



YOUTH SPORTS

A current Sports Physical (which does not expire before the end of the season) and Birth Certificate are required to register for all sports programs, except for the Start Smart Programs, which require current immunization records.

For Sports information call: (703) 805-1257/9139 — For Registration information call: (703) 805-9114/9116/9118

Track & Field

Enrollment Dates: Feb 1 – May 21
Ages: 5 – 18
Cost: \$85.00
Season Runs: April – Aug



Football Camp

Enrollment Dates: May 17—July 23
Ages: 7 – 15
Cost: \$30.00
Camp Runs: July 26-July30

Junior Golf Clinic

Enrollment Dates: April 5—June 25
Ages: 7—15
Cost: \$65.00
Season Runs: July 7th—6 sessions (one per week)

Tackle Football

Enrollment Dates: May 17—July 23
Ages: 7—15
Cost: \$85.00
Season Runs: Aug – Nov



America's Armed Forces Kid's Run

Enrollment Dates: April 12—May 14
Ages: 5 – 13
Cost: \$5.00 (register on-line)
Season Runs: May 15th



Cheerleading Camp

Enrollment Dates: May 17—July 23
Ages: 5 – 15
Cost: \$30.00
Camp Runs: July 26-July30

Flag Football

Enrollment Dates: April 5 – May 21
Ages: 5 – 14
Cost: \$35.00
Season Runs: May – Jun

Cheerleading-Football

Enrollment Dates: May 17—Aug 20
Ages: 5—15
Cost: \$55.00
Season Runs: Aug – Nov

SWIM FOR YOUR HEALTH & RUN FOR YOUR HEALTH

Sign-up procedures: All participants must register at Central Registration.
It is FREE!!! (703) 805-9914/9916/9918

Eligibility: Active Duty Personnel Children (17 years & under); Retiree's Children (17 years & under);
DOD Civilians Children (17 years & under)

Purpose: To promote physical fitness and wellness for the Fort Belvoir Community Children.
For Rules/Procedures: Please Contact Swim for Your Health Program:
Youth Sports Health & Fitness Director (703) 805-9138

YOUTH CENTER ACTIVITIES

April

9 Apr Family Night Bingo
1800-2030 Free

10 Apr Youth Dance
1700-2200 Free

17 Apr Around the World
Lock-In 2000-0800 \$10.00

30 Apr Cartoon Lock-In
1900-0700 \$10.00

May

07 May Family Night Bingo
1800-2030 Free

08 May Youth Dance
1700-2200 \$5.00

22 May Youth vs. Parents Day
1400-1800

June

11 June Family Night Bingo
1800-2030 Free

12 June Youth Dance
1700-2200 \$5.00

25 June Youth Out-of-School
Lock-In
1900-0700 \$10.00

For more information on these activities and more, please contact

Youth Center at (703)805-4515.

HIRED! APPRENTICESHIP PROGRAM

A workforce preparation and apprenticeship program designed to meet the employment and career-exploration needs of CYSS teens 15-18 years of age.

Hired! Apprentices commit to working (15) fifteen hours per week with employers on the installation while concurrently participating in workforce preparation/career exploration workshops over a (12) twelve week term. Terms occur during Winter, Spring, Summer and Fall.

Youth must complete the necessary application process and meet all prerequisites to be eligible for the program. For additional information contact Wendy O'Sullivan, Hired! Program Coordinator, 703.805.4515 or visit the Fort Belvoir Youth Center.

Hired! Workshops

Held on Thursday's from 4-5pm covering Workforce-Preparation (resumes, applications, job searching, interviewing) and Post-Secondary Education Exploration (interest inventories; exploring jobs; college/scholarship Exploration and Career Portfolios).

PARENT'S NIGHT OUT & KID'S NIGHT OUT

South Post Child Development Center offers Saturday evening childcare for children ages 6 weeks to 5 years. Tickets are \$20.00 per child, this does include a light meal. *No Money will be taken at the door.* Children must be registered with CYS Services. For more information call 703-806-4344. *There will be no refunds.*

DATES:

April 10th, 2010, 1700-2200

Reservations must be made by April 9th at 1730. Only \$5.00 in honor of Month of the Military Child

May 8th, 2010, 1700-2200

Reservations must be made by May 7th at 1730.

June 12th, 2010, 1700-2200

Reservations must be made by June 11th at 1730.

Kid's Night Out for grades K-5th will be held at Markham School Age Services. Tickets are \$20.00 per child, this does include a light meal. *No Money will be taken at the door.* All Kid's Nights out Party-Goers must be registered with CYS Services. For more information call 703-805-9100. *There will be no refunds.*

DATES:

April 10th, 2010, 1700-2200

Reservations must be made by April 9th at 1730. Only \$5.00 in honor of Month of the Military Child

May 8th, 2010, 1700-2200

Reservations must be made by May 7th at 1730.

