

OUR VOICE



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RAPPAHANNOCK AREA YMCA
212 Butler Rd.
Falmouth, VA 22405
www.family-ymca.org

Three Branches to Serve You!
King George Family YMCA
Massad Family YMCA
Ron Rosner YMCA of Spotsylvania

A newsletter for members and volunteers of the Y



WINTER SPLASH POOL & LUNCH PARTY

Saturday, March 10, 2012

10:00 am – 1:00 pm

at the Massad Family YMCA

Y Members \$15/1st Child \$10/ea add'l child
NonMembers \$20/1st Child \$10/ea add'l child
Registration ends 3/7

Children 2-10 can swim away the winter blues, play organized games (both in the pool & on the deck), enjoy free swim, and meet the Little Mermaid and Jack Sparrow!

Lunch is served following the pool party & prizes are distributed to every attendee. Parents are invited to swim with their children free, but may purchase their own lunch ticket for an additional \$5.

SPECIAL REMINDERS

REGISTER NOW!
PRESCHOOL, FUN CLUB,
8th PERIOD

[Fun Club/ 8th Period Packet](#)

For Preschool: Contact your branch!

SHOULDER INJURY SEMINAR



Join us March 21st at 7 pm for a special seminar on "Athletic Shoulder Injuries" - Causes, treatments, & prevention. Presented by Dr. Accousti of Fredericksburg Orthopedic Associates.

This could be the start of an ongoing "Injury Seminar Series" if we have a good turnout. Also . . . IT IS FREE!

LIKE us on
FACEBOOK



Look for your branch name! Lots of fun stuff there! Also, be sure to check out the Caroline Family YMCA on Facebook as well!! Welcome our NEW Branch!

Branch Events Coming Up

-on next page!

Partner News....

VILLAGE 12 | *Splitsville*
THEATERS



FOR VALENTINE'S DAY
Take your sweetie to the movies or bowling!
Great movies and bowling fun at Village 12 / Splitsville!

COMING UP...at your Y

- King George Y:**
February 20th:
Karate Classes
 - Massad Y:**
February 25th:
Winter Classic Racquetball
 - March 10th:**
Winter Splash Party
 - March 11th:**
Organ Donor 8K
 - March 17th:**
Harlem Ambassadors Basketball
 - March 21st:**
Shoulder Injury Seminar
 - March 31st:**
Spring Craft & Vendor Show
 - Ron Rosner Y:**
March 10th:
Zumbathon for FASCA
- Visit: www.family-ymca.org

This tax season, let Rappahannock United Way prepare your taxes for FREE! If you make less than \$50,000 a year, you are eligible for free tax preparation. From January 16 to April 17, trained volunteers will help you file your tax returns and may be able to earn you a refund of up to \$5,666! Last year, individuals in our community collectively received \$1.18 million in refunds and saved over \$170,000 in preparation fees. Free tax preparation is part of a nationwide program that is the number one way to pull people out of poverty.



Rappahannock United Way

Check Out The New SPRING/SUMMER PROGRAM GUIDE

SUMMER DAY CAMP



KG/MA/RR
Y Camp: K-5 Grade
Explorers: 6-8 Grade
Teen Explorers: Ages 13-15

When school is out it is time for fun, sunshine, friendships and tradition... YMCA Summer Day Camp is an action packed, full-day experience for children. Field trips, indoor swimming, water park visits, nature, storytelling, music, singing, games, sports, arts & crafts and much more! Go to page 17 for more information or visit our website for details and registration packets.

www.family-ymca.org



COMING SOON, TO YOUR Y

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We are upgrading our software to enhance our member service. Soon we will be offering online registration and a customer portal where members will be able to access their account, make payments online and add/edit their personal information!!
From anywhere!!!!