

rucker.armymwr.com

Curbside Parking available

at the Landing Zone.



Landing Zone Lunch Special \$10 includes nonalcoholic drink. Available from 11-2 pm while supplies last. Monday Marinated beef tips, jasmine rice, braised greens Tuesdav Grilled rock cod tacos, slaw, and cilantro rice Wednesdav Split pea soup with grilled cheese and tomato sandwich Thursday Fried chicken with corn muffin and coleslaw Friday Pulled chicken and green chili enchiladas with Spanish rice

Become a Lifeguard Sign Up Today • Ages 15 & Up

AED Administration

Military/DoD ID card holders: \$125.00 General Public: \$135.00 Cut off for registration is 3 days prior to the course start date.

- American Red Cross Water-Front Certification Lifeguarding Lifeguarding • First Aid, CPR &
- Water-Park Lifeguarding

Each certification is valid for 2 years from the course completion date

Candidates who take the training program hrough Fort Rucker SFA are also eligible or employment with Fort Rucker MWR!

Register at the front desk of the Fort Rucker Physical Fitness Center - (334) 255-2296

ACS

EMPLOYMENT READINESS PROGRAM

YOUR CAREER

JANUARY 9 & 23

ROOM 350

(334) 255-2594

FY20 LIFEGUARD COURSE DATES

9–12 January 23–26 January 6–9 February 20–23 February Thursday & Friday

4:00 - 8:00 p.m. Saturdav 8:00 a.m. - 5:00 p.m. Sunday 1:00 - 5:00 p.m.







Track and Field Now - January 31 T-Ball, Baseball, & Softball.....Now - February 15 Spring Soccer Now - January 15 Start Smart Soccer January 1 - 31

For more information call the Youth Sports and Fitness Office at (334)255-2254/9105

Coaches are needed! If interested please contact Youth Sports: (334)255-2254/0950.



Martin Luther King Jr. Day

11 a.m. – 7 p.m.



25¢ Game Per Person 50¢ Per Shoe Rental Regular pricing applies to othe nenu items

"I Have A Dream..." Skate Night - January 24

School Age Center (334) 255-9108 Safety Skate Regular Skate CORRECT

5:00 - 6:00 p.m. 6:00 - 8:00 p.m. CASH Cost: \$5.00 Cost: \$10.00 ONLY Parents must Ages 6 and be present.



Tuesdays 6:30–8:30 p.m.



\$20 Mother Rucker's Gift Card Given out each round to winning team

\$20 Mother Rucker's Gift Card Given out to the team with the overall highest score at the end of the evening

Free Admission Open to the Public



of the month 9:00 - 11:30 a.m. at The Landing, Building 113, Novosel Street

ACS

Mandatory for all arriving permanent party personnel. No reservations are needed to attend the event







LAKE THOLOCCO, WEST BEACH

PRE-REGISTER AT EITHER PHYSICAL FITNESS CENTER OR ON RACE DAY FROM 9:00 - 9:45 A.M.

11:00 A.M. PARTICIPANTS CAN SPRINT AND PLUNGE INTO LAKE THOLOCCO WITH MWR

HOT BEVERAGES WILL BE PROVIDED AFTER YOUR ARCTIC DIVE.

\$10 COMMEMORATIVE POLAR PLUNGE FLEECE BLANKET AVAILABLE WHILE SUPPLIES LAST.

FORT RUCKER PFC: (334) 255-2296/3794



(334) 255-3916

MOTHER RUCKER'S 319 RUF AVENUE



NWRFORT RUCKER Questions? Call us...

Army Community Service (ACS) Director 255-9888 Information and Referral 255-3161 / 3670 **Army Emergency Relief** (AER) 255-2341 **Army Family Action Plan** (AFAP) 255-9888 **Army Family Team Building** (AFTB) 255-9888 Army Volunteer Corps 255-9888 **Deployment and Mobilization Program** 255-9888 **Domestic Violence Helpline** 379-7947 Employment Readiness Program 255-2594 **Exceptional Family Member** 255-9277 Family Advocacy Program 255-3898 **Financial Readiness Program** 255-9631 Lending Hangar 255-3161 / 2887 New Parent Support Program 255-9647 / 3359 / 9805 **Relocation Readiness** 255-3735 **SHARP 24-Hour Hotline** 470-6629 Survivor Outreach Service 255-9639

Business Operations Rucker Bingo

255-9626 **Divots Restaurant & Grille** (Golf Course) 255-0088 Mother Rucker's Sports Bar 255-3916 **Rucker Lanes Bowling Center** 255-9503 Silver Wings Golf Course 255-0089 The Landing / Five Star Catering 255-0769 The Landing Zone 255-0768



Community Recreation Arts & Crafts Center 255-9020 **Automotive Skills Center** 255-9725 **Better Opportunities for** Single Soldiers (BOSS) 255-9404 **Center Library** 255-3885 Lake Tholocco Lodging 255-4234 **MWR Central** 255-2997 / 9517 **Outdoor Recreation** 255-4305 **Physical Fitness Centers** 255-2296 / 3794 **Riding Stables** 255-0021 Special Events 255-1749 / 9810 **SPLASH! / Aquatics Office** 255-9162 **Child & Youth Services (CYS)** Child Development Center (CDC) 255-2262 / 3564 **Family Child Care** 255-1238 / 3446

Mini Child Development Center (CDC) 255-3066 **Parent Central Service** 255-9638 **School Age Center** 255-9108 / 9127 **School Liaison Services** 255-9812 **Youth Center** 255-2271 / 2260 Youth Sports & Fitness 255-2254 / 2257

Family & MWR Family & MWR Marketing 255-2292 **Sponsorship & Advertising** 255-9446 Unit Funds 255-1888 **Fundraiser Requests** 255-2106 **Post Solicitation** 255-9331 **Private Organizations** 255-2106 **NAF Human Resources**

255-9126

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