


February 2010

Norwich Manor Community Center



SUN	MON	TUE	WED	THU	FRI	SAT
Chocolate Lovers Enjoy 	1 10:00-11:30 Step & Sing	2 10:00-11:30 Mommy's Time 12:30-1:30 Total Toning	3 10:00-11:30 Mommy & Me 	4 10:00-11:30 Mommy's Time 12:30-1:30 Fitness Challenge	5 10:30-11:30 Build a Bear Workshop	6 Black History Month
7 Library Lovers Month	8 10:00-11:30 Creative Story Time	9 10:00-11:30 Mommy's Time 12:30-1:30 Total Toning	10 10:00-11:30 Mommy & Me 	11 10:00-11:30 Mommy's Time 12:30-1:30 Fitness Challenge	12 10:00-11:00 Busy Mom's Breakfast	13 <i>Romantic Couple's Dinner</i> Oceana Community Center
14 Happy Valentines Day 	15 10:00-11:30 Step & Sing	16 10:00-11:30 Scrapbooking 12:30-1:30 Total Toning	17 10:00-11:30 Mommy & Me 	18 10:00-11:30 Scrapbooking 12:30-1:30 Fitness Challenge	19 9:30-11:30 Scrapbooking	20 National Bird Feeding Month
21 Youth Leadership Month	22 10:00-11:30 Creative Story Time	23 10:00-11:30 Mommy's Time 12:30-1:30 Total Toning	24 10:00-11:30 Mommy & Me 	25 10:00-11:30 Mommy's Time 12:30-1:30 Fitness Challenge	26 11:00-12:30 Playtime at Chick-Fil-A	27 Relationship Wellness Month
28 Get ready For the Week Ahead	CLASS INFORMATION 2 nd , 4 th , 9 th , 11 th , 23 rd , & 25 th -Come out and enjoy Mommy's Time. Bring your scrapbook or coupons. Child minding provided. 5 th -Let's go have fun at Build a Bear work shop at Lynnhaven Mall in Virginia Beach. Prices will vary. 12 th - Come out to Norwich Manor community center for a Breakfast treat. 16 th , 18 th , & 19 th . Come up to the center and work on getting those newest pages done! Mom's let us serve you, sit and enjoy while kids help serve mom too. 19 th - Chocolate lover's bring your favorite fruit and join in the fun. Yummy! 26 th -Let's have fun and enjoy lunch at Chick-Fil-A on military Hwy. Located in the Target shopping center.					
Get the latest ASYMCA updates and news at: www.twitter.com/asymcahr or www.myspace.com/armedservicesymcahr or Do a friend search on Facebook: asymcahr				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. Reservation deadline is February 10th.		



Norwich Manor Community Center
7851 Norfolk Crossing Ave
Norfolk, VA 23505

Program Manager: Charvay Wright
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Find this and other calendars online at
www.asymcahr.org

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



Programming Information

- All ASYMCA programs featured on this calendar are open to all military families throughout the community.
- Supervised children's activities give moms a chance to relax and enjoy what the ASYMCA has to offer.
- Your input and ideas are always welcome!!

PLEASE SIGN UP IN ADVANCE

Aerobics

Our aerobics classes are easy and fun! We do low-impact, high impact and step aerobics. We encourage everyone to bring their own hand weights and mats. All fitness levels are accommodated. Child minding is available for participants of this program.

Step & Sing and Creative Story Time

These are wonderful activities where you and your child can get out into the neighborhood and meet other military families. We ask that you bring a snack and art smock with you. There will be free play, circle time will be either song and dance or story time depending on the day, snack, and a craft for you and your child to do together.

Mommy and Me

Enjoy doing crafts with your children??? Come join us every Thursday for all the fun and less of the mess!! Classes fill up quickly, so register early.

Mommy's Moment

Need to get the check book balanced? How about catching up on your scrap booking? Have a book you want to read? Always wanted to learn to sew? Check out our classes, Monday and Tuesday mornings.

Any questions, comments, or concerns please email Kim Fadely at kim.fadely@asymcahr.org

Our other facilities are:

Regional Headquarters and Beach Family Center

1465 Lakeside Road,
Virginia Beach, VA 23455
Phone: (757) 363-1884 Fax: (757) 363-1953

Ben Moreell Community Center

423 Ingram Loop, Norfolk, VA 23505
Phone: (757) 423-7500
Email address: ben.moreell@asymcahr.org

Little Creek Clubhouse

2165 Wellings Court
Virginia Beach, VA. 23455
Email address: wellings.court@asymcahr.org

Oceana Community Center

1200 South Birdneck Road
Virginia Beach, VA. 23451
Email address: oceana@asymcahr.org
Phone: (757) 433-2055