

Unit

Fund Raising Opportunity

TARGET

CURRENT



**Raise money for
your unit with a
FUN game of GOLF.**

**From Beginners
to Pros;
this Tournament
is for you!**

HoodMWR.com

254-287-4130

The Courses of Clear Creek, Bldg. 52381

INTRAMURAL SPORTS

Active Duty Military: Join your battle buddies and claim Fort Hood's top spot as champions of some of the Army's greatest sporting events at "The Great Place".

*** All events and dates are subject to change***

Sport	League Start	Division Tournament	Post Tournament
Basketball	9 Jan 17	6-16 Mar 17	20-30 Mar 17
Bowling (Men & Women)	N/A	N/A	27 Feb - 1 Mar 17
Soccer	17 Apr 17		5-15 Jun 17
Softball	3 Apr 17	10-20 Jul 17	24-31 Jul 17
Summer Basketball	31 Jul 17		5-15 Sep 17
Flag Football	6 Sep 17	30 Oct- 9 Nov 17	13-22 Nov 17
Volleyball	30 Oct 17		22-30 Jan 17

INTRAMURAL SPORTS—Mr. Beck—254-288-3622

GYM LIST

ABRAMS- 254-287-2016 • 13 ESC-254-287-5493 • HARVEY PFC-254-287-0195

BURBA PFC-254-287-8298 • STARKER PFC-254-287-9639 • WFH PFC-254-553-2010

PHYSICAL FITNESS CENTERS

North Fort Hood Physical Fitness Center-12th Street, Bldg 56480 (254) 288-0111

Fitness Center: Mon-Sat 5 am-10 pm • Sun 5 am-8 pm

Free weights, Nautilus equipment, hammer strength equipments, treadmills, ellipticals, steppers, stationary bikes, free weights, cable crossover machines.

Recreation Center: Center-12th Street, Bldg 56480 (254) 288-0111

Mon-Sun 8:30 am-10 pm, Computers and TV's, Internet access for personal computers, Lounge area and movies.

Iron Horse Physical Fitness Center-76th & Old Ironsides, Bldg 37017 (254) 287-1346

Mon-Fri 5 am - 9 pm • Training Holidays 8 am - 7 pm, Closed Sat, Sun and all Holidays

Functional fitness equipment, zumba, racquetball courts, nautilus equipment, hammer strength equipment, treadmills, ellipticals steppers, stationary bikes, free weights, cable crossover machines, locker rooms, male sauna, female sauna.

Combatives Training

Kieschnick Physical Fitness Center-72nd & Support, Bldg 39008 (254) 287-5493

Mon. – Fri., 6 am - 8 pm • Sat. & Sun., Closed • Training Holidays, Closed • Holidays, Closed

Modern Army Combatives Operational Fitness, Crossfit, locker rooms, male sauna, female sauna

Need a good Certified Personal Trainer
To help take your physical fitness to the next level

Individual and group sessions with highly qualified
personal trainers are now available.

Willie J. Childs
254.394.3243
williejchilds76@gmail.com

Heather Nusbaum
254.200.9998
info@nutreefitness.co



FIND YOUR INNER WARRIOR AT **BLORA**

Warrior Adventure Quest offers a challenge/confidence course located out at Belton Lake Outdoor Recreation Area (BLORA). The BLORA Team Challenge Course incorporates a series of elements to include: low ropes, high ropes, an outside rock climbing wall, a swing by choice, 300-foot zip-line, a 100-foot auto zip, and a Team Development Course that is intended for small units (Civilian or Military) to work together on team building and unit cohesive activities.

Warrior Adventure Quest
254-288-4689 or 254-317-5350
Belton Lake Outdoor Recreation Area
254-287-2523/4907



HoodMWR.com

MILITARY TRAINING POOLS

Programing determind and assigned by unit POC.

42nd St. Pool

(254) 287-4094

Bldg. 1676, off of Old Ironsides & 42nd Street

Features: Two diving boards, 1 meter and 3 meter high with 4 ft. shallow end and 13 foot deep end, lounge chairs, shade structures with tables.

1CD Pool

(254) 618-7336

Bldg. 2479, off of Hell on Wheels & 62nd Street

Features: Two diving boards, 1 meter and 3 meter high with 4 ft. shallow end and 13 foot deep end, lounge chairs, shade structures with tables.

13 ESC Pool

(254) 287-3689

Bldg. 2239, Support Ave & 58th Street

Features: Diving board, tables and lounge chairs

Thomas Pool 5 June - 23 Aug, Mon - Fri, 12 pm 8 pm

Open to CYSS CDC only (254) 287-8637

Bldg. 193, 37th Street (Behind PWC)

RECREATIONAL POOLS

Indoor Pool

Abrams Pool (No Charge)

Open year round 7 day a week (254) 287-4648

Mon - Fri, 5 am - 8 pm / Sat & Sun 8 am - 7 pm

Bldg. 23001 , 62nd Street & Support Avenue

Outdoor Pools - Pool Pass Required

Comanche Pool, Wed - Sun, 12 pm 8 pm

Open to All (254) 287-7544

Bldg. 52932, Tank Destroyer Boulevard

5 days a week, Noon to 8 pm

Features: 50 meter pool, Two diving boards - 1-meter and 3-meter high with 4 foot shallow end and 13 foot deep end, two water slides, lap swim, lounge chairs and a wading pool.

