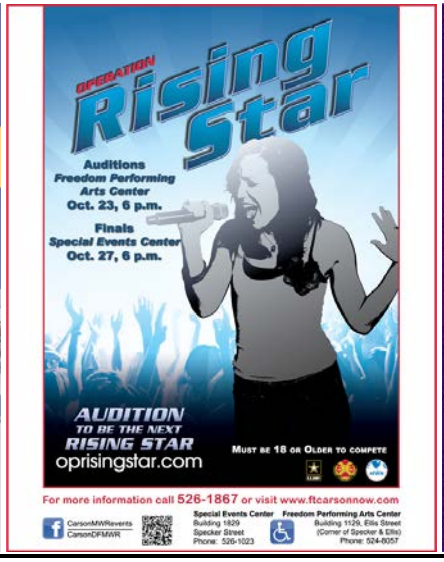

October 2012
Events & Activities

Directorate of Family & Morale Welfare & Recreation

U.S. ARMY MWR
SOLDIERS · FAMILIES · RETIREES · CIVILIANS

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION
OCTOBER 2012 EVENTS

COMMUNITY EVENTS

19 October, "Hollywood Glam Casino Night" for the Girl's Night Out
An evening for female Soldiers, civilians, and spouses of the Fort Carson Military Community. The Hollywood Glam Casino Night includes gaming, music, dancing, a popcorn bar, appetizers, and adult beverages for purchase, and more.
Location: Special Events Center
Time: 6:00 pm
Cost: $3 Admission at the Door

23 & 27 October, Fort Carson's Operation Rising Star
The annual Rising Star competition is scheduled for 23 and 27 October. The event is a vocal competition only. Contestants must be Active Duty, National Guard or Reserves from any branch of duty or a Family member eighteen years or older with a valid military ID. Prizes are $500 for first place and advancement to the Army wide finals, $250 for second place; and $100 for third place. The judges will also award a $300 Spirit Award to a unit fund or Family Readiness Group fund. In the first round, on 23 October, the judges will narrow the field. The second round, installation finals on 27 October, the judges and audience will determine who will win and move on to compete at the Army level. Fifty percent of the participants score will come from audience casting their vote.
Location: Preliminaries 23 October at the Freedom Performing Arts Center
Finals 27 October at the Special Events Center
Time: 6:00 pm
Cost: Free

CHILD, YOUTH & SCHOOL SERVICES

5 October, Midnight Basketball
Youth will enjoy an evening of basketball competitions. Teams or individuals are welcome, but must be current Middle School or High School students. Youth Center guest policy applies
Location: Youth Center
Time: 6:00 pm – 8:00 pm Middle School Youth 9:00 pm – 11:30 pm High School Teens
Cost: Free

10 October, National Youth Science Day
The Fort Carson Youth Center will be participating in the 4-H National Youth Science Day "ECO Challenge." Participating Youth will construct "eco-bots" with a mission to complete. The project will begin in September. This program is open to all interested members of the Youth Center.
Location: Youth Center
Time: 3:00 pm – 5:00 pm Weekdays
Cost: Free

19 October – Youth Center "Block Party"
The Fort Carson Youth Center will sponsor an outdoor block party. We'll roast hot dogs, make s'mores, watch a movie on the outdoor screen, play games and have a good time. This membership drive is open to all Middle School & High School youth and these families.
Location: Youth Center
Time: 6:00 pm – 9:00 pm
Cost: Free

26 October – Red Ribbon Masquerade
All Middle School and High School youth (grades 6-12) are invited to participate in the Red Ribbon Masquerade. Come and show your support and make your pledge to be drug free. Appropriate costumes are encouraged!
Location: Youth Center
Time: 8:00 pm – 10:00 pm
Cost: $2.00

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION
OCTOBER 2012 EVENTS

BUSINESS

CHEYENNE SHADOWS GOLF COURSE

04 October, CG's Golf Scramble
The CG's Golf Scramble Tournament is open to all Fort Carson active duty golfers. This is a major championship and qualifier for the All-Army team. Tee times will be assigned by the Pro Shop. This championship affords Soldiers the opportunity to add to their All-Army golf resume. Call 526-4102 for more information.

