

Fort Carson celebrates
the 95th Anniversary of the
4th Infantry Division and

237th

Army Birthday Ball

*"The Strength of our Nation is our Army
The Strength of our Army is our Soldiers
The Strength of our Soldiers is our Families
And that's what makes our Army strong."*

June 16th 2012
5 p.m. - 12 a.m.
Special Events Center

For more info call 526-1867



AIR FORCE RESERVE PRESENTS
TOUR FOR THE TROOPS



DAUGHTRY

FREE ADMISSION
for DoD ID card holders and their guests.

8 JUNE 2012 - FORT CARSON
IRON HORSE PARK - 7:00 PM

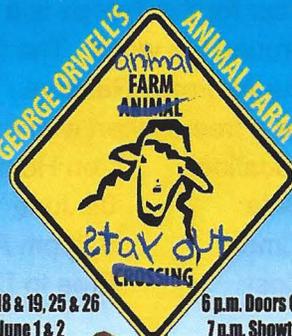
For additional information call (719) 526-1867
or log on to www.facebook.com/FortCarsonMWR




AIR FORCE RESERVE
1-800-237-4279 • AFReserve.com

Fort Carson Community Theatre Presents
at the Freedom Performing Arts Center

GEORGE ORWELL'S **ANIMAL FARM**



May 18 & 19, 25 & 26
June 1 & 2

6 p.m. Doors Open
7 p.m. Showtime

Tickets sold at ITR

526-5366

For more information call: 492-8949 or 355-9009



June 2012 Events & Activities

**Directorate of Family & Morale,
Welfare & Recreation**



DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION

June 2012 EVENTS



COMMUNITY EVENTS

Chris Daughtry Concert

Tour for the Troops is a concert series sponsored by the Air Force Reserve that visits military bases around the world. The Chris Daughtry concert will be offered through partnership with DFMWR and the Air Force Reserve. The Air Force Reserve Band will open for Chris Daughtry. This concert will be a free concert with food and beverage sales provided by DFMWR.

Location: Iron Horse Park

Date: 08 June

Time: 6:00pm Air Force Band; 7:00pm Chris Daughtry

Cost: Free to DOD ID card holders and their guest

Army Ball Annual Birthday Celebration of the Army

This year, the Army is 237 years old. Army Ball tickets will be available on or about 16 May.

Location: Special Event Center

Date: 16 June

Time: 5:00pm

Cost: Ticket Cost Varies

Sky Sox Military Appreciation Game

The Sky Sox Military Appreciation games are offered in conjunction with Fort Carson and other military bases to celebrate the military Soldiers and their family for the sacrifices they have made. 5,000 free vouchers for the Fort Carson military community will be distributed through the Information, Tickets and Registration Office, Family Readiness Groups, and other DFMWR facilities. The Colorado Springs Sky Sox will be playing the Salt Lake Bees.

Location: Sky Sox Stadium

Date: 20 June

Time: Gates Open at 6:00pm; Game Starts at 7:05pm

Cost: Vouchers are free and will be available at ITR on or about 01 June

CHILD YOUTH AND SCHOOL SERVICES

Strong Beginnings Program

Part Day Strong Beginnings program will be offered in June and July for children entering Kindergarten August 2012. A mid-morning snack will be offered each day. For more information call or register at CYSS Parent Central, Bldg 1518 or call 526-1101.

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION

June 2012 EVENTS



Inline Hockey Summer Clinic

Learn skating, luck handling, passing, shooting and more. Call the Youth Center or Parent Central to sign up. Must be registered with CYSS!

Location: Youth Center, Bldg 5950

Date: 06-08 June

Time: 08:00am – 12:00pm for children ages 9-10
1:00pm – 5:00pm for children ages 11-12

SKIES Unlimited Instructional Classes

Sign up for classes: Martial Arts, Crafts, Gymnastics, Zumba, Piano, Guitar, Archery, Ballet, Tap, Hip Hop, Spanish, and more. Contact the SKIES Unlimited Office at 524-2896 for information, costs and registration details.

YOUTH SPORTS AND FITNESS PROGRAMS

Summer Baseball and Tee-ball Practices begin for youth ages 3 -18 on 04 June. T-ball games begin on 9 Jun and baseball/softball games begin on 16 June. All youth must be registered with CYSS and have a current valid sports physical on file in order to participate in youth sports programs. For information please contact the Youth Sports Office at 526-4425 or 526-2680.

Midnight Basketball, Youth will enjoy an evening of basketball competitions and challenges. Teams or individuals welcome.

