Center)

Team awards will be presented to the 1st and 2nd place teams.

ELIGIBILITY: Active Duty Army Soldiers, Army Reservists, Army National Guardsmen only within the geographical limits of Hawaii (NO EXCEPTIONS). This is a Company or equivalent or subordinate Unit level league (Battery, Troop, Detachment, etc.). Teams must sign up under their Company or equivalent or subordinate Unit, and all players on each team must fall under the same Company or equivalent or subordinate Unit (There are exceptions to this rule. Please contact the USAG Hawaii Sports Office for further details). *Subject to participation levels and staff availability. The Hawaii Army Intramural Sports Office has the right to make changes.

For more information, call (808) 787-0717 or (808) 787-0718.

USAG Hawaii Sports Office 730 Leilehua Avenue | Bldg. 645, Room 2 | Schofield Barracks | Hawaii 96857

Email usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil Information may also be obtained via the MWR Website: http://www.himwr.com, Facebook page: Hawaii ARMY Intramural Sports @IMARMYsportsHI.















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.



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













24/7
ESTENSION

24/7 Fitness
orientations are held at
Lee Health & Fitness Center, Fort Shafter,
Martinez, and TAMC Physical Fitness Centers
for All DoW ID Cardholders 18 years of age or
older. See the December schedule below.

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

Lee Health & Fitness Center

DECEMBER 2025

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











DECEMBER **2025**

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 (520) 674-3234.

Open to all DOW 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
	1	2	Spin 9 a.m.	4	5	WAAF 6 Pearl Harbor Commemoration 4K Run/Walk @WAAF
7	8	9	10 <u>Spin</u> 9 a.m.	11	12	13
14	15	16	Spin 9 a.m.	18	19	20
21	22	23	24 Holiday Gym Hours 6 a.m2 p.m.	25 MERRY CHRISTMAS Gym closed	26 Holiday Gym Hours 7 a.m3 p.m.	27
28	29	30	Holiday Gym Hours 6 a.m2 p.m.	Join Our Facebook Group: Army Fitness Hawaii		Army Fitness Hawaii Facebook Group









USAG-Hawaii MWWR is looking for group fitness instructors.

