

Fort Carson MWR

Family, Morale, Welfare & Recreation

2017-2018 FALL/WINTER PROGRAMS



All information subject to change.

For more info, visit carson.armymwr.com



CarsonDFMWR



@carsonmwr
#CarsonMWR



carsonmwr



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ADVENTURE PROGRAMS & EDUCATION

For **DATES**, **TIMES** and **PRICES**, follow us on social media and visit
CARSON.ARMYMWR.COM

CUSTOM TRIP OPTIONS

- Local Brew Tours
- Alternative PT Programs
- Warrior Adventure Quest Programs

See website for details.



CLIMBING ADVENTURES

Climbing Wall Orientation

Introductory climbing class! Recommended prerequisite for other climbing programs.
(Required for use of the indoor climbing walls on Fort Carson.)

Lead Climbing Clinic

Covers lead climbing, belay techniques and climbing communication.
Recommended prerequisite for other climbing programs.

Outdoor Rock Climbing

Locations include Shelf Road, Eleven Mile Canyon, and Garden of the Gods.
(Prerequisite: Climbing Wall Orientation)

Ice Climbing Trips

Test your skills on the vertical single & multi-pitch ice curtains of Lincoln Falls.
Hot drinks & snacks provided.
(Prerequisite: Climbing Wall Orientation)

SNOW ADVENTURES

Fort Carson Ski & Snowboard Expo

Great deals on equipment, giveaways, local vendors, season pass sales, & more!

Learn to Ski or Snowboard

Includes a lesson from a professional instructor at Monarch Ski area
& an afternoon of no-pressure practice.



Fort Carson Outdoor
Recreation Complex
CarsonDFMWR



fortcarsonODR



Adventure Programs & Education
7093 Specker Ave., Bldg. 2429

ADVENTURE PROGRAMS & EDUCATION

For **DATES**, **TIMES** and **PRICES**, follow us on social media and visit
CARSON.ARMYMWR.COM

Fort Carson Ski & Snowboard Day

Spend a day on the slopes of Monarch Mountain. Transportation provided.

Crested Butte Ski & Snowboard Weekend Trip

Includes two days of skiing & snowboarding, lodging, breakfast,
& round trip transportation.

Cross-Country Skiing

Learn the basics of this age-old style of winter travel in the Rocky Mountains.
Transportation provided.

Snowshoeing

Enjoy the serenity of Colorado wilderness while learning tips & techniques
for traveling efficiently on snowshoes.

Snowmobile Trips

Includes trail riding, road riding and free ride time. Visit THREE historic gold
and silver mines and TWO operating quarries! Lunch provided.

Mount Princeton Hot Springs Weekend

Enjoy the natural hot springs at Mount Princeton Resort & a day of skiing or
snowboarding at Monarch Mountain.

GET ON THE BUS

Ski & Snowboard Trips

Group transportation to multiple ski destinations with great prices, safe drivers,
and a central meeting point in town. Check our website for dates and locations.



(719) 526-5176

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OUTDOOR RECREATION COMPLEX

For more info, follow us on social media and visit
CARSON.ARMYMWR.COM

EQUIPMENT CHECKOUT CENTER

Browse our vast selection of rental items to fit your every outdoor or special event need at extremely reasonable rates, including professional ski & snowboard fittings!

- Single-day, weekend & weeklong rentals
- Ski/snowboard gear (seasonal)
- RV storage
- Roasters, grills, dunk tanks, trailers
- Party/event and entertainment equipment
- 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.

RV STORAGE FACILITIES

A safe and secure location for privately owned vehicles, recreational vehicles, travel trailers, and utility trailers of all kinds. Spaces are available at a nominal fee to authorized patrons. Monthly storage rates are based on the size of the space.

MOUNTAIN POST OUTFITTERS

Brand new name-brand gear for outdoor adventure activities!

- Helmets, hats, sunglasses, goggles
- Gloves, mittens, scarves, socks
- Apparel, backpacks, hydration packs, water bottles
- Harnesses & belay devices
- Hiking boots

Merchandise offered tax-free and below MSRP for all eligible MWR patrons with military ID (Active Duty, military dependents, retired military, reservists, DOD civilian personnel & contractors).

End of Season Sale: MARCH 16



Fort Carson Outdoor
Recreation Complex
CarsonDFMWR



fortcarsonODR

Inside the Outdoor Recreation Complex
7093 Specker Ave., Bldg. 2429
(719) 526-1993

OUTDOOR RECREATION COMPLEX

For more info, follow us on social media and visit
CARSON.ARMYMWR.COM

WARRIOR ADVENTURE QUEST

A reintegration program to help Soldiers respond to stress and excitement following a major training or deployment. Use adventure-based activities to help promote positive adrenaline responses, improve morale and communication, and develop trust and teamwork.

ELIGIBILITY REQUIREMENTS

- Conducted at a platoon level; available only for soldiers and their platoons
- Must be executed within the first 120 days of returning from a major training or deployment
 - Must be conducted during a duty day
 - No drinking prior or during the activity
 - Mandatory completion of post activity survey
- New eligibility to WAQ: if a unit has not been on a WAQ trip within two years
 - Each platoon is allowed one WAQ Program per RESET cycle

Stage 1: Schedule a WAQ trip

To schedule your trip, contact Erin Johnson at erin.a.johnson36.naf@mail.mil or call (719) 526-2186

Stage 2: Leader Training

Platoon leaders will learn the importance and goals of the WAQ program and how to facilitate a Leader-Led After Action Debrief (L-LAAD). Training is held every Thursday at 1 p.m. in the Outdoor Recreation Complex.

