



FOUNDERS *Pointe*

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

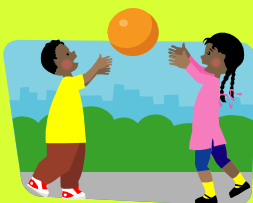
MAY & JUNE
2008



RESIDENTS' CLUB &
SWIMMING POOL
SUMMER HOURS:
(BEGINNING MEMORIAL DAY)

MONDAY-SATURDAY
10AM-8PM

SUNDAY
11AM-7PM



INTRODUCING...
THE KIDS' PLAY CLUB
WEDNESDAYS AT 10AM
ON THE PLAYGROUND

HAVE LITTLE ONES AT
HOME DURING THE
WEEK? WANT TO MEET
PARENTS AND OTHER
SMALL CHILDREN IN THE
NEIGHBORHOOD? JOIN
US EVERY WEDNESDAY
FOR SOME FUN AND
FRESH AIR! PLEASE
CONTACT LAURA
SCHALL AT
LAURA_SCHALL@YAHOO.COM
OR 238-3514 FOR
MORE DETAILS.
SEE YOU THERE!

MEMORIAL CELEBRATION

SUNDAY, MAY 25TH
2PM-5PM

JOIN US FOR GREAT FAMILY FUN AS WE FIRE UP THE GRILL AND GET THE SUMMER STARTED RIGHT! WE WILL HAVE GRILLED HOTDOGS AND HAMBURGERS WITH ALL THE FIXIN'S, SIDES AND DESSERT. WITH MUSIC PLAYING POOL SIDE, AND ADULT & CHILDREN'S POOL GAMES, IT'S SURE TO BE A BLAST! THE COST IS \$6 PER ADULT AND \$5 PER CHILD, ADULT BEVERAGES WILL BE FOR SALE. DON'T MISS IT! PLEASE RSVP BY PHONE OR E-MAIL BY FRIDAY, MAY 23RD WITH THE NUMBER OF ADULTS AND CHILDREN THAT WILL BE ATTENDING THE CELEBRATION.

COME MEET SWIM-AHEAD AT THE POOL SATURDAY, MAY 24TH

MEET THE INSTRUCTOR, REGISTER FOR CLASSES, AND GET ANSWERS ANY QUESTIONS YOU MAY HAVE!

COME & SEE WHAT A SHALLOW WATER
FITNESS CLASS IS ALL ABOUT:
AQUA BODIES
5/27 & 5/29 @ 5:45-6:30PM
DROP-IN FEE \$10

WITH 4 WAYS TO REGISTER, IT'S EASY:

- COME TO THE MEET 'N' GREET ON SATURDAY, MAY 24TH.
- PRINT A REGISTRATION FROM OUR WEBSITE: FOUNDERSPOINTE.NET.
- E-MAIL REGISTRATION REQUESTS TO: REGISTRATIONS@SWIM-AHEAD.COM
INCLUDE THE CLUB'S NAME TO RECEIVE A REGISTRATION FORM.
- PICK UP A REGISTRATION FORM AT THE RESIDENTS' CLUB!

REGISTRATION CLOSSES MAY 31ST FOR SESSION I BEGINNING JUNE 2ND.

EASY SUMMER ENTERTAINING: WINE 'N' FOOD PAIRING & KIDS NIGHT OUT

SATURDAY, JUNE 7TH
7PM-10PM

THE WARM WEATHER IS HERE AND THAT USUALLY MEANS DINING AL FRESCO AND BACKYARD BARBECUES. TO HELP MAKE THE MOST OF YOUR NEXT GET-TOGETHER WE HAVE SOME CREATIVE TIPS AS WELL AS SIMPLE AND DELICIOUS RECIPES AND WINE PAIRING IDEAS. FROM APPETIZERS TO DESSERTS, AND SOME REFRESHING BEVERAGES ALONG THE WAY, WE ARE GOING COVER IT ALL! WE'LL HAVE TABLE SETTING IDEAS FROM SOUTHERN LIVING, AND BON VIVANT WILL LEAD US THROUGH THE WINE TASTING. THE COST IS \$20 PER ADULT, PLEASE RSVP BY THURSDAY, JUNE 5TH.

PARENTS, DON'T WORRY ABOUT FINDING A BABY SITTER TONIGHT, WE'VE GOT YOU COVERED. BRING THE KIDS FOR A NIGHT OF FUN ALL THEIR OWN! WE'LL HAVE A PIZZA DINNER ALONG WITH PLENTY OF ACTIVITIES, GAMES AND A MOVIE TOO! THE COST IS \$12 PER CHILD, PLEASE RSVP BY JUNE 5TH.



