





# **PROGRAM SPOTLIGHT**



#### **FITNESS CLASSES**

Are you ready to transform your health? Your fitness journey starts here! We offer a variety of group fitness classes and access to personal trainers who are dedicated to helping you achieve your goals here at Fort Benning.

# **GROUP CLASSES**

At Smith Fitness Center, Audie Murphy Athletic Performance Center, and Whittington High Performance Center we offer a variety of classes to help you get in shape and stay in shape!

Our group fitness classes are designed for all levels, whether you're a beginner or a seasoned athlete. From energizing Zumba sessions to strength-building boot camps, there's something for everyone. You'll enjoy the company of working out with others while pushing yourself to new heights. Daily and monthly passes are available.

ACTIVE DUTY PT CLASSES: Fitness classes scheduled at 6:30 a.m. are FREE for active-duty military in uniform! Customized PT class requests for your unit are also available, and you can even have an instructor come to you. Reservations for custom classes are \$50 per unit and need to be made at least 48 hours in advance.





PERSONAL TRAINERS: If you prefer personalized attention, our nationally certified personal trainers are here to guide you. They will tailor workouts to fit your individual needs and help you stay motivated every step of the way, whether your goal is to lose weight, build muscle, increase core strength, or improve running techniques. Personal trainers can work with you one-on-one or in a small group setting consisting of two to four people.

CAREERS: If you're interested in a motivating career opportunity, become a contracted personal trainer or fitness instructor with MWR! It's a highly rewarding career that allows you to make your own hours, offers free advertising, gives you access to all five fitness centers and equipment, is accompanied by a great team to work with, and unrivaled business support. If you are a nationally accredited trainer or class instructor and are looking for a job that will travel where you travel, reach out to us today.

START YOUR JOURNEY: Join us at Fort Benning and start your fitness journey today. For more information on class schedules and trainer availability, visit our website at benning.armymwr.com. Let's get moving together and make fitness a fun and integral part of your life!

# **MWR TEAM**

**Darryle Jones** *Director* 

**Patricia Lamson** *Deputy Director* 

**Anthony Johnson** *Chief, Support Management Division* 

**James Shoemaker** *Chief, Business and Recreation Division* 

**Tracy McMillan** *Chief, Child & Youth Services* 

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FORT BENNING RECYCLES



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#### **COMMUNITY GUIDE: FORT BENNING**

Published twice a year with a Spring/Summer edition and a Fall/Winter edition. The Community Guide: Fort Benning provides information about FMWR programs, activities and services. Per issue circulation: 4,000. To advertise in publication, call 706-545-4386.





# LEADERSHIP Team



COL Jerel D. Evans
Garrison Commander



**CSM Martin J. Arguello**Garrison Command Sergeant Major



**Darryle Jones**Director, Family and MWR



**Patricia Lamson** Deputy Director, Family and MWR





Fort Benning MWR and the

# Qualified Recycling Program presents OKTOBER OKTOBER





Fort Benning's beloved fall tradition is back at Uchee Creek Campground & Marina Friday, October 17 to Sunday, October 19! Get ready to put on your Dirndl or Lederhosen, gather the family, and join us for an authentic Oktoberfest celebration with three days of family-friendly fun, delicious German and local food and brews, traditional German music, and more!

The festivities kick off with the official keg tapping ceremony on Friday at 6 p.m. in the Festzelt (fest tent).

The Maneuver Center of Excellence Band will serenade us with the German and American national anthems as Fort Benning's leadership taps the keg. Once you hear "O'Zapft is" (it's tapped), the party begins!

The Oktoberfest Festzelt, sponsored by the Russell County Commission, is the place to be to enjoy authentic German bands performing throughout the weekend. And, if you enjoy a Biergarten, you can indulge in Schnitzel and German brews in one of our many Biergartens around the Festzelt.

The Uchee Creek Activity Center will transform into a German Sportheim (Sports Club) where you can savor your Bratwurst while catching college football or NFL games on six large TVs all weekend long!

Step into our Kinder Wiesn (children's area), sponsored by Headquarter Nissan for the ultimate children's area. We offer a wide range of free activities to keep the little ones entertained all day long. From inflatables and quad jumps, to games, arts & crafts, Krazy hair, face painting, pumpkin patch, ferris wheel, teacups, merry-go-round, and so much more - the list goes on and on!

We are thrilled to announce that the one and only Johnny Koenig, the Polkastar himself, will be gracing us again with his presence for all three days of the festival. With his energetic performances and infectious music, Johnny Koenig is sure to get everyone up on their feet and dancing!

But wait, there's more! Sonnenschein Express, an Alpine Oktoberfest

show band, will be delighting the crowds with their traditional instruments and songs. And let's not forget about the Maneuver Center of Excellence Band who will have everyone dancing on the tables like they do every year!

Kicking off the festivities on Saturday are the Dirndl Dash 5K and Lederhosen Leap 10K races. Don't forget to pre-register to secure your t-shirt!

Saturday afternoon is jam-packed with activities such as a Dog Costume Contest, Dachshund Derby, pontoon boat rides, hayrides, and adult games like keg tossing and beer pong. The evening will feature the Stein Hoisting and Mr. & Mrs. Oktoberfest competitions (for adults and kids) in the Festzelt. On Sunday, join us for a traditional Crossroads church service in the fest tent at 11 a.m. Experience the Wiesn church service, a Munich Oktoberfest tradition.

Admission and parking are free, and the event is dog-friendly (leashes required). No visitor's pass required if entering via Alabama Highway 165. A shuttle service to and from Fort Benning is available for DoD ID Cardholders on Saturday. And remember, all times are Eastern Time (EDT) - so keep an eye on your phone's time zone!

Get ready for an unforgettable Oktoberfest experience at Uchee Creek Campground and Marina!

For all the exciting details about the event, be sure to visit www. benning.armymwr.com/programs/oktoberfest!





Patton Recreation Area offers an 18-hole Disc Golf course, an 18-hole Foot Golf course and various fitness trails for running and biking! Both the Disc Golf and Foot Golf courses begin at the Golf Pro Shop. Patrons can also access Patton Recreation Area from the Follow Me Fitness Trail parking area. The Disc and Foot Golf courses are free to play! If you're in need of equipment, stop by the Golf Pro Shop to rent a soccer ball, kick ball or playing discs.



# **Outdoor Recreation & Equipment Resource Center**



# **Outdoor Recreation (ODR)**

ODR provides opportunities to enjoy the outdoors through an array of activities. We have many programs lined up for you throughout the year, including Kayaking the Hooch, Kings Pond Campouts and Paintball! We help Soldiers and Family members acquire skills and develop interests that will last a lifetime. Check our website for a full list of activities and events.

# **OUTDOOR RECREATION EVENTS:**

#### SEPTEMBER:

- 13 Horseback Riding Day Trip
- 20 Kayak the Hooch
- 23 Family Fishing Night

# OCTOBER:

- 3 Help the Hooch
- 4 Kings Pond Campout
- 7 Family Fishing Night
- 21 Family Fishing Night

#### **NOVEMBER:**

- 4 Family Fishing Night
- 8 Kings Pond Campout
- 18 Family Fishing Night

# **DECEMBER:**

13 - Kings Pond Campout

Event dates subject to change, visit benning.armymwr.com for details.

# **Outdoor Adventure Programs**

Book your next private adventure with Fort Benning ODR! Our experienced staff offers outdoor experiences and instructional programs for groups interested in getting active and exploring the outdoors. Our programming is perfect for PT activities, organizational days, unit events, Soldier & Family Readiness Group events, birthday parties, church and club events and more!

Archery Tag • Biking • Kayaking • Paddle Boarding Paintball • Recreational Shooting

# **Warrior Adventure Quest**



Warrior Adventure Quest (WAQ), originally designed to introduce recently redeployed Soldiers to adrenaline-pumping activities as alternatives to potentially destructive behaviors, now caters to both recently redeployed units and offered once every two years for nondeployable units.

WAQ combines existing outdoor recreation programs, high-adventure and high-adrenaline-based activities focused on team building such as archery tag, go-karting, paintball, trap shooting, whitewater rafting and ziplining, with resilience and readiness training, and complete it with a leader-led after action debrief (L-LAAD), developed by Army medical professionals.

WAQ is free to units. Visit our website to learn more or to schedule an event!

# **Equipment Checkout**



Stop by the Equipment Resource Center (ERC) at Outdoor Recreation for all your outdoor needs! You can rent tents, kayaks, paddleboards, event and party supplies, lawn and garden equipment, sporting goods, boats, grills, bikes, yard games, bounce houses, slip and slides, trailers, moving equipment and more. If you need it, we probably have it. Check out the full list and prices on our website. The ERC also offers storage units and storage spots for vehicles and boats.

Visit the ERC and check out our party supplies for your holiday parties!

# **Parks and Ponds**



There are a number of recreational areas on Fort Benning that offer a variety of amenities, including picnic areas, gazebos, primitive campgrounds and fishing ponds. To reserve a pavilion or gazebo, call 706-545-7978. Validate a fishing permit and rent camping, boating and outdoor recreation equipment of all kinds at Outdoor Recreation, Building 1707, on Gillespie Street.

