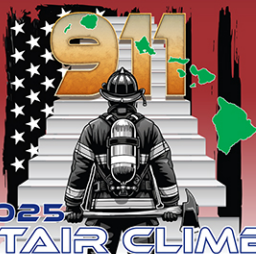


WE WILL NEVER FORGET

The 2025 9/11 Memorial Stair Climb will be held at all Army Physical Fitness Centers (excluding WAAF). It is our way to honor and remember the FDNY firefighters who selflessly gave their lives so that others might live on September 11, 2001. Each participant pays tribute to a FDNY firefighter by climbing up 110 floors on a Stairmaster which is equivalent to the 110 stories of the World Trade Center.



Your individual tribute not only remembers the sacrifice of an FDNY firefighter but symbolically completes their heroic journey to save others. Through Soldiers and the Army community participation we can ensure that each of the 343 firefighters is honored, and that the world knows that

We Will Never Forget.



**2025
STAIR CLIMB**



MEMORIAL CHALLENGE

THURSDAY, SEPTEMBER 11

ALL ARMY PHYSICAL FITNESS CENTERS (EXCLUDING WAAF).

7 A.M. - 7 P.M.

(Times may vary depending on the Physical Fitness Center)

Open to all
000 ID Cardholders
13 years of age & older

Registration:

Register in person at any Army Physical Fitness Center (excluding WAAF)
or over the phone at (808) 787-5739 or (808) 787-4039.

Fee:

\$25 with T-Shirt Guaranteed
if registered by Friday, August 22.

\$30 after Friday, August 22.

\$5 without T-shirt

**FOR MORE INFORMATION,
CALL (808) 787-5739.**



MWR.com or [MWR HAWAII](#)

8th Annual

Open to all DOD ID Cardholders
and the public.
(12 and under must be accompanied
by a guardian at all times.)



**SATURDAY,
SEPTEMBER 27 • 5 P.M.**

Weyand Field • Schofield Barracks

Dress in traditional Bavarian attire, lace up your running shoes,
and enjoy a variety of classic German food!

Cold adult beverages (21 & older) or Root Beer for all finishers.

No Refunds • No Pets Allowed • Strollers are Permitted

Call (808) 787-5739 to register over the phone
or register in person at any
Army Physical Fitness Center
(Excluding WAAF).

**For more information, call
the Lee Health & Fitness Center at
(808) 787-5738.**

ENTRY FEE: (Credit card only)

EARLY ENTRY BY
MONDAY, SEPTEMBER 1

\$25 per person
Medal guaranteed

LATE ENTRY BY WEDNESDAY,
SEPTEMBER 24

\$30 per person
Medal while supplies last

Deadline for the general public:
Monday, September 8

RACE DAY REGISTRATION:
3:45-4:45 P.M.

\$30 per person
Medal while supplies last

EVENT SHIRTS WILL BE AVAILABLE FOR
PURCHASE ON RACE DAY (While supplies last).



HiMWR.com or f MWR HAWAII @

2025

COSTUME DASH



TRICK
or
TREAT

**SATURDAY,
OCTOBER 25**

Stoneman Field
Schofield Barracks

5 p.m.

ENTRY FEE: (Credit card only)

EARLY ENTRY:

\$20 per person
Medal guaranteed

Must register by
Wednesday, October 1

LATE ENTRY:

\$25 per person

Medal while supplies last

Thursday, October 2 - Wednesday, October 22

Deadline for the general public:

Wednesday, October 8

RACE DAY REGISTRATION:

3:45-4:45 p.m.

\$25 per person

Medal while supplies last

Call (808) 787-5739 to register
over the phone or register in person
at any Army Physical Fitness Center
(Excluding WAAF).

No refunds | Strollers are permitted

**For more information,
call the
Lee Health & Fitness Center
at (808) 787-5738.**

**Online Registration
now available!**



SCAN ME

**SCAN QR CODE
TO REGISTER**



SCHOFIELD BARRACKS, HAWAII



PAPA JOHN'S
Better Ingredients. Better Pizza.



HiMWR.com or **MWR HAWAII**

YOUTH SPORTS & FITNESS

BASKETBALL & CHEERLEADING



Join the fun and learn the fundamentals!