Stage 3: Solider Brief

Platoon leaders describe the details of the WAQ program to all participating soldiers, explaining the trip they are scheduled for as well as the goals of WAQ.

Stage 4: Your High Adventure WAQ Program

Ski and snowboard trips, rock climbing, paintball, mountaineering, whitewater rafting, and inflatable kayaking trips are offered seasonally.

Stage 5: The L-LAAD

A basic debrief the day's high adventure program, held immediately after the activity and facilitated by the L-LAAD trained leaders.



Warrior Adventure Quest Training
Inside the Outdoor Recreation Complex
7093 Specker Ave., Bldg. 2429

Erin Johnson
erin.a.johnson36.naf@mail.mil
(719) 526-2186

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CHEYENNE SHADOWS GOLF CLUB

For more info, follow us on social media and visit
CARSON.ARMYMWR.COM

18-HOLE CHAMPIONSHIP GOLF COURSE at the base of Cheyenne Mountain

Golf Lessons

Group adult and junior lessons offered all season.
Call (719)332-0024 or (843) 415-6788 to find out about winter lesson programs.

Custom Club Fitting

All fittings utilize Trackman technology and are completed by
PGA Professionals in a state-of-the-art indoor fitting center.

EXCITING EVENTS

- Monthly CG Scrambles
- 2 Person Shamble (**May 19-20**)
- 2 Person Best Ball Championship (**June 9-10**)



CHEYENNE MOUNTAIN SHOOTING COMPLEX

Complex includes:

- 7 independent ranges with over 110 individual covered firing points
- Set & 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

FAQs



- Weapons do not need to be registered on Fort Carson to utilize the range.
 - Shotguns are allowed and can be used to shoot static targets.
 - ECI's (Empty Chamber Indicators) are required & will be provided by CMSC if necessary.
- Purchase a target stand on site for a reasonable price or bring your own.
- Shooting distances are limited for certain rifles. Please speak to the manager on duty for more information.
- Volunteer opportunities available! Speak with the Lead Volunteer Coordinator for more info.



Cheyenne Shadows
Golf Club
CarsonDFMWR



Cheyenne Shadows Golf Club
1050 Titus Blvd., Bldg. 7800
(719) 526-4102

CHEYENNE MOUNTAIN SHOOTING COMPLEX (CONT.)

For more info, follow us on social media and visit
CARSON.ARMYMWR.COM

- **Ages 6+** allowed on the range
- **Ages 18+** allowed to shoot without adult supervision
- **Ages 21+** allowed to shoot with a pistol

FIREARM RENTALS AVAILABLE

(valid ID required; see website for prices)

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

RATES & FEES

Daily Rates

Children 6-12 years: \$6
Active Duty: \$8.50
Retired Military: \$10
DOD Civilian: \$10
Civilian: \$12

5 Visit Punch Pass

Active Duty: \$37.50
Retired Military: \$45
DOD Civilian: \$45
Civilian: \$55

10 Visit Punch Pass

Active Duty: \$75
Retired Military: \$90
DOD Civilian: \$90
Civilian: \$110

25 Visit Punch Pass

Active Duty: \$185
Retired Military: \$220
DOD Civilian: \$220
Civilian: \$250



SAFETY IS OUR PROMARY CONCERN.

Trained staff ensures strict safety policies and rules are adhered to with no exceptions.



INSTRUCTIONAL CLASSES

- Basic Introduction to Firearms
- Hand Gun Instruction
- Concealed Carry
- Private Lessons
- Personal Protection
- Instructor Level Courses
- ...& many more!

SPECIAL PROGRAMS

"Annie Get Your Gun" Days

Ladies shoot for **FREE** every
2nd Saturday of each month!

Concealed Carry Shoot Days

50% OFF shooting for Concealed Carry Permit
Holders every 3rd Saturday of each month!

Youth Shooting Days

50% OFF shooting for kids ages 6-17
every 4th Saturday of each month!

Trap/Skeet Shooting: COMING SOON!



Cheyenne Mountain
Shooting Complex
CarsonDFMWR



Cheyenne Mountain Shooting Complex
Off of I-25: exit 132, outside Fort Carson Gate 20
(719) 896-6196

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GRANT LIBRARY

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

FEATURES

- Latest books, DVDs, CDs, audio books, newspapers and magazines
- FREE weekly & monthly programs for kids and adults
- Grant Library Teen Center
- Study rooms & meeting rooms
- Computer room with 31 computers
- Free Wi-fi



FREE PROGRAMS & EVENTS

Story Time

Every Thursday

Includes stories, songs & crafts.

Open to children 6 year old & under
with their guardians.

Sweetheart Craft

February 10

Registration required.

Open to ages 13 and above.

Dr. Seuss Celebration

March 3

Includes a movie with refreshments,
story time, crafts & giveaways.

Teen Tech Week

March 10-17

Includes a movie, crafts,
refreshments & giveaways.

National Library Week

April 10-14

Includes movie, story time, crafts,
refreshments & giveaways.

Celebration of the Military Child

April 14

Stories, crafts & refreshments.

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Grant Library
CarsonDFMWR



Grant Library
1637 Flint St., Bldg. 1528
(719) 526-2350 / (719) 526-2842



THUNDER ALLEY BOWLING

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

FEATURES



- 36 fully-upgraded lanes
- "Bumper rails" for youth
- 4 multimedia screens for viewing your favorite sports team
 - Strike Zone Snack Bar (featured on page #13)
 - T & M's Pro Shop www.t-msproshop.com
- Special Event rooms available (call for pricing & details)

EVENTS & PACKAGES

Family Day

Every Wednesday

\$1 Games, \$2 shoes.

