



# USAG Grafenwoehr Garmisch-Partenkirchen Community FMWR Newsletter

September  
2012

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Garmisch Military Community

# FITNESS DAY

## SEPTEMBER 20

ALL DAY EVENT STARTING 8 A.M.

fitness assessments  
 short sessions in weight room  
 Zumba for Kids  
 circuit training class  
 TRX and BOSU training demos  
 nutrition & beauty tips  
 and much more...

## MUELLER FITNESS CENTER



Contact us for more details.

DSN 440-2747



## A WEEKEND OF BIKE EVENTS, COMING IN SEPTEMBER!

### THE FAT TIRE SPECTACULAR

8 September; Call ODR/Tours for more details

This September, outdoor fans will meet again at the Kean's Lodge for the annual US Forces Championship Mt. Bike Race. It's called the "Fat Tire Spectacular" and it's the oldest mountain bike race in Germany! The course is a cross country single track through the forest of the Kean's Lodge training area. It's really fun to ride and it's a new way to challenge yourself and take part in Garmisch history. You don't have to be a pro, you can ride the course before the race, and there are age categories for youth and adults. What's holding you back?

### THE AMAZING RACE FALL EDITION

9 September; Call ODR/Tours for more details

If problem solving and fresh air is your thing, the "Amazing Race, Fall Edition" might be the event for you. Modeled after the reality TV show, this is Garmisch's own version, on bikes! Family and adult teams make their way through beautiful Garmisch-Partenkirchen following clues and participating in challenges which will test their skill, humor and knowledge of the area! 14 Challenges- 3 Pit Stops- 1 Amazing Race!

**Garmisch Weekend Bike Events**

**U.S. Forces Europe Mountain Bike Championship**  
**September 8**  
 Kean's Lodge Recreation Area  
 Check-in, number pick-up and course inspection  
 September 7, 4-7 p.m.  
 Race Day 8-10 a.m.

**Amazing Race, Fall Edition**  
**September 9**  
 14 Challenges - 3 Pit Stops - 1 Amazing Race!  
 Register at Garmisch Outdoor Recreation, Bldg. 250

**Contact**  
 DSN 440-2638  
 CIV 08821-750-2638  
 Open to U.S. I.D. Card holders.



Hours of Operation  
 Monday-Friday 12 p.m.-6 p.m.  
 Closed Saturday, Sunday, and U.S. Holidays



DSN 440-2638  
 CIV 08821-750-2638

# September Movie Night

Friday, 14

September 2012

6:00 p.m.

Pete Burke Community Center

Hosted by CYS Services Teen Center



Movie rating is PG13, Children under the age of 13 must be accompanied by a parent or legal guardian

Please feel free to bring refreshments and snacks  
Alcoholic beverages are not permitted

Hosted by the CYS Services Teen Center

## Community Library

### SCHOOL'S IN SESSION @ THE LIBRARY

Those lazy, crazy, days of summer are coming to an end and the kids, as well as ever more adults, are headed back to school. But you don't have to be formally enrolled in school to continue your education. The library offers lifelong learning materials for students of all ages. Learn a language using our German Rosetta Stone or online program Transparent Language. Sample our film documentaries or read professional journals via our research databases. Perhaps read a biography or historical fiction novel. **And the best part...No Tuition Bills!**



#### No one's too young...

Join us beginning 6 September every Thursday at 10:30 a.m. for **PRESCHOOL STORYTIME** with stories, songs and crafts. It's never too early to introduce your child to the wonders of stories and reading. For children ages two and up with a caregiver. September's theme is "Back to School".

#### No one's too old...

Try our Modern Scholar courses on CD with 14 college-level lectures from renowned professors teaching subjects such as *Principles of Economics* and *Ideas That Shaped Mankind*. If you like music, you might enjoy "How to listen to and understand Opera" from The Teaching Company on DVD.

