



Fort Hood Family and MWR January - February 2012

As a special service, Hood Happenings magazine is delivered with the Fort Hood Sentinel newspaper on the second Thursday of each month, to Fort Hood residents.

BLORA Marina Operational Adjustments

Belton Lake Outdoor Recreation Area (BLORA) Marina has made two important operational adjustments that are designed to enhance Marina support for users. One change includes increasing wet storage slips from 37 to 84, which will provide increased support to boat owners. The second adjustment includes the relocation of boats from the BLORA Marina and offering complete boat rental operations at Recreation Equipment Checkout (REC), and the rental of kayaks and boat slip rentals at the BLORA Admin Office. Patrons may call 254-287-4126 or come to Recreation Equipment Checkout, Bldg. 4930 on Clear Creek Road, across from the Clear Creek PX to obtain more information on boat rental opportunities for fishing boats, ski boats, pontoon boats, and boating equipment.

BLORA Paintball Course Closure

Belton Lake Outdoor Recreation Area Paintball Course is temporarily closed until further notice, due to pending construction. For additional information, call 254-287-2523.

Fort Hood Family and MWR is on Facebook!

- Be a Fan on Facebook at [Facebook.com/FortHoodFMWR](https://www.facebook.com/FortHoodFMWR)
- Links for these sites are also posted on HoodMWR.com
- Up to date event and program info, pictures from events, exclusive videos and giveaways!

Now - June 30, 2012 - Walk to Afghanistan

- Do the unfathomable: Walk to Afghanistan!
- Information packets and training logs are available at any Fort Hood physical fitness center
- Log 7,720 miles within the year
- Mileage will be awarded for walking, running, biking, swimming and participating in aerobic classes
- Program is self-directed and based on honor system
- For more information, call 254-285-5459

Now- While Supplies Last – Free Pie

- Who doesn't love pie and who doesn't love it when things are free?
- A lovely partnership between Family and MWR and USO present an opportunity to enjoy free pie.
- Get your FREE piece of the pie with the purchase of lunch at Club Hood, Phantom Warrior Lanes or the Sportsmen's Center (Weekdays, 11 am – 1:30 pm)
- Its easy as pie to receive a whole, FREE pie with the purchase of a lane during Family Night (Mondays, 5 - 9 pm) at Phantom Warrior Lanes.
- This special treat is available while supplies last.

Now - February 29, 2012 - Unlimited Golf Special

- Drive on out to the Courses of Clear Creek to take advantage of the Unlimited Golf Special
- Now until February 29, 2012; Monday – Friday; from noon on, play as long as you can for only \$20 - \$24 per person (golf cart included)
- Courses of Clear Creek is open to all and locate on Battalion Avenue at Clear Creek Road, Bldg. 52381.
- Unlimited Golf Special not valid on weekends and federal/training holidays.
- For more information, call 254-287-4130.

January 26 - How Fit is Your Resume?

- 10 am – 2 pm

- Career Coaches review resumes and provide feedback in preparation for the Career Connections Symposium
- Free
- Comprehensive Soldiers Fitness Training Facility, Spiritual Wellness Center, Bldg. 12012, 31st Street
- R.S.V.P. by calling 254-289- 2089, in addition to having a job vacancy announcement for which to be considered

January 27 – Career Connections Symposium

- 9 – 11:30 am
- Have your career questions answered and resume reviewed by career experts
- Explore careers in: Administration, Education, Finance, Healthcare, Information Technology, Human Services, Government Contracts and Entrepreneurship
- Free
- Texas Workforce Solutions of Central Texas, 300 Cheyenne Drive, Killeen
- For more information, call 254-286- 6684

January 28 – Leisure Travel Services Travel Expo

- 10 am – 2 pm
- Representatives from over 25 travel vendors
- Disney World, Six Flags, Casa Blanca Travel Agency, Schlitterbahn, Sea World...etc
- Free and open to all
- Door prizes from Hawthorne Suites, Wolf Ranch, etc.
- Phantom Warrior Center, 37th Street Bldg. 194
- For more information, call 254-287-7310

February 9 - Hood Howdy

- Hood Howdy- A Texas Style Info and Mini Job Fair
- A Family friendly event, full of information to get to know your new hometown and neighbors – Chambers of Commerce, over 100 area businesses and agencies, door prizes and refreshments.
- Stop by the Family and Morale, Welfare and Recreation room for your chance to win a iPod Touch 32GB! Also check out the mini job fair and other activities occurring throughout the day.
- Free and open to the public.
- 10am – 2pm
- Club Hood
- Bldg 5764, 24th Street and Tank Destroyer Boulevard
- Brought to you by the Family and MWR Army Community Service Relocation Readiness Program. For program info call 254-287-4471

February 14 - Celebrity Murder Mystery Dinner Theater

- Club Hood presents “Celebrity Murder Mystery “ Dinner Theater
- Make this a Valentine’s Day you’ll never forget! Bring your sweetheart or a group of friends for a delicious dinner and evening of entertainment.
- 6 pm Cocktails (additional cost associated)
- 7 pm Dinner & Show
- \$37 per person(includes dinner & show)
- London broil, twice baked potato and Normandy-blend vegetables; or Cornish hen, rice pilaf and parsley-buttered carrots. Both selections are accompanied by a tossed garden salad, delightful strawberry shortcake and tea/coffee/water.
- R.S.V.P. by calling 254-532- 5073/5329
- Open to all 18 years of age and over
- Club Hood is located at 24th Street and Tank Destroyer Boulevard, near the East Gate.