June 12th, 2010, 1700-2200

Reservations must be made by June 11th at 1730.

CHILD, YOUTH & SCHOOL SERVICES IN YOUR NEIGHBORHOOD

Staff from Child, Youth & School Services will provide enrichment activities at the housing community centers. All events are free and take place between 1000-1200. Children and youth must be accompanied by an adult. For more information please call 805-1906 or 805-9117.

May—It's Spring!

Tuesday, May 4th, @ G. Washington Village Community Center

Wednesday, May 12th @ Lewis Village Community Center

Tuesday, May 18th @ Vernondale Community Center

Friday, May 21st @ Woodlawn Community Center

Monday, May 24th @ Fairfax Village Community Center

June—Almost Summer!

Thursday, June 3rd @ Vernondale Community Center

Wednesday, June 9th @ Lewis Village Community Center

Tuesday, June 15th @ Woodlawn Village Community Center

Thursday, June 24th @ G. Washington Community Center

Tuesday, June 29th @ Fairfax Community Center



FAMILY COMPUTER TIME @ SCHOOL AGE SERVICES

Markham School Age Services invites you and your family to come use their computer lab.

The lead teacher of the computer lab will be present for any questions.

The lab will be open on the 2nd & 4th Saturday of every month from 0930-1330.

For more information please contact the Markham SAS at (703)805-9100.

Free



Family Computer Time!



SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

SCHOOL OF ARTS—MUSIC & DANCE

Guitar Lessons

Ages: 6-18 \$150 per 4 week session

30 min. Sessions

Tuesday: 1815-2045

Friday: 1700-1900

Please contact the SKIES director for more information on times and availability.



Piano Lessons

Ages: 7-18 \$100 per month

30 min. Sessions-4 Weeks

Mon, Tues, Wed, Thurs, Fri from 1800-2100

& Sat 930-1300

Please contact the SKIES director for availability

Mom & Me Piano

Ages 6-18

Fee: \$115 per month/4 sessions

30 min Sessions

Thursday 1800-1930

Location: SAS

Flute Lessons

Ages 6-18

Fee: \$100 per month/4 sessions

30 min sessions

T,W,Th from 1800-1930

Location: SAS

Mozart & Me

Toddler Ages: 2-3

\$60 per 6 weeks

1000-1030 (Parent Participation)

Preschool Ages 3-5

\$85 per 6 weeks

1045-1130

Location :SKIES room

Please contact the SKIES director for more information on dates and times.

Music Composition

Children will learn how to read, write, and play their own music in this fun and intensive 8 week course.

Ages 8-14

Fee: \$65

June 3rd – July 22nd

Thursday 1945-2030

Location: SAS

Ballet/Jazz Combination

Ages: 6-8 \$45 per month

Wednesday: 1645-1745 at Markham SAS

Preschool Ballet/Tap Combination

Ages: 3-5 \$40 per month

Tuesday: 1000-1045 at Youth Center

Friday: 1800-1845 at Markham SAS

Saturday: 0930-1015 &

1015-1100 at the Youth Center

Preschool Tap & Jazz Combination

Ages 3-5 \$40 per month

Wednesday: 1345-1430 at

Markham SAS

Dance & Cheer Team

Grades 3-6 \$45 per month

Friday: 1845-1945 at Markham SAS

Become part of Fort Belvoir's Company Team! Extensive dance choreography, cheerleading technique and community participation.

Teen Dance

Ages 12-18 years \$45 per month

Jazz-Tuesday: 1630-1730

Ballet-Monday: 1530-1630

Hip-Hop: Wednesday: 1630-1730

Classes held at the Youth Center

Pre-Ballet

Ages: 5 & 6 \$45 per month

Monday: 1745-1845 at Markham SAS.

No experience necessary.

Ballet One

Ages: 7 & 8 \$45 per month

Thursday – 1745-1845 at Markham SAS

No experience necessary or up to two years of pre-ballet.

Ballet Two

Ages 8 & 9 \$45 per month

Monday: 1845-1945

Prerequisite: Completed Ballet One or placed at the discretion of the instructor.

Ballet Three

Ages 10-12 \$45 per month

Thursday: 1845-1945

Prerequisite: Completed two years of ballet training or with the discretion of the instructor.

Pre-Point Ballet

\$45 per month Grades: 6-12

Monday: 1630-1730 Youth Center

Students must have at least 3 years of Ballet experience and fall within the grade parameters.



SCHOOL OF SPORTS

Soccer Skills

\$45 for 4 week session
Increase children's Soccer Skills by working on techniques and intricate foot work all year long.

