



FORT CARSON MWR

FAMILY AND MORALE, WELFARE AND RECREATION PROGRAMS / SPRING-SUMMER 2017



ALL INFORMATION IS SUBJECT TO CHANGE

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WELCOME TO THE MOUNTAIN POST



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Fort Carson MWR

@carsonmwr

ADVERTISE WITH US OR SPONSOR AN EVENT!



COMMERCIAL SPONSORSHIP AND ADVERTISING SALES

Explore opportunities and get involved with the Soldiers and Families of Fort Carson. Located in scenic Colorado Springs, Fort Carson is home to the 3rd BCT, 43rd ASG, 3rd ACR, 5th Armored Brigade, 13th Air Support Operations Squadron, and 10th Special Forces Group. Fort Carson Sponsors and Advertisers benefit from becoming a household name and a valued partner of the community. Our active event calendar gives you a wide range of advertising, marketing and service opportunities within Fort Carson's thriving community.

Multiple sponsorship and advertising options are available at every price point. Choose from major event sponsorship, sponsor various events independently, or advertise in various Fort Carson MWR locations, publications and digital mediums.

Interested? Make an appointment by contacting us on carson.armymwr.com, following us on our social media accounts, or signing up for our email list.





Special Events

ABOUT SPECIAL EVENTS

Fort Carson Events and Entertainment provides special events to Soldiers, Families, Retirees and Civilians all year long! Various events are available to all age groups and guarantee a great experience at an exceptional value! For more information about upcoming events, visit carson.armymwr.com.



JULY 1 & 2
CARSONFREEDOMFEST.COM

UPCOMING EVENTS

APRIL EVENTS

Dinner & A Movie
Date: April 8
Time: 5 p.m.
Cost: \$1 per person (for dinner)
Location: William Reed Special Events Center
Enjoy free popcorn and a screening of the 1992 Disney animated classic Aladdin. Dinner and activities begin at 5 p.m., movie starts at 6 p.m.

MAY EVENTS

Spartan Race
Date: May 13-14
Time: 7:30 a.m.-5 p.m.
Cost: Varies; sign up at Spartan.com
Location: Training area 7
Super Race (8-9 miles) held on Saturday, Sprint Race (4-5 miles) held on Sunday.

JULY EVENTS

Freedom Fest

Dates: July 1 (gate access procedures apply), July 2 (gates open to public)
Time: 12 p.m.-10 p.m.
Cost: More information online at CarsonFreedomFest.com
Location: Iron Horse Park
This two-day Independence Day celebration features a carnival, midway, car show, musical entertainment, various activities for kids and adults, as well as food and beverages for sale. The Liberty Edition Color Run is on Saturday: register online for \$10 per person (ages 4+). Includes packet and t-shirt.

Dinner & A Movie

Dates: July 29
Time: 7:30 p.m.
Cost: \$1 per person (for dinner)

Location: Security Service FCU parking lot
Enjoy free popcorn and a screening of Disney's animated hit Moana. Dinner and activities begin at 7:30 p.m., movie starts at 8:30 p.m.

AUGUST EVENTS

Destination Fort Carson

Dates: Follow us online for more information
Time: 10 a.m.-1 p.m.
Cost: Free
Location: William Reed Special Events Center
This information fair is designed to help new Soldiers and their family members learn more about the leisure, recreation, and educational resources available in the local community.



[CarsonMWREvents](https://www.facebook.com/CarsonMWREvents)

B.O.S.S.

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS
1532 SPECKER AVE., BLDG. 2429 | (719) 524-2677



UPCOMING EVENTS

JUNE EVENTS

BOSS Single Soldier Day
Date: June 16
Time: 1 p.m.-5 p.m.
Cost: Free
Location: Pershing Field
Event includes food and beverage for sale, music, games, activities, prizes, and more.

AUGUST

BOSS End of Summer Pool Party
Dates: Aug. 31
Time: 4 p.m.-8 p.m.
Cost: Free
Location: Ellis Outdoor Pool
Event includes food, beverages, games, prizes and more. 100% ID check in effect.

VOLUNTEER OPPORTUNITIES

NO DUI Volunteer Opportunity every Friday and Saturday night from 10 p.m.-3 a.m. Call the BOSS Office for more information at (719) 524-2677 or (719) 235-1759. Check out our Facebook page for upcoming trips, volunteer opportunities, and events.



[Fort Carson BOSS](https://www.facebook.com/FortCarsonBOSS)



[@CarsonBoss](https://twitter.com/CarsonBoss)
Text "Follow CarsonBOSS" to 40404 for upcoming events and free ticket giveaways



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SARGES' GRILL

6436 Hwy 85/87, Suite M
Fountain, CO 80817
(719) 645-8489
SARGESGRILL.COM

Welcome to Fort Carson!

BUY ONE GET ONE FREE!

Sarges' 1/3 lb Classic Burger. Our Burgers are HAND MADE and served with your choice of Cheese and Fries.

Expires July 31, 2017. Can not be combined with any other coupon, offer or discount.

GOOD FOOD, GREAT TIMES, THAT'S AN ORDER!



Travel & Outdoor Leisure

ADVENTURE PROGRAMS & EDUCATION

7093 Specker Ave., Bldg. 2429 | (719) 526-3907 / 5176 / 5198 | A.P.E. Office Hours: Weekdays (M-F), 10 a.m.-6 p.m / Weekends, 10 a.m.-6 p.m. (times vary)



WHAT IS A.P.E.?

Adventure Programs and Education (APE) is all about fun! Our goal is to teach the skills necessary to make good decisions for yourself, so you can enjoy the outdoors for a lifetime. Our programs are structured with the highest regard for quality of instruction and preservation of the environment while striving to stay number one in customer service.

Experience the outdoors in true Colorado fashion. Breathtaking scenery, amazing people, adrenaline rushes (*and crazy weather*) are only a small part of your next adventure in the Rocky Mountains. Check out our summer programs to learn more about what we offer. For dates, times and prices, visit us **online** at carson.armymwr.com and **follow us on social media.**



WATER SERIES

Whitewater Rafting

Take a wild water ride through Big Horn Sheep Canyon on the Arkansas River. No experience necessary. (Must be able to swim, weigh a minimum of 60 lbs. and be at least 8 years old.) Spots fill up quickly, so sign up now!

Royal Gorge Whitewater Rafting

Go big! Raft through Big Horn Sheep Canyon, stop for lunch, then experience an adrenaline rush in the turbulent waters of Royal Gorge. (Individuals must be able to swim aggressively, weigh a minimum of 100 lbs. and be 16+ years of age).

Kayak Pool Session

Learn the basics of kayaking in the comfort of a heated pool. You'll be rolling the boat before you know it! Meet up at the Outdoor Recreation Complex. Rental equipment is supplied. Participants must be at least 14 years of age.

CLIMBING SERIES

Climbing Wall Orientation

This introductory class covers knots, belay techniques and climbing communication. The class includes climbing certification for indoor climbing walls at Outdoor Recreation and Iron Horse Gym.

Lead Climbing Clinic

Gain a better understanding of advanced climbing skills. This class is held at Iron Horse Gym and covers lead climbing, belay techniques and climbing communication. Please sign up at least a day in advance.

Evening in the Garden

(Recommended Prerequisite: Climbing Wall Orientation) Ascend rock formations in the Garden of the Gods and enjoy a unique climbing experience. Class meets at the Garden of the Gods Visitor Center.



Morning in the Garden

(Recommended Prerequisite: Climbing Wall Orientation) See what makes Colorado a rock climber's paradise. This morning class meets at the Garden of the Gods Visitor Center.

PHOTO SERIES

Photography Class

Grab your SLR and learn some new skills. Class meets at Memorial Park in Colorado Springs.

"JUST FOR FUN" SERIES

Local Brew Tour

Join us a pub crawl and experience some of the outstanding local breweries in Colorado Springs.

SPECIAL EVENT SERIES

Winter Ski & Snowboard Expo

Don't miss out on the opening day of rental season for ski and snowboard equipment. Be the first to see the season's latest gear in store. Bring your used gear in during the week prior to

the Expo and make some money during Gear Swap. Great deals, giveaways, season pass sales, local vendors present and more!

Halloween Trick or Treat Climb

Bring the kids out for an afternoon of candy and climbing in costume. Pre-register by calling the Leisure Travel Office (719)526-5366 or stop by the Outdoor Recreation Complex. Event is held at the Alpine Tower. Inclement weather location is in the Outdoor Recreation Complex.

CUSTOM TRIPS

Overnight Raft Trip

Sleep under the stars in Brown's Canyon and enjoy whitewater rafting on one of the most scenic sections of the Arkansas River. It's a fun camping adventure you'll remember for a lifetime. Minimum of 10 participants required.

Alternative PT Programs

(Active Duty only) Want to try something new for PT? Have a representative from your platoon contact us about PT Climb. Minimum of 10 participants required.



Kayak River Day Trip

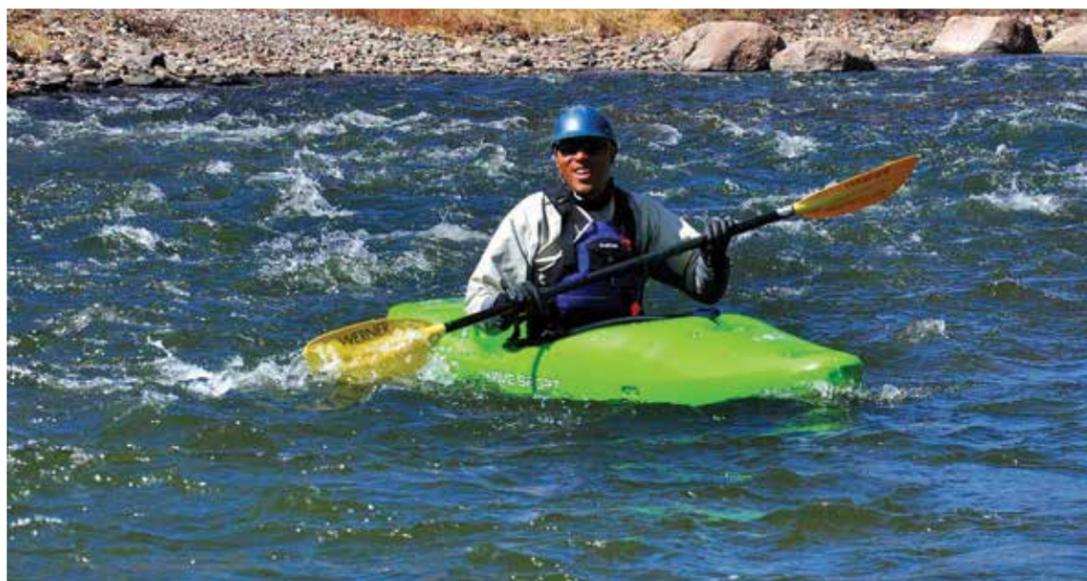
(Mandatory Prerequisite: Kayak Pool Session) Start with the basics of kayaking class then test your skills on the Arkansas River. On the river, you'll learn to react to currents and ride legendary Colorado whitewater. 100 lbs. minimum weight requirement, ages 14+ only.

Inflatable Kayaking

Join us for a day of fun on the Arkansas River on beginner-friendly inflatable kayaks. No experience necessary. 100 lbs. minimum weight requirement, ages 14+ only.

Stand Up Paddle Board (SUP)

Channel your inner surfer and learn the basic skills of America's fastest growing water sport. No experience necessary.



WARRIOR ADVENTURE QUEST

(Active Duty only) If you have come home from deployment in the last 120 days, have your company inquire about our free Warrior Adventure Quest programs. For more information, please contact Erin Johnson at erin.a.johnson36.naf@mail.mil or call (719)526-2186.

LEISURE TRAVEL SERVICES OFFICE



Fort Carson Leisure Travel Services Office

7093 Specker Ave., Bldg. 2429 | (719) 526-5366 | Mon.-Fri.: 10 a.m.-6 p.m., closed: weekends and federal holidays

PLAN YOUR GETAWAY

Considering a family holiday vacation? Looking for a romantic getaway cruise or a trip with family and friends? Stop by the Fort Carson Leisure Travel Services (ITR) Office located in the Outdoor Recreation Complex. We can help you put together that perfect trip you've been looking forward to! LTS/ITR has great working relationships with a variety of travel companies and resorts around the world.

- Local Colorado attractions
- Local entertainment and sporting events
- Colorado ski resort lift tickets and season passes
- Attractions, theme parks, city passes and lodging for various cities and states
- Travel and cruises



COLORADO ATTRACTIONS

- Royal Gorge Route & Railroad
- Royal Gorge Bridge & Park
- Denver Aquarium
- IFLY Denver
- Daily Ski Lift Tickets
- Ski Season Passes
- Colorado State Fair
- Outlet Mall Tours
- Georgetown Christmas Market
- Denver Christkindl Market
- Sky Zone Trampoline Park
- Elitch Gardens
- World Arena
- Pikes Peak Center
- Sports Tickets
 - Denver Nuggets
 - Colorado Avalanche
 - Denver Broncos (lottery only)



NATIONAL ATTRACTIONS

- Disneyland & Disney World
- Sea World: CA, FL, TX
- Universal Studios: CA, FL
- Medieval Times: CA, FL, TX, GA, MD, MD, NJ, IL, ON, SC
- Kennedy Space Center
- Busch Gardens
- Shades Of Green
- IFLY
- Boggy Creek
- Schlitterbahn Water Park
- Armed Forces Vacations
- Go Cards (various states)
- Branson, MO
- Six Flags Over Texas
- Lego Land: CA, FL
- Tours Of The Mardi Gras World
- City Passes (various states)
- NASCAR Daytona 500 and more

View the full list of offerings and prices by visiting carson.armymwr.com

CAMPSITE RESERVATIONS

Camp Falcon is a primitive camping area ideal for an "off-the-grid" experience! (No running water/electrical power) Enter through Gate 6 (5 a.m.-6 p.m. only) or Gate 1 (24/7) to access the campsite.

Each camping site within Camp Falcon comes with one picnic table and a rock fire pit. Camp Falcon is next to a wildlife refuge. Bears and numerous other wild animals have been reported in and around Camp Falcon. Under no circumstances should any wildlife be fed by campers. The site includes two pavilions with charcoal grills.



Fees	Price
Campground Registration Fee (Flat rate regardless of nights reserved)	\$5
Nightly Fee (per person) for small designated areas	\$3



IRON HORSE PARK RESERVATIONS

Located on Sheridan Ave., Iron Horse Park is a multi-purpose outdoor community recreation area. The park includes several playgrounds, picnic areas, grills, softball fields, basketball courts and a fitness trail. Pavilions at Iron Horse Park are available to rent for a small fee. Make your reservation for your special event now by contacting us.



