

# Vacaville

## Police Activities League

### Winter 2010 Activity Guide



Message from  
the Director



\$

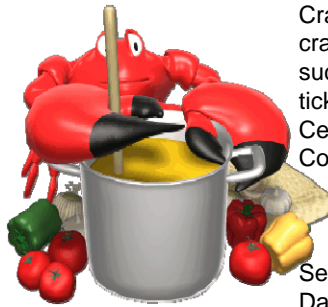
### Upcoming PAL Fundraisers

# Happy New Year!

PAL Families,

All of our clubs and events are open for registration now and we are hoping for a great year for PAL in 2010. Do you Tweet or Face Book? Become a follower or friend of Vacaville PAL and have access to updates and photos of programs!

- PAL Staff



#### **PAL Crab Feed**

This January PAL will host its 6<sup>th</sup> Annual Crab feed. Come out and crack some crab and help PAL make this another successful fundraising event. Buy your tickets at any Vacaville Community Center.

Cost : \$40 per ticket  
\$30 Sr. (50+)  
Child (12 and under)  
\$500 Table for 10 + VIP

Service

Date: 1/9

Time: 6:00-11:00pm

Location: Ulatis Community Center

#### **Run Between the Cities**

Stay healthy and fit with PAL as we host our 4<sup>th</sup> Annual Run Between the Cities, a 10k, 5k and Kids Mile Run/Walk event. Register online or at any Vacaville Community Center

Cost : \$20, FREE Kids Mile

Ages: All

Date: 2/6

Time: 8:00-11:00am

Location: Lagoon Valley Park



### PAL NEWS

Check out the PAL Website

[www.vacavillepal.com](http://www.vacavillepal.com)

• Teen Leaders Wanted! Our Teen Leadership Council is seeking new members for the 2010 year. Want to learn more, come to a meeting.

• Do you shop online? Use [www.iGive.com](http://www.iGive.com) and Donate to PAL with every purchase

## Technology Programs



### Movie Production & Editing

This club will introduce the fundamentals of movie production. From brainstorming, filming, and editing participants will learn from beginning to end the basics of creating a movie.

Code : 66715

Ages: 10-18

Dates: 1/15, 1/29, 2/12, 2/26, 3/12, 3/26

Time: 4:30-6:00pm

Location: Fairmont Recreation Center

### PAL News.com

Vacaville PAL is looking for members who can help create PAL's e-newsletter. Have you ever wanted to be a reporter or photojournalist? Come learn how, and have fun creating PAL's first HTML and e-Newsletter. Writers and Photographers needed!

Code : 66716

Ages: 10-18

Dates: 1/11, 2/1, 2/22, 3/1, 3/15

Time: 5:00-6:30pm

Location: Fairmont Recreation Center

~Holidays~  
PAL Office  
Closed

1/1 – New Year's Day  
1/18 – M.L.K. Jr. Day  
2/15 – President's Day



## Movies & Entertainment

### Teen Movie Critics

Come watch some new releases with PAL. Teen Movie Critics will visit Brenden Theaters four times a quarter. After each film participants will be asked to complete a movie review sheet. This review may be published in PAL News.com.

Code : 66719

Cost : \$5

Ages: 13-18

Dates: 1/21, 2/4, 2/18, 3/18

Time: Will be notified one day prior

Location: Brendan Theater

### Kids Movie Review

Kids Movie Review will visit Brenden Theaters four times a quarter. During visits youth will have a discussion and rate the movie they watched. The average rating will be published in PAL News.com.

Code : 66714

Cost : \$5

Ages: 7-12

Dates: 1/14, 1/28, 2/11, 3/11

Time: Will be notified one day prior

Location: Brendan Theater

### Game Day Sports Club

Want to see the Raiders, Niners, Giants and A's? Sign-up for this club and when tickets come available, which **may be short notice**, we will notify you and we'll go cheer on your favorite teams!

Code: 66708

Cost: \$5

Ages: 10-18

Dates: January - March

Time: TBA

Departure: 3'Oaks Community Center

## ART

### Art Club

Learn about different types of arts/crafts, be creative and make your own. Participants will be able to take home completed projects.

*Please dress appropriately for art.*

Code : 66698

Ages: 7-11

Dates: 1/12, 1/26, 2/9, 2/23, 3/9, 3/23

Time: 5:00-6:00pm

Location: Fairmont Recreation Center

### Art Club Teens

Learn about different artists and styles. Then create your own masterpiece. Participants will be able to take home completed projects.

*Please dress appropriately for art.*

Code : 66717

Ages: 12-18

Dates: 1/13, 1/27, 2/10, 2/24, 3/10, 3/24

Time: 5:00-6:00pm

Location: Fairmont Recreation Center

Check out PAL  
artists on  
[www.artsonia.com](http://www.artsonia.com)



## Leadership & Service



### Vacaville Teen Leadership Council

Open to PAL members grades 7-12.

This program allows teens to grow as leaders and also have the opportunity to attend conferences and other trips. New members will need to submit an essay describing why they want to become part of the council.

Code : 66736

Grades: 7-12

Days: Second & Fourth Wednesday

Dates: January - December

Time: 4:30-6:00pm

Location: Ulatis Community Center



## Sports & Fitness

### Bowling

Bowling Club meets on the first and third Wednesday of each month. The first session we will be learning about bowling techniques and etiquette.

Code: 66700

Cost : \$5

Ages: 7-11

Dates: 1/19, 2/2, 2/16, 3/2, 3/16

Time: 4:00-5:00pm

Location: Stars Recreation Center

### Teen Bowling

Bowling Club 2 meets on the first and third Wednesday of each month. The first session we will be learning about bowling techniques and etiquette.