50's Night

Tuesday nights

\$3 for 5 games, including shoes.

50¢ hotdogs!

Cosmic Bowling

Fridays & Saturdays

UNLIMITED BOWLING

See website for prices & details.

Pizza Bowl

Sunday nights

\$10 includes shoes, 2 games,

2 slices of pizza & a drink.

Birthday Party Packages

Includes 2 hours of bowling,
party time & shoe rentals.

See website for pricing & details.

BINGO

Over \$200k in cash every year!

Play paper & electronic Bingo
to get your share!



Thunder Alley Bowling Center
CarsonDFMWR



Thunder Alley Bowling Center
6391 Chiles Ave. Bldg. 1511
(719) 526-5542

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AUTO SKILLS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

A do-it-yourself, low cost facility with professional guidance providing complete coverage of all Automotive needs, including special instruction for safe use of a vast array of equipment.

FEATURES

- Central Tool issuing Room
- Parts Cleaning Bays
- 9 Drive on Bays
- 9 General Repair Bays
- 10 Two Post Bays
- 5 Engine Overhaul Bays
- 4 Auto Body Repair Bays
- 2 Paint Booths
- 2 Muffler Bays
- 2 Motorcycle lifts

PRICE COMPARISON

OUR PRICE

Lift Bay Rental w/ Tools: **\$6/hr.**

Flat Bay Rental w/ Tools: **\$4/hr.**

Tech Guidance: **FREE**

COMPETITOR PRICES

Lift Bay w/ Tools: **\$25/hr.**

Flat Bay w/ Tools: **\$25/hr.**

Tech Guidance: **\$40/hr.**

AVAILABLE EQUIPMENT & SERVICES

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

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Fort Carson Auto Craft
CarsonDFMWR



Fort Carson Auto Skills
7001 Wetzel Ave., Bldg. 2427

AUTO SKILLS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

SPRAY-ON BED LINER

Professional bed liner services for all applications!

- Owner must prep vehicle
- \$300 (*Price is for standard truck bed; may vary for other applications.)

DEPLOYED SPOUSES SERVICE

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

VEHICLE RESALE LOT

- Secure and Safe
- Open 24 hours
- Permit required (\$15-\$35)

ON-POST ROAD SERVICE FOR PRIMARY VEHICLE

Jump start, vehicle unlock, flat tire change & more!
Offered Wednesday-Sunday during business hours.



(719) 526-2147

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DINING & ENTERTAINMENT

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

ELKHORN CATERING & CONFERENCE CENTER

- 24,000 square foot facility with a view of the Cheyenne Mountain and space for up to 450 guests
- A variety of creative menu options available for your special event
- On and off site catering for seated meals, buffets and cocktails
- All-inclusive custom packages available for weddings, birthdays and special events
- Private parties available through advanced reservations

CHANGE OF COMMAND PACKAGES

Battalion Package

\$192

Includes coffee, lemonade, cake and water for up to 100 people; delivered, set up, and served (2 hours on-site).

Brigade Package

\$288

Includes coffee, lemonade, cake and water for up to 200 people; delivered, set up, and served (2 hours on-site).

EVENTS

Mother's Day Brunch

May 14

Ages 13 & up: \$22.95

Ages 5-12: \$10.95

Face painting, caricatures, prize drawings & giveaways included.

Call to make reservations or visit us online at carson.armymwr.com.

Easter Brunch

April 16

Ages 13 & up: \$22.95

Ages 5-12: \$10.95

Easter Bunny, Easter egg hunt, face painting & giveaways included.

Call to make reservations or visit us online at carson.armymwr.com.

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Elkhorn Conference Center
& Ivy Irish Pub
CarsonDFMWR



Elkhorn Conference Center & the Ivy
1725 Woodfill Rd., Bldg. 7300
(719) 526-4071

DINING & ENTERTAINMENT

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

THE HUB

Reservations only
Rooms for groups ranging from 10 to 250 guests.
Fees starting at \$50 (call to discuss options to have room fees waived).
Call (719) 526-4071 for more information.

THE IVY IRISH PUB

Bar & grill at the Elkhorn
Open for special event bookings.
Advance reservations are required, minimum 48-hour notice.
Call (719) 526-4071 for more information.

MULLIGAN'S

Snack bar & grill at Cheyenne Shadows Golf Club
Made-to-order burgers, salads, Philly Cheesesteak sandwiches, soups, specials & more!
View the full menu at **carson.armymwr.com**.

HOURS:

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.

STRIKE ZONE

Snack bar & grill at Thunder Alley Bowling Center
View the full menu at carson.armymwr.com.

HOURS:

Tuesday-Thursday: 11 a.m.-9 p.m.
Friday-Saturday: 11 a.m.-11 p.m.
Sunday: 1 p.m.-8 p.m.

SPECIAL EVENTS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

WILLIAM REED SPECIAL EVENTS CENTER

The William "Bill" Reed Special Events Center is available to all military units and government organizations by reservation. This 54-year old facility hosts a wide variety of events such as change of command ceremonies, retirements, deployments, redeployment, trainings, meetings, civilian events and more!

Prices and details available at carson.armymwr.com.

Features

- 8,000 square feet
- A state-of-the-art sound system

EVENTS & ENTERTAINMENT

4th Infantry Division Timeless Tiding Concert & Holiday Tree Lighting Ceremony

Dec. 10

FREE

Includes a 4ID Holiday Concert, entertainment, and holiday activities including free photos with Santa!

Food and beverages available for purchase.

