



# Family and MWR Bulletin Board JULY 2012

[Family Childcare \(FCC\) Provider](#)  
Earn Income while staying at home. Training this month at PRFTA. Click for more information

Spouses, Veterans, Guard, Reservists: Need a new career?  
**Employment Readiness Workshops**  
12 and 26 July  
[More info](#)



[Dublin Library Comes to PRFTA](#)

[CYSS Summer Programs](#)  
For ALL AGES!!  
Keep your Kids Busy this Summer

[Need Child Care?](#)  
Click here to find out more information about Family Child Care,



Recreation Center Calendar						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Icons: Basketball, Soccer ball, Tennis ball, TV, Bicycle, Chessboard

[Click Here for Details!](#)

Fitness Center Calendar						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Icons: Dumbbell, Treadmill, Person exercising, Stationary bike

[Click Here for Details!](#)

Send us an email:  
[Pao.parks@us.army.mil](mailto:Pao.parks@us.army.mil)

# Reservists, Guard, Military Spouses & Veterans

Do you want a Road Map for your job search?

Do you want to present yourself in a way that gets the  
employers' attention?

Do you want to get yourself into a career that  
satisfies you?



Employment  
Readiness  
Workshops

12 and 26 2012  
1130 – 1230

ACS conference room  
Bldg 312, corner of 9<sup>th</sup> and Davis



Provided by PRFTA Army Community Service  
Call (925) 875- 4678 for more information  
Or just drop into the class



For more info on any Army Community Service Class please call (925) 875-4678

# Looking for Quality, Affordable Childcare?

Child, Youth & School Services (CYSS) has what you need with Family Child Care (FCC).



## FCC is an option of choice for many families:

- ◆ It is conveniently located in the neighborhood.
- ◆ Providers undergo rigorous training and background checks.
- ◆ It is more than babysitting! Providers follow a curriculum that offers a wide variety of developmental activities geared towards the child's individual needs.
- ◆ The FCC home ratio group is small with no more than six children in care.
- ◆ Providers hours are more flexible.

Call CYSS (925) 875-4287 for more info.



Childcare subsidies for Military Families.  
[Click to find out more information.](#)



More info on CYSS, SKIES and FCC programs on next page



# We Need You!!



Your child's "home away from home"

## Interested in Becoming an FCC Provider?

We provide training, certification and referrals for you.

- Infant Child Care Home
- Hourly Care Home
- Pre-School/School-Age Home

Please contact the FCC office at either

**(925) 875-4388** or **(831) 601-0628**.

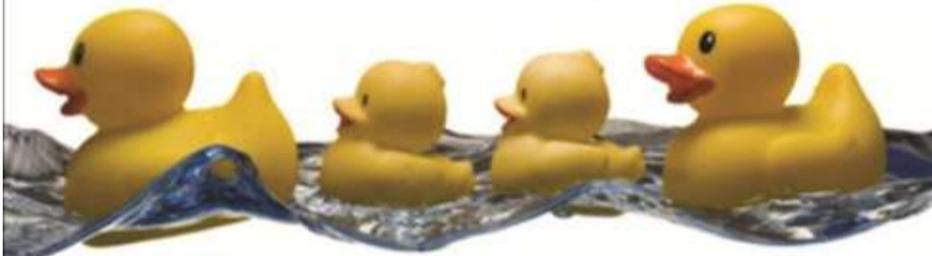
Or via email [w.y.camacho@gmail.com](mailto:w.y.camacho@gmail.com)

**Next Provider Training:  
9-13 July at PRFTA**



Child, Youth & School Services Presents

# Parent & Me



Arts & Crafts

Have some fun with your little one!

Friends

Story Telling

**1000**  
**12 July 2012**

Music & Movement

**Pinnacle Clubhouse**

Fun!

Exploration

## CYSS School-Age SUMMER CAMPS

Ages 5-11

# 2012

**Community Service Camp**  
23-27 July 0800-1200  
Participants will explore the benefits of Community Service. This is a kick-off for on-going Community Service Projects throughout the year.  
**Activities Include:**

- Field Trip to Dublin City Hall
- Field Trip to Parks Police and Fire Dept.
- Special Project with members of VFW.

