



# Military Family Appreciation Month

NOVEMBER 2013

Special Family events on  
[MWRFortCarson.com](http://MWRFortCarson.com)



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## December 2013 & January 2014 Events & Activities

Directorate of Family & Morale,  
Welfare & Recreation

# DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION

## November & December 2013 and January 2014 EVENTS



### Community Events:

#### November, Military Family Appreciation Month

Join DFMWR as we celebrate and observe Military Family Appreciation Month. This year, to celebrate DFMWR will be providing a variety of activities at various locations to show our appreciation for Military Families. A list of activities and details will be made available through the variety of marketing venues. Please visit [www.mwrfortcarson.com](http://www.mwrfortcarson.com) for more detailed information about the events.

Location: Various MWR facilities

Time: Varies

Cost: Varies

#### 01 November, Army vs. Air Force Football Pep Rally

The Foxhole is hosting a pep rally for the Army vs. Air Force football game. Come and cheer on our team. Open to the Fort Carson community.

Location: Foxhole

Time: 4:00 pm – 8:00 pm

Cost: Free

### CHILD, YOUTH & SCHOOL SERVICES

#### 08 November- Midnight Basketball/Volleyball

Location: Youth Center

Time: 6:00 pm - 8:30 pm (Middle School youth)  
9:00 pm- 11:30 pm (High School youth)

Cost: FREE

#### 11 November – 13 December: Basket ball/Cheerleading Registration

Registration Open: 11 November. Registration Closes: 13 December. Season starts: 06 January  
Be sure to register early and provide proof of valid sports physicals for each child.

Location: Register at Parent Central 1518 Prussman Ave. 719-526-1101.

Cost: Age: 3-4 \$20  
Age 5-15 \$40

#### 25 - 29 November – School Age Services Fall Break

We will be celebrating fall break with a Spirit Week full of many seasonal activities, games, featured movies, a Family feast, and community guest speakers for National Dental Floss Day.

Location: Mesa and Patriot School Age Centers

Time: 5:45 am – 6:00 pm Monday, Tuesday, Wednesday, and Friday

Cost: Weekly fees are Based on Total Family Income (No additional charge for youth enrolled in the before and after programs.

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### **25-29 November – Middle School Fall Break Camp at the Youth Center**

Middle School Fall Break Camp is open to youth in grades 6th - 8th. A variety of activities are scheduled to include sports, crafts, technology lab, art, games, field trips, and more.

Location: Youth Center, Bldg 5950

Time: 5:45 am – 1:00 pm Monday, Tuesday, Wednesday, and Friday. Open Recreation begins at 1300 each day.

Cost: Weekly fees are based on total Family income (No additional charge for youth enrolled in the Before School Program.

### **BUSINESS**

#### **CHEYENNE SHADOWS GOLF COURSE**

##### **01 November, CG's Golf Scramble**

Player check-in begins at 11:00 am with a buffet lunch at Mulligan's Grill from 11:00 am – 12:00 pm, golf clinic hosted by the Cheyenne Shadows Golf Academy offered at 11:15 am, rules briefing at 12:15 pm with a shotgun start at 12:30 pm.

Location: Cheyenne Shadows Golf Club

Time: 11:00 am – 4:30 pm

Cost: \$30 for Military and \$40 for civilians.

##### **23 November - 02 January 2014, Cheyenne Shadows Golf Shop Christmas Sale**

This is a long running holiday sale. All equipment purchased (\$25 or more in value) from the Pro Shop or special ordered will receive 5% to 30% off the purchase price. There will also be a sale on punch cards, trail fees and annual fees. Get your Christmas presents early!!

Location: Cheyenne Shadows Golf Club

Time: 7:00 am - Dusk

#### **FOXHOLE**

##### **13 December, CG's Right Arm Night**

The Commanding General is hosting a Right Arm Night. Join the Foxhole's 4ID Mug Club. Cost is \$5.00 which includes membership into the mug club. You will receive a membership card/punch card and the first draft in the mug. Appetizers will be available.

