



WE INSIDE THE SCOOP

BIWEEKLY INFO

We have a lot of exciting things planned for you!
Scroll and see.

ON THE RADAR!

JANUARY 24



Decade Dash 5K

JANUARY 24, 9 A.M.
Breezeway Complex, 977 Lincoln Street, Building 117

Dress up in your favorite decade's attire!
Family friendly course • Register early

706-329-1034 benning.armymwr.com



**Ice Breaker
POLAR PLUNGE**
JANUARY 24, 10 A.M.
Breezeway Pool

Stay after the run and
take a plunge in the pool!

REGISTER EARLY

Dress up in your favorite decade's attire and meet us at the Breezeway Pool Complex on Saturday, January 24 at 9 a.m. for our first 5K of the year - the **Decade Dash 5K!** Pre-register online or in person at Smith Fitness Center for \$20 for ages 6 and older and \$15 for racers 5 and under. Day-of registration prices increase by \$5 for each age group.

Following the race, join us for a Polar Plunge in the Breezeway Pool!

LEARN MORE



Registration for the next 5K of the year opens January 24! Join us on Saturday, February 28 at 9 a.m. for our **Hot Dog Run 5K** at the MWR Dog Park on Zuckerman Avenue! Bring your dog or borrow the neighbor's and run this fun 5K run with us before the hot Georgia spring and summer starts. *After the run, we invite our runners (and the pups) to some hot dogs!*

Pre-registration opens January 24 and ends February 27 at noon.

LEARN MORE





Hot Dog Run 5K

**FEB 28
9 A.M.**
MWR DOG PARK
off Zuckerman Ave

- Open to everyone
- Stroller friendly
- Dog friendly
- FREE hot dog at finish line

jamie.m.milburn.naf@army.mil

706-329-1034

REGISTER EARLY & SAVE!

Pre-registration opens January 24 and ends February 27 at noon!



**REGISTRATION OPENS
JANUARY 24**

\$20
Pre-registers ages 6+
\$15
Pre-registers ages 5 and under



REGISTRATION OPEN
JANUARY 26-29

PERFECT MATCH
Valentine
PICKLEBALL TOURNAMENT

REGISTER: JANUARY 26-29

TOURNAMENT: FEBRUARY 11

COURTS NEXT TO CAREY POOL

- Couples Tournament
- Double Elimination
- Winning Trophy
- Free Sign-Up

Scan to Register

If you and your better half are competitive, sign up from January 26-29 for the **"Perfect Match Valentine's Pickleball Tournament"** on February 11! This will be a mixed-doubles tournament. Register in person at Doughboy Stadium, Room 11, from 11 a.m. - 1 p.m. Team slots are limited to the first 10 teams, so register early in the registration window to ensure you make the roster. Free to enter!

LEARN MORE



Do you have a teen 15 years or older looking for a fun summer job? Take one of our upcoming **lifeguard classes**! We have a weekend-only class available coming up February 7+8 & 14+15 and a weeklong spring break class. Registration is open through January 30 for the February class! Then apply online at usajobs.gov to be an MWR Lifeguard!

LEARN MORE



American Red Cross

LIFEGUARD COURSES

December 6, 7, 13 & 14 • Register by November 26
January 10, 11, 17 & 18 • Register by January 2
February 7, 8, 14 & 15 • Register by January 30
March 30, 31 & April 1-3 • Register by March 20

Participants must attend all four days
all fees for Mar 30-Apr 30

CLASSES: 9 A.M. - 5 P.M.
LOCATION: BREEZEWAY

\$200 per person
(15 years and older)

Scan to see pre-requisites and to register for courses!

For more information, benning.armymwr.com

REGISTRATION ENDS
JANUARY 30

JANUARY 31

Day Trip To Atlanta

January 31
8 a.m. - 5 p.m.
Meet at Outdoor Recreation, Bldg 1707
Register today!

Explore Atlanta at your own pace—no traffic or parking hassles to worry about!

\$10 per person
includes transportation and parking

706-545-7978 benning.armymwr.com

We're heading to **Atlanta** for a day trip on January 31! Meet us at 8 a.m. at Outdoor Rec - then we'll whisk you away to Atlanta where you'll be dropped off right next to the Coca-Cola museum, Aquarium and several nice restaurants. We'll return around 5 p.m., giving you plenty of time to explore this amazing city at your own pace - no traffic or parking hassles to worry about! The trip is just \$10 per person, covering your transportation and parking.

LEARN MORE



We're introducing a new fitness class: **CHANGE - Menopause Fitness**, every Monday starting February 2, from 5 - 6 p.m. at Smith Fitness Center! This class is thoughtfully designed to support you through the journey of menopause. Every woman experiences this transition, and we are here to equip you with the tools to maintain health, build strong bones and muscles, and stay focused and empowered.