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CarsonMWREvents
CarsonDFMWR



William Reed Special Events Center
6550 Specker Ave., Bldg. 1829
(719) 524-1163

SPECIAL EVENTS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

LEISURE TRAVEL SERVICES OFFICE

- Travel, cruises, airline & train tickets
 - Local Colorado attractions
- Local entertainment and sporting events
- Colorado ski resort lift tickets and season passes
- Out-of-state attractions, theme parks, Go Cards & lodging

View the full list of offerings and prices by visiting **CARSON.ARMYMWR.COM**

Campsite Reservations

Camp Falcon is an “off-the-grid” experience (no running water or electrical power). The camp includes two pavilions with charcoal grills. Each camping site comes with one picnic table and a rock fire pit.

Campground Registration Fee: \$5
Nightly Fee (per person): \$3

Iron Horse Park Reservations

Pavilions at Iron Horse Park are available to rent for a small fee. Park includes several playgrounds, picnic areas, grills, softball fields, volleyball courts and a fitness trail. Make your reservation now!

**SOFTBALL FIELDS
& VOLLEYBALL COURTS: \$5**

PAVILION: \$25
GAZEBO: \$10



Fort Carson Leisure
Travel Services Office
CarsonDFMWR



Inside the Hub
6371 Specker Ave., Bldg. 1532
(719) 526-2147

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CHILD & YOUTH SERVICES

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

CYS MEMBERSHIP

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) 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.

Additional Army paperwork/and or screenings may be required.

If you answer yes to any Health Screening tool questions, a review may be needed by our Public Health Nurse, and it will be determined if a Special Needs Accommodation Process (SNAP) is needed.



UNITED STATES ARMY
CHILD & YOUTH SERVICES

Registration waitlist form available at the Parent Central Services office, or through e-mail request. Completed forms can be delivered to the Central Registration office.

SCHOOL SUPPORT SERVICES

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

School Liaison Officers provide assistance within a 50 mile radius of Fort Carson.

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

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Carson CYS
CarsonDFMWR



Parent Central Services
1590 Prussman Blvd., Bldg. 1518
Fort Carson, CO 80913

CHILD & YOUTH SERVICES

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

CHILDCARE & ACTIVITES

FRG CHILDCARE SUPPORT

CYS provides child care for FRG group meetings on an as-needed basis.
Please contact Parent Central Services at 526-1101 to schedule care.

FAMILY CHILD CARE

Provided by military family members or civilians working as independent contractors in individual housing units located on or off post.

SCHOOL AGE SERVICES

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

SKIES UNLIMITED CLASSES

SKIES offers a wide variety of instructional classes for children ages 3-18.
For further details, contact SKIESUnlimited office at (719) 524-2896
or visit **carson.armymwr.com**.

SPORTS

A variety of team and individuals sports are offered year round for ages 3-18.
Contact the Youth Sports office at 526-4425 for details

(719) 526-1101 / (719) 526-8220

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SPORTS, FITNESS & AQUATICS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

YOUTH SPORTS

Register at Parent Central or ONLINE with WebTrac.

Shirt included in registration cost; additional equipment not supplied.
CYSS registration and annual sports physicals required for participation.

PRICES

- Ages 3-4: **\$20**
- Ages 5-18: **\$40**
- **15% off** each additional child!

Sports subject to change based on enrollment numbers, volunteer coaches, available partners, facility/practice space and availability of competition.

FALL/WINTER SEASON

Registration open: **Nov. 6 - Dec. 8**

Season runs: **Jan. 8 - Feb. 24**

- **Basketball:** open to ages 3-18
- **Cheerleading:** open to ages 3-18
- **Wrestling:** open to ages 6-15

*All sports offered are subject to enrollment numbers and availability of competition.

To register, visit Parent Central Services or log on to:
<https://webtrac.mwr.army.mil/webtrac/Carsoncym.html>

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Carson CYS
CarsonDFMWR



Youth Sports at the Youth Center
6181 Ware St., Bldg. 5950
(719) 526-4425

SPORTS, FITNESS & AQUATICS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

INTRAMURAL SPORTS

REGISTRATION

Register at Iron Horse Sports & Fitness Center prior to the sports coaches meeting. Please leave your team roster, contact information and notification of when your team cannot play. Visit carson.armymwr.com and the Intramural Sports Facebook page for registration dates and downloadable team rosters.
Open to all DOD ID holders over 18 years old.

FREE AGENTS

Interested individuals who are new to Fort Carson may contact the Intramural Sports Office and sign up as a free agent. Attend the coaches meeting(s) for an opportunity be drafted by a team captain or form your own team with other free agents.

BECOME A CERTIFIED SPOTS OFFICIAL OR SCORE/TIME KEEPER

The Fort Carson Athletic Official's Association (FCAOA) is looking for sports officials & official scorekeepers! Training is available.

LEAGUES & EVENTS

Preseason Basketball Tournament

Dec. 4 at Iron Horse Gym
One week tournament play
Games played Monday-Thursday.

Basketball League

Jan. 8 – Mar 23 at Iron Horse Gym
Battalion & Company Divisions
Games played Monday-Thursday

3-Point Shoot Out

Mar 9
Iron Horse Gym

Bowling League

Jan 18
Thunder Alley Bowling Center



Carson.Sports
CarsonDFMWR



Intramural Sports
6415 Specker Avenue., Bldg. 1925
(719) 526-5772 / (719) 526-3972

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SPORTS, FITNESS & AQUATICS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

IRON HORSE INDOOR POOL

- Lap pool
- Water slides
- Mushroom fountain
- Zero depth family pool
- 1 & 3 meter diving board
- Family changing room

NELSON INDOOR POOL

- Lap Pool
- Swimming lessons
- Water Aerobics classes

PRICES & PASSES

REGULAR POOL FEES

- Active Duty: FREE
- Retirees, Dependents and DOD Civilians: \$3
- General Public (accompanied by a DOD ID card holder): \$6

ANNUAL POOL PASSES

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

*Passes valid for one year from purchase date

**Family pass holders must live in the same household.

UPCOMING EVENTS

All events are FREE for annual pass holders.
\$3 per person without a pass
(including Active Duty and infants).