March 1 - 31 – Big Bass Contest

- The heaviest fish caught during the month of March wins a Shakespeare Rod and Reel Combo!
- Preregister at the Sportsmen’s Center Pro Shop, \$2/person
- Fort Hood Fishing Permit required – permits can be purchased at the Pro Shop; 16 years and under, no permit required.
- State of Texas Fishing License required.
- Fishing must be done at any lake on Fort Hood and weighed-in at the Sportsmen’s Center
- Open to all

- Sportsmen's Center – Bldg 1937, located just off Rod and Gun Loop
- For more information, call 254-532-4552

Chili's Grill & Bar

- This Chili's Grill & Bar is the first of its kind on Fort Hood!
- Serves all of your favorites, such as burgers, steaks, fajitas and quesadillas and more!
- The restaurant offers a Family-friendly atmosphere, as well as a "Fast and Easy" take-out option.
- The opening of Chili's Grill & Bar on Fort Hood contributes to Family and MWR's ultimate goal of enriching the lives of Soldiers, Families, retirees and civilians through morale, welfare and recreation.
- Chili's Grill & Bar is located at the corner of T.J. Mills and 761st Tank Battalion Avenue.
- The phone number is 254-526-7271.
- Chili's is open Sunday – Thursday from 10:30 am – 10 pm and Friday – Saturday from 10:30 am – 11 pm.

PARtake in the fun at the Courses of Clear Creek

- Did you know that E-1 through E-5 receive a discounted rate at The Courses of Clear Creek?
- Four sets of golfer-friendly tees, for all playing categories and player abilities
- Huge driving range, practice greens and enhanced short-game area
- Club and cart rentals
- Lessons with golf professionals
- Clubhouse, grill and full-line pro-shop
- For more info, call 254-287-4130 or stop in at the golf course
- The Courses of Clear Creek, located on Battalion Avenue west of Clear Creek Road

Daily lunch at Club Hood

- Mon. – Fri.
- 11 am – 1:30 pm
- \$7.50
- Purchase nine daily lunches receive the 10th lunch FREE
- Purchase nine soup/salad bars receive the 10th lunch FREE
- Lunch menu includes hot entrée, starch, vegetable, dinner roll and a beverage
- Two different entrees to choose from daily; daily menu is available on HoodMWR.com
- An optional soup, potato and salad bar, as well as an "express lunch" of wraps and subs to go will also be available
- 254-532-5073
- Club Hood, Bldg 5764, 24th Street at Tank Destroyer Boulevard

Beef and Burgundy with Shrimp Appeal at Club Hood

- Every 1st and 3rd Tuesday evening 5:30 – 7:30 pm; Cost \$12.95
- Long-lived military tradition and great opportunity to entertain in a friendly atmosphere
- All-you-can-eat buffet containing steamship round, baked potato, peel-n-eat shrimp, fresh salad and two glasses of your choice of Burgundy, Chablis or Blush wine
- Open to the Public
- 254-532-5073
- Club Hood, Bldg 5764, 24th Street at Tank Destroyer Boulevard

**** Please note that Club Hood's dining is closed on ALL training and federal holidays.**

Java Café

- Ever desire a delicious Starbucks coffee treat, but you don't want to leave post?
- Well now is your opportunity to quench your Starbucks fix at the Java Café kiosk
- Convenient drive-thru, or outdoor seating area
- Also serving sweet treats and chilled refreshments
- Cheaper prices than off-post Starbucks!
- Hours of operation, Mon. – Fri., 7 am – 2 pm
- For more information, call 254-287-2129
- Java Café, located in the Rivers Building Parking Lot, on the corner of T.J. Mills Boulevard and 761st Tank Battalion

Backbone NCO Lounge

- Located in Phantom Warrior Center

- Open to NCOs and their guests, no membership required
- Hours of Operation - Wednesday 4:30 pm – 9:30 pm, Thursday 3 pm - 9:30 pm, Friday 4:30 pm – 9:30 pm
- For additional info, call 254-532- 9324
- Phantom Warrior Center, Bldg 194, 37th Street

Legends Pub

- Officers' and guests bar, no membership required
- Hours of Operation - Wednesday 4:30 pm - 9:30 pm, Thursday 3pm - 9:30 pm, Friday 4:30pm - 9:30 pm
- Located at 24th Street and Tank Destroyer Boulevard, next to Club Hood
- For more information, call 254-287-5215

