

FORT CARSON DFMWR PROGRAM GUIDE

FACILITIES AND ACTIVITIES AVAILABLE
TO SOLDIERS AND THEIR FAMILIES

OUTDOOR RECREATION

CHEYENNE SHADOWS GOLF CLUB

CHEYENNE MOUNTAIN
SHOOTING COMPLEX

GRANT LIBRARY

THUNDER ALLEY

AUTO SKILLS

DINING & ENTERTAINMENT

SPECIAL EVENTS & TRAVEL SERVICES

CHILD & YOUTH SERVICES

SPORTS, FITNESS, AND AQUATICS

ARMY COMMUNITY SERVICE

FORT CARSON MAP

CARSON.ARMYMWR.COM

#MOUNTAINPOSTLIVING

ALL INFORMATION SUBJECT TO CHANGE

LETTER FROM THE DIRECTOR

WELCOME TO THE MOUNTAIN POST



Congratulations on your new assignment to Fort Carson, the Mountain Post! On behalf of everyone within Family and Morale, Welfare and Recreation (FMWR), I would like to personally welcome you to the Best Hometown in the Army! There is an incredible range of opportunities and experiences that await you and your family during your time at Fort Carson, we commonly refer to it as Mountain Post Living!

Mountain Post Living inspires a life of balance, and defining your personal journey along the way. It brings together mind, body, spirit and community into the adventure of making the most out of your destination. I encourage you to take advantage of all our services and programs. Improve your health and performance, connect with neighbors and explore beyond our gates, get moving for an active, vibrant life, enhance your skills and knowledge to realize your full potential.

From quality child development to expert financial, relationship, employment and relocation advice, to sports, fitness and aquatics, to auto skills, library, golf, bowling, recreational shooting, and catering and conferencing, to white water rafting, mountain climbing, skiing, and outstanding community events, we have it all!

Let the Fort Carson Family and MWR be your first choice for quality of life services, and let your Mountain Post Living experience start now!

For more information please reach out to any one of our Family and MWR team, visit us at, **carson.armymwr.com**, and follow us on social media.

Again, Welcome to the Fort Carson Mountain Post, “The Best Hometown in the Army-Home of America’s Best.”

MICHAEL O'DONNELL

Director of Family & Morale,
Welfare & Recreation

CONTENTS



OUTDOOR RECREATION

- 5 Adventure Programs & Education
- 6 Warrior Adventure Quest
- 7 Equipment Checkout Center
Mountain Post Outfitters

8 CHEYENNE SHADOWS GOLF CLUB

9 CHEYENNE MOUNTAIN SHOOTING COMPLEX

11 GRANT LIBRARY

12 THUNDER ALLEY

13 AUTO SKILLS

DINING & ENTERTAINMENT

- 14 Elkhorn
Hub
- 15 Mulligan's
Strike Zone
Better Opportunities for Single
Soldiers

SPECIAL EVENTS & TRAVEL SERVICES

- 16 William Reed Special Events Center
- 17 Leisure Travel Services

CHILD & YOUTH SERVICES

- 18 Parent Central Services
School Support Services
Kids on Site
- 19 Child Development Center
Family Childcare
School Ages Center
Youth Services
- 20 Youth Sports & Fitness

SPORTS, FITNESS, AND AQUATICS

- 21 Intramural Sports
- 22 Aquatics
- 23 Fitness Centers

25 ARMY COMMUNITY SERVICE

34 FORT CARSON MAP

FAMILY MORALE, WELFARE, & RECREATION



KNOWN AS ARMY MWR, WE MANAGE PROGRAMS AND SERVICES
THAT SUPPORT READINESS AND RESILIENCE FOR SOLDIERS AND FAMILIES.

CARSON.ARMYMWR.COM

ADVENTURE PROGRAMS & EDUCATION

WATER ADVENTURES

WHITewater RAFTING

Our guides steer you through the rapids of Big Horn Sheep Canyon on the Arkansas River. No experience is necessary!

STAND UP PADDLE BOARD (SUP)

Learn the essentials of SUP, the fastest growing water sport since its origination in the Hawaiian islands. No experience necessary!

CLIMBING ADVENTURES

CLIMBING WALL ORIENTATION

This introductory climbing class is a prerequisite for other climbing programs. Pre-registration required.
(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.