English Channel Swim Challenge

Jan. 2 (Registration opens Dec. 1)

Pre-registration required (only 150 slots).

SWIMMING LESSONS

Must register through Fort Carson CYS.
All classes are taught by Certified Water Safety Instructors and are subject to change based on available instructors. Children under 12 years must be accompanied by an adult.

GROUP CHILD LESSONS

- First child \$40
- Second child: \$35
- Third child on: \$25

Classes held Monday-Thursday in November
NO CLASSES in December

PRIVATE LESSONS

(Instructor must be available)

- \$45 for a private 30 minute session
- \$75 for a semi-private 30 minute session (2 children of equal ability)

WATER AEROBICS

- \$3 per class
- \$30 punch card (10 classes) \$150 annual pass

All prices and policies are subject to change.

For special rules & regulations, call the Nelson Indoor Pool at (719) 526-3107 or visit CARSON.ARMYMWR.COM.



Fort Carson Aquatics
CarsonDFMWR

Iron Horse Indoor Pool
6415 Specker Ave., Bldg. 1925
(719) 526-4093

Nelson Indoor Pool
1770 Nelson St., Bldg. 1446
(719) 526-3107

SPORTS, FITNESS & AQUATICS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

IRON HORSE GYM

- Sports & fitness equipment for check-out
- Lockers available for sign out
- Indoor climbing wall with TrueBlue auto belay system & slack line
- Indoor pool with dive tank
- Dry sauna
- 3 NCAA regulation indoor courts
- Outdoor basketball Court
- 2 regulation size racquetball courts
- Indoor cycle room
- Elevated indoor track
- Large group exercise room with partition
- 18 TRX Force Suspension Trainers & S-Frame
- RAGE Pull-Up Bar System
- Nautilus selectorized strength equipment
- HD Elite Power Racks, platforms with bumper plates
- Life Fitness, Precor, Stairmaster, Jacobs Ladder, & VersaClimber cardio machines



Iron Horse Sports &
Fitness Center
CarsonDFMWR



carsonironhorsegym



6415 Specker Ave., Bldg. 1925
(719) 526-2706

EVENTS

5k Jingle Bell Fun Run

Dec. 9
8 a.m.-12 p.m.
Iron Horse Gym
\$10 pre-registration
\$20 same-day registration

Warrior Dog Memorial 5K

March 10 at 9 a.m.
Iron Horse Gym (south parking lot)
\$15 pre-registration
\$20 same-day registration
Dogs optional & FREE to participate.

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



McKibben Physical
Fitness Center
CarsonDFMWR



mckibbengym



5785 Barkley Ave.
Bldg. 1160
(719) 526-2597

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SPORTS, FITNESS & AQUATICS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

WALLER GYM

FEATURES

- 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
- Free group PT classes upon request
- Free equipment orientation
- Body fat analysis (Inbody 230)

FUNCTIONAL FITNESS AREA

- Up to 8,900 sq. ft. of large functional fitness area with 1,900 sq. ft. of turf• 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



Waller Physical
Fitness Center
CarsonDFMWR



wallergym



6946 Magrath Ave., Bldg. 2357
(719) 526-2742

GARCIA GYM

FEATURES

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

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

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

WEIGHT EQUIPMENT

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

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Garcia Physical
Fitness Center
CarsonDFMWR



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



SPORTS, FITNESS & AQUATICS

For more info, follow us on social media and visit us online at
CARSON.ARMYMWR.COM

FITNESS CLASSES

MCKIBBEN GYM

Boxing 101

Bag work, mitt work, shadowboxing, calisthenics, body weight exercises, running, jump rope & more!

Indoor Cycling

Free your mind and energize your body.

K-OS

Incorporates cardio, strength & endurance.

Fort Carson Spartan SGX

Program features obstacle course preparation as well as metabolic, functional, & mental training.

FREE P.T. Classes

- Spin Class
- Spartan SGX

WALLER GYM

FREE PT Yoga

Increases flexibility & strength, improves alignment & balance, lowers stress levels.

FREE Wellbeats Virtual Classes

Cardio, strength, mind & body, dance, indoor cycling, silver fit.

FREE CrossFit Classes

IRON HORSE GYM

Total Tone: TVS

Class focuses on basic strength training & calorie burn using kettle bells & more.

Core Blast

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

FREE P.T. Classes

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

OTHER CLASSES

- Farrell's Kickboxing & Strength Classes
- TRX Suspension Training Equipment Orientation
- Indoor Cycle
- Kettle Bell
- TRX
- RIP
- Hot Hula
- Yoga

\$3 per class

\$30 for a 10-class ticket booklet

\$45 for an unlimited monthly pass

ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:
CARSON.ARMY.MIL/ACS

EDUCATION • OPPORTUNITY • DISCOVERY

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

The ACS Center, in 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; 2 computer labs; and an Information & Referral orientation on all of the available ACS resources.

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



Community Connection

The ACS Community Connection is your first stop when arriving at Fort Carson to learn how to make the most of your time at Fort Carson. ACS Community Connection simplifies your move with eleven computer stations for Soldiers and Family members to use at no cost along with printers, fax and copy services.

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



Fallen Heroes Family Center

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.

