

Aberdeen Proving Ground



InDemand e-Newsletter

ISSUE 4-5



U.S. ARMY

2026

STRONG COMPETITION

Strong Competition 1 rep max at separate events Deadlift, Bench Press, and Squat.

May 21, 2026

11-2 PM

AA Athletic Center, Bldg 3300

Register by emailing Kevin Reich at:
kevin.b.reich.naf@army.mil

Individuals will compete in the event they choose separately with three tries.

Include Name, sex, age, weight, starting weight for each event competing in and estimated start time.

The highest weighted score will decide the winner for each event.



New items up for AUCTION!



The Family and MWR NAF Property Sale is live through April 2026.

Don't miss this opportunity to bid on quality items!
CHECK BACK WEEKLY FOR UPDATES!

Visit the auction page at:

<https://www.GovDeals.com/APG>

April is
NATIONAL CHILD ABUSE PREVENTION MONTH
Lunch and Learn Series

This April, empower yourself to protect our community's children by joining APE Family Advocacy Program's virtual Lunch and Learn Series for Child Abuse Prevention Month. Gain valuable skills in youth financial literacy, children's stress management and parental safety at our free webinars open to all in the APG Community.

Via MS Teams at 12 PM
Raising Financially Fit Kids: April 14
Stress Management for Kids: April 21
Safety Skills for Parents: April 28

For more information contact Nicole at 410-278-1711

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



STAY in the know

Connect with MWR!

Keeping up with Army MWR is easy.



Scan Here

Sign up for our **email updates** to stay in the know about MWR programs and events!



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





ARMED FORCES DAY GOLF OUTING

MAY 15, 2026 RUGGLES GOLF COURSE

18 hole
9 am shotgun
\$70 eligible patrons
\$50 for members
Food and refreshments included

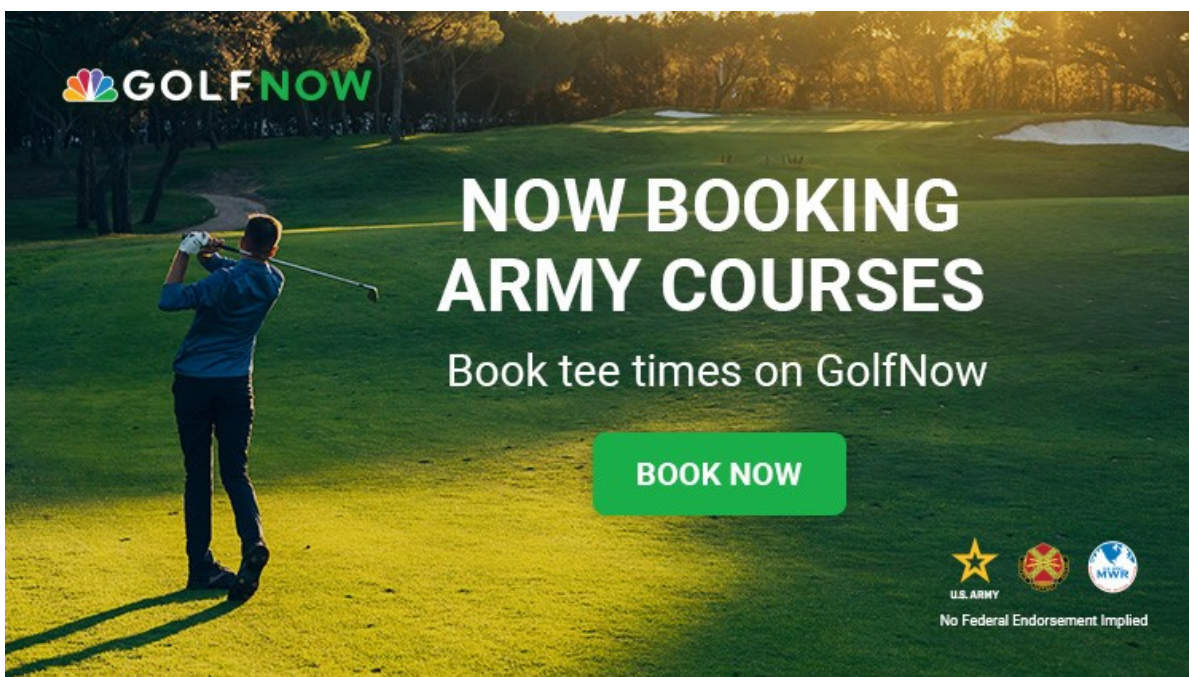
**PRE-REGISTER AT CLUBHOUSE
OR CALL 410-278-4794**


SPONSORED BY











NOW BOOKING ARMY COURSES

Book tee times on GolfNow

BOOK NOW



No Federal Endorsement Implied

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



Let's Get PHYSICAL! MILES for FITNESS

During the Month of May
Track your Fitness Progress.