MORNING IN THE GARDEN

Ascend the formations in the Garden of the Gods and see Colorado's majestic mountains. Class meets at Garden of the Gods Visitor Center.
(Prerequisite: Climbing Wall Orientation)

CUSTOM TRIP OPTIONS

Availability upon request. Inquire at Outdoor Recreation.



For more details,
including dates and
pricing information:
CARSON.ARMYMWR.COM

SUMMER PROGRAMS

FULL & HALF DAY WHITewater RAFTING	INFLATABLE KAYAKING
OVERNIGHT RAFTING	STAND UP PADDLE BOARDING (SUP)
DAY ROCK CLIMBING	MOUNTAIN BIKING
OVERNIGHT ROCK CLIMBING	PT CLIMBING
	PT TEAMBUILDING

ADVENTURE PROGRAMS & EDUCATION

Adventure Programs & Education, 7093 Specker Ave., Bldg. 2429
(719) 526-5176

WARRIOR ADVENTURE QUEST

Warrior Adventure Quest (WAQ) is 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, mountaineering, paintball, trap & skeet shooting, go karting, 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

7093 Specker Ave., Bldg. 2429
(719) 526-2186

OUTDOOR RECREATION COMPLEX

EQUIPMENT CHECKOUT CENTER

- Ski & Snowboards (Adults & Juniors)
 - Snowshoes & Cross Country skis
 - Specialty inflatables
 - Party rentals
 - Travel Trailers
 - Tables & Chairs
 - Sports equipment
- Visit our website for more rental items!

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
- Colorado branded apparel and gear
- Pool floats & inflatable coolers

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).



FORT CARSON OUTDOOR RECREATION COMPLEX

7093 Specker Ave., Bldg. 2429
(719) 526-1993

CHEYENNE SHADOWS GOLF CLUB

A PLACE FOR FRIENDS, FAMILY & FUN

Home to the Army's best golf experience. Cheyenne Shadows is not just home to great course conditions and beautiful views, we pride ourselves on great service and the best public golf experience in Southern Colorado.

FULLY STOCKED GOLF SHOP

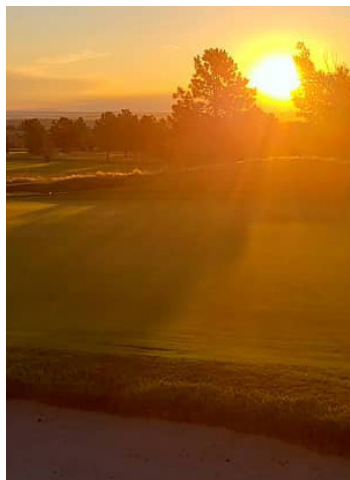
The golf shop is your destination for all of your equipment and apparel needs. With a complete indoor/outdoor fitting center and Trackman technology our PGA Professionals will make sure that you find the perfect equipment for your game.

DRIVING RANGE AND LEARNING CENTER

Whether you are new to the game or looking to take your new game to the next level, we have the tools for you.

MULLIGAN'S GRILL

Join us for lunch or a post round drink. Mulligans has a full menu of great food options and beautiful views of Cheyenne Mountain.



CHEYENNE SHADOWS GOLF CLUB

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

CHEYENNE MOUNTAIN SHOOTING COMPLEX

SAFETY IS OUR PRIMARY CONCERN.

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

COMPLEX INCLUDES

- 7 independent ranges with over 110 individual covered firing points
- Over 50 pistol positions with targets between 5-50 yards
- Archery range
- Trap & Skeet Ranges

INSTRUCTIONAL CLASSES

- Basic Introduction to Firearms
- Hand Gun Instruction
- Concealed Carry
- Private Lessons
- Personal Protection
- Instructor Level Courses
- Contact the range office for a full list of classes provided at the Cheyenne Mountain Shooting Complex (CMSC)



FIREARM RENTALS AVAILABLE

- Valid ID required; see carson.armymwr.com for prices
- Must be 21+ to rent handguns
- Must be 18+ to rent rifles
- Must purchase ammunition at range if using rental firearms

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. (Must be built to dimensions listed on website)
- 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.

SPECIAL PROGRAMS

KID'S MARKSMANSHIP CAMP

Kids can participate with a \$10 registration fee. This event includes marksmanship and safety classes, small competition, snacks and drinks. Prizes given away for each category winner

"ANNIE GET YOUR GUN" DAYS

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

CONCEALED CARRY SHOOT DAYS

Concealed card holders shoot for \$8 every 3rd Saturday of the month all year round!