Saturday, December 27

Registration Dates: October 1-December 27
Years of Eligibility: 2010-2020

\$30
PER CHILD

Location: Bennett Youth Center • 2251 McMahon Rd., Bldg. 9090 • Schofield Barracks

Session 1: 8:30-10:00 A.M. for YOB: 2017-2020

Session 2: 10:30 A.M.-12:00 P.M. for YOB: 2010-2016

Child must be 5 years old by December 20.

REGISTRATION:

Schofield Barracks Parent Central Services

(808) 787-7464

241 Hewitt St., Bldg. 1283

Walk-in hours: 8-11 A.M.

(Except Wednesdays - appointment only)

Aliamanu Military Reservation

(808) 787-7465

154 Kauhini Rd., Bldg. 1782

Please contact Schofield Barracks office
at (808) 787-7464

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

Schofield Barracks

2251 McMahon Road, Bldg. 9090

(808) 787-4110 • (808) 787-4111

Aliamanu Military Reservation

Bougainville Loop, Bldg. 1781

(808) 787-4141

Office Hours

Sunday-Monday: Closed

Tuesday-Friday: 11 a.m.-7:30 p.m.

Saturday: 8 a.m.-4:30 p.m.

SCAN ME

Scan QR
code for
hours of
operation.



HiMWR.com or f MWR HAWAII

NAYS
National Alliance
for Youth Sports



SEASON 2025



BASKETBALL & CHEERLEADING

SIGN UP TO JOIN THE BASKETBALL TEAM OR CHEERLEADING SQUAD

\$75
per child

Eligibility: 2011-2021 · Child must be 5 years old by January 6, 2026

Registration dates:

Wednesday, October 1-Friday, October 31

Register at Parent Central Services

Schofield Barracks Parent Central Services

241 Hewitt Street, Bldg. 1283

(808) 787-7464

Walk-ins: 8-11 A.M.

(except Wednesdays - appointment only)

Aliamanu Military Reservation

154 Kauhini Road, Bldg. 1782

(808) 787-7465 or contact Schofield Barracks
office at (808) 787-7464

Season & Practice Starts:

Tuesday, January 6, 2026

Season Ends:

Saturday, February 28, 2026

Practice and games will be held at:

Bennett Youth Center

2251 McMahon Road, Bldg. 9090,
Schofield Barracks, HI 96857

Aliamanu Military Reservation (AMR) Field
154 Kauhini Road, Honolulu, HI 96818



For more information:

Schofield Barracks

2251 McMahon Road, Bldg. 9090 • (808) 787-4110 • (808) 787-4111



Interested in coaching?

Volunteer coaches are needed for MWR Youth Sports. If you are interested in coaching basketball or cheerleading, call the CYS Youth Sports & Fitness Office.



Scan QR
code for
hours of
operation.

SCAN ME



HiMWR.com

or **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

Scan the QR Code below for additional information



Courses are open to ages 18 & up, unless otherwise noted.

COST:

**SERVICE MEMBERS
OF ALL BRANCHES: \$150
CIVILIANS: \$175**



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



HiMWR.com or **MWR HAWAII**



**American
Red Cross**

2025

Lifeguard Courses

**Richardson Pool
Schofield Barracks**

**MONDAY - FRIDAY
8:45 A.M.-5:30 P.M.**

COURSE DATES:

February 24 - 28

March 17 - 21

(High School Ages Only 15-18 Years old)

March 24 - 28

April 21 - 25

May 19 - 23

June 2 - 6

(High School Ages Only 15-18 Years old)

June 23 - 27

August 18 - 22

September 22 - 26

October 6 - 10

(High School Ages Only 15-18 Years old)

October 20 - 24

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.

Tripler Army Medical Center Pool
&
Richardson Pool

2025
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 17	Friday, March 28
Monday, April 7	Friday, April 18
Monday, April 21	Friday, May 2
Monday, May 12	Friday, May 23
Monday, June 9	Friday, June 20
Monday, July 7	Friday, July 18
Monday, July 21	Friday, August 1
Monday, August 11	Friday, August 22
Monday, September 8	Friday, September 19
Monday, September 22	Friday, October 3

RICHARDSON POOL SCHEDULE: (Schofield Barracks)

