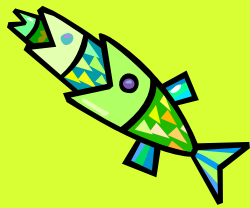


MAY 2008



BEGINNING
MEMORIAL DAY
THE SWIMMING POOL
HOURS WILL BE:

MONDAY-SATURDAY

10AM-8PM

SUNDAY

11AM-7PM



MOTHER'S DAY
POOLSIDE
COLORING CRAFT

SUNDAY, MAY 11TH
1PM-5PM

KIDS, MAKE A SPECIAL
CRAFT FOR YOU MOM
WHILE SHE RELAXES BY
THE POOL THIS
MOTHER'S DAY!



BUNCO NIGHT
THURSDAY, MAY 15TH
7PM-9PM



FOUNDERS *Pointe*

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

THE SWIMMING POOL OPENS THIS SATURDAY!

MAY HOURS

SATURDAYS & SUNDAYS

12PM-6PM

WEATHER PERMITTING

CURRENT

WATER TEMPERATURE

70°



EAST WEST

COMMUNITY POOL SWAP WEEKEND

SATURDAY, MAY 10TH & SUNDAY, MAY 11TH

EAGLE HARBOR SWIM CLUB
11AM-5PM

RIVERFRONT SWIM CLUB
12PM-6PM

TAKE YOUR MEMBERSHIP CARD WITH YOU AND GET INTO ANY EAST WEST SWIMMING POOL THIS WEEKEND! HAVE FUN ON THE MONSTER WATER SLIDES AT FOUNDERS POINTE AND THE RIVERFRONT OR PLAY AN EXCITING GAME OF PUTT-PUTT AT EAGLE HARBOR! POOL GUEST FEES STILL APPLY AND VARY BETWEEN FACILITIES, PLEASE CALL AHEAD IF YOU HAVE ANY QUESTIONS, OR CHECK OUT EACH OF THE CLUBS' WEBSITES FOR MORE DETAILS.

WWW.EAGLEH.COM WWW.FOUNDERSPOINTE.NET

WWW.RIVERFRONTSWIMCLUB.COM

ARE YOU TOO HOT TO TROT? 5K RUN FOR RESCUE

BENEFITING THE CARROLLTON VOLUNTEER FIRE DEPARTMENT

SATURDAY, MAY 10TH

FOUNDERS POINTE RESIDENTS' CLUB

THE MORE PEOPLE WE GET TO PARTICIPATE, THE GREATER IMPACT WE CAN HAVE HELPING THE CARROLLTON VOLUNTEER FIRE DEPARTMENT. WE HAVE ROOM FOR ALL LEVELS OF ATHLETICISM, ALL AGES, ALL SIZES AND SHAPES. IT DOESN'T MATTER IF YOU COME IN 1ST, 50TH OR 500TH! WHAT REALLY MATTERS IS THAT YOU MAKE IT TO THE STARTING LINE. YOU MAY CHOOSE TO RUN 5K. OR WALKERS AND KIDS 12 AND UNDER CAN ENTER THE 1 MILE FUN RUN AND WALK. AFTER THE RACE, JOIN US FOR A CELEBRATION WITH FOOD, FUN, AND AWARDS. AWARDS AND RAFFLE PRIZES SPONSORED BY EAST WEST PARTNERS, FINE LINES FITNESS CENTER AND THE RUNNER SOURCE.

REGISTRATION FEES

ADULT: \$10 PRIOR TO RACE DAY, \$12 DAY OF
CHILD 12 & UNDER: \$7 PRIOR TO RACE DAY,
\$9 DAY OF

SCHEDULE OF EVENTS

8:45 CHECK-IN & WARM UP
9:15 5K RACE, NON SANCTIONED
9:20 1 MILE FUN RUN AND WALK

FOR MORE DETAILS, INCLUDING THE COURSE, AWARDS, SPONSORS, RAIN DATE, DONATIONS, ADDITIONAL REGISTRATION SHEETS AND PAYMENT, PLEASE CHECK OUT: WWW.FOUNDERSPOINTE.NET.

HUMMINGBIRD & BUTTERFLY WORKSHOP

SATURDAY, MAY 17TH -10AM

WILD BIRDS UNLIMITED IS GOING TO SHOW US WHAT PLANTS ATTRACT HUMMINGBIRDS IN OUR AREA AND HOW TO MAKE THE PERFECT BUTTERFLY GARDEN. AFTER THE PRESENTATION, WE'LL HEAD OUT TO THE PURPLE MARTIN COLONY WHERE WE'LL PLANT OUR OWN WILDLIFE GARDEN. ALL PARTICIPANTS ARE ASKED TO BRING A BUTTERFLY OR HUMMINGBIRD ATTRACTING PLANT TO DONATE TO THE GARDEN.

PLEASE CONTACT THE RESIDENTS' CLUB FOR A COMPLETE LIST OF ALL APPROVED PLANTS, AND TO RSVP. DON'T HAVE TIME TO BUY PLANTS? LET US KNOW AND THE RESIDENTS' CLUB WILL PURCHASE THE APPROPRIATE PLANTS FOR YOU!



SAVE-THI-DAT



KIDS'

POPCORN THEATER
SATURDAY, MAY 17TH
6PM-9PM



COMMUNITY
YARD SALE
SUNDAY, MAY 18TH
9AM-3PM

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!