Patton's Pub

- Hours of Operation - Wednesday 4:30 pm - 9:30 pm, Thursday 3 pm - 9:30 pm, Friday 4:30 pm – 9:30 pm
- No cover charge, free pool
- Bldg 9212, Old Ironsides Avenue at 20th Street
- To book your next party at Patton's Pub, call 254-287-5215

Preschool StoryTime at Casey Memorial Library

- Come out and enjoy a great story
- Fridays 10 – 11 am
- For additional information, call 254-287-2716
- Casey Memorial Library, Bldg 3202, 72nd Street and 761st Tank Battalion Avenue

FREE SAT/ACT Test Prep Software for Military and Dependents

- eKnowledge Corporation and a handful of patriotic NFL players have donated more than 100,000 SAT/ACT test prep software programs normally priced at \$200, FREE to military families worldwide.
- Military families and veterans are eligible.
- Visit www.eknowledge.com/FHS to obtain your FREE software.

SkiesUnlimited Instructors Needed

- Want to share your special skills or experience with children and youth?
- Want to earn extra money?
- SKIESUnlimited is seeking quality instructors for all of its 4 schools: The School of Arts (Music, Theatre, etc.), School of Sports (Karate, Gymnastic, etc.), School of Life Skills (Sewing, Cooking, etc.), and School of Academic Skills (Tutoring).
- For more information please call the SKIESUnlimited Office at 254-287-4592 or email hood.dmw.cyss.skies.distro@conus.army.mil

CYSS has Slots for Tots available

- Are you a parent of a toddler? Considering child care options?
- CYSS currently has openings for children ages 12-23 months
- Rates are lower than the competition with 20% discounts available to Families of deployed Soldiers
- Only nationally accredited child care center in the Fort Hood Area
- Low staff to child ratio
- For more info, call 254-287-8029

Chaffee Hourly Care has slots available

- Want to go shopping early or to the gym later? We've got you covered!
- Childcare is available at the Chaffee Child Development Center from 7 am – 6 pm, Monday through Friday
- Slots open from 7 – 9 am and 3 – 6 pm.
- Open to children ages 6 weeks to 5 years old
- \$3.50 per hour
- Call and ask about special discounts
- For more info, call 254-287-4749
- Chaffee Child Development Center, located on TJ Mills Boulevard, Bldg. 198

CYSS has Openings for preschoolers

- CYSS offers the highest quality preschool experience around!
- Creative Curriculum helps teachers plan activities to meet the educational needs of children in an exploratory way

- Before school and after school care available too
- Low staff to child ratio
- Your children deserve the best – that's CYSS!
- For more info, call 254-287-8029

SKIESUnlimited Art Classes

- SKIESUnlimited is proud to announce art classes taught by the Cordovan Art School
- Classes for children age 3-18
- Claymation, watercolor, photography, parent/child classes and much more!
- Monthly classes and workshops discounted
- To enroll, visit the program office in the Rivers Building, Bldg 121 on 761st Tank Battalion Avenue
- 254-287-4592

Youth Hired! Program

- Don't just get a job; lay the foundation to start a career!
- Real world career experience at numerous facilities across Fort Hood.
- 12-week apprenticeships with a paid stipend.
- Fun, interactive college and career prep workshops.
- Open to youth ages 15-18 registered with Child, Youth & School Services.
- Call 254-553-3995 to apply today!

the edge Program

- Experience, Develop, Grow and Excel: The EDGE. Blurring the line between fun and fundamentals!
- Cutting-edge art, life, fitness and adventure packages.
- Culinary arts, fashion design, video production, rock climbing and much more.
- Open to 1st-12th grade youth registered with Child, Youth & School Services. FREE for youth in 6th-12th grade. Nominal fee for 1st-5th graders.
- Call 254-553-3995 for package schedule and more information.

Child Development Center Preschool Program

- Preschool slots available at all three child development centers
- Part and full-day options available
- Convenient locations
- Ages 3-5 years
- Individualized, developmental curriculum
- Low staff to child ratio, 1:10
- For more information, call 254-288-3865

Strong Beginnings Program

- For children that turned 4-years-old on or about September 1
- Focuses on development of school readiness skills
- Daily math and writing activities
- Weekly SKIESUnlimited instructional classes
- Yearly progress tracked
- Fort Hood Child Development Center
- For more information, call 254-288-3865

School-Age Services

- Open to kids K – 5th grades
- Before Care, After Care and Before/After Care
- Full-day programs when school is out (except Federal Holidays)
- Winter, spring & summer camps
- Occasional care
- Open Recreation – Sports, fitness & health, arts, recreation & leisure, life skills, citizenship, leadership & mentoring, education & support services
- Specialty Programs – Project Learn, Character Counts, 4-H Creative Creations, Triple Play, Better Living for Texans and Kids in the Kitchen
- All sites accredited by the National Afterschool Association. Clarke/Oveta Culp Hobby, Clear Creek, Duncan, Montague, Venable Village & Walker-Meadows