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



Family Nurturing Center

The ACS Family Nurturing Center is home to the New Parent Support Program's (NPSP) Nurturing classes. 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.

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



Soldier & Family Assistance Center

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). They are either preparing for "return to duty" or transitioning out of the Army.

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



carson.army.mil/acs (719) 526-4590

ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:
CARSON.ARMY.MIL/ACS

RELOCATION READINESS PROGRAM

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 create a successful plan for your next destination.

Newcomers Orientation

This 2-day class will help you learn about services which are available. Enjoy a van tour of the post. Lunch is provided.

2nd Monday of the month • 9 a.m.-1 p.m.

Cultural Meet-ups

Get acquainted with ACS offerings and find new friends in a community at Fort Carson that includes people with similar backgrounds and experiences. Children are welcome.

German-Meet-Up: Alternating Weds. • 10 a.m.-Noon

Latino-Meet-Up: 1st & 3rd Mon. • 10 a.m.-Noon

LGBTQ-Meet-Up: 1st & 3rd Mon. • 11 a.m.-1 p.m.

Multi-Cultural-Meet-Up: 1st & 3rd Mon. • Noon-2 p.m.

T3 Sponsorship Training

T3 is a master trainer course for unit sponsors. Soldiers will learn how to train sponsors for the Fort Carson Sponsorship Program.

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. Training is open to all Soldiers, DA Civilians, and Contractors.

PCS 101

Get information on planning and executing a successful move. Soldiers within 30 days prior to clearing can pre-clear ACS, AER, Loan Closet and EFMP by attending.

2nd Monday of the month • 9 a.m.-1 p.m.

Waiting Families Program

For Family members who are separated from their Soldier due to mission requirements, to include TDY's and unaccompanied assignments. Find new friends and stay up-to-date on what is going on at Fort Carson and in the local community.

Welcome To Civilian Life

Provides Military Spouses and their Soldiers with information on the transition from active duty into ETS.

Homebuyer's Workshop

Learn about real estate agents, selecting the right house, obtaining the right mortgage, VA Loans, and more.

4th Weds. of the month • 1 p.m.-4 p.m.

Immigration & Naturalization Classes

101 class is the best place start, afterwards schedule a one-on-one appointment; or our classes with specific details for Green Card application or Naturalization process.

Immigration 101: Tues. • 2 p.m.-4p.m.

Green Card: 2nd & 4th Thurs. • 8 a.m.-Noon

Citizenship: 2nd & 4th Thurs. • 1-4 p.m.

Appointment for complex questions, call (719) 526-1070

Monthly Naturalization Ceremony

Join us in welcoming our new citizens. Ceremony is open to everyone.

3rd Thurs. of the month • 2-2:30 p.m.

Everyday English

10-week program for foreign born individuals. Participants develop basic English skills in grammar, conversation, language and composition.

offered quarterly

Destination Overseas

Learn about planning and executing a successful OCONUS PCS. Soldiers within 30 days prior to clearing can pre-clear ACS, AER, Loan Closet and the EFMP by attending this class.

2nd Fridays • 9:30-11:30 a.m.

PCS Online Levy Briefing

Links to online briefings for Permanent Change of Station (PCS), Expiration of Term of Service (ETS) or Retirement can be found on the ACS website:

www.carson.army.mil/acs



ACS Center
6303 Wetzel Ave., Bldg. 1526
(719) 526-4590

Community Connection
6391 Wetzel Ave., Bldg. 1524
(719) 526-1070



ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:
CARSON.ARMY.MIL/ACS

ARMY VOLUNTEER CORPS

SUPPORTING & TRAINING VOLUNTEERS TO MAKE A DIFFERENCE IN THEIR COMMUNITY

The Fort Carson Army Volunteer Corps (AVC) provides opportunities to make a difference within our Military community and the Colorado Springs area. AVC helps volunteers find positions which fit their current skill set and advance their employment goals. Volunteerism is a perfect opportunity remain on the cutting edge and connect with new people.

Annual AVC Events

AVC leads many annual events which honor volunteers and support the community. These include: Annual Volunteer Recognition Ceremony, Mayoral Elections and Inauguration, National Volunteer Week, National Night Out, Volunteer Holiday Social, and Make A Difference Day.

Mayoral Meetings

Mayors meeting with the Garrison Commander, Garrison Command Sergeant Major (GCSM) and the Community Partners to discuss any issues and concerns regarding quality of life within Carson Family Housing.

Volunteer, VMIS & OPOC Training

Provides information on registration of new volunteers, duties of the OPOC (Organizational Point of Contact) and how to use the VMIS (Volunteer Management Information System) to enter hours and earned awards.

Last Wednesday of the month • 1-2 p.m.

Yard Sale

The Mayoral Program supports yard sales on Fort Carson open to DoD ID holders (nonresidents and barracks residents set up at Bldg. 4355 on Funk Ave).

April-Dec.: 1st & 3rd Saturdays • 8 a.m.-3 p.m.

EMPLOYMENT READINESS PROGRAM

HERE FOR ALL PHASES OF YOUR JOB SEARCH

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

Job Search Orientation

Answer the most common questions about your job search at and around Fort Carson. Once a month a CPAC briefer will present details on the Military Spouse Preference Program.

*Wednesdays • 9:30-11:30 a.m.
with CPAC Brief on 4th Weds. of the month*

Resume Writing Workshop

Receive important resume writing tips for the local job market, interview techniques, how to dress for success, and handouts to assist in creating a finished resume.