Class Start Date:	Graduation Date:
Monday, March 10	Friday, March 21
Monday, March 24	Friday, April 4
Monday, April 14	Friday, April 25
Monday, May 12	Friday, May 23
Monday, June 2	Friday, June 13
Monday, June 16	Friday, June 27
Monday, July 7	Friday, July 18
Monday, July 21	Friday, August 1
Monday, August 11	Friday, August 22
Monday, August 25	Friday, September 5
Monday, September 15	Friday, September 26

Training packets must be submitted by your Training NCO or Training Officer to:
Ms. Sandra Johnson
Installation Schools, USARHAW, Institutional Training Division
896 Menoher Road, Room 114, Schofield Barracks, HI 96857
Email: sandra.j.johnson120.civ@army.mil





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.

SCAN ME



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



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



Mahalo Nui Loa from,
Team TAMC Takos



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**



HiMWR.com or  MWR HAWAII 



WHEELER PHYSICAL FITNESS CENTER

 **WE'VE MOVED** 

**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



HiMWR.com or  **MWR HAWAII** 



USAG HAWAII SPORTS, FITNESS & AQUATICS

500 FIVE HUNDRED MILE HOLOMUA KĀKOU MILE RUN CLUB

Open to ALL DOD ID CARDHOLDERS

January 1, 2025 - December 31, 2025

Register at any MWR Physical Fitness Center

Join the Holomua Kākou (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 KĀKOU 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, 2025
to complete the 500 miles. So, lace up your shoes,
track your miles at one of our facilities and
celebrate your achievement with us.

for facility hours
of operations.



Call or visit one of our
MWR Physical Fitness Centers
for more information.



HiMWR.com or MWR HAWAII

MARTINEZ FITNESS FACILITY



January 1 - December 31, 2025

**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.**

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 DOD 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: 8 a.m. - 7:30 p.m.

Saturday & Sunday: 7:30 a.m. - 12:30 p.m.

**FOR MORE INFORMATION,
PLEASE SEE STAFF ON
DUTY OR CALL:**

(808) 787-0721



UPDATE

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

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 **September** schedule below.

SEPTEMBER 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

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



For more information, call (808) 787-0721.



SPORTS • FITNESS • RECREATION

SEPTEMBER 2025

FITNESS CLASS SCHEDULE

Lee Health & Fitness Center

Monday - Friday
5 a.m.-8:30 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
	HAPPY 1 <i>Labor Day</i> Gym closed	2	3 Spin 9 a.m.	4	5	6
7	8	9	10 Spin 9 a.m.	11 911 Stair Climb Memorial Challenge @All PFC (excluding WAAF)	12	13
14	15	16	17 Spin 9 a.m.	18	19	20
21	22	23	24 Spin 9 a.m.	25	26	27 Wurst 5K Fun Run @Weyand Field
28	29	30	Spin 9 a.m.	Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



HiMWR.com or [f](#) MWR HAWAII ©



2025 EVENT CALENDAR

LEE HEALTH & FITNESS CENTER

JANUARY	<ul style="list-style-type: none"> MISSION SLIMPOSSIBLE (\$) GLOW ZUMBA DANCE PARTY AT TROPICS (\$)
MARCH	<ul style="list-style-type: none"> ALOHA JAM: 3 ON 3 BASKETBALL TOURNAMENT AT MARTINEZ PHYSICAL FITNESS CENTER (\$)
APRIL	<ul style="list-style-type: none"> DA HO 'IKAIIKA HUI: TEAM SBD COMPETITION. ASSEMBLE A TEAM OF THREE, EACH MEMBER WILL COMPETE IN ONE OF THE THREE EVENTS (SQUAT, BENCH PRESS, OR DEADLIFT). (\$)
MAY	<ul style="list-style-type: none"> AVENGER CHALLENGE: THIS EVENT WILL BE COMPRISED OF SIX STATIONS FOR THE BEST TIME. (\$)
JULY	<ul style="list-style-type: none"> 22 A DAY: AMRAP (AS MANY ROUNDS AS POSSIBLE) CHALLENGE (FREE) UNWINED (\$)
AUGUST	<ul style="list-style-type: none"> HO' OKUKU PICKLEBALL TOURNAMENT (\$)
SEPTEMBER	<ul style="list-style-type: none"> 9/11 STAIRMASTER CHALLENGE (\$) OR (FREE) W/O T-SHIRT
NOVEMBER	<ul style="list-style-type: none"> TURKEY DRI TRI (\$)

FOR MORE INFORMATION, CONTACT
LEE HEALTH & FITNESS CENTER AT (808) 787-5739.
1554 TRIMBLE ROAD, BLDG. 582, SCHOFIELD BARRACKS 96857

* ALL PROGRAM DATES ARE TENTATIVE AND ARE SUBJECT TO CHANGE.



