Fort Benning Family & MWR



Scroll and see.

exciting things planned for you!

ON THE RADAR!



lotof

Outdoor Recreation is hosting a FREE summer outdoor skills camp this July where youth can enjoy themed crafts while learning the essential skills you need to enjoy the outdoors safely. Join us at the Russ Pond Pavilion, located on Main Post near McDonald Village, Thursdays in July from 5 – 6 p.m.

July 24: Knot Tying July 31: Outdoor Navigation





Join us for the next **CG Golf Scramble** sponsored by Headquarter Nissan on July 25! Show off your skills and enjoy the beautiful weather with some friends. There will be two shotgun start times at 8 a.m.and 1 p.m. The \$40/person fee includes greens fee, single cart and prizes. Register in advance and save! Day-of registration increases to \$45/person. What are you waiting for? Grab your friends and register your fourperson team today!

*Sponsorship does not imply federal endorsement

LEARN MORE









Join us for our **Summer Reading** Program Foam Party Finale on Friday, July 25! Meet us at Breezeway Pool from 11:30 a.m. - 2:30 p.m. We'll also be celebrating ACS's 60th birthday at the same time - you don't want to miss all the fun we have planned! Free to attend.



Ladies Nights at the pistol range is not your average girls' night out! Whether you're a seasoned pro or a total newbie, this event is the perfect opportunity to hone your marksmanship while surrounded by like-minded ladies who aren't afraid to unleash their inner Annie Oakley. Visit the Rec Shooting Complex July 25 from 4 - 6 p.m. for only \$25 per person! Price includes a pistol rental, 50 rounds of 9mm ammo and one hour on the steel targets!







Join us on July 26 at Doughboy Stadium for the Big Summer Blowout 5K + 1K Fun Run! This family-friendly run is perfect for the Georgia summer heat, so prepare to get wet! Plus, we'll have some surprises along the course and at the finish line!

Pre-register online via WebTrac or in person at Smith Fitness Center. Pre-registration for the 5K run is \$20 for ages 6 and older and \$15 for runners 5 and under. Day-of registration price increase by \$5 for each age group. The 1K is open to ages 11 and under and is \$15 for pre-registration and increases \$5 the day of.



Join Outdoor Recreation for a day hike on Saturday, July 26, and discover a unique landscape at Chewacla State Park near Auburn, Alabama! We're meeting up at Outdoor Rec on at 8 a.m., traveling to the park, and will end our day trip back at ODR around 3 p.m. We'll hike the trails for approx. 4-5 hours. While the trails are rated easy to moderate, participants must be at least 10 years old.











National Chili Dog Day is July 31! Celebrate it with us at BOTH of our bowling centers and enjoy \$1 off chili dogs all day long.

- Bowling & Entertainment Center, Building 2785
 - Mall Bowling Center, Building 9232
 *Valid on Thursday, July 31.

LEARN MORE (>)

Join us on August 2 for the largest jackpot of the month at **Super Bingo** - \$7,500 payout guaranteed! Once a month we play big, and you can win big! Doors open at 11 a.m., lightning session begins at 11:30 a.m. and the Super Bingo program begins at 1 p.m. Not into the traditional paper cards? Well, try your luck at our electronic machines!





FOR THE KIDDOS



Calling all middle & high schoolers! Get ready for an unforgettable afternoon at the Summer Kickback event at the Middle School & Teen Center! Mark your calendars for July 31, from 2 - 5 p.m. at the Middle School & Teen Center, Building 1055. Youth can enjoy a variety of activities, including a kickball and basketball tournament, along with other youth-led activities to choose from! Refreshments will be available throughout the event.

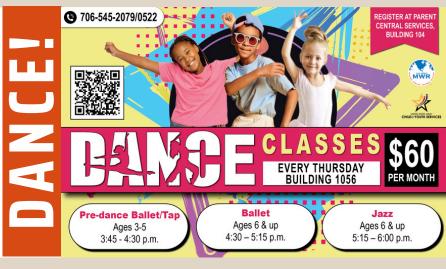




Do you have a young athlete age 11-14 eager to join a volleyball team of enthusiastic players? The CYS Youth Volleyball League will consist of competitive games and scrimmages that foster teamwork and sportsmanship. Plus, these young athletes will have the opportunity to showcase their talents in tournaments throughout the season!







Now offering pre-dance ballet + tap for our 3-5 year olds!

Dance classes are a great way to help your child develop important skills like coordination, balance, and flexibility. Classes are held at Building 1056 every Thursday and are divided into different age groups. Monthly fees are only \$60, enroll your child in dance classes today and watch them grow into a talented and confident dancer!



ARMY COMMUNITY SERVICE

Army Community Service is turning 60, and you're invited to join the celebration! Mark your calendars for Friday, July 25, from 11:30 a.m. - 2:30 p.m. at the Breezeway Pool for a splashtastic party filled with games, food, and prizes!

Free to attend.









Join the Exceptional Family Member Program at Lucas Cinemas for our **FINAL sensory-friendly movie screening** of the summer!

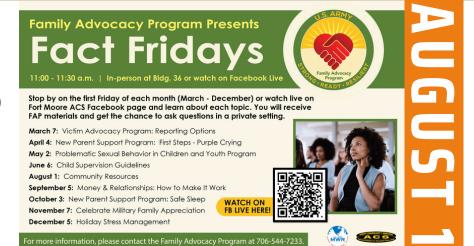
Experience movies with the lights up and the sound down, allowing freedom of movement in a safe environment. Admission into the movie theatre is FREE and a complimentary movie snack box will also be included for every child. Join us July 30 at 10:30 a.m.

July 30: Spider Man: Across the Spider-Verse



Join the Family Advocacy Program on the first Friday of each month for informational sessions from 11-11:30 a.m. in person or online. August's topic will feature Community Resources.







August is National Breastfeeding Awareness Month!

The ACS New Parent Support Program is is dedicated to supporting and providing resources to new parents on the benefits of breastfeeding. With lactation counselors on staff, they provide personalized lactation support, classes, postpartum assistance, and guidance on breastfeeding while returning to work.

LEARN MORE

Reporting domestic violence and child abuse is not just important, it's

lifesaving. It's a powerful act that protects vulnerable individuals. breaks cycles of harm, and strengthens communities.



FAMILY ADVOCACY PROGRAM



★ EDUCATION

★ PREVENTION

* ADVOCACY

FAP 706-544-7233 (SAFE)

•REPORT DOMESTIC VIOLENCE AT 762-408-4076 or 91

REPORT CHILD ABUSE/NEGLECT AT 855-422-4453, 911 or 762-408-4076









Summertime parties await!

Summertime is for parties, and our Outdoor Recreation Equipment Resource Center has everything you need to throw one! From wet/dry inflatables and grills, to canopies, tables, and chairs, they're your one-stop shop for party essentials. They even rent misting fans so you don't have to choose between staying indoors or enjoying the vibes outside. See what's for rent today!



SEE YOU NEXT TIME!

Visit us online for the latest benning.armymwr.com

#BENNINGMWR #EXPLOREFORTBENNING #ADVENTURESATBENNING

EXPLORE MORE DEALS









OUTDOOR RECREATION







Forward the fun to your friends! <u>Sign up for email_updates from Fort Benning MWR!</u> We hate to see you go, but we know the drill. <u>Click here to unsubscribe.</u>