PARK FEATURES

- 5 pavilions
- 3 playgrounds
- 2 ball fields
- 1 basketball court
- 1 horseshoe pit
- 1 volleyball court

Fees	Price
Pavilion	\$5
Gazebo	\$10



EQUIPMENT CHECKOUT CENTER



Fort Carson Outdoor Recreation Complex



@FortCarsonODR



Inside the Outdoor Recreation Complex at 7093 Specker Ave., Bldg. 2429 | (719) 526-1993 | Weekdays: 8 a.m.-6 p.m., closed on weekends & holidays.

Fort Carson Equipment Checkout Center has got you covered. Browse our vast selection of rental items to fit your every outdoor or special event need. Your choice of equipment for the mountains, birthday parties, org day, etc. are available to rent at extremely reasonable rates. Our services include professional ski and snowboard fittings.

- Ski/snowboard gear (seasonal)
- Party/event and entertainment equipment
- Boating gear and equipment (seasonal)
- Campers, camping and hunting equipment
- RV storage
- Roasters, grills, dunk tanks, trailers
- Miscellaneous sports equipment



Visit carson.armymwr.com to view the full price list and rental items available. **All rental prices, items and availability are subject to change.**

RENTAL POLICIES

- Must be 18 years of age with a valid military ID
- Reservations must be paid in full at the time the reservation is made
- One day rental: pick up between 9 a.m. and 5:15 p.m. on the first day and return between 8:30 a.m. and 2 p.m. on the following day
- Weekend rentals: pick up on Friday and return by 2 p.m. on Monday
- Weeklong rentals (7 consecutive days) are returned by 2 p.m. on the 7th day
- Minimum one day rental charge on all items
- Security/cleaning deposit must be paid in full while making the reservation
- Credit or debit only for deposits
- No cash or checks accepted
- Cancellations less than 48 hours or 2 business days prior to pick up date are charged a half-day rental fee
- Failure to pick up a reservation on scheduled pick up date results in cancellation of rental reservation and incurs a charge for a half day rental fee
- Equipment returned after the due date is considered late and incurs charges equivalent to the daily rental fee for each day past due
- All rental items are due back by 2 p.m. on return date stated on contract.
- Reservations are made on a first-come, first-served basis and up to one calendar month in advance
- Changing a reservation is equivalent to a cancellation and may result in waitlist placement for high-demand items.

RV STORAGE

Fort Carson RV Storage Facilities offer a safe and secure location for privately owned vehicles, recreational vehicles, travel trailers, utility trailers of all kinds. Spaces are available at a nominal fee to authorized patrons. Our secondary RV storage lot is located on the southeast section of Magrath Ave. by Gate 20. Both storage facilities are accessible 24/7 using secure electronic keypad entry.

Storage spaces are available to Active Duty Military, National Guard Members, Military Retirees, and DOD Civilians, with Active Duty Military having Priority placement. All items stored in the ODR RV Storage lots must have comprehensive insurance

on the item to include theft, fire, wind and hail storm damage. If storage space is not available at the time of your inquiry, you may request to be added to the waitlist.

Monthly storage rates are based on the size of the space:

Space	Monthly Rate
Up to 11'	\$20
12'-19'	\$25
20'-29'	\$30
30'-39'*	\$35
40' or larger	Unavailable

*Unavailable

MOUNTAIN POST OUTFITTERS

Inside the Outdoor Recreation Complex at 7093 Specker Ave., Bldg. 2429
(719) 526-1993 | Weekdays: 10 a.m.-6 p.m., closed on weekends & holidays.



Fort Carson Outdoor Recreation Complex



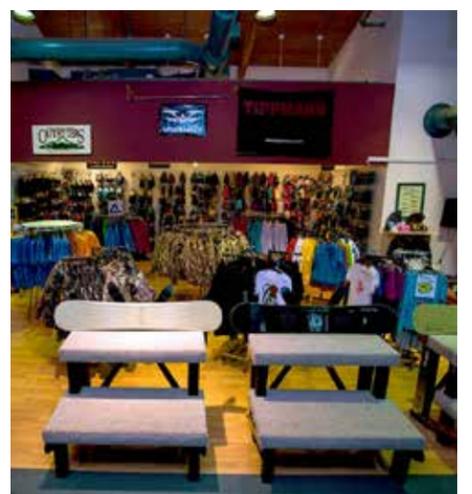
@FortCarsonODR

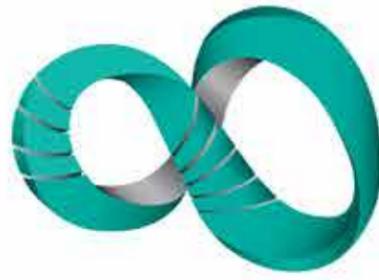


GET OUTFITTED FOR THE OUTDOORS

Get your brand new gear for all kinds of outdoor adventure activities. We offer name brand merchandise tax-free and below MSRP for all eligible MWR patrons with military ID, (active Duty, military dependents, retired military, reservists, DOD civilian personnel and contractors).

- Helmets, hats, sunglasses, goggles
- Gloves, mittens, scarves, socks
- Avalanche gear (probes, shovels and beacons)
- Apparel, backpacks, hydration packs, water bottles
- Harnesses, quick draws, rock climbing shoes, ropes, belay devices, cams, carabineers, safety items
- Hiking, snowboarding, skiing boots





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www.permacorporation.com

CHEYENNE MOUNTAIN SHOOTING COMPLEX

I-25 off of exit 132-B (headed south) or 132 (headed north), outside of Fort Carson's Gate 20. | (719) 896-6196

Tuesday-Friday: 9 a.m.-7 p.m. | Weekends and federal holidays: 8 a.m.-7 p.m. (weather permitting) | Closed: Mondays, Excluding Federal Holidays



RATES & FEES

Per individual & family member

Children 6-12 years	\$4
Active Duty Military	\$8
Retired Military	\$9
DOD Civilian	\$9
Civilian	\$10

5 Visit Punch Pass

Active Duty Military	\$35
Retired Military	\$40
DOD Civilian	\$40
Civilian	\$45

10 Visit Punch Pass

Active Duty Military	\$70
Retired Military	\$80
DOD Civilian	\$80
Civilian	\$90

25 Visit Punch Pass

Active Duty Military	\$170
Retired Military	\$190
DOD Civilian	\$190
Civilian	\$210

Card and badge carrying law enforcement officers (active and retired) will receive a 10% discount on all, civilian priced range fees.

ABOUT THE COMPLEX

The Cheyenne Mountain Shooting Complex is a unique multi-phased joint partnership between Fort Carson, El Paso County, the El Paso County Sheriff, Colorado Department of Parks & Wildlife and the U.S. Forest Service. The complex is located just south of Colorado Springs off of I-25 at exit 132.

Safety is our primary concern during your visit to the range. Trained staff ensures strict safety policies and rules are adhered to with no exceptions.

- 7 independent ranges
- Over 110 individual covered firing points
- Set and check targets out to 300 yards
- Over 50 pistol positions with targets between 5-50 yards
- Long distance targets out to 1000 yards (no .50 calibers other than muzzle loaders)
- Archery range
- Retail shop

FIREARM RENTALS

Choose Your Firearm!

When renting our firearms you must purchase our ammunition. You must have a valid ID to rent our firearms. You must be 21 years of age to rent handguns and 18 to rent shotguns and rifles.

Rental Pricing
Handguns: \$10
Shotguns: \$10
Rifles: \$12

Ammo: Ammo prices may vary depending on the caliber.

SPECIAL PROGRAMS

"Annie Get Your Gun" Day
Dates: Every 2nd Saturday of each month
Times: 8 a.m.-4 p.m.
Cost: Ladies shoot for free!

Concealed Carry Shoot Day
Dates: Every 3rd Saturday of each month
Times: 8 a.m.-4 p.m.
Price: 50% off shooting fee for Concealed Carry Permit Holders

Youth Shooting Day
Dates: Every 4th Saturday of each month
Time: 8 a.m.-4 p.m.
Price: 50% off shooting fee for kids ages 6-17

FREQUENTLY ASKED QUESTIONS

- Weapons do not need to be registered on Fort Carson to utilize the range.
- Children must be 6 or older to be on the range. Individuals must be 18 or older to shoot without adult supervision and 21 or older to shoot with a pistol.
- ECI's (Empty Chamber Indicators) are required. Cheyenne Mountain Shooting Complex can provide you with an ECI if you don't have one.
- Shooting distances are limited for certain rifles. Please speak to the manager on duty for more information.
- Volunteer opportunities available. Stop by the Cheyenne Mountain Shooting Complex and speak with the Lead Volunteer Coordinator.
- Shotguns are allowed, and can be used to shoot static targets
- You can purchase a target stand on site for a reasonable price or bring your own
- Yes, we offer classes and have special events. Check out our website and our Facebook page for the latest information.



INSTRUCTIONAL CLASSES

- Basic Introduction to Firearms
- Hand Gun Instruction
- Concealed Carry
- Private Lessons
- Personal Protection
- Instructor Level Courses
- And many more!
- Stay connected for class updates.



CHEYENNE SHADOWS GOLF CLUB

1050 Titus Blvd., Bldg. 7800 | (719) 526-4102 | Open daily: 8 a.m.-dusk (weather permitting)



ABOUT CHEYENNE SHADOWS GOLF COURSE

Cheyenne Shadows Golf Club, "Your Resort for the Day", is an 18-hole Championship Golf Course situated at the base of Cheyenne Mountain. We are proud to offer the best public golf experience in the Colorado Springs region. Our team of PGA Professionals and fully stocked golf shop make Cheyenne Shadows the best place to buy and get custom fit for golf clubs in Colorado.

UPCOMING TOURNAMENTS AND SPECIAL EVENTS

Clubs for Kids

An event for kids to experience the wonderful game of golf. All kids receive a golf club, 10-minute lesson, and a fun-filled goody bag.
Dates: April 29
Time: 10 a.m.-2 p.m.
Cost: Free

Two Person Shamble Tournament

Teams tee off during this two-person, two-day event, choose the best drive and then play their own ball out. Multiple flights available.
Dates: May 20-21
Time: Tee times begin at 7:30 a.m.
Cost: \$25/person plus green fees

IVY Pro-Am Tournament

Cheyenne Shadows hosts the IVY Pro-Am in partnership with the Colorado PGA. 30 PGA professionals will partner with teams to compete in a Four Person Scramble. Prizes can be won on every hole. Lunch and dinner are provided.
Dates: May 24
Time: 1:30 p.m. shotgun start
Cost: \$35/person for Active Duty and Veterans

Equipment Demo Day

Come try the latest equipment from major golf manufacturers. The first 100 guests to arrive receive a free gift bag. Save an additional 10% on all purchases.
Dates: May 27
Time: 10 a.m.-2 p.m.
Cost: FREE

Two Person Best Ball Championship

Pick your partner wisely for this two-person event in multiple flights. The lowest score or "best ball" at the end of each hole is used as the team score.
Dates: June 10-11
Time: Tee times begin at 7:30 a.m.
Cost: \$25/person plus green fees

2017 Match Play Championship

Qualify for the 2017 Match Play Championship: One stroke play round determines fights for the match. Competitors set up matches with their opponents afterwards.
Dates: July 15
Time: Tee times begin at 7:30 a.m.
Cost: \$25/person plus green fees

3-in-1 Tournament

Choose your partner wisely in this multiple format event. Holes 1-6 play as a scramble, 7-12 as best ball and 13-18 as alternate shot.
Dates: Aug. 19-20
Time: Tee times begin at 7:30 a.m.
Cost: \$25/person plus green fees

Club Championship

Knock the rust off your game and make history by getting placed on the Cheyenne Shadows Wall of Fame. Multiple flights are available. Flights are formed based on the first day's scores.
Dates: Sept. 16-17
Time: Tee times begin at 7:30 a.m.
Cost: \$25/person plus green fees

FIREARM RENTALS

CHOOSE YOUR WEAPON



HANDGUNS	---	\$10
SHOTGUNS	---	\$10
RIFLES	---	\$12

WHEN RENTING OUR FIREARMS YOU MUST PURCHASE OUR AMMO

AMMO PRICES MAY VARY

VISIT CARSON.ARMYMWR.COM

MUST HAVE A VALID ID.
MUST BE 21 TO RENT HANDGUNS,
18 TO RENT SHOTGUNS OR RIFLES.



Indoor Leisure

THUNDER ALLEY BOWLING CENTER

6391 Chiles Ave., Bldg. 1511 | (719) 526-5542 | Tuesday-Thursday: 11 a.m.-11 p.m., Friday-Saturday: 11 a.m.-12 a.m., Sunday: 1 p.m.-9 p.m.



INSIDE THUNDER ALLEY

- 36 fully-upgraded lanes
- "Bumper rails" for youth
- Strike Zone Snack Bar (featured on page 6)
- T & M's Pro Shop www.t-msproshop.com
- 4 multimedia screens for viewing your favorite sports team!



SPECIAL EVENT ROOMS AVAILABLE!

Plan your next special event with us! Rooms available for your next FRG meeting, Unit Fun Day, Hail and Farewell, or any other special events. Call for pricing and details.

BIRTHDAY PARTY PACKAGES

Make your party a special experience! Customer service specialists are available to assist you for a stress-free party experience. All birthday packages include 2 hours of bowling, party time and shoe rentals. Call for more details.

COSMIC BOWLING

Friday Nights: 9:30 p.m.-11:45 p.m.
Cost: \$9/Adult (ages 12+), \$8/Child (ages 11 & Under)
Saturday Afternoons: 1 p.m.-3 p.m.
Cost: \$10/person, includes shoes
 Bowl all you want with the whole family for 2 hours! Shoe rentals are \$2 per person.

50'S NIGHT

Tuesdays: 6 p.m.-9 p.m.
Cost: \$3
 5 games of bowling and shoe rental for \$3 per person, or 6 games for \$3 if you have your own shoes
 Chow down on some hot dogs for 50 cents each!



BINGO

Only \$1 per paper bingo card!
Play electronic bingo on machines or paper bingo for a chance to win big payouts. Numbers drawn daily. Play during Thunder Alley Bowling Center regular hours of operation.

FAMILY DAY

Wednesdays: 1 p.m.-11 p.m.
Cost: \$1 per game
 Enjoy games all day on Wednesdays. Shoe rentals are \$2 per person.