- All children must be registered with CYSS. To register, call the Central Enrollment Registry Office at 254-287-8029, for an appointment or stop in their office, located in Bldg 283 on Battalion Avenue
- For more details about SAS, call 254-287-7950

Family Child Care

- Flexible hours, personal attention (low child to adult ratio) & Family setting
- Ages 4 weeks – 12 years old
- Family Child Care Offers: Army certified homes on & off post; Background clearance & caregiver training; Independent contractors – set own hours & fees; Subsidy program for fee categories I & II; Full & part day care, before & after school, hourly care, extended hours & long term care available
- All Children must be registered with CYSS to use Family Child Care. To register, call the Central Enrollment Registry at 254-287-8029, for an appointment or stop in their office, located in Bldg 283 on Battalion Avenue
- Available to Military, Department of the Army Civilians & Contractor Staff Children plus, Retirees' Children – on space availability
- For more information or to enroll, call 254-287-5448

Installation Child, Youth and School Services (CYSS) Now Recruiting Community Representatives for Installation Parent Advisory Council (PAC)

- Monthly forum: learn info, share info, address concerns
- Second Tuesday of each month, 1:30 pm, Oveta Culp Hobby Soldier and Family Readiness Center
- Couple of hours a month
- Share information to raise & discuss child/youth/education related issues of interest & concern to Families
- Looking for reps across the demographics, especially for Soldiers, singles and dual military
- Open to all Fort Hood Active Duty Soldiers, Airmen, Reservists and Families, National Guard Soldiers, Department of the Army Civilians, Contract Staff and Gold Star Family Members
- Call 254-288-0290 or e-mail peggy.stamper@conus.army.mil

Parent Participation Program

- Parent participation is highly encouraged in all CYSS programs, as Families are an integral part of CYSS success and a key component in overall program quality.
- The goal of the new, Army-wide CYSS Parent Participation Program is to ensure consistency across all CYSS by: cataloging meaningful participation opportunities, standardizing the point system based on participation opportunities, standardizing the points required for fee reductions and standardizing the process to apply fee reduction to monthly payments.
- The established common criteria should ensure that Families understand that their participation is valued and needed, and truly contributes enhancing the sense of community.
- Parents may earn a fee reduction for volunteering a minimum of 10 hours generally in their child's program or on behalf of CYSS.
- Participation Points may be accumulated from month to month until the Parent earns 10 points, to receive a 10% reduction on one month's fee for one child.
- If a parent has earned 20 points, then the 10% fee reduction may be applied for one child over a 2 month period or used for two separate children during the same month.
- For more information, call 254-288-3139.

Sprocket Auto Crafts

- Basic vehicle maintenance class the second Sat. of each month, \$8 fee
- Self auto repair, oil repair
- Texas state inspections
- Wed. – Fri., 9 am – 8 pm,
- Sat. – Sun., 9 am – 4:30 pm
- Participants must be authorized Family and MWR users
- Call 254-287-2725 for more information
- Sprocket Auto Crafts, Bldg 9138, is located at 20th Street and Old Ironsides Avenue

Items at Recreation Equipment Checkout

- Come in and check out our original entertainment items for your next party
- 16' flat-bottom boat with 25 hp motor and trailer
- Toddler inflatable – Jungle Fun
- One-on-One Touchdown (Bungee-type of inflatable)

- Cyber Spin
- Recreation Equipment Checkout, Clear Creek Road, Bldg. 4930
- For more information call 254-287-4126

Daily Trail Rides at BLORA

- Horse Rides - \$20/person per hour
- Pony Rides - \$5/per 20 minute session (11 years of age or under)
- Open Wednesday – Sunday*
- PLEASE NOTE: Each Sunday BLORA Ranch will not open until 3 pm.
- Advanced reservations are requested and can be made at 254-287-2523.

Mountain Bike Trails at BLORA

- The BLORA Mountain Bike Trails are for any level of rider, ranging from novice to experienced riders
- Bring your own bike and helmet or rent one of ours
- Riders under the age of 18 years old require adult supervision
- Mountain Bike Trails are located off Cottage Road
- Authorized Family and MWR patrons – FREE
- General Public - \$3
- After enjoying the BLORA Mountain Bike Trails, do not forget to clear the trail head by heading over to the registration office or by calling 254-287-2523.
- Belton Lake Outdoor Recreation Area is located on North Nolan Road (Sparta Road) approximately 10 miles from East Range Road. Access to the park is also possible from FM 439 and Sparta Road.

Archery Range at BLORA

- Are you itching to shoot your new bow but haven't had the chance to go out hunting?
- 32 Archery shooting stations located throughout natural terrain
- Bring your own bow
- Field points only
- Shooters under the age of 16 years old require adult supervision
- Authorized Family and MWR users - FREE
- General Public - \$3
- After enjoying the BLORA Archery Range, do not forget to clear the range by heading over to the registration office or by calling 254-287-2523.
- Belton Lake Outdoor Recreation Area is located on North Nolan Road (Sparta Road) approximately 10 miles from East Range Road. Access to the park is also possible from FM 439 and Sparta Road.

