# IN THE ZONE













- P. 11 Cherry Blossom Golf Tournament
- P. 20 Sexual Assault Awareness & Prevention 5K Run/Walk/Ruck
- P. 60 K-16 Fitness Center Be Strong in Spring







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## IN THE **ZONE**



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For more information about the magazine, call DSN 722-4618 or from Cell 050-3322-4618.

Designed by Ho Yong Kim

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# **Stay Connected!**



CASEY / HOVEY FMWR Website casey.armymwr.com







YONGSAN /K-16 FMWR Website yongsan.armymwr.com







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## CASEY/HOVEY FAMILY & MORALE, WELFARE AND RECREATION FACILITIES

## **CAMP CASEY**

#### **FOOD & BEVERAGE**

Impact Zone (Former Gateway Club)

Building #2540 DSN: 722-4627 / 4628 / 4783

Hours of Operation Dining

Sun-Thu: 1100-2300 Fri-Sat & Holidays: 1100-2400

Sun-Thu: 1700-2300 Fri-Sat & Holidays: 1700-0100

Game Room Sun-Thu: 1100-2300

Fri-Sat: 1100-0100 **Delivery** Sun-Thu: 1100-2200

Fri-Sat: 1100-2400

Indianhead Golf Course Restaurant

Building #S-650 Hours of Operation

Dining: 722-0381
Daily: 0630-2000
Pin High Café
Daily: 0800-1930

Golf Course & Pro Shop:

**722-0381** Daily: 0700-1930

Warrior's Club (BAMA'S)

Building #S-533 DSN: 722-4625 / 722-4604 Hours of Operation

Mon-Fri: 0700-1100 Sat-Sun, Training & US Holiday: 0900-1100

Dining

**Breakfast** 

Sun-Thu: 1100-2230 Fri-Sat: 1100-2400

Bar

Sun-Thu: 1700-2200 Fri-Sat: 1700-2400

Game Room

Sun-Thu: 1000-2200 Fri-Sat: 1000-2400

Warrior's Creative Catering

Building #S-533 DSN: 722-4604

Hours of Operation Mon-Fri: 0900-1800

OPEN for Special Events, Catering & Reservations. Saturday, Sunday & KN Holidays: CLOSED (Catering will OPEN on Saturday or Sunday upon request) Warrior Coffee Company Hours of Operation

Mon-Fri: 0700-2130 Sat-Sun, Training & US Holiday: 0800-2130

#### **HEALTH & FITNESS**

Carey Fitness Center Building #S-1715

DSN: 722-1379 / 722-4636 Hours of Operation

Mon-Tue: 0500-2200 (If U.S./Training Holiday on Monday & Tuesday: 0700-2000) Wed 0500-Sun 2000 (Continuously Open)

**Hanson Field House** 

Building #S-3015 DSN: 722-0310 / 722-4640 Hours of Operation

Mon-Fri: 0500-2200 Sat, Sun & U.S./Training Holidays: 0800-2000 KN Holiday: Closed

Hanson Outdoor Swimming Pool Building #S-3034

DSN: 722-0223 / 722-0310
Closed for the season

Health & Human Performance Center (HHPC)

Building #S-3030 DSN: 722-4639

Hours of Operation Mon-Fri: 0500-2200

Sat, Sun & U.S./Training Holidays: 0800-2000
KN Holiday: Closed

### **RECREATION**

Casey Golf Course
Building #S-650
Hours of Operation
Golf Course & Pro Shop:

**722-0381**Daily: 0700-1930 **Dining: 722-0374 / 722-4624**Daily: 0630-2000

Pin High Café
Daily: 0800-1930

## Casev Buccaneer Bowl

Building #S-3014 DSN: 722-4622

Hours of Operation Lanes, Snack / Game Room / Bar

Sun, Mon, Wed & Thu: 1100-2200 Fri-Sat & Holidays: 1100-2400

Tue: Closed

## **Leisure Travel Services**

Building #S-2236 DSN: 722-4645 / 722-3291 Hours of Operation

Tue-Sat: 0900-1800 Sun & Mon: Closed

Outdoor Recreation
Building #S-2236
DSN: 722-4642 / 722-4643
Hours of Operation

Tue-Sat: 0900-1800 Sun & Mon: Closed

Casey CAC Building #S-2236 DSN: 722-4644 / 722-4648 Hours of Operation

Mon-Sat: 0900-2100 Sun: 1000-1900

Casey Library Building #S-2236 DSN: 722-4634

**Hours of Operation** 

Mon-Sat: 1000-1900 Sun: Closed

### **SERVICES**

Army Community Service (ACS)

Building #2451 DSN: 722-1578 Hours of Operation ACS / AER

Mon-Tue & Thu-Fri: 0800-1700 Wednesday: Closed

Casey Auto Skills Center Building #S-2330

DSN: 722-4641 Hours of Operation

Mon-Sat: 0900-1730 Sun & KN Holidays: Closed

## **CAMP HOVEY**

Iron Triangle Club Building #S-3974

DSN: 722-4650 Hours of Operation

Tue -Thu & Sun: 1700-2200 Fri & Sat: 1700-2400 Mon: Closed

Hovey Fitness Center Building #S-3415

DSN: 722-1376
Hours of Operation

Hours of Operation Mon-Fri: 0400-2200

Sat, Sun & U.S./Training Holidays: 0600-2200

Hovey Indoor Swimming Pool

Building #S-3414 DSN: 722-0723 / 722-4655

The Hovey Indoor Swimming Pool is closed for renovation. The reopening date will be announced separately.

**Hovey Bowling Center** 

Building #S-3823 DSN: 722-4649

Hours of Operation

Sun, Mon, Tue & Thu: 1100-2100 Fri-Sat & Holidays: 1100-2200 Wed: Closed

Hovey CAC Building #S-3974/B DSN: 722-4658 Hours of Operation

Mon-Sat: 1200-2000 Sun: Closed

Hovey Library

Building #S-3754/B DSN: 722-4653 Hours of Operation

Sun-Thu: 1000-1900 Fri, Sat & KN Holidays: Closed

From Cell Phone 050-33+Last Six DSN

Example DSN: 7xx-xxxx From Cell: 050-33xx-xxxx

# Casey & Hovey April Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Pizza Night 1700-1900, Impact Zone	Special Bowling for KATUSA 1700, Hovey Lanes	Special Bowling for KATUSA 1100-2200, Casey Lanes	Korean Language Class 1700-1800, Casey CAC	Texas Hold'em 1800, Impact Zone	Everland Amusement Park Tour, 0800, LTS
	Red Pin Bowling	Ukulele Class	Movie at Casey Library	1700 1000, tasey cite	Moonlight Bowling	Hiking Mt. Myungsung
	1800-2100, Hovey Lanes	1900-2000, Casey CAC	1600, Casey Library  English Language Class 1700-1800, Casey CAC	<u></u>	1900, Casey & Hovey Lanes	0800, ODR  Table Tennis Tournament 1400, Casey CAC
						Off Post Ville Clean-Up 0800, Casey Main Gate
						Moonlight Bowling 1900, Casey & Hovey Lanes
7	8	9	10	11	12	13
Area I BOSS Painting	Pizza Night	Movie at Hovey Library	Special Bowling for KATUSA	Korean Language Class	Texas Hold'em	Nami Island Tour
1500-1700, Casey CAC Book Club	1700-1900, Impact Zone Red Pin Bowling	1500, Hovey Library  Special Bowling for KATUSA	1100-2200, Casey Lanes English Language Class	1700-1800, Casey CAC Book Club	1800, Impact Zone  Moonlight Bowling	0900, LTS  8 Ball Pool Tournament
1300-1400, Hovey Library Texas Hold'em	1800-2100, Hovey Lanes	1700, Hovey Lanes Ukulele Class	1700-1800, Casey CAC	1730-1830, Casey Library	1900, Casey & Hovey Lanes	1400, Casey CAC  9 Pin No Tap Bowling
1500, Impact Zone		1900-2000, Casey CAC				Tournament, 1300 Casey Lane Off Post Ville Clean-Up 0800, Casey Main Gate
						Moonlight Bowling 1900, Casey & Hovey Lanes
14	15	16	17	18	19	20
<b>Texas Hold'em</b> 1500, Impact Zone	Pizza Night 1700-1900, Impact Zone	Special Bowling for KATUSA 1700, Hovey Lanes	Special Bowling for KATUSA 1100-2200, Casey Lanes	2024 Soldiers' Poetry Contest Award Ceremony	Table Tennis Tournament 1800, Casey CAC	Bungee Jump & Sling Shot 0800, ODR
	Red Pin Bowling 1800-2100, Hovey Lanes	<b>Ukulele Class</b> 1900-2000, Casey CAC	English Language Class 1700-1800, Casey CAC	1400, Hovey Library  8 Ball Pool Tournament 1800, Hovey Iron Triangle Club	Texas Hold'em 1800, Impact Zone	Sexual Assault Awareness 8 Prevention 5K Run / Walk / Ruck, 0900, Hanson Gym
	<u></u>			Korean Language Class 1700-1800, Casey CAC	Moonlight Bowling 1900, Casey & Hovey Lanes	Cherry Blossom Golf Tournament, 0900 Golf Cours
			<u></u>			Karaoke Fun Day 1300, Casey CAC Moonlight Bowling
						1900, Casey & Hovey Lanes
21	22	23	24	25	26	27
Area I BOSS Painting 500-1700, Casey CAC	Pizza Night 1700-1900, Impact Zone	Special Bowling for KATUSA 1700, Hovey Lanes	Yongsan-Casey Newcomers Orientation, 0900-1600,	Newcomers Cultural Tour 0900-1600	8 Ball Pool Tournament 1800, Casey CAC	Sogeumsan Suspension Bridge & Museum SAN Tour
<b>Texas Hold'em</b> 1500, Impact Zone	Red Pin Bowling 1800-2100, Hovey Lanes	Ukulele Class 1900-2000, Casey CAC	Multi-purpose Complex T1817  Special Bowling for KATUSA	Food Fear Factor 10 1800, Impact Zone	Texas Hold'em 1800, Impact Zone	0800, LTS  Closest to the Pin Contest
			1100-2200, Casey Lanes English Language Class	Korean Language Class 1700-1800, Casev CAC	Moonlight Bowling 1900, Casey & Hovey Lanes	9 Pin No Tap Bowling
			1700-1800, Casey CAC	1700-1800, Casey CAC	1700, Casey & Hovey Lanes	Tournament, 1300 Hovey Lane Off Post Ville Clean-Up 0800, Casey Main Gate
						Moonlight Bowling 1900, Casey & Hovey Lanes
28	29	30				
ZO Texas Hold'em	Pizza Night					
1500, Impact Zone	1700-1900, Impact Zone Red Pin Bowling	2024 Volunteer of the Year Recognition Ceremony 1100-1300, Dragon Hill Lodge, Ballroom				
	1800-2100, Hovey Lanes	DaliiUUIII				

Special Bowling for KATUSA

1700, Hovey Lanes Ukulele Class 1900-2000, Casey CAC

Legend: Spe Casey Buccaneer Bowl: Casey Lanes Outdoor Recreation Center: ODR Leisure Travel Services: LTS Army Community Service: ACS
Casey Community Activity Center: CAC
Hovey Iron Triangle Club: IT Club

## **IMPACT ZONE**

**BLDG S-2540** 

Office: **722-4627 / 4628 / 4783**Take Out: **722-0395 / 0396 / 0397** 

Delivery: 010-7673-6499 / 010-7675-6499

050-3322-0395 / 0396 / 0397



Acting Manager

Kim, Chong Mi
chong.m.kim13.ln@army.mil







## **Hours of Operation**

### **Snack Bar**

Sunday - Thursday: 1100-2300 Friday - Saturday & Holidays: 1100-2400

#### <u>Bar</u>

Sunday - Thursday: 1700-2300 Friday - Saturday & Holidays: 1700-2400

## **Game Room**

Sunday - Thursday: 1000-2300 Friday & Saturday: 1000-0100

### **Delivery**

Sunday - Thursday: 1100-2200 Friday & Saturday: 1100-2400

\*Last order is 30 minutes before closing. Come stay awhile, we're open until 0100 on days before U.S. & Training Holidays!

