



Fort Benning Family & MWR

THE INSIDE 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
QR code for registration

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

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

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

REGISTER EARLY & SAVE! 

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

QR code for registration

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

U.S. ARMY
SMITH FITNESS - AQUATICS
MWR

U.S. ARMY MWR

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



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
(all five for Mar 30-Apr 3)

Participants must attend all four days

\$200
per person
(15 years and older)

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

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!
space is limited

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

jamie.m.milburn.naf@army.mil

706-329-1034

\$3 per class

\$30 monthly pass

Scan for Details

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

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



TRAVEL!

MWR TICKETS & TRAVEL

Leisure Travel Services

ARMY COMMUNITY SERVICE

JANUARY 26 +
FEBRUARY 2

Financial Readiness Program

Milestone Monday Classes

1:00 - 2:00 p.m.

All Classes Are FREE and Virtual!

Pre-Deployment Financial Preparation
G09-C00605 | Training valid for 3 years
This training addresses income tax & changes, military pay, allowances, and benefits, and other financial considerations unique to deployment.

Prepare Finances For Return
From Deployment
G09-C00606 | Training valid for 3 years
This training includes income tax, insurance, and other financial considerations unique to deployment. It is addressed upon returning from deployment.

Class Dates: 16 May 18 | Jun 27 | Oct 8

Preparing For The Thrift Savings Plan (TSP)
G09-C00605
Learn how to manage your TSP account, update beneficiaries, and make sure your money is going to the right place.

Continuation Pay Under The Blended Retirement System (BRS)
G09-C00605
Learn the components of Continuation Pay, potential tax implications, and how to protect yourself from scams and fraud.

Financial Preparation for Marriage
G09-C00607
In this class, we will discuss how family values are setting goals together as a couple. We will discuss about changes to your income, living expenses, and how to budget.

Class Dates: 26 Apr 01 | Jun 15 | Aug 17 | Oct 01 | Nov 2

Financial Preparation for Divorce
G09-C00607
In this class, we will discuss how family values are setting goals together as a couple. We will discuss about changes to your income, living expenses, and how to budget.

Class Dates: 12 Mar 2 | Jul 4 | Jul 11 | Sep 21

Permanent Change of Station (PCS) Basic
G09-C00611
Every Relocation | 1:00 - 2:30 p.m. | ACS Authorization Required
This class is for those who are going to be moving.

Questions? Contact Us!

706-545-4043 | benning.armymwr.com

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 The Budgets Plan

April 18 Planning 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



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

8th - 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!



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

REGISTRATION OPENS JANUARY 26



CYS YOUTH SPORTS BABYSITTING BASICS COURSE

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

AGES
12-18

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!

\$50
PER PERSON

*MUST BE ENROLLED IN
CYS TO PARTICIPATE*

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

Registration opens January 26 for our **Babysitting Basics Course!** CYS Youth Sports offers a Babysitting Basics Course on February 13 that is perfect for teens to learn the essentials of babysitting and become fully certified in CPR and First Aid. By the end of the course, they will be equipped with all the knowledge and skills needed to become a successful babysitter. This course is designed for ages 12-18.

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 

REGISTRATION OPENS FEBRUARY 2



CYS YOUTH SPORTS PRIVATE SWIMMING LESSONS
AT SMITH FITNESS CENTER INDOOR POOL
4 SESSIONS PER MONTH | MAX 24 PARTICIPANTS EACH MONTH

Parent & Child
6 Months - 3 Years
30 Minute Sessions
\$75 PER MONTH

Pre-K Learn to Swim Level 1,2,3
4 - 5 Years
45 Minute Sessions
\$100 PER MONTH

Learn to Swim Level 1, 2 & 3
6 - 17 Years
45 Minute Sessions
\$100 PER MONTH

SCAN FOR MORE INFO! 

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

7110 MCIVER STREET, BLDG. 1056 | 706-545-0522 | CALL TO REGISTER! 

1K FUN RUNS!

CYS YOUTH SPORTS 1K FUN RUNS



706-545-0522

CALL TO REGISTER!

FIRST 75
RECEIVE A
T-SHIRT &
MEDAL!



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 

COACHES NEEDED!



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!



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.

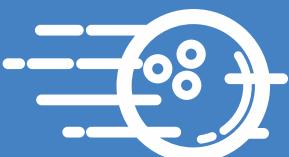
LEARN MORE 

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.](#)