Fort Hood Physical Fitness Centers

Abrams Physical Fitness Center:

Bldg 23001, 62nd Street and Support Avenue
 Mon. – Fri., 5 am - 9 pm
 Sat/Sun 8 am – 5 pm & Training Holidays, 8 am - 7 pm
 Closed Fourth of July, Thanksgiving, Christmas and New Year's Day
 64,000 square - foot multi-purpose fitness center
 Multi-station equipment to assist with rehabilitation
 Racquetball, basketball and volleyball courts and Olympic- size swimming pool
 254-287-2016

Burba Physical Fitness Center:

Bldg 9301, 19th Street and Old Ironsides
 Mon. – Fri., 5 am - 9 pm
 Sat. & Sun., 8 am - 5 pm
 Training Holidays, 8 am - 7 pm
 Closed Fourth of July, Thanksgiving, Christmas and New Year's Day
 Cardio/ Strength Fitness Center
 254-287-8298

Harvey Physical Fitness Center: CLOSED FOR RENOVATIONS

~~Bldg 31006, 73rd Street and Old Ironsides
 Mon. – Fri., 5 am – 9 pm
 Sat. & Sun., 8 am – 5 pm~~

~~Training Holidays, 8 am - 7 pm
Closed Fourth of July, Thanksgiving, Christmas and New Year's Day
Cardio/ Strength Fitness Center
254-287-0195~~

West Fort Hood Physical Fitness Center:

Bldg 91068, Clarke Road
Mon. – Fri., 5 am - 9 pm
Sat. & Sun., 8 am - 5 pm
Training Holidays, 8 am - 7 pm
Closed Fourth of July, Thanksgiving, Christmas and New Year's Day
Multi-Purpose Fitness Center
254-553-2010

Kieschnick Physical Fitness Center:

Bldg 39008, 72nd Street and Support Avenue
Mon. – Fri., 6 am - 8 pm
Sat. & Sun., Closed
Training Holidays, Closed
Combatives Fitness Center
254-287-5493

Iron Horse Physical Fitness Center: CLOSED FOR USE AS AN SRP SITE

Bldg 37017, 77th Street and Old Ironsides
254-287-4380

Starker Physical Fitness Center: CLOSED FOR RENOVATIONS

~~Bldg 87010, 16th Street and Old Ironsides
Mon. – Fri., 5 am - 9 pm
Sat. & Sun., Closed
Training Holidays, 8 am - 7 pm
Closed Fourth of July, Thanksgiving, Christmas and New Year's Day
Multi-Purpose Fitness Center
254-287-9639~~

Applied Fitness Center:

Bldg 12018, 33rd Street and Old Ironsides
Mon. – Fri., 5 am - 9 pm
Sat. 10 am – 2 pm
Sundays and Holidays, Closed
Training Holidays: 10 am – 2 pm
Closed Fourth of July, Thanksgiving, Christmas and New Year's Day
Functional Fitness Center (Crossfit)
254-287-5586

Grey Wolf Physical Fitness Center:

Bldg 12018, 33rd Street and Old Ironsides
Mon. – Fri., 5 am - 9 pm
Saturday and Sunday, 8 am – 5 pm
Training Holidays, 8 am - 7 pm
Closed Fourth of July, Thanksgiving, Christmas and New Year's Day
Cardio/Strength Fitness Center
254-287-0194

Aerobics Classes at the Aerobics and Skate Center

- Classes include Step, Cardio Kickboxing, Hi/Lo Cardio, Gliding, Piloga, Zumba or 20/20/20
- The cost is \$25 per month or \$3 per session
- For additional information, call 254-287-5623 or 254-287-3550
- The Aerobics and Skate Center, Bldg 324, is located on 37th Street.
- Participants who complete the class may be eligible for summer employment; to apply contact CPAC, Bldg 4220, Mon. – Fri., 7:30 am – 4:30 pm

Tai Chi and Qi Gong Classes at the Applied Fitness Center

- Thursdays 3:30 – 4:15 pm
- Classes subject to change
- For additional information, call 254-287-5586
- Functional Fitness Center, Bldg 12018, 33rd Street and Old Ironsides

Aerobics & Skating Center

- Skating/Dancing Fri. 6pm –Midnight; \$5 per person
- Skating classes, Fri. 5-6 pm; (All ages) \$5 per person
- Skating, Sat. 1 – 5 pm; \$5
- Facility Rental – center \$200 for three hours,
- Birthday party at skate center \$25
- Call 254-287-5623
- Located on 37th Street, Bldg 324

Recreational Equipment Checkout Summer Hours

- Recreational Equipment Checkout is your source for outdoor and party rental equipment.
- Reserve fall and upcoming holiday party rental items now
- Campers, boats, tents, bouncers and more!
- Mon – Sat, 11 am to 4 pm and Sun 11 am – 2:30 pm (for equipment returns only)
- Closed federal holidays
- Arrangements may be made at the REC for early pick-ups and after facility hour events
- Call 254-287-1853 or 254-287-4126 for more information. Located in Bldg 4930, on Clear Creek Road