## **Pizza Night**

### Mondays, 1700 - 1900

Only \$1.50 per slice of pizza with a purchase of a drink.

\* Takeout is not available

## **Texas Hold'em**

Fridays, 1800 / Sundays, 1500

Fee: \$20 for every buy-in, re-buy & add-on

Prize: Gift Card





# FOOD FEAR FACTOR



# THURSDAY, 25 APRIL, 1800 **IMPACT ZONE**

Registration Deadline: 23 April @ Impact Zone

For registration, please call: 722-0395/0396/0397



1st place: Apple iMac 24"

2nd place: Apple AirPods Pro

3rd place: Apple HomePod Mini

Food Fear Factor 9 Winner

For more information, call Ms. Kim, Chong Mi DSN 722-4627 / 722-0395 or from cell 050-3322-4627

## **WARRIOR'S CLUB - BAMA'S**

**BLDG S-533** 

Office 722-4604



Business Manager

Stephen W. Thompson
stephen.w.thompson44.
naf@army.mil



Assistant Club Manager **Chong, Su Chin** suchin.chong2.ln@army.mil









## **Hours of Operation**

### **Breakfast**

Monday - Friday: 0700-1100

Saturday - Sunday, Training & US Holiday: 0900-1100

## **Dining (Hot Stuff Pizza)**

Sunday - Thursday: 1100-2230 Friday & Saturday: 1100-2400

#### Bar

Sunday - Thursday: 1700-2200 Friday & Saturday: 1700-2400

## **Game Room**

Sunday - Thursday: 1000-2200 Friday - Saturday: 1000-2400

\*Last order is 30 minutes before closing.





**Breakfast** 

Weekday (Mon-Fri): 0700-1100 Weekend (Sat-Sun) / Training Holiday: 0900-1100



## **Food Delivery**

Sunday-Thursday: 1100-2130 Friday & Saturday: 1100-2330

**DSN 722-4625** 

From Cell 050-3322-4625



# WARRIOR'S CLUB CREATIVE CATERING

**BLDG S-533** 

Reservation for Function/Meeting or Room Office **722-4604** 



Business Manager **Stephen W. Thompson** stephen.w.thompson44. naf@army.mil



Assistant Club Manager Chong, Su Chin suchin.chong2.ln@army.mil







## **Hours of Operation**

Catering Office Hours: Monday- Friday: 0900-1800 Monday - Friday: Open for Special Events, Catering & Reservations. Saturday, Sunday & KN Holidays: Closed (Catering may open on Saturday or Sunday upon request)

# Create. Inspire. Innovate. "Catering to the Holidays"

The Creative Catering team is here to cater to you! We have Cold or Hot Hors D'oeuvres, Buffet or Plated Menu options and a great space for you to host your event.

On Friday and Saturday nights, social gatherings can also be held in the Ballroom, complete with a Mini Bar. Let us make your special day unforgettable!

\* Reservation is required.

## Special Cakes Available!

Need a cake for your Change of Command/ Responsibility Reception, Promotion or Birthday Celebration? We've got you covered! Stop by our office or call DSN 722-4604 to place your order.

Delicious Cakes available! \$75 for a full sheet or \$45 for a half sheet!

We can create any image or design of your choice for all to see and enjoy!





## **IRON TRIANGLE CLUB**

**BLDG S-3974** 

Office 722-4650/4651

Take-out / Delivery 722-0705/0706



Stephen W. Thompson stephen.w.thompson44.naf@ army.mil



Kwon, Song Mi songmi.kwon.ln@army.mil







## **Hours of Operation**

## Dining

Sunday & Tuesday - Thursday: 1700-2200 Friday & Saturday: 1700-2400 Monday: Closed

- \* Regular Dining Menu: Tuesday-Sunday: 1700-2200
- \* Night Owl Menu: Friday & Saturday: 2200-2400

#### Bar

Tuesday - Thursday & Sunday: 1700-2200 Friday & Saturday: 1700-2400 Monday: Closed

\* Last order is 30 minutes before closing.

#### **Delivery**

Tuesday - Thursday & Sunday: 1700-2130 Friday & Saturday: 1700-2330 Monday: Closed

## **8 Ball Pool Tournament**

Thursday, 18 April, 1800

- Open to all DoD ID Cardholders and KATUSAs.
- All participants must be at least 18 years old or older.
- Check in with the tournament director on the day of the tournament.
- Sign-up starts at 1730.
- This tournament will be conducted according to BCA rules of play.

### **PRIZES**

1st Place Prize

\$25 Gift Card

2nd Place Prize:



Competition with 8 players to win





• US Civ. Non-Member: \$40

• KN Emp. Member: \$35

• KN Emp. Non-Member: \$40

HCM: \$45Guest: \$95

- There will be raffle drawings for prizes and an awards ceremony.

For more information, call 722-0381 or from cell 050-3322-0381.



## **INDIANHEAD GOLF COURSE**

**BLDG S-650** 

Tee Time Booking and Dining Area Reservations

\* Soldiers have Tee Time Booking priority.

722-0381, (Cell) 050-3322-0381

722-4623 / 4624 Office

Pro Shop 722-0381

Dining Orders for Take-Out and Delivery

010-7707-8192/010-7707-6382/010-8582-7597

\* Dining Orders for Take-Out Before 0800

050-3322-0374







Cho, Un Mi un m cho ln@army mi







## **Hours of Operation**

**Golf Course & Pro Shop** 

Daily: 0700-1930

Dining Daily: 0630-2000

Daily: 0800-1930

Pin High Café

### **Delivery Service**

Breakfast: 0800-1030 Lunch & Dinner: 1130-1930

- \* Minimum of \$10 on all orders
- \* Credit card only
- \* Please scan the QR code above.

## **April Winner with 12 Stamps**

- Play golf any day in April to receive stamps. (Once a day)
- Players with 12 stamps will receive a prize.
- Prizes: 10 large buckets of balls, 10 club rentals, or 10 cart rentals
- DoD ID cardholders only

# April Specials

## **Free Push Cart Rentals**

• US Active Duty Soldiers only

## **Gift Certificate Special**

When you purchase gift certificates at Camp Casey Golf Course, you'll receive a Free **Grande Smoothie** with a minimum purchase

The gift certificate can be used for food, Pro Shop items, rounds of golf, or driving range balls (excluding alcohol/tobacco).

No Refunds / No Cashback



Saturday, 27 April 0900-1300

Entry Fee: \$5

Contest open to golfers who play a 9-hole round. Golfers are given one ball and one chance. Prizes will be awarded to the 1st place.



Reservation required.

Indoor



# INDIANHEAD GOLF COURSE LATEST BRAND MERCHANDISE

# **GET YOURS NOW!**

DSN 722-0381



UNDER ARMOUR INDIANHEAD GOLF COURSE LOGO SHIRTS



TITLEIST INDIANHEAD GOLF COURSE LOGO BALLS





VOLVIK MARVEL GIFT SET



FUMA INDIANHEAD GOLF COURSE LOGO CAPS



**INSULATED BOTTLES** 



STAINLESS STEEL TUMBLERS



VOLVIK X MARVEL HERO VIVID GOLF BALL 5 PCS PACK

## **INDIANHEAD GOLF COURSE**

**BLDG S-650** 

Tee Time Booking and Dining Area Reservations

\* Soldiers have Tee Time Booking priority.

722-0381, (Cell) 050-3322-0381

Office 722-4623 / 4624

Pro Shop **722-0381** 

Dining Orders for Take-Out and Delivery

010-7707-8192/010-7707-6382/010-8582-7597

\* Dining Orders for Take-Out before 0800

050-3322-0374







Manager on site

Cho, Un Mi
un.m.cho.ln@army.mil





## **Hours of Operation**

### **Golf Course & Pro Shop**

Daily: 0700-1930

**Dining** Daily: 0630-2000

Pin High Café
Daily: 0800-1930

### **Delivery Service**

Breakfast: 0800-1030 Lunch & Dinner: 1130-1930

- \* Minimum of \$10 on all orders
- \* Credit card only
- \* Please scan the QR code above.



# Lunch Buffet with Salad Bar & Drink

**Monday - Friday: 1130 - 1300** Excluding U.S. and Training Holidays

\$11.95

Monday Italian Feast
Tuesday Southern Comforts
Wednesday German Style
Thursday Tex-Mex

Friday American Homestyles

- \* Lunch buffet always includes salad bar and beverages.
- \* The buffet may close early due to limited supply.

## Buy 10 Meals & Get The 11th Meal Free

Each customer will receive a coupon upon their first purchase of our food. You can receive a coupon stamp with every meal purchase. After the 10th stamp, you can receive a free meal valued at \$11.95.

• DoD ID Cardholders only.

## Monthly Drawing Enter to Win "Free Meal"

Winner will receive a lunch buffet or breakfast meal for the month!

Purchase any food item, round of golf, anything in the pro-shop or even a bucket of balls, and ensure you receive your receipt. Write your name and phone number on the back of the receipt and drop it off in the entry box at the dining room entrance.

Monday - Friday only.
 (Excludes weekends, holidays and training holidays)

# Have Lunch & Get One Bucket of Balls Free

If you have a meal ticket from the Golf Course Restaurant, you will receive one free bucket of balls.

DoD ID cardholders only



## Daily 0800-1930

## **ENTER TO WIN 10 FREE CUPS OF COFFEE!**

**MONTHLY COUPON DRAWING** 

Each customer will receive a coupon upon first purchase of our freshly brewed coffee. Every visit with a purchase of coffee will receive a stamp (US Active Duty Soldiers receive 2 stamps) on the coupon. After the 10th stamp, you will receive a free cup of coffee. Please print your name, phone number and email on your coupon and put it in our drawing box to enter to win ten(10) free cups of coffee.





## **INDIANHEAD GOLF COURSE RESTAURANT**

## Breakfast Menu is Available!

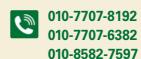
"You can enjoy our delicious breakfast at the Casey Golf Course Restaurant"

» Weekday: 0630-1030 » Weekend: 0630-1130

Weekend Breakfast Buffet \$10.50 0700-1100



Lunch & Dinner: 1130-1930



- \* Minimum of \$10 on all orders
- \* Credit Card Only





Free Driving Range Coupon to our customers who love our delivery service. Please bring the Driving Range coupon, when you come to the Driving Range to practice your swings.

\$2 Off Coupon to our customers who love our delivery service. Please bring the \$2 Off coupon, when you dine in at the Camp Casey Golf Course Restaurant.

- \* DoD ID cardholders only
- \* Collected coupons can combined.

## **CASEY BUCCANEER BOWL**

**BLDG S-3014** 

Office 722-4622









## **Hours of Operation**

taeyong.kim11.ln@army.mil

### Lanes, Bar, Snack & Game Room

Sunday, Monday, Wednesday & Thursday: 1100-2200 Friday - Saturday & Holidays: 1100-2400 Tuesday: Closed

\* Last order is 30 minutes before closing. Cocktail menu is available at the Bar.

## **Special Bowling for KATUSAs**

Wednesdays, 1100 - 2200 Bowl for \$2 per game!

## **Open Bowling**

Mondays, Thursdays & Sundays, 1100 - 2200

## **Moonlight Bowling**

Fridays & Saturdays, 1900 - 2300



# 9 Pin No Tap **Bowling Tournament**

Saturday, 13 April, 1300-1700

Entry Fee: \$20

- 8 people or more
- Automatic strike when 9 or more pins are knocked down on the first ball.
- Prize: Gift Certificates





- One hour of bowling (1 Lane)
- Shoe rental included.
- One 14" pizza with a pitcher of beer

### **Bowl Two Games FREE**

Weekdays, 1100 - 1300

If you buy any combo meal at the snack bar, you'll get two free games.

- Except U.S. Holidays and Training Holidays.
- Shoe rental not included.
- Open to all DoD ID cardholders / KATUSAs.

