

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: **\$25**
- Ages 5-18: **\$45**
- **15% off** each additional child!

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

SUMMER SEASON

Registration open: **Apr. 16 - May 18**

Season runs: **June 4 - Aug. 3**

- **Track & Field:** open to ages 6-15
- **T-Ball Developmental:** open to ages 3-4
- **T-Ball:** open to ages 5-6
- **Baseball:** open to ages 7-18
- **Girl's Softball:** open to ages 7-15

*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>



Carson CYS
CarsonDFMWR



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

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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, forms 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. Call (719) 524-0859 for more information.

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

**All leagues are FREE to join unless otherwise noted.*

Intramural Golf Post Championship

May 5
Sign up at Cheyenne Shadows Golf Course.
Open only to Active Duty Soldiers.

Outdoor Soccer League

May 21-July 27 behind Iron Horse Gym
Men's & coed leagues, ages 16+
Games held Mon.-Thurs. nights.

Early Bird Softball Tournament

April 27-29
\$200 per team
Prepare for the summer softball season.

Summer Slam Basketball Tournament

Jan 13-14 at Iron Horse Gym
Double elimination bracket.
Open to DOD ID Card holders 16+

Intramural Softball League

May 21-Aug 3
Company level & battalion teams.
Games run Mon.-Thurs. nights
at the Mountain Sports Complex.

Home Run Derby

July 27
Just like the pros! Advance to the final
match before the post championship game.
Open to DOD ID card holders 18+



Carson.Sports
CarsonDFMWR



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

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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

WATER AEROBICS

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

*All prices and policies are subject to change.
For more info, call the Nelson Indoor Pool or visit
CARSON.ARMYMWR.COM.*

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).

SUMMER LUAU

Jan. 16

Ellis Outdoor Pool
Pre-registration required (only 150 slots).
Tickets required
All children will receive a goodie bag
games and prize giveaways

DOG SPLASH

Sept. 8

Ellis Outdoor Pool
Pre-registration required (only 150 slots)
\$3 per dog
Dog must have current shot record.
Fort Carson breed restrictions apply.

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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

Ellis Outdoor Pool
5954 Ellis St., Bldg. 1231
(719) 526-3107

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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
- Boxing equipment
- Spartan training equipment
- 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

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

CIMBING WALL INFO

All climbers required to go through a brief climbing wall safety orientation before they begin. Orientations are by appointment, but walk-ins are welcome if an instructor is available. Parental supervision is required at all times for anyone under the age of 18.

Rental climbing gear available (\$2 harness, \$2 shoes).

FREE for children (Ages 5-15) from 3:30 p.m.-7:30 p.m. on Mon., Wed., Fri. & Sun.



Iron Horse Sports &
Fitness Center
CarsonDFMWR



carsonironhorsegym



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



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WALLER GYM

FEATURES

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

FUNCTIONAL FITNESS AREA

- 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 & SkiErgs
- Pull-up rig with ring station & training bars.
- Trap bars, squat safety bars, Olympic bars (35 & 45 lbs.)
- Sleds, medicine balls, The Tank
- Kettle bells, jump ropes, climbing ropes, battling ropes



Waller Physical
Fitness Center
CarsonDFMWR



wallergym



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

GARCIA GYM

SUMMER LIFTING SERIES

June 16, July 21, & Aug. 18

Pre-register online starting May 1

3-part lifting competition. See website for prices & information.

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



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FITNESS CLASSES

WALLER GYM

FREE P.T. 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

Mon-Fri 11:45 a.m.
Tues-Thu 5:15 p.m.

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

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

\$3 per class
\$30 for a 10-class ticket booklet
\$45 for an unlimited monthly pass

MCKIBBEN GYM

Boxing 101

\$50
Tues & Thur (12 week program)
Instruction for beginners & a good refresher for more advanced boxers.

P. T. Indoor Cycling

FREE
Mon, Wed and Fri
High spirited class with upbeat music.

K-OS

\$3
Wed & Fri

Fort Carson Spartan SGX

FREE
Tuesday & Thursday
Functional Fitness exercise program features obstacle course preparation as well as metabolic, functional, & mental training.

FREE P.T. Classes

- Spin Class
- Spartan SGX

Spartan Skills Challenge

\$5
April 21
Open to all participants of every level, aged 4+.

FIT Strong B.A.N.D. Challenge

FREE
May - dates vary.
See webtie for details.

Silver FIT Strong B.A.N.D. Challenge

FREE
May - dates vary.
See webtie for details.

Waller
(719) 526-2742

Iron Horse
(719) 526-2706

McKibben
(719) 526-2597

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