



We build strong kids, strong families, strong communities.

**Isn't it time you learned CPR?
Upcoming CPR/First Aid/AED Certification at
the Downtown YMCA**

Saturday Jan. 30th

12pm-4pm

Monday Feb. 15th

9am-1pm

Thursday March 18th

5:30-9:30pm

Monday April 5th

9am-1pm

Cost:

\$75 Members & \$100 Program Participants

\$85 & \$110 for class after March 1, 2010.

Sign up online or at the Front Desk today!

www.lynchburgymca.org



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strong communities.

YMCA of Central Virginia

1315 Church Street • Lynchburg, VA 24504

Phone 434-847-5597 • Fax 434-846-4702

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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