# **Kings Pond Recreation Area**

Kings Pond is a 74-acre recreation area on Harmony Church. Canoes, kayaks and small boats powered by trolling motors may be used on the pond. Fishing is allowed with a Fort Benning permit and a Georgia state-issued license.

Kings Pond Campout: October 4, November 8 and December 13

#### **Russ Pond**

With two large fishing spots, historic Russ Park, located on Main Post near McDonald Village, is a popular recreation destination for Fort Benning Families. Russ Park is on Clark Road and has a picnic pavilion with playground equipment. Fishing at Russ Pond is open to youth ages 15 and younger – no fishing license required!

Family Fishing Night: September 23, October 7 & 21, November 4 & 18 and December 9

#### **Twilight Pond**

With a  $40 \times 80$  foot open-air pavilion, picnic tables and grills, Twilight Pond is the perfect place for your next unit activity, party or camping. Though swimming is not permitted, an abundance of bass, bluegill, catfish and crappie makes Twilight Pond ideal for fishing. A permit is required.

## **Weems Pond**

Weems Pond, located on Harmony Church, is great for fishing bass, brim, catfish, crappie and more.

# **Victory Pond**

Victory Pond is frequently used for training Soldiers; be mindful and avoid this area when in use. Victory Pond is near Harmony Church. Take Eighth Division Road past the Armor School area. The pond will be on the right.

Follow Me Fitness Trail: This rugged trail is a 2-mile loop with a 1-mile shortcut that weaves through a large wooded area on Main Post. Enter on 1st Division Road near the Ralph Puckett Parkway intersection. The trail has 8 fitness stations, 15 exercise challenges and is great for running and walking. Plan carefully to avoid being on the trail after dark.

# **Playgrounds**

MWR maintains three playgrounds on Fort Benning. The playground located on Zuckerman Avenue (by Blue and French Field), is a well-loved play place, wheelchair accessible and includes the whirl and merry-go-round which can fit a wheelchair inside. The playground includes a branch-out canopy, musical toys, climbing and crawling areas, as well as swing sets and slides. Right next door is our amazing dog park!

Russ Pond on Main Post has two play areas - one near the parking lot area and one across from the pond. Russ Pond playground has play cubes, a rock climbing wall and a 9-foot slither slide. Parents can enjoy the pond views on our shaded bench while monitoring the children at play.

The third playground is located at Kings Pond near Harmony Church. It is the perfect place to let the children burn off some energy before or after enjoying the pond.



# **Dog Parks**

MWR has two dog parks: one on the corner of Edwards and Carpenter

Street on Main Post and another at the Youth Sports Complex (Blue and French Fields) on Zuckerman Avenue. These parks include agility playground equipment. Pet owners must clean up after their dogs and monitor their behavior. All dogs must:

- Be registered at Fort Benning Vet Services, 706-545-4444 and have shot records on file there
- Wear a collar with current rabies tag
- Be off leash only in the park and leashed upon exiting
- Be under voice control of owner at all times
- Be accompanied by an adult, 18 or older



# **Recreational Shooting Complex**



The Recreational Shooting Complex (RSC), the best shooting facility in the Chattahoochee Valley, has a 300-yard rifle range, a 50-yard pistol range, skeet and trap fields, an archery range, 3D archery range and a full-service pro shop where you can browse an impressive selection of weapons, targets, ammunitions, supplies, apparel and souvenirs. We also rent firearms! We are a licensed federal firearms dealer, so you can have your new gun purchases shipped to us for safe and legal handling.

MWR patrons can reserve the RSC for private events. The RSC offers exceptional annual membership rates for individuals and Families. Check out our website for details, photos and rates.

Do you have a new firearm? Registration of firearms is required before a weapon is brought onto post. Submit an FB Form 190-11-R to the Military Police Station in Building 215 on Wold Avenue. This document must be kept with the firearm at all times.

Don't forget to review our range rules! You can see the rules and sign waiver by visiting our website, benning.armymwr.com, before you visit.



# FREE shuttle available Saturdays & Sundays!

Shuttle is to and from Recreational Shooting Complex only.

Call 706-545-6158 for details.

## RECREATIONAL SHOOTING COMPLEX EVENTS:

Zombie Shoot: October 25 Turkey Shoot: November 22 Valenitne's Day Couple Shoot:

February 14

Shamrock Shoot: March 14

Visit our webpage for detailed course information!

# National Rifle Association (NRA) Pistol Courses:

September 20 December 13 February 21

# **Beginner Pistol Shooting Course:**

September 13 January 17 November 8 February 7

# **Recreation Centers**

# **Harmony Church Recreation Center**

Harmony Church Recreation Center partners with Drop Zone to bring you state-of-the-art gaming in the facility! Grab your favorite snacks, candies and energy drinks from our snack bar before relaxing in one of our TV areas. You can also choose a movie from our extensive collection to enjoy in our cinema room, or make use of the pool tables. If you're looking for convenient internet access or printing capabilities, take advantage of our computer lab. Located in Building 4203.

# Sand Hill Recreation Center

The Sand Hill Recreation Center welcomes you to stop by and check out our facility. It is a relaxing and inviting atmosphere. The center has partnered with Drop Zone and offers 56 gaming pods with XBOX and PC. If you are not into gaming, you can check out our movie rooms where you have the option to live-stream movies or check out DVDs. The center offers several pool tables, ping-pong, instruments, and board games. If you need an area to host a meeting, training or briefing our auditorium will accommodate up to 300 people. Subway and Soldiers Photos are conveniently located inside of the facility. The Sand Hill Recreation Center is located in Building 3308. We are your one-stop shop.

#### **Main Post Recreation Center**



Main Post Recreation Center is conveniently located on Sightseeing Road, within walking distance of Airborne School and 75th Ranger Regiment. We offer a computer lab with 20 computers, a movie room, 2 game rooms, pool tables and food for purchase. We also offer Full Swing Golf! The Full Swing Golf features two simulator bays and a variety of virtual games – including the popular target game, Zombie Dodgeball, Hockey Shots, Baseball Pitching, Carnival Classic and more – paired with comfortable lounge seating, HDTVs and snack bar service.

# MAIN POST RECREATION CENTER EVENTS:

The **GRIDIRON CHALLENGE** is BACK! The NFL kicks off the 2025/26 season on September 7 and we cannot wait! Hosted by MWR at the Infantry Bar and Main Post Recreation Center, stop by and fill out your score sheets, eat some good food, watch football and win prizes! Free to play.

# **DROP ZONE**

Drop Zone is an Xbox One and Alienware PC-based video game lounge. Enjoy leather seating, a 32-inch LED HDTV and surround-sound audio dome technology. Three locations, Drop Zone, Building 2505 (next to Subway on Main Post), Harmony Church Recreation Center and Sand Hill Recreation Center.

**Bowling** 



# **Bowling & Entertainment Center (BEC)**

The BEC offers more than just bowling! In addition to 12 bowling lanes, the BEC offers a PlayZone, which is a large indoor playground with a rock climbing wall, ball shooters, toddler area, party rooms and more! The Playzone is reserved for guests 13 and younger, and socks are required. Enjoy a meal from The Checkpoint while the kiddos tire themselves out. Be sure to pick up a punch card during your next visit so you can earn free playtime for the kids!

# **BOWLING & ENTERTAINMENT CENTER SPECIALS**

**Ongoing:** Every Monday at the BEC, pay half price for PlayZone wristband (regular price \$6.50)

\*beginning December 23, 2025, half price PlayZone special moves to Tuesdays!

October: Halloween Party!



#### **Mall Bowling Center**

Mall Bowling Center has 24 lanes with automatic lane bumpers for children and disabled bowlers. The snack bar serves lunch and dinner. The Mall Bowling Center also features electronic bingo tablets. Our handheld,

easy-to-play electronic system allows all

authorized patrons to purchase cards and have some fun. Purchase food and drinks from the snack bar and start playing to win. The Mall Bowling Center has two large rooms with pool tables available to have a great time!

2 Pool Tables

#### MALL BOWLING CENTER

New Year's Eve Party: details at benning.armymwr.com

# SPECIALS

at MWR Bowling Centers

MAD GAMES available at MWR bowling centers! Mad Games are shorter, easier to understand and perfect for young bowlers.

# **SEPTEMBER**

September 1 - 30: Battle Buddy Special - 12 wings, 1 pitcher of soda, 3 hours unlimited bowling (for 2), \$45 (regular price \$56.50).

**September 5:** Glow Party, 3 pm - close. Enjoy unlimited bowling with shoe rental and choose between two hot dogs or a cheeseburger, with fries, and a 16 oz drink. for \$20!

September 8: National Cheeseburger Day, \$1 off cheeseburgers.

# **OCTOBER**

October 1 - 31: 2 hours unlimited bowling, shoe rental, 2 hot dogs, fries and a 16 oz drink for only \$17.50.

# **NOVEMBER**

Weekdays: \$2 games and \$2 shoe rental.