Massage Therapy at Applied Fitness Center

- Relax and unwind without traveling off post!
- Relaxation Massage: 30 Minutes \$25; 60 Minutes \$55; 90 Minutes \$75
- Deep Tissue Massage: 30 Minutes \$30; 60 Minutes \$60; 90 Minutes \$80
- Hot Stone Massage:* 60 Minutes \$70; 90 Minutes \$90
- Therapeutic Massage with Essential Oils: 30 Minutes \$35; 60 Minutes \$60; 90 Minutes \$80
- Prenatal Massage: 30 Minutes \$35; 60 Minutes \$65; 90 Minutes \$85
- Reflexology:* 30 Minutes \$25; 60 Minutes \$50; 90 Minutes \$70
- Reiki Massage:* 30 Minutes \$20; 60 Minutes \$50; 90 Minutes \$70
- * These services by appointment only
- Applied Fitness Center, 33rd & Old Ironsides, Bldg. 12018
- To book your appointment now, call 254-288-3374 or 254-288-3389.

Zumba Classes

- Join us for free Zumba Classes
- Monday, Wednesday and Friday 11:45 am -12:45 pm at Abrams Physical Fitness Center
- Tuesday and Thursday 1-2 pm and 6:30-7 pm and Saturday 10:30-11:30 am at the Applied Fitness Center
- Monday 6:30-7:30 pm and Friday (Zumba Toning) 11 am – 1:30 pm at Burba Physical Fitness Center
- Wednesday 5:30-6:30 pm at Grey Wolf Physical Fitness Center
- Wednesday 6-7 pm at West Fort Hood Physical Fitness Center
- Every other Wednesday through October 27 (Aqua Zumba) from 10-11 am at Abrams Physical Fitness Center. Classes subject to change
- CYSS Kids-On-Site Available at Abrams Physical Fitness Center
- For more information call 254-287-4592.

Spin Classes

- Spin your way to fitness with free spin classes
- Monday – Friday: 12 – 1 pm
- Monday, Wednesday, Friday: 8 – 9 am
- Tuesdays and Thursdays: 10 -11 am and 5:30 – 6:30 pm
- Classes subject to change
- CYSS Kids-On-Site Available
- Abrams Physical Fitness Center, 62nd Street and Support Avenue, Bldg. 23001.
- For more information call 254-287-4592.

Annual Courses of Clear Creek Golf Passes

- **Standard Annual Pass/Daily Greens**

E1-E5	Fee	\$640/ \$2
Authorized Family and MWR User		\$960/ \$2
Guest/Public		\$815/ \$2
1 st Additional Family Member E1-E5		\$285/ \$2
Each Additional Family Member E-1-E-5		\$86 / \$2
1 st Additional Family Member Authorized User		\$360/ \$2
Each Additional Family Member Authorized User		\$111/ \$2
Each Additional Family Member Guest/Public		\$660/ \$2
- **Deluxe Annual Pass/Daily Greens**

E1-E5	Fee	\$725/ \$0
Authorized Family and MWR User		\$810/ \$0
Guest/Public		\$1000/ \$0
1 st Additional Family Member E1-E5		\$360/ \$0
Each Additional Family Member E-1-E-5		\$144/ \$0
1 st Additional Family Member Authorized User		\$405/ \$0
Each Additional Family Member Authorized User		\$126/ \$0
Each Additional Family Member Guest/Public		\$810/ \$0
- The Courses of Clear Creek, Bldg 52381, Battalion Avenue at Clear Creek Road. For more information, call 254-287-4130.

Phantom Warrior Lanes

- Open for bowling every day of the week
- Party packages available; you bring the cake and ice cream, we do the rest!
- Bowling Birthday Party - \$99.50 (party of 10), \$9.95 for each child after the first 10
- Call 254-287-3424 for more details about these birthday party packages
- Wednesday Night Special – 5 pm – 12 am; \$1.95 per person, per game and \$1.75 shoe rental
- Family Night – every Monday 5 - 9 pm, except on federal holidays. \$20 per lane, per hour including shoe rental and a medium soft drink for each player
- "Xtreme Bowling" takes bowling to a whole new level with high-energy music, neon bowling balls and pins and a colorful light show. It creates an "outer limits" effect for a glow in the dark goodtime. This thrilling event takes place every Friday and Saturday from midnight - 2 am for \$40 per lane including shoe rental
- Electronic I-Bingo, multi-player online game system now available
- Arcade
- Located at Clear Creek Road and Santa Fe, Bldg 49010

Apache Arts & Crafts Center

- Tues.-Sat 10 am -6 pm, Closed Sun., Mon. and Holidays
- Tons of classes from wheel throwing to framing to jewelry
- Screen printing press for all of your unit or FRG and shirt needs
- Framing and plaque dept.
- Embroidery dept. for guidons, ball caps and more
- Ceramic dept. for gifts, home décor and more
- For more information about these classes and more, call 254-287-0343