PIZZA BOWL

Sundays: 6 p.m.-9 p.m.
Cost: \$7/person
 Get 3 games of bowling, 2 slices of pizza, a drink and shoe rental for \$7! Call ahead to make a reservation for groups of 4 or more.

MIXED LEAGUE Every Friday.

GRANT LIBRARY Grant Library

1637 Flint St., Bldg. 1528 | (719) 526-2350 / (719) 526-2842 | Tuesday-Saturday: 9 a.m.-5 p.m., Closed on Sundays, Mondays and federal holidays.



Text GRANTLIBRARY to 22828 to get started!



INSIDE GRANT LIBRARY

- 76,000 Books
- Hundreds of CD's and Audio books
- Magazines and newspapers
- Free Wi-fi
- Computer room with 31 computers
- Free weekly & monthly programs for kids and adults
- Study rooms & meeting rooms **FREE DVD**

RENTAL

- Register at the library with your DOD ID and rent movies for free.
- Over 3,000 titles and multiple genres to choose from.
- Families can check out up to 4 titles at a time.

GRANT LIBRARY TEEN CENTER

- Open to teens ages 12-18 with valid DOD identification.
- Located in the main part of the library behind the computer lab.
- Books in Young Adult genre available for checkout.
- Equipment available: 2 computers, video player

STORY TIME AT GRANT LIBRARY

Dates: Wednesdays (Now-May 10)
Times: 10:30 a.m.-11:30 a.m.
Cost: Free
 Event includes stories, songs and crafts. Open to children (ages 6 and under) and their guardians.

CELEBRATION OF THE MILITARY CHILD: SCAVENGER HUNT

Date: April 1
Times: 1 p.m.-3 p.m.
Cost: Free
 Event includes adventure stories, crafts and refreshments. Open to the public. Kids of all ages are welcome.

NATIONAL LIBRARY WEEK (APRIL 11-15)

Dates: Children's Event on Saturday, April 15
Times: 1 p.m.-2 p.m.
Cost: Free
 Children's event with stories and refreshments. Open to the public.



MOTHER'S/FATHER'S DAY GIFT CRAFT

Dates: May 6
Times: 1 p.m.-3 p.m.
Cost: Free
 Open to the public. Kids of all ages are welcome.

SUMMER READING PROGRAM

Dates: Thursdays
Times: 10:30 a.m.-11:30 a.m.
Cost: Free
 Our annual Summer Reading Program theme is "Reading by Design." Join us for storytelling and crafts! Open to all ages. Inquire at Grant Library or sign up for our newsletter to receive updates.

AUTO SKILLS CENTER Fort Carson Auto Skills

7001 Wetzell Ave., Bldg. 2427 | (719) 526-2147 | Wednesday-Friday, 12 p.m.-7:30 p.m., Weekends: 9 a.m.-4:30 p.m., closed on Mondays, Tuesdays and federal holidays.

INSIDE THE AUTO SKILLS CENTER

- Car Care Classes are every Wednesday from 6 p.m.-7:30 p.m.
- Central Tool Issuing Room
- Parts Cleaning Bay
- 9 Drive on Bays
- 9 General Repair Bays
- 10 Two Post Bays
- 5 Engine Overhaul Bays
- 4 Auto Body Repair Bays
- 3 Tire bays
- 2 Paint Booths
- 2 Muffler Bays
- 2 Motorcycle Lifts

ABOUT THE AUTO SKILLS CENTER

The Auto Skills Center is a do-it-yourself shop that saves Fort Carson Soldiers and families tons of money each year. Take advantage of a low cost facility with professional guidance that provides you with the help and knowledge you need to repair your vehicle.

SPRAY ON BED LINER

Now offering professional bed liner services for all applications!

- Price: \$300
- Owner must prep vehicle.

Price is for standard truck bed. (Price may vary for other applications)

AVAILABLE EQUIPMENT AND SERVICES

Tool Boxes Available for Every Bay	Tire Spin Balance / Tire Balance
Steam Cleaner	Engine Block Cleaner
Sand Blaster	Drum / Rotor Turning
Car Care 101 Class	Hand Held Diagnostic Testing
Exhaust Bending	AC EVAC / Recharge
Vehicle Garage for Automotive Parts Storage	Welding (MIG, TIG, ARC, Plasma)
Rental Garage for Motorcycle Storage	Winter & Summer Checks
Vehicle Door Unlock	Hydraulic Press
Chop Saw / Band Saw / Drill Press	Brakes

PRICE COMPARISON

We save our customers tons of money! Take a look at our competitors prices:

OUR PRICE	COMPETITOR PRICES
Lift Bay Rental w/ Tools: \$6/hr.	Lift Bay w/ Tools: \$25/hr.
Flat Bay Rental w/ Tools: \$4/hr.	Flat Bay w/ Tools: \$25/hr.
Tech Guidance: Free	Tech Guidance: \$40/hr.

UPCOMING SPECIAL EVENTS

Auto Skills Show & Shine
Dates: May 18 & June 18
Time: 4 p.m.-8 p.m.
Cost: Free car show with food and prizes. Open to the public.

Rod Benders Annual Car Show, Liberty Edition
Dates: July 1-2 at the William Reed Special Events Center
 \$25/car early bird online registration, \$40/car cash only same-day registration
 Entry fee includes a free t-shirt, goody bag and sticker. For more information visit www.CarsonFreedomFest.com



DEPLOYED SPOUSES SERVICE

Free oil change service every Wednesday with the purchase of oil and filter.

ON-POST ROAD SERVICE FOR PRIMARY VEHICLE

Wednesday through Sunday during business hours.
 Services offered: Jump start, vehicle unlock, flat tire change and more.

VEHICLE RESALE LOT

Phone: (719) 526-2147
Location: Southeast corner of the main PX parking lot. Open 24 hrs.

- Permit required (\$15-\$35)
- Secure and Safe

FREE CAR CARE 101 CLASS

Learn car care basics with these instructional courses by automotive experts. Available to DoD ID holders, groups and FRG gatherings free of charge.

Every Wednesday, 5:30 p.m.-7 p.m.

- Tire Rotation
- Oil Changes
- Basic Inspection Guidelines

ADDITIONAL AUTOMOTIVE CLASSES

All classes are free to DoD ID holders.

Wednesdays, 5 p.m.-7 p.m.



Army Community Service

EDUCATION · OPPORTUNITY · DISCOVERY

WWW.CARSON.ARMY.MIL/ACS | (719) 526-4590 | TOLL FREE 1-800-804-8763 | FAX (719) 526-2637

REAL LIFE SOLUTIONS FOR EVERYDAY ARMY LIVING

Regardless of what stage of life you and your family are in, Army Community Service (ACS) has services and programs to make your Army life more successful. If you are new to the Fort Carson Colorado area, make sure to stop in and pick up a welcome packet, get maps and directions to the local area and meet our professional staff. ACS offers monthly classes on parenting, finances, relationships, exceptional Family members, self-improvement, military ins-and-outs and volunteer opportunities, plus much, much more.



ACS CENTER

6303 Wetzel Ave., building 1526
(719) 526-4590

Mon.-Fri.: 8 a.m.-5 p.m.
Wed.: 9 a.m.-5 p.m.
Federal Holidays: Closed

COMMUNITY CONNECTION

6391 Wetzel Ave., building 1524
(719) 526-1070

Mon.-Fri.: 8 a.m.-4 p.m.
Wed.: 9 a.m.-4 p.m.
Federal Holidays: Closed

SOLDIER & FAMILY ASSISTANCE CENTER

1481 Titus Blvd., building 7492
(719) 526-5807

Mon., Thur., Fri.: 8 a.m.-4:30 p.m.
Tue., Wed.: 9 a.m.-4:30 p.m.
Federal Holidays: Closed

FAMILY NURTURING CENTER

6070 Barkeley Ave., building 1354
(719) 526-0461

Open during class times only

FALLEN HEROES FAMILY CENTER

6990 Mekong St., building 6215
(719) 526-2069

Mon., Tue.: 8 a.m.-5 p.m.
Wed.: 9 a.m.-5 p.m.
Thur.: 8 a.m.-1 p.m.
Fri.: 8 a.m.-4 p.m.
Federal Holidays: Closed

INSIDE ACS CENTER

- Army Family Team Building
- Army Volunteer Corps
- Community Information & Referral
- Exceptional Family Member Program (EFMP)
- Employment Readiness Program
- Family Advocacy Program
- Family Enrichment Program
- Financial Readiness Program
- Mayoral Program
- Mobilization & Deployment Readiness Program
- New Parent Support Program
- Relocation Readiness Program
- Victim Advocacy Program

The ACS Center at building 1526, hosts many of the educational classes that support the Fort Carson community. This facility serves as the main center, home to our volunteers and classes; a computer lab through the Employment Readiness Program; an Information & Referral orientation on all of the available ACS resources.

INSIDE COMMUNITY CONNECTION

- Donation Management
- Fort Carson & Surrounding Community Information
- Immigration Services
- Loan Closet: check out household necessities
- Relocation Readiness Program

The ACS Community Connection is your first stop when arriving at Fort Carson for information on community services; Fort Carson and area maps; borrow household items such as pots and pans, cots, and vacuums from the Loan Closet; and learn how to make the most of your time at Fort Carson. ACS Community Connection simplifies your move with six computer stations for Soldiers and Family members to use at no cost along with printers, fax and copy services.

INSIDE THE SFAC

- Benefits Counseling
- Education / Employment Assistance
- Financial Counseling
- Community Information & Referral
- Military Personnel Services (HR)
- Nutrition Center
- VA Healthcare

The Soldier & Family Assistance Center (SFAC) was founded on Fort Carson in 2008. The SFAC is a "one stop shop" providing support and resources to Soldiers in Transition and their Families. Soldiers are assigned to either the Warrior Transition Battalion (WTB) or are in the Integrated Disability Evaluation System (IDES). Transitioning Soldiers are in the process of preparing for "return to duty" or transitioning out of the Army.

INSIDE THE NURTURING CENTER

- Baby Nurturing
- Infant Massage
- Nurturing Classes
- Play Group
- Rockin' Grannies
- Toddler Time

The ACS Family Nurturing Center is home to the New Parent Support Program's (NPSP) Nurturing classes. The NPSP is made up of a professional team of social workers and nurses that provide supportive and caring services to military families. NPSP can help parents learn to cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood. The facility is open during class times only.

INSIDE THE FHFC

- Benefits Counseling
- Bereavement Referral & Support
- Education / Employment Assistance
- Financial Counseling
- Community Information & Referral
- Post Access Support
- Peer-to-Peer Support
- Survivor Support Groups

Survivor Outreach Services (SOS) became an official Army program, in 2009, designed to provide long term support to surviving Families of Fallen Soldiers and Retirees. Conceived of and developed by Survivors, this program is continually refined based on Survivor feedback and involvement by senior Army leaders.

ACS LOCATIONS ON FORT CARSON



like us on



fort carson army community service

FIND CLASSES & REGISTER
www.carson.army.mil/acs



Find new friends
Make a better future
Build your community



EDUCATION · OPPORTUNITY · DISCOVERY

ALL ACS PROGRAMS OFFERED AT

NO COST!

Army Community Service = Army Community Success

RELOCATION READINESS PROGRAM

COMMUNITY CONNECTION | 6391 WETZEL AVE., BUILDING 1524 | (719) 526-1070

OFFICE HOURS: MON-FRI., 8 A.M.-4 P.M., WED., 9 A.M.-4 P.M.

ACS CENTER | 6303 WETZEL AVE., BUILDING 1526 | (719) 526-4590

OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

HELPING SOLDIERS AND THEIR FAMILIES MAKE A HOME

The ACS Relocation Readiness Program can help you find your way around Fort Carson, build connections with other Soldiers & Families on post, and make the best plan for your next destination.



NEWCOMERS ORIENTATION

Get acquainted with your new home and meet other folks that are new to post. This 2-day orientation features services and programs that are available on and around Fort Carson. Day 1 includes a van tour of the post and Colorado Springs community, plus lunch at a Dining Facility (DFAC).

Location: Community Connection, building 1524

Dates: April 10 & 11, May 15 & 16, June 12 & 13, July 10 & 11, Sept. 11 & 12

Time: 9 a.m.-1 p.m.

T3 SPONSORSHIP TRAINING

Training the Trainer

T3 is a master trainer course for unit sponsors. Soldiers will learn how to train Sponsors for the Fort Carson Sponsorship Program. Training is for designated unit/brigade reps that were previously a Sponsorship Coordinator. After completion, Soldiers will be able to lead the ACS Sponsorship Training at the unit level. Soldiers must attend both days of training and have orders to do so.

Location: Community Connection, building 1524

Dates: April 3 & 4, Sept. 13 & 14

Time: 9 a.m.-2 p.m.

HOMEBUYERS WORKSHOP

Learn all the facts about homebuying. Topics include: choosing a real estate agent, selecting the right house, obtaining the right mortgage, VA Loans, understanding the closing process and much more.

Location: Community Connection, building 1524

Dates: 4th Weds. of the month

Time: 1 p.m.-4 p.m.

IMMIGRATION & NATURALIZATION CLASSES

If you don't know where to start, stop in for the Immigration 101 class. The Green Card and Citizenship classes walk participants through all the paperwork required for either Green Card application (immigration) or Naturalization application (citizenship). The processes (forms & fees) are explained in depth. You will receive a list of all the evidence needed for your case.

Location: Community Connection, building 1524

Immigration 101

Dates: Tuesdays

Time: 2 p.m.-4 p.m.

(Call (719) 526-1070 to register)

Green Card - Immigration Class

Dates: 2nd & 4th Weds. of the month

Time: 8 a.m.-Noon

Citizenship - Naturalization Class

Dates: 2nd & 4th Thurs. of the month

Time: 1 p.m.-4 p.m.

IMMIGRATION ASSISTANCE

Make a one-on-one appointment to help navigate the immigration process. Free service open to all Soldiers, spouses, and DA Civilians; Active Duty and Retired. Representative works with the USCIS Denver Office.

Location: Community Connection, building 1524

Dates: Call (719) 526-1070 for an appointment

NATURALIZATION CEREMONY

Celebrate the naturalization process and welcome our new citizens.

Participants are Soldiers, spouses, and DA Civilians; Active Duty and Retired. Ceremony is conducted by the U.S. Citizenship and Immigration Services (USCIS) Denver Office representatives.

Location: Community Connection, building 1524

Dates: 3rd Thurs. of the month

Time: 2 p.m.-2:30 p.m.

