

Tanning Booths

4 Hex Tanning Booths.
Walk-ins - \$3.50, 10 Tans - \$25, 20 Tans - \$40.
Tanning supplies available.
Call 384-1308 for reservations.

Aqua Massage Capsule

5 minutes - \$4, 10 minutes - \$8, 15 minutes - \$10. No appointment needed. Gift Certificates avail.



All Army Sports

Applications to participate in All Army Sports events are avail on line

<https://armysports.cfsc.army.mil>

A yearly calendar showing deadlines for applications in each sport is avail.

Intramural Sports

Wrestling Meet Oct, Apr
Swim Meets Oct, Apr
Indoor soccer Oct
Dodge ball Oct
Broomball Nov
Basketball Dec
Pool & Darts League . Jan
Bench Press Jan
Volleyball Feb
Slalom Feb
Arctic Skills Feb
Racquetball Mar
Skeet Mar
Softball May
Golf Jun
Soccer Jun
Tennis Jun
Flag Football Jul
Track & Field Jul
Combat Cross-country 4 events



Unit Sports Meeting - 1st Tuesday monthly, 1 pm. Send your unit rep for info on sign-up and dates of events. Contact your Sports Director 384-1304/1312.

Aquatics

Aquatics Director - 384-1301
Pool Hours Recording - 384-1302

Hours of Operation

Monday - Friday: 5:30 am - 9:30 pm
Saturday & Sunday: 10 am - 4:45 pm
Federal & Military Training Hols: 10 am - 6 pm

- Diving Board • Water Slide
- Kiddy Pool • Hot Tub

Aquatics Opportunities

- Military Swim Lessons/Training
- Pool Party Rentals • Youth Swim Lessons
- Water Aerobics. Call 384-1301 for cost and dates.

Lap Swim



Kiddy Pool

Water Slide



Hot Tub

Buckner Physical Fitness Center



Ft. Richardson, Alaska

Buckner Physical Fitness Center & Aquatics Bldg 690 (6th & D Street)

Front Desk Customer Service - 384-1308
 Equipment Issue, Racquetball, Tanning Booths,
 Massage Therapy and Personal Fitness Training
 Facility Operations - 384-1306
 Sports Director - 384-1304
 Sports & Fitness Director - 384-1313
 Fitness Specialist - 384-1305
 Aquatics Director - 384-1301

Hours of Operation

Monday - Friday: 5:30 am - 10 pm
 Saturday, Sunday, & Holidays: 9 am - 7 pm
 Military Training Holidays: 7 am - 7 pm
 Web: www.usarak.army.mil/framwr/bfc.htm

Authorized Users

- Active Duty and Retired Military, and their Family members with valid military ID. Reserve, National Guardsmen, DOD civilians, and NAF Employees. One guest per ID holder.
- Age Policy: Children 12 years & under must be accompanied by a parent or guardian at all times when using the swimming pool. Youth 13 years & older may use the pool without a parent present. As a family member, children and youth (15 years old and under) must be actively participating in the same activity and under the direct supervision of a parent or guardian. You must be 16 years old to sign yourself in. 18 years old to sign a guest in.

Note: Children 12 years old and under are not authorized in the cardiovascular, strength, sauna, or steam rooms or Jacuzzi areas at any time.

Indoor Facilities

Free Weight Room

- Hammer Strength Equipment
- Cable Machines
- Dumbbells & Barbells
- Benches
- 42 Stations



2 Full Circuit Training Rooms

- Hammer Strength MTS - 14 Stations
- Life Fitness Equipment - 16 Stations



Many non-recreational activities are held at Buckner Physical Fitness Center; craft fairs, health fairs, charity events, military functions, ceremonies, and live entertainment. Call the Sports Office for upcoming events.

2 Cardiovascular Exercise rooms equipped with Cardio Theater

- Elliptical Trainers
- Stair Steppers
- Upright Bikes
- 1 official APFT Bike
- Row Machines
- Treadmills
- Recumbent Bikes



Indoor

- Men's & Women's Locker Rooms
- Sauna & Steam Room
- Hot Tub
- 4 Hex Tanning Booths
- 3 Basketball Courts
- 2 Racquetball Courts

Outdoor

- 2 Tennis Courts
- 3 Softball Fields
- 2 Soccer Fields
- 2 Flag Football Fields
- Outdoor Running Track
- Basketball Court
- Broomball Ice Rink

Multipurpose Room

- 1 Aqua Massage Capsule
- 25 Yard Indoor Pool (6-1/2 lanes)
- Daily use & Rental Lockers

Fitness Opportunities

- Group Fitness Classes at BPFC & the Family Zone
- Micro-Fit Assessments by appointment 384-1305
- Intro to Fitness Equipment: Learn how to properly use your fitness center equipment. No appointment
- Karate Lessons: A combined Martial Arts Class. A great way to maintain your fitness, improve flexibility, balance and stamina. Builds self-esteem. A class for all ages. Call 384-1308 for cost & times.

Personal Fitness Trainers & Massage Therapists

Certified Personal Fitness Trainers, (by appointment only) are available to assist patrons in the areas of weight loss, exercise planning, weight training, lifestyle assessment, beginning exercise techniques, nutrition analysis and stress management. Massage Therapists available by appointment only. Fees vary according to the program desired. Open to all authorized patrons 18 years and older. Call 384-1308.

Special Events

- Invitational Softball Tournament
- Arctic Valley Run (5 or 12.6 miles)
- Pre-Season Basketball & Softball Tournaments
- Soldier Appreciation Day
- Army 10 Miler Qualifier