Location: Cheyenne Shadows Golf Club
Time: Tee Time 11:00 pm
Cost: $30.00 for Military and $40.00 for Civilians

FOXHOLE

26 October, CG's Right Arm Night
4ID and Fort Carson leadership are invited to participate in the monthly CG's Right Army Night. Appetizers will be available.
Location: Foxhole
Time: 4:00 pm - 6:00 pm

Mountain Post Running Club
Run or walk every Wednesday through a marked route in Iron Horse Park. Earn a Mountain Post Running Club shirt after completing a total of 120K.
Location: Foxhole
Time: 5:00 pm - 6:00 pm
Cost: Free

IRISH PUB

Enjoy the daily lunch special or other menu options at the Irish Pub, Monday - Friday (closed on Holidays & DONSAs).
Location: Elkhorn Conference Center
Time: 11:00 am - 1:30 pm

THUNDER ALLEY BOWLING CENTER

Cosmic Bowl
Date: Fridays
Time: 9:30 pm

Date: Saturdays
Times: 1:00 pm

Black Light Extravaganza
Date: Fridays
Time 9:30 pm

Color Pin
Date: Saturdays
Time: Starting at 6:00 pm

Family Pizza Bowling
Dinner and bowling! Get two slices of pizza, a drink, and three games for $7.00.
Date: Sundays
Time: All Day

Family Day
Come out with the Family and have fun bowling together. Family games are only $1.00.
Date: Wednesdays
Time: All Day

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION
OCTOBER 2012 EVENTS

50's Night
Come out and bowl to the music of the 50's. We have 50 cent games, 50 cent shoe rentals, and 50 cent hot dogs.
Date: Tuesdays
Time: Starting at 6:30 pm

RECREATION

GRANT LIBRARY

Story Time
Listening to stories, singing songs, making crafts, and children interacting is what Story Time is all about. Children ages 0-6, with a parent or guardian, are welcome to attend! For more information please call Grant Library at 526-2350.
Date: Wednesdays
Time: 10:30 am - 11:30 am

Grant Library Book Club
The Book Club meets on the first Wednesday of each month to read a different book and then discuss it. This event is free and there is no advanced registration required. For more information please call Grant Library at 526-2350.
Location: Grant Library Conference Room
Time: 5:30 pm, the 1st Wednesday of each month
Cost: Free

20 October, Baking "How-To" Workshop
Have you been considering taking a baking class? Look no further! Grant Library will be hosting a baking workshop. We will be having a professional baker teaching cake and candy making. Ages 18 and up welcome to attend. We hope to see you there! For more information and to register please call Grant Library at 526-2350.
Location: Grant Library Conference Room
Time: 1:00 pm - 4:00 pm
Cost: Free

SPORTS & FITNESS

IRON HORSE POST FITNESS CENTER

Offers something for all the Fort Carson Community, 5:00 am - 10:00 pm, seven days a week. The facility provides state-of-the-art swimming and fitness programs are offered throughout the year, as well as sporting events. We have personal trainers and life guards to provide equipment orientation and group exercise classes.

- Cardio Equipment
- Climbing Wall, certification required for the different wall programs
- Two Racquetball Courts
- Three Full Basketball Courts
- Running Track, overhanging the basketball courts
- Aquatics Area, four lap lanes, children's water area, one & three meter diving board
- Men & Women Locker Rooms
- Steam Sauna, in each locker room
- Hot Tub, in each locker room
- Outdoor Patio, access next to the aquatics area

INTRAMURAL SPORTS

Soldiers (individuals, teams, and units are offered a host of seasonal sports. Schedules are posted in the fitness facilities and on the MWR Facebook. We are always working to expand the program and welcome input to what the Soldiers within the Fort Carson community would like to see us offer.

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION
OCTOBER 2012 EVENTS

01 October, Flag Football League
7 vs. 7 Flag Football league open to all Military/DOD ID, Active Guard/Reserve, Family members 16 years old or older+ and attached/assigned to Fort Carson. Games will be played at Mountain Sports Complex behind Iron Horse PFC. League play starts 01 October
Date: Mondays and Wednesdays
Time: 6:30 pm, 7:35 pm, 8:40 pm
Cost: Free

WALLER POST FITNESS CENTER

FREE Spin & Abs Class
Half spinning, half abs/low back – great workout!
Date: Fridays
Time: 11:00 am – 12:00 pm

Introduction to Equipment
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 free but is by appointment only.