*1st & 3rd Tuesdays • 9:30 a.m.-12:30 p.m.
1st & 3rd Thursdays • 9:30 a.m.-12:30 p.m.*

Professional Preparedness

Schedule an appointment with ERP and we will help you give your best interview with improved interview techniques and how to dress for success.

by appointment, call (719) 526-0452

Resume Review

Have your resume critiqued by an expert. Includes follow-up appointment as well. Completion of Resume Writing Workshop required.

by appointment, call (719) 526-0452



ACS Center
6303 Wetzel Ave., Bldg. 1526
(719) 526-4590

ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:
CARSON.ARMY.MIL/ACS

ARMY FAMILY TEAM BUILDING

EMPOWERING SOLDIERS & FAMILIES TO MAXIMIZE THEIR PERSONAL GROWTH

Maximizing military knowledge, personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation.

Army 101

A 5-hour class designed to help civilian organizations understand more about how the Army works at Fort Carson. Offered 4 times a year.

Co. Commander & 1SG Spouse Course

You'll learn about the structure of the Army and Fort Carson, the deployment cycle, customs and courtesies, coping through crisis, character strengths and resilience, and more.

Personal Growth (Level G)

Level G focuses on personal growth through communication, exploring personality traits, creative problem solving and many aspects of self improvement.

Briefer, Facilitator And Instructor Training Courses

This 3-class series improves public speaking, briefing, facilitating, and instruction skills.

Military Knowledge (Level K)

Level K provides the basic information and skills needed by all military Family members. These include military terms, acronyms, customs and expectations, and much more.

Leadership Development (Level L)

Level L will enhance an individual's professional growth and leadership skills. This training is for those who are or wish to be leaders, whether it is in the unit, FRG, or the community.

MOBILIZATION & DEPLOYMENT

SUPPORTING SOLDIERS & THEIR FAMILIES IN MILITARY READINESS

The Mobilization, Deployment Readiness & Stability Support Operations Program supports 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 personal support arriving. Prepares volunteers to help during a time of tragedy or loss.

FRG Fund Custodian

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing FRG Informal Fund accounts and fundraising.

Family Readiness Liaison Academy

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

Family OPSEC

Protect your Soldier by protecting the information that you know. This is known as Operations Security (OPSEC). Class covers OPSEC for social media and personal security.

FRG Administrator

www.armyfrg.org is a secure website for command to share unit, Family Readiness Group (FRG), and deployment information to soldiers and Family members.

FRG Foundations

An introduction to the Family Readiness Group (FRG). Students will review the FRG mission and determine how leaders can advocate mission readiness.

FRG Key Contact

This training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication.

Rear Detachment Leaders Course

Gain a better understanding of the Rear Detachment Leaders role and the many resources available for crisis intervention.



ACS Center
6303 Wetzel Ave., Bldg. 1526
(719) 526-4590

ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:

CARSON.ARMY.MIL/ACS

FAMILY ADVOCACY PROGRAM

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.

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".

Cooperative Parenting & Divorce

Understand your new roles and how to best support your kids during this transition. Meets the State of Colorado requirement for divorcing couples.

2nd Tuesday of the month • 9 a.m. - Noon

Got Your Back

Part of the PREP Series, this class helps single Soldiers improve on their self actualization and relationship skills.

Heartsaver CPR Training

Learn adult & child CPR and use of an Automated External Defibrillator. Not for those in a healthcare environment.

Marriage Workshop

In this 3-week class you'll relate with your partner in a calm, cool and connected way.

Parenting Teenagers

This 5-week class lays out a clear path to a more productive future and creating a better relationship along the way.

Parenting Workshop

Learn to relate with your children by taking hold of your own emotional responses in this 4 week class. Helps parents to focus on their own behaviors.

PREP

"Prevention and Relationship Education Program" will help you as a couple by building on your current strengths and learning new skills. All couples welcome.

Resilience Classes

Learn self-awareness, self-regulation, optimism, strength of character, and connection. Each class covers a different subject matter. Attendance of all classes encouraged.

3rd Thursday of the month • 9 a.m. - Noon

Smart Steps

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

Sole Parenting Group

An opportunity for Soldiers to meet fellow single parents, attain resources and ask questions in a supportive environment. Find a community with this group.

VICTIM ADVOCACY PROGRAM

SUPPORTING THOSE THAT NEED A VOICE

We provide 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 24/7 through our 24 HR Victim Hotline: (719) 243-7907

Domestic Violence Support Groups

An inviting and safe place where individuals can meet with others who have a history with domestic violence. All ideas and experiences can be expressed in a judgment free environment.

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ACS Center
6303 Wetzel Ave., Bldg. 1526
(719) 526-4590

ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:
CARSON.ARMY.MIL/ACS

NEW PARENT SUPPORT PROGRAM

SUPPORTING MILITARY PARENTS & YOUNG CHILDREN

A professional team of social workers and nurses that provide supportive and caring services to military families. We will help you learn to cope with stress, isolation, post-deployment reunions and the everyday.

Basic Training For New Moms

A chance for moms to share motherhood fears and challenges, practical activities. Offered for moms only.

3rd Thursday of the month • 9-11:30 a.m.

Child-Parent-Relationship

This 10-week class teaches parents how to use child play therapy skills to reduce behavioral problems.

offered quarterly, call (719) 534-3105 for details

Infant Massage & Baby Nurturing

Increase the bond between you and your baby through various infant massage techniques.

Tuesdays • 10-11:30 a.m.

Play Group

Fun filled 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.

Fridays • 10-11 a.m.

Boot Camp For New Dads

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

1st Tuesday of the month • 9 a.m. - Noon

Home Visits

A voluntary home visitation program for Families expecting a child or with children from infant to 3 years of age.

call (719) 526-4601 for more information

Nurturing (Infant to 5 years old & 5 to 12 years old)

These two 12-week classes teach parents how to be nurturing to their children as well as to themselves.

offered quarterly, call (719) 534-3105 for details

Toddler Time

Focuses on gross motor enhancement through song and dance; sensory enrichment through arts and crafts; as well as nurturing the child and the parent. 18 months old and up.

