

It's for me!



Ringing in Spring

We build strong kids, strong families, strong communities.

Valparaiso Family YMCA
1201 Cumberland Crossing Drive
Valparaiso, IN 46383

Phone: 219.462.4185
FAX: 219.477.4720

www.valpoyymca.org

WE WANT YOU!



Volunteers Needed

for the Valparaiso Family YMCA's annual
Ringing in Spring 5K Run/Walk

Saturday, April 3, 2010

If interested, please contact Ruth Cavanaugh at
rcavanaugh@valpoyymca.org or 219/462-4185 x. 234

Volunteers will receive refreshments and a T-shirt * on the day of the race!

* Contact Ruth by March 12 to receive shirt

Our Mission

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.