#### Just right...

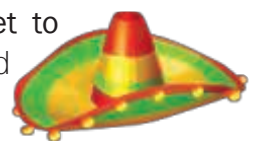
We have the something to fit everyone's style of learning. Whether you like reading, listening to a CD, watching a film or learning online, the library can help you with any format. We'll be glad to help you download an eBook or eAudiobook from the Army Digital Media Library.

#### SERVICES

- Free Wi-Fi
- Printing
- Copy machine
- Public computers /CAC
- Language learning resources
- New Release AAFES movies on VHS

### September 15 - October 15 is National Hispanic Heritage Month

This year's theme is "Many Backgrounds, Many Stories...One American Spirit." Visit the special display at the library celebrating the histories, cultures and contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. Read a book or watch a film this month to expand your knowledge. Don't forget to take our quiz and learn about our great travel and cultural resource *Culture Grams*... and enter our raffle to win a prize!

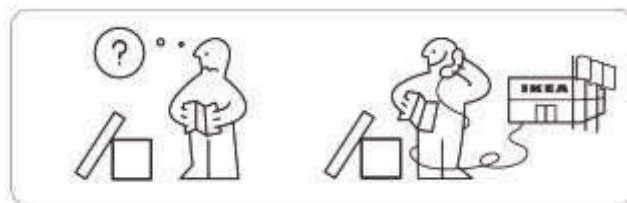


## Let's Have Fun This Fall!

**NEW!!!! IKEA – SHOP TILL YOU DROP!**

Saturday, 29 September / Cost: \$18

Moving in to a new place? Redecorating? Or maybe you just need a few items? If you have ever visited Ikea you know firsthand how overwhelming the store itself can be. Let us eliminate some of the stress and do the driving for you. We will start our journey with a 9:00 a.m. departure and shop, eat, browse until we drop at the Brunthal Ikea near Munich. We will depart Ikea for the ride home at 4:00 p.m. **Don't forget your essential Ikea shopping survivor kit: VAT forms, Euros and your EC Card (credit cards are not accepted).**



Live Theatre in London –via the Cinema in Munich

Thursday, 6 September

Tickets cost: €18

Bus transportation: €12

The fourth season of "LIVE THEATRE performed in London and simultaneously broadcast to theatres around the world" opens with Simon Stephens' adaptation of the award-winning novel by Mark Haddon. Deeply touching, this richly theatrical exploration of "The Curious Incident of the Dog in the Night-Time" is sure to be popular.

Christopher, fifteen years old, stands beside Mrs Shears' dead dog. It has been speared with a garden fork, it is seven minutes after midnight and Christopher is under suspicion. He records each fact in the book he is writing to solve the mystery of who murdered Wellington. He has an extraordinary brain, exceptional at math while ill-equipped to interpret everyday life. He has never ventured alone beyond the end of his road, he detests being touched and he distrusts strangers. But his detective work, forbidden by his father, takes him on a frightening journey that upturns his world.

The play is broadcast on 6 September 2012, doors open at 7:45 p.m., at Munich's "CINEMA" Filmtheater, Nymphenburger Straße 31, 80335 München. The FMWR bus will transport you there and back – leaving from Building 250 at 4:30 p.m.. Anticipated arrival in Munich is about 6:15 p.m., plenty of time for a quick dinner before the show starts.

New Trip COLUMBUS DAY WEEKEND: VIVE LA FRANCE !

A WEEKEND IN THE HEART OF BURGUNDY

Friday, 5 October – Monday, 8 October; Cost: \$575



This is the first time we are running this trip!

The town is surrounded by some of the world's most famous wine villages, while the facilities and cellars of many producers, large and small, are situated in Beaune itself. With a rich historical and architectural heritage, Beaune is considered the "Capital of Burgundy Wines."

Our weekend will include visits to the town's major fine food market, a Saturday afternoon vineyard "Safari" tour, Dijon mustard tasting and a Marche Aux Vins tasting and tour. There will be ample time to rent bikes in the village and explore the area independently. Our evenings will be focused on enjoying the best local restaurants! Come see us for more details!