YOUTH RANGE DAYS

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

TRAP AND SKEET SHOOTING

\$9 for one round (27 clay pigeons)

Youth Discount: \$7 for one round (ages 6-17)



CHEYENNE MOUNTAIN SHOOTING COMPLEX

Off I-25: exit 132, outside Fort Carson Gate 20
(719) 896-6196

GRANT LIBRARY

FEATURES

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



GRANT LIBRARY

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

THUNDER ALLEY BOWLING CENTER

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 15)
- T & M’s Pro Shop www.t-msproshop.com
- Special Event rooms available (call for pricing & details)

EVENTS AND PACKAGES

50’S NIGHT

Tuesday, 6–9 p.m.

FAMILY DAY

Wednesday 1 p.m.–close

COSMIC BOWLING

Friday & Saturday

UNLIMITED BOWLING.

Visit our website for details

PIZZA BOWL

Sunday, 11 p.m.–close

BINGO

Over \$200k in cash every year! Play paper & electronic Bingo to get your share!

BIRTHDAY PARTY PACKAGES

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

RENT-A-LANE available, every Thursday.

See **CARSON.ARMYMWR.COM** for prices & details.

JOIN ONE OF OUR BOWLING LEAGUES!

Visit or call the bowling alley for league details.



THUNDER ALLEY BOWLING CENTER

6391 Chiles Ave. Bldg. 1511

(719) 526-5542

AUTO SKILLS

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

EQUIPMENT AND 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
- Four Wheel Alignment
- 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

OTHER SERVICES

SPRAY-ON BED LINER

Professional bed liner services for all applications!

- Owner must prep vehicle

DEPLOYED SPOUSES SERVICE

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

VEHICLE RESALE LOT

- Open 24 hours
- Permit required

ON-POST ROAD SERVICE (FOR PRIMARY VEHICLE)

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

FORT CARSON AUTO SKILLS CENTER

7001 Wetzel Ave., Bldg. 2427
(719) 526-2147

ELKHORN CATERING AND 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/bar
- All-inclusive custom packages available for weddings, birthdays and special events
- Private parties available through advanced reservations

CHANGE OF COMMAND PACKAGES (UP TO 200 PEOPLE)

- Packages delivered, set up, and served (2 hours on-site)

PACKAGE A Full sheet cake (with unit crest), coffee, lemonade, and water

PACKAGE B Half sheet cake (with unit crest), vegetable or fruit tray, lemonade, coffee, and water

THE HUB

- Rooms for groups ranging from 10-250 guests.
- Reservations only.

Call (719) 526-4071 for more information.



ELKHORN CATERING AND CONFERENCE CENTER

1725 Woodfill Rd., Bldg. 7300
(719) 526-4071

MULLIGAN’S

Snack bar and grill at Cheyenne Shadows Golf Club.

	SNACK BAR	GRILL
Weekdays	10 a.m.–3 p.m.	11 a.m.–11 p.m.
Weekends/Holidays	11 a.m.–3 p.m.	1–8 p.m.

STRIKE ZONE

Snack bar and grill at Thunder Alley Bowling Center.

HOURS

Tuesday–Thursday	11 a.m.–10 p.m.
Friday–Saturday	11 a.m.–11 p.m.
Sunday	11 a.m.–9 p.m.



BOSS

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

Meet us at The Hub or call 524-2677 to get involved.

Text “FollowCarsonBOSS” to 40404 for upcoming events and free ticket giveaways

 **FORTCARSONBOSS**
 **@FORTCARSONBOSS**



For more information about our facilities visit,
CARSON.ARMYMWR.COM



THE HUB 6371 Specker Ave., Bldg. 1531 (719) 526-4071	MULLIGANS 1050 Titus Blvd., Bldg. 7800 (719) 526-4102	STRIKE ZONE 6391 Chiles Ave., Bldg. 1511 (719) 526-5542
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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!

FEATURES

- 8,000 square feet
- State-of-the-art sound system

For office hours, closures, prices and details, visit **[CARSON.ARMYMWR.COM](https://carson.armymwr.com)**



WILLIAM REED SPECIAL EVENTS CENTER

6550 Specker Ave., Bldg. 1829
(719) 524-1163

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:
 - Disneyland
 - Disneyworld
 - Universal Orlando (FL)
 - Universal Hollywood (CA)
 - NASCAR
 - and many more!

