

Ever missed a race and wished you could still get the cool shirt or medal?

Open to all DOD ID cardholders,
family members, and guests.

NOW'S YOUR CHANCE!

JOIN THE USAG HAWAII

RECYCLE RUN 5K

The Recycle Run is a unique fun run that gives you the opportunity to earn medals and shirts from fantastic past events. It's the perfect way to add a classic piece to your collection while enjoying a fun, active day.

**SATURDAY,
APRIL 4
9 A.M.**

Schofield Barracks, Hawaii • Weyand Field

Registration Details:

• \$10 Early Registration
February 11- March 18

• \$15 Late Registration
March 19- April 1
Day of Registration
7:45 - 8:45 a.m.
Credit Cards only.

• Check-in:
7:45 - 8:45 a.m.

Register in person at any
Army Physical Fitness
Center (excluding WAAF),
over the phone at
(808) 787-0721
or scan the QR Code
to register online.



SCAN ME

Please note that items are
available while supplies last,
payment is by credit card only,
and no refunds will be issued.

For more information, call

**(808) 787-0717 or
(808) 787-0715.**



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

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



USAG HAWAII SPORTS, FITNESS & AQUATICS

5 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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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.

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.**

AWARDS

BRAGGING RIGHTS!

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



U.S. ARMY

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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.

SCAN ME



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



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](https://www.facebook.com/MWRHAWAII)

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UPDATE

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

24/7 FITNESS ORIENTATION

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

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

UPDATE



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

24/7 FITNESS ORIENTATION

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

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



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MARCH 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
1	2	3	Spin 9 a.m. 4	5	6	7
8	9	10	Spin 9 a.m. 11	12	Mission Slimpossible 7 final weigh-in @LEE HFC 13	Malasada Mile @Lee HFC 14
15	16	17	Spin 9 a.m. 18	19	20	21
22	23	24	Spin 9 a.m. 25	26	27	28
29	30	31		Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



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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 SERVICEMEN 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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Stoneman Stadium (Schofield Barracks)

SEASON STARTS:

Monday, May 18

SEASON PERIOD: MAY 18 - AUGUST 7

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



Registration forms are available online or USAG Hawaii Sports Office.

ENTRY DEADLINE: All applications must be received by the USAG Hawaii Sports Office no later than 4 p.m. on Wednesday, May 6, 2026. Applications may also be scanned/emailed to the Sports Office at usarmy.schofield.id-pacific.list.intramural-sports-office-staff@army.mil

Register by scanning the QR Code.



ELIGIBILITY: Active Duty Army Soldiers, Army Reservists, Army National Guardsmen within the geographical limits of Hawaii (NO EXCEPTIONS). This is a Battalion (or subordinate Unit) level league. Teams must sign up under a Battalion, and all players on each team must belong to the same Battalion (There are exceptions to this rule. Please contact the USAG Hawaii Sports Office for further details).

ORGANIZATION MEETING:

Thursday, May 7
3 p.m. at USAG Hawaii Sports Office.
730 Leilehua Ave,
Bldg. 645, Room 2,
Schofield Barracks, HI.

MORE INFORMATION:

Contact The USAG Hawaii Sports Office:
730 Leilehua Ave, Bldg. 645
Room 2, Schofield Barracks or call
(808) 787-0717 or (808) 787-0718.

Information may also be obtained via the MWR Website:
<http://www.himwr.com>
Facebook page:
Hawaii ARMY Intramural Sports @IMARMYsportsHI.



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Intramural Division
Open Division
Co-Ed Division



**Stoneman Complex
Softball Fields**

Tournament April 24-26

**\$250 (INTRAMURAL DIVISION)
\$300 (OPEN AND CO-ED DIVISION)**

NO REFUNDS

**Home Run Derby • \$20
Saturday, April 25**

Credit card only.
Limited spots available.

Eligibility: Open to all DOD ID Cardholders
18 years and older.

Entry Deadline: Friday, April 3 • 4 p.m.

Registration forms are available at all Army
Physical Fitness Centers (except for WAAF PFC).

Limited to only 8 teams in each division
(first-come, first-served).



