



Family and MWR Bulletin Board September 2012

PRFTA offers Ballet and Tae Kwon Do



Click here to find out more information

Spouses, Veterans, Guard, Reservists: Need a new career?

Employment Readiness Workshops
6 and 27 September

[More info](#)

[Yoga @ the Fitness Center](#)



[Click for more info.](#)



Recreation Center Calendar

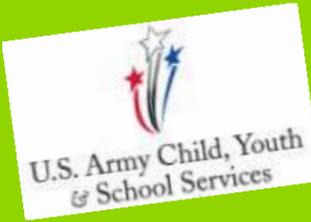
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

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

[Click Here for Details!](#)

2012-2013 CYSS Programs

Check out CYSS Programs including some **NEW** programming!!



Got an RV?
Looking for a place to store it?
MWR has an RV Lot

[Rec Center Highlights:](#)

15 Sep 1800: Texas Hold'em
22 Sep 1900: UFC Fight



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 running, Stationary bike

[Click Here for Details!](#)

Send us an email:
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

6 and 27 September 2012

1130 – 1230

ACS conference room

Bldg 312, corner of 9th 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



Child, Youth & School Services Presents:



Tae Kwon Do

4 years old and up
Thursdays 1800-2000
MWR Fitness Center
\$30 per student per month

Tae Kwon Do at Parks Reserve Forces Training Area is instructed by Grand Master Soto. As a Martial Art it is popular with people of both genders and of many ages. Taekwondo is known for its emphasis on kicking techniques, which distinguishes it from martial arts such as karate. The rationale is that the leg is the longest and strongest weapon a martial artist has. Physically, taekwondo develops strength, speed, balance, flexibility, and stamina.

Ballet

Primary Ballet I (5-6 y/o)
Fridays 1530-1630
MWR Fitness Center
\$55 per student per month

Ballet Grade I (7-11 y/o)
Fridays 1630-1730
MWR Fitness Center
\$55 per student per month

Ballet for both age groups will focus on traditional barre work and more independent movement. Balance, hopping, skipping, jumping, galloping (basic locomotor movements), age appropriate stretches, basic positions of the feet and arms, the concept of parallel vs. turned out legs and feet, and ballet class etiquette are part of the curriculum. Students learn ballet terminology, the names of composers of classical ballet music, and the stories of famous ballets.

Spotlight Arts Academy™
Where Everyone is in the Spotlight!

Call CYSS 925-875-4388 for details and to sign up





CYSS Outreach Programs

2012-2013



Toddler

My Parent & Me
2nd Thursday Monthly
1000
Pinnacle Clubhouse
FREE!

Don't Forget About FCC!

Family Child Care offers care options for children of ALL ages. Including a new Pre-School Program and School-Age Homes.

Pre-School & School-Age (SA)

Ballet (4 and Up)
Every Friday
1530-1630 (4-6 y/o)
1630-1730 (7-11 y/o)
\$55 per month
Fitness Center

Tae Kwon Do (SA)
Every Thursday
1800-2000
\$30 per month
Fitness Center

Power Hour (SA)
Homework Lab
Daily
1600-1700
\$8 per day
Recreation Center

NEW!

Coming Soon!

NEW!

Middle School & Teen (MST)

MST Hang-Out
Every Wednesday
1600-1800
FREE
Recreation Center

Schedule:
Homework Lab 1600-1700
Boys and Girls Club Programming 1700-1800
- Diplomas 2 Degrees Program
- Community Service Opportunities
- Leadership Development
- Lifeskills, Sports & Fitness

Tae Kwon Do
Every Thursday
1800-2000
\$30 per month
Fitness Center

Coming Soon!

Keep a look-out for CYSS monthly family programs and schools-out programs during school breaks!

