

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 8-4

Bounce & Splash

August 31, 11 am - 1 pm
Shore Park Pool
* Pool Fees apply

Come enjoy the last weekend of Pool operations with Sprinklers and BOUNCE HOUSE.

New York City Bus Trip

September 14, 2024

NYC, 8th Ave and 48th Street
Depart AA Recreation Center: 7:00 am
Return AA Recreation Center: 9:00 pm
6432 Ashbury Street, Bldg 3326
Cost: \$75.00 per person

No refunds. All sales are final.
To purchase your ticket or for questions stop in the AA Recreation Center, Bldg 3326
or Call 410-278-4011/4124 or email: usarmy.apg.incom.list.apgr-usag-mwr-leisuretravel@army.mil

BUY A BUCKET, GET A BUCKET!

NEW BUY 1 GET 1 FREE

Bucket Special

Please drink responsibly

<https://aberdeen.armymwr.com/>

Fitness

MIXXEDFIT

Dance Fitness Class

\$30 for 8 consecutive classes

Tuesday, 11:30-12:30
September 17 - November 5

EA Hoyle Gym

For more info or to sign up call 410-278-4011/4124

Wednesday, 11:30-12:30
August 21 - October 9

AA Athletic Center

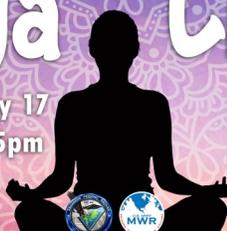
For more info or to sign up call 410-278-4011/4124

**Cardio Dance Fitness Program,
Bodyweight Training, Explosive Dance
Movements, For all Fitness levels**



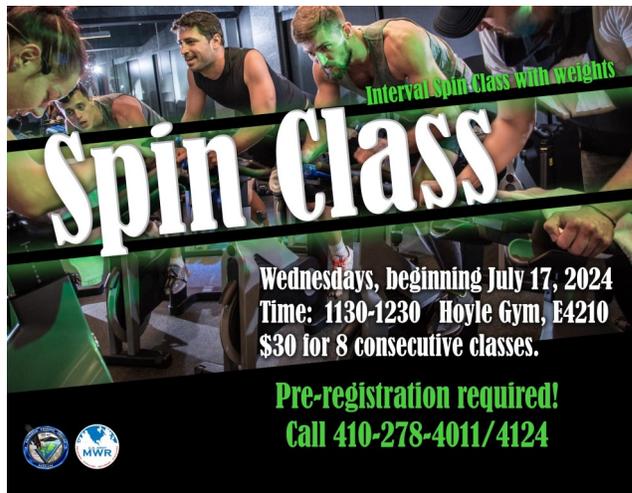
Yoga Class

Beginning July 17
4:45pm-5:45pm



AA Recreation Center, 6432 Ashbury Street, Bldg 3326

\$40 for 8 consecutive classes every Wednesday
Pre-registration required 410-278-4011/4124 or contact
usarmy.apg.imcom.list.apgr-usag-mwr-leisuretravel@army.mil



Interval Spin Class with weights

Spin Class

Wednesdays, beginning July 17, 2024
Time: 1130-1230 Hoyle Gym, E4210
\$30 for 8 consecutive classes.

Pre-registration required!
Call 410-278-4011/4124




Don't miss this

FREE AUGUST MOVIES



BOSS
BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

CHALLENGERS
FRIDAY, AUGUST 30
MOVIE STARTS AT 6:00 PM

IF
SATURDAY, AUGUST 31
MOVIE STARTS AT 4:00 PM

CONCESSIONS FOR SALE BEFORE AND DURING THE SHOW INCLUDE POPCORN, ASSORTED CANDY, SODA AND WATER



FREE SEPTEMBER MOVIES



WILL SMITH MARTIN LAWRENCE
BAD BOYS: RIDE OR DIE

BOSS
BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

SEPTEMBER 27 6:00 PM
BAD BOYS: RIDE OR DIE (R)

SEPTEMBER 28 4:00 PM
THE GARFIELD MOVIE (PG)

CONCESSIONS FOR SALE BEFORE AND DURING THE SHOW INCLUDE POPCORN, ASSORTED CANDY, SODA AND WATER



2024 White House Christmas Ornaments

\$20.50
while supplies last!



Ask about 2022 and 2023 for only \$10

The Official 2024 White House Christmas Ornament honors President Jimmy Carter, the thirty-ninth President of the United States. The 2024 design is a thoughtful presentation of historic moments from his life and presidency, which we hope you enjoy learning more about. The ornament's anchor shape, an iconic symbol of hope, also represents Carter's service in the United States Navy. The North Portico of the White House is shown adorned with poinsettias that harken back to the vibrant and festive White House Christmases he shared with his family.

To purchase visit MWR Leisure Travel Office, BLDG 3326.
For questions call 410-278-4011 or email us at usarmy.APG.incom.list.apgr-usag-mwr-leisuretravel@army.mil



CYS SPORTS Speed and Agility Training

Registration held Aug 26 - Sep 23

Program will emphasize agility in sports which is the ability to change direction and positioning of the body while in motion. The program will also work on quick reflexes and reaction time.

