

# member FOCUS

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

## WARF MEMBERSHIP IS THE BEST VALUE AROUND

Anyone who has ever become a Member at the WARF knows that the prices are one of the best values in the area. They know that with membership comes the use of the leisure and competition pools, the spa, locker rooms and the outstanding fitness class schedule. The WARF offers over 50 fitness classes per week, both on land and in the water. Our nationally certified fitness instructors lead classes designed to provide a complete workout for everyone of all ages and abilities. Our classes range from high impact aerobic cycle classes to gentle yoga. We also offer express classes for Members on the go!

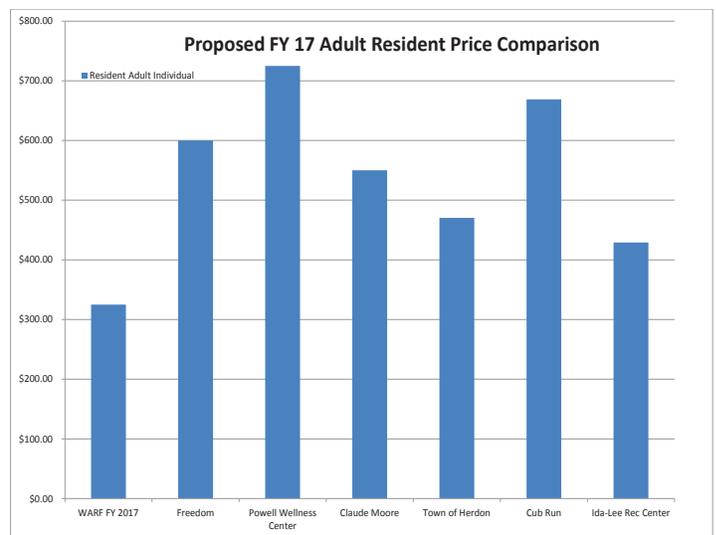
WARF Members also have access to our state of the art fitness room that features cardio equipment, weight training equipment and free weights in a relaxed and comfortable atmosphere. All memberships include a free introductory training session in the fitness room as well as discounts on personal training and fitness specialty classes. When you join the WARF, you become a part of the WARF family and that has been the case since we opened our doors almost nine years ago.

With a minimal increase made in membership rates some four years ago, our rates continue to be the lowest you will find. We have recently compared our facility to similar facilities regarding amenities and membership rates. Please see the bar graphs showing the current rate comparisons.

In order for us to keep the WARF functioning with the high level of service you have come to expect, we rely on income from memberships, day passes, and programs. All three sources of revenue are roughly equal. We do our best to provide a high level of service in the most economical way. With that said, we anticipate a slight increase in membership rates beginning July 1st.

As you will see, even with the anticipated

increases, the WARF is still the best deal around. For less than \$1.50 per day, WARF Members enjoy all of our classes, amenities and services. Thank you for your continued support of the WARF. We are so happy to have you as part of our family!





## WORKING IN THE AQUATICS FIELD

So you want to work in aquatics. Congratulations, you have chosen a fun, rewarding, and challenging field. How does one get started? At (age 15), teenagers are eligible to become American Red Cross lifeguards. A typical certification class is approximately 25 hours and certifications are required to be renewed every two years, so guards are constantly training. Training includes preventive lifeguarding, water rescues, training in Cardio Pulmonary Resuscitation (CPR), the use of automated external defibrillators (AED), and first aid. What happens when someone has a heart attack, or is choking, or there is a water emergency? Lifeguards dive into action working as a team.



Many lifeguards also enjoy teaching others to swim. A natural progression from lifeguarding is to become a swim instructor. At age 16, one can become a Water Safety Instructor (WSI). The most recognized program is the American Red Cross Water Safety Instructor. Red Cross Water Safety Instructors are in demand across the United States and teach everything from parent and child classes to adult classes and everything in between from the fearful swimmer to stroke and turn clinics. Learning to swim saves lives and there is nothing more rewarding than teaching someone to swim.

For those with mechanical minds that want to know how pools work, pool operator courses are available as well.

The WARF offers both American Red Cross lifeguarding and water safety instructor courses year round. If you love water, the wonderful world of aquatics awaits you!

