



## JANUARY 2026 HIGHLIGHTS

CLICK ON EVENT IMAGES FOR DETAILS. TO ENABLE EMBEDDED HYPERLINKS, FILE MUST BE OPENED IN ADOBE ACROBAT OR A WEB BROWSER. LINKS WILL NOT WORK IN EMAIL PREVIEWS.

### WEST POINT CLUB



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### SPECIAL EVENTS



### VICTOR CONSTANT SKI AREA



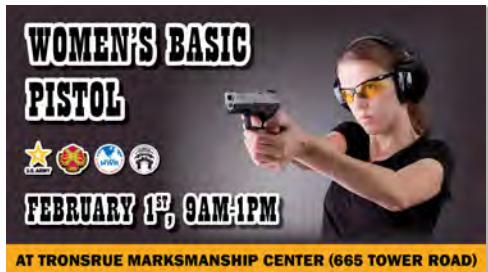
### TRONSRUE MARKSMANSHIP



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### WEST POINT ARTS & CRAFTS



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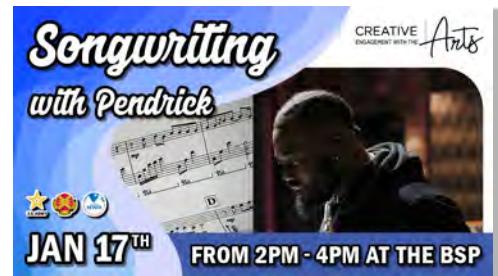
### WEST POINT ARTS & CRAFTS



## CEA CLASSES

**Songwriting**  
with Pendrick

CREATIVE ENGAGEMENT WITH THE Arts



JAN 17<sup>TH</sup> FROM 2PM - 4PM AT THE BSP

## CEA CLASSES

**Hip-hop Dance**  
with Abbygale Chung

CREATIVE ENGAGEMENT WITH THE Arts



JAN 24<sup>TH</sup> 12PM TO 1:30PM AT WP GOLF

## CEA CLASSES

**Improv Class**  
with James Mastraieni

CREATIVE ENGAGEMENT WITH THE Arts



FEB 7<sup>TH</sup> 12PM TO 1:30PM AT THE BSP

## MWR FITNESS CENTER

**SHAMROCK SHUFFLE**

COME JOIN MWR FOR OUR ANNUAL SAINT PATRICK'S DAY 5K!

8AM ON SAT, MAR 14<sup>TH</sup>

STARTING AND ENDING AT THE MWR FITNESS CENTER



U.S. ARMY MWR SP5 SPORTS SERVICES

## MWR FITNESS CENTER

**PILATES**  
WITH SALLY

Starting Jan 5<sup>th</sup>, 2026!



Mon & Wed, 5:45am-6:30am at the Fitness Center

## MWR FITNESS CENTER

**WAKE UP WITH PAT**

Tuesdays and Thursdays

6:30am-7:30am

At the MWR Fitness Center



## MWR FITNESS CENTER

**MWR FITNESS CENTER**



**Biomagnetic Therapy**

## MWR FITNESS CENTER

**Stretching & Mobility**

WITH Krista K

9AM FRIDAYS AT THE MWR FITNESS CENTER



## MWR FITNESS CENTER

**S.L.A.M**

SWEAT LIKE A MOTHER! FITNESS CLASS

Mondays, Wednesdays, and Fridays, from 9:30am-10:30am at Dragon Park

(Inside the MST starting Nov 3<sup>rd</sup>)



## MWR FITNESS CENTER

**PERSONAL TRAINERS**  
AT THE MWR FITNESS CENTER



## BUFFALO SOLDIER PAVILION

**Dancing Salsa**  
with the Soto's

Classes begin April 28



## INTRAMURAL SPORTS

**West Point Community NOONTIME INDOOR PICKLEBALL**

Open Play

Tuesdays & Thursdays | 12-1pm



## INTRAMURAL SPORTS

**WEST POINT ADULT INTRAMURAL ICE HOCKEY**

5:30PM-7PM SUNDAYS  
6AM-7:30AM TUE & FRI

AT TATE RINK IN THE HOLLEDER CENTER, SEP-MAR



## INTRAMURAL SPORTS

**WEST POINT INTRAMURAL VOLLEYBALL**  
WED & FRIDAY LEAGUE

12PM, WED & FRI  
AT ARVIN GYM, 2ND FLOOR

NOVEMBER 5<sup>TH</sup> - MAY 8<sup>TH</sup>



## INTRAMURAL SPORTS

**Ice Skating**  
AT TATE ICE RINK IN THE HOLLEDER CENTER



\$3 PP  
OPEN TO THE WEST POINT COMMUNITY!

JAN 4<sup>TH</sup>, 11<sup>TH</sup>, & 25<sup>TH</sup> | FEB 1<sup>ST</sup>, 15<sup>TH</sup>, & 22<sup>ND</sup> | MAR 1<sup>ST</sup>

STAY UP TO DATE BY FOLLOWING OUR FACEBOOK AND INSTAGRAM!

## INTRAMURAL SPORTS



## INTRAMURAL SPORTS



## RECREATIONAL SWIMMING



## RECREATIONAL SWIMMING



## OUTDOOR RECREATION



## LAKE FREDERICK REC AREA



## LEISURE TRAVEL SERVICES



## WEST POINT AUTO



## CYS YOUTH SPORTS



## CYS YOUTH SPORTS



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