Each day record your miles completed and see how
you stack up at the end of the month.

For more information call the
Athletic Center - 410-278-7933/7934

armymwr.com/strongbands | #STRONGBANDS

Run/walk
Bike
Elliptical
Rower



No federal endorsement implied.

FREE BOSS MOVIES

Aberdeen Post Theater

Friday, January 30 at 6:00 PM
Saturday, January 31 at 4:00 PM
Friday, February 27 at 6:00 PM
Saturday, February 28 at 4:00 PM
Friday, March 27 at 6:00 PM
Saturday, March 28 at 4:00 PM
Friday, April 24 at 6:00 PM
Saturday, April 25 at 4:00 PM
Friday, May 29 at 6:00 PM
Saturday, May 30 at 4:00 PM
Friday, June 26 at 6:00 PM
Saturday, June 27 at 4:00 PM
Friday, July 17 at 6:00 PM
Saturday, July 18 at 4:00 PM
Friday, August 28 at 6:00 PM
Saturday, August 29 at 4:00 PM
Friday, September 25 at 6:00 PM
Saturday, September 26 at 4:00 PM
Friday, October 16 at 6:00 PM
Saturday, October 17 at 4:00 PM
Saturday, December 12 - Merry Moviethon

Doors Open 30 Minutes Prior.
CASH ONLY!
Concessions available for purchase
before and during the movie.



“Like” us on Facebook
www.facebook.com/APGMWR?ref=hl



Follow us on Twitter
<https://twitter.com/APGMWR>



Find us on Instagram
<https://www.instagram.com/apgmwr>



Watch us on Youtube
www.youtube.com/user/APGMWR/videos

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



Taco Tuesday

Tuesday, May 5

11 am - 1 pm

Bay Breeze Food Truck 6000 Block

The Bay Breeze opening day is Cinco De Mayo. Come join us with our Hispanic themed menu.

Street Taco Flight

4 Street Tacos with your choice of Chicken, Pork, or Vegetarian Mushroom. Served with beans and rice. Mix and match and try them all.

Tres Leche Cake

Light sponge cake soaked with milk and topped with whipped cream and strawberries.

Aqua Fresca

Try our Strawberry and Lime or our Cucumber Melon flavors.



Top of the Bay

OUTDOOR RECREATION

OPEN HOUSE! & NAF Sale

Thursday, May 7
 Join us for Annual Open House & NAF SALE
 6627 Aerospace Road 11 am to 3 pm

Come see new equipment, facilities and services offered
 First 100 People will receive Hotdogs, water and chips

Old and As-is equipment will be sold for day and carry

Community Recreation Division (CRD)
Shore Park Pool
Aberdeen Proving Ground, MD



NOW HIRING
Aquatic Manager
Lifeguards



Apply Online following the QR code for faster processing in person at the event.

For questions or more information call 443-910-6309 or go to www.usajobs.gov

Child and Youth Services

Open to all youth in nearby counties!



**CYS SPORTS
START SMART
BASEBALL
REGISTRATION**

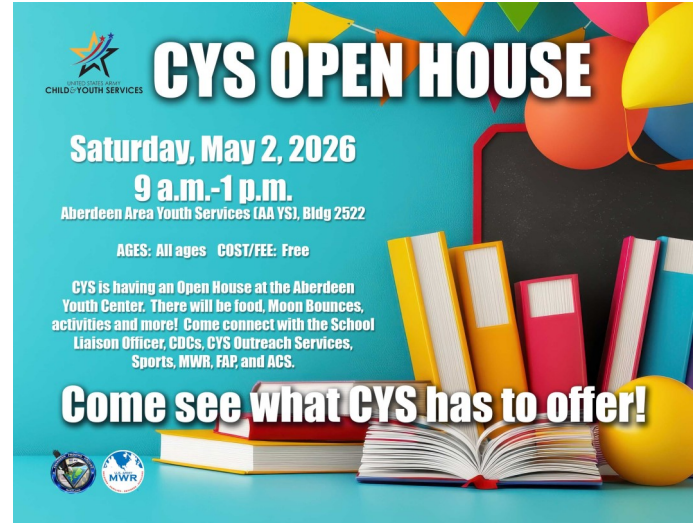
Learn the baseball basics such as throwing, catching, hitting and agility. Program is designed to work in stations with the child and parent. Parent participation is mandatory. CYS Sports will provide a coordinator to organize the stations. Shirts and Caps are provided. Parents must provide a baseball glove.

Registration held April 17 - May 14
Program begins May 14, 5:30 p.m.
Program held every Thursday for 6 weeks.

