

# MEMBER *Focus* ISSUE XVIII FEBRUARY 2010

A newsletter published monthly by  
the Town of Warrenton Parks & Recreation Department  
and the Warrenton Aquatic and Recreation Facility

## SPRING AQUATICS



Register for a Spring 2010 Aquatics class and learn to swim or improve existing skills. Classes are available for ages 6 months to adult in all skill levels. Pick up a brochure at the Front Desk or visit our website at [www.warrentonva.gov](http://www.warrentonva.gov) for a full schedule and class descriptions.

		First Class	Last Class
<b>Block 1</b>	Mon/Wed classes Tues/Thurs classes	March 1 March 2	March 24 March 25
<b>Block 2</b>	Friday classes Saturday classes	March 5 March 6	April 23 April 24
<b>Block 3</b>	Mon/Wed classes Tues/Thurs classes	April 12 April 13	May 5 May 6
<b>Block 4</b>	Friday classes Saturday classes	April 30 May 1	June 18 June 19
<b>Block 5</b>	Mon/Wed classes Tues/Thurs classes	May 17 May 18	June 14 June 10

**Registration Opens:** February 2 for Members  
February 4 for non-Members

**Registration Deadlines:** Block 1 February 23  
Block 2 March 2  
Block 3 April 6  
Block 4 April 27  
Block 5 May 11



### is now at the WARF!

Pick up a fresh and healthy  
Subway sandwich at the WARF  
starting February 1.

### Hours of Operation

**Monday - Friday**  
10:30 am - 1:30 pm  
4:00 pm - 7:30 pm

**Saturdays**  
10:00 am - 3:00 pm

**Sundays**  
12:00 pm - 4:00 pm



# February is American Heart Month



Celebrate American Heart Month by taking control of your health to prevent heart disease or manage existing conditions. Learn how eating right and exercising, as well as working with your doctor, can keep your heart healthy and happy. **Take this short quiz created by the American Heart Association to test your heart health knowledge...**

## Question 1

**You can reduce your risk of heart disease by being physically active.**

True. Physical inactivity is a major modifiable risk factor for heart attack. There's no guarantee that you won't get heart disease even if you're physically active, but it does help reduce your risk.

## Question 2

**Physical activity can counteract the harmful effects of other risk factors like high cholesterol and high blood pressure.**

True. Studies show that being physically fit lowers heart disease risk even in people who have other problems such as high blood pressure and high blood cholesterol.

## Question 3

**How much physical activity is enough?**

About 150 minutes a week. It's best to try and spread that time out for 30 minutes (or more) a day for at least five days a week.

## Question 4

**If you have been inactive for years, you should see a healthcare provider before becoming physically active again.**

False. Most apparently healthy people can safely engage in moderate levels of physical activity without consulting a healthcare provider first. However, people middle-aged or older, inactive and at high risk for heart disease should seek medical advice before they start.

## Question 5

**If it increases your heart rate too fast, exercise can be dangerous.**

False. The purpose of physical activity is to increase your heart rate. The potential health benefits of moderate-intensity exercise greatly outweigh the risks of adverse events for almost everyone, although there is a very slight increased risk of death due to heart attack during vigorous activity.

## Question 6

**Vigorous physical activity is better for you than a moderate level.**

True. Additional health benefits occur as the amount of physical activity increases through higher intensity, greater frequency and/or longer duration.

## Question 7

**Women get the same benefits from being physically active as men.**

False. Studies indicate that women may benefit even more than men from being physically fit. Evidence suggests that physically fit women have lower rates of death from heart disease than physically fit men. Women who don't exercise have twice the chance of dying from heart disease as women who do.

## Question 8

**Who are the most important role models for children as far as physical fitness is concerned?**

Parents. Set a good example by practicing heart-healthy habits. Encourage children to sign up for sports activities and by planning active family outings and vacations.

# GROUP FITNESS



# NEWS

The WARF's Winter/Spring 2010 Group Fitness Schedule is in full swing! Try one of these great classes:

**Aqua Zumba** Enjoy the fun, calorie burning Latin moves of Zumba in the format of a low impact water class.

**Saturdays 10:30 am - 11:20 am**

**Zumba GOLD** is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba and Zumba GOLD is that Zumba GOLD is taught at a lower intensity, not as fast, but it certainly is as fun! The same great Latin styles of music and dance are used!