S1 IMMIGRATION TRAINING

This required training ensures BN and BDE S1's are able to properly assist their Soldiers with the Immigration and Naturalization process. Documents covered are the N-400, N-426, G-1145, M-477, Authorization for Release of Information, Request for Certification, Authorization for USCIS Usage of Military Services and civics questions. Training is open to all Soldiers, DA Civilians, and Contractors. Participants will work through scenario based exercises.

Location: Community Connection, building 1524

Dates: May 3

Time: 9:30 a.m.-4 p.m.

EVERYDAY ENGLISH

for the Foreign Born Military Spouse

This 10-week class will help develop basic English skills in the areas of grammar, conversation, and composition. Our goal is to grow cross-cultural communication skills which are needed to adapt to the military lifestyle. Rosetta Stone software is available for students to use in the computer lab before and after class. Each student will have 20 hours of homework each week.

Pre-registration for the program is required; participants must complete an enrollment packet and assessment test. Sponsors are requested to attend pre-registration.

Location: ACS Center, building 1526

Class Times

Dates: June 6-Aug. 17, Sept. 5-Nov. 16

Days: Tuesday, Wednesday & Thursdays

Time: 9:15 a.m.-11:30 a.m.

Registration closes 15 days before class start date (30 days before, if childcare requested).

MEET-UPS

Interested in meeting new friends? If so, join in the fun! Create connections based on shared experiences through military life and your background. Children are welcome.

Location: Community Connection, building 1524

German Meet-Up

Dates: Alternating Weds.

Time: 10 a.m.-12 p.m.

Latino Meet-Up

Dates: 1st & 3rd Tues. of the month

Time: 10 a.m.-1 p.m.

Multicultural Meet-Up

Dates: 2nd & 4th Tues. of the month

Time: 12 p.m.-2 p.m.

LGBTQ Meet-Up

Dates: 1st & 3rd Mon. of the month

Time: 11 a.m.-1 p.m.

DIVERSITY AWARENESS MONTH

Diversity Awareness Month is about opening dialogue that foster an appreciation of the differences that separate us as well as the similarities that unite us. See website activities.

Dates: View August dates online

HEARTS APART MEET-UPS

Whether your Soldier is deployed, mobilized on temporary duty, or PCS'd to another duty station Hearts Apart is great way to connect with others in similar situations. Make new friends, attend fun activities, and find new connections. Children are welcome.

Location: ACS Center, building 1526

Meet & Greet

Dates: June 1, Aug. 3, April 6

Time: 1 p.m.-3 p.m.

Craft & a Movie: 'Sing'

Dates: July 14

Time: 1:30 p.m.-3:30 p.m.

Craft & a Movie: 'Zootopia'

Dates: Aug. 25

Time: 1:30 p.m.-3:30 p.m.

PCS 101

Soldiers and Spouses who are preparing to move for the first time with the military learn the basics of the PCS process. Participants receive information on what the requirements are prior to the PCS move, what to expect when traveling, and what to expect for the first 30 days after arrival to your new location. This class is highly recommended even if it's not your first move, whether you are single or married.

Location: ACS Center, building 1526

Dates: 1st & 3rd Weds. of the month

Time: 1 p.m.-2:30 p.m.

DESTINATION OVERSEAS

Learn what is needed in order to have a successful overseas move. This includes any OCONUS location: Alaska, Germany, Hawaii, Italy, Japan, and Korea. Gain specific knowledge about your destination and receive an overview of all the required paperwork. Single or married, this class will give you a leg-up for your next adventure.

Location: ACS Center, building 1526

Dates: 2nd & 4th Weds. of the month

Time: 1 p.m.-2:30 p.m.



EMPLOYMENT READINESS PROGRAM

ACS CENTER | 6303 WETZEL AVE., BUILDING 1526 | (719) 526-0452

OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

HELPING SOLDIERS & SPOUSES HELP THEMSELVES

The ACS Employment Readiness Program offers a variety of services. These services give patrons (Active Duty, retirees, Family members and civilian personnel) the resources they need to find their next job.

JOB SEARCH ORIENTATION

Participants will receive valuable information that answers the most common questions about starting your job search at Fort Carson and within the local commuting area. Once a month a Fort Carson Civilian Personnel Advisory Center (CPAC) representative will contribute information concerning the military spouse application process for government/federal jobs, and the Military Spouse Preference Programs.

Location: ACS Center, building 1526

Time: 9:30 a.m.-11:30 a.m.

Job Search Orientation

Dates: Wednesdays

Job Search Orientation

with Military Spouse CPAC Brief

Dates: 4th Weds. of the month

RESUME WRITING WORKSHOP

Participants will receive important resume writing tips for today's job market, interview techniques, how to dress for success, and assistance in writing and completing a finished civilian and federal resume.

Location: ACS Center, building 1526

Dates: 1st & 3rd Tues. or Thurs. of the month

Time: 9:30 a.m.-12:30 p.m.

TRANSITIONING SOLDIER ASSISTANCE

Receive valuable information about starting your job search as you transition from the Army to the civilian world. Resume writing tips, as well as handouts will be provided to assist in your transition needs.

Location: ACS Center, building 1526

Dates: 4th Thurs. of the month

Time: 9:30 a.m.-12:30 a.m.

RESUME REVIEW

Have your resume reviewed and critiqued by an expert, which includes a follow up scheduled appointment.

Location: ACS Center, building 1526

Dates: Call (719) 526-0452 for an appointment

Time: 9:30 a.m.-12:30 a.m.

VICTIM ADVOCACY PROGRAM

ACS CENTER | 6303 WETZEL AVE., BUILDING 1526 | (719) 526-4590

OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

SUPPORTING THOSE THAT NEED A VOICE

The Victim Advocacy Program (VAP) provides emergency and follow-up support services to adult victims of domestic abuse. Advocacy services are available to service members, their current or former spouses, and those who can be seen by a military medical facility. Our services are available 24 hours a day, 7 days a week through our 24 HR Victim Hotline: (719) 243-7907

VICTIM SUPPORT GROUPS

Meet with others that have a history with domestic violence in a safe place where all ideas and experiences can be expressed in a judge free environment. Men's and Women's group meet separately.

Location: ACS Center, building 1526

Women's Group

Dates: Tuesdays

Time: 1 p.m.-2 p.m.

Men's Group

Dates: Thursdays

Time: 10 a.m.-11 a.m.

SOLDIER AND FAMILY ASSISTANCE CENTER

1481 TITUS BLVD., BUILDING 7492 | (719) 526-5807 | OFFICE HOURS:

MON., THURS. & FRI., 8 A.M.-4:30 P.M. TUES. & WED., 9 A.M.- 4:30 P.M.

SUPPORTING WOUNDED SOLDIERS AND THEIR FAMILIES

The ACS Soldier & Family Assistance Center (SFAC) staff and partner agencies offer customized, one-on-one support for wounded, ill and injured Soldiers and their Families to promote resilience, wellness and peace of mind while transitioning from the Army or recuperating to return to duty. The SFAC provides assistance with financial counseling, employment, education, benefits counseling, community programs, and social services. One-on-one appointments available for these resources.

IN PROCESSING BRIEF

This brief is an orientation to the SFAC Program. There is a building tour and introduction to all service providers. Open to all Soldiers for Warriors in Transition Battalion (WTB), Integrated Disability Evaluation System (IDES) Soldiers and their Family members.

Location: SFAC, building 7492

Dates: Tuesdays & Thursdays

Time: 1 p.m.-2 p.m.

TRANSITION BRIEF

This briefing is for WTB and IDES soldiers that are medically separating from the Army out of the military. The brief covers all of the military benefits and services transitioning Soldiers can utilize.

Location: SFAC, building 7492

Dates: Monday, Wednesday & Friday

Time: 9:45 a.m.-11:30 a.m.

NUTRITION CENTER

Getting the right nutrition is important for your treatment. The SFAC Nutrition Center is open daily with snacks and beverages for WTB and IDES Soldiers & their Families.

Location: SFAC, building 7492

Dates: Weekdays

Time: SFAC hours of operation

FAMILY SOCIAL

Soldiers & their Families assigned to the WTB or in the IDES can learn more about the process and resources available. Dinner is provided. All Family members are welcome.

Location: SFAC, building 7492

Dates: Call (719) 526-5807 for the current schedule

Time: 5:30 p.m.-7 p.m.

SURVIVOR OUTREACH SERVICES

FALLEN HEROES FAMILY CENTER | 6990 MEKONG ST., BUILDING 6215 | (719) 526-5807

OFFICE HOURS: MON., TUES.: 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M., THUR., 9 A.M.-1 P.M., FRI., 9 A.M.-4 P.M.

SERVING THE FAMILIES OF THE FALLEN

Fort Carson recognizes that coping with the loss of a loved one proves to be an extremely difficult life experience, and when it is connected with the loss of a Military loved one, the experiences of that loss are magnified. Survivor Outreach Services (SOS) assists in connecting you with the people who can help you minimize your stress. This includes addressing the unresolved issues or questions that may surface months or even years after the loss of a loved one. SOS is an enhanced, holistic and multi-agency approach to delivering services to our Families of the Fallen in the State of Colorado, Utah, North Dakota, South Dakota and Wyoming.

NEW PARENT SUPPORT PROGRAM

ACS CENTER | 6303 WETZEL AVE., BUILDING 1526 | (719) 526-0461 | OFFICE HOURS: MON-FRI., 8 A.M. TO 5 P.M., WED., 9 A.M.-5 P.M.

SUPPORTING MILITARY PARENTS & YOUNG CHILDREN

The ACS New Parent Support Program (NPSP) is a professional team of social workers and nurses that provide supportive and caring services to military Families. Our trained and supervised home visitors have extensive knowledge of the issues confronting military parents and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. A variety of classes are offered to meet the schedule and needs of our Fort Carson Families.

BASIC TRAINING FOR NEW MOMS

An education and discussion group for moms to share motherhood fears and challenges, practical activities, and to learn how to support dad and become a great mom. Offered for moms only.

Location: ACS Center, building 1526
Dates: 3rd Tues. of the month
Time: 9 a.m.-11 a.m.

BOOT CAMP FOR NEW DADS

An interactive and engaging class that focuses on what it means to become a father and how to care for baby and mom. Offered for dads only.

Location: ACS Center, building 1526
Dates: 1st Tues. of the month
Time: 9 a.m.-12 p.m.

INFANT MASSAGE & BABY NURTURING

Increase the bond between you and your baby through various infant massage techniques. This class includes strokes to alleviate colic, create strong bonds and increase

communication between parent and baby.

Location: Nurturing Center, building 1354
Dates: Tuesdays
Time: 10 a.m.-11:30 a.m.

PLAY GROUP

Infants to 5 years of age

This is a fun filled interactive meet-up for parents and children. Your child will improve their social, cognitive and motor skills. For infants to 5 years of age. School age kids welcome in the summer.

Location: Nurturing Center, building 1354
Dates: Fridays
Time: 10 a.m.-11 a.m.

TODDLER TIME

18 months & older

This class focuses on gross motor enhancement through songs and dance; sensory enrichment through arts and crafts; as well as nurturing the child and the parent. For ages 18 months and older.

Location: Nurturing Center, building 1354
Dates: Thursdays
Time: 9:30 a.m.-11 a.m.



NURTURING

Infants to 5 years of age

This 12-week class teaches parents how to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more.

Location: Nurturing Center, building 1354
Registration required: Call (719) 526-0461 for details

NURTURING

5 to 12 years of age

This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more.

Location: Nurturing Center, building 1354
Registration required: Call (719) 526-0461 for details

HOME VISITS

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday through Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.

Information: (719) 526-0461



FAMILY ADVOCACY PROGRAM

ACS CENTER 6303 | WETZEL AVE., BUILDING 1526 | (719) 526-4590
OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

SUPPORTING HEALTHY SOLDIER & FAMILY RELATIONSHIPS

The Family Advocacy Program (FAP) promotes individual, couple and Family wellness by offering a comprehensive program that includes awareness, education and support to prevent Family violence. Classes are offered to commanders, units, professionals, Families and the community.

COOPERATIVE PARENTING & DIVORCE

Take the time to understand your new roles in this important relationship and how to best support your kids during this big transition in their lives. Class is for parents who have children and are divorcing. This class meets the State of Colorado requirement for divorcing couples.

Location: ACS Center, building 1526
Dates: 2nd Tues. of the month
Time: 9 a.m.-12:30 p.m.

HEARTSAVER, CPR & AED TRAINING

Heartsaver class teaches the basic techniques of adult and child CPR, plus the use of an AED (Automated External Defibrillator). For anyone who does not work in a healthcare environment. Classes fill quickly, please register early.

Location: ACS Center, building 1526
Dates: See website for upcoming dates
Time: 8:30 a.m.-11:30 a.m.

SCREAMFREE MARRIAGE

A 2-day class to learn to relate with your partner in a calm, cool and connected way. This class includes topics such as, "Calming Down, Growing Up and Getting Closer," "The Fires of Lifelong Commitment," and "Getting Closer with Intimacy and Love."

Location: ACS Center, building 1526
Dates: April 5 & April 12
Time: 9 a.m.-12 p.m.

SCREAMFREE LAUNCHING HOPE

A 5-week class, Launching Hope lays out a clear path for how parents can lead their teenagers into a more productive future and create a better relationship with them along the way. Single parents and couples are welcome to participate.

Location: ACS Center, building 1526

Dates: Wednesdays, May 3-31
Time: 9 a.m.-11:30 a.m.

SCREAMFREE PARENTING

A 6-week class where you will learn to relate with your children in a calm, cool, and connected way by taking hold of your own emotional responses. Helps parents learn to calm their emotional reactions and focus on their own behaviors more than their kids.

Location: ACS Center, building 1526
Dates: Wednesdays, Aug. 23-Sept. 13
Time: 9 a.m.-12 p.m.

SMART STEPS

This is a research-based marriage and family life education program that recognizes the complexities and interdependent nature of relationships with step-families.

Location: ACS Center, building 1526
Dates: March 22, April 26
Time: 9 a.m.-12 p.m.

5 LOVE LANGUAGES

This class will discuss your "Love Language" and how to use it to strengthen your communication style. The workshop is based on the best-selling book "The 5 Love Languages."

Dates: Check our website for next date

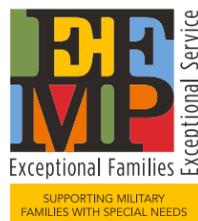
RESILIENCE CLASSES

Participants learn about resilience and the competencies that contribute to resilience: self-awareness, self-regulation, optimism, mental agility, strength of character, and connection. Grow and thrive in the face of challenges and bounce back from adversity. The Resilience Classes are available to military spouses, active duty military, civilians, and contract civilians. Topics change each month.