November 28: Black Friday Special - \$1.50 games and \$1.50

shoe rental.

#### **DECEMBER**

Weekdays: 1/2 off bowling!

# **JANUARY**

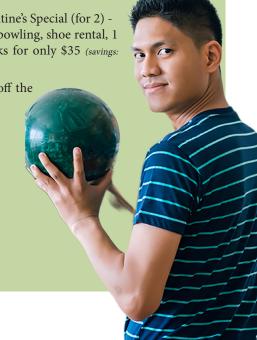
Thursdays and Fridays: BOGO bowling!

# **FEBRUARY**

February 1-28: Valentine's Special (for 2) -2 hours of unlimited bowling, shoe rental, 1 pizza, 2 - 16 oz drinks for only \$35 (savings: \$20.50).

• February 14: \$5 off the

Valentine's Special



# **Milton E. Long Library**



When it's time to slow down, head over to MWR's Milton E. Long Library on Eckel Avenue in Building 2783, across the street from the Bowling Entertainment Center. Long Library has an extensive selection of reading material for all ages, as well as movies, music and more. Aside from an extensive collection of print material, our library offers a variety of equipment and services, including free wireless internet, 77 desktop computers with printing capabilities, thousands of DVDs and CDs, digital audio books, book clubs and children's programs. Our research and reference resources are second-to-none, and our librarians are always happy to help you. If you don't find what you need, perhaps we can borrow it from another library.

## **RECURRING LIBRARY PROGRAMS:**

Storytime: every Wednesday; Ages 0-5 from 10:30-1130 a.m.

and ages 5+ from 11:30 a.m. – 12:30 p.m. Tummy Time: every other Monday

Book Buddies: every 3<sup>rd</sup> Tuesday of the month Sensory Storytime: 3<sup>rd</sup> Friday of the month Crafternoon: first Saturday of the month

Questionable Romance Book Club: every 2<sup>rd</sup> Friday of the month

Monthly Scavenger Hunt: all month Take and Make Craft Kits: all month

# **UPCOMING LIBRARY EVENTS:**

October 3: Spooky Paint and Sip

October 14: Special Edition Book Club: True Crime Edition

October 29: Trick-or-Treat November 7: Adopt a Dinosaur

November 12: Dinos and Donuts Storytime November 17: Dinovember Family Movie Night

November 21: Dinovember: Dino Dig

December 1-23:Letters to Santa

December 21 - March 19: Winter Reading Challenge December 3: Storytime with Santa + Cookie Decorating

December 20: Storytime with Mrs. Claus December 22: Wrapping Workshop

January 17: Kids Inventor Day: STEM Create & Play

February 6-9: Stuffed Animal Sleepover

February 11: Valentines' Day Card Exchange & Storytime

Scan the QR code to find out all the different activities and programs we offer!



# **MWR Bingo**



Wanna play? Wanna Win? You got to spend to win! Play traditional bingo at the MWR Bingo Center and try your luck at winning up to \$1,000 cash.

We offer daily promotions, stop by for Warm-up Wednesdays, BOGO Thursdays for Admission Packs, 1/2 off Electronic Packages on Fridays, Spin-the-Wheel Saturdays and Double up Sundays every 1st & 3rd Sunday.

MWR Bingo is open to all military personnel, retirees, Family members, sponsored guests and DoD Civilians 18 years and older.

# **BINGO EVENTS:**

**Super Bingo:** First Saturday of each month. Doors open at 11 a.m., lightning session begins at 11:30 a.m., free lunch

starts at noon and regular-admission games

begin at 1 p.m. A minimum purchase of a paper or electronic regular admission pack is required in order to play. Don't miss out on your chance to win big – with over \$19,000 in total session payout and a guaranteed \$7,500 payout for the Super Jackpot game.

Every Thursday: BOGO Regular Admission Pack

Every Friday: 1/2 Off Electronic Packages

Every Wednesday: Buy 2, get 1 Free Warmup Packs

Spin the Wheel Saturdays: 1st and 3rd Saturdays

Double Up Sundays: 1st and 3rd Sundays



# Take advantage of our low winter rates November 1 - February 28!

# **Destin Army Recreation Area**

In the heart of Florida's most popular vacation spot!

Welcome to Fort Benning's premier vacation destination, a gated resort in the heart of Old Destin in Florida. Just 220 miles south of Fort Benning, between Pensacola and Panama City, the resort is sprawled across 15 acres along the Choctawhatchee Bay, minutes from the Gulf of America.

Destin resort guests have access to a private beach, less than 3 miles from the resort, reserved for use by eligible patrons. We have two- and three-bedroom villas, one-bedroom suites, hotel rooms and studios, an RV campground and a marina.

Our accommodations are non-smoking, and many are pet friendly and handicap accessible.

# **AMENITIES**

Fishing Pier • Conference Facility
Swimming Pool and Splash Park
Fitness Facilities and Recreation Equipment
Internet Services
Boat, Jet Ski, Kayak and Paddle Board Rentals

Destin resort is open year-round. We welcome all MWR patrons, including active duty and retired military Servicemembers, their Family members and guests, 100 percent disabled veterans and DoD Civilian employees. Room and rental rates vary by season. Off-season reduced rates are available November through February. Check out all our rates, including marina, vessel and charter, at benning.armymwr. com.

Active duty Servicemembers can make reservations for villas six months in advance, other patrons can reserve a villa up to four months in advance. All other accommodations can be reserved a year in advance. Call 850-837-6423.

Grab your RV out of storage and migrate south this fall and winter to escape the cold! Our full-service RV Park includes and includes 50 and 30 amp electric service, water, sewer, and cable television hookup. Adjacent to the RV area is a bathhouse, laundry facilities and meeting pavilion. All RV sites are pet friendly with a maximum of two pets per site. Eleven sites serve up to 30', 12 sites serve up to 36', 14 sites serve up to 40' and five pull-through sites sites serve up to 45'. Maximum occupancy per site is eight people.

# McIver Suites and the Marshall House

The Marshall House and McIver Suites offer homey accommodations perfect for short- and long-term stays. These historic lodging spots are an outdoorsman's delight, located just minutes from the Fort Benning Golf Course, fishing ponds, recreation areas, trails and the Chattahoochee River. Reserve your stay in the Marshall House or McIver Suites and enjoy a variety of MWR facilities on Fort Benning! Visit our website for current rates and call 706-545-4053 to reserve. Marshall House:



The Marshall House is a classic, two-story structure on the corner of 1st Division Road and Baltzell Avenue, just off Ralph Puckett Parkway on Fort Benning. This home is named after the famous WWII and post-war Soldier and statesman, General George C. Marshall. This spacious 4,000-plus square-foot structure has 3 large bedrooms, 2.5 baths and a pleasant sunroom off the master bedroom. All bedrooms have plenty of dresser space for long stays.

# **McIver Suites:**



Just a short walk from the Fort Benning Golf Course is a row of five, two-story duplexes called the McIver Suites. Each of the 10 units has a living room, kitchen and mudroom. McIver offers four two-bedroom and six one-bedroom suites. The two-bedroom suites have a dining room, and two units are equipped with a washer and dryer in the mudroom.

# **Uchee Creek Campground & Marina**



Are you hesitant to travel, but want to plan a getaway? Does your Girl Scout or Cub Scout troop need to earn their camping and outdoor badges? Or maybe you don't have enough room in your house for extended Family members visiting. Check out everything Uchee Creek Campground & Marina has to offer.

This beloved MWR facility sits on the banks of the Chattahoochee River on the Alabama side of Fort Benning. Uchee Creek offers cabins, chalets, park homes, campsites, a lodge, pavilions and an activity center. Rates are available for daily, weekly, monthly and long-term reservations. Laundromats, a swimming pool, children's playgrounds, splash pad and our recreational fuel pumps that offer ethanol-free fuel are some of our most popular features. Reserve a cabin or chalet for your next vacation or weekend getaway, a pavilion for a picnic or Soldier & Family Readiness Group gathering, the lodge for big parties

or the Uchee Creek Activity Center for a wedding reception or Family reunion. The Country Store stocks everything you need to make your stay comfortable and your event a huge success. For pictures and rates, visit our website at benning.armymwr.com

If you want to take the Family or scouts camping, enjoy our 385-acre park. Tent and RV sites are available for you to enjoy. Campsites are equipped with full hookups (30 and 50 amp), water, sewer, electric and cable. Whether you are looking for essential camping gear or a tent, MWR Outdoor Recreation and Equipment Resource Center (ERC) has a variety of equipment available for rent. Add contacting the ERC at 706-545-7978 to your to-do list before heading out on your staycation.

Enjoy the fishing and boating marina all year long! Guests are welcome to fish at the boat dock, but a fishing license is required. Launch your boat at our marina or rent one of ours! Pontoon boats are available for two, four or eight-hour rentals. Boat and kayak rentals are open to all DOD ID Cardholders, not just Campground guests. If you are in search of more outdoor adventure, Uchee Creek offers softball fields, basketball courts, pickleball courts and volleyball courts. A variety of walking trails are also accessible. Don't be a couch potato, head outdoors today! Uchee Creek accommodations are open to DoD ID cardholders and Families. Learn more and view photos of the lodging and amenities on our website. Reserve your stay today, call 706-545-4053.