OFFICE HOURS

Monday–Friday
9 a.m.–5 p.m.

**Saturday–Sunday,
Federal Holidays
and training days**
Closed

CAMPSITE RESERVATIONS

- Camp Falcon is an “off-the-grid” experience (no running water or electrical power).
- Pavilions with charcoal grills.
- Picnic tables and a rock fire pits

CAMPGROUND REGISTRATION AND NIGHTLY FEES APPLY

The LTS Office does not provide WIFI



Full list of offerings,
destinations,
and prices at
CARSON.ARMYMWR.COM



LEISURE TRAVEL SERVICES OFFICE

Inside the Hub; 6371 Specker Ave., Bldg. 1532
(719) 526-5366

PARENT CENTRAL SERVICES

carson.armymwr.com/programs/cys-services

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
- Proof of income, LES (sponsor and spouse)
- Two emergency contacts other than parents (must be local)

Additional 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 Accommodations Process (SNAP) is needed.

REQUEST FOR CARE

Through militarychildcare.com, eligible families can search and request care for full-day and part-day options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.

SCHOOL SUPPORT SERVICES

carson.armymwr.com/programs/school-support-services

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

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

KIDS ON SITE

carson.armymwr.com/programs/kids-on-site

Kids on Site offers events during and after regular duty hours. We specialize in deployment childcare providing services for pre/post deployment, reintegration and other unit functions depending on the need of the public. Unit Request for childcare available by contacting Parent Central.

CHILDCARE AND ACTIVITIES

CHILD DEVELOPMENT CENTERS

carson.armymwr.com/programs/child-development-centers

Child Development Centers (CDC) offer full-day child care for children 6 weeks to 5 years of age with a before and after school program for Kindergarten. The Army provides care in a multi-age group setting. The concept of the multi-age classroom is to provide a family-style environment where the children can learn from and nurture each other.

FAMILY CHILDCARE

carson.armymwr.com/programs/family-childcare

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

SCHOOL AGE CENTERS

carson.armymwr.com/programs/school-age-centers

School Age Centers (SAC) offer before school and after school programs for students in 1st–5th grade. Services are also available during the schools' off days. Fall, winter, spring and summer camps operate according to the Fountain-Fort Carson (D-8) calendar.

YOUTH SERVICES

carson.armymwr.com/programs/youth-services

The Fort Carson Youth Center offers a wide variety of recreational, educational, and social programs for middle and high school age teens. Army youth program standards as well as affiliation with the Boys & Girls Clubs of America and National 4-H ensures a variety of wholesome, fun, and interesting program choices for pre-teens and teens to participate in. Fort Carson Youth Center programs provide a broad framework for developing lifelong skills designed to enhance a child's future.



PARENT CENTRAL SERVICES

1590 Prussman Blvd., Bldg. 1518
(719) 526-1101

YOUTH SPORTS & FITNESS

The Youth Sports and Fitness 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. CYS registration and annual sports physicals are required for participation.

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

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

SUMMER SEASON

Registration and season run dates available at
carson.armymwr.com/programs/youth-sports

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

PRICES

Prices vary by age group.

For complete details visit **carson.armymwr.com/programs/youth-sports**



To register, visit Parent
Central Services or visit
**[webtrac.mwr.army.mil/
webtrac/carsoncyms.html](http://webtrac.mwr.army.mil/webtrac/carsoncyms.html)**



YOUTH SPORTS

6181 Ware St., Bldg. 5950
(719) 526-4425

INTRAMURAL SPORTS

REGISTRATION

Register at Ivy 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 SPORTS 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 SPORTS

6415 Specker Ave., Bldg. 5950
(719) 526-4425

IVY INDOOR POOL

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

NELSON INDOOR POOL

- 25-yard lap Pool
- Private Swimming lessons
- Water aerobics classes
- Youth swimming classes

POOL PARTIES

- Nelson Pool available for rent
Friday–Sunday
- Movie screen and inflatable obstacle
course available for additional fee



PRICES AND PASSES

- Active Duty: Free
- Daily rates apply
- Individual and Family
passes available



All prices and policies are subject to change.
Full details available at CARSON.ARMYMWR.COM