**Sports Camp**  
30 July- 3 August 0800-1200  
Campers will learn about and practice a new sport daily.  
**Activities Include:**

- Field Trip to Pleasanton Golf Course
- Soccer Lessons with Bulldog Soccer
  - Badmitten Lessons
  - Martial Arts Lessons

**Digital Arts**  
13 August-17 August  
Participants will learn the skills and art of photography, film, and editing. They will create their own work of art utilizing these skills.  
**Activities Include:**

- Storyboarding
- Video Editing
- Field Trip to local News Studio

**\$8-16 per day**  
Depending on income  
Includes all supplies and snacks.

To sign-up and for more information call:  
**925-875-4388**

# Family Trip

For Parks Reserve Forces Training Area Families

**23 AUGUST 2012**  
**CALIFORNIA'S GREAT AMERICA**  
**SANTA CLARA, CA**



Discounted Ticket Price of **\$37** must be received by 26 July.

Children must be registered with CYSS

Meet CYSS Staff at Front Gate to park on day of trip at 1030 to receive your ticket.

**Middle School and Teenagers**

# BORED?

Have some fun this Summer with **CYSS!**

26 & 27 Jun: 4-H Babysitting Course  
MWR Recreation Center  
1300-1600

**FREE!**

These courses will certify you as a babysitter and with parent permission will make you eligible to be on the CYSS Babysitters List distributed to parents from the CYSS office.

19 Jul: Shadow Cliff's Park 0930-1500  
Pleasanton  
Pick-up at Pinnacle Clubhouse 0930

**FREE!**

A sandwich lunch will be provided by CYSS. This is a regional swimming area so please remember your swim and sun gear. Water shoes are recommended.

23 Aug: Great America 0930-1500  
Santa Clara, CA  
Pick-up at Pinnacle Clubhouse

**\$37**  
Admission and Lunch

California's Great America Theme Park. \$37 admission price will cover park entry and a \$10 lunch voucher. Please remember your sun screen!

**TEEN TIME @ the MWR Recreation Center EVERY TUESDAY 1300-1500. 25 June-21 August**



**Call CYSS**  
**(925)875-4388**  
**For more information**  
**on all activities.**

## WELCOME

PRFTA lodging is the only military lodging operation in the Bay Area, and is available for service personnel, their guests or dependents, retirees, civilian employees on TDY orders, and other authorized DoD travelers.

## GUESTS

We are dedicated to our customers. We're here to serve you and make your visit with us an enjoyable and convenient stay. Guests receive maps of the installation and local community, a list of local places of worship, doctors, dentists, and other essential services.

## AMENITIES

Air conditioning, heating unit, satellite TV, DVD player (upon request), telephone with free local calls, internet access, housekeeping services, toiletries, refrigerator, microwave, laundry facilities, in-room complimentary coffee, hair dryer (in Bldg. 1150 only), iron and ironing board, and much more.

## SORRY, NO PETS

Reservations can be faxed or by phone.

1151 12th Street

Dublin, CA 94568

Reservation: (925)803-5326

Fax: (925)803-5444

Toll Free: (866)649-8925

## ROOM RATES

- **\$62.00** King-size with private bath
- **\$51.00** Queen-size with private bath
- **\$51.00** Queen-size twin with private bath
- **\$62.00** Two-room suite with private bath and living room
- **\$33.00** Queen-size with shared bath (for single occupancies only)

*\*Kitchenettes, cribs, and roll-away beds are available upon request.*



## PRFTA Lodging

1151 12th Street

Dublin, CA 94568

Reservation: (925)803-5326

Fax: (925)803-5444



Family and MWR  
Recreation Center B521 Mitchell  
(925) 829-1912  
Hours of operation  
Sunday-Thursday 1100 - 2100  
Friday & Saturday 1100 - 2300



# JULY 2012 Family and MWR Recreation Center Calendar



## JUST A FEW OF THE THINGS WE OFFER...

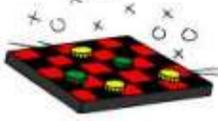
- Internet/WIFI Access
- Equipment Rentals
- Facility Rentals
- RV Storage Space Rentals
- Bicycle and DVD Rentals
- Discounted Movie Ticket Sales
- Big screen TV's with Cable television
- Wii games
- Arcade with numerous games
- Ping Pong, Billiards, Library Area
- Televised Sports Games
- Free Comedy Club Tickets

Parks Family and MWR  
Recreation Center

Friendly Staff:  
Audrey Millar  
Colleen Jozaitis

For more info contact :  
Mr. Shinholster  
Family and MWR Recreation  
(925) 875-4387



