

# Vacaville Police Activities League



## Summer 2009 Activity Guide

### Message from the Director



Dear PAL Parents and Participants,

We have reached the midpoint of the year and I am happy to see the participation in our programs has been increasing. We have added several new programs this year with the help of the PALYEP grant we received from National PAL. The technology programs, which were funded by the grant, have been very popular with youth interested in learning about digital media. Our new Track and Softball programs have also really taken off and I am excited to see so many youth taking advantage of healthy activities.

As we approach the summer months, PAL is gearing up to hit the water and take some exciting trips. We have added **Pool play days** this summer and they have been scheduled for **6/19, 7/17, and 8/7**. If you want a more challenging water experience, look for the upcoming Discover Scuba! Discover Scuba will allow youth to strap on the gear and feel the exhilaration of breathing underwater! Summer is also the time for our annual Great America trip, as well as our three day camping excursion. This year we will be camping out at the Glory Hole Campgrounds by the fifth largest lake in California, New Melones Lake. Last year the kids had an awesome time with Officer Pro and we are hoping to have Officer involvement this year as well.

Remember to **sign-up for Jr. Giants Baseball** as it begins July 2. Coaches from the police department will guide each team through practices and games in this program to introduce fundamental skills in hitting, throwing, and catching. For the sports minded parents, we will hold our 2nd Annual Home Run Derby fundraiser on June 27th at Nelson Park. Test your bat speed and hand-eye coordination to see how many softballs you can hit over the fence. Starting at \$5, don't miss a fun way to support the program. We will also have some additional games for the younger ages.

Look inside for more information on the rest of the great programs offered this summer through Vacaville PAL.

Sincerely,

Matt Treiman  
Executive Director



### Upcoming PAL Fundraisers

#### PAL Home Run Derby

PAL is hosting our 2<sup>nd</sup> Annual Home Run Derby! Do you have what it takes to knock a softball out of the park??

Spend an evening at the ballpark and get your chance to hit as many home runs as you can. All bats are allowed!

Cost :           Individuals - \$5 for 5 balls  
                      10 Team - \$150, 10 per person

Days:            Saturday, June 27, 2009

Time:            5:00-9:00pm

Location:       Nelson Fields



#### Meet in the Heat

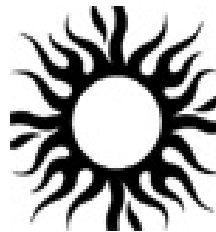
Are you looking for something healthy to do on a Saturday morning? Join the 5k or 10k Run/Walk and explore the beautiful Lagoon Valley Trails. Proceeds benefit Vacaville PAL. There are various age divisions for men and women.

Cost :            \$20 Pre-Register  
                      \$25 Day of Registration

Days:            Saturday, August 8, 2009

Time:            8:00-11:00am

Location:       Lagoon Valley Park



### PAL NEWS

•The Fairmont PAL Center will be closed June 15 – August 15 due to construction at the Fairmont school.

•PALWebsite has been updated, check it out at [www.vacavillepal.com](http://www.vacavillepal.com)

• **Teen Leaders Wanted! Our Teen Leadership Council is seeking new members for the 2009 year. Want to learn more, come to a meeting.**

•PAL has a new phone number  
707.469.4004

## 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 movie production.

Code : 63215

Ages: 10-18

Dates: 7/10, 7/24, 8/14, 8/28, 9/11, 9/25

Time: 4:30-6:00pm

Location: Jepson Recreation Center

### PAL News.com

Have you ever wanted to be a news reporter? A journalist breaking an exciting story? Come learn how, and have fun creating PAL's first HTML and e-Newsletter.

Code : 64873

Ages: 10-18

Dates: 7/6, 7/20, 8/3, 8/17, 9/21

Time: 5:00-6:00pm

Location: Jepson Recreation Center

### Digital Photography & Editing

Have you ever wanted to learn about photography? Learn the basics of digital photography and editing.