Hours of Operation  
Monday–Friday 12 p.m.–6 p.m.



DSN 440-2638  
CIV 08821-750-2638

**NEW! What's Cooking at the Pete Burke**

Community Center?

Cost: \$15

Learn how to make delicious and traditional foods from some of our favorite home chefs! Each time we will feature a different cuisine. Afterwards, we will all sit down and enjoy the feast together, family style.

October 17<sup>th</sup> – Que Rico – Spanish foods in honor of Hispanic Heritage Month

November 16<sup>th</sup> – Viva Italia!

January 25<sup>th</sup> – Morocco

**NEW! SLYRS Whiskey Tour & Tasting**

**Saturday, 1 December Cost: \$ 45** (Includes transportation, SLYRS guided tour and admission; lunch and souvenirs are not included)

A Bavarian whiskey distillery? Single Malt? Yes! With a Bavarian countryside as a backdrop, SLYRS whiskey follows a traditional production process developing its own unique taste. A tour of the distillery is a treat for all your senses! We begin our afternoon at the rustic Bleckstein Haus built in 1927, where we will have a delicious lunch. Afterwards, we will enjoy a tour and tasting of the SLYRS whiskey where you will be able to hear the crushing of the malt and follow the whiskey flavor development process. We conclude the tour with a tasting of the perfected SLYRS whisky. SLYRS offers much more than just aged whiskey, you will have an opportunity to purchase fruit spreads, chocolates and many other gifts.

Departure is at 11:00 a.m. and estimated return time is 7:00 p.m.

**THEY'RE BACK! One Day Ski Trips**

We want to show you some excellent lesser known areas on our local mountains.

\$79 includes transportation, ski pass (\$89 with equipment.) All trips in Austria.

27 October - Stubai

17 November - Sölden

**NEW! Garmisch ODR now sells Kletterwald tickets!**

What is Kletterwald?

Kletterwald is a local high ropes course located on the Wank mountain. The fun challenges they offer are **great confidence builders for future mountaineers.** It's a great place to build your alpine acumen! And the fall is a great time to visit– the summer crowds are gone and the weather is usually relatively dry.

Buy from us and pay no VAT, use your credit card and pay in U.S. dollars. If you have 10 or more people, it's even cheaper! Come pick up a voucher at the Outdoor Rec. Center, at bldg. 250 across from the APO, and then check out the brand new Par course they built this summer!



## More Getaways

### Columbus Day Weekend UNESCO World

#### Heritage Site “Renaissance Italy”

Friday, 5 October – Monday, 8 October

Cost \$475 (\$150 Deposit required)

Tour is limited to 16 people.

**Why Urbino?** You’ve probably never heard of it! And therein is the reason: one big advantage is that mass tourism hasn’t arrived there yet and its delay has allowed Urbino to retain its charm! It is still authentic Italy. What else makes Urbino the ultimate Renaissance jewel? Raphael was born there. So was Bramante, the guy who was mostly responsible for the construction of St. Peter’s in Rome. Duke Federigo built a palace there. The Duchess presided over soirees that included the leading literary luminaries of the time. Don’t believe me? Read Castiglione’s book *The Book of the Courtier* - written - where else? - in Urbino! Cost includes three overnights in great hotels, all transportation and our guide Paul Dutro making the best use of his humanities degree while raving about the Renaissance.

### VENICE VERONA WEEKENDS

Friday 14 September—Sunday, 16 September

Friday 19 October—Saturday, 21 October

Friday 1 February—Sunday, 3 February

Friday 15 March—Sunday, 17 March

In just one short weekend, you will see both Venice and Verona! On Friday afternoon, we drive to Vicenza where we will spend the night. Early Saturday morning, we make the short train trip to Venice where we will see great art and architecture, (our guided tours of the Accademia and the Scuola di San Rocco are renowned), pigeons in St. Mark’s Square, gondolas and more. We will again spend the night in Vicenza before our trip to Verona on Sunday. In Verona, we have the opportunity to tour the famous Romeo and Juliet city with its Roman Arena before dining at a wonderful restaurant and driving back to Garmisch.