# **Tickets & Travel**

Your one-stop shop for all your vacation needs is conveniently located at 8150 Marne Road, Building 9230, inside the Commissary Mall. We offer exceptional deals and discounts on travel, flights, all-Inclusive vacation plans, cruise packages and attraction tickets. For more information, please contact our office at 706-626-7644 or stop by today to see one of our experienced travel clerks.

# **TICKETS & TRAVEL EVENTS:**

Travel Expo: March 19



Get your Disney and Universal Studios discounted tickets through us! The 2025 tickets expire in December/ Be on the lookout for the 2026 tickets coming in late December.



# 1918 Club, Catering

If you're a member of the Fort Benning community, you're a member of the 1918 Club! If you are planning an event, the 1918 Club is an excellent location on Fort Benning to host your farewell, reception, military function, or wedding. We have meeting space suitable for groups of 6 to 400 guests. Rent a room or rent the whole club! Let our Catering and Event Planning staff help you design a memorable event.

# The Checkpoint

Located inside the Bowling & Entertainment Center on Main Post, The Checkpoint features hamburgers, chicken wings, pizza and more! Available for dine-in or takeout.

#### Fiddler's Green



Grab your coworker, friend or neighbor, head over to Fiddler's Green for a drink and check out the food and beverage menu Thursdays from 4 - 7:30 p.m.! Open to the public - also available to host your personal or unit party! Located inside the 1918 Club, Building 128.

### Infantry Bar

The Infantry Bar is a great place to meet friends for a drink or to catch your favorite game on the TV. The bar is located in Building 2784 on Sightseeing Road.



# Jack's 19th Hole

Jack's 19th Hole at the Fort Benning Golf Course is the perfect place to unwind after a long day on the course while enjoying a light refreshment! Jack's offers a variety of food and beverage items at unbeatable prices. Jack's 19th Hole is a great choice for your next meeting, party or class social.

## Java Café's

We have two Java Café locations, Main Post and Harmony Church! We proudly serve Starbucks\* coffee and a variety of sandwiches, salads and more! Stop by before 10:30 a.m. and enjoy a wide selection of breakfast items like the breakfast burrito, flatbread breakfast sandwich or a bagel thin. If you swing by around lunch, try one of the specialty artisan pizzas, loaded salads or handcrafted sandwiches! Healthy menu and Keto diet options are also available.

Java Café on Ingersoll Street on Main Post, 706-626-0231, is open 7 days a week and Java Café on Jamestown Road on Harmony



7 days a week and Java Café on Jamestown Road on Harmony Church, 706-626-2971, is open Monday - Friday (both with drivethrus!). Visit our webpage to see the full menu, specials and hours of operation for each facility.



The Mall Bowling Snack Bar is located inside the Mall Bowling Center, next to the Commissary. The snack bar features salads, wings, burgers, pizza and more! Available for dine-in and takeout, patrons can call 706-545-4164 to place their to-go order. Visit benning.armymwr.com for the full menu. After or during lunch, play a game of bowling or pick up an electronic bingo machine and win big!

#### **NEW Smith Smoothie Shack**

The Smith Smoothie Shack is our new spot inside Smith Fitness Center to grab protein smoothies, protein bars, grab-and-go drinks, coffee and more! Pick up a protein smoothie after a great workout or grab a healthy lunch on your way out. - they don't serve any food so just end with workout.

#### Subway

Looking for something familiar? Stop by Subway on Main Post or Sand Hill for all your tried and true favorites like the classic footlong sandwiches, or try a lighter fare with a signature wrap or salad. Located adjacent to the Drop Zone on Main Post After Hours (by the Airborne Shoppette) and inside Sand Hill Recreation Center.

# Zaxby's

Hungry for some tasty chicken? Stop by for dine-in or drive-thru at Zaxby's! Their famous fingerz or wings paired with Zax Sauce is a sure crowd pleaser. Located at 7290 Ingersoll Street, Building 1692, Main Post.



# RENTAL VENUES on Fort Benning



MWR's primary purpose is offering Soldiers and their Families desirable social and recreational opportunities. Our facilities are available to support mission-related functions when their use does not preclude authorized MWR patronage.

We offer many locations for you to host your next SFRG meeting, unit function, Hail and Farewell and more! Our event planner will make your special events memorable and affordable. Whether you are planning for 10 guests or 1,000, we have the space for you. Call or visit the location you are interested in today!

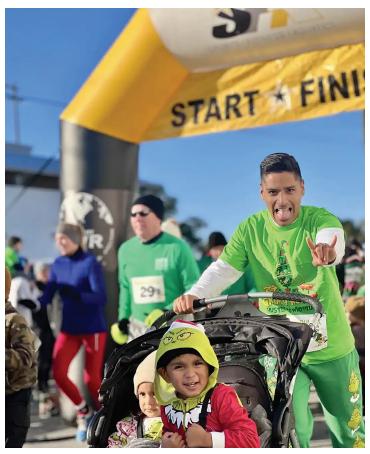
# **NO RENTAL FEES REQUIRED:**

Patch Hall • Milton E. Long Library • Twilight Pavilion
Harmony Church Recreation Center • Russ Pond Pavilion
Kings Pond Pavilion • Bouton Heights/Davis
Hill Outreach Center • Sand Hill Recreation Center
Kelley Hill Recreation Center
Survivor Outreach Services Building

# **RENTAL FEES REQUIRED:**

Bowling & Entertainment Center • 1918 Club
Mall Bowling Center • Infantry Bar
Golf Course (Pavilion) & Ballroom
Sand Hill Clubhouse
Uchee Creek Campground & Marina
Destin Army Recreation Area
Breezeway Complex (Bar & Lounge, Patio or Pool)





# **Sports**

The Fort Benning Sports Program hosts a number of events and activities that are open to all eligible MWR patrons - Soldiers, civilians, Family members, contractors and DoD civilians. Others are reserved for active duty Soldiers only. Commander's Cup intramural sports are reserved for active duty Soldiers. Sports include basketball, football, golf, soccer, softball and volleyball.

# Races

Our races and challenges span out all year long, from the Shamrock Shuffle to the Run to Remember, Big Summer Blowout and Oktoberfest runs. You will find detailed information about each run on our webpage.

#### **RUNS + CHALLENGES + TOURNAMENTS:**

9/11 Challenge: September 11 Bikes on Benning: September 13 Dirndl Dash 5K Fun Run: October 18

Lederhosen Leap 10K Cross Country Run: October 18

Pickelball Tournament: November 4-6

Elf on the Run 5K: December 6

Polar Plunge: January 24

Couples Valentine Pickleball Tournament: February 11

# **UPCOMING 5K RUN SERIES 2026**

Decades Dash 5K: January 24 Hot Dog 5K Run: February 28

### Commander's Cup

The Commander's Cup Program is a curriculum of sport leagues for Soldiers on Fort Benning wanting to participate in recreational activities. The Commander's Cup Program also promotes unit morale, esprit de corps, teamwork, physical fitness and develops leadership and sportsmanship.





# **COACHES MEETINGS:**

CC Basketball: November 18 CC Volleyball: February 24 bring a copy of your IPPS-A (Unit Personnel Accountability Notices)!



# HAVE YOU TRIED OUR PICKLEBALL AND TENNIS COURTS?

Stop by and check out the 6 new pickleball courts and 2 tennis courts, located right behind Carey Pool and the Infantry Bar.

# **Aquatics**

We have two indoor pools open throughout the year, Smith Indoor Pool inside Smith Fitness Center and Briant Wells Indoor Pool. Smith Fitness Center pool is open open daily during fall and winter.. Briant Wells offers lap swim and military training.

Our two outdoor pools, Breezeway and Carey, are open seasonally from Memorial Day weekend to Labor Day. Breezeway Pool is open for recreational swim, and Carey Pool offers lap swim and military training.

# **Breezeway Pool**

Enjoy the Breezeway Complex, the installations's premiere recreational outdoor pool. Open during the summer months, the Breezeway Complex also includes a toddler area, slide, splash pad, rock wall feature, snack bar and a party room to rent. We open the pool season on Memorial Day weekend and end on Labor Day weekend. Don't forget to book your pool party with us next season!

#### **Briant Wells Indoor Pool**



Briant Wells Indoor Pool is one of the historic buildings on Fort Benning. The facility was built in 1949 as a small natatorium training facility and recreational indoor pool. In 2023 Briant Wells Indoor Pool was completely renovated and is now the top military training and lap swim pool on the installation. To reserve the pool for military training, contact James Parke at james.w.parke.naf@army.mil.

# **Carey Outdoor Pool**

Carey Pool is your perfect lap swim outdoor pool during the hot summer. It is a 600,000 gallon, Olympic-size pool. Lap swim is free of charge. Carey pool is open seasonally from May - October. Lap Swim hours will be posted to our website, benning.armymwr.com.

