



This Week in Vandenberg

Sunday, 15 August

Golf Course Base Club Championship continues
Family Day Rates, after 1pm

Monday, 16 August

Fitness Center Indoor Cycling, Fitness Annex, 6am
PCC (The Club) Mexican Fajitas Lunch Special, 11am
Fitness Center Family 1.5 Trail Run/Walk with Stations, 3pm

Tuesday, 17 August

Golf Course Marshallia Masters Begins
Fitness Center Total Body Conditioning, AEFRC, 9am
Cardio Kickboxing, AEFRC, 12pm

Wednesday, 18 August

AEFRC Manage Your Move Brief, 8:30am
Fitness Center Restorative Yoga, AEFRC, 12pm
Total Body Conditioning, AEFRC, 4:45pm
Youth Center Smart Girls Club meeting, 3:30pm
PCC (The Club) Kids' Night, 5pm

Thursday, 19 August

Fitness Center Indoor Cycling, Fitness Annex, 6am
Library Pre-School Storytime, 10am
Youth Center Torch Club, 4pm
PCC (The Club) Texas Hold Em, 5pm

Friday, 20 August

Fitness Center Indoor Cycling, Fitness Annex, 6am
PCC (The Club) Fish & Chip Lunch Special, 11am
Youth Center Kickball, 4pm
PCC (Lounges) Club Mist Dance Night in the E Lounge
Karaoke in the O Lounge

Saturday, 21 August

Fitness Center Total Body Conditioning, AEFRC, 9am
Salsa Sizzle, AEFRC, 10am
LR3 Parking Lot TOUCH A TRUCK, 10am
Youth Center Movie Night, 6pm

Touch A Truck



Free

Saturday

21 Aug 2010

10am to 1pm

LR3 Parking Lot

Burgers

Hot Dogs

Refreshments

for sale by the
30 LR3 Booster

Bounce Castle,
Trucks and more!

Stop by for the
community yard
sale too!!

Sponsored by



NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

Part - Day Enrichment Program

Register at the
Child Development Center

17-24 August: New Enrollment
(Please bring your LES's and
your child's shot record)

Registration Fee: \$25

Will be applied toward monthly fee

For more info, call the CDC at 606-1555



child development center
Air Force Services