		Lane Availability April 3 - May 28, 2016										
		WARRENTON AQUATIC & RECREATION FACILITY		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		8	6			5:00 AM				
5:30 AM	6							5:30 AM				
6:00 AM			10					6:00 AM				
6:30 AM								6:30 AM				
7:00 AM	10	10		10	10			7:00 AM				
7:30 AM								7:30 AM				
8:00 AM	8		8		8			8:00 AM				
8:30 AM						4		8:30 AM				
9:00 AM	7	8	7	8	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								11:30 AM				
12:00 PM						6	10	12:00 PM				
12:30 PM		10		10				12:30 PM				
1:00 PM	10		10		10		5	1:00 PM				
1:30 PM								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	2	4:00 PM				
4:30 PM	4	3	4	3	4	10	6	4:30 PM				
5:00 PM								5:00 PM				
5:30 PM	2							5:30 PM				
6:00 PM			2		3			6:00 PM				
6:30 PM	4	2		2				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				

## 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 at the top of your priority lists with Summer fast approaching. The Aquatics Booklet is available at the Front Desk & Online! Online registration is now available! Go to [www.swimwarf.com](http://www.swimwarf.com) to register today!

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# FITNESS NEWS

## SPRING IS HERE LET'S GET MOVING

The birds are singing and the trees are blooming! These are sure signs that spring has arrived. Just as nature starts to shed its winter cloak, so must we! Coming out of hibernation can be a challenge - come to the WARF and let our fitness professionals help you.



At the WARF there are a variety of group fitness classes to be taken. There is something for everyone. From yoga classes, to cardio based classes to water classes, the WARF

has just the right activity to help get you moving and "wake" you up from your winter nap. If you aren't a class person, but need an extra push - come in and check out the fitness room. The WARF has a nice variety of fitness equipment. Our personal trainers can help get you started and comfortable with your exercise routine in just a few sessions.

Reignite your New Year's resolution fire and check out all there is to do at the WARF. Specialty classes, workshops, personal training services and group fitness classes. Spring has arrived! Its time you do as well!!

## UPCOMING WORKSHOPS

### Self Defense

When: May 7, 2016  
Time: 11:00am - 12:00pm  
Cost: \$20.00

Instructor: Training Officer Sam Tilley  
Warrenton Police Department

For Woman 18+ years of age  
Registration closes May 2, 2016 - Class limit is 20

### Pound Fit

When: May 14, 2016  
Time: 12:30am - 1:30pm  
Cost: \$20.00

Instructor: Karen King  
For all 16+ years of age  
Registration closes May 9, 2016 - Class limit is 20  
Come channel your inner performer & rock your body with this modern-day fusion of movement and music. Using Ripstix™ - weighted drumsticks engineered for exercise, POUND transforms drumming into an effective full-body workout.

Registration opens on April 7th for the above Workshops.



## WILLOWLYN FARMS PRODUCE

Owner Matt Eustace will be here at the WARF in the lobby on Wednesday, April 13 at 9:00 am and Wednesday, April 20 at 7:00 pm to explain and offer his CSA produce subscriptions throughout the spring, summer and fall growing seasons (CSA stands for Community Supported Agriculture). With enough interest, the WARF parking lot will become a weekly drop off location to get your farm fresh produce all season long. Come out and hear how you can buy a season share of weekly fresh produce.



5TH ANNUAL  
BODIES  
IN MOTION  
5K & 10K  
RACE for your community!  
05.15.16  
8am The WARF  
REGISTER TODAY!  
BodiesinMotion5k.com

Powered by ENNIS ELECTRIC  
EMPLOYEE OWNED

DULANEY LAUER THOMAS  
DePuySynthes  
BLUE RIDGE ORTHOPAEDIC & SPINE CENTER  
Blue Ridge Orthopaedic Foundation  
WASHINGTON AQUATIC RECREATION FACILITY

**3RD ANNUAL OPEN HOUSE WAS A SUCCESS  
AND THE WARF STAFF WOULD LIKE TO THANK  
ALL WHO JOINED US THIS YEAR!**




# 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](mailto:warf@warrentonva.gov) or call 540.349.2520.



Town of Warrenton Parks & Recreation Department  
800 Waterloo Road  
Warrenton, VA 20186  
540.349.2520