Date:	Mondays – Fridays	Date:	Weekends
Time:	7:30 am - 8:30 pm	Time:	2:30 pm - 8:00 pm
Cost:	Free	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.

Date:	Mondays – Fridays	Date:	Weekends
Time:	7:00 am - 8:30 pm	Time:	2:30 pm - 8:00 pm
Cost:	Free	Cost:	Free

Kickboxing Class
Burn off the weight in this 60 minute high energy class. Kickboxing will help improve your cardiovascular fitness and increase strength through a variety of upper and lower body athletic drills.
Date: Wednesdays
Time: 10:00 am -11:00 am
Cost: Free

Circuit Training / Conditioning Class
Improve cardiovascular fitness and increase strength through a variety of upper and lower body kickboxing & athletic drills.
Date: Tuesdays
Time: 11:00 am - 12:00 pm
Cost: Free

Yoga Basics Class
This is a class for all fitness levels. Increase your flexibility and balance, improve your alignment and functional strength, learn to breathe more efficiently and reduce stress.
Date: Fridays
Time: 6:45 am – 7:45 am
Cost: Free

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Spin Class
This indoor cycling class is designed to increase your cardiovascular fitness through hill climbs, jumps, speed drills, and more. Arrive 10 minutes early and bring a water bottle.

Date: Thursdays
Time: 5:00 am - 6:00 am
Cost: Free

Date: Wednesdays & Fridays
Time: 9:00 am - 10:00 am
Cost: Free

Date: Tuesdays & Wednesdays
Time: 6:45 am - 7:30 am
Cost: Free

PT Class (Instructor's Choice)
Whatever it is - it'll be awesome!!
Date: Wednesdays
Time: 6:45 am - 7:30 am
Cost: Free

TRX Training
A full body advanced circuit workout, using the TRX Suspension Trainer and plyometric exercises
Date: Mondays
Time: 12:00 pm -1:00 pm
Cost: Free

Spin & Abs Class
Half spinning, half abs/low back - great workout!
Date: Fridays
Time: 11:00 am - 12:00 pm
Cost: Free

Group Personal Training
By appointment only; group or individual sessions. All participants will meet with a certified personal trainer; the following are included: fitness assessment, goal setting, and workout sessions.
Date: Monday – Friday
Time: 8:30 am – 8:30

MCKIBBEN POST FITNESS CENTER

TRX Group Suspension Training
Looking to Develop Functional Strength, Improve Flexibility, Balance and Core Stability in a small group, then this is the class for you. Sessions are by appointment only and are free.

Fitness Equipment Orientation
This class is suitable for those looking to learn how to use our equipment properly. Our Certified Instructor will show you how to adjust the equipment without compromising form, learn the importance of Breathing Techniques, Range of Motion, and Tempo, and answer fitness equipment questions. Class is 30-45 minutes long and is available by appointment only.
Date: Tuesday and Thursday by appointment only.
Time: 9:00 am - 10:00 am
Cost: Free

Body Fat Analysis/Body Composition Mesurements
McKibben is offering FREE Body Fat Analysis and Body Composition Measurements by a Certified Personal Trainer. Available by appointment only. Call 526-2597/2137 to schedule an appointment or email josefina.m.taijeron@us.army.mil or you may sign up in person.

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Cooper Fitness Assesment
McKibben is offering FREE Cooper Fitness Asssesments by a Certified Personal Trainer. Available by appointment only. Call 526-2597/2137 to schedule an appointment or email josefina.m.taijeron@us.army.mil or you may sign up in person.

TRX Orientation
This FREE class 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 available by appointment only. Call 526-2597/2137 to sign up, email josefina.m.taijeron@us.army.mil or you may sign up in person

Cardio Fitness Equipment Orientation
This FREE class is suitable for those looking to learn how to use our Cardiovascular Equipment properly. Our Certified instructor will show you how to adjust the equipment without compromising form, learn the importance of Breathing Techniques, Range of Motion, Tempo and answer fitness equipment questions.
Orientation is 30-45 minutes long and is available by appointment only. Call 526-2597/2137 to sign up, email josefina.m.taijeron@us.army.mil or you may sign up in person.