Leisure Travel Services

- The Military Ticket Voucher program offers savings at various hotels. Visit LTS to make your reservations.
- Amusement park passes and tickets
- Tickets for museums, concerts, Disney World and much more
- Great day trips coordinated for you
- For additional information call LTS at 254-554-6800
- Two locations: Bldg 136 on 761st Tank Battalion, Next to Military Clothing Sales
- Check out our ticket prices, available at HoodMWR.com/LTS

Army Community Service Outreach Services:

- **Monthly Military Spouse Program** offers information, activities, and support in an atmosphere of concern.
 - Free scrapbooking class
 - Free ceramics class
 - Free jewelry making class
- **ACS Mobile Information Station** is a traveling information booth set up at off post and post organizations.

- ACS information displays
- ACS Outreach packets
- **ACS Outreach** provides information on:
 - Welcome Packets
 - Lending Closet
 - Hood Howdy
 - Army Emergency Relief
 - Command Financial Specialist
 - Consumer Pre-purchasing
 - Credit Report Reviews/Scores
 - Home Visits
 - Play Mornings
 - Infant Massage
 - International Spouse Program
 - Boot Camp for Dads
 - Single Soldier Support Group
 - Relationship Enrichment Program
 - Battlemind for Couples
 - EFMP Orientation
 - EFMP Support Group
 - Sea Dragons Swim Program
 - Army Family Team Building
 - Army Volunteer Program
 - Army Family Action Plan
 - Job Search Network
 - Career Exploration Seminar
- For additional information on Army Community Service Outreach Services, call 254-287-4ACS

Recurring Army Community Service Events

- **Mondays**
 - Infant Massage Class**
9:30-10:30 am • Bldg 18000
Must Register: 254-287-2286 or 254-287-2158
 - Lunch & Latch Breast Feeding Support Group**
11:30 am -1 pm • Bldg 12002
Call: 254-287-2286
 - EFMP Sports** (Basketball)
5:30- 6:30 pm • Call: 254-287-6070
 - Infant Massage Class**
6 – 7 pm • Bldg 18000
Must Register: 254-287-2286 or 254-287-2158
- **Tuesdays**
 - Newcomers Employment Training Workshop (NETWORK)** 8:15 – 9:30 am • Workforce Solutions of Central Texas • Must Register: 254-286-6684 or 254-288-2089 hood.dmwr.acs.erb.distro@conus.army.mil
 - Super Fun Tuesdays**
9:30 - 11 am • Comanche III Youth Center
Call: 254-287-2286
 - Banking** 9:30 -11:30 am • Bldg 16005 • Call 254-287-8979
 - Common Sense Parenting**
9:30 -11:30 am • Bldg 9409 • Must Register: 254-618-7443
 - Resume & Application Development** 9:30 – 11:45 am
• Workforce Solutions of Central Texas 300 Cheyenne Drive, Killeen. Must Register: 254-286-6684 or 254-288-2089 hood.dmwr.acs.erb.distro@conus.army.mil
 - Newcomers Employment Training Workshop (NETWORK)**
1- 2:30 pm • Bldg 284
Must Register: 254-286-6684 or 254-288-2089 hood.dmwr.acs.erb.distro@conus.army.mil
 - Budget/Debt Management Class**
1:30-3:30 • Bldg 16005 • Call 254-287-8979
- **Wednesdays**
 - Explore Learning & Play**

9:30 – 11 am • Bronco Youth Center

Call 254-287-2286

First Term Soldier Personal Financial Management Training

12:30 – 4:30 pm • Bldg 12020, Suite 400

Attendance mandated by DA. Family members welcome on a space available basis.

Advanced Resume/Resumix Writing

12:45 -1:45 pm • Bldg 284 • Must Register: 254-286-6684 or 254-288-2089

hood.dmwr.acs.erb.distro@conus.army.mil

- **Thursdays**

Communication Skills and Interview Techniques

8:30 am – 12 pm • Workforce Solutions of Central Texas • Must Register: 254-286-6684 or 254- 288-2089

hood.dmwr.acs.erb.distro@conus.army.mil

- **Fridays**

Job Search with Confidence

9 -10 am • Bldg 284

Must Register: 254-286-6684 or 254- 288-2089 hood.dmwr.acs.erb.distro@conus.army.mil

Career Assessment

10:15 - 11:15 am • Bldg 284

Must Register: 254-286-6684 or 254-288-2089 hood.dmwr.acs.erb.distro@conus.army.mil

EFMP Sea Dragons Swim Program

6 – 8 pm • Abrams Pool

Must Register 254-287-6070

Army Family Covenant “Keeping the Promise” - Benefits to Families of Deployed Soldiers -