PAPAJOHNS®

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

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

USAG Hawaii Sports Office • 730 Leilehua Ave. • Bldg. 645 • Room 2 • Schofield Barracks, HI 96857



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HOMESCHOOL FITNESS PROGRAM



SESSIONS:
EVERY THURSDAY
May 7- June 18
11:30 A.M.-12:30 P.M.

REGISTRATION

Must be registered with CYS.
First Time & Renewing Participants

Register at Parent Central Services or online with Web Trac
 (Online enrollment is available for limited activities.)

Schofield Barracks
 Parent Central Services
 241 Hewitt St. • Bldg. 1283
 (808) 787-7464



AMR Parent Central Service
 154 Kauhini Road • Bldg. 1782
 (808) 787-7465

Web Trac



Scan QR code to access Web Trac, registration, and see available activities.

Scan QR code for Web Trac online registration instructions.



CYS SPORTS OFFICE

For information regarding our Youth Sports Program or becoming a Volunteer Coach, contact your local Youth Sports Office:

Schofield Barracks
 2251 McMahon Rd. • Bldg. 9090
 (808) 630-7305

AMR
 154 Kauhini Road • Bldg. 1782
 (808) 330-9327

Are you a homeschooling parent looking for a fun and educational way to keep your kids active while earning school credits? The CYS Homeschool Fitness Program offers a unique blend of physical activity and learning to keep your kids engaged and healthy.

REGISTRATION DATES: APRIL 1-30

LOCATIONS:

Bennett Youth Center Gym
 2251 McMahon Road, Bldg. 9090
 Schofield Barracks, Hawaii 96857

AMR School Age Center Gym
 154 Kauhini Road, Bldg. 1782
 Honolulu, Hawaii 96818

COST:

\$30 per child

Must be 5 years old by May 7, 2026.
 (Ages: 5-18) Year of eligibility: 2008-2021
NO REFUNDS

REQUIREMENTS:

- Medical Action Plan (MAP) required if there is a health condition
- Health Assessment/Sports Physical Statement (HASPS) required for all participants
- The EFMP form (DA7725 Health Screening Tool) is a requirement for all registrations, regardless of EFMP status

CYS and Safety Protocols*

No Jewelry | Shorts: no pockets, fingertip length or longer | No hair beads
 • Glasses: must wear sports goggles or a strap at all times.

SUBJECT TO CHANGE*



REGISTRATION DATES:
Wednesday, April 1 - Saturday, June 6

Cost:
\$30
PER CHILD
 (No Refunds)

Saturday,
June 6

Session 1
8:30-10:00 A.M.
 YOY: 2018-2021

Session 2
10:30-12:00 P.M.
 YOY: 2011-2017

Location:
Bennett Youth Center Field

**2251 McMahan Rd,
 Schofield Barracks, HI 96857**

ELIGIBILITY:

Ages 5 to 15 years old.
 Youth born between 2011-2021.
 Must be at least 5 years old
 by June 6, 2026 to participate.



REGISTRATION

Must be registered with CYS.

First Time & Renewing Participants

Register at Parent Central Services
 or online with Web Trac
 (Online enrollment is available for limited activities.)

Schofield Barracks
 Parent Central Services
 241 Hewitt St. • Bldg. 1283
 (808) 787-7464



PCS Hours of Operation

AMR Parent Central Service
 154 Kauhini Road • Bldg. 1782
 (808) 787-7465

Web Trac



Web Trac Registration

Scan QR code to access
 Web Trac, registration, and
 see available activities.

Scan QR code for
 Web Trac online
 registration instructions.



Web Trac Instructions

CYS SPORTS OFFICE

For information regarding our
 Youth Sports Program or becoming
 a Volunteer Coach, contact your
 local Youth Sports Office:

Schofield Barracks
 2251 McMahan Rd. • Bldg. 9090
 (808) 630-7305

AMR
 154 Kauhini Road • Bldg. 1782
 (808) 330-9327



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2026 SUMMER

SOCCER

Season



REGISTRATION

Must be registered with CYS.

