



member FOCUS

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

NANCY NOACK CELEBRATES HER 80TH AT THE WARF

On Wednesday, February 17, 2016 Nancy Noack and her husband walked into the WARF. She had a huge smile on her face, so excited to be celebrating her 80th birthday with plans to go down the big water slide.

“I really credit the exercise I do here for a lot of my strength, and it’s fun!”

After Nancy’s water aerobics class in the competition pool, she and several of her friends joined her at the leisure pool to go down the slide. Up the stairs they went, she let several go before her and then here came Nancy, again with a big smile on her face as she came down and into the water. She said, “It was really fun.”

Nancy, originally from Chicago, Illinois has been a Fauquier County resident for about 30 years and lives in Opal. She has been coming to the WARF since it opened and currently comes here four times a week, Monday, Wednesday, and Friday for water aerobics class and Saturdays for Aqua Zumba® class. She also participates in the land fitness classes on occasion. Nancy said,



Nancy Noack celebrates 80th by going down the big water slide in the Leisure Pool.

“I think the WARF is just marvelous because it serves the young and old people.”

Nancy says, “I really credit the exercise I do here for a lot of my strength, and it’s fun!” She has met and gained so many friendships here at the WARF over the years. They support each other and Nancy enjoys coffee with many of them on a weekly basis after class. “Monday is at Denny’s and Wednesday is Chick-fil-A,” she says. Nancy is so full of energy and life at 80 years young!



MORE WARF WATER SAFETY INSTRUCTORS



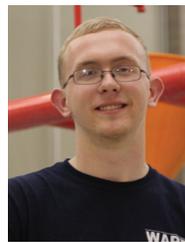
Sandra: With two boys of her own, Sandra has the mom's touch with teaching children to swim. She clues into exactly where a child is in the learning process of swimming and forges on! Sandra works with our Thursday home school day program and has day availability to do private lessons for all ages.



Hannah: Hannah is one of WARF's new WSIs and brings with her summer league and high school team experience. She reads children well and has a natural teaching style.



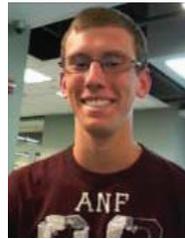
Ellie: Ellie specializes in private instruction and children with unique learning styles. She brings years of expertise to her clientele and uses a variety of teaching methods and styles to meet her customers' needs.



Jesse: With a great attitude and smile, Jesse is just joining our staff. Eager to teach both group and private lessons, Jesse is available throughout the week. He brings a safety perspective to all lessons as he is training to be an EMT.



JC: Coming out of retirement, JC has just joined our teaching staff. JC makes swimming fun! A former boy scout leader, JC is awesome with the youth of today. He is an early riser and often opens the facility. Besides working with youth, JC can work with the early riser adult population as well.



Stephen: Stephen works with the home school lessons and is known for creating a very calm and soothing learning environment.



Spring Specialty Classes



Registration Opens March 21

Class Dates

April 11 - May 21, 2016

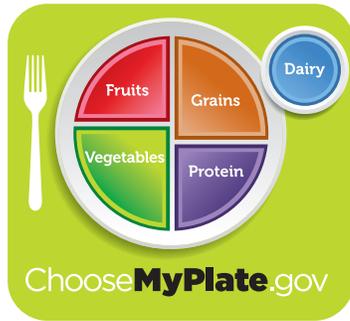
REGISTER FOR...SWIM LESSONS

Our swim lesson instructors are Red Cross Certified and are ready to teach you and your family how to swim. Learning how to swim and water safety should be in the forefront with Spring/Summer approaching. The Aquatics Booklet is available at the Front Desk & Online! Online registration is now available! Go to www.warfonline.com to register today!



NUTRITION MONTH

Nutritional advice can be found all over the place. So much so that it can become overwhelming. In efforts to



simplify things the USDA has created an online tool called "MyPlate." This tool can help personalize nutritional information - from how to grocery shop on a budget to establishing good eating habits for pre-schoolers, to changing food selections as we age. Below are just a few general tips found at

www.choosemyplate.gov. After reading these tips, go discover YOUR own "plate."

1. Maximize with nutrient-packed foods

Give your body the nutrients it needs by eating a variety of nutrient-packed foods, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2. Energize with grains

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3. Power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant based foods, too.

