

Vandenberg Youth Programs  
 Youth Center  
 Building 16170  
 805.606.2152



# February 2010



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1**   
 Scrapbooking

**2**  
 Torch Club 4pm

**3**  
 Girls Fitness Night  
 530pm

**4**  
 Smart Girls 4pm

**5**  
 Movie Night

**6** 

**8**  
 Fine Arts 4pm

**9**  
 Torch Club 4pm

**10**   
 Photography 4pm

**11**  
 FitFamily Launch  
 1600  
 Smart Girls 4pm

**12**   
 Teen Top Chef

**13**  
 Movie Night

**15**  
 CLOSED

**16**   
 Torch Club 4pm

**17**  
 Fine Arts 4pm

**18**  
 Smart Girls 4pm

**19**  
 Teen Ping Pong  
 tournament

**20**   
 Hearst  
 Castle Field Trip

**22**  
 Scrapbooking  
 4pm

**23**  
 Torch Club 4pm

**24**   
 Photography 4pm

**25**  
 Smart Girls 4pm

**26**  
 Movie Night

**27**  
 Regional DI  
 Tournament

Fit Family Launch  
 Event  
 Feb 11, 2010  
 1600

Valentines Family 5k  
 Run/Walk

Youth of the Year  
 Aaron Camblin  
 Congratulations

*\*tours and orientations  
 the last Friday of the  
 month*



Visit [USAFFitFamily.com](http://USAFFitFamily.com) to login and track  
 your families activities and earn points.

Get Up, Get Out, Get Fit!



# Youth Program Events

Feb 3- Girls Fitness Night 1730

Feb 11- FitFamily Launch 1600

Feb 15- CLOSED

Feb 20- Hearst Castle Field Trip 0800



## Daily Activities

- Arts & Crafts : 330
- Fit Factor : 400
- Health & Life skills : 430
- Power Hour :315-430

- **Youth of the Year:** A recognition program for youth ages 14-18. This program promotes the youth's service to the club and community, academic performance, spiritual values, life goals, poise and public speaking ability.
- **Fit Factor:** An Air Force Fitness program for ages 6-18. Register at the Youth Center to log in points for fitness activities to win prizes!
- **Youth Sponsorship Programs:** The YSP program introduces incoming youth to new friends and our community. Please contact Ms. Sandra at the youth center if you wish to be a sponsor.
- **Smart Girls and Wise Guys:** A health and life skills group that is designed to meet the developmental needs of girls and boys ages 9-11 and 12-17.
- **Keystone and Torch Clubs:** A chartered leadership and community service club offered weekly. Both clubs focus on community and club service, leadership development, education career development, unity and social recreation.
- **Power Hour:** This program helps youth become more successful in school by providing homework help and tutoring and encouraging members to become self-directed learners.
- **The Arts:** The arts program offers two year round programs a fine arts exhibit program and the image makers national photography program.
- **Club Tech:** This program consists of 3 core areas a basic skills program and a digital arts studio and a college resource center.
- **Red Cross:** Youth participate in community service projects and learn disaster preparedness, first aid, and CPR. The youth center in conjunction with the American Red Cross also offer a certified baby-sitters course.
- **Junior Staff:** The junior staff career development program provides youth with opportunities to actively participate in comprehensive career/volunteer development program consisting of leadership and service activities.