

# GENERAL INFORMATION

## Field House Office Hours:

Every Tuesday (except Holidays) from 1 to 4 pm.

First and Third Tuesdays (except Holidays) from 1 to 8 pm.

## ADMINISTRATIVE CONTACTS:

OFFICE PHONE

703-631-4495

Phone is only answered during normal office hours. If you miss us, please leave a message – clearly state your name and a phone # where we can reach you – we will respond to all messages.

EMAIL

[memberships@arlingtonfairfax-iwla.org](mailto:memberships@arlingtonfairfax-iwla.org)

Email is normally only checked during normal office hours. Include your name on the subject line.  
Please be patient, we will respond to all Emails.

Cristina Frerking

703-691-4495

Only for questions that need more immediate response – Text messages are accepted.

Jim Smith

540-624-2969

Only for questions that need more immediate response – Text messages are accepted.

Benn Crandall  
(Membership Chairman)

[Benn.Crandall@arlingtonfairfax-iwla.org](mailto:Benn.Crandall@arlingtonfairfax-iwla.org)

Primarily for New Member Information –  
(Include your name on the subject line)

(Listed as Backup if all else fails)