Strength Training Fitness Equipment Orientation
This FREE class is suitable for those looking to learn how to use our Strength Training Equipment properly. Our Certified instructor will show you how to adjust the equipment without compromising form, learn the importance of Breathing Techniques, Range of Motion, Tempo and answer fitness equipment questions.
Orientation is 30-45 minutes long and is available by appointment only. Call 526-2597/2137 to sign up, email josefina.m.taijeron@us.army.mil or you may sign up in person.

PT Class Orientation
McKibben is offering a chance for soldiers to improve their APFT scores or take their fitness program to the next level by incorporating workouts that will increase cardiovascular fitness levels, improve endurance, incorporate functional training, improve coordination, agility and speed with a focus on core strength. This class is suitable for any fitness level including Soldiers on profile. Instructors will need a copy of profiles prior to start of the class. SOLDIERS ONLY PLEASE!! ! Orientation Classes are available by appointment only. For more information Call 526-2597/2137 to sign up, email josefina.m.taijeron@us.army.mil or you may sign up in person.

K&A.F2
Kay & Armando's Fitness Fusion
McKibben is offering a FREE full body workout experience to help improve strength, coordination, balance, agility, and flexibility. Increase power development and endurance with this 1 hour Fitness Fusion class. Max 15 participants per class. Class is 1 hour long every Friday 1700-1800 and may be subject to cancellation due to the # of participants. Please sign up in advance. Call 526-2597/2137, email josefina.m.taijeron@us.army.mil or you may sign up in person.

OUTDOOR RECREATION

On Belay
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, and be ready to move on with our rock climbing series.
Date: Every Tuesday & Thursday evenings (except holidays)
Time: 5:30 pm - 9:00 pm
Cost: $20.00

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION
OCTOBER 2012 EVENTS

11 & 25 October, How to Mountain Bike:
Make the transition from just riding around to mountain biking. Come join our instructors one evening after work. Learn how to ride over obstacles, climb, descend, and turn in the rough stuff. This course starts easy and moves through tougher terrain.
Dates: Thursdays
Time: 5:00 pm – 8:00 pm
Cost: $25 with bike rental, $20 without bike rental

Climbing Series

Climbing Wall Instruction: On Belay
This introductory class will cover knots, belay techniques and climbing communication. After completion, will be certified to climb both indoor climbing walls located at the Outdoor Recreation Center and the Iron Horse Gym. You will also be ready to progress through our outdoor rock and ice climbing series!
Dates: Every Tuesday and Thursday Evening; except holidays
Time: 5:30 pm – 9:00 pm
Cost: $20

21 & 28 October, Outdoor Rock Instruction:
Climb On: (Recommended Prerequisite: Climbing wall instruction) Come out and join us as APE guides take you into the less traveled realm of the vertical world! Along with the skills you acquired from On Belay, you will be introduced to basic body movements, route selection, and safety on and around rock.
Dates: Sunday
Time: 7:30 am – 4:00 pm
Cost: $60

06 October, Fort Carson Ski/Snowboard Expo
Visit the Outdoor Recreation Center this day for all your ski/snowboard needs. Representatives from many Colorado ski resorts will be on hand so you can purchase season passes, and new winter merchandise will be stocked at our retail store. This is also the first day we are taking time slots for ski/snowboard fittings at a later date. Gear Swap - bring your gear in during the week prior to the Expo & make some $$$. Giveaways and so much more!
Date: Friday
Time: 10:00 am – 3:00 pm

30 October, Halloween Trick or Treat Climb: Ages 4 to 16
Bring the young ones out for an afternoon of climbing and candy. What could be better? Children can climb in their costumes while seeking the sweet taste of success! Please pre-register by calling 526-5366 or stop by the Outdoor Recreation Complex, Bldg. 2429.
Date: Tuesday
Time: 3:00 pm – 5:30 pm
Cost: $1.00

Fort Carson MWR **mwrfortcarson.com**
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Find Us on Facebook! **Facebook.com/CarsonDFMWR**