#### **Smith Fitness Center Pool**



Smith Indoor Pool is located inside Smith Fitness Center and available for military ID Card holders and their dependents at no cost. The lap pool features a 3 lane, 125,000-gallon pool that is 25 meters long. The complex also has a 40,000-gallon recreational pool with several water features to include a mushroom water fountain and bubblers.

# CPR, AED and First Aid Training + Lifeguard Training



We also have a number of classes and programs, including swim lessons, CPR certifications and lifeguard training. In the lifeguard training course, participants receive a 2-year lifeguard certification, which includes the American Red Cross Certification, lifeguarding, first aid, CPR and AED training. American Red Cross lifeguarding students must be at least 15 years old by the last day of class, and pass a pre-course swimming skills test prior to taking our course. Visit Benning.armymwr.com or contact our Aquatics department at annerose.whitehead.naf@army.mil or james.w.parke.naf@army.mil for more information.

#### **CPR CLASSES:**

October 21 & 23 November 18 & 20 December 9, 11 & 13 January 13, 15 & 17 February 17, 19 & 21

# LIFEGUARD CLASSES:

(Participants must attend all 4 dates)
November 15, 16, 22 & 23
December 6, 7, 13 & 14
January 10, 11, 17 & 18
February 7, 8, 14 & 15

# Wilderness Remote First Aid Class

October 25-26 November 22-23





# **Fitness**

Fort Benning MWR has five fitness centers across the installation, including Smith Fitness Center and Audie Murphy Athletic Performance Center on Main Post, Santiago Fitness Center on Sand Hill, Whittington High Performance Center on Harmony Church and Kefurt Fitness Center on Kelley Hill. Choose a location closest to you, or select one based on what it has to offer for equipment, amenities and classes.

Hours of operation for each facility can be found at benning.armymwr. com.

# **Audie Murphy Athletic Performance Center**



The 36,344-square-foot Audie Murphy Athletic Performance Center is equipped for athletes and Soldiers focused on improving their performance on the field or in the field. We've stocked the center with equipment for functional training, including kettlebells, medicine balls, sleds, power racks, dumbbells, TRX, rowers, ladders, climbers, stability balls, battling ropes, slide boards and more. Aside from peak PT hours, you will find Audie Murphy to be a quiet, uncongested facility, perfect for those serious about their workout.

### **Kefurt Fitness Center**

Kefurt is equipped with Hammer Strength HD athletic racks with bumper plates, , Matrix S Drive non-motorized treadmills, Air Assault fan bikes, Concept 2 Rowers, Cybex SPARC trainers, Jacob's Ladders, an expansive turf area, Torque Tanks for pushing/pulling, a full set of Nautilus selectorized equipment and full cardio inventory.

## Santiago Fitness Center

The 23,728-square-foot facility is a favorite among Sand Hill cadre and military retirees, who find the center more quiet and convenient than the facilities on Main Post. Santiago has basketball and racquetball courts, plate-loaded, free and selectorized weight equipment, and cardio equipment.

# **Smith Fitness Center**

Smith Fitness Center on Ralph Puckett Parkway, is a 100,000-square-foot, two-story facility with state-of-the-art equipment and amenities is accessible 24/7 with pre-registration. The center has 12,500 square feet of cardiovascular and weight training space, 7,500 square feet of exercise and training rooms, a gymnasium and two racquetball courts. At Smith Fitness Center, we offer personal training, fitness classes and an indoor pool. Drop by during normal business hours and register for your 24/7 access or visit benning.armymwr.com.

# SMITH WOTHIE

# **NEW Smith Smoothie Shack**

The Smith Smoothie Shack is our new spot inside the Smith Fitness Center to grab protein smoothies, protein bars, grab-andgo drinks, coffee and more!

#### **PERSONAL TRAINING**

Need help developing an effective workout routine or professional advice to help you achieve desired results?

Visit Smith Fitness Center and get your own personal trainer! All our personal trainers are nationally certified professionals who will not only motivate you daily, but also guide their clients to train towards their physical fitness goals, which could include losing weight, building muscle, increasing core strength, or improving cardiovascular fitness.

You will start with a fitness assessment choose how many one-on-one sessions you need. We also offer Group sessions! Visit our webpage for prices and more information.

# **Whittington High Performance Center**

This 24,000-square-foot fitness center, located on Harmony Church, holds a full range of plate-loaded equipment, selectorized strength equipment, cable crossovers, squat racks, fitness rooms for cardio, spin, wrestling, dumbbells and much more. Drop by and register for your 24/7 access (24/7 only during winter months) or visit our website!



# **FITNESS CLASSES**

At Smith Fitness Center, Audie Murphy Athletic Performance Center, and Whittington High Performance Center we offer a variety of fitness classes to help you get in shape and stay in shape!

Choose from Zumba, Zumba Step, Zumba Toning, Power Up, Boxing, Yoga, and more - and find the perfect fitness class or classes for you! Classes are \$3 each and will be filled on a first come, first served basis. Frequent participants can buy in bulk and save with our unlimited monthly class pass for \$30.

• Our 6:30 a.m. classes are free for Soldiers in PT uniform! Visit our webpage for the monthly fitness schedule and pick the perfect class for you!







# **Child & Youth Services**

Child & Youth Services (CYS) recognizes the challenges of our Soldiers and their Families by offering quality programs for children and teens. CYS supports the Army Family by reducing the conflict between mission readiness and parental responsibility. At CYS, we have the most important clients in the world: military Families and their children.

# **Parent Central Services**

At Parent Central Services, located in Building 104 on Marchant Avenue, you can register your child(ren) for CYS programs and activities. The office is open for registrations on a walk-in basis 8 a.m. - 5 p.m. (Wednesday 8 a.m. - 6 p.m) and by reservations 2 - 5 p.m. All fees are based on total Family income. Proof of income and immunization records are required for registration and a health examination is required within 30 days of registration.

# **Child Development Centers (CDC)**

We have five full-day care child development centers on Fort Benning: Main Post, Santa Fe, Indianhead, McGraw and 1st Division. Full-day care is designed for parents who need child care services Monday through Friday between 5:30 a.m. - 6:30 p.m.

Care can be provided no more than 12 hours per day. All centers offer breakfast, lunch and a snack. Infants 6 weeks-11 months old are given the option to bring prepared infant bottles from home and unopened store bought baby food in accordance with USDA. Please visit MilitaryChildCare.com to register your child or call/visit our Parent Central Services located on Marchant Avenue at 706-545-2079.

# **NOTO PAY**

# Save time, enroll in Auto Pay!

Enjoy the convenience and reduced burden of late fees or missed payments when you sign-up for auto pay. Reoccurring payments are automatically debited utilizing a credit card of your choice from any of our preferred providers including Visa, Discover, Mastercard and American Express.

To initiate enrollment for childcare and before/ after school care, visit Parent Central Services and present the debit or credit card to be used for bimonthly (1st & 15th) payments.

The form can be found at benning.armymwr.com under the Parent Central section.



# School Age Center (SAC)



The SAC is in Building 2653 on Ingersoll Street. The program provides before-school, after-school, full-day spring, summer, fall and winter camp and hourly care programs for children in kindergarten through fifth grade. The program starts at 5:30 a.m. and ends at 6:30 p.m. Breakfast is served, and transportation is provided to and from Fort Benning schools. The before and after school care fee is based on total Family income. Make your reservation on militarychildcare. com; after completing your reservation, visit or call Parent Central at 706-545-2079 to finish your registration. We can't wait to welcome your child to our program! For more information, please contact SAC at 706-545-3605.

# **SAC EVENTS:**

Fall Break Camp: November 24-28 Registration: October 6 - December 14 (closed federal holidays)

Winter Break Camp: December 22 - January 2 Registration: November 3 - December 12 (closed federal holidays)

### Family Child Care Homes (FCC)



MWR offers an FCC program for those who prefer childcare in a home setting for children 4 weeks to 12 years old needing full-day, part-day and hourly-care options. Child & Youth Services maintains a list of certified home care providers on post. Any person providing

more than 10 hours of childcare per week in their on-post home are required to be certified by CYS. Homes are monitored through inspections from Fire, Safety, Health and Sanitation proponents. FCC provides quality and affordable childcare.

If you are interested in running your own childcare business with the potential to earn up to six figures and are creative, energetic and love working with children, a career in FCC awaits you! Contact our FCC Director at 706-545-4368!

# Middle School & Teen Program (MS&T)



MS&T is designed to develop young minds and bodies for a healthy transition to adulthood. This program includes after-school supervision, homework help, recreation, dances, field trips, leader development, life skills and more. MS&T is a free program starting daily at 1 p.m. Spring, summer, fall and winter camps are offered, fee is based on total Family income – contact Parent Central for more information.

MS&T offers over 10 clubs for youth to participate in monthly at the MS&T, Building 1055. All clubs are free to join, this is a great opportunity to meet other teens and learn new skills. Participants must be registered at Parent Central. For more information on programs and clubs, call 706-545-3070.