LEARN MORE



Smith Fitness Center

Menopause Fitness

Strong and Steady

Mondays, 5-6p.m.

Learn Tools To:
Maintain Health
Build Strong Bones and Muscles
Stay Focused and Empowered

\$3 per class
monthly pass

jamie.m.milburn.naf@army.mil
706-329-1034

FEBRUARY 2



FEBRUARY 5



OUTDOOR Skills Camp

Russ Pond • 5 - 6 p.m.

February 5:
Nature Skills & Wildlife Awareness

February 19:
Fire Building

March 5:
Outdoor Survival Basics

Get ready for an adventure-packed experience with themed crafts and master the essential skills to explore the great outdoors safely.

REGISTER HERE 706-545-7978
benning.armymwr.com

Get ready for an adventure-packed experience with our **Outdoor Skills Camp** hosted by Outdoor Rec! Join us at the Russ Pond Pavilion on Main Post from 5 - 6 p.m. This exciting camp is open to all ages and absolutely free!

- **February 5:** *Nature Skills & Wildlife Awareness*
- **February 19:** *Fire Building*
- **March 5:** *Outdoor Survival Basics*

LEARN MORE



Did you know that the **MWR Tickets & Travel Office** offers more than just Disney and Universal Studios tickets?

Book the ultimate spring break vacation today! Whether you want to stay local and visit the Georgia Aquarium or Atlanta Zoo, or you have your sights set on international travel or a cruise, they're your one-stop shop for creating the perfect itinerary.

LEARN MORE



MWR TICKETS & TRAVEL
Leisure Travel Services

TRAVEL!

ARMY COMMUNITY SERVICE

JANUARY 26 + FEBRUARY 2



Financial Readiness Program **ACS**

Milestone Monday Classes

1:00 - 2:00 p.m.

All Classes Are FREE and Virtual!

Pre-Deployment Financial Preparation
GSR-COM-0003 | Training valid for 3 years
This training addresses income, tax, insurance, military benefits, insurance, retirement planning, and other financial considerations before deployment.
Class Dates: Mar 9 | May 11 | Jul 26 | Sep 28

Prepare Finances For Return From Deployment
GSR-COM-0004 | Training valid for 3 years
This training includes income, tax, insurance, and other planning changes that may need to be addressed upon returning from deployment.
Class Dates: Mar 16 | May 18 | Jul 27 | Oct 5

Vesting in The Thrift Savings Plan (TSP)
GSR-COM-0005
Learn how to manage your TSP account, update beneficiaries, and avoid common mistakes against additional financial considerations.
Class Dates: Jan 5 | Mar 21 | Jun 11 | Aug 29 | Oct 19

Continuation Pay under The Blended Retirement System (BRS)
GSR-COM-0006
Learn the components of Continuation Pay, potential tax implications, the importance of updating your vesting plan and how to protect yourself from scams and fraud.
Class Dates: Mar 20 | Jun 1 | Aug 19

Financial Preparation for Marriage
GSR-COM-0007
Learn the "how to" in communicating family values and setting goals together as a couple. We will discuss about changes to laws, income, benefits, insurance, retirement, and estate plans.
Class Dates: Jan 26 | Apr 6 | Jun 10 | Aug 17 | Oct 26 | Nov 2

Preparing for Divorce
GSR-COM-0008
The process is necessary to make informed decisions to reduce the stress and financial uncertainty associated with divorce as we discuss topics such as taxes, income changes, credit, debt, and the implications of divorce on retirement programs.
Class Dates: Feb 2 | Apr 13 | Jun 22 | Aug 24 | Nov 16

Welcoming Your New Child
GSR-COM-0009
Whether you are having a baby, adopting, or becoming a stepparent through marriage, this course will help you organize your business efficiently and prepare you for the changes that come with your growing family.
Class Dates: Feb 9 | Apr 29 | Jun 29 | Sep 7

Prepare Finances for a Disabling Sickness or Condition
GSR-COM-0010
Are you or a family member facing a disabling sickness/condition or are caring for aging parents? This discusses the changes, insurance options and benefits, estate planning basics and more!
Class Dates: Feb 23 | Apr 27 | Jul 6 | Sep 14 | Nov 9

Congratulations! You're Getting Promoted
GSR-COM-0011
Understand the upcoming changes to your income. How it affects TSP contributions, and options to best address your debt and savings with the additional funds.
Class Dates: Jan 12 | Mar 2 | May 4 | Jul 13 | Sep 27

Permanent Change of Station (PCS) Move
GSR-COM-0012 | 1:00 - 2:00 p.m. | ACS Auditorium
Learn the basics of PCS moves, including how to plan for your move and what to expect on the day of the move.
Class Dates: Jan 12 | Mar 2 | May 4 | Jul 13 | Sep 27

Questions? Contact Us!
706-545-4043 benning.armymwr.com

ACS Auditorium, Building 7
7117 Main Post Road
Fort Benning, GA 30204

Join the ACS Financial Readiness Program every Monday from 1 - 2 p.m. on MS TEAMS for **Milestone Monday**. These classes are designed to increase your knowledge on each of the Common Military Milestones.