First Time & Renewing Participants

Register at Parent Central Services or online with Web Trac
(Online enrollment is available for limited activities.)

Schofield Barracks
Parent Central Services
241 Hewitt St. • Bldg. 1283
(808) 787-7464



PCS Hours of Operation

AMR Parent Central Service
154 Kauhini Road • Bldg. 1782
(808) 787-7465

Web Trac



Web Trac Registration

Scan QR code to access Web Trac, registration, and see available activities.

Scan QR code for Web Trac online registration instructions.



Web Trac Instructions

CYS SPORTS OFFICE

For information regarding our Youth Sports Program or becoming a Volunteer Coach, contact your local Youth Sports Office:

Schofield Barracks
2251 McMahan Rd. • Bldg. 9090
(808) 630-7305

AMR
154 Kauhini Road • Bldg. 1782
(808) 330-9327

Practice Begins:
Tuesday, June 9

Game & Practice Locations:

Schofield Barracks - Watts Field: 100 A Road, Schofield Barracks
AMR - Aliamanu Field: 154 Kauhini Road, Honolulu

Season Period: June 20-August 8

Registration Period:
Month of April

Cost:
\$75
Per Child
(No Refunds)

Eligibility:

Ages 5 to 15 years old.
Youth born between 2011-2021. Must be at least 5 years old by June 9, 2026 to participate.

Requirements:

- Health Assessment/Sports Physical Statement (HASPS) required for all participants.
- Exceptional Family Member Program (EFMP) form is required for all participants.
- Medical Action Plan (MAP) are required if there is a health/medical condition.



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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

2026



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



SCAN ME

For more information, call **(808) 787-4090**



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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



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.



For more information,
call (808) 787-4090.



HiMWR.com or MWR HAWAII

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Aloha!

**Free introduction to stand up
paddle boarding & ocean kayaking.**



*Sponsored by the
MWR Aquatics and Outdoor
Recreation Departments*

AQUATICS SAFETY Day

Open to all DOD ID Cardholders
and sponsored guests.

JOIN US FOR:

- Safety equipment demonstrations
 - Water safety instruction
- Prizes for all attendees
(while supplies last)!



**SATURDAY,
April 18**

**10 A.M.-2 P.M.
FREE!**



RICHARDSON POOL

1757 Kolekole Ave., Bldg. 578
Schofield Barracks



For more information, call Richardson Pool at

(808) 787-4090.

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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 <small>(must be at the same skill level)</small>

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

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



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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 <small>Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.</small>	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 <small>Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.</small>	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



HIMWR.com

or [MWR HAWAII](https://www.facebook.com/MWR.HAWAII)

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Open to Nagorski Golf Course
Members and their guests.

Grab a friend and get ready for a day of
friendly competition and fun on the course.

MEMBER & GUEST TOURNAMENT

SHOTGUN START: 1 P.M.
SATURDAY, MAY 2

Registration Deadline:
Wednesday, April 29

ENTRY FEE:
\$25 FOR MEMBERS
\$30 FOR GUESTS

(Green fees and cart fees not included)

Entry Details:

- Format: 18-Hole Best Ball Shamble
- Min. 16 players | Max. 38 players
- Food and festivities following the tournament
- Prizes for low scores, closest to the pin, and straightest drive

Sign Up Today!

Call (808) 787-4016 or
visit the Pro Shop to
reserve your spot.

Where the Game of Golf Begins!



Nagorski G.C.
FORT SHAFTER, HAWAII

711 Morton Drive • Bldg. 711
Fort Shafter, HI 96858

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Open to DOD ID Cardholders and the public ages 7 years & older.
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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WALTER J. NAGORSKI GOLF COURSE PRESENTS THE 2026

SUPERINTENDENT'S **REVENGE** **GOLF** **TOURNAMENT**

OPEN TO DOD ID CARDHOLDERS, MEMBERS, AND GENERAL PUBLIC.
(GENERAL PUBLIC MUST OBTAIN GATE ACCESS DAY-PASS)



Nagorski G.C.
FORT SHAFTER, HAWAII

Experience a unique challenge
as the course is set up by the
superintendent with creative
obstacles and unconventional
hole locations.