# **MS&T EVENTS:**

Fall Break Camp: November 24-28 Registration: October 6 - December 14 (closed federal holidays)

Winter Break Camp: December 22 - January 2 Registration: November 3 - December 12 (closed federal holidays)

# 2

#### Teen Wellness Center

The Teen Wellness Center is located in Building 374 (next to the MS&T, Youth Services Campus), and open for ages 11-18, Monday through Friday 3 – 6:30 p.m. Attending teens must register with CYS and have a current sports physical on file. Also, parents/guardians must sign a waiver. The Teen Wellness Center is free of charge. CYS Staff will provide instructions for participating youth as well as fitness and workout plans. For more information, call Youth Sports office 706-545-3070 or the Teen Wellness Center at 706-545-6098. Swing by and check out this great facility!

# **Youth Sports and Fitness**



The Youth Sports and Fitness program offers year-round team and individual sports and a variety of monthly classes for Family members between 3 and 18 years. Team sports are offered in soccer, T-ball, football, baseball, basketball and cheerleading. A variety of individual sports, clinics and camps are available throughout the year.

Register at Parent Central. For more information contact Youth Sports at 706-545-0522!

# **UPCOMING YOUTH SPORTS:**

Basketball: January - March Registration: October 6 - 31

Kilometer Kids: February - May

Flag Football: March - May

Cheerleading: March - May

Soccer: March - May

Registration for Kilometer Kids Football, Cheerleading and Soccer is January 5 - 30.



Give back to the community and coach a new generation of athletes! Coaches discount included! When you coach your child(rens) team, they play free. Earn volunteer hours which help with upcoming promotion - and more! Sign up today! Local background checks must be cleared on all coaches prior to team assignment. Coaches must attend a coaches clinic to review the coaching policies and become certified through the National Alliance for Youth Sports. Interested? Sign up by calling Youth Sports at 706-545-0522 or Parent Central at 706-545-2079.

**INSTRUCTIONAL PROGRAMS** include a variety of classes for toddlers to teens, with pay-as-you-go monthly schedules for tumbling, cheerleading, dance classes and more.

# AVAILABLE INSTRUCTIONAL PROGRAMS: Cheerleading Tumbling Dance Gracie Jiu-Jitsu Jr. Combative Jiu-Jitsu Babysitting Basics Course: October 6 - 9 Registration: September 8 - 29

# School Liaison Office (SLO)

The SLO provides Army school-aged youth with educational opportunities, resources and information necessary to achieve academic success. This is a branch that helps schools, installations and Families work together for student achievement. SLOs act as the conduit between the school community – including local public school districts, private schools and homeschool Families – and the installation.

How do they do it? By:

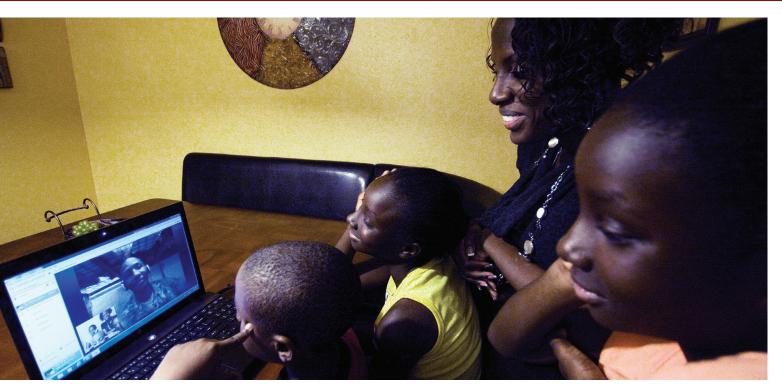
- Helping schools understand the challenges military Families face
- Informing parents about local school policies
- Giving Families information about local schools, graduation requirements, after-school programs, youth sponsorship and homeschooling
- Connecting units and schools through partnership initiatives
- Conducting workshops to help parents navigate educational transition and advocate for their children
- Providing an array of resources that benefit military youth and improve school experiences

Here's how SLOs can help:

- Build relationships and facilitate communication among Army Families and local schools
- Inform and assist parents with transition and employment challenges
- Establish school and community partnerships
- Facilitate access to homeschool resources
- Provide information about colleges and other post-secondary opportunities and preparation materials

Contact your SLO at 706-545-3062 or 706-626-8625.





# **Army Community Service (ACS)**

Army Community Service (ACS) is a great place to stop for outstanding services and resources! ACS provides a broad range of programs dedicated to maintaining the readiness of Soldiers, Families and communities by providing self-reliance, resiliency and stability. ACS services are tailored to the needs of Soldiers and their Families, from Family readiness to financial health and more! We strive to promote readiness and resiliency through a wide range of educational opportunities, special events, individualized counseling services and other offerings. ACS is dedicated to supporting Soldiers from their first assignments all the way to separation or retirement, as well as Families, veterans, wounded warriors, survivors and Civilians.

# Army Emergency Relief (AER)



AER provides emergency financial assistance with moving expenses, initial rent and deposit, travel expenses, car repair, car payments and much more. AER's Scholarship Program helps spouses and dependent children of Soldiers and retirees with the cost of education. Scholarship applications are available the first week of January on their website, www.armyemergencyrelief.org/scholarships/.

Interested in donating? By giving to AER, you are directly supporting our men and women in uniform and their loved ones during tough

times. Plus, your donation is tax-deductible so it's a win-win all around! Thanks for considering supporting such a worthy cause – every little bit helps make a difference for those who sacrifice so much for our country. Soldiers helping Soldiers – your support matters!

# **Community Information Exchange**



The Community Information Exchange provides information on events and subjects of interest within the surrounding communities to the Fort Benning community, specifically spouses and those who disseminate information throughout the community. Everyone is invited. Representatives from various post agencies (including the Garrison Command, MWR, ACS, Villages at Fort Benning, DES, MACH, the Commissary, AAFES and the Chaplaincy) address current events, and guest speakers brief and entertain questions on various topics. Community Information Exchange meetings are typically held the first Tuesday of each month during the school year. Tune in on our Facebook page to view Community Information Exchange live.

Community Information Exchange: First Tuesday of each month *Community Information Exchanges are paused during the school summer break.* 

# **Exceptional Family Member Program (EFMP)**



The Exceptional Family Member Program (EFMP), located in Building 359, offers support to Soldiers with Family members who have special needs such as physical, emotional or intellectual disorders. The program works to consider the special needs of Family members during the assignment selection process and takes an all-inclusive approach to coordinating military and Civilian community, educational, medical, housing and personnel services. In addition, they act as an advocate for Soldiers and their Families and provide monthly support groups the first Monday of each month as well as other seminars to support EFMP Families. To keep up with EFMP activities, follow them on Facebook at www.facebook.com/groups/fortbenningefmp.

The MEDDAC EFMP handles enrollments, disenrollments, overseas screenings and questions about the availability of services in the area. Enrollment updates are required every three years or if the medical/educational status changes.

# Family Advocacy Program (FAP)



FAP provides education and training classes about child and spouse abuse prevention, safety education for children, and pre-deployment briefings for Soldiers and their Family members. Annual classes are mandatory for all military personnel on the dynamics of spouse and child abuse, the availability of treatment services and Army policies regarding Family violence. Units may schedule briefings by calling the FAP training specialist. FAP can provide crisis intervention to Soldiers and Family members in emergency situations and respite childcare for the purpose of relieving parental stress and to provide a nurturing and developmentally appropriate environment. Cases involving Family violence intervention needing long-term treatment and follow-ups are referred to Social Work Services.

The program is in Building 36, Richardson Circle. Follow us on

benning.armymwr.com to find out about upcoming in-person or virtual events FAP offers!

# **UPCOMING FAP CLASSES:**

# Fact Fridays:

- September 5: Money & Relationships: How to Make It Work
- October 3: New Parent Support Program: Safe Sleep
- November 7: Celebrating Military Families
- December 5: Holiday Stress Management

NOVA Training: Strangulation In Intimate Partner Abuse October 30

Domestic Violence Awareness – Wear Purple Day: October 16

## VICTIM ADVOCACY

This program helps victims of domestic violence. A victim advocate coordinator provides direct services to individual victims of spousal abuse. Contact 24-hour hotline: Georgia, 800-334-2836 or Alabama, 800-650-6522.



# NEW PARENT SUPPORT PROGRAM (NPSP)

NPSP is a voluntary program designed to support Families and assist when Family and friends may not be nearby. NPSP services are free and include in-home visits, risk assessments, provision of health and child development services, clinic and hospital visits, parenting classes and other services as needed. This program is available to all parents with children three years of age or younger, including expectant parents. Parents of newborns can receive follow -up contact every third Wednesday and volunteers can be assigned to work with them for up to one year. Additionally, take advantage of our Play and Learn Playgroups occurring on the third Thursday each month! It is an interactive playgroup for children ages birth to three years that assists parents in learning appropriate play techniques and helps children improve their social, cognitive, and motor skills.

# **UPCOMING CLASSES:**

Play & Learn Playgroup: October 16

Walking Parent Support Group: October 23

# CRISIS INTERVENTION/HOTLINE

The Family Advocacy Program Manager provides immediate intervention to Family members for the resolution of an immediate child abuse or neglect or spouse abuse problem. Duty hours, 706-545-7594 and after hours: 762-408-2234.

