



FOUNDERS *Pointe*

1230 FOUNDERS POINTE TRAIL CARROLLTON, VA 23314
757.238.8717 WWW.FOUNDERSPOINTE.NET

July 2009



Residents' Club & Swimming Pool

Hours:

Monday–Thursday

11am-8pm

Friday

11am-10pm

Saturday

11am-8pm

Sunday

11am-7pm

Ladies Night

**Thursday, July 16th
7pm-9pm**

Bring a neighbor and come get to know some other ladies in the neighborhood! Please bring drinks or munchies to share and RSVP to lmkafer@charter.net.

Men's Game Night

**Thursday, July 23rd
7pm-9pm**

Guys, come on out for some guy talk and cards! Please bring drinks and munchies to share and RSVP to chrisandsheriwheeler@yahoo.com.

Check out the Classifieds section on our website!

Tiny Tot Adventure Days

Every other Tuesday beginning June 23rd 9:30am-1:00pm

Bring your little one out for a fun filled day of adventure! We'll play games and activities, go swimming, create-a-snack, make a craft, and have story time. Your children will be supervised by an enthusiastic group of counselors who are dedicated to providing your child with an outstanding camp experience. Tiny Tot Adventure Days have a lower counselor to camper ratio than our other summer camp programs to offer your little one the attention and supervision he/she needs. Campers should bring a bagged lunch and come dressed with their swim suit under their clothes. We will have swim and water fun time during each Adventure Day, weather permitting. Please be sure to apply sunscreen on your child before they come, and pack them a towel and any flotation device they may need. The cost is \$22.00 per day or RSVP and pre-pay all five weeks for a total of \$100; that's only \$20 per day!



The Great American Backyard Campout

Saturday, June 27th Activities begin at 6pm!

Grab your sleeping bags, pitch a tent around the lake and lets go camping! Get your family outdoors and explore nature without leaving the comfort or amenities of the neighborhood! Spend time together watching for wildlife, listening for nocturnal creatures, gazing at the stars, making crafts, playing games and telling stories around the campfire. You can set-up a campsite for free, or register your tent for \$18 with the Residents' Club and participate in all the activities we have planned for the night. Each registered tent includes dinner and activities for up to 4 people; you can add additional campers for \$5 per person. The restrooms at the Residents' Club will stay open until midnight. All campsites must be cleaned up by noon on Sunday. Please register your camp site by Thursday, June 25th!

Activities to include:

- Grilled Burgers & Dogs ~ Roast Your Own Weenie!
- Sleeping Bag Olympics
- Telescope Viewing ~ Star Gazing
- Survival Craft & Knot Tying ~ Story Telling
- Night Hike & Scavenger Hunt ~ Bird Feeder Craft
- Campfire ~ S'mores





The Red White & Blue Craft Camp

Friday, July 3rd
6pm-8pm

Parents and kids, bring your bikes, strollers and wagons and let's get ready for Uncle Sam's Bike Parade! We'll have various stations set up so you can decorate a t-shirt, make a hat like Uncle Sam's, decorate your bike, wagon or stroller, and much much more! Pricing will be a-la-carte, so you can pick and choose the crafts you want to do! Please RSVP by 7/2, and include a shirt size if you wish to make a shirt.

4th of July
T-Shirt
\$6

Please give your shirt size
when you RSVP.

Bike Wagon or Stroller
Decorating
\$3

Uncle Sam Hat
\$2

Uncle Sam Pin
\$1

\$0.50 Crafts:
Penny Pendant
Star Streamers
3D Star
Pin Wheel



4th of July Celebration

All-American Picnic
12:00pm-3:00pm

Adult & Children's Activities

Rock Climbing Slide

Fried Chicken

Snow Cones & Dessert

Lemonade & Sweet Tea



Uncle Sam's Bike Parade
12:00pm

Red White & Blue...

Decorate your bike, tricycle, stroller or wagon and head on over to the Residents' Club. We'll have a parade around the club to show off everyone's patriotic colors and kick off our celebration! Prizes will be awarded to all participants.

Feel free to BYOB, but please, no glass on the pool deck.

Please bring a side dish to share with your family and neighbors.

Cost: \$6 per adult, \$5 per child ~ Please RSVP by Thursday, July 2nd.

Fitness Club

Are you a runner, walker or just want to get outdoors and exercise? With no regular meetings or responsibilities, the Fitness Club is an easy way to keep in the loop about upcoming races and activities... while exercising with your neighbors. Motivation, support and fun, you'll find it all with the Fitness Club! If you are interested please contact the Residents' Club to add your name to the e-mail distribution list.

Below are some upcoming activities Founders Pointe Residents are participating in. If you wish to join us, or have an event you would like to add, please contact the Residents' Club.



Trailzilla Race Series
June 23rd, July 7th & July 25th

ASYMCA Mud Run
Saturday, August 8th

Smart Smiles 5K
Saturday, August 22nd



Ladies Golf Night

The Riverfront Golf Course
Tee Off at 5:30
July 2nd, 16th & 30th!