IVY 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) 526-4456

IVY FITNESS CENTER

IVY FITNESS CENTER

5785 Barkeley Ave., Bldg. 1160
(719) 526-2597

- Sports & fitness equipment for check-out
- Lockers available
- Dry sauna
- Indoor/outdoor basketball courts
- 2 regulation size racquetball courts
- Elevated indoor track
- Large group exercise rooms
- RAGE Pull-Up Bar System
- Strength equipment
- HD Elite Power Racks, platforms with bumper plates
- Cardio machines

CLIMBING WALL INFORMATION

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

MCKIBBEN FITNESS CENTER

MCKIBBEN FITNESS CENTER

5785 Barkeley Ave., Bldg. 1160
(719) 526-2597

- Strength-training room with plate loaded machines and free weights
- Multi-purpose room with Olympic platforms
- Climbing ropes
- Pull-up rig & rings
- Tractor tires, sleds
- Racquetball court
- Boxing equipment
- Spartan training equipment
- Cardiovascular room
- Co-ed dry sauna
- Outdoor running track
- Fitness equipment orientations (by appt. only)
- Free body fat analysis/composition

GARCIA FITNESS CENTER

GARCIA FITNESS CENTER

6360 Porter St., Bldg. 1856

(719) 526-3944

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

WALLER FITNESS CENTER

WALLER FITNESS CENTER

6946 Magrath Ave., Bldg. 2357

(719) 526-2742

FEATURES

- Co-ed sauna & hot tub
- 3 weight rooms
- Multi-purpose room
- Cardio room
- Large functional fitness area
- Free group P.T. classes upon request
- Free equipment orientation
- Body fat analysis (Inbody 230)



For a full list of events and classes offered
at the fitness centers visit, carson.armymwr.com

EDUCATION • OPPORTUNITY • DISCOVERY

REAL LIFE SOLUTIONS FOR EVERYDAY 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 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 more.

ACS CENTER



The ACS Center in building 1526 hosts many of the educational classes that support the Fort Carson community. This is the main center for Army Community Service and we look forward to getting to know you here.

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



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.

Personal Growth (Level G)

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

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, SFRG, or the community.

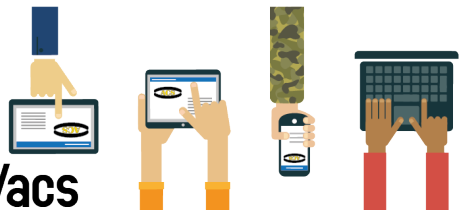
Briefer, Facilitator and Instructor Training Courses

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, expectations, and much more.

FIND CLASS DATES & REGISTER



www.carson.army.mil/acs

(719) 526-4590 / carson.armymwr.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.

MOUNTAIN POST TOUR

For newly arrived families to get acquainted with Fort Carson. Take a 60 minutes windshield tour of Fort Carson.
4th Wednesday of the month • 10:30–11:30 a.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 Wednesday • 10 a.m.–Noon

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

MOUNTAIN POST WELCOME MEET & GREET

The Mountain Post Welcome Meet & Greet is designed for new spouses to get “inside tips” from spouses who are familiar with the area. Come with your questions on your new hometown.

Tuesdays • 1 p.m. • RSVP at (719) 526-1070

EVERYDAY ENGLISH

Participants develop basic English skills in grammar, conversation, language and composition. Registration required, contact for more information.

Every Tuesday • 9:30-11:30 a.m.



HOMEBUYER'S WORKSHOP

Learn about Real Estate agents, selecting the right house, obtaining the right mortgage, VA Loans, and more.

4th Wednesday of the month • 1–4 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.

Call for more details (719) 526-1053

MONTHLY NATURALIZATION CEREMONY

Join us in welcoming our new citizens. Ceremony is open to everyone and is specific to Soldiers, Family members and Retirees.

3rd Friday of the month • 10–11 a.m.

IMMIGRATION & NATURALIZATION CLASSES

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

Immigration 101: Tuesday • 2–4 p.m.

Green Card: 2nd & 4th Thursday • 8 a.m.–2:30 p.m.

Citizenship: 1st & 3rd Monday • 1–4 p.m.

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

S1 IMMIGRATION TRAINING

This required training ensures Battalion (BN) and Brigade (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.