## **HOVEY BOWLING CENTER**

**BLDG S-3823** 

Office 722-4649









## **Hours of Operation**

### Lanes & Snack Bar

Sunday - Tuesday & Thursday: 1100-2100 Friday - Saturday & Holidays: 1100-2200 Wednesday: Closed

\* Last order is 30 minutes before closing.



Saturday, 27 April, 1300-1700

Entry Fee: \$20

- 8 people or more
- Automatic strike when 9 or more pins are knocked down on the first ball.
- Prize: Gift Certificates



## **Red Pin Bowling**

Mondays, 1800 - 2100

Bowl a strike when the red pin is at the #1 position and win a FREE game!

## **Special Bowling for KATUSAs**

Tuesdays, 1700 - 2100 Bowl for \$2 per game!

## **Open Bowling**

Wednesdays, Thursdays & Sundays, 1100 - 2100

## **Moonlight Bowling**

Fridays & Saturdays, 1900 - 2200

### **Bowl Two Games FREE**

Weekdays, 1100 - 1300

If you buy any combo meal at the snack bar, you'll get two free games.

- Except U.S. Holidays and Training Holidays.
- Shoe rental not included.
- Open to all DoD ID cardholders / KATUSAs.





- One hour of bowling (1 Lane)
- Shoe rental included.
- One 14" pizza with soda

## **USAG YONGSAN-CASEY**

# **SPORTS, FITNESS & AQUATICS FACILITIES**



Intramural Coordinator Yi, Sung Tok Carey Fitness Center, Bldg S-1715 722-4637 / 010-9025-9956 sungtok.yi.ln@army.mil





Free WiFi at all Facilities

#### **HOURS OF OPERATION**

## **CASEY CAREY FITNESS CENTER** BLDG S-1715 722-1379/4636

- Mon-Tue: 0500-2200
- Wed, 0500 Sun, 2000 (Continuously Open)
- \* If U.S./Trg Hols on Mon & Tue: 0700-2000



Chong, In inchol.chong2.ln@army.mil

## **HOVEY FITNESS CENTER:** BLDG S-3415 722-1376

Fitness Center is now open.

- Mon-Fri: 0400-2200
- Sat, Sun & U.S./Trg Hols: 0600-2200

The Bubble Gym connected to Hovey



Yi, Kwan Kyong kwankyong.yi2.ln@army.mil

#### **CASEY HANSON FIELD HOUSE BLDG S-3015** 722-0310 / 722-4640

- Mon-Fri: 0500-2200
- Sat, Sun & U.S./Trg Hols: 0800-2000
- \* KN Hols: Closed



Ko, Chong Son chongson.ko3.ln@army.mil

#### **CASEY HEALTH & HUMAN** PERFORMANCE CENTER (HHPC) **BLDG S-3030** 722-0310 / 722-4640

- Mon-Fri: 0500-2200
- Sat. Sun & U.S./Tra Hols: 0800-2000
- \* KN Hols: Closed



## **RODRIGUEZ LIVE FIRE COMPLEX FITNESS CENTER BLDG S-1347** 722-1579

- Mon-Fri: 0800-1700
- Sat & Sun: : Closed



Yim, Wan Ok wan.o.yim.ln@army.mil

## **HOVEY INDOOR SWIMMING POOL BLDG S-3414**

## 722-0723 / 722-4655

The Hovey Indoor Swimming Pool is closed for renovation. The reopening date will be announced separately.



Ko. Min Kang minkang.ko.ln@army.mil

#### **CASEY HANSON OUTDOOR SWIMMING POOL BLDG S-3034** 722-0223 / 722-0310

Closed for the season

## **CAMP BONIFAS FITNESS CENTER BLDG S-122**

#### 722-4668

- Mon Fri: 0800-1630
- Sat & Sun: Closed



Cha, Kwang Cho

## WARRIOR BASE **FITNESS CENTER BLDG S-219**

- Mon Fri: 0800-1630
- Sat & Sun: Closed



Song, Hyon Kyong

## **SPORTS•FITNESS•AQUATICS**



## **2024 CALENDAR**

**USAG YONGSAN-CASEY** 

## **UNIT LEVEL SPORTS PROGRAMS**

SPORTS	SIGN-UP DEADLINE		COACHES MEETING		LEAGUES AND CHAMPIONSHIPS	
SPURIS	DATE	LOCATION	DATE	LOCATION	DATE	LOCATION
BASKETBALL (WINTER)	27 NOV 2023	FITNESS CENTERS	28 NOV 23 @ 1200 HRS	CAREY PFC	11 DEC 23 - 16 FEB 24	CAREY FITNESS CENTER
VOLLEYBALL	26 FEB	FITNESS CENTERS	27 FEB @ 1200 HRS	CAREY PFC	5 MAR - 19 APR	CAREY FITNESS CENTER
SOFTBALL	22 APR	K-16 FITNESS CENTER	1 MAY @ 1200 HRS	K-16 PFC	10 MAY - 12 JUL	K-16 SOFTBALL FIELD
SOFTBALL	23 APR	FITNESS CENTERS	24 APR @ 1200 HRS	CAREY PFC	6 MAY - 19 JUL	SOLDIERS & HOVEY FIELDS
BASKETBALL (SUMMER)	17 JUN	FITNESS CENTERS	18 JUN @ 1200 HRS	CAREY PFC	25 JUN - 9 AUG	CAREY FITNESS CENTER
SOCCER	19 AUG	FITNESS CENTERS	20 AUG @ 1200 HRS	CAREY PFC	27 AUG - 18 OCT	SCHOONOVER BOWL
FLAG FOOTBALL	6 SEP	K-16 FITNESS CENTER	11 SEPT @ 1200 HRS	K-16 PFC	13 SEP - 8 NOV	K-16 SOFTBALL FIELD
FLAG FOOTBALL	26 AUG	FITNESS CENTERS	27 AUG @ 1200 HRS	CAREY PFC	9 SEP - 8 NOV	SOLDIERS & HOVEY FIELDS

## **INDIVIDUAL SPORTS/FITNESS/AQUATICS PROGRAMS**

mondo de la companya		7140711100		
EVENT	DATE	REGISTRATION TIME	START TIME	LOCATION
5K FUN RUN	9 MARCH	0800 HRS	0900 HRS	HANSON FIELD HOUSE
BATAAN DEATH MARCH MEMORIAL	23 MARCH	0800 HRS	0900 HRS	HANSON FIELD HOUSE
SEXUAL ASSAULT AWARENESS & PREVENTION 5K (RUN/WALK/RUCK)	20 APRIL	0800 HRS	0900 HRS	HANSON FIELD HOUSE
SEXUAL ASSAULT AWARENESS & PREVENTION 5K RUN	27 APRIL	0800 HRS	0900 HRS	K-16 FITNESS CENTER
DEADLIFT COMPETITION	24 MAY	0900 HRS	1000 HRS	K-16 FITNESS CENTER
MEMORIAL DAY 5K RUN	25 MAY	0800 HRS	0900 HRS	HANSON FIELD HOUSE
ARMY BIRTHDAY 5K RUN	8 JUNE	0700 HRS	0800 HRS	HANSON FIELD HOUSE
5K COLOR RUN	22 JUNE	0800 HRS	0900 HRS	K-16 FITNESS CENTER
SUICIDE AWARENESS & PREVENTION 5K RUN	14 SEPTEMBER	0800 HRS	0900 HRS	HANSON FIELD HOUSE
DOMESTIC VIOLENCE AWARENESS 5K RUN	5 OCTOBER	0800 HRS	0900 HRS	HANSON FIELD HOUSE
K-16 5K FUN RUN	2 NOVEMBER	0800 HRS	0900 HRS	K-16 FITNESS CENTER
3K GLOW RUN	2 NOVEMBER	1800 HRS	1900 HRS	HANSON FIELD HOUSE
THANKSGIVING TURKEY TROT 5K RUN	23 NOVEMBER	0800 HRS	0900 HRS	HANSON FIELD HOUSE
JINGLE BELL 5K RUN	7 DECEMBER	0900 HRS	1000 HRS	HANSON FIELD HOUSE
DEADLIFT COMPETITION	14 DECEMBER	0900 HRS	1000 HRS	K-16 FITNESS CENTER

## **UNIT LEVEL HOLIDAY INVITATIONAL TOURNAMENTS**

SPORTS	EVENT	SIGN-UP	COACHES/PLAYER MEETING		TOURNAMENT	LOCATION
SPURIS	EVEINI	DEADLINE	DATE	LOCATION	DATE	EGCATION
5 ON 5 BASKETBALL	MARTIN L. KING JR. BIRTHDAY	5 JAN	10 JAN @ 1200 HRS	K-16 FITNESS CENTER	12-13 JAN	K-16 FITNESS CENTER
BASKETBALL	MARTIN L. KING JR. BIRTHDAY	8 JAN	10 JAN @ 1200 HRS	CAREY FITNESS CENTER	12-15 JAN	CAREY FITNESS CENTER
SOFTBALL	MEMORIAL DAY	20 MAY	21 MAY @ 1200 HRS	CAREY FITNESS CENTER	24-27 MAY	SOLDIERS & HOVEY FIELDS
SOFTBALL	INDEPENDENCE DAY	24 JUN	25 JUN @ 1200 HRS	CAREY FITNESS CENTER	1-4 JUL	SOLDIERS & HOVEY FIELDS
SOFTBALL	INVITATIONAL TOURNAMENT	12 JULY	17 JUL @ 1200 HRS	K-16 FITNESS CENTER	19 - 20 JULY	K-16 SOFTBALL FIELD
FLAG FOOTBALL	LABOR DAY	26 AUG	27 AUG @ 1200 HRS	CAREY FITNESS CENTER	30 AUG-2 SEP	SOLDIERS & HOVEY FIELDS
SOCCER	COLUMBUS DAY	7 OCT	8 OCT @ 1200 HRS	CAREY FITNESS CENTER	11-14 OCT	SCHOONOVER BOWL FIELD
FLAG FOOTBALL	VETERAN'S DAY	28 OCT	1 NOV @ 1200 HRS	K-16 FITNESS CENTER	8 - 9 NOV	K-16 SOFTBALL FIELD
BASKETBALL	CHRISTMAS HOLIDAY	16 DEC	17 DEC @ 1200 HRS	CAREY FITNESS CENTER	23-28 DEC	CAREY FITNESS CENTER

### FOR MORE INFORMATION, CONTACT

Mr. Yi, Sung Tok Intramural Program Coordinator @ 722-4637 (010-9025-9956) Email: sungtokyi.In@army.mil

#### CASEY

- Carey Fitness Center @ 722-4636/1379
- Hanson Field House @ 722-4640/0310
- Hanson Outdoor Swimming Pool @ 722-0223/0310
- Health & Human Performance Center @ 722-4640/0310

#### HOVEY

- Hovey Fitness Center @ 722-1376
- Hovey Indoor Swimming Pool @ 722-0723/4655

#### K-16

- K-16 Fitness Center @ 722-8413/8447
- K-16 Indoor Swimming Pool @ 722-8503

#### JOINT SECURITY AREA / WARRIOR BASE

Email: sungtok.yi.ln@army.mil

**RODRIGUEZ LIVE FIRE COMPLEX** @ 722-1579

Email: sungtok.yi.ln@army.mil

# **SEXUAL ASSAULT AWARENESS & PREVENTION**

# RUN / WALK / RUCK

Saturday, 20 April, 0900 **Hanson Field House** 

Registration: 0800-0845

- Men's & Women's Open Divisions (No age limit)
- Awards will be presented to 1st, 2nd and 3rd places.

For more information, please contact Mr. Yi, Sung Tok at DSN 722-4637 or from cell 050-3322-4637 / 010-9025-9956, email: sungtok.yi.ln@army.mil.