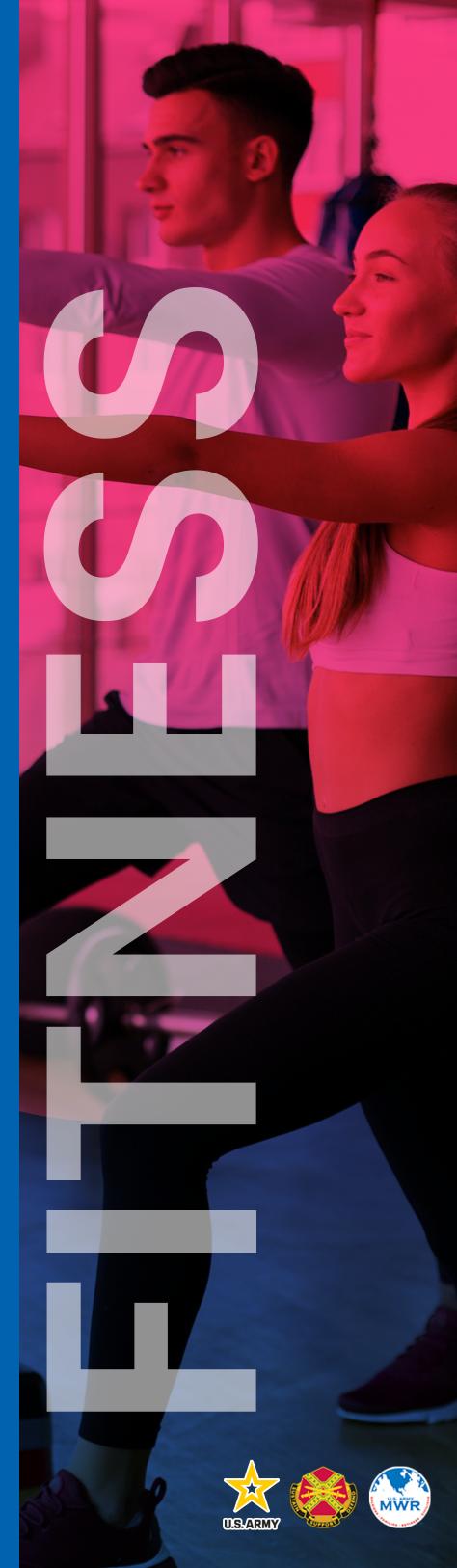
ALL APPLICANTS MUST SUBMIT

- 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









OWEVE MOVED 9

Bldg. 113 to Bldg. 102 DFAC

LEE HEALTH & FITNESS CENTER 24 HOUR ACCESS NOW AVAILABLE

- Current patrons with a pass for FS PFC, Martinez or TAMC PFC do not automatically get access to LEE HFC. If access to LEE HFC is needed please stop by FS PFC, Martinez, TAMC or LEE HFC and request that LEE HFC is added to their pass.
- New users that want access to LEE HFC can attend the orientations at FS PFC, Martinez, TAMC PFC or stop by LEE HFC and request to sign up.

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

Lee Health & Fitness Center 1554 Trimble Road, Bldg. 582 Schofield Barracks 96857









2026 Intramural Sports Calendar

JANUARY - APRIL						
	BASKETBALL LEAGUE (R)	MARTINEZ / HMR / TAMC				
	3-POINT SHOOTOUT (R)	MARTINEZ / HMR / TAMC				
	KICKBALL TOURNAMENT (0)	STONEMAN COMPLEX / TAKATA FIELD				
	VOLLEYBALL TOURNAMENT (R)	MARTINEZ / HMR				
	FUTSAL/INDOOR SOCCER TOURNAMENT (R)	MARTINEZ / HMR				
APR 24-26	STONEMAN SHOWDOWN SOFTBALL TOURNAMENT (0)(\$)	STONEMAN COMPLEX				
	MAY - AUGUST	01011211111110001111 2221				
MAY 8-10	STRONG BANDS HOʻOKUKU PICKLEBALL TOURNAMENT (0)(\$)	ARTS & CRAFTS PICKLEBALL COURTS				
	SOFTBALL LEAGUE (R)	STONEMAN COMPLEX / TAKATA FIELD				
	SPEEDBALL TOURNAMENT (0)	STONEMAN STADIUM				
	OUTDOOR SOCCER LEAGUE (R)	STONEMAN STADIUM				
JUL 10-12	SUMMER SLUGFEST SOFTBALL TOURNAMENT (0)(\$)	STONEMAN COMPLEX				
	DODGEBALL TOURNAMENT (O)	MARTINEZ / HMR				
	CORNHOLE TOURNAMENT (0)	THE HANGAR ENTERTAINMENT CENTER				
	ARMY HAWAII DISC GOLF TOURNAMENT (0)	STONEMAN COMPLEX				
	ARMY HAWAII SAND VOLLEYBALL TOURNAMENT (0)	TROPICS RECREATION CENTER				
	FLAG FOOTBALL LEAGUE (R)	STONEMAN STADIUM / TAKATA FIELD				
	SEPTEMBER - DECEMBER					
SEP 11-13	SEPTEMBER SERIES SOFTBALL TOURNAMENT (0)(\$)	STONEMAN COMPLEX				
	ULTIMATE FRISBEE TOURNAMENT (0)	STONEMAN STADIUM / TAKATA FIELD				
OCT 16-18	PICKLE-OR-TREAT PICKLEBALL TOURNAMENT (0)(\$)	ARTS & CRAFTS PICKLEBALL COURTS				
	RUGBY RUMBLE TOURNAMENT (0)	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 SERVICEW OMEN 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 Imarmy sportshi











Tripler Army Medical Center Pool
&
Richardson Pool
2026
SERVICE MEMBER
LEARN

COURSE

Two-week course
One hour perday/
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.

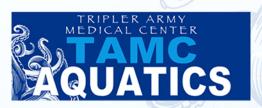












PRIVATE SWIM LESSON

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		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.



DECEMBER PROGRAMS

Registration deadline: 48 hours prior to the event date.

Please bring: Sunscreen/sun protective clothing, water, snacks and excitement!

Open to all DoW ID Cardholders (all children must be accompanied by a guardian).

Saturday. December 6

Kahe Point Snorkel

Time: 7:30-10 a.m. | Age: 10 & up

Prices: \$25 per person • \$10 per snorkel set

Location: Kahe Point Beach Park

Meet on site at Outdoor Recreation. Transportation will be provided by ODR to Kahe Point. A guided snorkeling excursion near geothermal vent exhaust, a.k.a. Electric Beach.