Martin Pool, Fri - Tue, 12 pm 8 pm

Open to All (254) 287-5037

Bldg. 137, T.J. Mills Blvd. (Next to Fort Hood National Bank)

Features: 50 meter pool, lap swim, diving board, slides, lap lanes, picnic tables and lounge chairs.

Patton Pool, Thu - Mon, 12 pm - 8 pm

Open to All (254) 285-5837

Bldg. 5774, 24th Street & Tank Destroyer

Features: Wading pool, diving boards, slides, shade tops, picnic tables and lounge chairs.

West Fort Hood, Mon - Fri, 12 pm 8 pm

Open to All (254) 288-9838

Bldg. 91070, Headquarters Avenue

Features: Slides, wading pool, shade tops, picnic tables and lounge chairs.

Outdoor	Day Pass	Season	Pass	Family Pass
Pool Passes	\$4	\$100	F2 -F3 \$ 150 - F4 -F5 \$ 200 - F6 -F7 \$ 250	

Seasonal Pools Times: 28 - 30 May: Weekends plus Memorial Day

*Pool Times are
subject to change
Please Call*

6 Sep: Outdoor Pools Closed

FUNCTIONAL FITNESS CENTERS

Functional fitness training conditions your body to better perform daily activities of daily life more easily and without injuries.

Harvey Functional Fitness Center- 73rd & Old Ironsides, Bldg 31006

(254) 287-0195

Mon-Fri 5 am - 9 pm • Sat and Sun 8 am - 5 pm • Training Holidays 8 am - 7 pm •

Closed All Holidays

Functional fitness equipment, racquetball court, locker rooms, male sauna, female sauna, nautilus equipment, hammer strength equipment, treadmills, ellipticals, steppers, stationary bikes, free weights.

Applied Functional Fitness Center- 33rd & Old Ironsides, Bldg 12018

(254) 287-5586

Mon-Fri 5 am - 8 pm • Sat & Sun 10 am – 2 pm • Training Holidays 10 am - 2 pm

Closed All Holidays

Functional fitness equipment, yoga, zumba, free weights, climbing wall, male sauna, female sauna.

Starker Functional Fitness-Center 16th & Old Ironsides, Bldg 87010

(254) 287-9639

Mon-Fri 5 am - 9 pm • Sat & Sun Closed • Training Holidays 8 am - 7 pm • Closed All Holidays

Functional fitness equipment, nautilus equipment, hammer strength equipment, treadmills, ellipticals, steppers, stationary bikes, free weights, cable crossover machines, racquetball court, locker rooms, male sauna, female sauna



RUNNING EVENTS

RUNNING EVENTS

Pre-registration is available for all running events via HoodMWR/running_fitness.htm
on-site registration begins at 7am and ALL races start at 8am!

Race results and times will be posted on HoodMWR.com after every running event!

Date	Event	Start Location
** Chip time system registration deadline is two weeks prior to event.		
18 MAR 17	Shamrock Sprint 5K Run/Walk	Abrams PFC
8 APR 17	Bunny Hop 5K Run/Walk	Abrams PFC
6 MAY 17 **	Fallen, Never Forgotten Memorial Run	Cameron Field
10 JUN 17	Summer Fun 5K Run/Walk	Abrams PFC
4 JUL 17	Independence Day Color Run 5K Run/Walk	Harvey PFC
5 AUG 17	Hotter Than Hades 5K Run/Walk	Abrams PFC
9 SEP 17 **	Sprint Triathlon	BLORA
9 OCT 16 ** (Sun)	Army 10 Miler Shadow Run	BLORA
10 DEC16	Holiday Dash 5K Run/Walk	Abrams PFC

*** All events and dates are subject to change***

All Run Events are Fee-based (2017)

Pre-registration: DOD \$10.00/NON-DOD \$15.00

On-site Registration: DOD \$15.00/NON-DOD \$20.00

- ♦Run trophies will be awarded for the overall best male and female runners
- ♦Run medals will be awarded to the top three finalists
- ♦T-shirt with registration

(See back cover for registration locations)

Up Your Game with the Latest Equipment



The Sportsmen's Center: Pro Shop carries a wide variety of hunting, fishing, skeet shooting and other outdoor equipment. Fishing bait is also available. State hunting and fishing licenses and Fort Hood hunting and fishing permits are for sale. Come on down and browse around!



Sportsmen's Center

Rod and Gun Club Loop, 53rd Street & Murphy Road, Bldg. 1937

Phone: 254-532-4552



The Courses of Clear Creek Snack Bar

Battalion Avenue at Clear Creek Road, Bldg. 52381

Phone: 254-287-4130

The Courses of Clear Creek: State of the art Pro Shop featuring the latest golf equipment and apparel. Swing by and see what everyone has been raving about!

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