USFK 24/7 SHARP Hotline: DSN 158 or 763-5700 Cell 050-3363-5700

DoD Safe Helpline: 1-877-995-5247 or www.safehelpline.org









VOLUNTEER APPRECIATION WEEK
21-27 April 2024

## SHINING A LIGHT ON OUR VOLUNTEERS



# 2024 VOLUNTEER OF THE YEAR RECOGNITION CEREMONY

TUESDAY, 30 APRIL 2024, 1100-1300 YONGSAN DRAGON HILL LODGE, BALLROOM

### RSVP is required. Please contact the ACS POC:

- Lisa Passalacqua, DSN 722-1033 or from cell 050-3322-1033 Email: lisa.m.passalacqua.civ@army.mil
- Cathyann Robinson, DSN 722-1568 or from cell 050-3322-1568
   Email: cathyann.robinson.civ@army.mil

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Sponsor is not endorsed or have any animation with LOU or U.SAS (Popular-Case) Family and MMR.

#### **CASEY-HOVEY**

## **ARMY COMMUNITY SERVICE**

BLDG S-2451, Entrance B



Real-Life Solutions for Successful Army Living

Army Emergency Relief (AER) (315) 722-1577/1578 Front Desk (315) 722-1578/1569 **Family Advocacy** (315) 722-1568/1578 **Financial Readiness** (315) 722-1577/1578 **Army Volunteer Program** (315) 722-1578/1569

Domestic And Child Abuse Hotline 050-3357-8913 or DSN 757-8913

\* From Cell Phone: 05033+Last Six DSN Example: 7XX-XXXX → 050-33XX-XXXX

### **Hours of Operation**

**ACS & AER** 

Monday-Tuesday & Friday: 0800-1700

Wednesday: Closed\* Thursday: 1300-1700

\* The ACS team will travel to support Soldiers and Family at K-16.

## **Army Volunteer Program (AVC)**

2024 Volunteer of the Year Recognition Ceremony Tuesday, 30 April, 1100-1300 at Yongsan Dragon Hill Lodge, Ballroom

Interested in Volunteering?

Sign-up for the Volunteer Management Installation System (VMIS) Class. This training teaches the procedures of becoming a VOLUNTEER and how to document VOLUNTEER hours for credit.

POC: Ms. Lisa Passalacqua, DSN 722-1578

## **Army Emergency Relief** - Helping The Army To Take Care Of Soldiers

Army Emergency Relief (AER) provides emergency assistance to Active Duty Service Members, their Families, and Retired Service Members. Please call 050-3322-1577 or DSN 315-722-1577 during regular duty hours from 0800-1600. After duty hours, on weekends, and holidays, call American Red Cross at 877-272-7337. AER Commanders and Soldiers Training are available upon request by contacting Casey ACS at 050-3322-1577 or DSN 315-722-1577. Learn more about AER's MG James Ursano Scholarship Program: https://www.armyemergencyrelief.org/scholarships/child/



**AER Campaign** 1 March - 14 June 2024



"Scan this code for online donations to USAG Yongsan-Casey."

POC: Ms. Barbara Brown, DSN 722-1578 or 0503-322-1578

### Relocation Readiness Program (RRP)

Lending Closet - If you are newly arriving and need essentials like pots and pans, coffee makers and other kitchen items until your HHGs arrive, stop by and borrow from our lending closet for up to 90 days. (Extensions granted for extenuating circumstances.)

Yongsan-Casey Newcomers Orientation: Wednesday, 24 April 0800-1600 Multi-purpose Complex, Bldg. T-1817 (Casey Movie Theatre)

## **Financial Readiness Program**

The Financial Readiness Program offers educational classes, seminars, workshops, group counseling, face to face counseling, and support services to assist Service Members along with their Families, Unit Commanders, First Sergeants, and DoD Civilians with financial planning and debt management.

According to Department of Defense and Army policy, Section 661 Army Community Service will start providing financial readiness as part of Common Military Training (CMT) at various personal and professional milestones throughout the military lifecycle. Below is a list of the required training.

**Planning for Your Financial Future** 7 April, 1430-1530 Bldg. #2451, Warrior Classroom

POC: Ms. Barbara Brown, DSN 722-1577

Money Management Class and Budgeting Class is offered on a by request basis by calling the ACS Financial Readiness Program Manager at 722-1577 or 0503-322-1577.

Please contact Camp Casey Legal Services, Maude Hall, RM 235 for more information about Estate Planning.

For more information on events, classes, or unit requests, call the Financial Readiness Program Manager at 722-1577/1578.

### **Family Advocacy Program**

Education for Professionals: Training for mandated reporters (Law Enforcement Personnel, Medical and Chaplains). Training is available for other community agencies on the identification, reporting, and treatment of domestic and child abuse; the referral process; available programs, services, and resources.

\*Group or Individual sessions for other Basic Life Skills are also available upon unit request or individual appointment.

Please contact Mrs. Robinson, Cathyann at 0503-322-1568 or DSN 315-322-1568 or email at cathyann.robinson.civ@army.mil

Parenting from a Distance Tuesday, 21 May, 1500-1600 ACS Classroom (Bldg. #2451)

POC: Ms. Cathy Robinson, DSN 722-1568



Join ACS as we plant a pinwheel garden to bring awareness to Child Abuse Prevention Month & Month of the Military Child!



Pick up your pinwheel at Bldg 2451 Monday, Tuesday & Friday, during the Month of April any time between 0800 and 1700

## WHEN YOUR HOME **ISN'T SAFE**

USAG Yongsan-Casey Domestic And Child Abuse Hotline 050-3357-8913 OR DSN 757-8913

## USAG YONGSAN-CASEY **NEWCOMERS ORIENTATION**

USAG Yongsan-Casey Command would like to welcome all newly arrived Service Members, Family Members and DA Civilians.

**CASEY** 210 FA BDE Thunder Academy

Monthly Newcomers Orientation: Last Wednesday of Each Month

Wednesday, 24 April, 0900-1600 Multi-purpose Complex, Bldg. #T1817 (Casey Movie Theatre)

## **Experience Korean Culture: 25 April, 0900-1600**

- Korean language class and a visit to a local Korean tourist site.
- Food, liability insurance and bilingual tour guide will be provided.

Uniform: OCP for service members during the classroom briefings & appropriate weather casual attire with comfortable walking shoes, polo shirt, and khakis during the cultural tours.

- Tours can have up to 40 people per day. Schedule is subject to change.

For more information about the Newcomers Orientation, please contact: Camp Casey ACS at DSN 722-1578/1569, from cell 050-3322-1578 K-16 & Yongsan ACS at DSN 722-5471, from cell 0503-322-5471.



Warrior's Club









## USAG Yongsan-Casey Family and MWR

# **LEISURE TRAVEL SERVICES**

## **Hours of Operation**

Tue-Sat: 0900-1800 Sun & Mon: Closed



Program Activity Manager Chong, Sang Nae

For more information, please contact MWR Leisure Travel Services DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.

## **Upcoming Tour Schedules**

DAT	F	EVENT
DAI		
	11	Seoul Grand Park Zoo
	18	Seoul City Tour & Hanok Village
May	25	War Museum & Odusan Unification Observatory
	27	Everland Amusement Park
	15	Incheon Wolmido Ferry Cruise
Jun	19	Lotte World Tower Observatory & Mall
Juli	20	Suwon Hwaseong Fortress
	29	Changkyeong Palace & Insadong Culture Street
	4	Yongin Caribbean Bay-1
	5	Nami Island Trip
July	20	Yongin Caribbean Bay-2
	27	2024 Mud Festival at Boryeong Beach









USAG Yongsan-Casey Family and MWR

# **LEISURE TRAVEL SERVICES**

# UNIT/GROUP TOURS

For more information, please contact MWR Leisure Travel Services (Camp Casey CAC, Bldg. S-2236, Room #107

DSN: 722-4645

Cell: 010-2684-2960 / 050-3322-4645.

POC: Mr. Chong, Sang Nae

Email: sangnae.chong.ln@army.mil

Is your unit or group interested in scheduling a local tour to Seoul, Gyeonggi or Gangwon province in Korea? Our Family & MWR Leisure Travel Service can help get you started! We have years of experience coordinating unit and group tours and can provide ideas for your own trips as well.

All overnight tours are required to be booked 1 month in advance. Family & MWR will provide information on transportation and entrance fees. Unit tours require a minimum of 20 participants.











## USAG Yongsan-Casey Family & MWR Tour to



## Saturday, 6 April, 0800

Sign-up Deadline: 3 April

Cost: \$25 - Round-trip transportation only \$\psi 35,000 - Admission fee is paid on-site by individuals.

**Everland** is the largest amusement theme park in Korea. It has something for everyone, whether you are a thrill-seeker, an animal lover, a culture enthusiast, or a kid at heart. It has five themed zones: Global Fair, American Adventure, Magic Land, European Adventure and Zootopia. Each zone has its own attractions, shows, restaurants and shops that will make you feel like you are traveling around the world.

T-Express is one of the world's well-known Wooden Roller Coaster that will give you the best memories you will never forget! It is Korea's first wooden roller coaster and one of the World's Top 10 Fastest Wooden Roller Coasters, reaching speeds of up to 104km/h. It has the highest drop at 46m, steepest drop at 77 degrees and a total length of 1.64km. T-Express is a thrilling 3.12 minute ride that is a must-try for the fearless.

- Participants should be prepared to spend the day walking.
- Please bring Korean Won for food and souvenirs.
- Minimum 20 & Maximum 35 sign-ups required.
- Bus Schedule: Hovey Parking Lot, 0800 / Casey CAC, 0815
- \* All participants must ride the MWR-provided bus.
- \* Subject to change without notice.



USAG Yongsan-Casey Family & MWR Tour to

# Nami Island

Saturday, 13 April, 0900

Sign-up Deadline: 11 April

## Cost: \$40 - Round-trip transportation & ferry ride to Nami Island

Located near Seoul, Nami Island is a beautiful island that is among the most popular attractions in Korea for good reason. Featuring beautiful tree paths, woodlands, riverside walks, and many more, Nami Island offers picture-perfect scenery all year round. It is just surprising how this small island has it all! Thanks to its incredible scenery, Nami Island has been used as the location for many Korean dramas!

- Sign up at Leisure Travel Services (B-2236 / Room-107)
- Please bring Korean won for souvenirs and lunch or snacks.
- Minimum 20 & maximum 35 sign-ups required.
- Bus Schedule: Hovey CAC Parking Lot 0900 / Casey CAC 0915

\* All participants must ride the MWR-provided bus.

\* Subject to change without notice.

For more information, please contact MWR Leisure Travel Services DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.



# SOGEUMSAN SUSPENSION BRIDGE & MUSEUM SAN

Saturday, 27 April, 0800

Sign-up Deadline: 24 April

Cost: \$25 - Round-trip transportation & a guide \text{\psi}10,000 - Suspension Bridge Admission (Paid on-site by individual)

Wonju Sogeunsan Suspension Bridge hangs above Wonju at about 100 meters high and is about 200 meters long, making it one of Korea's longest bridges of its type. It requires a climb of 578 steps to reach the bridge. The view below is spectacular and the walkways near the bridge offers some breathtaking views of the town and nearby mountains.



Museum "SAN" is surrounded by beautiful gardens and is a boutique. The museum itself is an architectural work of art, which contrasts with the surrounding scenery and is serene and peaceful. Various works of art are displayed, and special exhibitions are held at the museum.



- Participants should be prepared to spend the day walking and dress comfortably in hiking shoes.
- Sign up at Casey MWR Leisure Travel Services (B-2236 / Room-107)
- Please bring Korean won for souvenirs and lunch or snacks.
- Minimum 20 & Maximum 35 sign-ups required.
- Bus Schedule: Hovey CAC Parking Lot 0800 / Casey CAC 0815

For more information, please contact MWR Leisure Travel Services DSN 722-4645 or from Cell 010-2684-2960 / 050-3322-4645.

- \* All participants must ride the MWR-provided bus.
- \* Subject to change without notice.





# USAG YONGSAN-CASEY FAMILY & MWR Stay Connected!



CASEY / HOVEY FMWR Website
Casey.armymwr.com



**YongsanCaseyFMWR** 



YONGSAN /K-16 FMWR Website **VONGSAN.Armymwr.com** 



YongsanCaseyFMWR

# Add Family and MWR Websites to your smartphone and receive Family and MWR giveaways.

STEP 1: Scan the QR code and visit the website.