Location: ACS Center, building 1526
Dates: 3rd Thurs. of the month
Time: 9 a.m.-12 p.m.

EXCEPTIONAL FAMILY MEMBER PROGRAM

ACS CENTER 6303 WETZEL AVE., BUILDING 1526 | (719) 526-4590
OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.



WE KNOW THE SYSTEM. WE CAN HELP.

An Exceptional Family Member (EFM) is a Family member, child or adult, with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling. The Exceptional Family Member Program (EFMP) is designed to assist military personnel agencies in making assignments for the Soldier, taking into consideration the documented medical and/or educational needs of the Soldier's enrolled Family member. EFMP provides a multi-agency approach for community support, housing, medical, educational and personnel services to Families with special health and/or educational needs/concerns.

EFMP SENSORY MOVIE NIGHT

For many families, going to a movie theater together is simply not an option because loud sounds and a dark theater can be pretty overwhelming. Plus, the need to watch the movie in silence can be hard for some kids. At the EFMP Sensory Movie Night the lights are left on, the sound is turned down and audience members are invited to get up and move about as needed.

Dates: Check our website for next date

EFMP 101

Find out how the EFMP will affect your assignment or career progression, what the program can do for your Family, and what conditions warrant enrollment in the EFMP. EFMP 101 will bust program myths and explain accurate information in detail helping you understand the ins-and-outs of the EFMP, how it affects you, and the services that are offered.

Location: ACS Center, building 1526
Dates: June 8, Sept. 14
Time: 11:30 a.m.-12:30 p.m.

FAMILY BOWLING NIGHT

Enjoy a fun bowling experience for you and your special needs child. You'll also be able to network with other EFMP Families. No cost for EFMP Families; includes 2 games and shoe rental. Space is limited; registration is required.

Dates: Check our website for next date

DEVELOPMENTAL SCREENINGS

(Children Newborn to 3 years old)

The Resource Exchange is the local community agency responsible for evaluation and eligibility determination for early intervention services for El Paso County. They will be on hand to provide a free developmental screening for children of Army Families aged newborn to 3 years old.

Location: Ivy Child Development Center, building 1840
Dates: June 2
Time: 9 a.m.-11 a.m.

INDIVIDUALIZED EDUCATION PROGRAM (IEP)-ADVANCED

If you have a child with an IEP and feel like a lost fish swimming in an ocean of special education jargon, this class is for you. Reduce your confusion and the feeling of being overwhelmed. You will learn the basics of the special education process, understand your rights and responsibilities, those of the education system, and how to collaborate with educational professionals.

Location: ACS Center, building 1526
Dates: Sept 7
Time: 6 p.m.-8 p.m.

MEDICAID WAIVER INFORMATION WORKSHOP

Medicaid waivers enable people (including children) who wouldn't otherwise qualify for Medicaid due to income or assets, to access Medicaid

benefits even if the individual already has private insurance. For help in discovering if your child might qualify for Medicaid or any of the waivers, start with this informational workshop led by an expert in the field.

Location: ACS Center, building 1526
Dates: May 24
Time: 1 p.m.-2:30 p.m.

MUSIC THERAPY WORKSHOP

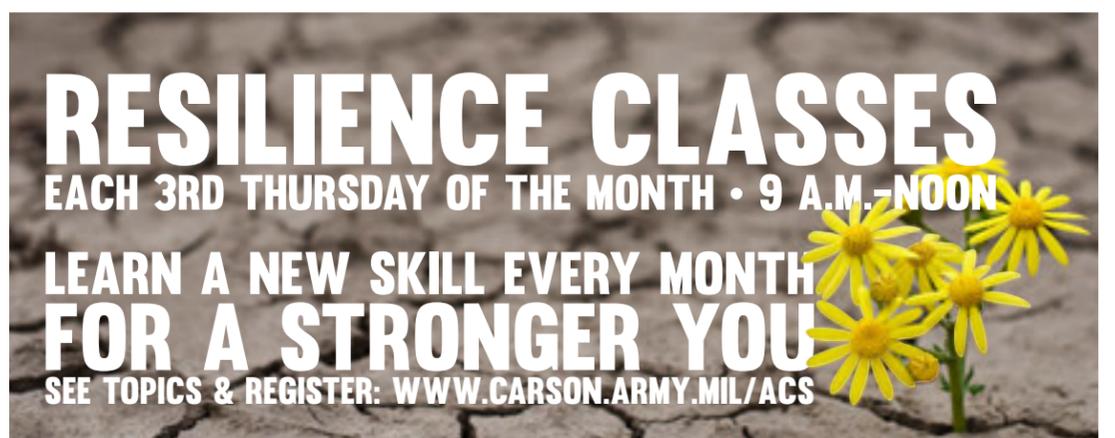
Music therapy interventions can be designed to promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical rehabilitation. Join us for an informational and interactive workshop about music therapy and its benefits. Space is limited; registration is required.

Dates: Check our website for next date

PARENTS NIGHT OUT

Recognizing the necessity for parents who have special needs children to take time out of their busy schedules to 'recharge their batteries', the EFMP has partnered with Tumbleweeds at the Mountain Post to offer complimentary guided craft nights. This event is for *adults only*. Space is limited; registration is required.

Dates: Check our website for next date

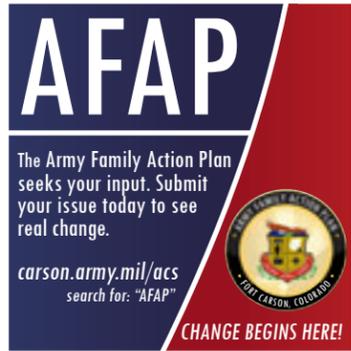


ARMY FAMILY TEAM BUILDING

ACS CENTER 6303 | WETZEL AVE., BUILDING 1526 | (719) 526-4590
OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

EMPOWERING SOLDIERS & FAMILIES TO MAXIMIZE THEIR PERSONAL GROWTH

Army Family Team Building (AFTB) empowers individuals, maximizing their military knowledge, personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation meeting today's military mission.



AFTB: MILITARY KNOWLEDGE

Level K provides the basic information and skills needed by all military spouses including military terms, acronyms, customs and expectations, impact of the mission on family life, and much more.

Location: ACS Center, building 1526
Time: 9 a.m.-3 p.m.

K.1-K.3

Dates: April 4, July 11

K.4-K.7

Dates: April 11, July 18

K.8-K.10

Dates: April 18, July 25

AFTB: PERSONAL GROWTH

Level G focuses on communication, exploring personality traits, creative problem solving and many aspects of

self improvement.

Location: ACS Center, building 1526
Time: 9 a.m.-3 p.m.

G.1-G.3

Dates: April 25, Aug. 1

G.4-G.6

Dates: May 2, Aug. 15

G.7-G.9

Dates: May 9, Aug. 22

G.10-G.12

Dates: May 16, Aug. 29

AFTB: LEADERSHIP DEVELOPMENT

Level L will enhance an individual's professional growth. 'L' is for those who are or wish to be leaders, whether in the FRG or the community.

Location: ACS Center, building 1526
Time: 9 a.m.-3 p.m.

L.1 & L.7

Dates: June 6, Sept. 12

L.2 & L.5

Dates: May 23, Sept. 5

L.3 & L.6

Dates: June 13, Sept. 19

L.4 & L.8

Dates: June 20, Sept. 26

ARMY 101

A 5-hour class designed to help civilian organizations understand more about how the Army works at Fort Carson and learn the basics of working with Soldiers & Families. Includes a

windshield tour.

Location: ACS Center, building 1526
Dates: June 1, Sept. 7
Time: 8:30 a.m.-1:30 p.m.

BRIEFER TRAINING COURSE

Briefers may be called upon to deliver briefings on a wide variety of information and programs to diverse audiences. This course specifically addresses how to prepare for and present effective briefings.

Location: ACS Center, building 1526
Dates: Aug. 23
Time: 9 a.m.-4 p.m.

COMPANY COMMANDER & 1SG SPOUSE COURSE

Learn about the structure of the Army and Fort Carson, the deployment cycle, customs and courtesies, coping through crises, character strengths and resilience, recruiting and recognizing volunteers, and more.

Location: ACS Center, building 1526
Dates: May 20 & 22, Sept. 18 & 19
Time: 9 a.m.-4 p.m.

INSTRUCTOR TRAINING COURSE

This 3-day Instructor Training Course prepares volunteers to become instructors for the AFTB program. No prior teaching experience is necessary.

Location: ACS Center, building 1526
Dates: Aug. 7-9
Time: 9 a.m.-3 p.m.

ARMY VOLUNTEER CORPS

ACS CENTER | 6303 WETZEL AVE., BUILDING 1526 | (719) 526-4590
OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

SUPPORTING & TRAINING VOLUNTEERS TO MAKE A DIFFERENCE IN THEIR COMMUNITY

The Fort Carson Army Volunteer Corps (AVC) provides opportunities to make a difference in the Fort Carson and Colorado Springs communities. AVC helps volunteers find positions which fit their current skill set and will help them grow. Volunteerism is a perfect opportunity to learn new skills and connect with new people.

YARD SALE

The ACS Mayoral Program facilitates yard sales twice a month on Fort Carson for DoD ID holders (non-residents set up on Flint St.) Find great deals and meet new people. In case of bad weather, yard sales will be rescheduled to the Saturday following a regularly scheduled date.

Location: Fort Carson Housing Units
Dates: 1st & 3rd Sat. of the month
Time: 8 a.m.-3 p.m.

NEW VOLUNTEER ORIENTATION, VMIS & OPOC TRAINING

Learn what is expected of you as a volunteer and how to navigate the Volunteer Management Information System (VMIS). As an Organizational Point of Contact (OPOC) you will gain a comprehensive understanding of how to manage volunteers through VMIS. Required for both new volunteers and OPOCs.

Location: ACS Center, building 1526
Dates: Last Weds. of the month
Time: 1:30 p.m.-3:30 p.m.

NATIONAL VOLUNTEER WEEK

National Volunteer Week promotes and strengthens volunteerism by uniting community volunteer efforts, supporting professional management and establishing volunteer partnership to support individual growth and life-long volunteer commitment. See our website for activities.

Dates: April 23-29

NATIONAL VOLUNTEER WEEK 5K RUN/WALK

In collaboration with the American Red Cross, this event is a celebration/observance of National Volunteer Week. Leashed pets and strollers welcome. On site registration at 2 p.m., run/walk starts at 3:30 p.m.

Location: Iron Horse Park
Date: April 27
Time: 3:30 p.m.-5:30 p.m.

QUARTERLY VOLUNTEER RECOGNITION

Each quarter Fort Carson takes the opportunity to honor exemplary volunteers who have made an impact throughout the quarter.

Location: Division Headquarters, building 1435, room 107
Dates: May 9, Aug. 15
Time: 1 p.m.-2 p.m.

ANNUAL VOLUNTEER AWARD RECOGNITION

Fort Carson has over 5,000 volunteers throughout the post and local community who support Soldiers, their Families and surrounding communities. The most committed of these volunteers are honored annually.

Location: Elkhorn Conference Center, building 7300
Date: May 16
Time: 12 p.m.-2 p.m.

2017 NATIONAL NIGHT OUT

National Night Out is an annual community outreach campaign which promotes police and community partnerships along with neighborhood camaraderie to make neighborhoods a safer, more caring place to live. Fort Carson celebrates this night by inviting Crime Dog McGruff and having D.A.R.E. activities.

Location: Soldier's Memorial Chapel, building 1500
Date: Aug. 8
Time: 4 p.m.-8 p.m.

MAYORAL ELECTIONS

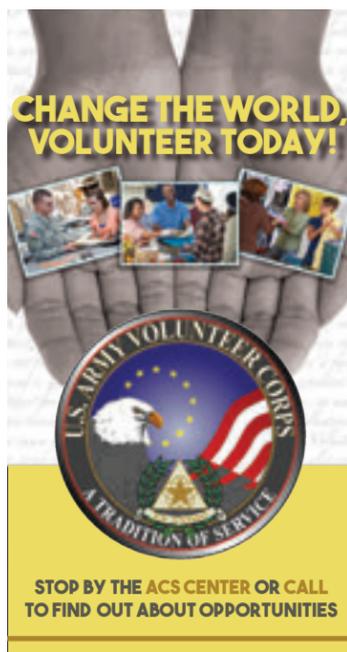
Fort Carson holds Annual Mayoral Elections for the 16 residential villages on post. Village residents elect their Mayor through a ballot electoral process. Mayors serve for one-year and advocate for their village with community partners.

Location: Various locations
Dates: Aug. 23 & 24
Time: 9 a.m.-4:30 p.m.

MAYORAL INAUGURATION

Friends and Family celebrate the newly elected Mayors of the Fort Carson housing villages. Mayors-Elect are inaugurated at a ceremony hosted by the Garrison Command Team.

Location: Elkhorn Conference Center, building 7300
Dates: Sept. 26
Time: Noon-1:30 p.m.



VOLUNTEER ADVISORY COUNCIL MEETING

Forum for Volunteer Coordinators, OPOCs, FRLs, FRASAs and Senior Spouses to discuss happenings in their respective programs or units and share current volunteer developments.

Location: ACS Center, building 1526
Date: July 25
Time: 10 a.m.-11 a.m.

MOBILIZATION & DEPLOYMENT READINESS

ACS CENTER | 6303 WETZEL AVE., BUILDING 1526 | (719) 526-4590
OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

SUPPORTING SOLDIERS & THEIR FAMILIES IN MILITARY READINESS

The Mobilization, Deployment Readiness & Stability Support Operations (MDR&SSO) Program is designed to support unit commanders in preparing service members, civilian employees, and their Families for military operations.

CARE TEAM TRAINING

The Casualty Response (CARE) Team fills the gap between the Notification Team and a Family's personal support arriving. This training prepares volunteers to help during a time of tragedy or loss.

Location: ACS Center, building 1526
Dates: April 4, May 6, June 29, July 18, Aug. 19, Sept. 14
Time: Times vary, see our website

FAMILY OPSEC

Protect your Soldier by protecting the information you know. This practice is known as Operations Security (OPSEC). Family OPSEC covers what OPSEC encompasses, including social media and personal security guidelines.