LADIES GOLF NIGHT



AT THE RIVERFRONT GOLF COURSE
EVERY OTHER THURSDAY OF THE MONTH AT
5:30PM, BEGINNING MAY 22ND. FOR MORE
DETAILS CONTACT THE RESIDENTS' CLUB.

PRIME TIMERS LUNCHEON

FRIDAY, JUNE 6TH
NOON



CALLING ALL ACTIVE ADULTS... WANT TO START A 55+ CLUB IN THE COMMUNITY? JOIN US FOR THE PRIME TIMERS LUNCHEON TO MEET SOME NEIGHBORS, ORGANIZE THE CLUB AND PLAN FUTURE EVENTS! PLEASE BRING A DISH TO SHARE AND RSVP BY THURSDAY, JUNE 5TH.

EAST WEST COMMUNITY POOL SWAP WEEKEND

JUNE 14TH & 15TH

BRING YOUR MEMBERSHIP CARD AND GET
INTO ANY OF THE EAST WEST POOLS!

WWW.RIVERFRONTSWIMCLUB.COM

WWW.GPYACHTCLUB.COM

WWW.EAGLEH.COM



SUPER SUNDAY

VOLLEYBALL GAME & \$2 ICE CREAM SUNDAES

SUNDAY, JUNE 15TH

2PM-5PM

FAMILY DIVE IN MOVIE

FRIDAY, JUNE 20TH

SHOW TIME: 8:45PM

MOVIE: SURF'S UP



FIRST DAY OF SUMMER

SATURDAY, JUNE 21ST

\$1 SNOW CONES

1PM-4PM



SUMMER PROGRAMS & ACTIVITIES AT THE RESIDENTS' CLUB



IT'S AN ARTVENTURE

JUNE 25TH, 26TH & 27TH
9AM-1PM

EXPLORING ART WITH THE GREAT MASTERS. STUDENTS WILL BE TRANSPORTED TO A TIME WHEN THE GREAT MASTERS WERE CREATING ART THAT WOULD INSPIRE STUDENTS THROUGHOUT THE AGES. STUDENTS WILL PAINT AND CREATE THEIR OWN MASTERPIECES IN THE FINE ART STYLE OF SOME OF THE MOST FAMOUS ARTISTS WHO EVER LIVED. ROBERTA WILLIAMS, THE CLASS INSTRUCTOR AND RESIDENT ARTIST AT THE SMITHFIELD CULTURAL ARTS CENTER, WILL BRING OUT THE INNER PICASSO IN ALL OF US!

EARLY MORNING DROP OFF WILL BE AVAILABLE 7AM-9AM. THE COST FOR THIS CAMP IS \$80. PLEASE REGISTER WITH PAYMENT BY THURSDAY, JUNE 19TH.



WINE 101: A TASTY EDUCATION

JULY 8TH, 15TH, 22ND & 29TH 7PM-8:15PM

JOIN US AS BON VIVANT MARKET HOSTS AN EDUCATIONAL WINE SERIES AT THE RESIDENTS' CLUB. YOU'LL LEARN HOW TO OPEN, HOW & WHY TO DECANT, WHAT TEMPERATURES TO SERVE WHAT WINES, AND WHAT WINES GO WITH WHAT FOODS. WE'LL ALSO SIP AND IDENTIFY KEY COMPONENTS AND FLAVORS OF THE BASIC VARIETALS. YOU'LL TASTE, YOU'LL LEARN, YOU'LL LOVE THE EXPERIENCE! THERE IS A MAXIMUM OF 20 PARTICIPANTS FOR THIS CLASS. THE COST IS \$40 FOR ALL 4 CLASSES. PLEASE REGISTER WITH PAYMENT BY TUESDAY, JULY 1ST.



SPORTS EXTRAVAGANZA

JULY 15TH, 16TH & 17TH
9AM-1PM

MARTIAL ARTS, AQUATICS AND GYMNASTICS OH MY, JOIN US FOR AN ACTION PACKED SPORTS EXTRAVAGANZA! LEARN THE SECRETS OF TAE KWON DO FROM A REAL BLACK BELT. YOU'LL BE SWIMMING LIKE A FISH AFTER SWIMMING LESSONS FROM SWIM AHEAD, AND LOOK OUT, YOU'LL BE FLIPPING UPSIDE DOWN WHEN ALL-STAR GYMNASTICS FINISHES WITH YOU!

EARLY MORNING DROP OFF WILL BE AVAILABLE 7AM-9AM. THE COST FOR THIS CAMP IS \$67. PLEASE REGISTER WITH PAYMENT BY WEDNESDAY, JULY 9TH. DATES FOR THIS CAMP ARE SUBJECT TO CHANGE.