Location: Foxhole

Time: 4:00 pm – 6:00 pm

Cost: Free

##### **31 January, CG's Right Arm Night**

The Commanding General is hosting a Right Arm Night. Join the Foxhole's 4ID Mug Club. Cost is \$5.00 which includes membership into the mug club. You will receive a membership card/punch card and the first draft in the mug. Appetizers will be available.

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Location: Foxhole  
Time: 4:00 pm – 6:00 pm  
Cost: Free

### **ELKHORN CATERING AND CONFERENCE CENTER**

#### **01 November, First Fridays Wine Tasting**

Taste wines and whiskeys from local area vendors. There are also a variety of cigars to sample. Enjoy our delicious hors d'oeuvres.

Location: Ivy Irish Pub, Elkhorn Catering and Conference Center  
Time: 4:00 pm – 7:00 pm  
Cost: \$5 per person

#### **06 December, First Fridays Wine Tasting**

Taste wines and whiskeys from local area vendors. There are also a variety of cigars to sample. Enjoy our delicious hors d'oeuvres.

Location: Ivy Irish Pub, Elkhorn Catering and Conference Center  
Time: 4:00 pm – 7:00 pm  
Cost: \$5 per person

#### **Holiday Meals-To-Go:**

Make your holiday an easy one. The Elkhorn Catering and Conference Center is offering Holiday Meals-To-Go with all the trimmings. These meals serve 8-10 people and will be available from 9 November - 20 December. Cost is \$50 for your choice of Roast Turkey (12-14 lbs) or Glazed Virginia Pit Ham (9-11 lbs). The cost is \$80 for a full meal with your choice of either Roast Turkey or Glazed Ham, stuffing, whipped potatoes with gravy, sweet potatoes, corn, green beans, cranberry sauce, and apple pie.

### **THUNDER ALLEY BOWLING CENTER**

#### **31 December, New Year's Eve Party**

A New Year's Eve celebration that includes cosmic bowling, shoe rental, a continental breakfast and party favors. Bowling goes from 9:30 pm – 1:30 am and the continental breakfast is served at 12:30 am. Call 526-5542 for reservations.

Location: Thunder Alley Bowling Center  
Time: 9:30 pm – 1:30 am  
Cost: 17.50 adults, \$9.00 for children (12 and under)

### **RECREATION**

#### **GRANT LIBRARY**

##### **06 November, Story Time**

Grant Library will be having Story Time every Wednesday from 10:30 am – 11:00 am. During Story Time, children are given the opportunity to interact with children of similar ages while listening to children's stories, singing songs, and making

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crafts. All children ages 0 - 6 with guardian are welcome to attend! Please call Grant Library at 526-2350 for further information.

Location: Grant Library  
Time: 10:30 am - 11:00 am, Wednesday  
Cost: Free

### **SPORTS & FITNESS**

#### **IRON HORSE FITNESS CENTER -**

6415 Specker Ave, Building 1925  
Telephone 526-2706

FACILITY HOURS: 5:00 am – 10:00 pm 7 days a week

#### **13 December, Jingle Bell Run**

Family Holiday 5K sponsored by DFMWR with Balfour Beatty. Fort Carson Jingle Bell Run will give active duty Soldiers, Family members, retirees, and civilians from Fort Carson and surrounding areas the opportunity to participate in a Holiday 5K Fun Run.

Location: Iron Horse Physical Fitness Center and Iron Horse Park  
Time: 8:00 am – 12:00 pm  
Cost: Free

#### **11 January, Fitness Resolution**

This fitness event will be for adults and children 13 years and older participating with a parent. Zumbatomic participants can be 4 years and older with a parent. There will be free prizes, food, and beverages. This is a new annual event to promote Family fitness and wellness.

Location: Iron Horse Fitness Center  
Dates: 11 January  
Time: 9:00 am – 12:00 pm  
Cost: Free

#### **23 November, Aerobathon**

A variety of fitness class formats taught for two hours of non-stop fun. A great time to try a class you have been interested in at no charge.

Location: Iron Horse Physical Fitness Center  
Time: 9:00 am - 11:30 am  
Cost: Free

#### **Fit Moms**

Get a great work out to improve strength, cardiovascular fitness, and bring your kids with you.