Code : 63219

Ages: 10-18

Dates: 7/13, 7/27, 8/10, 8/24, 9/14, 9/28

Time: 4:30-5:30pm

Location: Jepson Recreation Center

## Movies & More



### 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 : 63124

Cost : \$10

Ages: 13-18

Dates: 7/16, 8/6, 8/20, 9/17

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 be asked to complete a questionnaire and rate the movie they watched. The average rating will be published in PAL News.com.

Code : 63122

Cost : \$10

Ages: 7-12

Dates: 7/9, 7/23, 8/13, 9/10

Time: Will be notified one day prior

Location: Brendan Theater

### 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 : 63115

Ages: 7-11

Dates: 7/14, 7/28, 8/11, 8/25, 9/8, 9/22

Time: 5:00-6:00pm

Location: Jepson Recreation Center

### Teen Art Club

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 : 63126

Ages: 12-18

Dates: 7/8, 7/22, 8/12, 8/26, 9/9, 9/23

Time: 5:00-6:00pm

Location: Jepson Recreation Center

### Scrap booking

Do you have photos that you love but don't know what to do with them? Come learn a creative and fun way to save those memories in PAL Scrap booking Club.

Code : 63452

Ages: 10-18

Dates: 7/2, 7/23, 8/13, 9/10

Time: 5:30-7:00pm

Location: Jepson Recreation Center

Check out PAL  
Artist's art on  
[www.artsonia.com](http://www.artsonia.com)



## Leadership &amp; Service

**Vacaville Teen Leadership Council**

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 : 59517

Grades: 7-12

Dates: Second & Fourth Wednesday

Time: 4:30-6:00pm

Location: Ulatis Community Center

**Jr. Achievement**

Junior Achievement Dollars and Sense encourages kids to use innovative thinking to learn money management skills.

Code : 64862

Ages: 7-11

Dates: 7/8, 7/22, 8/12, 8/26, 9/9, 9/23

Time: 5:00-6:00pm

Location: Jepson Recreation Center



## Sports &amp; Fitness

**Bowling**

This club meets six times a quarter at Stars Recreation Center. The first session we will be learning about bowling techniques and etiquette.

Code: 63116

Cost : \$10

Ages: 7-11

Dates: 7/7, 7/21, 8/4,  
8/18, 9/1, 9/15

Time: 4:00-5:00pm

Location: Stars Recreation Center

**Teen Bowling**

This club meets six times a quarter at Stars Recreation Center. The first session we will be learning about bowling techniques and etiquette. Participants will also learn to keep score by hand during one session.

Code: 63118

Cost : \$10

Ages: 12-18

Dates: 7/1, 7/15, 8/5,  
8/19, 9/2, 9/16

Time: 4:00-5:00pm

Location: Stars Recreation Center

**Jr. Giants**

Junior Giants is a non-competitive recreational program serving youth 8-13 years old. Along with the fundamentals of baseball, the leagues stress self-esteem, education, teamwork, and leadership..

Code: 60076

Ages: 8-11

Days: Tues. & Thurs - 7/2-8/11

Time: 5:00-8:00pm

Location: Centennial Park

**Registration Ends : June 26, 2009**

**Discover Scuba**

Ever wanted to learn how to scuba dive? Well, now is your chance! Learn the basic skills, strap on the gear and dive into the water in this introductory course.

Code : 63450

Ages: 12-18

Dates: TBA

Time: TBA

Location: Walter Graham Aquatic Center

**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 : 59999 (Int.: 60005)

Cost : \$30

Ages: 8-18

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

Dates: July-September

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 : 60011 (Int. 60017)

Cost : \$30

Ages: 8-18

Days: Tuesday & Thursday

Dates: July-September

Time: 5:30-7:00pm

Location: McBride Center

**Hip Hop Dance**

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

Code : 60122 (Int.:60132)

Ages: 7-12

Day: Friday

Dates: 7/10 -

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

**Teen**

Code : 60114

Ages: 13-18

Day: Monday

Dates: 7/6

Time: 7:15-8:00pm

Location: McBride Center

**Game Day Sports Club**

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

Code: 63121

Ages: 10-18

Dates: July-September

Departure: Three Oaks

## July

**Oakland A's**

Take in the sites and sounds of a Major League Baseball game as the Oakland A's take on the Cincinnati Reds. Don't forget to pack a lunch and snacks, or bring money.