Mindfulness, stretching and aerobics atop Stand-Up **Paddleboards** at the pool.



Thursday. December 11

Pau Hana Series: SUP & Stretch

Time: 5:30-6:30 p.m. | Prices: \$15 per person Location: Richardson Pool (meet on site).

Thursday, December 18

Pau Hana Series: Wheeler Gulch Bike Ride

Time: 5:30-6:30 p.m. | Age: 10 & up

Prices: \$25 per E-Bike • \$20 per MTB • \$15 personal bike

Location: Outdoor Recreation (meet on site) to Wheeler Gulch (via bike)

A bike ride loop from ODR to the Wheeler Gulch and back.





Saturday, December 20

Sunrise Pink Pillbox Hike

Time: 6:30-9:30 a.m. Prices: \$15 per person

Location: Pink Pillbox (Pu'u O Hulu Trailhead, Waianae, HI)

Meet on site at Outdoor Recreation. Transportation will be provided by ODR to hiking location.

A hiking excursion to the Pink Pillbox.

RENTALS:

Stop by the Outdoor Recreation Center for all of your adventure needs! Tents, surfboards, camping gear, stand up paddleboards, and more!

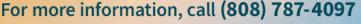
With the Outdoor Recreation













Call the Nagorski Pro Shop

(808) 787-4016

membership prices and details.

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

777 Morton Ditae Coft

Annual Payment	Single	Family
RANK E1 - E5	CONTRACTOR OF THE PROPERTY OF	\$1,100
All Remaining Federal ID Card Holders	\$1,400	\$1,800
Civilian	\$1,850	\$2,250









U.S. ARMY GOLF . HAWAII

GOLF FEES

Effective April 1, 2025



Walter J. Nagorski Golf Course

711 Morton Drive • Fort Shafter, Hawaii • (808) 787-4016

DAILY GREEN FEES DISCOUNT CARDS

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



199 Leilehua Road • Wahiawa, Hawaii • (808) 787-4653

DAILY GREEN FEES DISCOUNT CARDS

CATEGORY Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.	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 \$5 per token
Push Cart \$3 (9-holes) \$5 (18-holes) Key FOB \$50 for \$65

In accordance with IMCOM Regulation 215-1-1 and AR 215-1.

Spectator Fee \$20







Nagorski Golf Course

Open to all DOD ID Cardholders and the public ages 7 and older.

Proudly sponsored by dedicated supporters of DFMWR

Funciom Game I

Sharpen your skills and lower

your score with our complimentary

short game clinics held monthly

on our course.

Free to

Participants.

Equipment

if Needed.

MONTHLY

st Saturday: **ADULTS**

10=11:00 a.m.

Second Saturda

YOUTH (Ages 7 - 17 years old)

10=11:00 a.m.

Clinic days are subject to cancelation.



Nagorski G.C.

Spaces are limited!

Registration Deadline:

Friday before each clinic.

Register at the Nagorski Golf Shop.



(808) 787-401**6**. 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

















Gnab your favorite partner and celebrate at our members last tournament of the year!

SPOTS ARE LIMITED. DON'T MISS OUT!

AGORSKI

Open to Nagorski Golf Course Members and their guests.

@all (808) 787-4016 or visit the Pro-Shop and a section of

EMBER & GUEST TOURNAMENT

SHOTGUN START: 1 P.M

FORMAT:

- 18-Hole Tournament
- 2-Person Teams
- · Best Ball Net & Gross Scoring (Peoria Handicap Applied)
- Special Contests: Closest to the Hole Straightest Drive

Registration Deadline: Thursday, December 11

ENTRY FEE:

After the Round Pupus (Light Bites) **PRIZES TO TOP PERFORMERS**

> Nagorski G.C. FORT SHAFTER, HAWAII

> > Open to DoW ID Cardholders and the public ages 7 years & older.



Where the Game of Golf Begins!











0



on Fort Shafter, to play a quick nine holes while you wait!



Showyour Hale Koarroom 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 (808) 787-4016.

Office Hours: Tuesday - Sunday 6:30 a.m.-6 p.m. 711 Morton Dr. • Fort Shafter • Hawaii 96858