#### Financial Readiness Program (FRP)



The Financial Readiness Program provides individual assistance in all aspects of financial management, including check writing, budgeting, insurance, investing, credit management, home buying or selling and financial planning for relocation, deployment and retirement. FRP offers in-person and virtual classes for Smart Car Buying, Saving for the Holidays, Identity Theft, Thrift Savings Plan, Home Buying Seminar and Credit Management. Sign up online, visit benning. armymwr.com for more information.

#### MILESTONE MONDAY CLASSES:

September 29: Pre-Deployment Financial Preparation

October 6: Prepare Finances For Return From Deployment

October 20: Vesting In The Thrift Savings Plan (TSP)

October 27: Continuation Pay Under The Blended Retirement System (BRS)

September 8: Welcoming Your New Child

September 22 & October 13: Congratulations! You're

Getting Promoted

November 3: Financial Preparation For Marriage

November 10: Prepare Finances For A Disabling Sickness

or Condition

November 17: Preparing For Divorce

#### **FRP CLASSES**

September 4: Setting & Meeting Financial Goals

October 2: Smart Car Buying

October 16: Investing & Retirement Basics November 6: Budgeting & Money Management

November 20: Home Buying Seminar

# Relocation Readiness Program (RRP)

The RRP offers comprehensive services to Soldiers and Family members to assist with their move to Fort Benning and make the process as smooth as possible. The Lending Closet provides kitchen items, irons, ironing boards, sleeping mats, infant items and other household items. These items are loaned to Soldiers and their Families awaiting shipment of their household goods. Newcomers Orientation is held, every Wednesday 9-11:30 a.m. in the ACS Auditorium, as part of in-processing, and spouses are encouraged to attend. Breakfast is provided.

## Survivor Outreach Services (SOS)

Survivor Outreach Services, located at 7021 Ingersoll Street, Building 359, cares for Families of Fallen Soldiers by providing services at garrisons and in the communities closest to where survivors live. Financial counseling and education, grief and bereavement counseling referrals, community agency referrals and support groups are just a few services we offer. Families may also receive information on local, state and federal benefits from a benefits coordinator at the Casualty Assistance Office. Survivors include spouses, children, parents and siblings of Soldiers who died while on active duty. For more information on Fort Benning's SOS program, contact Alonzo Stewart at 706-545-8990.



The safety and well-being of our Servicemembers and their Families, especially our infants, remains top priority for the Fort Benning Family Advocacy New Parent Support and First Steps Program. In October, we will launch a Safe Sleep Campaign aimed at raising awareness about safe sleep practices for infants. The New Parent Support Program is committed to promoting practices that help prevent unnecessary tragedies and support thriving, healthy Families across the Fort Benning community. The American Academy of Pediatrics, with support from the Centers for Disease Control, aim to educate Families, caregivers, and communities about safe sleep environments for babies to reduce the risk of all sleep related deaths. This includes recommending the ABCs of safe sleep. Alone, on their Backs on a firm, flat surface, and in a Crib – free of loose bedding, pillows, toys, or bumper pads.

The New Parent Support Program is proud to stand in support of the Safe Sleep Campaign. Through home visits, classes, and educational resources, the New Parent Support Program's trained professionals provide evidence-based education to military Families, empowering them with the tools and knowledge to create safe sleeping spaces for their infants. We understand that parenting can feel overwhelming, especially for new or first-time parents. Our First Steps program provides one-on-one consultations after delivery offering guidance, encouragement and care.

The Safe Sleep Campaign raises awareness and highlights the importance of community support in ensuring the health and well-being of our children. It encourages parents, caregivers, healthcare providers, and support programs to help prevent sleep-related infant deaths. A safe sleep environment is more than a practice-it's a promise.

For more information or support please contact the New Parent Support Program at 706-545-6316/935. Information is also available at the Military OneSource Military Parent Resource Center.





# SUNDAY, SEPTEMBER 28 REMEMBER & HONOR

GOLD STAR MOTHERS & FAMILIES

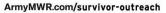
They are enduring and resilient legacies of their service member's sacrifice to our Nation.



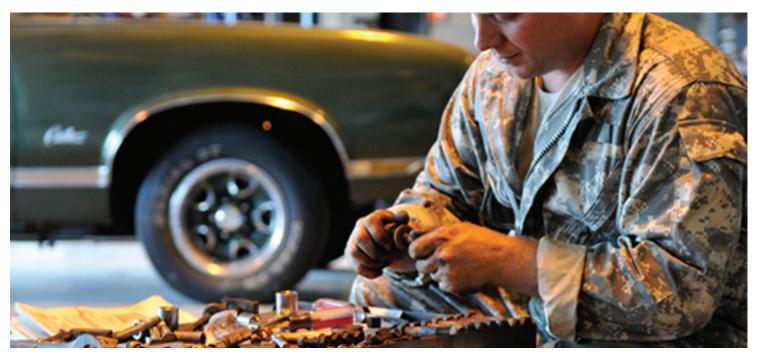












# **Auto Skills Center**

Repair or rebuild your own vehicle, or let us do it for you! As one of the Army's largest auto repair centers, with 42 bays, the Fort Benning Auto Skills Center employs certified mechanics and training instructors who stand ready to help you repair or customize your car. You won't encounter high-pressured upselling from our team of honest professionals. That's not our style, and it's not our goal. We're here to help.

Bay rental customers have onsite access to a variety of tools, vehicle lifts and a free computer program that provides easy-to-read, step-by-step instructions on every kind of repair imaginable. It will also tell you what parts you may need to purchase and what you should expect to pay for them. You'll likely find them in stock at the Auto Skills Center, priced less than you'll find off post, and tax free!

For those without the time or inclination to make repairs themselves, the Auto Skills Center offers the same mechanical services one might find off post, such as tune-ups, alignments, fluid flushes, brake inspections and repairs, tire services, air conditioning checks and charges and so much more, at prices less than you pay elsewhere.



The center's staff is available by appointment for classes and demonstrations for Scout groups, Soldier & Family Readiness Groups and more. To schedule a class, a free vehicle safety inspection or a pre-purchase inspection, call 706-545-2337. Visit benning.armymwr. com for a full list of services and hours of operation for the Auto Skills Center and Bay Rental (Do-It-Yourself Service).

# **POV Lemon Lot**



The Equipment Resource Center (ERC) offers more than just exciting rental equipment! Do you have a vehicle, boat, trailer, motorcycle or other recreational vehicle that you're trying to sell? Take advantage of the Outdoor Recreation ERC's Lemon Lot, located behind the Auto Skills Center. It is available to all active duty and retired Soldiers, their dependents and DoD Civilians. For only \$11 per vehicle for 30 days, customers can take advantage of the convenience and visibility that the lot offers. Shoppers interested in purchasing a vehicle from the lot will find prices and contact information on the vehicle, usually posted near the windshield. For additional information and policies, visit our website or call 706-545-7978.

# **MWR Car Washes**



MWR has three car washes with drive-thru and self-serve bays large enough for a truck or RV and the latest in floor mat cleaning. We offer cloth and water wash or touch-free water wash. Vacuums have fragrance, spot remover, carpet cleaner and turbo and super modes. The self-serve bays have a popular tire shine option. MWR car washes are on Main Post in Building 105 on Marchant Avenue, on Jamestown Road on Harmony Church next to Java Café in Building 4101 and next to the Commissary Mall on Marne Road.



# **Dog Wash**



Has your pup had a long day at the park or taken a roll in the mud? Now they're ready to be pampered with a refreshing bath! Take them to the easily accessible MWR Dog Wash! Attached to the Main Post Car Wash is our do-it-yourself, climate-controlled dog wash in a spacious, enclosed room. You may use your credit card or the reloadable MWR Car Wash Card for washing, drying, and flea and tick bathing options. The spacious dog wash can fit multiple small dogs at once or even your fully grown Great Dane! Open 24/7, choose the MWR Dog Wash for all your pet washing and drying. Located in Building 105, Marchant Avenue.

# Laundromat



You can clean just about anything at the Main Post Laundromat, including all your Army gear! We have 81 heavy-duty washers and 54 dryers available for Soldiers and their Families. You won't have to carry a pocketful of quarters with our laundry card, or you can pay with cash or credit card. The more you use the post laundromat, the more free credit you earn on your card! If you would like to coordinate a unit laundry party, please visit our website to schedule your visit.

Last wash at 6:30 p.m. Unit laundry reservations available, call 706-545-3398.

# **Groome Transportation**

Need a lift to the Atlanta Airport? Groome Transportation has daily routes to and from Fort Benning. Visit groometransportation.com for routes and rates.

## **Recon Wear/American Airborne**

Recon Wear and American Airborne have everything you need for your customized swag. Call 229-314-1142 or 706-689-9777 to receive a quote today!

# **Soldier Photos**

We are located inside Sand Hill Recreation Center. Call 706-685-2222 to make an appointment.

