

## Membership – General Information

### Field House Office Hours:

Every Tuesday (except Holidays) from 1 p.m. to 4 p.m.  
First and Third Tuesdays (except Holidays) from 1 p.m. to 8 p.m.  
Office is closed from December 24<sup>th</sup> to January 2<sup>nd</sup>

### ADMINISTRATIVE CONTACTS:

Office Phone	703-631-4495	Answered during normal office hours. If you miss us, please leave a message. – clearly state your name & a phone # where we can reach you – we will respond to all messages.
E-mail	memberships@arlingtonfairfax-iwla.org	Email is checked during normal office hours. Please be sure to include a subject line. We will respond to all Emails on a weekly basis.
Cristina Frerking	memberships@arlingtonfairfax-iwla.org	Membership questions, renewals
Beth Hellman	memberships@arlingtonfairfax-iwla.org	Membership questions, renewals
Benn Crandall (Membership Chairman)	Benn.Crandall@arlingtonfairfax-iwla.org	New Member Information, issues and general questions

**SAVE TIME/ SAVE MONEY – RENEW YOUR MEMBERSHIP ON LINE AT:**

**<http://www.arlingtonfairfax-iwla.org>**