### PRAGUE WEEKENDS- LONG AND SHORT

Friday, 9 November—Monday, 12 November

Friday, 18 January—Monday, 21 January

Cost: Adults \$390; Children \$195

Friday, 15 March— Sunday, 17 March

Cost: Adults \$290; Children \$145

The Golden City just gets better and better. Spared extensive bombing damage in WWII, Prague still has an authentic feel to its wonderful architecture. The capital of Bohemia has the famous Charles Bridge, Old Town Square, the beautiful St. Vitus Cathedral in the Old Castle and a wonderful tradition of music-making. We usually attend an opera in one of Prague’s three opera houses where the performances are inexpensive and subtitled in English. An excellent tour of the Franz Kafka Museum as well as a visit to the Pilsner Urquell Brewery in Pilsen is also included on the long weekend tours.

### NEW !!! Wine 101 --

#### Uncork the Mystery of Wine Tasting

Friday, 26 October 6:30 p.m./ Cost: \$15

Ever wanted to know more about wine tasting? Come and learn everything there is to know about tasting wines in a relaxed setting. We will take your palate through a blind tasting of eight different types of wine to uncover the mysteries of taste, flavor and style. You will learn to identify “flavors” of various wines.

### Mark Your Calendars for Winterfest!!!

Friday, 30 November

What’s in store? The community Christmas Tree lighting, ODR ski movies, gluhwein, live music, a visit from a VIP in a red suit and more! This year our annual event will move back to the Pete Burke Community Center.

Hours of Operation

Monday–Friday 12 p.m.–6 p.m.

Closed Saturday, Sunday, and U.S. Holidays



DSN 440-2638

CIV 08821-750-2638

## Mueller Fitness Center

### Fitness Classes

All Classes are \$5. Classes are first come, first serve.

#### Zumba® (cardio)

This Latin-inspired, easy-to-follow, calorie-burning dance fitness-party™ is fun for everyone; try it to work your muscles, your heart and your mind in a new way. Ditch the workout and join the party!

#### Pilates (strength/flexibility)

Pilates is a unique series of exercises developed to strengthen and tone core muscles, improve posture and flexibility and create a streamlined shape.

#### Spin (cardio)

This is an intense indoor cycling workout using various cycling techniques from hill climbing and sprinting to peddling at different tensions. Easily modified for beginners.

#### Yoga Fit (strength/flexibility)

A class designed to improve the health, performance and mental acuity of individuals seeking to improve their overall level of fitness. This style of Hatha Yoga blends balance, strength, power and flexibility into a fitness format doable by individuals of any fitness level.

#### TurboKick® (cardio)

TurboKick® is the ultimate cardiovascular challenge that's a unique blend of intense interval strength/endurance training and a relaxing cool-down. TurboKick®, the live version of TurboJam®, requires no previous kickboxing experience or equipment, just bring your attitude and desire to have fun!

#### Qigong

It's a workout that involves breath, movement and mind to balance and energize the internal energy (Qi), also known as bioelectricity.

#### Kundalini Yoga

A very dynamic type of yoga session that vitalizes and balances the body using different breathing techniques, postures and kriyas, which can consist of rapid repetitive movement.

#### Trail Running Group

One hour outdoor activity in beautiful Garmisch scenery. With gradually progressive training plans you quickly will bring your running to the next level. Free of charge.



## Exercises for healthy feet

Exercising your feet on a regular basis not only improves overall foot health, but may also reduce your risk of injury. Walking is the best overall foot exercise. When you walk, you put your foot through its full range of motion, from the time your heel hits the ground until you lift off with your toes. Moreover, walking is one of the best forms of exercise for your entire body. It improves your cardiovascular health and can help your circulation, muscle tone and mood.

In addition to walking, flexibility and resistance exercises can also help keep your feet healthy.