Upon Request



ACS CENTER

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

COMMUNITY CONNECTION

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

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 to find positions which fit their current skill set and advance their employment goals. Volunteering is a perfect opportunity remain on the cutting edge of your career and connect with new people. Stop in, call or receive our information on the website for current volunteer recruitment needs.

ANNUAL AVC EVENTS

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

VOLUNTEER, VMIS & OPOC TRAINING

Provides information on registration of new volunteers, duties of Organizational Point of Contact (OPOC) and how to use Volunteer Management Information System (VMIS) to enter volunteer hours and awards that have been earned.
Last Wednesday of the month • 1:30–3 p.m.

VOLUNTEER



**HELP YOUR
COMMUNITY
AND EARN
NEW SKILLS**

EXCEPTIONAL FAMILY MEMBER PROGRAM

WE KNOW THE SYSTEM. WE CAN HELP.

We provide a multi-agency approach for community support, housing, medical, educational and personnel services to Families with special health and/or educational needs/concerns.

EFMP 101

Find out how enrollment in the Exceptional Family Member Program (EFMP) will impact your duty assignment and what the program can do for your Family.

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

DEVELOPMENTAL SCREENING

Concerned about your young child's developmental milestones? The Resource Exchange, the local community agency responsible for evaluation and eligibility determination for early intervention services for El Paso County, will be on hand to provide a FREE developmental screening for your child aged birth to 3 years old.

MEDICAID WAIVER INFORMATION WORKSHOP

Learn if your family member may qualify for Medicaid or Medicaid Waiver programs (benefits for those who wouldn't otherwise qualify due to income/assets). Led by an expert in the field.

EFMP SENSORY MOVIE MATINEE

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.

IEP BASICS CLASS

If you have a child with an Individualized Education Program (IEP) you'll learn about school processes, rights and responsibilities, collaboration with educational professionals, and more!

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.

MOBILIZATION & DEPLOYMENT

SUPPORTING SOLDIERS & THEIR FAMILIES

IN MILITARY READINESS

The Mobilization, Deployment & Stability Support Operations Program (MD&SSO) supports unit commanders in preparing service members, civilian employees, and their Families for military operations.

CARE TEAM TRAINING

Train as a volunteer to fill the gap between the notification team and personal support arriving with the Casualty Response (CARE) Team. Prepares volunteers to help during a time of tragedy or loss.

SFRG FUND CUSTODIAN

Learn about the responsibilities of the Fund Custodian and the Army regulations for managing Soldier Family Readiness Group (SFRG) Informal Fund accounts and fundraising.

SOLDIER FAMILY READINESS LIAISON (SFRL) ACADEMY

This course trains Soldiers selected to be unit SFRLs on how best to assist unit commanders and SFRG leadership.

FAMILY OPSEC

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

VFRG ADMINISTRATOR

www.armyfrg.org is a secure website for command to share unit, Soldier Family Readiness Group (SFRG), and deployment information. Learn how to be a site administrator.

SFRG FOUNDATIONS

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

SFRG 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

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."

Upon Request

COOPERATIVE PARENTING & DIVORCE

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

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

MARRIAGE WORKSHOP

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

Upon Request

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.

Upon Request

TOUGH TOPICS

A group to help assist parents and caregivers with navigating difficult conversations.

Quarterly

SOLE PARENTING GROUP

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

4th Thursdays of the month • Noon-1 p.m.

BABY SIGN LANGUAGE BASICS

Did you know that babies can actually understand spoken language before they are physically able to speak? You and your child can learn together. Available to parents of infants, toddlers and non-verbal children.

2nd Thursday Every other month • 9-11 a.m.

PARENTING WORKSHOP

In this 4-week class learn to relate with your children by taking hold of your own emotional responses. Helps parents to focus on their own behaviors rather than just responding to their children.

Upon Request

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.

Upon Request

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 Victim Hotline: (719) 243-7907

WOMEN'S DOMESTIC VIOLENCE SUPPORT GROUP

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.

Call for more information (719) 526-4590

LEADERSHIP RESPONSE TO DOMESTIC VIOLENCE

Contact Victim Advocacy to train your unit leaders.

Upon Request

ACS CENTER

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

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 everyday stress, isolation, and post-deployment reunions.

BOOT CAMP FOR NEW MOMS

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

Offered for moms only.

3rd Tuesday of the month
9 a.m.-12 p.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

NURTURING FAMILIES THROUGH PLAY

This 10-week class teaches parents of children 3 to 10 years old how to use child play therapy skills to reduce behavioral problems.

