

LETTER SIZED FOLDER NO LEFT SIDE POCKET



BEDFORD AREA FAMILY YMCA
www.BedfordYMCA.org

Business Builders, LLC®

540-587-4056 • P. O. Box 668 • Bedford, VA 24523 • USA
www.businessbuildersad.com • Email: info@businessbuildersad.com
© 2014 Business Builders, LLC. • Unauthorized duplication prohibited.



BEDFORD AREA FAMILY YMCA
Bedford Branch
540 586 3483
Moneta Branch
540 296 1059
www.BedfordYMCA.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



WELCOME
BEDFORD AREA FAMILY YMCA

Bedford Branch
1111 Turnpike Rd.
PO Box 1026
Bedford, VA 24523
(P) 540 586 3483
(F) 540 587 5310

Moneta Branch
1039 Mayberry Crossing Dr.
Moneta, VA 24121
(P) 540 296 1059
(F) 540 296 1063

www.bedfordymca.org

LETTER SIZED FOLDER NO LEFT SIDE POCKET

LETTER SIZED FOLDER

LETTER SIZED FOLDER NO LEFT SIDE POCKET



Would you consider providing a child or adult with a loving and nurturing home?

There are foster children and adults with disabilities in our community who need your strength, caring and values.

Call 1.800.359.3834 or email info@lfsva.org

Lutheran Family Services of Virginia

SAM MOORE™
A Division of HOOKER FURNITURE
America's Chairmaker for Over 70 Years



1556 Dawn Drive
P.O. Box 339
Bedford, VA 24523

Phone: (540) 586-8253
Fax: (540) 586-8497

Visit us on the web at:
www.sammoore.com

BEDFORD AREA FAMILY YMCA HOURS OF OPERATION

Bedford Branch (540) 586-3483

Monday – Thursday 6:00 AM – 9:00 PM
Friday 6:00 AM – 7:00 PM
Saturday 8:00 AM – 5:00 PM
Sunday 12:00 PM – 5:00 PM

Moneta Branch (540) 296-1059

Monday/Wednesday 6:30 AM – 8:00 PM
Tuesday/Thursday 7:00 AM – 8:00 PM
Friday 6:30 AM – 8:00 PM
Saturday 9:00 AM – 3:00 PM
Sunday CLOSED

- State-of-the-Art Health & Wellness Center
- Indoor Heated Swimming Pool, Spa, and Sauna
- 12,000 square foot Gymnasium with Indoor Climbing/Challenge Course
- Free Weight Room
- Aerobic Studio
- Soccer Fields
- High Ropes Course with 45' Climbing Tower & Team Building Course
- Teen Fitness/Recreation Area
- Outdoor Basketball/Sports Court & Pavilion
- Nursery

YOUTH PROGRAMS

- Before & After School Child Care throughout Bedford County
- All Day Preschool/Childcare Program
- Swim Lessons & Swim Team
- Recreational Swimming
- Youth Basketball
- Soccer & Indoor Soccer

ADULT PROGRAMS

- Strength, Interval, & Personal Training
- Spin
- Yoga
- Zumba®
- Various Group Fitness
- Water Aerobics
- Indoor Soccer
- Swim Lessons
- Noon Hoops
- Arthritis Water Exercise

- State-of-the-Art Fitness Center
- Aerobics Studio

YOUTH PROGRAMS

- Preschool Gymnastics
- Level I Gymnastics

ADULT PROGRAMS

- Various Group Fitness
- Zumba®
- Strength & Conditioning
- Yoga
- Senior Fitness

*Inclement Weather Policy
Please go to www.wset.com for any closings.*

We also offer many unique and creative ideas for birthday parties, youth groups, scout troops, clubs, etc. Contact us to book your next event.

Some activities available include: Pool Parties with or without our double slide inflatable

- Giant Bounce House/Obstacle Course
- Indoor Climbing Gym
- Outdoor Climbing

THE BEDFORD AREA FAMILY YMCA, IN COLLABORATION WITH CENTRA, OFFERS HEALTH, WELLNESS, AND EXTENSIVE REHABILITATION SERVICES INCLUDING CARDIO & PULMONARY HEALTH.

CARTER'S CARPET SHOP, INC.

Serving Bedford Since 1969 Carpet & Vinyl In Stock • Will Cut To Your Size
CARPET BINDING
Verticals & Mini Blinds • 20% Off Oriental Rugs
Save 20 - 50% on Mill Direct Carpet

LAMINATES • HARDWOOD • PAINT/SUPPLIES
ORIENTAL RUGS • AREA RUGS • CERAMIC TILE

540-586-0841 • 1029 Turnpike Rd. • Suite E

Call for a FREE QUOTE

Dennis Farnsworth - Exclusive Agent
Dennis Farnsworth & Assoc. Ins. Agency

Allstate
You're in good hands.
Auto • Home • Business • Life
24 Hour Customer Service

Allstate Insurance Agency
401 Otey St. • Bedford, VA 24523
Phone 540-586-8871
dfarnsworth@allstate.com • Fax 540-905-7155
www.allstateagencies.com/A4847

An Insurance Agency That Works For You!

SCOTT & BOND, Inc.

John A. Bond, CPCU, CIC
Charles L. Bond, CIC

540-586-3131 • 800-322-3139
415 E. Main St., Bedford • www.scottandbond.com
Your Hometown Connection for Insurance and Real Estate

S&W MAINTENANCE SERVICE, INC.

INDUSTRIAL/COMMERCIAL CLEANING SERVICE
SNOW REMOVAL • LAWN CARE

Scoliver A. West - President
(434) 846-1562 • Cell (434) 942-7855
Fax (434) 846-1315 • Email scoliverwest@aol.com
P.O. Box 11882 • Lynchburg, VA 24506

Rapid PRINTING

113 North Bridge St.
Bedford, VA 24523
Phone: 540.586.1243
Fax: 540.586.1837
rapidprt@gmail.com
rapidprt.com

Stationery Flyers Laminating
Wedding Invitations Rack Cards Public Fax Service
Business Forms Raffle Tickets Packing & Shipping
Brochures Signs & Banners & Much More!!!

Authorized Shipping Outlet

