Swim, Run, Play at the WARF!
April 2012

memberFOCUS

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

Family Nights Coming to the WARF This May

Have you been in search of fun, low-cost family activities to get your kids off the couch and out of the house? The WARF has you covered!

Starting May 4 and running through the end of the summer season, the WARF will be hosting Family Nights on Fridays from 6:00 pm - 9:00 pm. Bring your family and friends (and their families!) to the WARF for Family Nights. Come for swimming, activities, music and family fun in both pools. An area in the Competition Pool will also be opened up (lane lines moved) for free swim. Look for ice cream and pizza concessions on Family Nights later this summer.

Remember, the more families that participate, the merrier, so tell your friends! Also, the more participation we get, the more activities and amenities we will be able to offer. We'll see you Fridays at 6:00 starting May 4!

WAKEFIELD SCHOOL...WHERE LEARNING PAYS

Over $2.3M in scholarships
90% take AP courses
86% attend college of choice
SAT scores significantly exceed national & state averages
100% accepted to 4-year colleges

OPEN HOUSE • APRIL 15, 2 pm

WAKEFIELD SCHOOL
4439 OLD TAVERN ROAD
P.O. BOX 107
THE PLAINS, VA 20198

Princeton, University of Virginia, American University, Rice University, College of William & Mary, Davidson College, Wake Forest University, Lynchburg College, University of Colorado, George Washington University, University of North Dakota, University of California, Georgia Tech, Virginia Tech

WWW.WAKEFIELDSCHOOL.ORG

Yoga Based on the Iyengar Style

This is a gentle yoga class based on the Iyengar style of yoga and is meant for new or continuing students who, due to stiffness, lack of strength, or other limitations, would benefit from a slower paced, less rigorous class. The class emphasizes strength, flexibility, awareness, and deep relaxation with appropriate adjustments for all levels of fitness and experience.

Saturdays 10:30 am - 12:00 noon

Spring Session: April 14 - June 2
(Class will only meet six times. Will not meet May 26 and one other Saturday, TBD)

Cost for each 6 week class:
WARF Members: $72.00
Non-Members: $90.00

Register at the Front Desk

Aquatics News at a Glance

SPRING AQUATICS

Registration will close for Block 2 of Spring 2012 Specialty classes on Tuesday, April 17. Block 2 will begin the week of April 23 and last through the week of June 4 (with the exception of Monday classes which will meet until June 11 because of no classes on Memorial Day, May 28).

SUMMER AQUATICS

The Summer 2012 Aquatics brochure is now available! Registration for summer classes will begin May 1 for members and May 3 for non-members. Swim lessons will begin June 18 (Block 1), June 22/23 (Block 2), July 9 (Block 3), July 23 (Block 4) and August 6 (Block 5). Lessons will be available for children and adults. Look for aquatics coupons in upcoming WARF advertisements.

UPCOMING CERTIFICATION COURSES

The WARF will be offering two Lifeguard certification courses in April, one in May, June and July. CPR/AED Recertifications for Lifeguards will also be held April 25, May 30, June 27, July 31 and August 15.

JULY JUNIOR LIFEGUARD CLASS

The WARF's Junior Lifeguard class is perfect for those age 10 - 15 who are interested in learning the ins and outs of what it takes to be a Lifeguard including: water safety, hazards in aquatic environments, basic water rescue, & first aid skills. Participants will work alongside the WARF Lifeguard Staff, gain valuable future job skills, and have lots of fun. Class starts July 9, register by July 2.

$2.00 Tuesdays

The WARF is still offering its $2 Tuesdays deal! Visit the WARF on Tuesdays from 12:00 pm - 2:00 pm and purchase a day pass for only $2, regardless of age or residency! This deal is good through the end of the school year. Not valid on Tuesdays when Fauquier County Schools are not in session.

UK Petite Soccer

Are your kids ready to play? Make U.K. Petite Soccer Camps & Programs at Rady Park your child's first soccer experience!

April 19 - May 24

10 am - 11 am	**ages 2 - 3**
11am - 12 pm	**ages 3 - 5**
1 pm - 2 pm	**ages 2 - 3**
1 pm - 2 pm	**ages 3 - 5**

U.K. Petite Soccer Summer Camps & Seasonal Programs are a positive learning environment, improve motor skill development, are a healthy physical activity, exciting social interaction and FUN!

For more information about U.K. Petite Soccer, visit: www.ukpetite.com.

WARF Awarded Grant From Christopher and Dana Reeve Foundation

The Town of Warrenton and the Warrenton Aquatic and Recreation Facility was awarded the Quality of Life grant from the Christopher and Dana Reeve Foundation earlier this year. The $1,500 grant was awarded to support the purchase of an Aquatic Wheelchair (for use by patrons upon request).