STEP 2: Open the menu 1 and select "Add to Home Screen" 2

STEP 3: Stop by the Marketing office and show the shortcuts on your smartphone to receive MWR giveaways.







# **IMPACT ZONE**

(FORMERLY GATEWAY CLUB)

**DELIVERY HOURS** Sun-Thu: 1100-2200 Fri-Sat: 1100-2400

722-0395 / 0396 / 0397 DSN

050-3322-0395 / 0396 / 0397 сомм

010-7675-6499 or 010-7673-6499 CELL

# **INDIANHEAD GOLF COURSE RESTAURANT**

**DELIVERY HOURS** 

**BREAKFAST** 

Mon-Fri: 0800-1030 Sat, Sun, US Holiday: 0800-1130 **LUNCH & DINNER** 

Mon-Fri: 1130-1930

Sat, Sun, US Holiday: 1200-1930

010-7707-8192, 010-7707-6382 or 010-8582-7597





# **WARRIOR'S CLUB**

**DELIVERY HOURS** 

Sun-Thu: 1100-2130 Fri & Sat: 1100-2330

DSN 722-4625

COMM 050-3322-4625



# **IRON TRIANGLE CLUB**

\*Camp Hovey Area Only

**DELIVERY HOURS** 

Sun & Tue-Thu: 1700-2130 Fri & Sat: 1700-2330

DSN 722-0705/0706

сомм 050-3322-0705/0706

## **OUTDOOR RECREATION**

**BLDG S-2236** 

Office 722-4642 / 4643







Manage **Andy Kim** andy.c.kim3.naf@army.mil

## **Hours of Operation**

Tuesday - Saturday: 0900 - 1800 Sunday & Monday: Closed

## **Picnic Pavilion Reservations**

Reserve through Outdoor Recreation to use the following picnic pavilions.

Across from Outdoor Swimming Pool
Across from Movie Theater
Behind Soldier Field/ Education Center
Located at Casey Warrior Exercise Billets (WEB)
Located at Casey Warrior Exercise Billets (WEB)
Located at Casey Warrior Exercise Billets (WEB)
Located at Casey Warrior Exercise Billets (WEB)



## Archery Range is Open!

Saturday: 1000-1630

Tuesday-Friday: Unit / Group reservations only

\* All DoD ID cardholders aged 18 and above.

## Paintball Field Opens in May.

**Grand Re-Opening Ceremony** Saturday, 3 May, 1400

## **Bike Rental Service**

Tuesday - Saturday: 0900 - 1800

Outdoor Recreation offers a special on bike rentals for all DoD ID cardholders.

One Day Rental: \$15 One Week Rental: \$30 One Month Rental: \$45

## Rental Service \* Please make reservations at least 3 business days in advance.

CHAIRS/TABLES	Per	Day
Chair Folding (White Plastic)	Each	\$1
Tables Folding (36x72)	Each	\$5
CANOPY/MONGOLIAN	Per	Day
Canopy 10x10	Each	\$20
Canopy 10x20	Each	\$25
Canopy 16x16 (Mongolian) -Blue Top	Each	\$50
Canopy 20x20 (Mongolian) -White Top	Each	\$60
Canopy Assembly Fee	Each	\$30
	Per Day	
GAMES	Per	Day
GAMES Washer Toss Set	<b>Per</b> Each	Day \$10
Washer Toss Set	Each	\$10
Washer Toss Set  Metal Ladderball Set	Each Each	\$10 \$10
Washer Toss Set  Metal Ladderball Set  Horse Shoes Set	Each Each Each	\$10 \$10 \$10
Washer Toss Set  Metal Ladderball Set  Horse Shoes Set  Limbo Set	Each Each Each Each	\$10 \$10 \$10 \$15
Washer Toss Set  Metal Ladderball Set  Horse Shoes Set  Limbo Set  Disc Golf Set	Each Each Each Each Each Each	\$10 \$10 \$10 \$15 \$15
Washer Toss Set  Metal Ladderball Set  Horse Shoes Set  Limbo Set  Disc Golf Set  Corn Hole Sets	Each Each Each Each Each Each	\$10 \$10 \$10 \$15 \$15 \$20

Camping Lantern	Each	\$8
Hiking Backpack	Each	\$10
Sleeping Bags	Each	\$10
Camping Tent (2 Person)	Each	\$10
Camping Tent (3 Person)	Each	\$15
Camping Tent (8 Person)	Each	\$20
FOOD/DRINK ITEMS	Per	Day
Ice Chest (Medium)	Each	\$6
Ice Chest (Large)	Each	\$9
BBQ Medium Round Charcoal Grill	Each	\$15
BBQ Large Charcoal Grill	Each	\$35
PA SYSTEM	Per Day	
Speakers		
Mackie Powered Speaker	Each	\$30
PRX 800 Hi-Mid Powered	Each	\$50
PRX 800 Pwd Woofer	Each	\$50
Portable Rechargeable Speaker	Each	\$50
Mixer		
Yamaha 12 Channel	Each	\$40
Mackie 16 Channel	Each	\$40

Wireless System		
Shure Wireless System w/ 4 Mic	Each	\$50
Miscellaneous		
Mic Stand	Each	\$3
Handheld Mic	Each	\$5
Technical Labor Support	Each	\$25
Delivery & Pick Up On Post (No	Each	\$75
Set Up)		
OTHER ITEMS		
OTHER ITEMS	Per	Day
OTHER ITEMS  Mountain Bike (w/ Helmet & Lock)	Per Each	Day \$15
Mountain Bike (w/ Helmet &		
Mountain Bike (w/ Helmet & Lock)	Each	\$15
Mountain Bike (w/ Helmet & Lock) Podium	Each Each	\$15 \$10
Mountain Bike (w/ Helmet & Lock) Podium Fishing Poles (\$25 Per Week)	Each Each Each	\$15 \$10 \$10



It combines Soldier participation in high adventure activities with resilience training in order to teach Soldiers effective ways to cope with stress. WAQ can assist in mitigating the negative impact of high risk behaviors common among Soldiers who may have recently returned from deployments. The high adventure activity is tied to resilience training which enhances unit readiness by building unit cohesion.

WAQ activities are coordinated through Family and MWR Outdoor Recreation (ODR) facilities and staff. All year round activities include Paintball, Bungee Jump, White Water Rafting, ATV, Skiing/ Snowboarding, and more.

Visit Casey Outdoor Recreation at S-2236 or call DSN 722-4642/4643 for more information.



"Enjoy the beautiful spring weather and picturesque sceneries of the Myungsung Mountain in Pocheon!"



**Saturday, 6 April, 0800-1500** 

Sign up & Refund Deadline: 4 April

## Cost: \$30 per person includes transportation and a guide.

- Bring your own lunch or snack and water.
- Wear proper clothes and shoes for a 3-4 hour moderate mountain hike (not a trail walk).
- Minimum 15 & maximum 40 sign-ups required.
- Bus Schedule: Hovey CAC, 0800 / Casey CAC, 0815

For more information, call DSN 722-4643 or from Cell 050-3322-4643.



When you join ODR for three mountain hikes

in April, May & June!





Enjoy the adrenaline rush from Korea's highest Bungee Jump! (207 ft.)

# BUNGEE JUMP SLING SHOT

#### Saturday, 20 April, 0800 @ Inje

Sign up & Refund Deadline: 18 April

\$80 per person includes 1 time bungee jump & sling shot, transportation, and a guide.

- Bring your own lunch or snack, and extra money for purchases at rest stops.
- Minimum 20 & maximum 40 sign-ups required.
- Weight limit for both activities: 225 lbs
- Sign up at Casey Outdoor Recreation.
- Bus schedule: Hovey CAC, 0800 / Casey CAC, 0815
- \* All participants must ride the MWR-provided bus.
- \* Subject to change without notice.



## **OUTDOOR RECREATION**



## 2024 Program Calendar

MONTH	DATE	EVENT				
A must	6	Hiking Mt. Myeongseong				
April	20	Bungee Jump & Sling Shot				
	11	Hiking Mt. Bukhan National Park				
May	24	Deep Sea Fishing				
luma	8	Hiking Mt. Seorak National Park				
June	22	ATV & Water Sports				
t. de	13	White Water Rafting				
July	27	ATV & Water Sports				
Account	10	White Water Rafting				
August	24	ATV & Water Sports				

MONTH	DATE	EVENT				
Contombox	7	Bungee Jump & Sling Shot				
September	28	Deep Sea Fishing				
October	12	Sansawon Tour				
October	26	Hiking Mt. Myungsung				
November	9	Sinam Lake Fishing				
November	16	Hiking Mt. Bukhan National Park				
December	7	3 vs 3 Paintball Tournament				
December	21	Ski & Snowboard Trip				

All dates are tentative and may change due to mission



USAG YONGSAN-CASEY SPORTS, FITNESS & AQUATICS

# COMBAT TAEKWONDO INSTRUCTION PROGRAM





Carey Fitness Center, Bldg. 1715

Mondays, Wednesdays & Thursdays: 1830-2000

#### Taekwondo

Mixed Martial Arts Center, Bldg. 2407

Taekwondo: Mondays, Wednesdays & Thursdays: 1800-1930 Jujitsu: Mondays, Wednesdays & Thursdays: 1930-2030

Camp Hovey, Bldg. 4035

Mondays - Fridays: 1800-1930

\* US/Training Holidays classes will be conducted.

For more information, please contact Mr. Yi, Sung Tok at DSN 722-4637 or from cell 050-3322-4637 / 010-9025-9956 email: sungtok.yi.ln@army.mil



Taekwondo is an ancient Korean martial art. The sport is not just about kicking and punching. Taekwondo offers several advantages to anyone considering taking up a sport or hobby.

Build self-esteem by heightening your physical and mental powers. Boost your self-confidence with encouragement to succeed and take control of your life. Develop discipline by thoroughly training your body and mind in the tenets and techniques of Taekwondo.



## STOP BY THE ALL-NEW **AUTO SKILLS CENTER**

Now reopened at our original location after renovation. Come rediscover automotive excellence!

Mon - Sat: 0900 - 1730 Sun & KN Holidays: Closed



Manager on site Paek, Yong Ki

#### Stop by our shop for all your automotive needs.

Bring your vehicle to the Auto Skills Center and see what they have to offer. Work on your own vehicle with the assistance of a professional mechanic or let them take care of it for you.

#### **Need an Inspection?**

Every Thursday from 1300 - 1800, we'll show you how to do a proper vehicle inspection. If your vehicle needs an annual inspection, we'll take \$5 off the inspection fee.

New Requirements for Annual POV Inspection.

- Warning Triangle Sign
- Fire Extinguisher
- Yongsan customers are welcome to use our facility and have CAR INSPECTIONS done.
- Free water for car washes available.



For more information, call DSN: 722-4641 or from cell 050-3322-4641.





## **CASEY LODGE**

DSN **722-0356** COM **050-3322-0356** 

BLDG S-2626 BLDG S-2601 BLDG S-2307



## Priority based on duty status, not rank! COMPLIMENTARY SERVICES AVAILABLE

- Continental Breakfast
- Wi-Fi
- Washers and Dryers
- Temporary Guest Storage
- Cable TV / Telephones
- Refrigerator & Microwave Oven
  - \* Limited Pet Rooms Available

#### **Email Reservations:**

usarmycaseyimcom-korealistUSAG-area-1-lodging@army.mil

#### **Online Reservations:**

https://army.dodlodging.net/propertys/camp-casey-lodging

#### **FREE Breakfast**

0630 ~ 0930 (Must be a registered guest)





Lodging Manager

Jacob P. Tuuao

jacob.p.tuuao.naf@army.mil



Casey Lodge

## **CASEY & HOVEY LIBRARIES**





#### **CAMP CASEY**

BIDG S-2236

Monday-Saturday: 1000-1900 Sunday: Closed



DSN 722-4634 / Cell: 050-3322-4634





#### **CAMP HOVEY**

BLDG S-3754/B

Sunday-Thursday: 1000-1900 Friday, Saturday & KN Holidays: Closed



DSN 722-4653 / Cell: 050-3322-4653





Casey & Hovey Libraries

# 2024 **SOLDIERS' POETRY** CONTEST

**AWARD CEREMONY** 

THURSDAY, 18 APRIL, 1400 **HOVEY LIBRARY** 

For more information, call Casey Library, DSN 722-4634, Hovey Library, DSN 722-4653.