Player Capacity:
Minimum of 16
Maximum of 36

REGISTRATION
DEADLINE:
WEDNESDAY,
APRIL 8

SHOTGUN
START

SATURDAY, APRIL 11 - 3 P.M.

Format: Two-Person Scramble
Tournament Fee: \$25 for Members • \$30 for Non-Members

Prizes will be up for grabs and after-round pupus will be available.*
(Food is included in the Tournament fee. Green fee and cart fee are not included.)

**For more information or to register, call
the Pro Shop at (808) 787-4016.**

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

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Nagorski G.C.
FORT SHAFTER, HAWAII

INTRODUCTION TO

Golf

CLINICS

AT NAGORSKI GOLF COURSE

Saturdays • 10-11 a.m.

APRIL 4 • APRIL 18 • APRIL 25



Join the fun and learn to play golf with certified LPGA instructor, Rachael Krueger, in a laid-back, comfortable setting! Perfect for new and returning players, this clinic introduces the aspiring golfer to all aspects of the game, from swing basics and short game to on-course etiquette.

Limited Space!
6 participants per session.



*For more information, call
(615) 631-9561*

DETAILS

LOCATION:

Nagorski Golf Course
Practice Area

OPEN TO:

Adults (18+), including
Active Duty and DOD ID
Cardholders

COST:

\$25 per participant
per session. Register for
one clinic or all three.

REGISTER NOW!

Registration Deadline:
COB the day before
each clinic.

CONTACT:

Ms. Rachael Krueger, LPGA
Email: rachael.short@yahoo.com
-OR-
Paul Vasquez, PGA
Email: paul.d.vasquez2.naf@army.mil

*Where the game
of golf begins!*

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Public must have installation access, for more information visit <https://home.army.mil/hawaii/about/visitor-information> or scan the QR code.



711 Morton Drive · Bldg. 711
Fort Shafter, HI 96858

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Leilehua Golf Course presents

Easter INTRO TO GOLF CLINIC

Open to all Active Duty, DOD ID
Cardholders Dependents ages:
7 - 17 years old
(All skill levels welcome).

Registration Deadline:
6 p.m., Wednesday, April 1

Spaces are limited
to the first 12
participants!

**FRIDAY,
APRIL
3**

10-11 a.m.

Leilehua GC Driving Range /
Practice Area

\$25
PER PARTICIPANT



Register Now!

Call or email Paul D. Vasquez, PGA
at (808) 787-1319 or
paul.d.vasquez2.naf@army.mil.


Leilehua G.C.
199 Leilehua Road • Bldg. 6505
Wahiawa, Hawaii 96786

Hop on over for our fun Easter Junior Golf Clinic with instructors
Rachael Krueger, LPGA and Paul D. Vasquez, PGA!
Perfect for young golfers aged 7 to 17 of all skill levels, this clinic covers golf
fundamentals like swing techniques, putting, and course etiquette
in a supportive, interactive environment.



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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!**

Aloha!



Nagorski G.C.
FORT SHAFTER, HAWAII

HALE KOA & NAGORSKI GC
NINE HOLE

GOLF SPECIAL

HALE KOA HOTEL

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) 787-4016.

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



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USAG HAWAII

Celebrating with Aloha

JULY 4, 1776-2026



For more details, visit himwr.com or scan the QR Code below.



Honor this historic milestone with exclusive USAG Hawaii commemorative merchandise designed to celebrate America's 250th Independence Day with Aloha!



Featured Items:

Limited-Edition Apparel & Wearables
T-Shirts, Dry Fit Shirts, Baseball Hats, and Foldable Cowboy Hats

Collectibles & Body Décor
Cup Coolers, Ceramic Mugs, Beer Steins, 250-Year Patches, Stickers, and Temporary Tattoos

Everyday Essentials
Golf Towels, Lanyards, and Tote Bags

Shop Now!

Visit designated MWR Facilities:
Nagorski Golf Course Pro Shop
More locations coming soon!

or
stop by the USAG Hawaii MWR booth at:
Fun Fest – April 04, 2026
Independence Day Celebration – July 04, 2026

Supplies are limited, don't miss out!

