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## WHITETAIL RIDGE SKI AREA'S GRADE **A** SNOW DAYS

**ATTENTION STUDENTS!**  
Bring in your current report card with at least one A (or equivalent) and

### Get a FREE Tubing Pass!

JAN 3 4-8PM | FEB 7 4-8PM | MAR 7 4-8PM

**WHITETAIL RIDGE SKI AREA  
FORT MCCOY, WI**

One free pass per child per season (Grades K-12). Not valid with any other offer or promotion. Offer ends March 1, 2024.

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mccoy.armymwr.com | 502-898-3517

Sponsored by  
**GEICO**  
MILITARY  
No Endorsement Implied

## DISNEY ON ICE

at FISERV FORUM in MILWAUKEE

### FEBRUARY 14, 2025

Registration ends Jan 14, 2025. Space is limited.

**PRICING**  
\$30 Per Person  
\$10 BOSS Members  
**FREE** Children under the age of 2  
Children under 2 will not receive their own seat but may sit in parent's lap.

To Register call  
**502.898.3011**  
Shuttle Departs from ACS (BLDG 2111) at 1:00 PM | Show begins at 6:00 PM



WHITETAIL RIDGE SKI AREA

# SEASON PASSES



MILITARY/DOD	PUBLIC
SINGLE SKI + TUBING <b>\$200</b> ADDITIONAL MEMBER \$100	SINGLE SKI + TUBING <b>\$300</b> ADDITIONAL MEMBER \$150
Passes are not transferable.	

HOURS OF OPERATION  
THURSDAY & FRIDAY: 4 - 8 PM | SATURDAY: 11 AM - 8 PM | SUNDAY: 11 AM - 5 PM

502-898-3517 @FortMcCoyMWR

LEARN TO **SKI & SNOWBOARD** AT WHITETAIL RIDGE SKI AREA



## PRIVATE LESSONS

### FRIDAYS

CALL FOR RESERVATIONS


Mil/DoD	Public
<b>\$70</b>	<b>\$80</b>

Need a quick refresher or want to learn the basics on an individual level? These 1-hour private Ski & Snowboard lessons are perfect for any skill level seeking a more personal learning experience!

Lessons include equipment & lift ticket.

Call to book your experience today!  
**502-898-4498**  
**502-898-3517**

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## RUMPEL FITNESS CENTER

# FITNESS CLASSES

ALL CLASSES ARE FREE

<b>TUESDAYS</b> BODY BLAST 3:30 - 4:00 PM	<b>WEDNESDAYS</b> AQUA FIT 4:00 - 4:30 PM	<b>THURSDAYS</b> SPIN 3:30 - 4:00 PM
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WHITETAIL RIDGE SKI AREA

# PRICE LIST

2024-25 SEASON

For the safety of all patrons children 15 yrs. & under must be accompanied by an adult

## DAILY PASSES

TUBING	PUBLIC	MIL/DOD
THURSDAY - FRIDAY	\$20	\$15
SATURDAY - SUNDAY	\$25	\$20

SKI/SNOWBOARD	PUBLIC	MIL/DOD
THURSDAY - FRIDAY	\$40	\$30
SATURDAY - SUNDAY	\$50	\$40

EQUIPMENT RENTAL	PUBLIC	MIL/DOD
WHITETAIL PACKAGE <small>INCLUDES SKI/SNOWBOARD, POLES, HELMET &amp; BOOTS</small>	\$30	\$20
BOOT RENTAL	\$10	\$10
CROSS COUNTRY SKIS <small>CALL FOR TRAIL CONDITIONS</small>	\$20	\$15
SNOW SHOES <small>CALL FOR TRAIL CONDITIONS</small>	\$20	\$15

HOURS OF OPERATION  
THURS & FRI: 4 - 8pm - SAT: 11am - 8pm - SUN: 11am - 5pm

**502-898-4498**  
**502-898-3517**

@FortMcCoyMWR  
mccoy.armymwr.com




**MCCOY'S NACHOS**  
JANUARY SPECIAL

**\$9.50** Includes Drink

Tortilla Chips, Cheese Sauce, Taco Meat, Tomatoes, Red Onions, Black Olives, Sour Cream, Shredded Cheddar Cheese

@FortMcCoyMWR  
502-898-7673




**TEN POINT PUB**

**HOURS**

**THUR-FRI 4 - 9 PM**  
**SAT 11 - 9 PM**  
**SUN 11 - 5 PM**

502-898-4498 | [mccoy.armymwr.com](http://mccoy.armymwr.com)  
@FortMcCoyMWR



**CYS HOURLY CARE**

**CHILD DEVELOPMENT CENTER**  
**\$8 PER HOUR**  
UP TO 15 HOURS A WEEK PER CHILD  
MON-FRI 6:30 AM - 5:15 PM

**SCHOOL AGE CENTER**  
AVAILABLE ON NON-SCHOOL DAYS  
**DAILY RATE**  
UP TO 4 HOURS \$34  
MORE THAN 4 HOURS \$54

**TO RESERVE HOURLY CARE, SCAN THE QR CODE**  
or email: [usarmy.mccoy.id-readiness.mesg.dfmwr-cys-member@army.mil](mailto:usarmy.mccoy.id-readiness.mesg.dfmwr-cys-member@army.mil)

Reservations can be made 1 month in advance & are filled on a space available basis. Children must be registered with Child & Youth Services prior to reservation. Cancellations less than 24 hours in advance will be charged for 2 hours of care.