Location: Iron Horse Physical Fitness Center  
Date: Tuesday, Wednesday, & Thursday 9:00 am – 10:15 am

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Cost: \$48 per four week session or \$5 drop-in rate

### **GARCIA PHYSICAL FITNESS CENTER**

6360 Porter St, Bldg 1856

Telephone: 526-3944

FACILITY HOURS: Monday- Friday 5:00 am – 6:00 pm

Saturday, Sunday, Training Holidays & Holidays CLOSED

### **Body Fat Analysis (by appointment only)**

Body Fat will be checked either with a hand-held body fat analyzer or with skin fold calipers.

Location: Garcia Physical Fitness Center

Time: 7:30 am-3:00 pm Mondays -Fridays

Cost: Free

### **WALLER PHYSICAL FITNESS CENTER**

6946 McGrath Ave, Bldg 2357

Telephone: 526-2742

FACILITY HOURS: Monday-Friday: 5:00 am – 10:00 pm

Saturday & Sunday, Training Holidays & Holidays: CLOSED

### **Equipment Orientation (by appointment only)**

All participants (individuals or groups) will meet with a certified personal trainer who will introduce the proper way to use the equipment at Waller Physical Fitness Center. This class is by appointment only.

Location: Waller Fitness Center

Time: 7:30 am–8:30 pm, Monday - Friday

Cost: Free

### **Body Fat Analysis (by appointment only)**

Body Fat will be checked either with a hand-held body fat analyzer or with skin fold calipers.

Location: Waller Fitness Center

Time: 7:00 am–8:30 pm, Monday - Friday

Cost: Free

### **Group Personal Training**

By appointment only; group sessions of three or more participants. All participants will meet with a certified personal trainer; the following are included: fitness assessment, goal setting, and workout sessions.

Location: Waller Fitness Center

Time: 7:30 am–8:30 pm, Monday -Friday

Cost: Free

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### **MCKIBBEN POST FITNESS CENTER**

5785 Barkley Ave, Bldg 1160

Telephone: 526-2597

FACILITY HOURS: Monday-Friday, 5:00 am – 8:00 pm

Weekends and Holiday, 6:00 am – 2:00 pm

### **TRX Orientation**

This FREE Orientation is suitable for those looking to learn how to use our Suspension Training TRX equipment. Our certified instructor will show the how to, and the basics of adjusting the TRX equipment without compromising form. Learn the importance of breathing techniques, range of motion, tempo and answer TRX fitness equipment questions.

Orientation is 30-45 minutes long and is for groups or individual appointments. Call 526-2597/2137 to sign up, email [josefina.m.taijeron@us.army.mil](mailto:josefina.m.taijeron@us.army.mil) or you may sign up in person.

Location: McKibben Fitness Center

Time: By appointment only

Cost: Free

### **Fitness Fury Boot Camp with Kay & Armando**

McKibben Physical Fitness Center is offering a full body workout experience to help improve strength, coordination, balance, agility, and flexibility. Increase power development and endurance with this one hour Fitness Fury Boot Camp class. Class is every Monday and Thursday, 1800-1900. Please sign up in advance. Call 526-2597/2137, email [josefina.m.taijeron@us.army.mil](mailto:josefina.m.taijeron@us.army.mil) or you may sign up in person.

Location: McKibben Fitness Center

Time: 6:00 pm -9:00 pm, Monday and Thursday

Cost: \$5.00 per person, per class

### **K-OS with Kareem**

McKibben Physical Fitness Center is offering a calorie scorching class that incorporates cardio, strength, and endurance! Get ready to burn in this instructor choice class!

Location: McKibben Fitness Center

Time: 11:45 am–12: 45 pm Monday, Wednesday, and Friday

Cost: Free

### **Spin with Lorraine**

McKibben Physical Fitness Center is offering an Indoor cycling class focusing on endurance, strength, intervals, high intensity and recovery. The instructor uses music, motivation, visualization and enthusiastic coaching to lead participants through a ride that best suits their fitness level and goals. One of the major advantages of cycling is that each participant can exactly control their level of intensity to suit ability or fitness level but, still remain as a group. Class is one hour long.