Adventure Trip:

Kings Dominion & Water Works

Saturday, July 18th
7:45am-11:00pm

Sponsored by East West Realty

The cost is \$50.00, which includes 2 snacks, park admission, and transportation. Participants are responsible for lunch and dinner while at the park.

Trips are appropriate for ages 10-15. All participants must be registered and prepaid 4 days prior to the trip date to guarantee space and reserve transportation. Many tickets will be purchased at a group rate, so please invite your friends to come along! Each participant must have a waiver signed by a parent or guardian for each adventure trip.

Summer Aquatic Programs

by Swim-Ahead

SWIM: Group Swim Lessons



Tuesdays & Thursdays
Preschool 5:30pm-6:00pm
Elementary 6:00pm-6:30pm

\$80 for 8 classes, or \$45 for 4 classes. Additional classes and times may be added based on registration. Private swim lessons are also available for children and adults, please call to reserve your spot, 238-8717!

AQUA-Fit: Stamina & Cardio Class

Tuesdays or Thursdays
7:15pm-8:00pm
\$45 for 4 Classes.



There must be a minimum of 5 participants registered to hold a class. Registration forms are available at the Residents' Club or on our website, sign up today!

East West Communities

Pool Swap Weekend

July 18th & 19th
August 15th & 16th

Take your membership card with you and get into any East West swimming pool this weekend! Relax by the river at the Gatling Pointe Yacht Club, have fun on the monster water slides at Founders Pointe and The Riverfront, or check out the kids water feature at Eagle Harbor. Pool guest fees still apply and vary between facilities. Please check out the following websites for more details.

www.riverfrontswimclub.com www.gpyachtclub.com



National Ice Cream Day

\$3 Ice Cream Sundaes, Floats
& Milkshakes

Sunday, July 19th
1pm-4pm

It's an ARTventure!

June 29th- July 2nd 9am-1:30pm

Ages: Preschool & up

Cost: \$105 for the week

En plein air is a French expression which means "in the open air", and is particularly used to describe the act of painting outdoors. Artists have long painted outdoors, but in the mid-19th century working in natural light became particularly important to the Barbizon school and Impressionism. French Impressionist painters such as Claude Monet, Camille Pissarro, and Pierre-Auguste Renoir advocated en plein air painting, and much of their work was done outdoors. This year, during our ARTventure, students will be painting outdoors using real canvases and professional watercolor pastel crayons in the style of the great impressionists. On Thursday we will go on a field trip to the Smithfield Arts Center to see the work of professional artists and have an art lesson. Please RSVP by Friday, June 26th.



Junior Ranger Program

July 13th- 17th 9am-1:30pm

Ages: Rising 1st grade & up

Cost: \$105 for the week

Come along on this great adventure as we visit local Virginia state parks to become Junior Rangers! We'll go on a fossil hike, visit a wildlife rehabilitation center, take an orienteering course, do a little fishing, and learn about park and wildlife management. Each day we will meet with state park rangers and at the end you will receive a Junior Ranger Certificate and Badge. Registration forms are available at the Residents' Club or on our website. Please register by Thursday, July 9th.

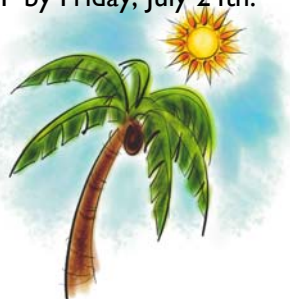
Tropical Pool Party & Kids Night Out

Saturday, July 25th

7pm-10pm

Come on over for an adult only relaxing evening by the pool. With a beer in your hand and tropical tunes in the air, you'll be sure to leave all the troubles of the week behind. We'll grill up chicken sandwiches with all the trimmings, then play a few adult mixers to get the evening started and party the night away! We are going to have a salsa challenge, so whip up your favorite, most creative salsa! Don't forget to bring the recipe, we'll vote on our favorite salsa and the winner will receive a prize! Please feel free to BYOB, but please, no glass on the pool deck. The cost is \$8 per adult, please RSVP by Friday, July 24th.

Let's get tropical! We're going to have a separate Kids Night Out filled with games, activities and a movie. We'll have a pizza dinner and all the fun you can imagine! The cost is \$12.00 per child. Don't Miss It!



Family Dive-In Movie

Friday, July 3rd

Showtime: 8:45pm



Movie: Bedtime Stories

\$1 concessions beginning at 6pm

Hotdogs ~ Chips ~ Snow Cones

~ Popcorn~

Sunscreen Alert

If you are using spray sun tan lotions please be careful not to spray the pool deck. When using, please stand on a towel, in the grass or in the parking lot. We ask for your cooperation in this matter as the spray sunscreens are ruining the finish on our pool deck. Thank you in advance for your cooperation.