Location: ACS Center, building 1526
Dates: April 10, May 4, June 21, July 12, Aug. 16, Sept. 13
Time: Times vary, see our website

FRG: FOUNDATIONS CLASS

Learn what the Family Readiness Group (FRG) is and how it supports Families and Soldiers. Students will review the FRG mission and determine how leaders can advocate for mission readiness.

Location: ACS Center, building 1526
Dates: April 13, May 6, 18, June 29, July 13, Aug. 10, Aug. 19, Sept. 14
Time: Times vary, see our website

FRG: KEY CONTACT CLASS

This training covers the responsibilities and expectations within your FRG. Learn how to handle crisis phone calls and other important communication.

Location: ACS Center, building 1526
Dates: April 4, 13, May 6, 18, June 29, July 13, 18, Aug. 10, 19, Sept. 14
Time: Times vary, see our website

FRG: FUND CUSTODIAN CLASS

This training covers the role and responsibilities of this position in your FRG. Includes Army regulations for managing FRG informal funds and fundraising.

Location: ACS Center, building 1526
Dates: April 4, 13, May 6, 18, June 29, July 13, 18, Aug. 10, 19, Sept. 14
Time: Times vary, see our website

FRG: LEADER CLASS

This 2-day course trains FRG Leadership to set-up, maintain, and handle challenges within the FRG. Required training for all FRG Leaders. Open to all wanting to learn more about the structure of the FRG and requirements of the leadership role.

Location: ACS Center, building 1526
Dates: April 1 & 3, July 10 & 11
Time: 9 a.m.-4 p.m.

FRL ACADEMY

This 3-day course trains Soldiers selected to be unit Family Readiness Liaisons (FRLs) on how best to assist unit commanders and FRG leadership.

Location: ACS Center, building 1526
Dates: June 7-9, Sept. 20-22
Time: 9 a.m.-4 p.m.

REAR DETACHMENT LEADERS COURSE

A 2-day class to gain a better understanding of the Rear Detachment Leaders role & the many resources available for crisis intervention. Open to Soldiers and Civilians.

Location: ACS Center, building 1526
Dates: May 23 & 24, Aug. 22 & 23
Time: 9:30 a.m.-4 p.m.

FINANCIAL READINESS PROGRAM

ACS CENTER | 6303 WETZEL AVE., BUILDING 1526 | (719) 526-4590
OFFICE HOURS: MON-FRI., 8 A.M.-5 P.M., WED., 9 A.M.-5 P.M.

EDUCATION FOR A SUCCESSFUL FINANCIAL FUTURE

The Fort Carson ACS Financial Readiness Program provides finance education, budget assistance, personalized budget counseling, credit counseling and debt management along with a host of many other finance support programs.

1ST TERMERS TRAINING

As a Soldier new to the Army, learn how to save and invest your money, establish savings goals, debt elimination strategies, and create a savings for emergency situations.

Location: ACS Center, building 1526
Dates: Mondays
Time: 9 a.m.-11:30 a.m.

ARMY EMERGENCY RELIEF (AER)

AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family Members; Widows and Widowers, Retirees; and Retiree Family members needing financial assistance in an unforeseen emergency situation. AER is dedicated to "Helping the Army Take Care of Its Own." Contact your unit's Command Financial NCO or Financial Readiness for an appointment to see if your situation qualifies.

Location: ACS Center, building 1526
Dates: Call (719) 526-4590 for an appointment

BANKING MANAGEMENT

Learn the basics of ATMs, checking and savings accounts and how to make the best of the different tools banks have to offer.

Location: ACS Center, building 1526
Dates: 1st Tues. of the month
Time: 9 a.m.-11:30 a.m.

BROWN BAG LUNCH

Take your lunch break with Financial Readiness and learn how to better manage your money. Topics include:

- 1st Thurs. - Thrift Savings Plan
- 2nd Thurs. - Managing Your Debt
- 3rd Thurs. - New Blended Retirement System
- 4th Thurs. - Used Car Buying

Location: ACS Center, building 1526
Dates: 1st-4th Thurs. of the month
Time: 12 p.m.-1 p.m.

FINANCIAL COUNSELING

Meet with one of our Financial Counselors and get a handle on your specific financial situation. This is one-on-one counseling for budgets, debt management, or retirement plans.

Location: ACS Center, building 1526
Dates: Call (719) 526-4590 for an appointment

IRON HORSE BUDGET

If you've never even thought of having a budget, this class will help you learn how to create your own budget. Designed to ensure that each Soldier has a plan to better manage their money and create a sound financial plan.

Location: ACS Center, building 1526
Dates: 2nd & 4th Thursdays
Time: 9 a.m.-11:30 a.m.

SMART MONEY TALKS

Stop by after work and enhance your financial knowledge. Designed for Soldiers and Family members wanting to improve their financial status and plan for the future. Topics change each month, see our website for the next offering.

Location: ACS Center, building 1526
Dates: 2nd Thurs. of the month
Time: 5:30 p.m.-7:30 p.m.





Sports & Fitness

PHYSICAL FITNESS CENTERS




PERSONAL TRAINING

Personal training services available at all Fort Carson gyms.

More information at: carson.armymwr.com



\$3 PER CLASS
\$45 UNLIMITED MONTHLY CLASSES
\$30 per 10-ticket BOOKLET

Group Exercise Classes available at all Fort Carson gyms



Hambone CrossFit

Free CrossFit classes at Waller Gym. Call (719)526-2742 or follow Waller Gym on social media for more information.

TEMPORARY FACILITY CLOSURE FROM MAY 1-29, 2017

Iron Horse Sports and Fitness Center will close on May 1, 2017 to conduct its annual floor resurfacing maintenance project. The work will take approximately four weeks to complete ending on May 29, 2017. The facility will remain closed for the duration of the project due to air quality concerns resulting from the solvent-based product used to refinish the wooden floor surfaces in the facility. Management and staff have made accommodations to relocate fitness classes to other fitness centers. Additionally, gymnasium open play basketball will relocate to the William Reed Special Events Center beginning May 1, 2017 and will offer specific hours daily for open play basketball with some restrictions. To view the May 2017 Group Exercise and Basketball Court schedules, visit carson.armymwr.com.

GARCIA GYM

 **Garcia Physical Fitness Center**

6360 Porter St., Bldg. 1856
(719) 526-3944

Weekdays (M-F): 5 a.m.-8 p.m.

Weekends & Training Holidays: 6 a.m.-2 p.m.

Federal Holidays: Closed

INSIDE GARCIA GYM

- Co-ed sauna & hot tub
- Men's & women's locker rooms with day lockers & showers
- TRX training equipment
- Multi-purpose room
- Group fitness classes
- 2 Cardiovascular rooms
- Free TRX orientation available

FUNCTIONAL FITNESS AREA

- 10 power racks
- 10 Olympic lifting platforms
- 2 glute-ham developer machines
- 4 indoor rowing Machines
- Trap bars, Olympic bars, bumper plates
- Dumbbell racks with weights ranging from 5-150 lbs.
- Battling ropes, medicine balls, kettle bells, jump ropes, climbing ropes, tractor tire flips
- Miscellaneous small fitness equipment
- TRX frame with 5 TRX straps

AEROBIC EQUIPMENT

- 8 Treadmills
- 9 Elliptical trainers
- 3 Recumbent bikes
- 2 Upright bikes
- 2 adaptive motion trainers
- 1 VersaClimber machine
- 2 Jacobs Ladder cardio machines
- Medicine balls, stability balls, plyo boxes & exercise mats

WEIGHT EQUIPMENT

- Plate loaded machines
- Pin selector machines
- Free weights with weight plates and dumbbells ranging from 5-100 lbs.



Clean Only Competition

Date: June 24

Time: 7 a.m.-8 a.m. weigh-in; 9 a.m. event starts

Cost: \$10 due at weigh-in

Same-day registration and weigh-in. The contestant that singularly lifts the most weight using acceptable "Clean" form within a division is determined the winner. Multiple weight classes in the men's and women's divisions available. Prize awarded to the winner of each weight division.

MCKIBBEN GYM

 **McKibben Physical Fitness Center**

 **@mckibbengym**

5785 Barkley Ave., Bldg. 1160

Telephone: (719) 526-2597

Weekdays (M-F): 5 a.m.-8 p.m.

Weekends & Training Holidays: 6 a.m.-2 p.m.

Federal Holidays: Closed

INSIDE MCKIBBEN GYM

- Large strength-training room with plate loaded machines and free weights
- Multi-purpose room with Olympic platforms
- 35 pin selector machines
- Climbing ropes
- Pull-up rig & rings
- Tractor tires, sleds
- Racquetball court
- Cardiovascular room
- Day lockers
- Co-ed dry sauna
- Upper-body stationary cycle
- TRX training equipment
- Outdoor running track
- Fitness equipment orientations (by appt. only)
- Free body fat analysis/composition measurement (by appointment only)

FITNESS CLASSES

For current fitness class schedules and prices visit us online at carson.armymwr.com

Boxing 101

(12 slots available every 3 months)

Dates: April 3-June 29, July 6-Sept. 28

Times: Tuesdays & Thursdays, 9 a.m.-10:30 a.m. bag work, mitt work, shadowboxing, calisthenics, body weight exercises, running, jump rope and more!

Indoor Cycling

Take part in a cycling adventure that frees your mind and energizes your body!



Fort Carson Spartan SGX

A functional fitness exercise program and ideal training regimen for individuals of every age and ability. Metabolic training, functional training, obstacle course preparation and mental training = unbeatable mindset.

K-OS

Calorie scorching class that incorporates cardio, strength and endurance. Get ready to burn in this instructor's choice class.

FREE PT Classes! (Monday-Friday)

- Spin Class
- Spartan SGX

WALLER GYM

 **Waller Physical Fitness Center**

 **@wallergym**

6946 Magrath Ave., Bldg. 2357

Telephone: (719) 526-2742

Weekdays (M-F): 5 a.m.-8 p.m.

Weekends & Training Holidays: 12 p.m.-8 p.m.

Federal Holidays: Closed

INSIDE WALLER PFC

- Co-ed sauna, hot tub & day lockers
- 3 weight rooms (free weights & pin select)
- Multi-purpose room with 35 ft. pull-up bar
- Cardio room with over 40 pieces of equipment
- Up to 8,900 sq. ft. of large functional fitness area with 1,900 sq. ft. of turf
- Free group exercise classes during PT time (6:30 a.m.-8 a.m.)
- Free group PT classes upon request
- Free equipment orientation
- Body fat analysis (Inbody 230)

FUNCTIONAL FITNESS AREA

- 10 power racks
- 10 Olympic lifting platforms
- Glute-ham developer machines
- Indoor rowing machines
- Pull-up rig with ring station
- Trap bars, squat safety bars, Olympic bars (35 & 45 lbs.)
- 1,900 sq. ft. of turf
- Sleds, battling ropes, medicine balls
- Kettle bells, jump ropes, climbing ropes

FITNESS CLASSES

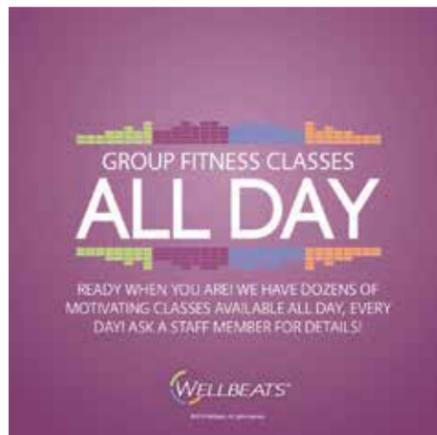
Free CrossFit Classes

Dates/Times: Mondays/Wednesdays/Fridays at 11:45 a.m., Tuesdays and Thursdays at 5:15 p.m.

Free PT Yoga

Dates/Times: Fridays, 6:45 a.m.-7:45 a.m.

Yoga increases flexibility and strength, improves alignment, balance and stress levels through breath-focused yoga poses.



Free Wellbeats Virtual Classes

Train with virtual instructors on the big screen, on-demand during the class of your choice: Cardio/Strength/Mind-Body/Dance/Indoor Cycling/Silver Fit.

IRON HORSE GYM

 **Iron Horse Sports & Fitness Center**

 **@carsonironhorsegym**

6415 Specker Ave., Bldg. 1925

Telephone: (719) 526-2706

Mon.-Fri.: 5 a.m.-10 p.m.

Weekends & Training Holidays: 6 a.m.-8 p.m.

Federal Holidays: 6 a.m.-8 p.m. (Exceptions: 7 a.m.-2 p.m. on Jan. 1, July 3 & 4, Nov. 24, Dec. 24 & 25)

INSIDE IRON HORSE GYM

- Indoor climbing wall with TrueBlue auto belay system and slack line
- 2 family restrooms
- Locks available for sign out
- Sports and fitness equipment to check out
- Indoor pool with dive tank
- Indoor cycle room
- Multi-purpose room
- Large group exercise room with partition
- Outdoor basketball Court
- Dry sauna
- Spin bike room
- 2 regulation size racquetball courts
- 3 NCAA regulation sized courts
- Elevated indoor track
- 18 TRX Force Suspension Trainers and S-Frame
- Fitness equipment orientations (call for information)
- RAGE Pull-Up Bar System
- Nautilus selectorized strength equipment (15 available)
- HD Elite Power Racks, platforms equipped with bumper plates
- Life Fitness, Precor, Stairmaster, Jacobs Ladder, and VersaClimber cardio machines

FITNESS CLASSES

Group Fitness Classes

Indoor Cycle, Kettle Bell, TRX, RIP, Core Blast, Cardio Tone, Farrell's Kickboxing, Yoga and Body Conditioning. \$3 per class, \$30 for a 10-class ticket booklet, or buy an unlimited monthly pass for \$45.

FREE TRX Suspension Training Equipment Orientation

Dates/Times: Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays at 11 a.m.

Total Tone: TVS

Dates/Times: Mondays, 10 a.m.

Tone and strengthen your body with kettle bells and more. Class focuses on basic strength training and calorie burn.

Core Blast

Dates/Times: Wednesdays, 10 a.m.

Train using TRX and other equipment. Improves strength, balance, power and other functional training principles.

Monday-Friday Free P.T. Classes

Dates/Times:

All classes start at 6:30 a.m.

- P.T. Spin (Monday-Friday)
- P.T. TRX (Tuesday-Thursday)
- P.T. Yoga (Wednesday)

What Do You Have To Lose?

Dates/Times: Tuesdays & Fridays, 9 a.m.-10 a.m. \$8 a session or \$64 a month for 2 months. Class taught by certified personal trainers.

