



Swim, Run, Play at the WARF!
May 2012

member FOCUS

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

Join us for Family Nights!

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, games, music and family fun in both pools. An area in the Competition Pool will also be opened up (lane lines moved) for free swim. Come play a game of water basketball with the WARF's new aquatic basketball hoop in the Competition Pool. Family

Nights will also feature Noodle Races and Limbo Contests. Look for food and ice cream concessions and more fun activities and prizes 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. There is no additional cost for members and non-members just pay the drop-in fee. We'll see you Fridays at 6:00 starting May 4!

Mother's Day Moms Swim Free!

Bring Mom to the WARF on Mother's Day and she will get in FREE with any paid admission. Mother's Day is Sunday, May 13.

Memorial Day Hours of Operation

Memorial Day is Monday, May 28
Facility Hours: 8:00 am - 6:00 pm
Slide Hours: 1:00 pm - 5:45 pm
Group Fitness: Morning classes will be held as scheduled. No evening classes will be held.



Register Now for the Bodies in Motion 5K

Blue Ridge Orthopaedic and Spine Center will be hosting the 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 Sports Medicine Programs at Fauquier, Kettle Run and Liberty High Schools, as well as the Fauquier County Food Bank, Fauquier Free Clinic, and the Boys & Girls Clubs of Fauquier. Register online at www.BodiesInMotion5K.

May is National Water Safety Month

In recognition of the popularity of swimming and other water-related recreational activities in the United States, and the resulting need for ongoing public education on safer water practices, the month of May is National Water Safety Month!



A large factor in being safe in and around the water is being aware of some simple but crucial water safety information. Here are some water safety tips to help keep you and your family safe in the water:

- Teach children water safety and swimming skills as early as possible. Swim lessons at the WARF are the perfect way to acclimate your children to water safety. Register for Summer swim lessons starting the first week of May.
- Learn to swim well. Almost two million people of all ages learn to swim each year with Red Cross programs. The WARF offers Red Cross lessons for all ages and ability levels.
- Maintain constant visual contact with children in a pool or pool area. If a child is missing, check the pool first; seconds count in preventing death or disability.
- Weak or inexperienced swimmers should wear U. S. Coast Guard-approved life jackets anytime they're around water.
- Always swim with a buddy.

In the United States, drowning is the second leading cause of death (after motor vehicle crashes) in children 12 and younger. The best way to prevent drowning and water injuries is by teaching your child to swim. The WARF helps families stay safe by teaching swim lessons to over 2,000 people each year.

For more information about National Water Safety Month and water safety information, please visit www.nationalwatersafetymonth.com. For information about WARF water safety and swim lessons, visit the Front Desk.

Summer Camps in our Parks:

Skateboard Camp

Whether you have never been on a skateboard and want to learn or you are an experienced skateboard rider who wants to improve your skills, this camp is for you. Learn to ride, tack turn, olly, kick flip, grind, stall, drop in and get air at this camp for beginner to intermediate skateboarders. Have fun, be safe and learn fast under the guidance of an American Inline certified skateboard instructor.

Ages 6-13

Boys and Girls Welcome

July 16-20 at the Warrenton Skatepark,
800 Waterloo Rd.

9:00 am - 12:30 pm

Minimum 8, Maximum 20

\$175

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! U.K. Petite Soccer will introduce your young children (ages 2-5) to the fun, healthy and exciting world of soccer. For more information and to register visit:
www.ukpetite.com

July 9 - July 13

9:00 am - 10:30 am -- ages 3 - 5

10:45 am - 12:15 pm -- ages 3 - 5

August 20 - August 24

9:00 am - 10:30 am -- ages 3 - 5

10:45 am - 12:15 pm -- ages 3 - 5

\$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.

Aquatics News at a Glance

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.

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.

UPCOMING CERTIFICATION COURSES

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

The Importance of Staying Hydrated

You may be more aware of staying hydrated when it's hot outside or when you're involved in an intense workout, however it is important to your health to stay hydrated all the time, even during light workouts.



When you are lap swimming, for example, you might not feel hot and sweaty (one of the warning signs of dehydration) because you are in the water. Or you might not think twice about forgetting your water bottle for a short workout in the Fitness Room. But we would like to stress to all of our patrons the importance of staying well hydrated all the time and especially during any kind of physical activity. Older adults and those with health problems need to take even more precaution.

Here are some tips to staying hydrated:

- Be aware of your thirst and drink fluids often throughout the day.
- Choose water to drink when you are thirsty. Avoid soft drinks.
- Keep water nearby wherever you are, especially during workouts.
- Enjoy other fluids such as skim, 1% and 2% milk, fortified soy beverages, 100% vegetable or fruit juices and soups to help you meet your fluid needs.
- Choose decaffeinated drinks more often to keep you well hydrated. Drinks with caffeine should be limited.
- Take sips of water while eating meals and snacks.
- Keep a jug full of ice water, with lemon, lime, orange or cucumber slices in your fridge at home or at work.
- Remember to drink more in hot weather and when you are very active.

WARF Walking Program is off to a Great Start!

Mild temperatures and sunny skies were a welcome sight to the nearly 50 participants who showed up for the first meeting of the WARF's Walking Program on Monday, April 16. WARF fitness instructors Monica and Kristen were on hand to guide and encourage walkers along the way. "We have been so glad to see everyone who has come out and joined the walking program so far. We hope to see even more new faces out there as the weather starts to warm up" says WARF Fitness Coordinator Elly Riedel.

The Walking Program is free and 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, walking can help.

The group meets at the WARF and walks the trails and surrounding athletic fields 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 is also an option for those who want to chart their distance. The group meets Mondays and Thursdays, 9:00 am - 9:50 am. Participants can walk with the group as often as they would like; the more, the merrier! Stop by the Front Desk to register.



Attention Fundraising Groups!

The WARF is in need of food vendors for its Family Night events this summer. Vendors will bring, prepare and sell food items to Family Night participants and **keep 100% of their profits!** This opportunity is perfect for booster clubs, athletic teams, youth and church groups! Family Nights will be held at the WARF Fridays 6:00 pm - 9:00 pm this summer. For more information, please contact us at 540-349-2520 or email warf@warrentonva.gov and hurry because this opportunity will be offered on a first come, first served basis.

Summer Group Swims

The WARF is still accepting applications for Group Swims for the Summer 2012 season. If your summer camp or church/youth group would like to set up a one-time or recurring group swim reservation this summer, please email us at warf@warrentonva.gov or visit the Front Desk.

Visit the WARF Online

For up to date information and to view schedules, hours, past newsletters and more visit us online at www.warrentonva.gov. The WARF is listed under the Parks & Rec tab. Want to receive WARF emails? Send an email with subject line "Join email list" to warf@warrentonva.gov.