Foot flexibility and resistance exercises can be built into your daily routine. Most can be performed during the workday. You can do some while you sit at your desk; others require you to stand up. To avoid slips and falls, **you may want to be barefoot and have a chair, desk or wall nearby that you can use for balance. Don't do foot exercises if they hurt.** Before doing any foot exercises, be sure to take some time to stretch and strengthen the muscles in your feet. Otherwise, your feet will suddenly bear the brunt of all that activity, especially with high-impact sports like tennis or aerobics. And if you have arthritis, diabetes, cardiovascular problems or structural foot problems that might affect your ability to exercise, consult a foot care specialist first.

### Simple workouts to stretch and strengthen your feet



**Limber up** - To limber up your foot before attempting other exercises, try this:

1. Sit in a chair with your feet flat on the floor.
2. Lift your left leg so your foot is off the floor and use your big toe to make circles in the air, moving in a clockwise direction, for 15 to 20 rotations.
3. Reverse direction and make another 15 to 20 circles, this time in a counter-clockwise direction.



**Bottom of foot** - To stretch the muscles on the bottom of your feet:

1. Stand with feet together.
2. Step back with your left leg so your heel is raised and your toes press against the ground. You should feel the muscles on the bottom of your feet pull gently.
3. Hold for 20 to 30 seconds.



**Heel exercises** - To stretch the back of your heel

1. Loop an exercise band around the leg of a heavy piece of furniture, such as a table or desk.
2. Sitting directly in front of it, slip your foot into the loop so the exercise band curls around your forefoot, just below your toes.
3. Pull back with your forefoot, flexing at the ankle. Hold for several seconds, then relax. You should feel a stretch along the back of your heel.
4. Repeat 10 to 15 times.

## 20 September Fitness Day

*Fitness assessments, resistance training demonstrations, circuit training and much more!*

DSN: 440-2747 CIV:08821 750-2747

HOURS OF OPERATION:

MONDAY – FRIDAY 5:30 am - 8:00 pm

SATURDAY 9:00 am – 17:30 pm

CLOSED ON SUNDAYS AND US HOLIDAYS



### September 2012 Group Fitness Classes

**Price: \$5.00 "First come, first serve"**

*Please inform the instructor of any injuries you may have. Schedule subject to change.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.  15:00 Spin
2.  <i>Gym Closed</i>	3.  <i>Labor Day Gym Closed</i>	4. 8:30 Spin 17:30 Spin 18:30 Pilates	5. 12:00 Trail Running Group 17:30 Zumba 18:30 Kundalini Yoga	6.	7.  <u>9:00 Zumba</u>  12:00 Trail Running Group	8.  15:00 Spin
9.  <i>Gym Closed</i>	10. 12:00 TurboKick 17:30 Zumba 18:30 Qigong	11. 12:00 Spin	12. 12:00 TurboKick 12:00 Trail Running Group 17:30 Zumba 18:30 Kundalini Yoga	13. 12:00 Spin	14. 9:00 Zumba 12:00 Trail Running Group	15.
16.  <i>Gym Closed</i>	17. 12:00 TurboKick 17:30 Zumba 18:30 Qigong	18. 12:00 Spin	19. 12:00 TurboKick 12:00 Trail Running Group 17:30 Zumba 18:30 Kundalini Yoga	20.  <i>Fitness Day</i>  <u>12:00 Spin</u>	21. 9:00 Zumba 12:00 Trail Running Group	22.
23.  <i>Gym Closed</i>	24. 12:00 TurboKick 17:30 Zumba 18:30 Qigong	25. 8:30 Spin 12:00 Spin 17:30 Spin 18:30 Pilates	26. 12:00 TurboKick 12:00 Trail Running Group 17:30 Zumba 18:30 Kundalini Yoga	27. 12:00 Spin 1730 Spin 1830 Pilates	28. 9:00 Zumba 12:00 Trail Running Group	29.  15:00 Spin

## The Crafts Tree Arts and Crafts Center

### Wood Shop Safety Class

This class is a prerequisite to use the shop's power tools and machines. Upon completion you receive the MWR Arts and Crafts Qualification Card, which is honored at all MWR crafts facilities and you may use the shop for do-it-yourself projects.