The winning of the grant reflects the WARF's ability to improve the physical and emotional health of those living with paralysis. The grant was funded through a cooperative agreement with the Center for Disease Control and Prevention.

Warren's Place Now Accepting Volunteer Applications

Receive a free WARF membership by volunteering for as little as two hours per week in Warren's Place, the WARF's child care room. Volunteer two hours per week and receive an individual membership. Volunteer four hours per week and receive an individual membership and unlimited use of child care. Interested? Fill out a Volunteer Application at the Front Desk.

WARREN'S PLACE FAQ'S:

Who can use Warren's Place?
Anyone! You don't have to be a member to use the facility's child care. Children must be between the ages of 2 months and 12 years. Guardians must stay in the facility while children are in Warren's Place.

Will my children be safe?
Pre-registration, ID verification for pick-up and fully screened volunteers are just a few of the reasons you can be sure your children are safe and secure in Warren's Place.

How much does it cost?
Each visit, per child can cost as little as $2.20!! Each visit allows your child to stay in Warren's Place for up to two hours per day. That's only a little more than $1 per hour and about 90% less than the cost of a typical babysitter!

Happy Easter!

Just a reminder that the WARF will be closed on Easter Sunday, April 8. For more information about faciliy schedule and closures, please visit the "Facility Schedule" page on our website at www.warrentonva.gov (the WARF is listed under the Parks & Rec tab).

Bodies in Motion 5K at the WARF

Blue Ridge Orthopaedic and Spine Center will be hosting the 2012 Bodies in Motion 5K at the WARF at 8:00 am on Sunday, May 20. The event will include a 5K race, 1 Mile Fun Run and Health Expo. Proceeds from the event will benefit the athletic departments at Fauquier, Kettle Run and Liberty High Schools, as well as, the Fauquier County Food Bank, Fauquier Free Clinic, and the Boys & Girls Club of Warrenton. Register online at www.BodiesInMotion5K.com.

Body Pump Reminders

Reminders to all who participate in Body Pump classes at the WARF;

- The launch of Release 81 (new Body Pump routine) is Monday, April 16!
- Please do not take Body Pump more than 3 times per week (always allow for 1 day of rest in between Body Pump classes).
- For safety reasons, do not enter Body Pump classes late.
- Always get a pass and arrive 5-10 minutes early to allow for set-up. Passes are given out at the Front Desk beginning 30 minutes prior to class.
- Good form is critical. Ask an instructor at the end of class (or before) if you have questions or concerns.

New Fitness Schedule

The Spring/Summer 2012 Group Fitness schedule, effective April 16, is now available upon request at the Front Desk. Pick up a copy today.

Get Moving in the New Walking Program at the WARF

Looking for a fun, healthy activity this Spring, but don't know where to start? Hop on over to the WARF and walk your way to a healthier you!

The Warrenton Aquatic and Recreation Facility (WARF) will be starting a new Walking Program this April that will be free of cost to everyone in the community. Not only is the Program free, but it will also be open to participants of all ages and ability levels. Whether you are simply trying to get more active or you would like to add a little something to your current fitness regimen, the simple act of walking can help.

The group will meet at the WARF and walk the trails and surrounding athletic fields around the building while accompanied by a certified fitness instructor. The Walking Program is perfect for those who like to be outdoors, want to get in shape and meet new people. Participants can walk at a pace that is comfortable for them. There will also be an option for those who want to chart their distance. The group will meet Mondays and Thursdays, 9:00 am - 9:50 am starting April 16. Participants can walk with the group as often as they would like; the more, the merrier!

Elly Riedel, Fitness Coordinator at the WARF explains why the Walking Program was founded and how she believes it will help all who are involved. "People walk on the trails a lot, and can chart their distance by using the map and trail markers. We are hoping that by offering these organized walks, led by fitness staff, that we can help walkers; because often times, when people exercise in groups they gain extra motivation and end up reaching their goals more quickly."

Registration for the Walking Program is required. Pre-register or come a little early your first time to sign up at the Front Desk at the WARF. No dogs please, but parents with strollers are welcome!

This walking program has been made possible by the generous $10,000 grant donated to the WARF by members Clark and Vicki Wadlow. In addition to funding the walking program, the WARF will also use this grant to help build an "Outdoor Fitness Pit" next to the Fun For All Playground. The "Pit" will include a TRX training suspension system and several outdoor fitness stations. The WARF will also conduct outdoor specialty classes to include bootcamps and TRX that will utilize the Fitness Pit. The WARF is still accepting donations to help complete the Fitness Pit and continue to fund the walking program.

For more information, please contact Elly Riedel at eriedel@warrentonva.gov or call 540-349-2520.