Saturdays

Ages: 3-5 1015-1100

Session 2: 06/05/10 – 06/26/10
at Markham SAS Gym

First Tee

Character building through golf.
Mon, Wed & Fri: 0800-0830
FREE - Markham SAS
Please contact the SKIES director for more information on dates.

Yoga Kids

\$35 per six week session
Your Child has never done yoga like this before! Children will have the opportunity to enjoy a yoga infused class that incorporates peaceful art, games and stories. Your child will go downward dog for it!

Wednesdays: 1030-1115

North Post CDC April 28th—May 26th

Lil Dragons Karate

\$30 per month
Ages 3-5
Saturdays 1000, 1045, 1130 or 1215



Lil' Dragons earning their belts!

Karate

\$40 per month
Ages 6-18
Mondays and Thursdays
Beginners: 1830-1930
Advanced Belts 1930-2030

Taekwondo

\$40 per month
Ages 6-18
Tuesdays and Thursdays
Beginners: 1900-2000
Advanced Belts 2000-2100
Advanced Belts may attend Saturday Sparring

SCHOOL OF ACADEMICS & LIFE SKILLS



German Lesson

\$80 for
8 week session
Wednesdays
Gr. 4-6th & 7-12th
For more information on location and time, please contact SKIES Director at 703-805-9146

Fancy Nancy Tea Party

Don your fanciest outfit and enjoy Fancy activities, storytelling, a very Nancy French lesson and a Tea Party featuring mini French pastries and caffeine-free tea.

Cost: \$20 per student (ages 4-7)
For more information on location and time, please contact SKIES Director at 703-805-9146

Children's Tea & Etiquette Lesson

Do you know where to put your napkin? How to properly eat peas and mashed potatoes? Sign up for the lesson and learn how proper ladies and gentlemen should behave. A menu of finger sandwiches, seasonal fruit and tea will be served to enhance the etiquette lesson. Cost: \$22 per student (ages 6-18)
Please contact SKIES director for session dates





SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

SKIES UNLIMITED INSTRUCTORS NEEDED!

Join the Child, Youth & School Services (CYS Services) family as a child/youth instructor. The new Schools of Knowledge, Inspiration, Exploration, & Skills (SKIES) are looking for qualified and caring instructors for the School of Arts, Sports, Academics



Turn your hobby into a SKIES class!

and/or Life Skills. Our classes will serve pre-school through high school seniors, in a wide variety of subjects and interests.

We are currently in need of an instructor for the Teen Babysitter's Course.

For information or applications for paid or volunteer instructors, please go to Markham School Age Services, building 950, or call Rebecca Doran, SKIES Director, at (703)805-9146. You can also fax your name, address, e-mail and interests to (703)805-9113, attention Rebecca Doran, SKIES Unlimited Director, and we will e-mail you an application.

Fort Belvoir Officers' Club

1st & 3rd Thursday Night Dinner Specials



Great Prices!
Great Food!
Open to everyone on Post!
For reservations or more info, please call 703.780.0930 ext 600.

Dinner hours: 6-9 pm

All You Can Eat Pasta Buffet
(on the 1st & 3rd Thursday each month)

\$7.95 per person • FREE for children 12 and under

- Garden Salad
- Spaghetti with Meat Sauce
- Penne Pasta with Alfredo Sauce
- Assorted Vegetables
- Assorted Cookies
- Coffee and Ice Tea



www.belvoirmwr.com

Army Family Covenant

The Army Family Covenant provides support for families through various discounts in CYSS programs and services.

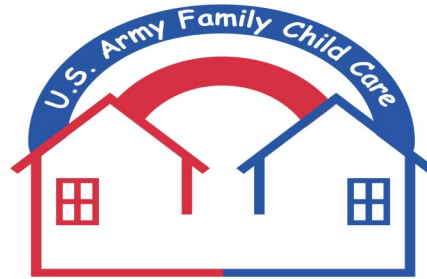
Families experiencing deployments, unaccompanied PCS, TCS, and extended TDYs; soldiers who are currently designated as Warriors in Transition and Wounded Warriors; and families of Fallen Warriors may qualify for special discounts.

For more information please contact
(703)805-9114/9116/9118

FAMILY CHILD CARE...

FCC homes serve children 4 weeks to 12 years of age in a homelike environment that allows siblings to be in care together. Parent fees are based on total family income and follow DoD fee guidance as in other Ft. Belvoir CYSS programs. The Fort Belvoir Family Child Care (FCC) program offers a variety of flexible care options that meet regular and mission-related child care needs to include full day, hourly, before/ after school, extended care (overnight and weekend), special needs, and on and off-post care. Off-post care is offered in the counties of Fairfax, Prince William (Woodbridge, Manassas, Dumfries Road) and Stafford. Homes off-post must comply with AR608-10, to include ratios, training requirements, and USDA nutritional guidelines.