Two-hour class. By appointment only. Fee: \$20. Adults only.

### Upholstery Class

Learn how to re-upholster chairs, sofas, etc. Bring your own furniture as a class project. Six hours of instruction. By appointment only. Fee: \$35. Adults only.

### Basic Ceramics Pouring Class

You will learn how to pour and finish while making one easy class project to take home. Two 2 hour evening or afternoon classes. Please schedule an appointment in advance. Beginners Class. Fee \$20 - includes instruction and materials (slip, paints and glazes, shop and firing fees) for one small project.

### Pottery Class

Your hands are the best tools you have! Explore the world of hand built ceramics. Learn the techniques of pinching, coiling and slab work. Creativity and originality are encouraged while you learn about the basics of using clay. We will make cups, bowls, flowerpots, Easter eggs or whatever you imagine! This Beginners Class consists of two sessions, four hours total. Fee is \$48 for instruction, enough clay for your first project, paints, glazes, use of tools, brushes and everything you need to start creating. Advance sign up please.



### Silk Painting Class

Two evenings/afternoons. Fee for two evenings of instruction: \$15 (silk extra). Ages: adults, children 4 and up. Beginners and advanced students.

### Watercolor Painting Class

Two evenings/afternoons. Fee: \$20, materials included. Ages: adults, children 4 and up. Beginners and advanced students.

### Picture Matting & Framing Class

Six hours of instruction over 2 sessions. Learn the basics of matting and framing. After completion of the **course you will be able to use the shop's framing equipment and machines** and you will receive the Arts & Crafts Qualification Card, which is honored at all other military Arts & Crafts Centers. Fee for Framing I & Framing II is \$45 (materials not included). Ages 16 and up.

### Tiffany Glass Art

Four evenings of instruction. You will receive instruction while making one class project to take home. Choose between a window picture, mirror or lamp shade, depending on your interest and ambition. Fee: \$ 40 (materials not included). Beginners and Adult Classes available.

### Oil or Acrylics Painting Class for Beginners

Every Sunday from 2:00 p.m.-4:00 p.m. Three sessions of instruction. Fee: \$69 includes oil paints and

### Portraits

For your next family portrait why not take your entire family out to your favorite Garmisch locations and have a professional photographer do an outdoor portrait session! Lots of package variations available. Or order a CD of your entire portrait session. We will also do professional studio pictures. Please book in advance at DSN 440-3475 or DSN 08821-7503475.



## “The Crafts Tree” Arts and Crafts Center

### MUSIC LESSON FALL SEMESTER SIGN-UPS FOR CHILDREN & ADULTS

#### PIANO & VIOLIN INSTRUCTION

Lessons are offered for beginners, intermediate and advanced levels, ages 6 to adult. Instruction takes place in the music practice room at the Crafts Tree in Bldg. 263.

Fee is \$240 for a 2 month lesson package.

## Crafts Tree Services

### Furniture Building/Restoration

Bring your piece in need of repair in for a cost-free assessment. We do visit you at your home for assessments for larger furniture or custom furniture building. Upholstery and restoration of old pieces can also be done.

### Sewing Services

You have never been good with a sewing machine or have no time to do it? No problem, the Crafts Tree's qualified staff will do it for you.

### Piano and Violin Lessons

Lessons for beginners and advanced students, for children or adults. Cost for a two month lesson package is \$240. Contact the Entertainment Office at 440-3475.

### Photo Printing Self Service

The shop provides a user friendly self service printing kiosk using Kodak paper. Bring your digital pictures on card, disk, USB or blue tooth and turn them into great pictures, collages or post cards at minimal price. You can choose colored borders or even type in your text to personalize a post card for example.