Location: Youth Center, Bldg 5950

Dates: 01 June

Times: 6:00pm – 8:00pm for middle school youth
9:00 pm – 11:30pm for high school youth

Costs: FREE

RECREATION

Sports & Fitness

Army Ten Miler Trials. The Army Ten Miler is an annual event hosted in Washington DC at the Pentagon in October of each year. It is deep with running tradition as over 30,000 runners from all over the world come to this event to compete with the best amateur athletes. Active duty Soldiers compete from the Commanders Cup top honors, in hopes of bringing that trophy home to their installation. The Trials will give active duty Soldiers an opportunity to compete for one of the eight positions on each of the men's and women's teams; these teams represent Fort Carson, Garrison, and DFMWR in Washington, DC on 21 October 2012.

Location: Garcia PFC

Dates: 07 June

Time: 06:45am

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



The Iron Horse Fitness Center

The "Newest" Fitness Center" on Fort Carson, Bldg 1925, offers something for all the Fort Carson Community, 5am - 10pm 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. For more information call 526-2706.

- 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

Waller Post Fitness Center

Three Weight Rooms are equipped with the newest, state-of-the-art, plate-loaded machines, selectorized (pin-select) equipment and free weights, with weight plates and dumbbells ranging from 5-180 lbs. Our largest weight room, a 3,800 square foot new addition to the facility, houses the plate-loaded equipment.

Modern Aerobic Training Equipment includes ten treadmills, six Summit Trainers, six elliptical trainers, six recumbent and six upright bikes, as well as a step mill and four indoor rowing machines. Cardio Theatre / CardioVision are provided on the cardio equipment for your personal enjoyment on six different televisions. In addition, most cardio machines are equipped with iPod cables.

Cross fit-type Training includes two Olympic lifting platforms with bars and bumper plates, a glute-ham developer, a Concept2 rowing machine, slammer balls, medicine balls, plyo boxes, and a 35' wall-mounted pull-up system.

Free Personal Training with one of our four certified Personal Trainers for fitness assessment, goal setting, and workout session. Personal Trainers are available by appointment. Individual or group sessions are available.

Dates:	Monday – Friday	Dates:	Weekends
Time:	7:30am - 8:30pm	Time:	2:30pm - 8:00pm
Cost:	FREE by appointment	Cost:	FREE by appointment

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



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.

Dates:	Mondays – Fridays	Dates:	Weekends
Time:	7:30am - 8:30pm	Time:	2:30pm - 8:00pm
Cost:	FREE		

Body Fat Analysis

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

Dates:	Mondays – Fridays	Dates:	Weekends
Time:	7:00am - 8:30pm	Time:	2:30pm - 8:00pm
Cost:	FREE	Cost:	FREE

DVD Workout Library (includes Zumba, P90X, and Insanity) & a TV/DVD player is available for checkout within the facility.

Basketball

Waller PFC's regulation-size collegiate basketball is often used for league and tournament play; the gymnasium is also available for change-of-command ceremonies and other special events.

Kickboxing Class

Burn off the weight in this 60 minute high energy class. Kickboxing will help improve your cardiovascular fitness and increase your strength through a variety of upper and lower body athletic drills.

Dates:	Wednesdays
Time:	10:00am -11:00am
Cost:	FREE

Circuit Training / Conditioning Class

Improve your cardiovascular fitness and increase your strength through a variety of upper and lower body kickboxing & athletic drills.

Date:	Tuesdays	Dates:	Wednesdays
Time:	11:00am - 12:00pm	Time:	9:00am - 10:00am
Cost:	FREE	Cost:	FREE

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



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.

Dates: Fridays
Time: 6:45am – 7:45am
Cost: FREE

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.

Dates: Tuesdays & Thursdays	Dates: Mondays, Wednesdays & Fridays
Time: 5:00am - 6:00am	Time: 9:00am - 10:00am
Cost: FREE	Cost: FREE

Dates: Tuesdays & Wednesdays	Dates: Fridays
Time: 6:45am - 7:30am	Time: 11:30am - 12:00pm
Cost: FREE	Cost: FREE

TRX Training

A full body advanced circuit workout, using the TRX Suspension Trainer and plyometric exercises.