Only the best qualified applicants are selected to become certified providers. FCC applicants must complete a screening process before certification. They attend 40 hours orientation training, including child abuse,



CPR and First Aid, medications/ communicable diseases, business practices, nutrition and developmentally appropriate practices. Background clearances are performed on applicants, spouses, and children 12 years

of age and older. An in-home family interview is conducted by the FCC Director. The homes are inspected by fire, health, and safety officials to ensure all operational requirements are met. After certification, providers receive on-going training, technical support, and unannounced inspections by the FCC Director, Training and Curriculum Specialist, and other proponents.

Training and educational opportunities can lead to a Child Development Associate (CDA) or Home Accreditation by the National Association for Family Child Care (NAFCC). If you are interested in becoming an FCC Provider, new provider training classes are offered on a regular basis.

For information about the FCC Program please call 703-805-9137/ 9134/ 9112.

Tips for Parents of School-Age Children Preparing to Move

Checklists:

The following checklist may help as you leave a school to transfer to a new one. Obtaining proper clearance from the local school system will speed up enrollment at the incoming school.

Elementary

1. Notify school as soon as you have received an estimated departure date.
2. Visit school prior to departure to officially withdraw.
3. Return all Books (library and textbooks).
4. Clear all charges or fines.
5. Receive copy of record

Middle School

1. Notify school as soon as you have received an estimated departure date.
2. Visit school prior to departure to officially withdraw.
3. Ensure student has followed proper withdrawal process of school to include the following:
 - Return all books (library and textbooks)
 - Clear library
 - Clear all charges or fines
 - Clear clinic
 - Receive copy of records

High School

1. Notify school as soon as you have received an estimated departure date.
2. Visit school prior to departure to officially withdraw.
3. Ensure students have followed proper withdrawal process of school to include the following:
 - Return all books (library and textbooks)
 - Clear library
 - Clear all charges or fines
 - Clear clinic
 - Clear extracurricular activities

FORT BELVOIR

ELIGIBILITY REQUIREMENTS FOR CYS SERVICES PROGRAMS

Open to current DOD Personnel- active duty, retirees (Sports & Youth Activities) and DOD civilians. Fort Belvoir CYS Services fees are on a sliding scale based on income. Multiple child discounts and 2 weeks vacation credit per year are also given. Note: retirees are only eligible for our sports and SKIES Unlimited programs.

Comparable off-post programs fees are between \$230 and \$274 per week with non-refundable registration fees up to \$150. Please call (703)805-9114/9116/9118 for more information.

MAKE YOUR CYSS PAYMENTS ONLINE!

We're on the Web!

<https://webtrac.mwr.army.mil/webtrac/belvoircyms.html>

Web-Trac is here!! All Child, Youth & School Services payments can now be made online. By logging into the new Web-Trac site, you can view your current billing and make payments on your account. On October 2nd, all sponsors registered with CYS Services were sent an automated email from cer@conus.army.mil which provided their User Name and Password to log into their CYS Services account. If you did not receive the email please contact the help desk at BelvoirCYSS_WEBMASTER@conus.army.mil

Registration

Registration is required to participate in all CYS Services programs and activities.

Registration is FREE!

To help facilitate the registration process, please bring with you the following information:

- 3 local emergency contacts (*other than parents*)
- Shot records
- Physical (*we can give you 30 days to bring this in*)
- LES/pay stubs (*only needed for childcare*)
- Cash, Check, or Visa/MasterCard for program fees

For Sports programs the following is also required:

- Birth certificate
- Sports physical

For more information on our programs and upcoming events contact the Central Registration office at

HELP WANTED

Reasons to become a substitute "Teacher" for CYS Services:

- Good Pay
- Get experience
- CYS Services is a great place to work
- No teaching experience needed
- Have a positive impact in the lives of children
- Flexible work hours
- Call (703)704-3032 for more information

SPORTS VOLUNTEERS NEEDED

Child, Youth & School Services sports program is looking for volunteers to help as Sports Coaches, Assistant Coaches, as well as general volunteers that could assist with concessions, time clock, score keeping, etc. Please call the Youth Sports Office for details at (703)805-9138/9139/1257.

VOLUNTEERS NEEDED

Child, Youth & School Services is looking for volunteers to help educate our children by reading to them and encouraging interest in various activities such as cooking, sewing, woodworking, photography, painting etc. If you have an interest or hobby that you would like to share with our youth, please call the registration office for details at 703-805-9114/9116/9118