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June 18, 2024 | 5:30-7:30pm | Whitetail Ridge



# RUMPEL FITNESS CENTER FITNESS CLASSES

#### ALL CLASSES ARE FREE

TUESDAYS BODY BLAST 3:30 - 4:00 pm WEDNESDAYS AQUA FIT 4:00 - 4:30 pm THURSDAYS SPIN 3:30 - 4:00 pm

🛞 🔒 🞯 @FortMcCoyMWR mccoy.armymwr.com







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Army Community Service Phone: 608-388-3505 | B 2111



#### **CONNECT THE TOTS**

#### June 4-18 | 10:00 am - 12:00 pm ACS Family Building (B2161)

Do you want to connect with other parents? If you are looking for something to do with your children ages 4 and younger, please join us. To register, <u>e-mail here</u> or call x2412.

#### **NEWCOMERS ORIENTATION**

#### June 12 | 8:00 am - 1:00 pm | McCoy's Community Center (B1571)

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. Spouses are highly encouraged to attend. To register, <u>e-mail here</u> or call x6712.

#### **MAJOR PURCHASES**

June 18 | 9 am – 10 am | Army Community Service (B2111) or via Microsoft Teams Join Janeen Folgers, AFC Certified Financial Readiness Specialist, for a comprehensive seminar on how to anticipate and plan for making major purchases. Understand their impact on overall financial plans, goals, credit scores and lines of credit. Learn ways to recognize and avoid emotional spending. To register, <u>email here</u> or call x3540.

#### SOLDIER AND FAMILY READINESS GROUP (SFRG) TRAINING

#### June 18 | 1 pm – 3 pm | Army Community Service (B2111)

All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend. Topics include defining and understanding mission essential activities as outlined in the regulation; understanding SFRG roles and responsibilities; recognizing non-mission essential activities, resources, and professional development opportunities; obtaining mandated certification, IAW Army regulations and policies. To register, email here or call x6507.



#### Volunteers Needed!

Whitetail Ridge is hosting the Down & Dirty Trail Run on June 8 and is looking for up volunteers to help support this event. If interested, please call Alex at 608-388-3517 or <u>email here.</u>

### Fort McCoy MWR Memorial Day Weekend

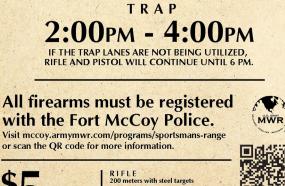
#### Hours of Operation

Army Community Service:	CLOSED May 27
Child & Youth Services:	CLOSED May 24-27
Headquarters Office:	CLOSED May 27
McCoy's Community Center:	11am - 1pm May 24 CLOSED May 25-27
Pine View Campground:	9am - 7pm May 24-26 9am - 5pm May 27
Rumpel Fitness Center:	<b>CLOSED May 25-27</b> 24/7 Access will be available
Ten Point Pub:	11am - 4pm May 25-26 CLOSED May 29









Per Lane Per Hour PISTOL 50 meters with paper targets 15 meters with knock downs & Texas star

All applicable State & Military Installation Firearm laws are in effec

Please call 608-388-3517 for more information