



## 2010 Events Calendar

**March 7<sup>th</sup>:** J Robbins 8K

[www.runfarc.com](http://www.runfarc.com)

**April 17<sup>th</sup>:** Gateway Urgent Care 5K &  
Kids 1 Mile Run

[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**May 22<sup>nd</sup>:** Battlefield 5K, Cannonball  
1Mile Little Skirmish Tot Trot

[www.active.com](http://www.active.com)

**May 31<sup>st</sup>:** Civitans Memorial Day 10K

[www.runfarc.com](http://www.runfarc.com)

**June 6<sup>th</sup>:** Radley Auto Group Spotsylvania  
Sprint & Youth Triathlon

[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**July 10<sup>th</sup>:** Pohanka Colonial Beach Sprint Triathlon

[www.active.com](http://www.active.com)

**July 11<sup>th</sup>:** Pohanka Colonial Beach Olympic  
Triathlon

[www.active.com](http://www.active.com)

**October 10<sup>th</sup>:** King George Fall Festival 5K  
1 Mile Kids Run

[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**November 25<sup>th</sup>:** Micah/YMCA Turkey Trot 5K,  
Coker Orthodontics/YMCA 1 Mile Kids  
Run

[www.runfarc.com](http://www.runfarc.com)

Visit our web site for details on all races  
in our series or click on the registration  
links below each race!

[www.family-ymca.org](http://www.family-ymca.org)



**Ages 15 and up:** participate in 5 or more  
events to receive an additional prize!  
**Ages 14 and under:** participate in 3 or  
more events to receive an additional  
prize!

[www.family-ymca.org](http://www.family-ymca.org)

# 2010 Special Events

*We have special events  
for all ages!*

*For details on any of our events, contact the  
branch members services desk or visit our website*

## APRIL

**SACC Family Fun Day:** April 24<sup>th</sup> (7 pm-9 pm)  
Massad Family YMCA

## MAY

**Healthy Kids Day:** May 8<sup>th</sup> (10 am-3 pm)  
Spotsylvania Towne Center-FREE!

**Casino Night:** May 15<sup>th</sup> (5 pm-10 pm)  
King George Family YMCA

**Spring Craft & Vendor Show:** May 22<sup>nd</sup>  
(9 am-3 pm) Massad Family Branch

**Water Park Kick Off Party:** May 28<sup>th</sup>  
(4 pm-7 pm) Massad Family YMCA – Water Park



## JUNE

**Rock Star Tennis Social:** June 5<sup>th</sup>  
(7 pm- 12 am) Massad Family YMCA

**SACC Family Fun Day:** June 10<sup>th</sup>  
Ron Rosner YMCA

**3<sup>rd</sup> Annual Silver Prom:** June 19<sup>th</sup>  
(6 pm-9 pm) Ron Rosner Family YMCA- FREE!

**Summer Movie Under the Stars:** June 19<sup>th</sup>  
(3 pm-10 pm) Barnesfield in King George

**Membership Appreciation Day:** June 26<sup>th</sup>  
(9 am-12 pm) Try our classes, blood pressure  
Cholesterol, body fat analysis, food, prizes!

## JULY

**7<sup>th</sup> Annual Family Fun Festival:** July 24<sup>th</sup>  
(11 am-3 pm) Ron Rosner Family YMCA –FREE!

**Middle School Beach Night:** TBD  
Massad Family YMCA – Water Park

## AUGUST

**2<sup>nd</sup> Annual Luau:** August 7<sup>th</sup>  
(7:30 pm-12 am) Adults Only  
Massad Family YMCA – Water Park

**All American Cookout:** August 21<sup>st</sup>  
(6 pm-10 pm) Massad Family YMCA – Water Park  
End of Season Fun, Food, Games!

# 2010 Special Events

## SEPTEMBER

### **America on the Move Week:**

September 18<sup>th</sup>-25<sup>th</sup> King George, Ron Rosner,  
and Massad YMCA's

### **Sickle Cell Basketball Tournament:** TBD

Ron Rosner Family YMCA

## OCTOBER

### **7<sup>th</sup> Annual Golf Tournament:** October 8<sup>th</sup>

Fredericksburg Country Club



### **Creepy Crawly Carnival:** October 15<sup>th</sup>-16<sup>th</sup>

Massad Family YMCA

### **Creepy Crawly Carnival:** October 22<sup>nd</sup>-23<sup>rd</sup>

King George and Ron Rosner Family YMCA's



## NOVEMBER

### **Racquetball Tournament:** November 6<sup>th</sup>

Massad Family YMCA

## DECEMBER

### **Craft Show:** December 4<sup>th</sup> (9am-3 pm)

Massad Family YMCA

### **Family New Year's Eve Party:** December 31<sup>st</sup>

King George, Ron Rosner, and Massad YMCA's  
FREE!





# *The Jay Massad Support Campaign*

Jay Massad is a founding member of the Rappahannock Area YMCA, Inc. She is committed to helping others in our community. She kicks off our Annual Campaign with her own generous contribution. Please help Jay reach out by making a contribution of your own.

\$210	Provides one month of preschool or two weeks of summer camp to one child
\$260	Provides one month of Before/After Care for one child
\$300	Provides a one year membership for a teenager
\$1000	Provides a one year family membership
\$1100	Provides a whole summer of Y camp for one child

*Every Dollar Matters!*



*We build strong kids, strong families, strong communities*

# 2009 Mission Impact

## Promoting Healthy Life Styles to Prevent Obesity

We are committed to promoting a healthy spirit, mind and body for all, regardless of race, sex religion, physical ability or financial status. We never turn anyone away for inability to pay for membership, programs or services.

We incorporate our core values of caring, honesty, respect, and responsibility into all of our programs.

## Child Care

- Licensed Before and After School care programs offered at 35 schools in two counties serving 1,000 children.
- Licensed Before and After school care programs offered at all 3 YMCA locations serving over 700 children in 2009.
- ½ day preschool programs offered at all 3 branches serving over 300 children.

## Summer Day Camp

14 day camp programs impacted over 900 children in 3 counties during the summer of 2009.

## Aquatics

- 2,443 youth learned to swim in 2009, 470 received financial assistance.
- 187 youth/teens participated in YMCA summer swim leagues.



Since 1973, the Rappahannock Area YMCA's mission in the community has been to provide quality programs that foster personal growth and development in an atmosphere of fellowship and caring; reaching out to those in need by providing financial assistance for participation in our programs. Our impact on the community is demonstrated here.

*Everyone deserves a YMCA experience*



## Outreach

- Provided Thanksgiving dinner and Christmas presents to needy families in the area.
- Helped area non-profits such as Big Brothers/Big Sisters , Disability Resource Center, RAAI, and others by providing free use of our facilities.
- Provided specialized fitness classes for 136 adults with intellectual and physical disabilities.
- Mentored 43 at-risk teens through our community service volunteer program.
- Helped establish and host a free Hispanic Health Fair.

## Financial Assistance

In 2009 we gave out over \$400,000 in financial assistance for membership, programs and services.

## Staffing

With three full facilities and two off-site Childcare Programs, the Rappahannock Area YMCA, Inc. employed 47 full time, 604 part time staff, and 460 Volunteers in 2009.