Location: McKibben Fitness Center

Time: 5:00 – 6:00 pm Wednesday; 9:00 am - 10:00 am, Saturday

Cost: Free

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### **INTRAMURALS**

#### **02 November, Powder Puff Football Tournament**

New! Ladies can now get in on the action of flag football. This weekend tournament is open to all DoD ID cardholders 18 years of age or older. Reservations can be made at <http://mwrfortcarson.com/intramural-sports.php> or call: (719) 526-3972.

Location: Mountain Post Sports Complex Softball Fields

Time: 10:00 am

Cost: \$150 per team

### **AQUATIC**

#### **01-30 November, Morning Water Aerobics**

Water aerobics is one of the most energizing forms of aerobics and can be enjoyed by everyone. Whether you are looking to kick start your fitness journey, increase flexibility and joint mobility, lose weight, or just have some fun, water aerobics is the exercise for you! Many people refer to water aerobics as a "non-weight bearing exercise," because the water supports most of your weight rather than your hips, legs and feet. This relieves stress and resistance on the joints, allowing for greater flexibility and stamina than your body offers in exercises outside of the water. Open to all DoD card holders and their guest.

Location: Nelson Indoor Pool

Time: 8:15 am to 9:00 am, Monday, Wednesday and Friday

Cost: \$3.00 and guest \$5.00

#### **01-30 November, Morning Water Aerobics**

Water aerobics is one of the most energizing forms of aerobics and can be enjoyed by everyone. Whether you are looking to kick start your fitness journey, increase flexibility and joint mobility, lose weight, or just have some fun, water aerobics is the exercise for you! Many people refer to water aerobics as a "non-weight bearing exercise," because the water supports most of your weight rather than your hips, legs and feet. This relieves stress and resistance on the joints, allowing for greater flexibility and stamina than your body offers in exercises outside of the water. Open to all DoD card holders and their guest.

Location: Iron Horse Fitness Center Indoor Pool

Time: 8:30 am - 9:30 am, Tuesday and Thursday

Cost: \$3.00 and guest \$5.00

#### **01-30 November, Evening Water Aerobics**

Water aerobics is one of the most energizing forms of aerobics and can be enjoyed by everyone. Whether you are looking to kick start your fitness journey, increase flexibility and joint mobility, lose weight, or just have some fun, water aerobics is the exercise for you! Many people refer to water aerobics as a "non-weight bearing exercise," because the water supports most of your weight rather than your hips, legs and feet. This relieves stress and resistance on the joints, allowing for greater flexibility and stamina than your body offers in exercises outside of the water. Open to all DoD card holders and their guest.

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Location: Iron Horse Fitness Center Indoor Pool  
Time: 5:15 pm - 6:00 pm, Tuesday and Thursday  
Cost: \$3.00 and guest \$5.00

### **01-30 November, Swim Lessons**

We offer a comprehensive and developmentally appropriate swim program that teaches children and their Family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from preceding level, except for level one, which has no prerequisites.

Location: Nelson Indoor Pool  
Date: Monday -Thursday  
Time: 3:30 pm - 4:00 pm, 4:15 pm - 4:45 pm, 5:00 pm - 5:30 pm and 5:45 pm - 6:15 pm  
Cost: \$30.00

### **01, 08, 15, 22 & 29 November, Adult Swim Lessons**

This class will focus on the beginner swimmer and help develop swimming skills such as, 25 yards freestyle with side to side breathing, 25 yard backstroke, front/back open turns, breaststroke kick, sidestroke kick, front/back streamline with kick and standing dive.

Location: Nelson Indoor Pool  
Date: Friday  
Time: 5:30 pm - 6:30 pm  
Cost: \$45.00

### **19 December, Winter Wonder Swim**

The Fort Carson Aquatics Winter Party will give active duty Soldiers, Family members, retirees and civilians from Fort Carson and surrounding areas the opportunity to swim in a Wintery Blue pool. Aquatics will be showing The Polar Express Movie on a 16' movie screen. This event will be FREE and only 326 patrons can attend. Advanced tickets will be distributed at no charge to the customer, on a first come first serve basis to get tickets.