ARMY COMMUNITY SERVICE		Building 2874, 6835 Ralph Puckett Parkway	
Army Community Service706-5	545-4043	Subway	-0.5.50-
Patch Hall, Building 7, 7117 Baltzell Avenue		Main Post	706-687-
Financial Readiness, Information and Referral, Relocation, Army Emergency Relie	f	8274 Building 2502, 7308 Anderson Street	
Army Community Service		Sand Hill	706-687-4919
Building 359, 7021 Ingersoll Street	-06 - 4-	Building 3308, 5300 41st Infantry Regiment Street	700-007-4919
Survivor Outreach Services	/06-545-	bunding 5500, 5500 Tist intainty regiment offeet	
2989	706 545		
Exceptional Family Member Program	/06-545-	Zaxby's	706-683-0066
	54E 2202	Building 1692, 7290 Ingersoll Street	
Family Advocacy Program	143-3202		
Military Family Life Counselors	504-2432		
Building 359, 7021 Ingersoll Street		Business and Recreation Division	706-545-7357
		Building 85, 6850 Barron Avenue	707 545 7040
		BOSSChild & Youth Services	
Child Development Centers (CDC)		Building 85, 6850 Barron Avenue	/06-545-6811
1st Division CDC	706-545-	Director	706-545-1511
6656		Building 85, 6850 Barron Avenue	/00-343-1311
Building 1051, 7191 1st Division Road		Deputy Director	706-545-6701
Indianhead CDC	706-626-	Building 85, 6850 Barron Avenue	700 545 0701
0673		Marketing & Sponsorship	706-545-3328
Building 2389, 6351 Indianhead Road		Building 85, 6850 Barron Avenue	
Main Post CDC706-5	545-3732	Support Management Division	706-545-4937
Building 1366, 7000 Yeager Avenue		Building 85, 6850 Barron Avenue	
McGraw CDC706-5	544-1758		
Building 11306, 8220 Custer Road			
Sante Fe CDC	)44-2339	Aquatics	706-844-5766
Building 9242, 7151 Hoff Street	-06 -15	Building 394, Lauber Street	
Family Child Care	/06-545-	Audie Murphy Athletic Performance Center	706-545-1940
4368 Building 1056, 7110 McIver Street	- 45 2050	Building 2818, 6561 Way Street	
Middle School & Teen706-5	)45-30/0	Breezeway Pool	706-545-1687
Building 1055, 7110 McIver Street  Parent Central Services706-5	. 4E 2070	Building 117, 7190 Muir Street	
Building 104, 6880 Marchant Avenue	143-2079	Briant Wells Indoor Pool	706-604-0981
School Age Care706-5	545-3605	Building 933, 7101 Hall Street	
Building 2653, 7502 Ingersoll Street	713 3003	Carey Pool	706-545-3248
School Liaison Officer	526-8625	Building 2770, Sightseeing Road	706 544 4511
Building 104, 6880 Marchant Avenue		Kefurt Fitness Center	/06-544-4511
Youth Sports706-5	545-0522	Santiago Fitness Center	706 544 9486
Building 1056, 7110 McIver Street		Building 3350, 5310 23rd Infantry Regiment Street	/ 00-344-3460
		Smith Fitness Center	706-545-4388
		Building 2874, 6835 Ralph Puckett Parkway	700 545 4500
1 9 1 8 C l	u b	Smith Indoor Pool	706-545-4388
Catering706545-0935	5	Building 2874, 6835 Ralph Puckett Parkway	
Building 128, 7010 Morrison Avenue		Whittington High Performance Center	706-544-7528
Checkpoint 70	06545-	Building 4303, 7098 Old Cusseta Highway	
4272			
Building 2785, 6530 Eckel Avenue			
Infantry Bar706-5	545-8426	Destin Army Recreation Area	850-837-6423
Building 2784, 7611 Sightseeing Road,	- 4 - 0 - 0 - 0 -	557 Calhoun Avenue, Destin, Florida	
Jack's 19th Hole706-5	)45-0397	Bowling and Entertainment Center	706-545-4272
Building 390, 7471 Baltzell Avenue		Building 2785, 6530 Eckel Avenue	
Java Cafés	706 626	Fort Benning Golf Course	706-545-0397
Main Post	00-020-	Building 390, 7471 Baltzell Avenue	
0231 Building 1686, 7380 Ingersall Street		Drop Zone	706-587-4040
Building 1686, 7280 Ingersoll Street  Harmony Church706-6	526_2071	Building 2502, 7308 Anderson Street	
		Harmany Church Docrastian Contar	706 626 1265
Building 4102, 6900 Jamestown Road	520 2771	Harmony Church Recreation Center	/00-020-1203
Building 4102, 6900 Jamestown Road		Building 4203, 6986 Old Cusseta Highway	
Building 4102, 6900 Jamestown Road  Mall Bowling Center Snack Bar706-5		Building 4203, 6986 Old Cusseta Highway  Main Post Recreation Center	
Building 4102, 6900 Jamestown Road	545-4164	Building 4203, 6986 Old Cusseta Highway	706-545-8205

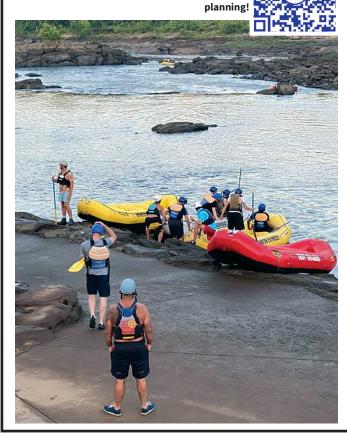
Outdoor Recreation
Building 1707, 7310 Gillespie Street  Patton Recreation Area
<b>Recreational Shooting Complex</b>
Sand Hill Recreation Center
Uchee Creek Campground & Marina
Woodland Park Paintball Field
SERVICES
Auto Skills Center
Car Wash Facilities
Main Post Car Wash, Building 105, Marchant Avenue
Dog Wash
<b>Laundromat</b>
Milton E. Long Library706-545-4911 Building 2783, 6529 Eckel Avenue
<b>NAF Property</b>
Soldier Photos
Tickets and Travel
OTHER AGENCIES
<b>Chaplains</b>
Commissary
<b>Lodging, Abrams Hall.</b>
Main PX
Martin Army Community Hospital 762-408-2604
Military Family Life Counselors706-566-1033
Military Police Non-Emergency706-545-5222
<b>Recon Wear Main Post</b> 706-689-9777
<b>Recon Wear Sand Hill</b>
<b>Red Cross</b> 706-545-5194
<b>Sexual Assault Hotline</b> 706-566-7393
<b>Spectrum Cable</b> 866-874-2389
<b>Suicide Hotline</b> 800-273-8255

Veterinary Services ......706-545-4444



Calling all single service members! Fort Benning has an energetic, innovative and robust BOSS program. The Better Opportunities for Single Soldiers (BOSS) program was founded in 1989 for the benefit of the more than half of all service members who are single, single parents or unaccompanied of all ranks and ages. BOSS members participate in several exciting activities, and they benefit from various discounts and free passes to shows and sporting events. Of course, they're well-known in the community, on post and off, for the many hours they devote to volunteering. The BOSS program is composed of three components: Quality of Life/ Wellbeing, which addresses issues that influence the morale, living environment or growth and development its members; Community Service, which includes volunteer projects on post and off; and Recreation & Leisure, which includes trips and events that are planned and supported by BOSS members. BOSS meetings are held on the last Wednesday of the month at the Infantry Bar. Please reach out to the Fort Benning BOSS President at 706-545-6040, or stop by their location at Outdoor Recreation, Building 1707. Join the

> GroupMe to keep up with what we're





# ITEMS RECYCLE POSS NOT TAKE!

Fort Benning's Qualified Recycling Program (QRP) recycles many common items such as scrap metal, paper, cardboard and plastic. Our mission is to reduce the impact that Fort Benning has on the environment through recycling material that would otherwise end up in a landfill. With your help, we can have a positive impact on our community.

Styrofoam
Chip Bags
Food Items
Garden Hoses
Hygiene Products
Napkins

Candy Wrappers Cigarette Butts Cartridges Glass Textiles Paper Towels
Snack Wrappers
Plants/Dirt
Wood
Diapers
Used Toner
Plastic Bags/Film



Scan for more details

For more information on how Fort Benning recycles, scan QR code.

# FORT BENNING FAMILY & MWR





# NEVER MISS A BEAT!

Sign up for biweekly emails from Fort Benning MWR so we can share all the fun with you!



No spam, we promise!

# PARTNER WITH US!



# REACH AMERICA'S FINEST

# Family and MWR programs

give our community a host of recreational opportunities – including sports and fitness, entertainment, travel, child and youth activities and more!



Not only will you expand your market, the revenue generated from commercial sponsorship and advertising will support vital Family and MWR programs. These valuable programs enrich the lives of Soldiers and Families and the Fort Benning community.

Create awareness and visibility through customized partnership endeavors across multiple platforms:

- $\cdot \ Event \ sponsorship$
- · Online promotions
- · Digital Networking
- Social media programs and presence

To learn more please call 706-545-4386 or 706-545-4499.