Celebrate Freedom with Aloha. Support Community. Own History.



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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**

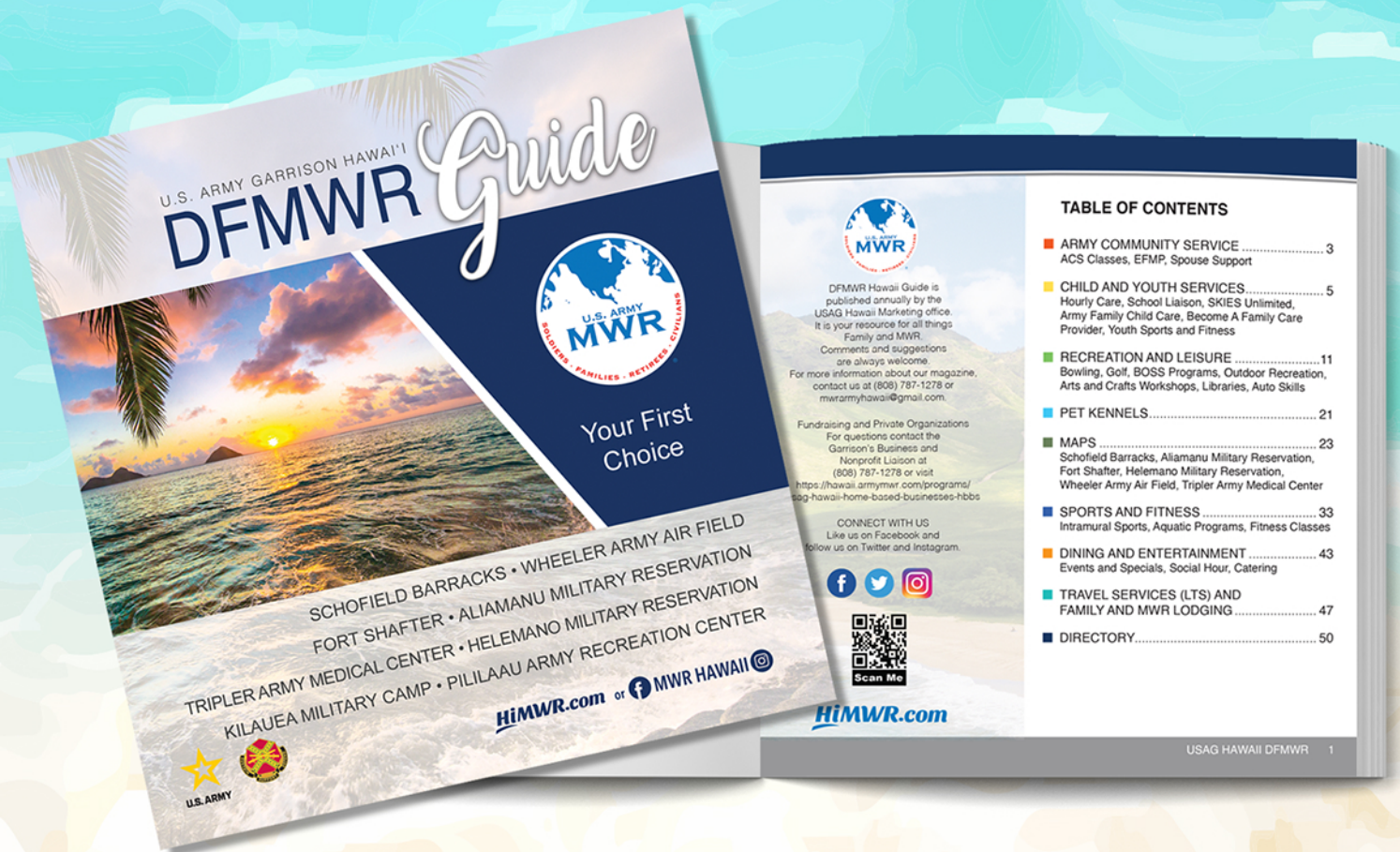


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USAG Hawaii DFMWR Guidebook

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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