**Fridays 11:30 am - 12:20 pm**

**Early AM Cycle** Start your day off right with early morning cycling.

**Mon, Wed & Fri 6:30 am - 7:20 am**

**TAI CHI** Come try the WARF's newest craze! Drop-In rates are now available.

**Mondays and Fridays 8:30 - 9:20 am**

**NOTICE--** Teen Yoga has been cancelled, effective February 5, 2010.

**Just a reminder -- children 12 and under are not permitted in Group Fitness classes.**

# CERTIFICATION courses

For more information, including registration dates, cost and age requirements, please pick up a certification courses flyer at the Front Desk or download flyer on our website at [www.warrentonva.gov](http://www.warrentonva.gov)

## ----- Lifeguard -----

CLASS	DATE	TIME
MARCH CLASS	MARPR	Mar 12 4:00 - 5:00 pm
		→ prerequisite swim
	MARLG	Mar 12 5:00 - 9:00 pm
		Mar 13 9:00 - 4:00 pm
		Mar 14 9:00 - 4:00 pm
		Mar 20 9:00 - 4:00 pm
	Mar 21 9:00 - 4:00 pm	
APRIL CLASS	APRPR	Apr 9 4:00 - 5:00 pm
		→ prerequisite swim
	APRLG	Apr 9 5:00 - 9:00 pm
		Apr 10 9:00 - 4:00 pm
		Apr 11 9:00 - 4:00 pm
		Apr 16 4:00 - 9:00 pm
	Apr 17 9:00 - 4:00 pm	
MAY CLASS	MAYPR	May 14 4:00 - 5:00 pm
		→ prerequisite swim
	MAYLG	May 14 5:00 - 9:00 pm
		May 15 9:00 - 4:00 pm
		May 16 9:00 - 4:00 pm
		May 21 4:00 - 9:00 pm
	May 22 9:00 - 4:00 pm	
JUNE CLASS	JUNPR	June 11 4:00 - 5:00 pm
		→ prerequisite swim
	JUNLG	June 11 5:00 - 9:00 pm
		June 12 9:00 - 4:00 pm
		June 13 9:00 - 4:00 pm
		June 17 9:00 - 4:00 pm
	June 18 9:00 - 4:00 pm	

## ----- Water Safety Instructor -----

<b>March Class</b>	8:30 am - 4:30 pm March 29, 30 & 31, April 1 & 2
<b>June Class</b>	8:30 am - 4:30 pm June 21, 22, 23, 24 & 25

## ----- CPR/AED Recert -----

<b>March Class</b>	March 9, 4:00 pm - 9:00 pm
<b>April Class 1</b>	April 13, 4:00 pm - 9:00 pm
<b>April Class 2</b>	April 27, 4:00 pm - 9:00 pm
<b>May Class</b>	May 5, 4:00 pm - 9:00 pm
<b>June Class</b>	June 8, 4:00 pm - 9:00 pm

# FEBRUARY Swim Meet Schedule



Only Competition Pool will be closed during swim meets unless otherwise noted.

Thursday, February 4 6:00 pm - 11:00 pm

Friday, February 5 7:00 pm - 10:00 pm

Saturday, February 6 8:00 am - 6:00 pm\*\*

Sunday, February 7 8:00 am - 6:00 pm\*\*

Friday, February 12 12:00 pm - 6:00 pm

\*\* It was originally posted that the entire facility would be closed February 6th & 7th. The schedule has changed and only the Competition Pool will be closed from 8:00 am - 6:00 pm. Other areas of the facility will have normal hours of operation. Members may still use the Freedom Center and Chinn Center on the 6th & 7th by displaying their WARF Member Scan Card.

# TAI CHI

Tai Chi is a Chinese martial art form known as “moving meditation”. In these classes you will begin to learn the origins of movement through the Tai Chi slow set (a sequential series of postures or forms). Focused breathing and the healing practices of Chi Kung (Qigong, pronounced “chee-gong”) will be a part of the warm-ups and cool downs. We hope that you will come, relax, enjoy and have fun in the Chinese tradition.

## Mondays and Fridays 8:30 am - 9:20 am

January 11 - March 5

Instructor: Cindy Markart

### Member Costs:

**DROP-IN \$8.00**

**8 class pass \$40.00**

**16 class pass \$75.00**

### Non-Member Costs:

**DROP-IN \$12.00**

**8 class pass \$64.00**

**16 class pass \$120.00**



# READY FOR SUMMER SWIM?

The WARF's **Summer Prep** Program is designed to help swimmers prepare for upcoming summer swim team seasons. Participants will work on stroke improvement, mechanics, turns, endurance and more!

## Tuesdays and Thursdays April 6 - May 27

5:00 - 5:50

ages 6 - 9

5:50 - 6:40

ages 10 - 12

6:40 - 7:30

ages 13 - 18

Registration opens Feb. 2 for Members and Feb. 4 for non-Members