Download MY ARMY POST APP



HiMWR.com or f MWR HAWAII



2025 INTRAMURAL SPORTS CALENDAR

DATE	SPORT	LOCATION
JAN 20-MAR 21	BASKETBALL LEAGUE (R)	MARTINEZ OR HMR OR TAMC
MAR 24-APR 4	VOLLEYBALL TOURNAMENT (R)	MARTINEZ OR HMR
APR 7-18	FUTSAL/INDOOR SOCCER TOURNAMENT (R)	MARTINEZ OR HMR
APR 7-18	SINGLES TENNIS TOURNAMENT (R)	MARTINEZ TENNIS COURTS
APR 26-27	STONEMAN SHOOTOUT SOFTBALL TOURNAMENT (O) (\$)	STONEMAN COMPLEX
MAY 3	ARMY STRONG BANDS PICKLEBALL TOURNAMENT (O)	ARTS & CRAFTS TENNIS COURTS
MAY 12-AUG 8	SOFTBALL LEAGUE (R)	STONEMAN AND TAKATA FIELD
MAY 12-AUG 8	OUTDOOR SOCCER LEAGUE (R)	STONEMAN STADIUM
JUL 5-6	STARS AND STRIPES 4TH OF JULY SOFTBALL TOURNAMENT (O) (\$)	STONEMAN COMPLEX
JUL 7-18	DODGEBALL TOURNAMENT (O)	MARTINEZ OR HMR
JUL 7-18	CORNHOLE TOURNAMENT (O)	MARTINEZ OR HMR
JUL 26-27	ARMY HAWAII DISC GOLF TOURNAMENT (O)	STONEMAN COMPLEX
AUG 11-22	ARMY HAWAII SAND VOLLEYBALL TOURNAMENT (O)	TROPICS
AUG 25-NOV 21	FLAG FOOTBALL LEAGUE (R)	STONEMAN STADIUM
SEP 13-14	FALL CLASSIC SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX
DEC 1-12	SANTA SWOOSH 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 DOD 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, SCHOFIELD BARRACKS 96857



HiMWR.com or f MWR HAWAII

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	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	\$5 per token
Push Cart	\$3 (9-holes)	\$5 (18-holes)	Key FOB	\$50 for \$65
			Spectator Fee	\$20

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



HiMWR.com or f MWR HAWAII

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.

SCAN ME



Download MY ARMY POST APP



HiMWR.com or MWR HAWAII

Benefits:

- Complimentary green fees
- 20% discount on merchandise at Walter J. Nagorski Golf Course
- Special discounts on golf tournament pricing at Walter J. Nagorski Golf Course (DFMWR events only)
- Discount green fees at Leilehua Golf Course & other U.S. Army Golf Courses

Walter J. Nagorski Golf Course *Fort Shafter, Hawaii*

ANNUAL GOLF MEMBERSHIP

2025 Membership

OPEN TO THE PUBLIC

JOIN TODAY!

Call the
Nagorski Pro Shop
at
(808) 787-4016
for
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

Digital Garrison



711 Morton Drive • Fort Shafter • Honolulu, 96858

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



HAWAIIAN MILITARY RESERVE.com

MWR HAWAII

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



HiMWR.com or f MWR HAWAII ©



ADJUST YOUR LATITUDE



NO-COST resiliency program options in Hawaii:

1. REBALL (Paintless Paintball)
2. BLITZBALL (Battleball & Soccer)
3. MOKOLI'I ISLET (Ocean Kayaking)

(More programs coming soon!)