Dates: Mondays
Time: 12:00pm - 1:00pm
Cost: FREE

Zumba Class

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™

Dates: Thursdays	Dates: Fridays
Time: 6:45am	Time: 5:30pm
Cost: FREE	Cost: FREE

McKibben Post Fitness Center

Body Fat/Body Composition measurements with Ernie or Josefina. Body Fat Analysis and Body Composition Measurements are made by a certified trainer. Make an appointment in the am/pm or noon for your convenience. To schedule an appointment call 526-2597/2137 or email josefina.m.tajeron@us.army.mil.

Dates: Tuesdays & Thursdays
Time: 8:00am - 9:00am walk-ins (or by appointment)
Cost: FREE

Racquetball Lessons

Racquetball lessons tailored to the individual or group needs based on preliminary correspondence. Lessons are by appointment only and are FREE. Call 526-2597/2137 or email josefina.m.tajeron@us.army.mil

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION

June 2012 EVENTS



Small Group Circuit Training Camp

This is an opportunity for you a chance to train with friends, family or co-workers! Camp is one hour in length and focuses on functional fitness, improving endurance and strength, targets core muscles, and the variation of each class will keep you motivated! No need to sign up in advance.

Dates: Mondays - Thursdays
Time: 11:45am - 12:30pm
Cost: FREE

Small Group Circuit Training Camp for Soldiers Only with SSG Venditti

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 will keep you motivated and challenged while providing several convenient days and times to meet your busy schedule. 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, Mon-Fri 12:30pm -1:00pm. **SOLDIERS ONLY PLEASE!!** For more information please contact SSG Timothy D. Venditti 43rd Sustainment Brigade Brigade Master Trainer Work 524-1286/Cell 512-363-0393 timothy.d.venditti@mail.mil/timtohy.venditti@gmail.com

TRX Group Suspension Training

If you are 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. Call 526-2137 to set up an appointment or email josefina.m.taijeron@us.army.mil.

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. Call 526-2597/2137 to sign up, email josefina.m.taijeron@us.army.mil, or you may sign up in person

Dates: Tuesday and Thursday by appointment only.
Time: 9:00am - 10:00am
Cost: FREE

Racquetball Lessons

Racquetball lessons tailored to the individual or group needs based on preliminary correspondence. Lessons are by appointment only and are FREE. Call 526-2597/2137 or email josefina.m.taijeron@us.army.mil

Grant Library

Grant Library Book Club

The Grant Library Book Club meets the first Wednesday of every month at 5:30pm in the Conference Room. Each month the club reads a different book and then we meet to discuss it. No advanced registration is required; however, you must be a registered patron to participate. Please call Jennifer Glazer at 526-2350 or Jennifer.l.glazer@us.army.mil for further Information.

DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION

June 2012 EVENTS



Freedom Performing Arts Center, Bldg 1129

Bring your love for music and enjoy a relaxing evening “jamming” with other great musicians. All styles of improvisation techniques welcome.

Date: 23 June

Time: 7:00pm – 10:00pm

Free Movie

“We Bought a Zoo” rated PG

Date: 21 June

Time: 6:00pm – 8:00pm

Outdoor Recreation

Customizing Adventure Programs & Education to meet your needs offers a broad range of trips and instructional courses for everyone, but maybe the dates printed below just don't fit your calendar. If you have your own group and would like to schedule a private trip, just call us. We do customized trips! Get out and explore your winter season in a new way!

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.

Dates: Every Thursday evening (except holidays)

Time: 5:30pm - 9:00pm

Cost: \$20

All Women- Climbing Wall Instruction

This is the first step to getting out on the rock with the gals! Learn how to tie knots, techniques of belaying, and climbing commands. After completion of this class, you will be certified to climb the indoor climbing wall located at the Outdoor Recreation Center, and be ready to join our rock climbing series.

Dates: 06 June

Time: 5:30pm – 8:30pm

Cost: \$20

All Women- Outdoor Rock Instruction

Experience the thrill of rock climbing in the great outdoors! This course discusses basic movements on the rock, route selection, and safety on and around the rock.

Dates: 23 June

Time: 8:00am - 4:00pm

Cost: \$60

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June 2012 EVENTS



How to Mountain Bike

Make the transition from just riding around to mountain biking. Come join our instructors one evening after work. Learn to ride over obstacles, climb, descend, and turning in the rough stuff. This course starts easy and moves through tougher terrain.