Fanshaw Turf Field (behind Post Theater)
AGES: Boys and Girls ages 3-5
COST/FEE: \$40

Sports Physicals are required to play before May 13.
For more information, contact william.m.kegley3.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. Appointment is required for new patrons and patrons whose yearly registration and pass has expired. If your child has played sports at APC/CYS within the past year and the Sports Physical is current (within 1 year) please call to register via phone.


CYS OPEN HOUSE

Saturday, May 2, 2026
9 a.m.-1 p.m.
Aberdeen Area Youth Services (AA YS), Bldg 2522

AGES: All ages COST/FEE: Free

CYS is having an Open House at the Aberdeen Youth Center. There will be food, Moon Bounces, activities and more! Come connect with the School Liaison Officer, CDCs, CYS Outreach Services, Sports, MWR, FAP, and AGS.

Come see what CYS has to offer!




CYS SUMMER 2026



BABYSITTERS' COURSE

6431 Advanced Tactics RD, Bldg 2503, Second Floor, Room 214
10 a.m.-2 p.m. AGES: 13-18 (girls and boys) COST/FEE: \$60

Wednesday, June 24, 2026
Thursday, June 25, 2026
Friday, June 26, 2026

For more information, contact:
cynthia.r.chance2.naf@army.mil,
brittney.e.johnson2.naf@army.mil or
elisabeth.m.crowder.naf@army.mil.

CYS offers a babysitting course for youth ages 13-18. The program offers the youth the opportunity to learn basic babysitting guidelines when watching children normally from the age of birth to approximately the age of 12. Students will also learn CPR/First Aid and receive a certificate upon completing all three days of the course. Spaces are limited to 10. There must be at least 5 children registered for the program to run. Your child must be registered into the program to participate. Children participating cannot leave the building. Water and a small snack will be provided each day.

REGISTRATION INFORMATION:
Please call 410-278-7571/7479/1233 to schedule an appointment Monday through Friday 8 a.m.-3:30 p.m. at the Central Registration Office, 6431 Advanced Tactics RD, Bldg 2503, Second Floor, Rooms 211 & 209. You must register to participate -only 12 spaces! Payment due at time of registration. First come, first served.

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



Family and Finances

Upcoming FRP Classes

04/29: Banking and Financial Strategies: This seminar explains how to choose financial services and institutions to meet your needs. Basic information on banking and checking accounts and other financial services will be provided.

04/30: Wealth Building and Planning for Retirement: Learn how to build wealth through investing. Topics will include:

- How Consistent Contributions to TSP Can Grow Through Compounding
- The Value of Diversification and Investing for the Long Term
 - What to Consider When Using Investing Apps
 - Risks of Digital Assets, Like Cryptocurrencies
- Learn How Some People Became Millionaires Through the TSP
 - Protecting Your Money From Investment Scams

05/01: Saving and Investing: This seminar will identify reasons to save and how to set goals for a savings plan. Participants will explore the difference between short-term savings and long-term investments.

05/06: Thrift Savings Plan: This seminar provides an overview of the Thrift Savings Plan (TSP). We will discuss Enrollment, Participation, Contributions, Roth TSP, Investment Funds and Withdrawal Options. We will also highlight important considerations for retirement planning and will provide other valuable resources.

05/07: Home Sweet Home: A house is one of the most complicated and expensive purchases you will ever make. This presentation provides an overview of the home buying and mortgage process.

Topics include:

- Determining Whether the Time is Right to Purchase A Home
- Determining What You Can Afford
- Choosing A Lender and Loan
- Selecting A Real Estate Agent
- Negotiating
- Closing the Deal

05/08: Planning your Finances For the Next Big event: Seminar will provide strategies to help you financially plan for a major event or for the next big holiday.

05/13: Building Strong Credit: This seminar discusses the information found on a credit report - what it is used for, and how it can affect you financially. Learn about the three major credit reporting agencies and what they do with your information. Recognize which factors usually increase your credit risk in the eyes of these reporting agencies.

Saving and Investing

May 1, 2026
12 - 1 pm via MS Teams

This seminar will identify reasons to save and how to set goals for a savings plan. Participants will explore the difference between short-term savings and long-term investments.



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

Permanent Change of Station

May 22
12:00 PM - 1:00 PM
Via MS Teams

A PCS assignment presents exciting opportunities but can also come with some financial challenges. This seminar increases awareness to the financial support that is available to service members and their families who have received a new assignment.



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

Developing a Budget

May 29
12:00 PM - 1:00 PM
Via MS Teams

This seminar focuses on how to create a realistic budget, the benefits of budgeting and budgeting tools to help you achieve your financial goals.



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