Thursdays • 9:30-11 a.m.

EXCEPTIONAL FAMILY MEMBER PROGRAM

WE KNOW THE SYSTEM. WE CAN HELP.

We 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 Bowling Night

What could be more fun than a bowling experience for you and your special needs child? Join the fun and network with other EFMP Families! No cost for EFMP Families.

IEP Basics Class

Learn about the Individualized Education Program (IEP) and how to set it up for your child.

Seasonal Events

Throughout the year ACS EFMP wants to make sure your whole family can celebrate all the holiday traditions. Check our website for listings of our special events.

EFMP Sensory Movie Night

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. All EFMs are welcome.

Medicaid Waiver Information Workshop

Learn if your child may qualify for Medicaid or any of the waivers. Workshop is led by an expert in the field.

Systems Navigation Services

A service specific to ACS EFMP that connects you to the systems of care you need, both on and off the installation.

walk-in or by appointment, call (719) 526-4590



Family Nurturing Center
6070 Berkeley Ave., Bldg. 1354
(719) 526-0461

ACS Center
6303 Wetzel Ave., Bldg. 1526
(719) 526-4590



ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:
CARSON.ARMY.MIL/ACS

SOLDIER & FAMILY ASSISTANCE CENTER

SUPPORTING WOUNDED SOLDIERS AND THEIR FAMILIES

At the Soldier & Family Readiness Center (SFAC) our 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.

Family Social

Soldiers and their Families assigned to the Warrior Transition Battalion (WTB) or in the Integrated Disability Evaluation System (IDES) can learn more about the process and resources available. Dinner is provided. All Family members welcome.

Nutrition Center

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

Understanding Your GI Bill Benefits

Participants will get a clear understanding of the education benefits including: Montgomery GI Bill, Post 9/11, Transfer of Benefits, Yellow Ribbon Programs, Vocational Rehabilitation, and Veteran Upward Bound.

call (719) 524-7303 to schedule your appointment

Medical Separation Orientation Brief

Get orientated to the SFAC Program. Includes a Facility tour and information on what services are provided through the SFAC. Open to all WTB/IDES Soldiers and their Families.

Tuesdays & Thursdays • 1-2 p.m.

One-on-one Support

Schedule your one-on-one support with the SFAC to support your transition needs: financial counseling, education benefits, leave calculations, ID card renewals, outreach opportunities and resume assistance.

call (719) 526-5807 for an appointment

Transition Brief

Class for WTB and IDES Soldiers that are transitioning out of the military. Covers all of the military benefits and services that transitioning soldiers can utilize through the SFAC and other programs.

Tuesdays & Thursdays • 1-2 p.m.

SURVIVOR OUTREACH SERVICES

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 States of Colorado, Utah, North Dakota, South Dakota and Wyoming.

SOS Offerings

Contact the SOS program at the Fallen Heroes Family Center for classes and other support offerings. These include one-on-one counseling, holiday special events, and much more: (719) 526-2069.



SFAC
1481 Titus Ave., Bldg. 7492
(719) 526-5807

Fallen Heroes Family Center
6990 Mekong St., Bldg. 6215
(719) 526-2069

ARMY COMMUNITY SERVICE

For dates and times, class sign up, and more information:
CARSON.ARMY.MIL/ACS

FINANCIAL READINESS PROGRAM

EDUCATION FOR A SUCCESSFUL FINANCIAL FUTURE

Financial Readiness Program (FRP) provides finance education, budget assistance, personalized budget counseling, credit counseling and debt management along with a host of other finance support programs.

1st Termers Training

As a new Soldier, learn how to save and invest your valuable earnings, establish savings goals, debt elimination strategies, and create a savings for emergency situations. This class is open to all new Soldiers, their Family members and DoD ID holders.

Mondays • 9:30 a.m.-5 p.m.

Banking Management

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

1st Tuesday of the month • 9-11:30 a.m.

Blended Retirement

Understand your money and how it fits in with the Army's new Blended Retirement System. Featuring a Q&A with financial experts.

1st Tuesday of the month • 9-11:30 a.m.

Brown Bag Lunch Series

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

- Thrift Savings Plan - 1st Thursday of the month
- Managing Your Debt - 2nd Thursday of the month
- New Blended Retirement System - 3rd Thursday of the month
- Used Car Buying - 4th Thursday of the month

Mondays • 9:30 a.m.-5 p.m.

Iron Horse Budget

Learn how to create your budget. Designed to ensure that each Soldier has a plan to better manage their money and create a sound financial plan for themselves and their Family.

1st Tuesday of the month • 9-11:30 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.

*2nd Thursday of the month • 5:30-7:30 p.m.
Topics vary each session*

One-on-One Support

Army Emergency Relief (AER)

AER is a private non-profit organization whose mission is to provide financial assistance to Soldiers and Family members, Retirees, Retiree Family members, and Medically Retired Wounded Warriors needing financial assistance in an unforeseen emergency situation. AER is dedicated to "Helping the Army Take Care Its Own."

Contact your unit's Command Financial NCO, Officer or ACS FRP for an appointment, call (719) 526-4590

Financial Counseling

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

Contact your unit's Command Financial NCO, Officer or ACS FRP for an appointment, call (719) 526-4590



Find new friends
Make a better future
Build your community



ACS Center
6303 Wetzel Ave., Bldg. 1526
(719) 526-4590

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