Casey Library: Thursday, 11 April, 1730-1830 Hovey Library: Sunday, 7 April, 1300-1400



Casey Library: Wednesday, 3 April, 1600-1800 Hovey Library: Tuesday, 9 April, 1500-1700

#### April 2024

## **MONTH OF THE MILITARY CHILD**

#### \* Books

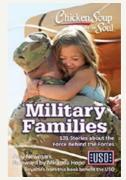
- Help! I'm a military spouse I get a life too!, Kathie Hightower (355.1 Hig 2007).
- Military family: a casualty of war, Jacqueline Arnold (355.1 Arn 2014).
- Military families: 101 stories about the force behind the force, Amy Newmark; foreword by Miranda Hope (355.1097 Mil 2017).
- Military father: a hands-on guide for deployed dads, Armin Brott (355.12 Bro 2009).
- Military finances, Cheryl Lawhorne-scott (332.024 Law 2015).
- Mothers of the military, Wendy Christensen (355.1 Chr 2018).
- Plenty of time when we get home, Kayla Williams (355.129 Wil 2014).
- Raising children in the military, Cheryl Lawhorne-scott (355.1209 Law 2014).
- Remember when: my life as a military child, Tanya Hair (J 355.12 Hai 2011).
- Road not taken, Max Boot (959 Boo 2019).











#### \* Audio-Visual Materials

- Heroes at home, Ellie Kay (AB 355.12 Kay).
- For love of liberty (DVD 355.0089 For).
- World War II: the war chronicles (DVD 940.54 Wor v.1-4).

#### \* Websites: Women's History Month

- Military Child Education Coalition (MCEC) (20240304).
   URL: https://www.militarychild.org
- Home Child Care Aware® of America (20240304)
   URL: https://www.childcareaware.org







https://www.childcareaware.org



https://www.freegalmusic.com



Access more than sixteen million songs and forty thousand music videos. Streaming is unlimited and you can download up to 5 titles (songs or videos) per week with no software installation required.



**Consumer Reports** 

http://www.consumerreports.org



Find the best deals, ratings, and reviews on thousands of popular consumer items from one of the most respected sources available.

# Language-learning centered around you.



Powered by intelligent technology and an adaptive algorithm, Mango empowers you to communicate with confidence, preparing you for uncharted experiences with language and culture.

Challenge yourself to discover something new.

Ask @ your Army MWR Library



Start the conversation.











UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND ArmyMWR.com





## Passport/Visa Photos Available at Camp Casey!



Five copies of your official Passport/VISA photo

#### Family and MWR Marketing Office Bldg 2475 / Camp Casey

**Hours of Operation** 

Mondays - Fridays: 0800 - 1100 / 1300 - 1600 (Excluding Korean Holidays)



Starbucks

USO

Family & MWR
Marketing
#2475

Bus Terminal

For more information, call 722-4618.





IN THE ZONE 45

## **CASEY COMMUNITY ACTIVITY CENTER**

BLDG **S-2236** 

Office 722-4644 / 4647 From Cell **010-2703-6059** 







#### **Hours of Operation**

Monday-Saturday: 0900-2100 Sunday: 1000-1900



#### **Daily Services**

- Our music rooms at the Casey CAC are open every day. Musical instruments include electric, acoustic and bass guitars, a drum set and electric synthesizers - all free of charge. Or bring your own instrument and enjoy our soundproof rooms.
- Play pool and ping pong for free at the CAC every day of the week.
- We provide free WiFi and Internet at the Casey CAC. Or bring your own laptops and connect with your loved ones back home.
- We have Video Games at the Casey CAC. We have a collection of new games and regularly update our inventory.



#### Tuesdays, 1900-2000

Come by the Casey CAC every Tuesday and learn how to play Ukulele, a musical instrument. We will teach K-pop, the Korean children's songs, and easy songs with fingerstyle. Please bring your own ukulele and tuner.

#### **English Language Class**

#### Wednesdays, 1700-1800

Want to improve your English communication skills? Come to the Casey CAC every Wednesday of the month and learn from an American instructor. Open to family members, KNs and KATUSAs.

#### **Korean Language Class**

#### Thursdays, 1700-1800

Come by the Casey CAC every Thursday and learn how to communicate better with Koreans. Learn common phrases that will assist you during your tour in Korea.



## SUBWAY TRIP Saturday, 20 April, 1000

#### **PUBLIC TRANSPORTATION EXPERIENCE**

Learn how to use the bus and subway system to explore Korea. Experience a trip from Dongducheon, Bosan Station through Uijeongbu to Seoul using public transportation. Orientation covers how to use T-money cards and much more. Destinations will be announced.

We will have lunch during the trip, so please bring Korean Won for souvenirs and lunch or snacks.

- We will provide 1 Free T-money card to each participant.
- Minimum 2 / Maximum 10

• Departure: Camp Casey CAC, 1000



#### **8 Ball Pool Tournament**

Saturday, 13 April, 1300-1500

- Open to DoD ID cardholders and KATUSAs.
- All participants must be at least 16 years of age to compete.
- This tournament will be conducted by BCA rules of play.
- Registration: 1200
- 1st & 2nd place winners will receive a \$20 gift certificate.





#### **Table Tennis Tournament**

Saturday, 27 April, 1300-1500

- Open to DoD ID cardholders and KATUSAs.
- All participants must be at least 16 years of age to compete.
- Registration: 1200
- 1st & 2nd place winners will receive a \$20 gift certificate.

## **HOVEY COMMUNITY ACTIVITY CENTER**

BLDG S-3974/B

Office 722-4656







#### **Hours of Operation**

Monday - Saturday: 1200 - 2000 Sunday: Closed



#### **Karaoke Fun Dav**

Saturday, 20 April, 1300

- Open to DoD ID cardholders and KATUSAs.
- Free hot dog with beverage.

#### Free Movie & Poncorn Day

Saturdays, 1700

#### **Daily Services**

Mondays - Saturdays: 1200 - 2000

- Free Wireless Service and Internet in the Hovey CAC. Bring your laptops and connect to your loved ones back home.
- Play Air Hockey, Pool and Table Tennis for free at the Hovey CAC. The center has four Pool tables for you and your friends.
- We have Video Games (XBOX X, PS4, PS5) at the Hovey CAC. We have a collection of new games and regularly update our inventory.
- The Hovey CAC provides Tennis sets, Cornhole sets and Jokgu balls, which can be checked out if you want to play at any time.
- Sign up for FMWR tours and events at the Hovey CAC.





#### **Better Opportunities for Single Soldiers**

## **AREA I BOSS**

BLDG S-2236, RM106









Area I & II BOSS President
SGT Choi, Hamin
DSN: 722-1018 Cell: 010-7547-1764
Email: hamin.choi.mil@army.mil



Area I BOSS Adviser
Fred Ware
DSN: 722-4647 Cell: 010-2703-6059
Email: fred.l.ware.naf@army.mil



Area I BOSS Secretary: KPFC Choi, Jaehwan DSN: 722-1018 Cell: 010-6560-2705

Area I & II Boss public email: **USAG.yongsan.casey.boss@gmail.com**ELIGIBILITY: Single or Unaccompanied Soldiers and KATUSAs in Area I & II

### **Area I Boss Representative Meeting**

1st & 3rd Tuesday of Every Month, 1500 at Casey CAC





# USAG Yongsan-Casey Family & MWR **Photo Highlights**

## **Dallas Cowboys Cheerleaders Performance**

25 February

Camp Casey welcomed the 7 member of the Dallas Cowboys Cheerleaders for an electrifying performance. Over 300 Soldiers enjoyed the show and had the opportunity to take pictures with the cheerleaders afterward.























#### **Seoul Grand Park Zoo Tour**

16 March

Spring had arrived, and animals were feeling its energy. Soldiers enjoyed a spring outing to the zoo, where they had a delightful time.









SEOUL GRAND PARK







#### Han River Cruise & Yoeuido Park Tour

24 February

The cruise ride was approximately 40 minutes long. With the live band playing music, our participants got to enjoy the scenery, breathe fresh air, and feed the seagull while enjoying each other's company.









#### **Bus Schedule**



Bus schedules subject to change without notice. Departure and arrival time may vary due to traffic conditions.

#### **CASEY-HUMPHREYS**

Monday - Thursday							
	Bus 1		Bus 3		Bus 1		Bus 3
Departure CASEY	0600	1000	1715	Departure HUMPHREYS	0600	1300	1715
Departure HUMPHREYS - Brain Allgood Hospital	0835	1235	1935	Departure HUMPHREYS - Brain Allgood Hospital	0605	1305	1720
Arrival HUMPHREYS	0840	1240	1940	Arrival CASEY	0840	1540	1940

#### CASEY - K-16 - HUMPHREYS

Friday - Sunday and U.S. & Training Holidays								
	Bus 1		Bus 3		Bus 1	Bus 2	Bus 3	
Departure CASEY	0600	1000	1715	Departure HUMPHREYS - Bus Terminal	0600	1300	1715	
Departure K-16 Departure HUMPHREYS	0740	1140	1850	Departure HUMPHREYS	0605	1305	1720	
- Maude Hall	0920	1320	2030	- Brain Allgood Hospital Departure HUMPHREYS	0615	1315	1730	
Departure HUMPHREYS - Brain Allgood Hospital	0930	1330	2040	- Maude Hall				
				Departure K-16	0750	1450	1910	
Arrival HUMPHREYS - Bus Terminal	0940	1340	2050	Arrival CASEY	0930	1630	2050	

CASEY - BONIFAS		POC (Weekdays, 0800-1630): 763-4984				
Sunday only						
Departure CASEY, BLDG S-3007	1300	Departure BONIFAS, BLDG S-164	0730			
Arrival BONIFAS, BLDG S-164	1400	Arrival CASEY, BLDG S-3007	0830			

#### **CASEY PATRIOT EXPRESS SHUTTLE, CASEY - OSAN Tuesday & Thursday** Arrival CAMP CASEY BUS TERMINAL 0400 - ALL military members, dependents and civilians with official travel Departure CAMP CASEY BUS TERMINAL 0430 orders who are in PCS, ETS or TDY status and have been manifested

for the Patriot Express

#### St. Mary's Hospital Shuttle Service

St. Mary's Hospital in Uijeongbu offers free daily bus transportation for patients arriving from Camp Casey. Soldiers or civilians who've made appointments with the hospital, may board the bus at Camp Casey TMC/Health Clinic at 0800. For more information, please call the St. Mary's Hospital (off base) at 99-820-3636.