REQUIRED SWIM TEST

ALL MINORS BETWEEN THE AGES OF 9-16 ARE REQUIRED TO TAKE, AND PASS A SWIM TEST TO VISIT THE SWIMMING POOL WITHOUT THEIR PARENT OR GUARDIAN PRESENT. MINORS ARE REQUIRED TO ENTER THE WATER AT THE 3-FOOT END OF THE POOL, SWIM ONE LENGTH OF THE POOL UNASSISTED (WITHOUT A FLOTATION DEVICE) AND EXIT THE 5-FOOT END OF THE POOL BY THEMSELVES. IF THE MINOR PASSES, THEIR MEMBERSHIP CARD WILL INDICATE THE TEST HAS BEEN SUCCESSFULLY COMPLETED. IF THE TEST IS NOT SUCCESSFULLY COMPLETED ON THE FIRST ATTEMPT, THE MINOR WILL BE GIVEN ANOTHER OPPORTUNITY TO TAKE THE TEST. IF THE MINOR CANNOT PASS THE SWIM TEST REQUIREMENT, HE/SHE WILL NOT BE ALLOWED USAGE OF THE POOL WITHOUT A PARENT OR GUARDIAN PRESENT. THIS POLICY IS IN PLACE TO ENSURE THE SAFETY OF EVERYONE USING THE RESIDENTS' CLUB FACILITY.

COMING TO THE POOL THIS SUMMER...

WATER FITNESS & SAFETY CLASSES BY SWIM-AHEAD

NO SWIMMING SKILLS NECESSARY
A GREAT WORKOUT FOR ALL FITNESS LEVELS

BENEFITS INCLUDE:

- ✦ IMPROVED RANGE OF MOTION, GREAT FOR IMPROVING ARTHRITIC SYMPTOMS
- ✦ EXERCISE AT YOUR OWN ABILITY LEVEL, WHILE IN A SUPPORTIVE ATMOSPHERE
- ✦ INCREASED ENERGY, REDUCED STRESS & ENHANCED SLEEP QUALITY
- ✦ EXERCISE WITHOUT PAIN OR STRAIN ON JOINTS & BONES
- ✦ INCREASED ENDURANCE & CARDIOVASCULAR HEALTH
- ✦ IMPROVED BODY COMPOSITION AND MUSCLE TONE



AQUA-BODIES

TUESDAYS & THURSDAYS: 5:45PM-6:30PM

\$65 FOR 8 CLASSES

SATURDAYS: 9AM-9:45AM

\$35 FOR 4 CLASSES

GREAT FOR THOSE WHO WANT A TOTAL BODY WORKOUT & PEOPLE WITH ARTHRITIC SYMPTOMS WHO WANT TO KEEP MOBILE.

AQUA-KIDS

TUESDAYS & THURSDAYS: 11AM-11:30AM

\$65 FOR 8 CLASSES

A FUN SHALLOW WATER EXERCISE CLASS THAT BRINGS TOGETHER GAMES AND FITNESS. FOR KIDS AGES 6-12.

SWIM PROGRAM

TUESDAYS & THURSDAYS: 10:30AM-11AM

\$65 FOR 8 CLASSES

GROUP SWIM LESSONS FOR CHILDREN AGES 3-5 YEARS. THESE SMALL CLASSES INCLUDE THE BASIC FUNDAMENTALS OF SWIMMING, SAFETY & RESCUE SKILLS.

AQUA-BABIES

TUESDAYS & THURSDAYS: 10AM-10:30AM

\$65 FOR 8 CLASSES

INTRODUCE YOUR LITTLE ONE TO BASIC WATER ORIENTATION SKILLS, USING GAMES WITH MOM OR DAD.

FOR THE AQUA BODIES CLASS THERE WILL BE A TESTING THE WATERS SESSION ON MAY 27TH & 29TH FOR \$10. YOU CAN DROP-IN ANY OF THE FITNESS CLASSES FOR \$10 AS LONG AS YOU ARE PRE-REGISTERED. EQUIPMENT IS OPTIONAL & CAN BE PURCHASED FROM SWIM-AHEAD FOR YOUR CONVENIENCE. ALL CLASSES ARE TAUGHT BY A CERTIFIED INSTRUCTOR WHO CAN ASSIST YOU WITH YOUR INDIVIDUAL GOALS. PRIVATE SWIM LESSONS MAY BE SCHEDULED UPON AVAILABILITY.

ALL CLASSES NEED A MINIMUM OF 5 PARTICIPANTS & ARE EXPECTED TO FILL QUICKLY. THE FIRST SUMMER SESSION FOR ALL CLASSES BEGINS JUNE 2ND. SIGN UP TODAY BY PICKING UP A REGISTRATION SHEET FROM THE RESIDENTS' CLUB, REGISTRATION ENDS MAY 31ST!