INTRAMURAL SPORTS

6415 SPECKER., BLDG. 1925 | (719) 526-5772 | MON.-THURS.: 8 A.M.-8 P.M.
 FRI.: 8 A.M.-4 P.M. TRAINING HOLIDAYS: 8 A.M.-4 P.M. FEDERAL HOLIDAYS: CLOSED



ABOUT INTRAMURAL SPORTS

The Sports office provides many opportunities for Soldiers, DOD civilians and family members over 18 years old to play their favorite sport after duty hours. Emphasis is placed on mass participation at the intramural level with competition planned for all skill levels. For more information visit the Intramural Sports page on carson.armymwr.com.

REGISTRATION

Register at the Iron Horse Sports & Fitness Center prior to the sports coaches meeting. Please leave your team roster and resume. Check carson.armymwr.com and the Intramural Sports Facebook page for registration dates and team rosters.

FREE AGENTS

New to Fort Carson and interested in playing Intramural Sports? Contact the Intramural Sports Office and sign up as a free agent! Team captains needing players are encouraged to draft from the free agent list. Call the Intramural Sports office for more information.

BECOME A CERTIFIED SPORTS OFFICIAL OR SCOREKEEPER

The Fort Carson Athletic Official's Association (FCAOA) is looking for sports officials & official scorekeepers! Experience is a plus, but training is available. Call the Intramural Sports office for more information.

Find us on Facebook!
 Carson.sports

LEAGUES / OTHER

Early Bird Softball Tournament
Dates: April 28-29
Times: 6:30 p.m., 7:30 p.m., 8:30 p.m.
Cost: \$200 per team
 The Early Bird Tournament jumpstarts the summer-long softball season. Sign your team up now by visiting the Intramural Sports Office.

Intramural Golf Post Championship

Date: May 1
Time: See carson.armymwr.com
Cost: Free
 Compete against the best golfers on post in this annual tournament. Open to Active Duty Soldiers. Sign up at the Cheyenne Shadows Golf Course, located by gate 5.

Intramural Softball League

Dates: May 20-Aug. 4
Times: 6:30 p.m., 7:30 p.m., 8:30 p.m.
Cost: Free
 Open to company level and battalion teams. Games run Monday through Thursday at the Mountain Post Sports Complex.

Outdoor Soccer League

Dates: May 22-July 21
Time: 6:30 p.m., 7:30 p.m., 8:30 p.m.
Cost: Free
 Men's and coed leagues available. Open to DOD ID cardholders ages 16 and up. Games run Monday through Thursday in the outdoor fields behind Iron Horse Sports and Fitness Center.

Summer Slam Basketball Tournament

Dates: July 21-22
Times: See carson.armymwr.com
Cost: Free
 Double elimination bracket. Open to DOD ID Card holders ages 16 and up. Tournament held at Iron Horse Sports and Fitness Center.

Home Run Derby

Date: July 26
Time: 6:30 p.m.
Cost: Free
 Offered in conjunction with the softball league, just like the pros during MLB All-Star Weekend. Advance to the final two and compete in the championship match before the post championship softball game! Open to DOD ID card holders ages 18 and up.

AQUATICS

POOL FEES & PASSES

*Prices effective October 1, 2016

*Daily fee for all visitors between Labor Day and Memorial Day due to a high volume of patrons.

*Observation fee of \$2

Active Duty: FREE

Daily Pool Fee

- Retirees, Dependents and DOD Civilians: \$3
- General Public accompanied with a DOD ID card Holder: \$6

Annual Passes

*Valid for one year from purchase date

*Family pass holders must live in the same household.

- Annual Individual Pass: \$75
- Senior Individual Pass: \$60
- Family Pass (2-4 people): \$125
- Family Pass (5 or more): \$150

Water Aerobics

- \$3 per class
- \$30 Punch card (10 classes)



Find us on Facebook!
 Fort-Carson-Aquatics

IRON HORSE GYM INDOOR POOL

6415 Specker Ave., Bldg. 1925
 Telephone: (719) 526-4093
 Weekdays (M-F): 5:30 a.m.-9:30 p.m.
 Weekends: 7:30 a.m.-8:30 p.m.

- Lap Pool
- 1 & 3 Meter Diving Board
- Zero Depth Family Pool
- Water Slides
- Mushroom fountain for kids
- Family Changing Room

NELSON INDOOR POOL

1770 Nelson St., Bldg. 1446
 Telephone: (719) 526-3107
 Weekdays (M-F): 5:30 a.m.-1:30 p.m.

- Lap Pool
- Water Aerobics
- Swim Lessons

ELLIS OUTDOOR POOL

Seasonally open (Memorial Day-Labor Day)
 5954 Ellis St., Bldg. 1231
 Telephone: (719) 526-4456
 Daily (M-F): 10 a.m.-6 p.m.

- 50-yard lap/open swim pool
- 1 meter diving board
- Baby pools, water slide
- Deck area for lounging
- Snack bar
- Available for pool party reservations
- Handicap lift
- Men's and women's locker rooms

SPECIAL RULES

- Coast Guard approved life jackets ONLY
- Patrons must be 13 yrs. or older to be left unattended
- Child must be accompanied by an adult (18+) if under 12 years
- Toys must be approved by Pool Staff
- No inflatables allowed

LEARN TO SWIM PROGRAM

Features multiple levels of swim instruction for all ages and abilities. Learn To Swim helps develop the student's swimming and water safety skills. Swimmers progress through all levels, building confidence, and mastering swimming skills. Registration for swim lessons is through Fort Carson CYSS. (Child must be registered with Fort Carson CYSS prior to enrollment.)

Preschool (Ages 4-5)/Levels 1-3 Lessons (Ages 6 & Up): \$30

Consists of (8) 30-minute classes, with varying schedules throughout the year.

Certified Water Safety Instructors teach all classes!

For more information, call the Nelson Indoor Pool at (719) 526-3107.

SWIM LESSONS

*Registration is done through CYSS
 *Classes offered are subject to change based on the number of instructors available and enrollment trends.

Class Prices:

- 1st Child: \$40
- 2nd Child: \$35
- 3rd Child: \$25

Parent & Child Lessons: \$10

Consists of (1) 30-minute classes. Lessons are offered quarterly.

Private Lessons

*Registration is done through CYSS

- *Instructor must be available
- (1) 30 minute session: \$45
- (1) 30 minute session, semi-private (2 children of equal ability): \$75

UPCOMING EVENTS

All information is subject to change.

Egg Splash

Date: April 6
Time: 6 p.m.-8 p.m.

Luau

Date: June 17
Time: 10 a.m.-2 p.m.

Dog Splash

Date: Sept. 9
Time: 4 p.m.-6 p
 (\$3 per dog, humans get in free)



PAID ADVERTISEMENT. NO FEDERAL ENDORSEMENT IMPLIED.

2017 HOME SCHEDULE

SAT APR 1	6:00	USL	POSTER GIVEAWAY #1
SAT APR 15	6:00	REAL	BEANIE GIVEAWAY sponsored by WELLS FARGO
SAT APR 29	6:00	S2	WEIDNER POSTER GIVEAWAY #2
FRI MAY 5	7:00	PIRES PEAK	FREE SFC NAT (FIRST 500 FANS)
SAT MAY 27	6:00	RENO	BBB POSTER GIVEAWAY #3
SAT JUN 3	6:00	USL	GALACTIC NIGHT SANCER GIVEAWAY
SAT JUN 24	7:00	USL	POST-GAME Fire Works
SAT JUL 1	7:00	TOROS	INDEPENDENCE DAY CELEBRATION WITH FIREWORKS
SAT JUL 8	6:00	WFC	KNEADERS POSTER GIVEAWAY #4
SAT JUL 29	6:00	S2	WEIDNER 90s NIGHT POGS GIVEAWAY
SAT AUG 5	6:00	T2	KIDS BACKPACK GIVEAWAY
FRI AUG 18	7:00	LA	SWITCHBACKS SUPER HERO NIGHT WITH FIREWORKS!!!
SAT SEP 9	6:00	USL	AcceleratedHealth POSTER GIVEAWAY #5
SAT SEP 23	6:00	USL	TECHNOLOGY NIGHT
SAT SEP 30	6:00	CC	The Gazette TOTE BAG GIVEAWAY
SAT OCT 7	6:00	USL	Budweiser Oktoberfest FAN APPRECIATION NIGHT

switchbacksf.com

(719) 368-8480 x1

tickets@switchbacksf.com



Child, Youth & School Services

PARENT CENTRAL SERVICES Fort Carson CYSS

1590 Prussman Blvd., Bldg. 1518 | (719) 526-1101/8220 | Weekends: 7:30 a.m.-5 p.m., closed on weekends and federal holidays.

REGISTRATION REQUIREMENTS

- Up-to-date immunization records
- Current health assessment must be filed within 30 days
- Copy of current sports physical (less than a year old) is required to participate in sports and some SKIES classes
- Proof of income (sponsor and spouse)
- Two emergency contacts other than parents (must be local)
- If a child has special needs or medical conditions, please bring documentation with you. Additional Army paperwork/and or screenings may be required. If your answer is yes to any of the Health Screening tool questions, a review may be needed by our Public Health Nurse and it will be determined at this time if a Special Needs Accommodation Process (SNAP) is needed.



WAITLIST FORM:

Available at the Parent Central Services office; you can also send an e-mail requesting the form. Call (719) 526-1101 for more information. Completed forms can be delivered to the Central Registration office. Parents are encouraged to get their children on the waiting list as soon as possible!

MOBILIZATION & DEPLOYMENT SUPPORT

FRG CHILDCARE SUPPORT

Child care for weekday Family Readiness Group meetings is provided at Ivy CDC, Timberline CDC or at the Family Readiness Center, Bldg. 6237. Your BDE FRSA is responsible for reserving child care.

CYSS SPORTS

(FREE up to \$100)
Children (ages 3-18) with a deployed parent are eligible for up to \$100 of team or individual sports. Must be registered with CYSS.

SKIES UNLIMITED CLASSES

(FREE up to \$300)
Children (ages 2-18) with a deployed parent are eligible for up to \$300 of instructional courses. Must be registered with CYSS. Check your CYSS Fact Sheet for further details.

SCHOOL AGE SERVICES

Patriot School Age Services and Youth Services Center provide a variety of specialty camps during spring/ summer breaks. For more information, please call or visit the centers and Parent Central Services.

SCHOOL AGE SERVICES EVENTS

Dates: March 27-31
Grades: 1-5
Events include: Archery, DJ 101, Swing Batter Swing, Let's Get Cooking, Scrapbooking, Newsletter Camp, Sewing (tote-bags), Hourly Camp Fun, & Yoga.

SUMMER FUN CAMPS

Dates: May 26-Aug. 10

Grades: 1-5
Camps include: Anime Class, Around the World Art, Baseball, Basketball, Boxing, Cheer Camp, Derby Racer, Drones, Film Analysis, Gridiron Games, Graphic Design, Hip Hop Dance, Lego Building, Let's Golf, Landscaping, Karate 101, Messy Olympic, Softball, Shooting Camps, Treasure Hunters, Theatre (Annie), Pottery and Sculpting, & Young Electrons.

FAMILY CHILD CARE

The FCC Program is provided by military family members or civilians working as independent contractors in individual housing units located on or off post. FCC homes have unique qualities making them the preferred child care choice for many families.

SCHOOL SUPPORT SERVICES

School Liaison Officers work with parents, school staff and school district administrations within a 50 mile radius of Fort Carson to help with the following:

- Finding a school or transferring schools
- Deployment and separations
- Reunions and reintegrations
- Home schooling
- Parent workshops
- Scholarship information and much more

This service is provided for public, charter, private and parochial schools in addition to on-post schools.

YOUTH CENTER EVENTS

Spring Break Camp
Dates: March 24-31
Time: 5:45 a.m.-1 p.m.
Grades: 6-8

Summer Camp

Dates: May 30-Aug. 4
Time: 5:45 a.m.-1 p.m.
Grades: 6-8

Back to School Prep

Dates: Aug. 7-9
Time: 6 p.m.-7 p.m.
Grades: 6-12



MONTH OF THE MILITARY CHILD (MOMC) EVENTS

Family Burger and Movie Night

Date: April 1
Time: 6 p.m.-10 p.m.
Cost: \$5
Open to Youth Center members and their families.

Block Party

Date: April 7
Time: 5 p.m.-10 p.m.
Grades: 6-12

MOMC Field Day

Date: April 8
Time: 2 p.m.-6 p.m.
Ages: 3-18

MOMC Lock-in

Dates: April 28-29
Time: 8 p.m.-8 a.m.

CHILD DEVELOPMENT CENTERS (CDCs)

Open year round except on federal holidays and post closures.
Weekdays: 5:45 a.m.-6 p.m. for fully day care. Contact your center to verify hours of operation.

ASPEN CDC

4880 Funk Ave., Bldg. 4356
Phone: (719) 503-7725

CHEYENNE MOUNTAIN CDC

7006 Harr Ave., Bldg. 6203
Phone: (719) 526-5845

IVY CDC

1879 Prussman Blvd., Bldg. 1840
Phone: (719) 503-8202

MESA SCHOOL AGE SERVICES

1420 Grandstaff St., Bldg. 4790
Phone: (719) 524-2985

MONARCH CDC

7339 Womack St., Bldg. 2764
Phone: (719) 503-5020

PATRIOT SCHOOL AGE SERVICES

7008 Harr Ave., Bldg. 6204
Phone: (719) 524-2544

TIMBERLINE CDC

1352 Ellis St., Bldg. 5939
Phone: (719) 524-2896

WEST CDC

1504 Coleman, Bldg. 6060
Phone: (719) 524-0151

YOUTH CENTER

6181 Ware St., Bldg. 5950
Phone: (719) 526-2680

YOUTH SPORTS

The Youth Sports Program encourages children between the ages of 3-18 to foster a healthy and active life-style through sports and athletic activities. Take advantage of Start Smart programs for preschool-aged children or sign your child up for team sports, athletic activities and participate in after-school programs. CYSS registration and annual sports physicals are required for participation.