4. Mix it up with plant protein foods

Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5. Vary your fruits and vegetables

Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.

6. Don't forget dairy

Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7. Drink water

Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

8. Know how much to eat

Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors.



BENEFITS OF HAVING A MEMBERSHIP AT THE WARF

When you sign up for a WARF membership, you can access so many benefits and money saving deals the WARF has to offer. With your membership, you are given the opportunity to:

- Take any group fitness class, either on the land or in the water
- A FREE Introductory Training Session to our fitness room
- Discounted entry into any of our Specialty Classes
- A coupon for 3 personal training sessions for \$99.00
- Member of the Day Passes to give to your family and friends to try the WARF out for a day.

If you have any questions in regards to these benefits, see our Front Desk Staff or call our Membership Coordinator, Sharon Willemsen at 540.349.2520.

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*Now registering for
Spring and Summer 2016 Aquatics...*

ONLINE!!!

Visit our website at:

**www.warrentonva.gov under
Parks & Rec > WARF > Aquatics**

Register online for: Swim Lessons, Summer Prep, WARF Swim Club, Red Cross Certification Classes (Lifeguard, WSI & Coaches Safety, and Fitness Specialty Classes).

3rd Annual
WARF
 Spring Open House



Saturday, March 19, 2016
10:00 am - 2:00 pm



800 Waterloo Road
 Warrenton, VA 20186
 540.349.2520

Thank you for another successful high school swim season!

The WARF is happy to announce we have completed another very successful high school swim season. The swim season is a very busy time of year, and the WARF would like to thank the community, its members, and patrons for all of their support. Hosting swim teams provides local high school athletes a chance to participate in competitive swimming and provides the basis for lifetime fitness. Business from swim teams is not only beneficial to the WARF, but also to its patrons and the community. Swim competitions host teams from out of town, bringing in families from across the region. These visitors would not have otherwise been in Warrenton and bring in valuable business to our Town's stores, restaurants, and hotels. By supplying a venue for teams to practice and compete, the WARF is helping local youth have more opportunities to develop their interest in swimming, many beyond the basic level. Thank you for your support!

Lane Availability February 22 - April 3, 2016

Numbers under times of day indicate number of available lanes in Competition Pool at those times. **Subject to change without notice.**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
5:00 AM				8	6			5:00 AM
5:30 AM	6	8						5:30 AM
6:00 AM			10					6:00 AM
6:30 AM					10			6:30 AM
7:00 AM	10	10						7:00 AM
7:30 AM								7:30 AM
8:00 AM	8		8	10	8	4		8:00 AM
8:30 AM								8:30 AM
9:00 AM	7	8	7		7			9:00 AM
9:30 AM								9:30 AM
10:00 AM	8		8		8	8		10:00 AM
10:30 AM								10:30 AM
11:00 AM						10		11:00 AM
11:30 AM				8				11:30 AM
12:00 PM						7		12:00 PM
12:30 PM		10						12:30 PM
1:00 PM	10		10		10		10	1:00 PM
1:30 PM				10				1:30 PM
2:00 PM						10		2:00 PM
2:30 PM							8	2:30 PM
3:00 PM							6	3:00 PM
3:30 PM		8		8				3:30 PM
4:00 PM	6		6		6	8	3	4:00 PM
4:30 PM	4	4	4		4	10	6	4:30 PM
5:00 PM				4				5:00 PM
5:30 PM	2				3			5:30 PM
6:00 PM			2					6:00 PM
6:30 PM	4	3		3	5			6:30 PM
7:00 PM								7:00 PM
7:30 PM								7:30 PM
8:00 PM	6	6	4	6	10			8:00 PM
8:30 PM								8:30 PM
8:45 PM								8:45 PM

SAVE THE DATE! SAVE THE DATE! SAVE THE DATE! SAVE THE DATE!



WARRENTON FISHING DAY

Warrenton Reservoir
 (off Blackwell Road)

Saturday, May 14, 2016

7 a.m. - 10 a.m.

Limited to 250 participants

All those fishing must register and pre-pay in order to participate

\$10 per participant

All those aged 16 or older must have a valid VA fishing license.

Registration opens April 19 for Town of Warrenton residents; April 21 for all others.

This is the first time the reservoir will be open for fishing in many years!
 The reservoir is not open for fishing at other times.

For questions email warf@warrentonva.gov or call 540.349.2520.



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