Location: Iron Horse Physical Fitness Center Pool  
Dates: 19 December  
Time: 6:00 p.m. – 8:30 p.m.  
Cost: Free

## **OUTDOOR RECREATION**

### **Climbing Wall Orientation**

This introductory class will cover knots, belay techniques and climbing communication. After completion, you will be certified to climb the indoor climbing wall located at the Outdoor Recreation Center, Iron Horse Fitness Center and also be ready to move on with our rock climbing series.

Location: Iron Horse Physical Fitness Center  
Time: 5:30 pm -7:00 pm, Tuesday  
Cost: \$20

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Location: Outdoor Recreation Center  
Time: 5:30 pm-7:00 pm, Thursday (except holidays)  
Cost: \$20

### **09 November, Outdoor Rock Instruction**

Join the Adventure Programs & Education guides into the realm of the vertical world of Red Rock Canyon. During this class you will be introduced to basic body movements and route selection as you ascend the rocks of Colorado.

Location: Outdoor Recreation Center  
Time: 7:30 am – 4:00 pm  
Cost : \$60

### **Get On the Bus Ski & Snowboard Trips**

New for the 2013-14 ski season, we're collaborating with the Air Force Academy to bring you more choices, more dates, and more resorts to ski-your-pants-off this winter. With a central meeting point in town, great prices, safe drivers, and plenty of options, there's even less reason to drive yourself, so, Get-On-The Bus!

Date: 23 November, Loveland or Winter Park (subject to change based on conditions)  
Time: 6:00 am – 7:00 pm  
Cost: \$25 transportation only  
Loveland, Adult: \$65 for lift ticket and transportation  
Loveland, 14 years of age and under get ticket at resort

### **13 - 15 December, Crested Butte Ski & Snowboard Weekend Trip**

Join us on this amazing trip and find out why people come from all over the world to ski Crested Butte. Trip includes: two nights lodging at the Grand Lodge, two days skiing & snowboarding at Crested Butte, two breakfasts, and round trip transportation. We will leave Friday night and be back late Sunday evening. Join us and see why people normally pay \$85 dollars a day just to ski here.

Location: Recreation Outdoor Complex  
Time: Friday 5:00 pm – Sunday 8:00 pm  
Cost: \$200 1st & 2nd per person, \$100 3rd & 4th person per room

### **01 - 03 January, Winter Youth Adventure Camp - Ages 11-16**

Off from school? Don't get stuck at home, come have some fun in the snow for three days. We will ski & snowboard at a ski area, ice climb, and snowshoe all over the great state of Colorado. Sign up early as this program fills every year!

Location: Recreation Outdoor Complex  
Time: 7:00 am – 4:00 pm  
Cost \$160 per child

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### **04 - 05 January, Lost Wonder Hut Ski or Snowshoe Trip**

Imagine a winter wonderland right at your front door. Join us for a ski hut trip in the Rockies. Ski four miles to this amazing hut, experience excellent skiing, great food, warm fire and the company of others.

Location: Recreation Outdoor Complex

Time: Saturday 6:00 am – Sunday 6:00 pm

Cost: \$165 per person

### **17 January, Ski Day**

To get to a ski area! Free transportation up to Monarch Ski Area, discounted lift tickets, as well as being automatically entered to win door prizes. \$45 for a lift ticket, free if you have a season pass.

Location: Recreation Outdoor Complex

Time: 6:00 am – 6:30 pm

Cost: \$45 per person

### **24 January X-Games Bus Ride**

Adventure Programs is offering a bus ride up to Buttermilk Mountain to enjoy one day and evening of the 2014 Winter X-Games. It would be an awesome time!!!

Location: Recreation Outdoor Complex

Time: 5:00 pm – 12:00 pm

Cost: \$60 per person

### **Warrior Adventure Quest:**

If you have come from deployment in the last 120 days, have your unit inquire about FREE programs. For more information, please contact Erin Johnson at [erin.johnson5@us.army.mil](mailto:erin.johnson5@us.army.mil) or 526-5198.