### Picture Matting, Framing and Poster-Mounting

Choose from over 400 wooden or metal moldings. If **you don't have the time to do-it-yourself** use the custom shop's great service. Qualified staff is available to help you select moldings and mats to make your picture look stunning. We also offer professional poster mounting on foam, oil painting restoration and stretching.

### Portrait Services

Visit the Crafts Tree's Portrait Studio for your next family portrait! Lots of package variations available. You can also order a CD with your entire portfolio. We will also do professional outdoor portrait sessions and take your picture in your favorite Garmisch locations. Please book in advance.

# School Age Center

## September 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>BGCA Power Hour Homework Center</b></p> <p>Do your children need homework assistance? Have them join Mr. Ernie Monday-Friday 1445-1630</p>	<p><b>Current Registration for Fall Soccer and Music Lessons with Jesse (guitar, sax, flute, and uku- lele)</b></p>		<p><u>Daily Schedule for SAC</u>                      1430 pick up                      1445 outdoor play/club active                      1515 meeting/ snack                      1530 clubs/activities                      1730 clean up                      1800 close</p>	<p>31 Kindergarten Begins</p> <p>Friday will include a variety of Smart Start Sports and other Fun Surprise Club Activities!!</p>
<p>3</p> <p>LABOR DAY HOLIDAY SAS IS <u>CLOSED</u></p>	<p>4</p> <p>Tech/Photography Club</p>	<p>5</p> <p>Cooking Club</p>	<p>6</p> <p>First Official Meeting of:  Girls Club BOYS CLUB</p>	<p>7</p> <p>Fit Friday and Fun Friday</p> <p>Tech club game day</p>
<p>10</p> <p>Art Club  Small Pet Club</p>	<p>11</p> <p>Tech/Photography Club</p> 	<p>12</p> <p>Cooking Club</p>	<p>13</p> <p>Newcomers Club</p>	<p>14</p> <p>Fit Friday and Fun Friday</p>
<p>17</p> <p>Art Club  Small Pet Club</p>	<p>18</p> <p>Tech/Photography Club</p>	<p>19</p> <p>Cooking Club</p>	<p>20</p> <p>Junior Torch Club</p> 	<p>21</p> <p>Fit Friday and Fun Friday</p>
<p>24</p> <p>Art Club  Small Pet Club</p>	<p>25</p> <p>Tech/Photography Club</p>	<p>26</p> <p>Cooking Club</p>	<p>27</p> <p>Girls Club BOYS CLUB</p>	<p>28</p> <p>Fit Friday and Fun Friday</p>

Hours of Operation  
 Monday–Friday 2:30 p.m.–6:00 p.m.  
 School out days Monday–Friday 7:45 a.m.–5:30 p.m.  
 Closed Saturday, Sunday, and U.S. Holidays

DSN 440-2654  
 CIV 08821-750-2654

# Youth Center

September 2012



Monday	Tuesday	Wednesday	Thursday	Friday
3 Youth Center Closed :(	4 Bicycle Maintenance With Pete	5 Setting the Course: Trip Planning	6 Bicycle Safety With Pete	7 Non-dominate Hand Ping Pong
10 Bead Art With Meghan	11 Kick Ball Tourney	12 Egg Toss With Meghan	13 Social Leadership Club Pre Election	14 Movie Night "Rock of Ages" @PBC  Youth Center Closed @ 1700
17 Green Screen Film Prep	18 Green Screen Films	19 Image Makers Photos	20 Bleach YO' Jeans	21 SLC Election Night
24 Africa Quizzes	25 Tonk Club With Pete	26 Europe Quizzes	27 Wall Art	28 9 Ball Tournament
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Computer Lab Open Daily</p> <p>Fitness Hour 1430-1530</p> </div>				

Hours of Operation

Monday–Thursday 2:30 p.m.–6 p.m., Friday 2:30 p.m.–10 p.m.

School Out Days: Monday–Thursday 1 p.m.–6 p.m. and Friday 2 p.m.–10 p.m.

Closed Saturday, Sunday, and U.S. Holidays



DSN 440-2600

CIV 08821-750-2600