



#strongbands

Recreation Center - May 6-31, 2019

- Ping Pong Competition
- Pool Competition
- Horseshoe Competition
- Corn Hole Competition

These self-directed events will be held during AA Recreation Center operational hours.

Register: AA Recreation Center (Bldg 3326), 6432 Ashbury Street
410-278-2621 / 3404 / 4011

Library - Story Walk - May 6-31, 2019

Start: Recreation Center; around Fitness Path; Ends: Recreation Center
Self-directed event. Registration: APG Library, Bldg 3326, 410-278-3417

Exton Golf Course - Night Golf - May 24, 2019 - Start Time: 5:30 p.m.

Cost: \$40 Member / \$45 Authorized Patron / \$50 Guest 18-Holes. Dinner will be provided.

Pre-register at Exton Clubhouse: 410-436-2213

Athletic & Fitness Center & Hoyle Events

- **Miles for Fitness:** Any Gym: May 6-31, 2019

Athletic Center 410-278-7933; Fitness Center 410-278-9725; Hoyle Gym 410-436-3375

- **Basketball Shooting Competition:** May 15 (11 a.m.-12:30 p.m. & 3 p.m.-4:30 p.m.), May 22 (11 a.m.-12:30 p.m. & 3 p.m.-4:30 p.m.), May 29 (3 p.m.-4:30 p.m.)
Athletic Center 410-278-7933 & Hoyle Gym 410-436-3375

Outdoor Recreation - Kayak Excursion - May 10, 2019 - 6 p.m.

Meeting point at ODR, Bldg 2184, APG North, 6627 Aerospace Road

\$40 Per Person - Single Kayak / \$30 Per Person - Tandem (double) Kayak

Contact ODR to register: 410-278-4124. Minimum of 5 participants or event will be cancelled.

APG Pools - Pool Lap Competition - May 24, 2019 - 11:30 a.m.

Bayside Pool & Shore Pool. Shore Pool: \$5. *No rain date.*

Contact ODR to register: 410-278-4124

STEP 1 Attend featured fitness events at your garrison

STEP 2 Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/StrongBANDS



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