

!Get the after school EDGE!

The EDGE! Program offers out-of-school opportunities for children and youth to experience, develop, grow and excel by participating in cutting-edge art, fitness, life skills and adventure activities, known as Art EDGE!, Fit EDGE!, Life EDGE!, and Adventure EDGE!

EDGE! Packages

Art EDGE! promotes learning-by-doing and focuses on the development of lifetime skills through exposure to the arts. Art EDGE! activities increase creative development while building self-esteem.

Fit EDGE! educates and encourages children and youth to incorporate a healthier lifestyle through physical activity and nutritional awareness programs.

Life EDGE! imparts upon children and youth the skills needed for life-long growth as well as the exploration of future career fields.

Adventure EDGE! encourages children and youth to embrace the outdoors and nature while being exposed to activities that stimulate relaxation.

For more information contact:

Denise Honeycutt
Phone: (334) 255-0666 or 379-1363
Fax: (334)-255-9319
E-mail: denise.honeycutt@us.army.mil

Activities are subject to change.
Please call 255-0666 to verify activity schedule.
A minimum of 4 is required for the activity to be held.

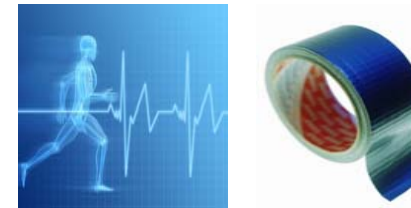
Volunteer Opportunities:
Seeking volunteers to share their skills in sports, fitness, the arts and adventure type activities.



Get creative with food, plan a menu, check labels, learn dining etiquette eat and learn more about the food we



Do you have the strength and endurance to join us on the gym floor. Learn how to develop your muscles with EDGE Fit!



The multi talented duct! Bring you duct ideas together with EDGE! Taking care of you EDGE Lifeskills

**FREE
ACTIVITIES**

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2010

Edge-O-Nomics

“There are no failures - just experiences and your reactions to them.”



Upcoming Activities

March-Nutrition, Aerobic, Weight Training, Going Duct.

April-Paintball, Fishing, Step Dance Photography

May-Track 'n' Field, Paintball, Gardening

June-Paper-mache, Racquetball, Knee-boarding, Track & Field

July-Archery, Build-A-Kite, Tubing, Cartoon Drawing

August-Rock Climbing, Basketball, Model Flyers, Create-a-Web Page

September- Golf, Woodshop, Paintball

October- Gardening, Web Design,

November- Baking, Painting, Capture the Flag

December - Playwriting, Fashion

March 2010

Mon	Tue	Wed	Thu	Fri
1 Nutrition Ages 11-18	2 Aerobic CSI Ages 15-18	3 Body Image Makeup Duct Tape project Ages 11-18	4 Weight Training Core Ages 15-18	5 Aerobic CSI Ages 11-14
8 Nutrition Ages 11-14	9 Aerobic Kick box Ages 15-18	10 Body Image Hair Duct Tape project Ages 11-18	11 Weight Training Chest Shoulders Tri Ages 15-18	12 Aerobic Strong Bodies Ages 11-14
15 Nutrition Ages 11-14	16 Aerobic Step Aerobics Ages 15-18	17 Body Image Clothes Duct Tape project Ages 11-18	18 Weight Training Back Biceps Ages 15-18	19 Aerobic Yoga Ages 11-14
22 Nutrition Ages 11-14	23 Aerobic Zumba Ages 15-18	24 Duct Tape project Ages 11-18	25 Weight Training Leg Ages 15-18	26 Aerobic Zumba Ages 11-14

ALL ACTIVITIES OFFERED:
4:00pm-6:00pm On days specified.

Pick up & drop off at Fort Rucker
Youth Center located at
the corner of 7th and Division Road
Bldg 2806

Valid CYSS registration required.
Enrollment for all EDGE! activities at
Parents Central Services
Located in Bldg 5700, the
Soldier Service Center, Room 130
255-9638

March

Nutrition

@ **CYSS Admin Training Room**
Bldg 132, 6th Ave.
Special visit to the commissary
Mondays Ages 11-18

Aerobics

Tuesdays ages 15-18
Fridays age 11-14

Weight Training

@ **Fortenberry-Colton Fitness Center**
(5900 Sky Chief)
Thursdays
Ages 15-18

Body Image &

Duct Tape Project

@ **Center Library**
(5th Avenue Bldg 212)

Wednesdays
Ages 11-18