Program Begins Sept. 24
Held for 5 weeks every Tuesday)
Fanshaw Field COST/FEE: \$30
Boys and Girls ages 6-16
Age Determination Date: Sept 24, 2024

Sports Physicals are required to play before Sept 24
For more information, contact william.m.kepley3.naf@army.mil

REGISTRATION INFO:
Please call 410-278-7571/7479 to schedule an appointment Monday through Thursday 8 a.m.-4:30 p.m. and Fridays 8 a.m.-3 p.m. at the Central Registration Office, Bldg 2503 Advanced Tactics Rd., Second Floor, Rooms 210 & 211. During these times, we are requesting new patrons to only have one parent come in to register. If your child has played sports at APG CYS within the last year and the Sports Physical is current (within 1 year), please call to register via phone.

SUBJECT TO CHANGE BASED ON INSTALLATION CONDITIONS




CYS SPORTS START SMART SOCCER REGISTRATION

Registration held August 1-August 30. Open to all children in nearby counties!

Start Smart Soccer is a program designed to teach the basics of soccer with a child's parents. CYS Sports will have a coordinator to assist.

Program begins September 9 (6 weeks) once per week

APG Turf Soccer Field. AGES: 3-5 (Coed)
Practices held on Mondays from 5:30-6:30 p.m.
Age Determination Date: September 9, 2024

COST/FEE: \$30

Sports Physicals are required to play before September 9.
For more information contact william.m.kepley3.naf@army.mil

REGISTRATION INFO: Please call 410-278-7571/7479 to schedule an appointment Monday through Friday 8 a.m.-3 p.m. at the Central Registration Office, Bldg 2503 Advanced Tactics Rd., Second Floor, Rooms 210 & 211. Appointments are required for new patrons and patrons whose yearly sports registration has expired. If your child has played sports at APG CYS within the last year and the Sports Physical is current (within 1 year), please call to register via phone.




Bowling Leagues Now Forming



Tuesday Night
Adult Mixed League
starting September 17

Friday Night
Adult Mixed League
starting September 6

Saturday Morning
Youth League
starting September 7

Join one Today!

For more information please contact:
theodore.e.dolzine.naf@army.mil
or melinda.s.conway.naf@army.mil





Family and Finances

Upcoming FRP Classes

08/28: Financial Fitness: This seminar will discuss military benefits

08/29: Credit Management: This seminar provides information on credit establishment, credit management and debt relief. It introduces debt-to-income ratio concepts, the importance of monitoring credit reports and scores and briefly addresses the SCRA and bankruptcy.

08/30: Car Buying: Purchasing a car can be a difficult and frustrating process. This seminar you will teach you how to negotiate with dealers for the best price and explore how you can save hundreds, if not thousands of dollars on your next vehicle purchase! In addition, discussion will help you determine how much car you can afford.

09/04: Military One Source: This seminar will help you navigate the Military OneSource site and will provide resources and tools to help service members and families and assist service providers in their important roles of support

09/05: Investing in the Digital Age: Learn how to make smart investment decisions and protect your money from scams in this briefing delivered by the U.S. Securities and Exchange Commission.

09/06: Investing in the Digital Age PT 2 : Learn how to make smart investment decisions and protect your money from scams in this briefing delivered by the U.S. Securities and Exchange Commission.

09/11: Money and Relationships: Marriage is not only a meaningful commitment to your partner but also a financial commitment, and financial stress can play a big role in a marriage. This seminar will provide tips and tools to help you minimize stress and optimize your finances.

09/12 & 13 Pre-deployment/Post Deployment: Planning and preparing for the financial changes associated with a deployment can reduce stress on you and your family and help you make the most of the situation. We'll cover some of the benefits and potential financial pitfalls of deployment to help you remain financially secure during the deployment cycle.

MILITARY ONESOURCE

Sept 4, 2024
12:00 PM - 1:00 PM
Via MS Teams

This seminar will help you navigate the Military OneSource site and will provide resources and tools to help service members and families and assist service providers in their important roles of support.

Registration is not required.
For virtual meeting link and instructions visit:
<https://aberdien.armymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.

IDENTITY THEFT

Sept 27, 2024 12 - 1 pm via MS Teams

This seminar discusses what ID theft is, how thieves steal your ID and what you can do to deter, detect and defend against identity theft.

Registration is not required.
For virtual meeting link and instructions visit:
<https://aberdien.armymwr.com/programs/financial-readiness-program>
For more information call: 410-278-2453.

JOURNEY THROUGH GRIEF AND LOSS

Scan me for link

October 1, 2024
12 - 1 pm
via MS Teams

ARE YOU OR SOMEONE YOU KNOW GRIEVING
EXPLORE DIFFERENT EXPRESSIONS OF GRIEF AND
OR HOW TO SUPPORT SOMEONE WHO IS GRIEVING

For more information call 410-278-7478