0630

Arrival OSAN AB AMC TERMINAL

#### YONGSAN & K-16 FAMILY & MORALE. WELFARE AND RECREATION FACILITIES

#### YONGSAN

#### RECREATION

#### Commiskey's Fitness Center

South Post, Building #4275 DSN: 722-8222

#### **Hours of Operation**

Mon-Fri: 0500-2100

Sat, Sun & U.S. Holidays: 0800-1700

#### K-16 AIR BASE

#### K-16 Arts & Crafts Center

Building #302

2nd Floor CAC Building DSN: 722-8435

#### **Hours of Operation**

Tue-Sat: 1100-1900 Sun & Mon: Closed

#### K-16 Community Activities Center (K-16 CAC)

Building #302 2nd Floor CAC Building

DSN: 722-8103 **Hours of Operation** 

Mon- Sat: 0800-2200 Sun: Closed

K-16 Indoor Swimming Pool

Sat, Sun & US/Training Holidays:

K-16 Fitness Center

DSN: 722-8413 / 8447

**Hours of Operation** 

Mon-Fri: 0500-2130

Building #158

Building #151 DSN: 722-8503

1000-1830

#### **Hours of Operation**

Mon - Thu: 0600-2000 Fri: 0600-1400

Sat & US/Training Holidays:

1000-1800 Sun: Closed

#### K-16 Landing Zone Club

1st Floor CAC Building Building #302 DSN: 722-8106

#### **Hours of Operation**

Tue-Thu: 1700-2200 Fri-Sat: 1700-2400 Sun, Mon & KN Holiday: Closed

#### Game Room

Tue-Thu: 1330-2230 Fri-Sat: 1530-2330 Sun, Mon & KN Holiday: Closed

#### K-16 Library

Building #302 3rd Floor CAC Building DSN: 722-8104 / 8105

#### **Hours of Operation**

Tue, Thu & Fri: 1000-1900 Wed & Sat: 0900-1800 Sun & Mon: Closed

## **ADVERTISING & SPONSORSHIP OPPORTUNITIES**

USAG Yongsan-Casey have multiple advertising venues for you to choose from and some of these venues include In The Zone Monthly Magazine, Warrior's Compass Weekly News Letter, Digital Signage, Banner Pole, Website Banner, Calendar, Community Map and much more!



IN THE ZONE





Banner Pole



Digital Display



Web Banner

For more information about advertising & sponsorship, call DSN 722-4618 or email hansol.jang6.naf@army.mil 협찬 및 광고 문의: 050-3322-4618 / 이메일: hansol.jang6.naf@army.mil









#### Yongsan & K-16 April Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	High Intensity Interval Training, 0930, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym	Olympic Weightlifting 101 1500-1620, K-16 Gym	Newcomers Orientation 0900-1200, K-16 CAC	Cosmic Live DJ Night 1900-2400, Landing Zone	Olympic Weightlifting 101 1500-1620, K-16 Gym
	Swim Class 1230, K-16 Indoor Pool	<b>Flow &amp; Hold</b> 0930 & 1200, K-16 Gym	High Intensity Interval Training, 0930, K-16 Gym	Right Arm Night 1600-1800, Landing Zone		Free Movie Night 1300-2200, K-16 CAC
		Piano Lesson 1600-2000, K-16 CAC	Korean Language Class 1200-1250, K-16 CAC	Victory Party 1800-2300, Landing Zone		Cosmic Live DJ Night 1900-2400, Landing Zone
		Country Music Night 1800-2200, Landing Zone	Latin Music Night 1800-2200, Landing Zone	Origami Class 1500-1600, K-16 Library		
7	8	9	10	11	12	13
	High Intensity Interval Training, 0930, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym	Korean Cooking Class 1700-1900, K-16 Library	Cosmic Live DJ Night 1900-2400, Landing Zone	Nami Island Trip 0800-1700, K-16 CAC
	Swim Class 1230, K-16 Indoor Pool	Flow & Hold 0930 & 1200, K-16 Gym	High Intensity Interval Training, 0930, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym		Free Movie Night 1300-2200, K-16 CAC
		<b>Piano Lesson</b> 1600-2000, K-16 CAC	Korean Language Class 1200-1250, K-16 CAC	Flow & Hold 0930 & 1200, K-16 Gym		Cosmic Live DJ Night 1900-2400, Landing Zone
		Country Music Night 1800-2200, Landing Zone	Latin Music Night 1800-2200, Landing Zone	Karaoke Night 1700-2200, Landing Zone		
14	15	16	17	18	19	20
	High Intensity Interval Training, 0930, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym	Olympic Weightlifting 101 1500-1620, K-16 Gym	Wrapping Class 1030-1130, K-16 Library	Cosmic Live DJ Night 1900-2400, Landing Zone	Deep Sea Fishing Trip 0500-1400, K-16 CAC
	Swim Class 1230, K-16 Indoor Pool	Flow & Hold 0930 & 1200, K-16 Gym	High Intensity Interval Training, 0930, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym		Olympic Weightlifting 101 1500-1620, K-16 Gym
		<b>Piano Lesson</b> 1600-2000, K-16 CAC	Korean Language Class 1200-1250, K-16 CAC	Flow & Hold 0930 & 1200, K-16 Gym		Free Movie Night 1300-2200, K-16 CAC
		Country Music Night 1800-2200, Landing Zone	Latin Music Night 1800-2200, Landing Zone	Karaoke Night 1700-2200, Landing Zone		Cosmic Live DJ Night 1900-2400, Landing Zone
21	22	23	24	25	26	27
	High Intensity Interval Training, 0930, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym	EFMP Information Table 1000-1200, K-16 Food Court	<b>A.T.T.A.C.</b> 0630, K-16 Gym	Cosmic Live DJ Night 1900-2400, Landing Zone	Sexual Assault Awareness & Prevention 5K Run
	Swim Class 1230, K-16 Indoor Pool	Flow & Hold 0930 & 1200, K-16 Gym	<b>A.T.T.A.C.</b> 0630, K-16 Gym	Flow & Hold 0930 & 1200, K-16 Gym		0900, K-16 Gym  Lotte World Trip
		Piano Lesson 1600-2000, K-16 CAC	High Intensity Interval Training, 0930, K-16 Gym	Karaoke Night 1700-2200, Landing Zone		0800-1700, K-16 CAC Cosmic Live DJ Night
		Country Music Night 1800-2200, Landing Zone	Korean Language Class 1200-1250, K-16 CAC			1900-2400, Landing Zone
21	29	30				

Legend: Special Event / K-16 Daily Sports Program Army Community Service: ACS K-16 Multi-Purpose Field: K-16 MPF K-16 Multi-Purpose Room: K-16 MPR

## Commiskey's Fitness Center

2024 Volunteer of the Year

1100-1300, Dragon Hill Lodge,

A.T.T.A.C.

0630, K-16 Gvm

Flow & Hold 0930 & 1200, K-16 Gym

South Post, Building #4275

High Intensity Interval

**Training,** 0930, K-16 Gym Swim Class

1230, K-16 Indoor Pool

Mon-Fri: 0500-2100 Sat, Sun & U.S. Holidays: 0800-1700



Thanks for visiting Commiskey's Fitness Center For more information about this facility please scan this QR Code.

For more information, call DSN 722-8222.





# VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS)

https://vmis.armyfamilywebportal.com



#### **New Volunteers**

Register for VMIS
- Create an Army family
Web Portal (AFWP) Account

#### **Previous Volunteers**

- "Transition your account"
- Requires username used in ArmyOneSource





For more information, contact Lisa Passalacqua at ACS, DSN 722-1033 or from Cell: 050-3322-1033.

Email: lisa.m.passalacqua.civ@army.mil



YONGSAN / K-16

## **ARMY COMMUNITY SERVICE**

K-16 CAC, BLDG S-302, Room #307



DSN: (315) 722-5471 or from Cell 0503-322-5471

Domestic And Child Abuse Hotline 050-3357-8913 or DSN 757-8913

#### **Hours of Operation**

ACS: Tuesday, Wednesday & Thursday: 0800-1400 EFMP System Navigator: Monday-Friday: 0800-1700

(Except on training, meeting, community visit or holiday)

#### **Army Volunteer Corps Program (AVC)**

2024 Volunteer of the Year Recognition Ceremony Tuesday, 30 April, 1100-1300 at Yongsan Dragon Hill Lodge, Ballroom

Interested in Volunteering?

Sign-up for the Volunteer Management Installation System (VMIS) Class. This training teaches the procedures to becoming a VOLUNTEER and how to document VOLUNTEER hours for credit.

POC: Ms. Lisa Passalacqua 722-1578

#### **Army Emergency Relief**

#### - Helping The Army To Take Care of Soldiers

Army Emergency Relief (AER) provides emergency assistance to Active Duty Service Members, their Families, and Retired Service Members. Please call 0503-322-1577 or DSN 315-722-1577 during regular duty hours from 0730 - 1630. After duty hours, on weekends, and holidays, call American Red Cross at 877-272-7337. AER Commanders and Soldiers Training are available upon request by contacting Casey ACS at 0503-322-1577 or DSN 315-722-1577. Learn more about AER's MG James Ursano Scholarship Program: https://www.armyemergencyrelief.org/scholarships/child/



#### **Employment Readiness Program**

Employment assistance is available by appointment only. Please call 722-5471 to schedule an appointment. Employment Services are limited to: JOB SEARCH ASSISTANCE. JOB REFERRALS and, RESUME REVIEW.

#### **Relocation Readiness Program**

Lending Closet - If you are newly arriving and need essentials like pots and pans, coffee maker and other kitchen items until your HHGs arrive, stop by and borrow from our lending closet for up to 90 days. (Extensions granted for extenuating circumstances.)



#### Financial Readiness Program (FRP)

The Financial Readiness Program offers educational classes, seminars, workshops, group counseling, face to face counseling, and support services to assist Service Members along with their Families, Unit Commanders, First Sergeants, and DoD Civilians with financial planning and debt management.

Money Management Class and Budgeting Class is offered on a by request basis by calling ACS Financial Readiness Program Manager at 722-1577 or 0503-322-1577.

Legal Services, Maude Hall, RM 235 for more information about Estate Planning.

For more information about events, classes, or unit requests, call the Financial Readiness Program Manager at 722-1577/1578.

#### Family Advocacy Program (FAP)

Group or Individual sessions for other Basic Life Skills are also available upon unit request or individual appointment.

For more information on events, workshops, classes, or unit requests, please call Mrs. Robinson, Cathyann at 0503-322-1568 or DSN 315-322- 1568 or email at cathyann.robinson.civ@army.mil

Parenting Classes, Anger and Your Emotions, Healthy **Communication Classes** Upon Request by contacting Ms. Cathy Robinson 722-1568 ACS Classroom (Bldg #2451)

POC: Ms. Cathy Robinson, 722-1568

#### WHEN YOUR HOME **ISN'T SAFE**

USAG Yongsan-Casey Domestic And Child Abuse Hotline 050-3357-8913 OR DSN 757-8913

## **USAG YONGSAN-CASEY NEWCOMERS ORIENTATION**



Program Brief: 1st Thursday of the Month "MONTHLY" 4 April, 0900-1200 @ K-16 CAC Building S-302, Room #307

0900-1000: 2-2 AHB Unit only

1000-1200 All Tenants Unit and Dependents

1200: Lunch & Cultural Tour

Uniform - Casual attire with comfortable walking shoes, polo shirt, khakis (no Jeans); business casual attire for civilians.







For more information about the Newcomer Orientation, please contact: Camp Casey ACS at DSN 722-1578/1569, from cell 050-3322-1578 K-16 & Yongsan ACS at DSN 722-5471, from cell 0503-322-5471















## Navigating EFMP Exceptional Family Member Program

#### **Information Table**

Wednesday, 24 April, 1000-1200 K-16 Food Court

Ask questions to learn more about the Exceptional Family Member Program!

## K-16 SPORTS, FITNESS & AQUATICS FACILITIES

722-8413 / 8447



Sin, Kwang Yol kwangyol.sin.ln@army.mil





#### K-16 Fitness Center (Bldg. #158)

- Mon-Fri: 0500-2130
- Sat, Sun & US/Training Holidays: 1000-1830
- DSN: 722-8413 / 8447

#### K-16 Indoor Pool (Bldg. #151)

- Mon Thu: 0600-2000
- Fri: 0600-1400
- Sat & US/Training Holidays: 1000-1800
- Sun: Closed
- DSN: 722-8503

#### K-16 Batting Cage (FREE)

- Mon-Fri: 0500-2130
- Sat, Sun & U.S. Holidays: 1000-1830

## K-16 SFA FITNESS CLASSES (FREE)

#### H.I.I.T

#### (High Intensity Interval Training)

Experience a diverse range of exercises, encompassing resistance and aerobic training. Embrace the challenge; this strategy maximizes efficiency, saving time while aiding weight loss, muscle building, and metabolism enhancement.