To register your child with CYS, call Parent Central Services at **502.898.8956**



**SWIMMING LESSONS**

**\$30 MILITARY | \$35 CIVILIAN**

**6 WEEKS BEGINNING JAN 11, 2024**  
**RUMPEL FITNESS CENTER**

**TUESDAYS**  
5:00pm: Adult Beginner (Begins Jan 14.)

**THURSDAYS**  
5:00pm: Youth Level 1 (Must be able to touch bottom of 3'6" shallow end)  
5:30pm: Parent & Child Aquatics (Parents are in the water with their children for the first 3 lessons. Ages 2-4.)

**SATURDAYS**  
9:00am: Youth Level 1 (Must be able to touch bottom of 3'6" shallow end)

**SUNDAYS**  
11:00am: Youth Level 3 (Fine tuning swimming strokes, building endurance, and learning to dive.)  
11:35am: Youth Level 2 (Learning swim strokes and building confidence in the water.)

Payments are due at the time of enrollment and are non-refundable.

**CALL 502-898-2290 TO REGISTER**

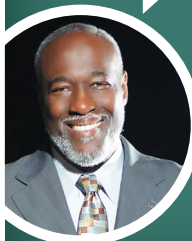


Army Community Service
Phone: 608-388-3505 | B 2111

FORT MCCOY ARMY COMMUNITY SERVICE PRESENTS:

Connecting THROUGH ENHANCED Communication

FEBRUARY 10, 2025 | 10:00 - 11:30 AM
ARMY COMMUNITY SERVICE (B2111)



Master the art of communication and make every conversation count!

Guest Speaker, Marcus Gentry will help participants develop strategies to convey their ideas clearly, actively listen and respond appropriately to others, and adapt their communication style to different individuals and situations.



TO REGISTER, Please call ACS at 502-898-2412 or send an email to: brittany.r.sonie.civ@army.mil

Army Community Service (ACS) events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated.



NEWCOMER'S ORIENTATION

Learn about all of the programs and services the Fort McCoy community has to offer!

Table with 2 columns: Year (2024, 2025) and Dates (Oct 9, Nov 13, Dec 11, Jan 8, Feb 12, Mar 12, Apr 9, May 14, Jun 11, Jul 9, Aug 13, Sep 10)

All sessions held from 8:00 am - 1:00 pm McCoy's Community Center. Open to all new Military and Civilian personnel. Spouses are highly encouraged to attend.

Breakfast provided by RIA Federal Credit Union. No endorsement implied.



Return completed registration form to Army Community Service (B2111) or email to: jesse.k.ogundu.civ@army.mil

Registration form fields: Name, Number Attending, Unit/Directorate, Rank, Day Phone, Email Address, Date Attending

Call ACS at 502-898-2359 for more information

Family Time FAMILY CALENDAR WORKSHOP. January 18, 2025 | 9 am\* - 12 pm. Design and create a personalized 2025 calendar with your Family!

MASTERING YOUR MONEY SERIES. Army Community Service is offering a series of classes throughout the year to help you take control of your financial future. Includes Estate Planning, Insurance, and Money Management.



# Lunch & Learn

LEARN THE ART OF STRESS MANAGEMENT

# Stay Cool Under Pressure

January 10, 2025 | 11:30 am - 12:30 pm  
Army Community Service | B2111

Bring your lunch and join us for a great opportunity to learn practical tools to help you stay cool under pressure when faced with personal sources of stress, such as work, school, relationships, and time management.

To register, please call ACS at 502-898-2412 or email: [brittany.r.sonie.civ@army.mil](mailto:brittany.r.sonie.civ@army.mil)



Army Community Service (ACS) events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding dismissal from work centers. For information on upcoming training opportunities through ACS please go to [mccoymwr.com](http://mccoymwr.com) and click on Calendar.



**DR. DEBRA MURRAY**  
PsyD, CSAC, ICS

With decades of experience as a clinical therapist, Dr. Murray holds a doctorate in Psychology and is a Licensed Clinical Substance Abuse Counselor and Intermediate Clinical Supervisor. She is a sought-after trainer and consultant for hospitals, counties, and case management organizations across the United States. She provides training for physicians, nurses, psychologists, graduate level clinicians, social workers, criminal justice personnel, peer-professionals, and dietitians, which are customized to fit the area of specialization. She has been an invited keynote speaker at state conferences and shared her research at numerous national conferences for organizations such as the American Counseling Association and the Association for Counselor Education and Supervision.