Code : 63221

Ages: 12-18

Dates: 7/1

Time: 10:00-5:00pm

Departure: 3 Oaks Community Center

**PAL Day at the Pool**

Join PAL as we head to the Graham Aquatics Center to have some fun in the sun! Make sure to bring swimming apparel, towel and sunscreen.

Code : 63487

Ages: 7-18

Dates: 7/17

Time: 1:30-4:45pm

Location: Walter Graham Aquatic Center

**Great America**

Join us as we head to Paramount's Great America for an awesome day of riding roller coasters and having a wonderful time with friends. You will need to bring money for lunch and dinner.

Code : 63128

Cost: \$20

Ages: 10-18

Dates: 7/29

Time: 8:00am-8:00pm

Departure: 3 Oaks Community Center

**Gold Rush Adventure**

Come camp out with PAL at the fifth largest lake in California, New Melones Lake. We will be swimming, hiking, camping and having loads of fun! A pre-trip meeting will be conducted and you will receive a list of all items needed.

Code : 60944

Cost: \$10

Ages: 12-18

Dates: 7/21-7/23

Time: 9:00-4:00pm

Departure: 3 Oaks Community Center

**Off-Road**

Participants will learn all about the motorcycle or ATV and how to ride.

All equipment is provided. Please bring a sack lunch, water, sunscreen, a good pair of shoes/boots, and also bring or wear a long sleeve shirt and pants.

ATV Code : 64903

Moto. Code : 64902

Cost : \$10

Ages: 13-18

Dates: Please call 469-4004

Time: 8:00-4:00pm

Departure: 3 Oaks Community Center

**Sacramento Zoo**

Join us at the 25th Annual ice cream safari, at the Sacramento Zoo. Have a brain freezing good time with ice cream, face painting, live entertainment, and a chance to visit with the zoo animals.

Code : 63132

Cost: \$10

Ages: 7-11

Dates: 7/25

Time: 3:00-8:00pm

Departure: 3 Oaks Community Center

## August

**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 : 63120

Ages: 7-18

Dates: 8/21

Time: 4:00-5:30pm

Location: TBA

**PAL Day at the Pool**

Join PAL as we head to the Graham Aquatics Center to have some fun in the sun! Make sure to bring swimming apparel, towel and sunscreen.

Code : 63488

Ages: 7-18

Dates: 8/7

Time: 1:30-4:45pm

Location: Walter Graham Aquatic Center

**Build-A-Bear**

Pick it, stuff it, name it and love it! Come with PAL to build your own stuffed animal that you will get to keep.

Code : 63224

Ages: 7-12

Dates: 8/29

Time: 11:00-3:00pm

Departure: 3 Oaks Community Center

## September

**Mountain Biking**

Join us for views of Marin County while traveling the back roads on mountain bikes. All equipment is provided; just bring a backpack with a lunch! There will be no place to purchase lunch.

Code : 64863

Cost : \$10

Ages: 12-18

Dates: 9/26

Time: 9:00-3:00pm

Departure: 3 Oaks Community Center

**Bella Terra**

Design your own one-of-a-kind piece of art. You will get to pick and glaze a piece of pottery and have it fired at Bella Terra.

Code : 64874

Ages: 7-11

Dates: 9/30

Time: 04:00-5:30pm

Location: Bella Terra

**Craft Bonanza**

School is back in session! You don't want to miss this day of arts and crafts. Join PAL as we make 5 projects that participants can take home.

Code : 64877

Ages: 7-11

Dates: 8/21

Time: 4:00-5:30pm

Location: Fairmont PAL Center

**Rock Climbing**

Come visit the Rocknasium in Davis to experience the thrills and challenges of rock climbing. All skill levels are welcome to come out and climb with PAL..

Code : 64865

Cost: \$5

Ages: 12-18

Dates: 9/12

Time: 2:30-5:30pm

Departure: 3 Oaks Community Center