#### A.T.T.A.C

#### (Only by reservation)

Advanced Tactical Training and Conditioning Program is for your unit PT or Individual re-conditioning by certified strength and conditioning coach. Training will focus on a holistic approach teaching and instructing active duty soldiers on the proper posture, increased mobility, energy system development and rehabilitative measures based on H2F.

#### Flow & Hold

Discover the science of balance with yoga - harmonizing body and soul, work and life, mobility and stability. Perfect for beginners, this lunchtime class offers a gentle introduction.



For more information, please contact. Ms. Kim, Min Chong at DSN 722-8404 or from cell 050-3322 8404. Email: minchong.kim.ln@army.mil



## K-16 FREE SWIM LESSONS K-16 INDOOR POOL

**Basic Class: Mondays, 1230** 

- Duration: 30 minutes for 8 weeks
- Max 5 people

Intermediate Class: Wednesdays, 1230

- Duration: 30 minutes for 8 weeks
- Max 5 people

## K-16 MONTHLY SWIMMING CHALLENGE K-16 INDOOR POOL

**25M** - Beginner Swimmer: Allowed to use floating devices such as life jacket, kick board or agua belt ... etc.

50M - All Swimmer: Freestyle

200M Relays - Freestyle relay, no diving allowed.

Winner will be determined at the end of each month.

For more information, call K-16 Indoor Pool, DSN 722-8503 or K-16 Fitness Center, DSN 722-8413.

## K-16 FITNESS CENTER **BE STRONG IN SPRING**

(STRONG B.A.N.D.S)



#### **Event 1. K-16 OLYMPIC WEIGHTLIFTING 101**

Wednesday, 3 & 17. April, 1500-1630 Saturday, 6 & 20 April, 1030-1200

Olympic weightlifting is one of the best ways to increase muscle power and strength, coordination, and flexibility. There are two official Olympic weightlifting disciplines; the Clean and Jerk, and the Snatch. Both moves involve lifting a weight from the floor to above the head, albeit with very different techniques. Learn the Clean and Jerk, Snatch, and the Push Press from a Certified Coach, using proven methodology, on weekdays and weekends starting Spring 2024.

Registration is limited to 10 participants on a first come, first served basis.

Coach: Kim. Minchong.

- B.A. in Physical Education (Major) and Food Nutrition(Minor)
- M.A. in Therapeutic Biomechanics
- Certified Strength and Conditioning Coach & Foundation of Lifting Coach by NSCA

#### **Event 2. K-16 OLYMPIC WEIGHTLIFTING CLINIC**

Saturday, 18 May, 1030-1200

K-16 SFA invited Mr. Seo (Physical Therapist, Formal Olympic Weightlifter) to help improve your Olympic Weightlifting skills.

Mr. Seo started Olympic Weightlifting since middle school and came in 3rd place, receiving a bronze medal in the Korean 108kg division. He has been training athletes and professional soccer teams as a physical therapist for more than 10 years. He is currently working at the Seoul Twotop Orthopedics & Rehabilitation Medicine alongside the national soccer team's doctor. If you are hesitant to try Olympic Weightlifting due to an injury or lack of mobility, make sure to attend his class. He can give you feedback and teach you the proper modified form. Don't miss out on this opportunity to learn from an expert Olympic Weightlifting coach.

- Registration: 6-15 May
- Coach: Seo, Seung- il, PT & Kim, Minchong, CSCS
- Registration is limited to Ten(10) participants.
- Bring your own shoes and water bottle.

#### **EVENT 3. K-16 DEADLIFT COMPETITION**

Friday, 24 May, 1000

- Registration: 13-21 May
- Weights-in: 22 & 23 May, 1700-2000 / 24 May, 0700-0800
- Strongest Man and Strongest Woman Award and 1st, 2nd and 3rd place.
- Maximum 20 people. (Age: 18+)



For more information, please contact to Ms. Kim, Minchong, CSCS for any detail e-mail: minchong.kim.ln@army.mil





## **K-16 LANDING ZONE CLUB**

BLDG S-302, 1st Floor Office 722-8106 / 8477



Eric U. Yim eric.u.yim.naf@army.mil



Mun, Chong Hwan chonghwan.mun2.ln@army.mil





#### **Hours of Operation**

#### Club

Tue-Thu: 1700-2200 Fri-Sat: 1700-2400

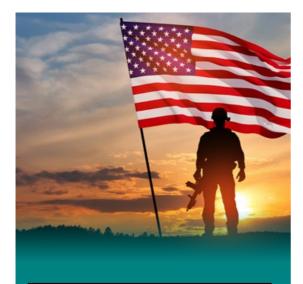
Sun, Mon & KN Holiday: Closed

#### **Game Room**

Tue-Thu: 1330-2230 Fri-Sat: 1530-2330

Sun, Mon & KN Holiday: Closed

\* Last order is 30 minutes before closing.



#### **RIGHT ARM NIGHT**

Friday, 5 April, 1600-1800 K-16 Landing Zone Club

#### **EVERYONE WELCOME!**

Active Duty, Retirees, Reserve **Duty and Civilians** 

Join us at the Landing Zone for a night of camaraderie & Esprit De Corps. Free refreshments, games & giveaways.

For more information call 722-8103.

### **VICTORY PARTY**

riday, 5 April, 1900-2300 K-16 Landing Zone Club

1600-1800: Right Arm Night

1900-2200: Live Band by Jubilee Band

2200-2300: DJ Music

#### **EVERYONE WELCOME!**

Active Duty, Retirees, Reserve **Duty and Civilians** 

Free Admission

Snack Service: 1700-2200

PIZZA: Combination or Supreme \$6 **BURRITO: Chicken or Beef \$4 CHICKEN WINGS 4pcs** \$7

#### **Country Music Night**

Tuesdays, 1800-2400

#### **Latin Music Night**

Wednesdays, 1800-2400

#### Karaoke Night / Free Food & Chips

Thursdays, 1700-2200

#### **Cosmic Live DJ Night**

Fridays & Saturdays, 1900-2400

## K-16 COMMUNITY ACTIVITIES CENTER **EQUIPMENT FOR RENT**

Canopy, Popcorn Machine, Table Cloth, Ice Chest, Folding Table, Folding Chair, Inflatable Game, Bike with Helmet, Chafing Dish with Warmer

722-8103/8101 **BLDG #302** 



Rike w/ Helmet Rental Fee All Day, \$15 Half Day (4 hrs), \$10

- \* PT 2 hours \$5
- \* Early pick up authorized and available to use FMWR Unit Fund



Large \$9 Small \$6



Folding Chairs \$1 Each/day



Inflatable game \$75/day



10x10, \$20 10x20, \$25 each/day



Folding Table 36"x72" \$5/day



Popcorn Machine \$20/day



Table Cloth \$2/day



Chafing Dish with alcohol warmer \$10/day





- a usag yongsan
- DSN: #315-738-2222
- reservations@dragonhilllodge.com
- www.dragonhilllodge.com



## K-16 COMMUNITY ACTIVITIES CENTER

BLDG S-302, 2nd Floor

Office 722-8103 / 8101







**Hours of Operation** 

Mon - Sat: 0800-2200 Sun: Closed



#### FREE 1 on 1 Piano Lesson

Tuesdays, 1600-2000, K-16 CAC Piano Room

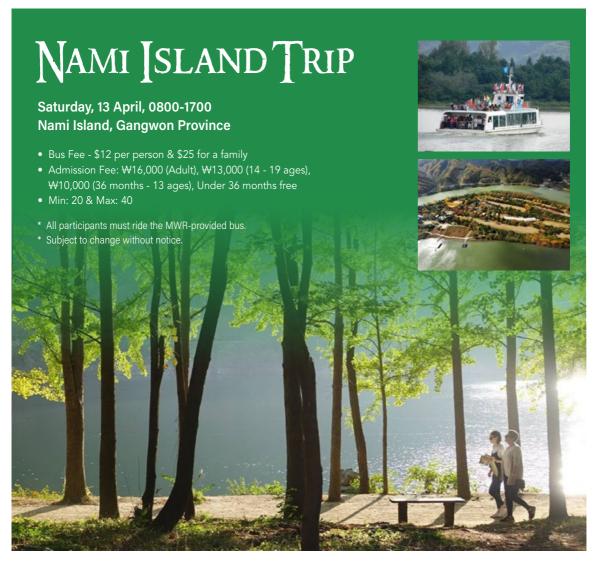
• Beginner only, 20 minutes per person

#### FREE Korean Language Class

Wednesdays, 1200-1250 K-16 CAC TV Viewing Room

#### FREE Movie Night (AAFES Sim Card)

Saturdays, 1300-2200 K-16 CAC TV Viewing Room







## **K-16 LIBRARY**

BLDG S-302, 3rd Floor

Office 722-8104 / 8105



K-16 BRD Manage Eric U. Yim eric.u.yim.naf@army.mil



**Hours of Operation** 

Tue. Thu & Fri: 1000-1900 Wed & Sat: 0900-1800 Sun & Mon: Closed





#### **Korean Cooking Class**

Thursday, 11 April, 1700-1900 K-16 CAC, 2nd Floor, Multi Purpose Room



#### Wrapping Class

Thursday, 18 April, 1030-1130 K-16 Library

## **YONGSAN & K-16 BOSS**

BLDG S-302, 2nd Floor

Office **722-8100** 



#### Area I & II BOSS President

SGT Choi, Hamin

DSN: 722-1018 Cell: 010-7547-1764

Email: hamin.choi.mil@army.mil



#### K-16 BOSS President:

SPC Jamison, Malik J. Cell: 010-8319-4821

Email: malik.j.jamison.mil@army.mil



#### K-16 BOSS Treasurer

SPC Soriano, Jorsy

Cell: 010-2607-6987

Email: jorsy.soriano.mil@army.mil

#### K-16 BOSS Meeting

Monday, 15 April, 1300-1400 K-16 CAC, Movie Room





#### Yongsan/K-16 MWR Advisor

Eric U. Yim

DSN: 722-8100

Email: eric.u.yim.naf@army.mil

#### COMING SOON

#### **Life Skill** Projects

May 24 Indoor Rock-Climbing - Course A

May 31 Indoor Rock-Climbing - Course B

June 29 **Deep Sea Fishing** 

July 4 **BMW Driving Class** 

## K-16 ARTS & CRAFTS

Tuesday – Saturday: 1100-1900 Sunday – Monday: Closed

#### Welcome to JSJ 3D Printing Lab @ K-16 CAC!

We provide 3D Printing services such as:

- 3D printing modeling
- Workshop for learning 3D printing process, DIY of Drones and Robots
- Sales of Robot Kits, Drone Kits Electronic Parts, Accessories for your DIY Kits, etc.
- Printing customized bust of yourself, Trophies and Souvenirs (All products can be made to order.)

You can use our machines for making something you wish to make. FDM 3D Printers and high quality resin 3D Printers are ready for you! Have fun & unleash your creativity!



3D Printing Lithophane with Framework



Citation with Laser Printing



3D Printing Trophy



Coin Making



Softball Trophy



Frame & Matt Work



Crafts Work



Acrylic Cellphone Holder

- Youth Pottery Class: Every Wednesday 1500-1600
- Comfy! LED Lighted Stand Making Class:

Every Saturday, 1300-1400

- Minimum 5 & Maximum 12 Participants Required
- All Youth Class must be attended with parents or legal guardian.





Arts & Crafts Contractor Mr. Pak provides services to include Framing, Unit Coin, Trophy, 3-D Printing and Classes.

If you have any questions, please call 722-8435 or Mr. Pak, Jong Soo at 010-5252-4149.



FREE T-SHIRT for the first 100 finishers!

**13.1** MILE

**21.08** KM

**REGISTRATION: 0800 - 0845** 

RACE STARTS: 0900

- Men's & Women's Division: Open / Sub Masters / Masters / Senior Masters
- Awards will be presented to 1st, 2nd and 3rd places.

For more information, please contact Mr. Yi, Sung Tok at DSN 722-4637 or from cell 050-3322-4637 / 010-9025-9956 email: sungtok.yi.ln@army.mil