- Free annual Child, Youth and School Services registrations. (CYSS)
- Discount of 20 percent for full-day and part- day child care. (CYSS)
- Fun Friday Evening and Super Saturday Getaways. Kids have fun and the caretaking parent gets a break. (CYSS)
- Sixteen free hours of child care per child, per month during deployment. (CYSS)
- Emergency child care in the Child Development Home or certified FCC Provider, for Families under extreme stress or for a spouse/parent hospitalization when there is not local child care support. (CYSS)
- Expanded hourly care slots and hours, 6 am – 6 pm, at Chaffee Child Development Center. (CYSS)
- \$300 in free SKIES *Unlimited* Academy instructional classes, for up to eight weeks per class, per child/youth. (CYSS)
- \$100 in free sports team registrations, per child/youth. (CYSS)
- Free, on-site care for monthly FRG meetings. (CYSS)
- Free, on-site care during pre-deployment and reunion briefings. (CYSS)
- Military Family Life Consultant program offers problem-solving counseling due to deployments. (ACS)
- Care Team Training provides tools to volunteers who are willing to provide short term care and support to Families of deceased or critically injured Soldiers or Family members. Volunteers offer in-home assistance with meals, telephone and gift logs, cards and condolences, and emotional support. (ACS)
- Coping with Separation Training offers insight into various techniques to dealing with deployment issues and feelings of isolation. (ACS)
- Deployment Budgeting teaches participants how to adjust their budget/spending plan, taking into account changes in income and expenses during deployment. (ACS)
- Reunion/Reintegration Training (RIT) provides Soldiers and Families information to deal with changes which occur during deployment in marital and child relationships. (ACS Parent to Parent Helping Hands Support Group and Exceptional Family Member Support Group provides parents an opportunity to share common experiences and support for other Families with special needs Family members. Deployments prove to be particularly challenging for stay behind parents. (ACS)
- Family Readiness Group (FRG) Focus Forum offers both experienced and new leaders and volunteers the opportunity to meet and discuss issues, training, changes, and a wide variety of topics concerning the management of FRGs. (ACS)
- Pre-Deployment Briefings provide insight for the Soldier and Family member on the importance of planning and communication prior to deployment. A checklist is provided that offers suggestions of areas to be addressed by Families preparing for the Soldier's departure. (ACS)
- Family Life Skills Workshop assists participants in recognizing the effects and causes of stress and introduces them to a wide array of stress management techniques. Conducted 2nd and 4th Thursday of the month. Available to FRGs. (ACS)

- Family Readiness Group Basic Training offers nine blocks of instruction and targets military and civilian students; prepares and educates leaders and Family members on the positive aspects of Family Readiness Groups and how they enhance Family and Soldier mission functions. (ACS)
- Family Readiness Group Advanced Course designed for the experienced FRG leader and for the commander; focuses on skills development through interactive discussion and training. (ACS)
- Rear Detachment Operations Course-this four-day course offers 45 blocks of instruction to prepare the rear detachment staff for the challenges that arise during deployment. (ACS)
- NETWORK Meets weekly and offers employment leads, job search training workshops, and career coaching to Family members, special emphasis is placed on support to Families of deployed Soldiers. (ACS)

Benefits to Families of Wounded or Deceased Soldiers -

- Volunteers on Unit Care Teams can receive free child care while they support Families facing crisis. (CYSS)
- Participants in the Wounded Warrior Support Group are offered free, on-site child care. (CYSS)
- Free annual CYSS registration. (CYSS)
- Charged the lowest possible fees (Category 1) for children enrolled in regularly scheduled Child Development and School Age Services programs. (CYSS)
- Offered hourly care at half the normal fee. (CYSS)
- Two free sports team registrations, per child/youth. (CYSS)
- Four free SKIES*Unlimited* Academy instructional classes, for up to eight weeks per class, per child/youth. (CYSS)
- Four free hours monthly, Saturday Get Away: Kids have fun and caretaking parent gets a break. (CYSS)
- Up to 16 free hours of respite child care every month, during designated eligible period. (CYSS)
- Access to emergency/respite child care 24/7 at the CYSS Child Development Home or through a Certified Family Child Care (FCC) Provider.
- Child care fees can be waived for any Family who has a financial need.
- Military Family Life Consultant program offers problem-solving counseling due to deployments (ACS)
- Care Team Training provides tools to volunteers who are willing to provide short term care and support to Families of deceased or critically injured Soldiers or Family members. Volunteers offer in-home assistance with meals, telephone and gift logs, cards and condolences and emotional support. (ACS)

Spouses Support Group

- The International Spouses Support Group meets on the 3rd Thursday of each month. The program gives spouses the chance to meet other spouses from their own country or of different nationalities. They get to learn of the many opportunities available throughout the community. The group offers a time of socializing, workshops, games, door prizes and refreshments.
- United States Citizenship and Immigration Services information sessions are held the 3rd Tuesday of each month providing assistance with completing citizenship documents, finger printing and immigration questions.

HoodMWR.com

Family and MWR Public Relations 254-287-2007/254-285-5372