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



U.S. Army Child, Youth
& School Services



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



SEPTEMBER 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
- Arcade with numerous games
- Ping Pong, Billiards, Library Area
- NFL Televised Games
- Free Comedy Club Tickets
- Facility Rentals

Parks Family and MWR
 Recreation Center
 Friendly Staff:
 William Shinholster
 Audrey Millar
 Colleen Jozaitis
 Emily Cancino



Like us on Facebook

Search:
 Parks Reserve Forces Training Area
 Family And MWR
www.facebook.com/ParksReserveForcesTrainingAreaFamilyAndMWR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Jones Vs. Henderson PPV Fight 1900
2 Coming soon: Xbox 360!	3 Labor Day Closed	4 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	5 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	6 \$5.00 Bike Rentals	7	8 Dart day 
9 Looking to host a party? Rent our Sports Bar area! advance!	10 Bangles @ Ravens - 1600 Chargers @ Raiders 1915	11 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	12 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	13 Pool Tournament 1800	14	15 Texas Hold'em 1800
16 Free WI FI 	17 Broncos @ Falcons 1730	18 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	19 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	20 Game Night	21 Outdoor Movie Night 1830	22 Benavidez Vs. Johnson PPV fight 1900
23 Free Sport Equipment Rentals	24 Packers @ Seahawks 1930	25 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	26 Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	27 Browns @ Ravens 1730	28	29 Looking to store your RV, or Boat? Contact us. Spots Available!
30 Gold Star Mother's Day						



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

HOURS OF OPERATION

MONDAY-THURSDAY

0500-2000

FRIDAY

0500-1800

SATURDAY/SUNDAY

0530-1400

NEW FY2010 EQUIPMENT

- 20 SPIN BIKES
- 2 New Rowers
- 8 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

	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3		5	6	7	8
OPEN 0530-1400	LABOR DAY HOLIDAY -open- 0530 to 1400	SPIN CLASS 0530 & 1130 INSTRUCTOR INTERVAL TRAINING @1130	INSTRUCTOR Spin Class 1700-1800	SPIN CLASS 0530 & 1130 SPIN @1130 Martial Arts Class TH 1800-2000 (Monthly fee)	CYSS YOUTH BALLETT 1530-1630 5-6 y/o 1630-1730 7-11 y/o	OPEN 0530 to 1400 SPIN CLASS!!! 0830-0930
9	10	11	12	13	14	15
OPEN 0530-1400	INSTRUCTOR Spin Class 1700-1800	INSTRUCTOR INTERVAL TRAINING @1130	INSTRUCTOR Spin Class 1700-1800	Martial Arts Class TH 1800-2000 (Monthly fee)	CYSS YOUTH BALLETT 1530-1630 5-6 y/o 1630-1730 7-11 y/o	SPIN CLASS!!! 0830-0930
16	17	18	19	20	21	22
OPEN 0530-1400	INSTRUCTOR Spin Class 1700-1800	Spin Class @ 0530 INTERVAL TRAINING @1130 YOGA (\$5) 1700-1800	INSTRUCTOR Spin Class 1700-1800	SPIN CLASS 0530 & 1130 Martial Arts Class TH 1800-2000 (Monthly fee)	CYSS YOUTH BALLETT 1530-1630 5-6 y/o 1630-1730 7-11 y/o	SPIN CLASS!!! 0830-0930
23 & 31	24	25	26	27	28	29
OPEN 0530-1400	INSTRUCTOR Spin Class 1700-1800	Spin Class @ 0530 INTERVAL TRAINING @1130 YOGA 1700-1800	INSTRUCTOR Spin Class 1700-1800	SPIN CLASS 0530 & 1130 Martial Arts Class TH 1800-2000 (Monthly fee)	CYSS YOUTH BALLETT 1530-1630 5-6 y/o 1630-1730 7-11 y/o	SPIN CLASS!!! 0830-0930





Evening Yoga Class

Lumi will lead you in Yoga - a class with stretching, breathing and relaxing techniques.

Tuesday 5:00-6:00 pm
\$5.00 per class

For more info contact Lorraine @ (925)875-4392
All tickets are non-refundable and have no expiration!!





Family & MWR RV & Boat Storage

- Affordable Rates**
- 24/7 Access**
- Secured Lot**

**FOR RENTAL INFORMATION, CALL THE
REC CENTER AT (925) 829-1912**



TEXAS HOLD 'EM TOURNAMENT

A	1st place	50%
	2nd place	30%
	3rd place	10%
A		

**Saturday,
September 15**

At the Rec. Center

**6 p.m. Registration
\$20 Registration Fee**

CASH prizes!

18 years and older ONLY



**Saturday,
Sept. 22
7 p.m.**

Watch LIVE at the Rec. Center!!

**Benavidez vs.
Johnson**



Find us on
Facebook

For more information, call 925.829.1912.