WARRIOR ADVENTURE QUEST

U.S. Army Garrison Hawaii

435 Ulrich Way • Bldg. 2110 • Schofield Barracks, Hawaii

Phone: (808) 787-4097

waq.armymwr.com

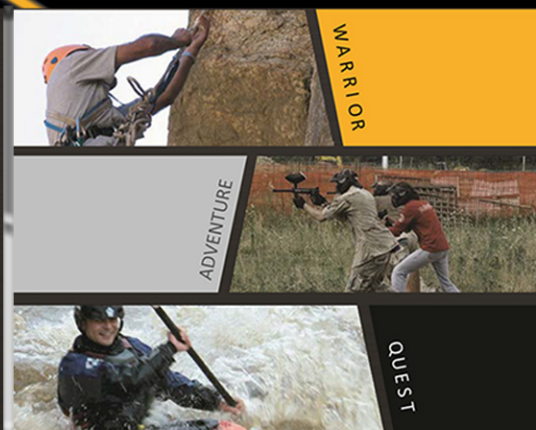
himwr.com

WAQ ACTIVITIES

selected using following criteria:

- ▶ High Adventure Component
- ▶ Leverage local resources at each Garrison
- ▶ L-LAAD trained
- ▶ Designed for Platoon-Sized Group
- ▶ Team-Building

All activities are designed to instill cohesion, build teamwork, and share esprit-de-corps in a supervised and controlled manner.



WARRIOR ADVENTURE QUEST

A High-Adventure Outdoor Recreation (ODR) Program combined with L-LAAD as part of the Army's holistic approach to RESET.

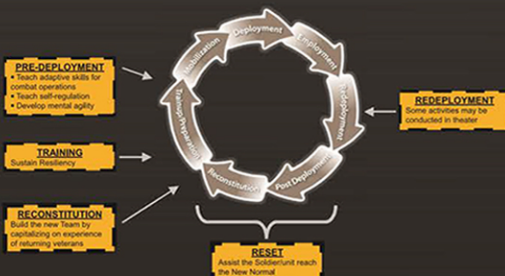
Who participates:

- ▶ All redeploying Soldiers focused at the platoon level
- ▶ Facilitated by L-LAAD trained debriefers
- ▶ Coordinated by the Garrison

When executed:

- ▶ Within the first 120 days of return to home station
- ▶ May be offered at other stages within the Deployment Cycle...

SUPPORT IN THE DEPLOYMENT CYCLE



Why:

- ▶ Mitigate boredom and high-risk behavior of redeploying Soldiers by providing high-adventure activity in an outdoor environment
- ▶ Reinforce Soldier unit cohesion and individual coping tools for stress and reintegration challenges

Phases of the Program Package:

LEADERSHIP TRAINING

- ▶ Emphasizes to leaders the importance of demonstrating confidence and competence in front of a group

- ▶ Creates the opportunity for horizontal and vertical bonding in a small group setting



- ▶ Builds unit cohesion and esprit-de-corps

- ▶ Receive training on Leader-Led After Action Debrief (L-LAAD) techniques

SOLDIER TRAINING

- ▶ WAQ Program Overview
- ▶ Addresses Combat Operational Stress Control Model
 - Adaptive
 - Post Traumatic Growth
- ▶ Resiliency Overview
- ▶ Coping Skills

ODR ACTIVITY

A team-building activity, focused at the platoon-level, to engage all Soldiers in RESET

High-Adventure Activities may include (but not limited to) the following:

- | | | |
|----------------|-----------------------|----------------------------|
| I Paintball | I White-Water Rafting | I Rock Climbing/Rappelling |
| I Geocaching | I Scuba Diving | I Canoeing |
| I Skeet/Trap | I Adventure Racing | I Mountain Biking |
| I Ropes Course | I Skiing | I Sea Kayaking |

Please see back flap for your Hawaii options!

LEADER LED AFTER ACTION DEBRIEF

- ▶ L-LAAD is integrated into the Army's overall psychological resiliency building program

Leader-Led After Action Debrief

- Debrief facilitation tool developed by Army Medical Department (AMEDD) Center & School
- Leverages trained unit assets to conduct debrief at conclusion of ODR activity
- Connects challenges of WAQ activity and Soldier resiliency

L-LAAD is a Soldier resiliency tool to address both combat and operational stress during rigors of day-to-day military life



WARRIOR ADVENTURE QUEST

WAS DESIGNED WITH INPUT FROM MEDICAL, SCIENTIFIC, RECREATIONAL AND OPERATIONAL COMMUNITIES AND DIRECTLY SUPPORTS RESET

Download MY ARMY POST APP



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