Code: 66702

Cost : \$5

Ages: 12-18

Dates: 1/20, 2/3, 2/17, 3/3, 3/17

Time: 4:00-5:00pm

Location: Stars Recreation Center

### Track

Run, Jump, Throw...join PAL's track & field club and be apart of a fun filled experience, working on coordination, skills, and technique.

Code: 66720

Cost : Contact 707.469.4004

Ages: 7-18

Days: M W F

Dates: January - July

Time: 5:30-7:30pm

Location: Al Patch Park

### Boxing

Start training and learning the basics of boxing fundamentals, conditioning, and safety issues from Coach Lagardo & Coach Sanchez. The Intermediate class has additional tournaments and events that participants may attend.

Code : 66704 (Int.: 66706)

Cost : \$15

Ages: 8-18

Days: M, W, F (Int.: M-F)

Dates: January - March

Time: 4:30-5:45pm

(Int.: 4:30-6:30pm)

Location: Georgie Duke Center

### Judo

Learn the techniques of Judo & discipline from Sensei G. Makimoto & Sensei L. Makimoto. The Intermediate class has additional tournaments & events that participants may attend.

Code : 66710 (Int:66712)

Cost : \$15

Ages: 8-18

Days: Tuesday & Thursday

Dates: January - March

Time: 6:00-7:00pm

Location: McBride Center

### Hip Hop Dance

This class is designed to teach participants some basic hip hop moves, the different counts, and a routine. A n approval from Fatena is needed to enroll into the Intermediate class .

Code : 62173 (Int.:62175)

Ages: 7-12

Day: Friday

Dates: 1/22 - 3/5

Time: 4-5pm (Int.: 5-6pm)

### Teen

Code : 62171

Ages: 13-18

Day: Monday

Dates: 1/4 - 3/1

Time: 7:15-8:15pm

Location: McBride Center

FREE  
Community Events

PAL Judo Tournament

Come support the PAL Makimoto Judo club during it's 2<sup>nd</sup> Annual Judo Tournament. This tournament help the club raise funds for it's tournaments and equipment through entry fees as well as concessions. Come see what these great PAL athletes can do.

Days: 2/21

Time: 10:00-2:00pm

Location: Vacaville High School

## Watch out for changes next Quarter!

Due to club enrollment PAL is revamping our club programs this will not affect Boxing, Track or Judo.

**Police Dept. Tour**

Join PAL as we check out the ins and outs of the Vacaville Police Department. See what goes on behind the scenes on this one of a kind tour.

Code: 66725  
Ages: 7-11  
Dates: 1/21  
Time: 3:30-5:00pm  
Location: Police Department  
660 Merchant

**Fear Factor**

Will you find the courage this time will fear be a factor for you? We've brought back a challenge or two and added some new ones. Join us for a chance to be the champion of our challenges.

Code: 66726  
Ages: 12-18  
Dates: 1/22  
Time: 4:30-6:00pm  
Location: Jepson Recreation Center

**Snow Play Day**

Get ready for a day of fun in the snow with PAL! Go sledding, make snow-angles and more! Remember to dress warm and bring a sack Lunch and a change of clothes for the ride home.

Code: 66728  
Cost: \$5  
Ages: 7-18  
Dates: 1/30  
Time: 9:00-5:00pm  
Departure: 3 Oaks Community Center

**Exploratorium**

Explore the Exploratorium a hands-on museum designed to spark curiosity. We will also be discovering the unseen world of the Tactile Dome an interactive excursion through total darkness, where your sense of touch becomes your only guide!

Code: 66730  
Cost: \$5  
Ages: 12-18  
Dates: 2/13  
Time: 9:00-5:00pm  
Departure: 3 Oaks Community Center

**Feast with the Finest**

PAL's quarterly dinner with the courageous police officers within our community. Come enjoy a great dinner while hanging out with Vacaville's finest.

Code: 66707  
Ages: 7-18  
Dates: 2/19  
Time: 4:30-6:00pm  
Location: Round Table Pizza – Alamo Plaza

**Explorit Science Center**

Spend a day exploring the natural world at this hands on science center. From robot building to giant cockroaches this is sure to be a one of a kind trip!

Code: 66735  
Ages: 7-11  
Dates: 2/27  
Time: 11:00-3:00pm  
Departure: 3 Oaks Community Center

**Ripley's Believe it or Not & S.F. Wax Museum**

A real San Francisco treat! Come with us as we go on a wild adventure to see Ripley's: Believe it or Not and the notorious Wax Museum in San Francisco. See mind boggling tricks and life-like wax people from celebrities to sports figures. Transportation will be provided. A sack lunch or money for lunch will be needed.

Code: 66858  
Cost: \$5  
Ages: 12-18  
Dates: 3/6  
Time: 9:00-4:00pm  
Departure: 3 Oaks Community Center

**Tide Pools**

Come visit this rocky seashore that hosts a living community of marine life. You may see a variety of seaweed, crabs, sponges, sea stars, mollusks, starfish and fish who make their homes in the tide pools.

Code: 66856  
Ages: 7-11  
Dates: 3/20  
Time: 9:00-3:00pm  
Departure: 3 Oaks Community Center

**Fear Factor**

Will you find the courage this time or will fear be a factor for you? We've brought back a challenge or two and added some new ones. Join us for a chance to be the champion of our challenges.

Code: 66726  
Ages: 12-18  
Dates: 3/19  
Time: 4:30-6:00pm  
Location: TBA

**Please remember:**

**Not attending events you are signed up for without notifying the PAL office may result in fees.**