



# Kaiserslautern Family and MWR NEWSLETTER



## Freedom Rocks



### Rock the Fourth Festivities & Fireworks!

Celebrate Independence Day with live music, great food, & a spectacular fireworks display on July 4. [READ MORE...](#)

## Stars & Swings



### Freedom Fairway Challenge!

Join the 4th of July Scramble on Thursday, July 4 from 9 a.m. to 1 p.m. at the Rolling Hills Golf Course in Kaiserslautern. [READ MORE...](#)

## July 4



### Strength Showdown!

Test your power at the Bench Press & Farmer's Carry Competitions July 4 starting at 4:30 p.m. at Minick Field, Smith Barracks. [READ MORE...](#)

## July 11



### Host Nation Tour

Newcomers to the community can explore German culture, customs & local highlights by attending the Host Nation Tour. [READ MORE...](#)

July 12 & 13



### Ride to the Magic

Join Baumholder Outdoor Recreation on July 12 & 13 for a hassle-free, fun-filled journey to Disneyland Paris. [READ MORE...](#)

Registration Until July 15!

## SEMBACH CHEER PROGRAM



### Fall Cheer Camp Sign-Up

Registration for the Fall Cheer Camp is now open, offering young athletes a chance to build skills and spirit. [READ MORE...](#)

Registration Until July 15!



### Unit Teams Wanted!

Registration is now open for Kaiserslautern's Unit Level Flag Football. Rally the squad and hit the field. [READ MORE...](#)

Outdoor Fun Awaits!



### Explore the Outdoors!

Outdoor Recreation offers an exciting day of exploration and activities on July 19 from 10 a.m. to 3 p.m. [READ MORE...](#)



For a complete listing of events and activities please visit us at the [Kaiserslautern Family and MWR Website](#)

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