Offered quarterly

Call (719) 960-6435 for details

INFANT MASSAGE & BABY NURTURING

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

Tuesdays • 9:30 –11 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 a.m.-12 p.m.

HOME VISITS

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

Call (719) 526-0461 for more information

NURTURING

(Infant-5 years old & 3-12 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) 960-6435 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 older.

Thursdays • 9:30-11 a.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 D.A. Civilians) 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 Civilian Personnel Advisory Center (CPAC) briefer will present details on the military Spouse Preference Program and the Priority Placement Program (PPP).

3rd Tuesdays of the month • 9:30-10:30 a.m.

with CPAC brief on the 4th Tuesday of the month.

PROFESSIONAL PREPAREDNESS

Schedule an appointment with ERP and we will help you give your best interview. We will work with you to improve your interview techniques and go over how to dress for success.

By appointment, call (719) 526-0452

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.

Civilian Resumes:

4th Wednesday of the month • 9:30 a.m.-12 p.m.

Federal Resumes:

Thursday of the month • 9 a.m.-12 p.m.

RESUME REVIEW

Have your resume critiqued by a certified staff member. Includes 2 appointments. Completion of Resume Writing Workshop required prior to scheduling your review.

By appointment, call (719) 526-0452

SOLDIER & FAMILY ASSISTANCE CENTER

SUPPORTING WOUNDED SOLDIERS AND THEIR FAMILIES

At the Soldier & Family Assistance 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) can learn more about the WTB, IDES process and resources available. Dinner is provided. All Family members welcome.
Offered Quarterly

MEDICAL SEPARATION ORIENTATION BRIEF

Get orientated to the SFAC Program. Includes a facility tour and information on what services are provided through the SFAC and partner agencies. Open to all WTB/IDES Soldiers and their Families.
Tuesdays • 1–2 p.m.

ONE-ON-ONE SUPPORT

Schedule your one-on-one support with the SFAC to support your transition needs: financial counseling, leave calculations, 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 • 9:45–11:30 a.m.



The SFAC is a “one stop shop” providing support and resources to Soldiers and their Families assigned to either the Warrior Transition Battalion (WTB) or in the Integrated Disability Evaluation System (IDES). The SFAC supports the needs of Wounded, Ill and Injured Soldiers and their Families.

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

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 offers 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 (719) 526-2069

Contact the SOS program at the Survivor Outreach Services building 6215 for classes and other support offerings. These include one-on-one counseling, holiday special events, and much more.



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. This program is continually offered based on Survivor feedback and involvement by senior Army leaders.

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

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.

2nd & 4th Wednesday • 9:30 a.m.–12:30 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 • 9:30–11:30 a.m.

BROWN BAG LUNCH SERIES

Schedule your lunch break with FRP and learn how to better manage your money.

Topics include:

- Thrift Savings Plan
- Managing Your Debt
- New Blended Retirement System
- Used Car Buying

Upon Request

UNDERSTANDING YOUR

MILITARY RETIREMENT

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

Upon Request

FINANCIAL STRENGTH BUDGETING

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

Upon Request

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. Each session covers a different subject and includes a free book on that topic.

2nd Thursday of the month • 5:30–7:30 p.m.

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 of Its Own."

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.



ARMY EMERGENCY RELIEF

Soldiers Helping Soldiers

Army Emergency Relief provides interest-free loans, grants and scholarships for soldiers, retired soldiers and their families.

- Rent/Mortgage
- Utilities/Deposits
- Food
- Dental/Medical
- Emergency Travel
- Vehicle Repair
- Funeral Expenses
- Car Seat
- And more...

1-866-878-6378

ACS CENTER

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



Schedule an Army Community Service class at a **time that works best** for your unit or family readiness group, in a **location of your choice** and customized to meet **your needs**.

Simply log onto www.carson.army.mil/acs and complete the 'request a class' form. The complete list of portable classes is Online.

Classes on your time at your location, now that's delivery service that you can get excited about.



#mountainpostliving
#reallifesolutions
#yougotthis

YOU ARE NOT ALONE.
WE ARE HERE **24/7**.



**24/7 VICTIM
HOTLINE:
CALL or TEXT
(719) 243-7907**

MFLC

Military & Family Life Counseling Program

The Military and Family Life Counseling Program supports service members, their families and survivors with non-medical counseling worldwide. Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation.