Dates: 13 June
Time: 5:00pm - 8:00pm
Cost: \$30 with bike rental, \$25 without bike rental

Summer Wildflower Photography Trip to Crested Butte:

Crested Butte is nestled high in the towering Rocky Mountains of Colorado, and is known for its vibrant summer wildflowers that will be in full bloom during the time of our trip. Grab your digital or film camera and a pair of hiking shoes, and get ready to capture one of Colorado's best treasures on film! Includes daily photography instruction by a published photographer, transportation, breakfast and lunch for both days (you'll be on your own for dinners), tent camping sites, guided day hikes and unparalleled views of the mountains and wildflowers.

Dates: 29 June – 01 July
Cost: \$180

Summer Youth Adventure Camp – Ages 11 to 16

A.P.E. Wilderness Adventure Camp's provide kids with high quality, in depth instruction in a variety of outdoor adventure activities. The weeklong series of "day trips" include activities such as hiking/orienteering, mountain biking, rock climbing, inflatable kayaking and white-water rafting. This is a week the kids will never forget!

Dates: 18 – 22 June
Time: 07:30am – 4:00pm
Cost: \$210

Whitewater Rafting

Enjoy a fun and wild ride through Big Horn Sheep Canyon on the mighty Arkansas River. You will be a key element as your guide calls out commands and steers you through some of Colorado's most classic rapids. No experience is necessary (individuals must be able to swim and weigh a minimum of 60 lbs.). Spots fill up quickly, so reserve your trip today!

Dates: 01 June – 12 August (Friday, Saturday, or Sunday)
Cost: \$45.00 per individual; \$42.00 per person for groups of 5 or more.
Time: 07:00am - 3:00pm

Full Day Whitewater Rafting

NEW!! If you want to go big, join us on our Full Day Rafting Trip. We'll raft Big Horn Sheep Canyon, eat some lunch, then descend into the rough rapids of the Royal Gorge (individuals must be able to swim aggressively, weigh 100 pounds, and be 16+ years of age.). Spots fill up quickly, so reserve your trip today!

Dates: 10 or 24 June
Cost: \$85 per person, which includes lunch
Time: 7:00am - 6:00pm

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June 2012 EVENTS



Overnight Raft Trip

Experience exhilarating whitewater and sleep under the stars in Brown's Canyon. This section of the Arkansas River is one of the most scenic runs in Colorado. There's nothing like whitewater, camping, having fun with friends, and getting away from it all while on the river! Create an adventure you'll remember for a lifetime.

Dates: 16 - 17 June
Cost: \$135 per person

Climb On

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: 2 or 17 June
Time: 7:30am - 4:00pm
Cost: \$60

BUSINESS

Foxhole

CG's Right Arm Night

Join the Foxhole's 4th ID Mug Club. Cost is \$5, which includes membership into the mug club. Appetizers will be available.

Date: 29 June
Time: 4:00pm - 6:00pm

Billiards

Enjoy a game or two of pool at the Foxhole.

Dates: Tuesdays
Time: Evenings

Mountain Post Running Club

Run or walk 120K to earn a Mountain Post Running Club shirt. After that run or walk return to the Foxhole to socialize with friends and co-workers.

Dates: Wednesdays
Time: 5:00pm - 6:00pm

Electronic Bingo

Dates: Thursdays
Time: Starting at 6:30pm

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June 2012 EVENTS



Karaoke

Enjoy karaoke then this is your night!

Dates: Thursdays

Time: Evenings

Thunder Alley Bowling Center

Cosmic Bowl

Dates: Fridays

Time: 9:30pm

Dates: Saturdays

Time: 1:00pm

Black Light Extravaganza

Dates: Fridays

Time: 9:30pm

Color Pin

Dates: Saturdays

Time: Starting at 6:00pm

Family Pizza Bowling

Dinner and bowling! Get two slices of pizza, a drink, and three games for \$7.00

Dates: Sundays

Time: All Day

Family Day

Come out with the family and have fun bowling together. Family games are only \$1.

Dates: Wednesdays

Time: All Day

50's Night

Come out and bowl to the music of the 50'. We have 50 cent games, 50 cent shoes, and 50 cent hot dogs.

Dates: Tuesdays

Time: Starting at 6:30pm.

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



Cheyenne Shadows Golf Club

CG's Golf Scramble Tournament

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

Dates: 01 June
Time: Starting at 11:00am
Cost: \$30 for Military and \$40 for Civilians.

Fort Carson's 4 Man Best Ball Championship

This event is open to all Fort Carson active duty golfers with a major championship and qualifier for the All-Army team. Tee times will be assigned by the Pro Shop. Winning Soldiers can add this championship to their All-Army golf resume. There is no cost for this event. Call 526-4102 for more information.

Date: 09 & 10 June
Time: 7:00am

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