




February 2010

Oceana Community Center

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Sign Up for the Couple's Dinner!	1 Scrapbooking 10:00-11:30 Step Aerobics 12:00-1:00	2 Scrapbooking 10:00-11:30 Fitness challenge 12:00-1:00	3 Scampers 10:00-11:30 	4 Mommy & Me 10:00-11:00 Instructor's Choice 12:00-1:00	5 Total Toning 8:15-9:15 Scrapbooking 9:30-11:30	6 African American History Month
7 1 billion Valentines are exchanged annually	8 Mommy's Moment 10:00-11:30 Step Aerobics 12:00-1:00	9 Mommy's Moment 10:00-11:30 Fitness challenge 12:00-1:00	10 LMH Play Event 10:00-11:30	11 Mommy & Me 10:00-11:00 Instructor's Choice 12:00-1:00	12 Total Toning 8:15-9:15 Decorating 10:00-11:30	13 <i>Romantic Couple's Dinner</i> Oceana Community Center
14 Happy Valentine's Day	15 Closed for President's Day	16 Mommy's Moment 10:00-11:30 Fitness challenge 12:00-1:00	17 Scampers 10:00-11:30 	18 Mommy & Me 10:00-11:00 Instructor's Choice 12:00-1:00	19 Total Toning 8:15-9:15 Police Station 10:30-11:30	20 Alka Seltzer introduced 1931
21 Love Your Pet Week	22 Mommy's Moment 10:00-11:30 Step Aerobics 12:00-1:00	23 Mommy's Moment 10:00-11:30 Fitness challenge 12:00-1:00	24 Scampers 10:00-11:30 	25 Mommy & Me 10:00-11:00 Instructor's Choice 12:00-1:00	26 Total Toning 8:15-9:15 Mom & Kid Cooking 10:30-11:30	27 National Polar Bear Day
28 The next leap year will be in 2012.	ASYMCA's Couple's Dinner Information: February 13th at the Oceana Community Center E3 & below - \$15 per couple , E4-E5 - \$20 per couple , E6 & above - \$30 per couple Price includes child minding.					



Oceana Community Center
1200 South Birdneck Road
Virginia Beach, VA 23451
Phone: (757)433-2055

E-mail: oceana@asymcahr.org
 Updates at: www.asymcahr.org
twitter.com/asymcahr
www.myspace.com/armedservicesymcahr
 on Facebook: asymcahr

The mission of the Armed Services YMCA of Hampton Roads is to improve Quality of Life for junior enlisted military personnel and their families, through values oriented social, recreational, personal development, crisis prevention, deployment separation and child care programs.



Designate
CFC # 73565

CLASS INFORMATION: 1st, 2nd, 5th: Come up to the center and work on getting those newest pages done!
 8th, 9th, 16th, 22nd, 23rd: Come up to the center and read, craft, chat or relax.
 10th: Lincoln Military Housing sponsored Play Event with music, snacks, crafts and Daisy the Clown
 12th: Unleash your inner Martha Stewart and help decorate for the Romantic Couple's Dinner!
 19th: Go behind the scenes at our local police station—this is a real kid-pleaser!
 26th: Come up to the center and create a tasty treat with your child