January 26: Financial Preparation for Marriage

February 2: Financial Preparation for Divorce

LEARN MORE



The ACS Financial Readiness Program offers a virtual **Consumer Awareness class** on February 5 from 1 - 3 p.m.. Gain the knowledge to become more informed consumers. This class covers identifying and avoiding fraudulent practices, understanding marketing tactics, making smart purchases, preventing identity theft, and managing consumer issues effectively. Free to attend.

LEARN MORE



FINANCIAL READINESS PROGRAM

2026 CLASSES

1 - 3 p.m. | Virtual Training - MS TEAMS



REGISTER HERE & RECEIVE TEAMS LINK

January 8
Tax Preparation for Service Members
January 15
Insurance Basics
February 5
Consumer Awareness
February 19
Identity Theft and Scams: Prevention to Recovery Class
March 5
Credit Management Class
March 19
Saving and Investing
April 2
Thrift Savings Plan
April 18
Preparing for Your Financial Future
May 7
Smart Car Buying Class
May 21
Budgeting & Money Management
June 4
Home Buying Seminar
June 18
Credit Management Class

July 2
Insurance Basics
July 16
Thrift Savings Plan
August 6
Budgeting & Money Management
August 20
Smart Car Buying Class
September 3
Emergency Financial Preparedness
September 17
Consumer Awareness
October 1
Wealth Building & Planning for Retirement
October 15
Thrift Savings Plan
November 5
Holiday Spending
November 19
Home Buying Seminar

706-545-4043

BENNING.ARMYMWR.COM



FEBRUARY 5

FEBRUARY



FORT BENNING FAMILY ADVOCACY PROGRAM TEEN DATING VIOLENCE AWARENESS MONTH

FEBRUARY

FEB 6 FAP Fact Friday: Teen Dating Violence Awareness
Find the pre-recorded video on the ACS Facebook page!

FEB 10 Teens Taking A Stand
2:00 - 3:30 p.m.
MS&T, building 1055
6th - 8th graders only

FEB 11 Wear Orange Day!
Dress in something orange to show your support for healthy relationships!

FEB 12 Painting with a Twist: Couples Night
5:30 - 7:00 p.m.
Infantry Bar, building 2784

FEB 26 Painting with a Twist: Parent & Child Night
5:30 - 7:00 p.m.
Infantry Bar, building 2784

SCAN FOR MORE INFORMATION!



706-545-7233/8740

BENNING.ARMYMWR.COM

You're invited to join the ACS Family Advocacy Program through the month of February as we observe **Teen Dating Violence Awareness Month** with events across Fort Benning to raise awareness, provide resources, and promote safe, respectful relationships. Together, we'll empower teens, parents, and community members to recognize the signs of unhealthy relationships and strengthen our commitment to build healthy futures.

LEARN MORE



FOR THE KIDDOS

Tummy Time is a program designed for new parents or caregivers and pre-walking babies from 10 - 11 a.m. at the Milton E. Long Library! Tummy Time will give babies time and space to develop their muscle strength and coordination, as well as increased socialization. Babies and parents will be led in fun, interactive songs that will incorporate bouncing, dancing, and movement. All toys, mats, and materials will be provided, but parents are welcome to bring blankets or toys from home if desired. No registration required, free to attend.

LEARN MORE



Milton E. Long Library



T U M M Y T I M E

JANUARY 26



REGISTRATION OPENS
JANUARY 26



CYS YOUTH SPORTS

BABYSITTING BASICS COURSE

AGES
12-18

BUILDING 1056 | 8:30 a.m. - 5:00 p.m. ONE DAY COURSE

JANUARY 5
REGISTRATION:
DEC 22 - JAN 2

FEBRUARY 13
REGISTRATION:
JAN 26 - FEB 10

APRIL 1
REGISTRATION:
MAR 16 - 30

JUNE 13
REGISTRATION:
MAY 25 - JUN 10

\$50
PER PERSON

YOUTH WILL LEARN:

- ★ HOW TO HANDLE EMERGENCIES
- ★ SAFETY, CPR + FIRST AID
- ★ NUTRITION + CHILD DEVELOPMENT
- ★ DIAPERING
- ★ BUSINESS OF BABYSITTING + MORE!

BECOME FULLY
CERTIFIED IN CPR
+ FIRST AID!

*MUST BE ENROLLED IN
CYS TO PARTICIPATE*

REGISTER BY CALLING YOUTH SPORTS AT 706-545-0522
OR PARENT CENTRAL SERVICES AT 706-545-2079.