To Speak with an MFLC or to schedule an appointment, call:

(719) 331-4668	(719) 323-4122	(719) 338-7816
(719) 338-7216	(719) 323-5972	(719) 338-0144
(719) 244-5831	(719) 238-7248	

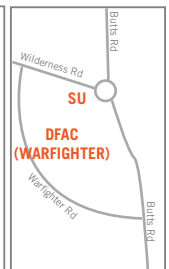
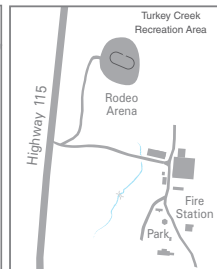
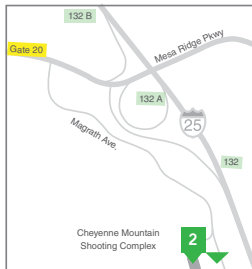
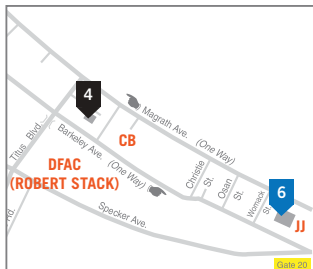


MAP OF FORT CARSON



FACILITIES

AQUATIC CENTERS	Phone #	Bldg #	INDOOR LEISURE	Phone #	Bldg #
1. Ivy Indoor Pool	526-4093	1925	1. Auto Skills Center	526-2147	2427
2. Nelson Indoor Pool	526-3107	1446	2. Grant Library	526-2350	1528
3. Outdoor Pool	526-4456	1231	3. Thunder Alley Bowling Center	526-5542	1511
			·Strike Zone Snack Bar & Grill		
			·T&M's Pro Shop		
CHILD & YOUTH SERVICES			TRAVEL & OUTDOOR LEISURE		
1. Aspen CDC	503-7725	4356	1. Cheyenne Shadows Golf Course	526-4102	7800
2. Cheyenne Mountain CDC	526-5845	6203	Mulligan's Snack Bar & Grill	526-4122	
3. East CDC	526-5977	6058	2. Cheyenne Mountain Shooting Complex	896-6196	
4. Ivy CDC	503-8202	1840	3. Outdoor Recreation Complex	526-3907	2429
5. Mesa School Age Services	524-2985	4790	Adventure Programs & Education	526-3907	
6. Monarch CDC	503-5020	2764	Equipment Checkout Center and RV Storage	526-1993	
7. Parent Central	526-1101	1518	ITR, Leisure Travel Services	526-5366	
8. Patriot School Age Services	526-5424	6204	Mountain Post Outfitters	526-9723	
9. Timberline	526-6197	5939			
10. West CDC	524-0151	6060			
11. Youth Center	526-2680	5950			
DINING AND ENTERTAINMENT			ARMY COMMUNITY SERVICE		
1. Elkhorn Catering & Conference Center	576-6646	7300	1. ACS Center	526-4590	1526
The Ivy Irish Pub			2. Community Connection	526-1070	1524
2. Mulligan's Snack Bar & Grill	526-4122	7800	3. Family Nurturing Center	526-0461	1354
3. Special Events Center	524-1163	1829	4. Survivor Outreach Services	526-2069	6215
4. Strike Zone Snack Bar & Grill	526-5542	1511	5. Soldier & Family Assistance Center	526-5807	7492
FITNESS CENTERS					
1. Ivy Fitness Ctr.	526-2706	1925			
Indoor Pool	526-4093				
Intramural Sports	526-3972				
2. McKibben Fitness Ctr.	526-2597	1160			
3. Garcia Fitness Ctr.	526-3944	1856			
4. Waller Fitness Ctr.	526-2742	2357			
ADDITIONAL DINING					
AP Anthony's Pizza	CC Carson Café	GB Green Beans Coffee	ST Starbucks		
AR Arby's	CP Charleys Philly's	JJ Jimmy Johns	SU Subway		
BK Burger King	DFAC Dining Facility	KFC Kentucky Fried Chicken	QD QDOBA		
BM Boston Market	DD Dunkin' Donuts	PH Pizza Hut			
CB Caribbean Blend	DP Domino's Pizza				



FORT CARSON

FAMILY, MORALE, WELFARE & RECREATION



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