- Register at Parent Central or **ONLINE** with WebTrac.
- A sports physical is required to participate in all youth sports programs.
- All sports offered subject to change based on enrollment numbers, volunteer coaches, available partners, facility/practice space and availability of competition.
- Additional details of activities are given at the time of registration.
- Shirt included in registration cost; additional equipment not supplied.
- Second child discount available (15% off each additional child)

Sport (by age group)	Price
3-4 year olds	\$20
5-18 year olds	\$45

SUMMER BASEBALL

Ages 5-18
Registration: April 17-May 19
Season: June 5-Aug. 5

T-BALL

Ages 3-4 & Ages 5-6
Registration: April 17-May 19
Season: June 5-Aug. 5

SOFTBALL

Ages 7-15: \$45
Registration: April 17-May 19
Season: June 5-Aug. 4

TRACK

Ages 6-15
Registration: April 17-May 19
Season: June 5-Aug. 5

VOLLEYBALL

Ages 7-15
Registration: July 17-Aug. 18
Season: Sept. 11-Nov. 11

FALL SOCCER

Ages 5-18
Registration: July 17-Aug. 18
Season: Sept. 11-Nov. 11

FALL SOCCER DEVELOPMENTAL

Ages 3-4
Registration: July 17-Aug. 18
Season: Sept. 11-Nov. 11



FALL CHEERLEADING

Ages 5-18
Registration: July 17-Aug. 18
Season: Sept. 11-Nov. 11

FALL CHEERLEADING DEVELOPMENTAL

Ages 3-4
Registration: July 17-Aug. 18
Season: Sept. 11-Nov. 11

FALL FLAG FOOTBALL

Ages 5-18
Registration: July 17-Aug. 18
Season: Sept. 11-Nov. 11

INDOOR SOCCER

Ages 5-12
Registration: Sept. 18-Oct. 20
Season: Nov. 13-Dec. 22

FALL WRESTLING

Ages 6-15
Registration: Sept. 18-Oct. 20
Season: Nov. 13-Dec. 22

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THIS SUMMER, EXPERIENCE THE POWER OF AUTHENTIC OUTDOOR ADVENTURE.



ADVENTURE CAMPS K - 7TH GRADES

In Colorado Springs:
Woodmen Roberts Elementary
June 5th - August 4th

SAVE \$30!
Enter code: **FTCARSON**



www.avid4.com | 800.977.9873



Dining & Entertainment

THE ELKHORN CATERING & CONFERENCE CENTER

1725 Woodfill Rd., Bldg. 7300 | (719) 576-6646 | Administrative Hours: Weekdays, 9 a.m.-5 p.m. | Closed on weekends and training holidays.

FEATURES

- 24,000 square foot facility with a view of the Cheyenne Mountain and space for up to 450 guests.
- A variety of rooms to provide guests the best accommodations.
- On and off site catering for seated meals, buffets and cocktails.
- Private parties available through advanced reservations. Call (719) 576-6646 or visit carson.armymwr.com

LET US MAKE YOUR EVENT A SUCCESS

The Elkhorn Catering & Conference Center offers a variety of creative menu options for your private party or special event.

- Change of Command ceremonies
- Hail & Farewells
- Wedding receptions
- Dining in/out
- Private luncheons
- Meetings and conferences
- Holiday parties
- Dinner buffets
- Served banquets
- Finger food buffets
- Offsite catering

ALL-INCLUSIVE PACKAGES

All-inclusive custom packages available for weddings, birthdays and special events. Call for more information.

CHANGE OF COMMAND PACKAGE

Brigade:
Package includes coffee, lemonade, cake and water for up to 200 people—delivered, set up, and served (2 hours on-site).
Cost: \$288

Battalion:
Package includes coffee, lemonade, cake and water for up to 100 people—delivered, set up, and served (2 hours on-site).
Cost: \$192

Please send the desired cake image to: jennifer.e.isbill.naf@mail.mil

Elkhorn Conference Center & Ivy Irish Pub

EASTER BRUNCH

Call the Elkhorn or visit us online at carson.armymwr.com to make reservations. Drawings and giveaways included in price.

Date: April 16

Time: 10 a.m.-2 p.m.

Price: \$17.95/adult (ages 13+), \$8.95/child (ages 5-12)

MOTHER'S DAY BRUNCH

Call the Elkhorn or visit us online at carson.armymwr.com to make reservations. Drawings and giveaways included in price.

Date: May 14

Time: 10 a.m.-2 p.m.

Price: \$17.95/adult (ages 13+), \$8.95/child (ages 5-12)



THE IVY IRISH PUB

BAR & GRILL @ THE ELKHORN CATERING & CONFERENCE CENTER

ABOUT THE IVY IRISH PUB

Relax in a friendly environment with good company and tasty menu items.

The Ivy Irish Pub is open for special event bookings. Advance reservations are required, minimum 48-hour notice.

WILLIAM "BILL" REED SPECIAL EVENTS CENTER



6550 Specker Ave., Bldg. 1829 | (719) 524-1163 | Administrative Hours: Weekdays, 8 a.m.-5 p.m. | Weekends: Closed (When not reserved for an event, call for availability.)

SERVING THE FORT CARSON COMMUNITY FOR MORE THAN 50 YEARS

This 8,000 square foot, 54-year-old facility with a state-of-the-art sound system hosts a wide variety of events such as change of command ceremonies, retirements, deployments, redeployment, trainings, meetings, civilian events and more. The William Reed Special Events Center is available to all military units and government organizations by reservation. Prices and details available at carson.armymwr.com.

MULLIGAN'S SNACK BAR & GRILL @ CHEYENNE SHADOWS GOLF CLUB

1050 Titus Blvd., Bldg. 7800 | (719) 526-4102

Snack Bar: Weekdays, 10 a.m.-3 p.m. | Weekends & Holidays: 11 a.m.-4 p.m.

Grill: Weekdays, 11 a.m.-3 p.m. | Weekends & Holidays: 11 a.m.-4 p.m.

ABOUT MULLIGAN'S

Our full service grill offers made-to-order lunch dishes: burgers, salads, Philly Cheesesteak sandwiches, soups, specials and more. View the full menu at carson.armymwr.com.

STRIKE ZONE SNACK BAR & GRILL @ THUNDER ALLEY BOWLING CENTER

6391 Chiles Ave., Bldg. 1511 | (719) 526-5542

Tuesday-Thursday: 11 a.m.-9 p.m. | Friday-Saturday: 11 a.m.-11 p.m.

Sunday: 1 p.m.-8 p.m. | View the full menu at carson.armymwr.com

ABOUT STRIKE ZONE

Have a bite while bowling with friends and family. The Strike Zone is conveniently located inside the bowling center and offers a great selection of freshly prepared lunch menu items.



Easter Brunch
Elkhorn Catering & Conference Center
April 16

Adults (ages 13+): \$17.95
Kids (ages 5-12): \$8.95
Reservations: carson.armymwr.com
Kids ages 0-4 eat for free with a paying adult (limit 2 free kids per paid adult reservation).

Menu

- | | |
|------------------|-------------------|
| • Omelet Station | • Prime Rib |
| • Biscuits | • Ham |
| • Potato O'Brien | • Salmon |
| • Grits | • Salisbury Steak |
| • Scrambled Eggs | • Fried Chicken |
| • Fresh Fruit | • Mashed Potatoes |
| • Cake | • Steamed Rice |
| • Pudding | • Gravy |
| • Jello | • Fried Okra |
| • Deviled Eggs | • And more |



MOTHER'S DAY BRUNCH
Happy Mother's Day
Elkhorn Catering & Conference Center

May 14

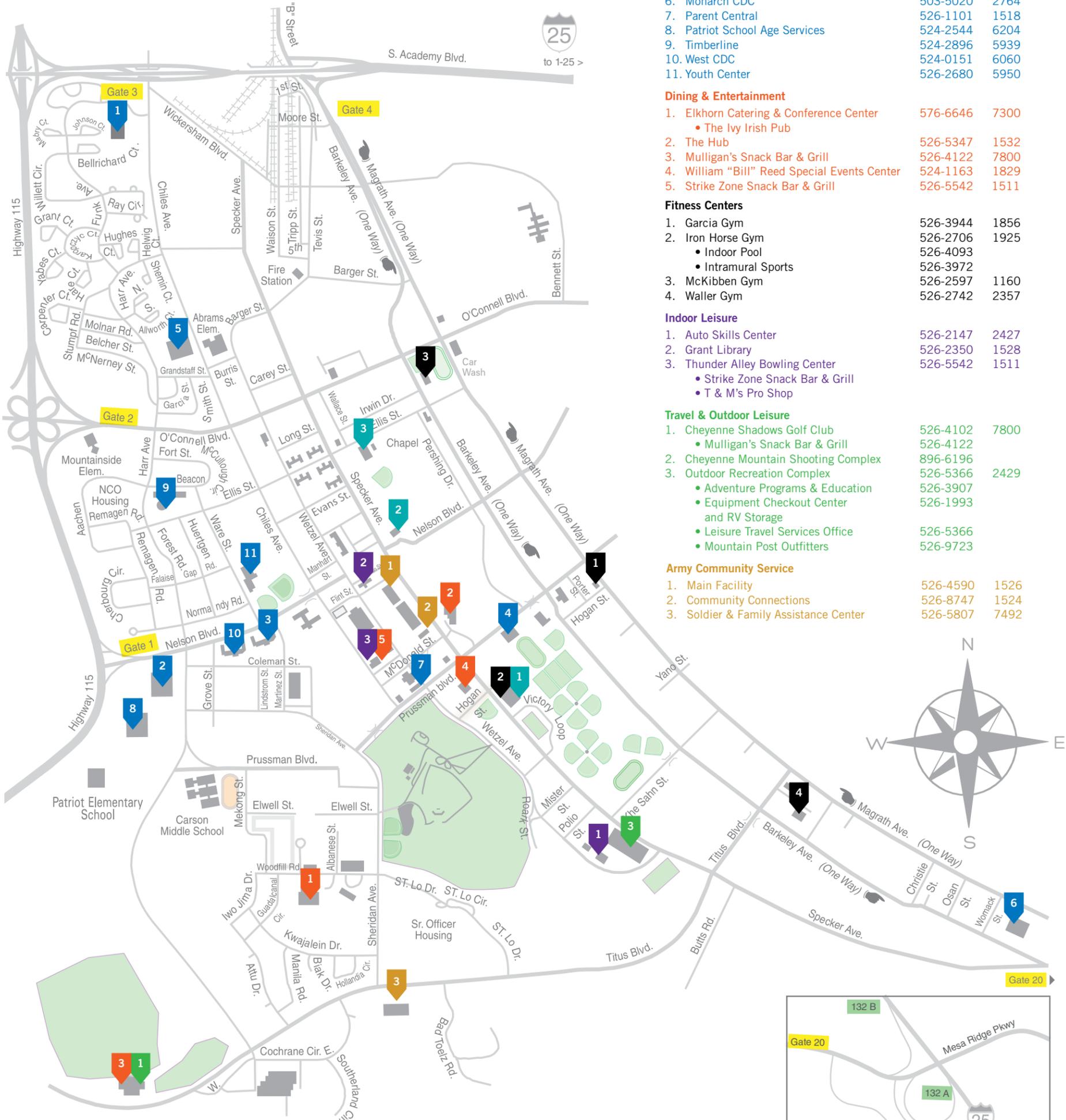
Adults (ages 13+): \$17.95
Kids (ages 5-12): \$8.95
Reservations: carson.armymwr.com
Kids ages 0-4 eat for free with a paying adult (limit 2 free kids per paid adult reservation).

menu

- | | |
|-------------------------|---------------------|
| • Roast Beef Tenderloin | • Salad Bar |
| • Ham | • Eggplant Parmesan |
| • Salisbury Steak | • Omelet Station |
| • Mashed Potatoes | • Pancakes |
| • Rice | • Sausage Links |
| • Vegetables | • Cheesecake |

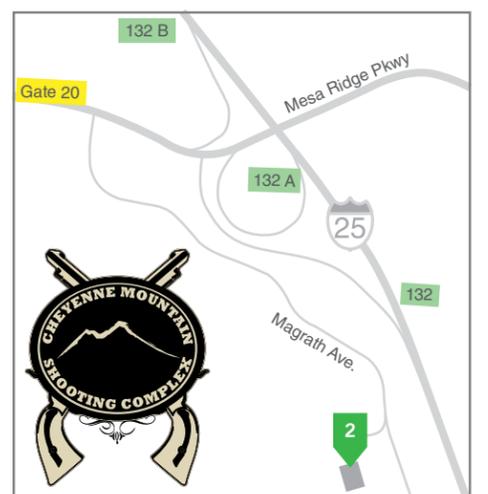


FACILITY LOCATIONS



Facility Name	Phone #	Bldg. #
Aquatic Centers		
1. Iron Horse Indoor Pool	526-4093	1925
2. Nelson Indoor Pool	526-3107	1446
3. Outdoor Pool (Seasonal)	526-4456	1231
Child, Youth & School Services		
1. Aspen CDC	503-7725	4356
2. Cheyenne Mountain CDC	526-5845	6203
3. East CDC (Currently under renovation)	526-5977	6058
4. Ivy CDC	503-8202	1840
5. Mesa School Age Services	524-2985	4790
6. Monarch CDC	503-5020	2764
7. Parent Central	526-1101	1518
8. Patriot School Age Services	524-2544	6204
9. Timberline	524-2896	5939
10. West CDC	524-0151	6060
11. Youth Center	526-2680	5950
Dining & Entertainment		
1. Elkhorn Catering & Conference Center	576-6646	7300
• The Ivy Irish Pub		
2. The Hub	526-5347	1532
3. Mulligan's Snack Bar & Grill	526-4122	7800
4. William "Bill" Reed Special Events Center	524-1163	1829
5. Strike Zone Snack Bar & Grill	526-5542	1511
Fitness Centers		
1. Garcia Gym	526-3944	1856
2. Iron Horse Gym	526-2706	1925
• Indoor Pool	526-4093	
• Intramural Sports	526-3972	
3. McKibben Gym	526-2597	1160
4. Waller Gym	526-2742	2357
Indoor Leisure		
1. Auto Skills Center	526-2147	2427
2. Grant Library	526-2350	1528
3. Thunder Alley Bowling Center	526-5542	1511
• Strike Zone Snack Bar & Grill		
• T & M's Pro Shop		
Travel & Outdoor Leisure		
1. Cheyenne Shadows Golf Club	526-4102	7800
• Mulligan's Snack Bar & Grill	526-4122	
2. Cheyenne Mountain Shooting Complex	896-6196	
3. Outdoor Recreation Complex	526-5366	2429
• Adventure Programs & Education	526-3907	
• Equipment Checkout Center and RV Storage	526-1993	
• Leisure Travel Services Office	526-5366	
• Mountain Post Outfitters	526-9723	
Army Community Service		
1. Main Facility	526-4590	1526
2. Community Connections	526-8747	1524
3. Soldier & Family Assistance Center	526-5807	7492

ALL INFORMATION IS SUBJECT TO CHANGE.



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