LEARN MORE



Start early and teach your child to swim with our **private swim lessons** through April at Smith Fitness Center! CYS offers Parent & Child swim lessons for ages 6 months - 3, Pre-K levels 1-3 for 4-5 year olds, and levels 1- 3 for children ages 6 and up! Each lesson includes 4 sessions per month and the registration period for each session varies. Once registered, our Aquatics team will reach out to schedule the perfect times and days for your lessons.

Registration is open February 2-20 for lessons in March!

LEARN MORE



CYS YOUTH SPORTS PRIVATE SWIMMING LESSONS
AT SMITH FITNESS CENTER INDOOR POOL

4 SESSIONS PER MONTH | MAX 24 PARTICIPANTS EACH MONTH

<p>\$75 PER MONTH</p> <p>Parent & Child 6 Months - 3 Years 30 Minute Sessions</p>	<p>\$100 PER MONTH</p> <p>Pre-K Learn to Swim Level 1,2,3 4 - 5 Years 45 Minute Sessions</p>	<p>\$100 PER MONTH</p> <p>Learn to Swim Level 1, 2 & 3 6 - 17 Years 45 Minute Sessions</p>
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7110 MCIVER STREET, BLDG. 1056 706-545-0522 CALL TO REGISTER!

REGISTRATION DATES:

- January Lessons: November 3 - December 19
- February Lessons: January 5 - January 23
- March Lessons: February 2 - February 20
- April Lessons: March 2 - March 20

REGISTRATION OPENS
FEBRUARY 2

1K FUN RUNS!



706-545-0522

CALL TO REGISTER!

FIRST 75
RECEIVE A
T-SHIRT &
MEDAL!



FEBRUARY 7
FRIENDSHIP RUN
8:00 - 9:30 A.M.
BLUE FIELD
Cost: \$20
REGISTRATION:
JANUARY 20 - FEBRUARY 7

MARCH 14
LEPRECHAUN RUN
8:00 - 9:30 A.M.
BLUE FIELD
Cost: \$20
REGISTRATION:
FEBRUARY 23 - MARCH 14

MARCH 28
BUNNY RUN
8:00 - 9:30 A.M.
DOUGHBODY STADIUM
Cost: \$20
REGISTRATION:
MARCH 9 - 28



SCAN FOR MORE INFO!

CYS Youth Sports invites children ages 4 - 12 to participate in their 1K Fun Runs! First up is the **Friendship Fun Run 1K** at Blue Field on Zuckerman Avenue on February 7.

Each run will take place from 8 - 9:30 a.m. The cost is \$20 per child, which includes a T-shirt and medal for the first 75 participants to register.

Parents can sign their child up for the runs three weeks prior to the run date.

LEARN MORE



Youth Sports coaches needed!

Give back to the community and coach a new generation of athletes! Earn volunteer hours while teaching Fort Benning youth the fundamentals of whatever sport you choose to coach.

BONUS: If you volunteer to coach, your child will play that sport for FREE!

LEARN MORE



YOUTH SPORTS COACHES NEEDED

Make a difference while having fun!

Benefits for being a Youth Sports Coach

1. It's TONS of fun! You will be teaching and have a major impact on the youth.
2. If you coach — your kids play for free.
3. Earn volunteer hours for VMIS

To top it — we throw in a fancy coach's shirt!

Basketball • Baseball • Soccer • Running (Run Club) • Cheerleading • Wrestling

Contact our Youth Sports office located at 7110 McIver Street, building 1056, call 706-545-0522 for more information and to pick up a Sports Coach Packet!

COACHES NEEDED!



Touchdown!

Who's snagging the Championship ring this year? Don't be the lone wolf watching the biggest game of the year on your couch. Rally your crew and march over to the Infantry Bar for the ultimate **Super Bowl** bash on Fort Benning!

Mark your calendars for February 8 and catch Super Bowl LX (60) live at the Infantry Bar! Doors swing open at 5 p.m., and the action kicks off at 6:30 p.m. We'll have food trucks onsite and door prizes. Free to attend.

LEARN MORE

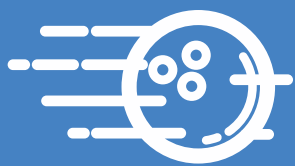


SEE YOU NEXT TIME!

Visit us online for the latest
benning.armymwr.com

#BENNINGMWR
#EXPLOREFORTBENNING
#ADVENTURESATBENNING

EXPLORE MORE DEALS



BOWLING



DINING



TICKETS &
TRAVEL



OUTDOOR
RECREATION

Forward the fun to your friends! [Sign up for email updates from Fort Benning MWR!](#)
We hate to see you go, but we know the drill. [Click here to unsubscribe.](#)