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 DON'T MISS THE SUMMER BLOCK-BUSTERS - GET YOUR DISCOUNT MOVIE TICKETS HERE!!	2 Looking to store your RV, or Boat? Spots available!! Contact us	3 Free Tickets to Tommy T's Comedy Club Just minutes away from Base	4 HAPPY 4th of JULY!!! 	5 Join us for a game of Ping Pong	6 Movie & Popcorn Night	7 Discount Movie Tickets Sold Here!
8 We have Cable TV!!	9 \$5.00 Bike Rentals 7 days a week! 	10 Free Tickets to Tommy T's Comedy Club Just minutes away from Base.	11 Free Tickets to Tommy T's Comedy Club Just minutes away from Base.	12 POOL TOURNAMENT NIGHT 	13 Special \$10.00 weekend bike rentals	14 TEXAS HOLD 'EM 1800 
15 Sport Equipment Rentals 	16 3 DVD's for \$1.00 All day long	17 Free Tickets to Tommy T's Comedy Club Just minutes away from Base	18 Free Tickets to Tommy T's Comedy Club Just minutes away from Base	19 Wii CHALLENGE 	20 Movie & Popcorn Night	21 Faber vs. Barao PPV Fight 1900 
22 Free WiFi 	23 Need a place to have a Summer BBQ? We've got one!!	24 Free Tickets to Tommy T's Comedy Club Just minutes away from Base	25 Free Tickets to Tommy T's Comedy Club Just minutes away from Base	26 Board Game Night 	27 OPENING CEREMONY OF THE 2012 OLYMPICS! 	28 Watch all the Olympic action on our big screen TV's!
Looking for a place to host a party? Unit function? Use our facility!	30 GO TEAM USA! 	31 Free Tickets to Tommy T's Comedy Club Just minutes away from Base				



**PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar JULY 2012**

**HOURS OF OPERATION**

**MONDAY-THURSDAY**

**0500-2000**

**FRIDAY**

**0500-1800**

**SATURDAY/SUNDAY**

**0530-1400**

**\*\*\*NEW FY2010 EQUIPMENT\*\*\***

- 20 SPIN BIKES
- Treadmills
- Bike Trainers
- Precor Cross Ramps
- Summit Trainers
- Hammer Strength Stations
- Tuff Stuff
- Life Fitness Universal Gym
- Life Fitness Cable Crossover
- Free Weights plates, benches, bars & dumbbells
- Boxing bag & gloves

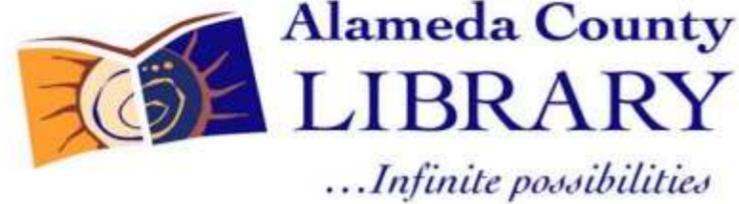
**FITNESS STAFF**

**KEVIN McKENNA**  
Manager  
**LORRAINE THORSON**  
Assistant Manager  
**STEPHANO MARTINEZ**  
Rec. Aid  
**CHRISTOPHER PAHIA**  
Rec. Aid

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>  Open 0530-1400	<b>2</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>3</b> <b>!</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>4</b> <b>HAPPY 4th</b> <b>OF JULY!!!</b>  Fitness Center <u>CLOSED</u>	<b>5</b> SPIN @1130  <u>Martial Arts Class</u> TH 1800-2000	<b>6</b> Free Blood Pressure & Body Fat Assessment	<b>7</b>  SPIN CLASS!!!  0830-0930
<b>8</b>  Open 0530-1400	<b>9</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>10</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>11</b>  <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>12</b> SPIN @1130  <u>Martial Arts Class</u> TH 1800-2000	<b>13</b> Free Blood Pressure & Body Fat Assessment	<b>14</b>  SPIN CLASS!!!  0830-0930
<b>15</b>  Open 0530-1400	<b>16</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>17</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>18</b>  <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>19</b> SPIN @1130  <u>Martial Arts Class</u> TH 1800-2000	<b>20</b> Free Blood Pressure & Body Fat Assessment	<b>21</b>  SPIN CLASS!!!  0830-0930
<b>22</b>  Open 0530-1400	<b>23</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>24</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>25</b>  <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>26</b> SPIN @1130  <u>Martial Arts Class</u> TH 1800-2000	<b>27</b> Free Blood Pressure & Body Fat Assessment	<b>28</b>  SPIN CLASS!!!  00830-0930
<b>29</b>  Open 0530-1400	<b>30</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>31</b>  <u>INSTRUCTOR</u> INTERVAL TRAINING @1130			<p align="center"><b>NATIONAL RECREATION AND PARKS MONTH</b></p>	



# Dublin Library Comes to PRFTA



To promote Summer Reading for All Ages!

Join us at 1000  
at the MWR Recreation Center

2 July  
16 July  
6 August  
20 August

Please RSVP to CYSS: (925) 875-4388

