

# member FOCUS

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

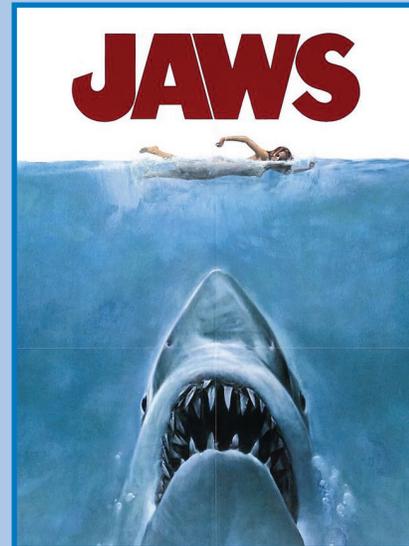


## WARRENTON TOWN LIMITS

The Town of Warrenton Parks and Recreation Department would like to thank everyone who came out to celebrate everything Warrenton on July 1, 2016. Families were able to enjoy a free swim at the WARF, Zumba™ with Monica, Line Dancing with John, Andre Fox Band, Fauquier Community Band, 4 helicopters, DC Skydiving, pie eating contest, indulge in delicious foods, explore local businesses, a kid zone, fireworks and much more. We're looking forward to seeing everyone next year. For more photos and videos visit on facebook at [www.facebook.com/warrentontownlimits](http://www.facebook.com/warrentontownlimits).

## TOWN OF WARRENTON PARKS AND RECREATION UPCOMING EVENTS:

**Friday, August 5th** - Movies in the Park showing *The Princess Bride* on Ashby Street at Dusk - FREE - Enjoy dinner up on main street and then stroll on down to enjoy First Friday and the movie.



**Friday, August 19th** - Dive-In Movie showing *Jaws* @ the WARF in the competition pool. The minimum participant age is 12 years old. Cost is **\$3.00** per person. Rafts (no more than 6ft long), rings (no more than 4ft wide) preferably see-through, and noodles allowed. Arrive by 7:30 pm.

*A special thank you to our sponsors:*





# AQUATIC NEWS



## 5 LOCAL ATHLETES SWIMMING IN RIO OLYMPICS

From Virginia and Maryland, five swimmers will be competing in the Olympics beginning August 5th, 2016. Check out [www.nbcolympics.com](http://www.nbcolympics.com) for all the details and watch our olympians take gold!

1. Katie Ledecky
  - Hometown: Bethesda, MD
  - Age: 19
  - Event: 200/400/800 FR
2. Jack Conger
  - Hometown: Rockville, MD
  - Age: 21
  - Event: 800 FR-R
3. Townley Haas
  - Hometown: Richmond, VA
  - Age: 19
  - Event: 200 FR
4. Chase Kalisz
  - Hometown: Bel Air, MD
  - Age: 22
  - Event: 400 IM
5. Michael Phelps
  - Hometown: Baltimore, MD
  - Age: 31
  - Event: 100/200 FL; 200 IM

### Random Fun Facts about the 2016 Olympics

- There are 42 Olympic Sports at the Rio Games.
- Games include ever popular swimming and diving, gymnastics, and track and field to little known judo, handball, and badminton.
- Golf will return to the Olympic Games after more than a century.
- The first Olympic Games held in the United States were hosted in St. Louis, Missouri in 1904.
- Olympians from Japan travel the farthest distance to attend the Games in Rio, traveling over 18,000 km or over 11,000 mi.

**WARRENTON AQUATIC & RECREATION FACILITY**

Lane Availability August 8 - September 11, 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								5:00 AM
5:30 AM								5:30 AM
6:00 AM	10		10		10			6:00 AM
6:30 AM		10						6:30 AM
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM	8		8		8			8:00 AM
8:30 AM						10		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								11:00 AM
11:30 AM				10				11:30 AM
12:00 PM								12:00 PM
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2:00 PM		10				10		2:00 PM
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3:00 PM								3:00 PM
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4:00 PM	10		10		10			4:00 PM
4:30 PM								4:30 PM
5:00 PM								5:00 PM
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6:30 PM								6:30 PM
7:00 PM		7		7				7:00 PM
7:30 PM								7:30 PM
8:00 PM								8:00 PM
8:30 PM		10		10				8:30 PM
8:45 PM								8:45 PM

# WARF ANNUAL MAINTENANCE SHUTDOWN

August 22 through August 28

### WHAT THIS MEANS:

During this time, the Leisure Pool, Competition Pool, Spa, Waterslide, and locker rooms will be closed for annual maintenance and cleaning.

The Fitness Room and Land Classes will be operating on a normal schedule.

Those with a WARF membership are able to use their scan card for entrance at the Freedom Center from August 22 through August 25.

PLEASE NOTE: The Chinn Center is not available for use this year during shutdown due to their own facility closure.

## TRAIN LIKE AN OLYMPIAN

Whether you're training to be an olympian or just trying to stay healthy and fit, finding motivation to train or stick with exercise on a regular basis isn't always easy. Demanding family schedules, burn-out, and illness are just a few of the things that may



interrupt your fitness routine. Goal setting based upon the S.M.A.R.T. approach is a simple technique that provides structure for your training program.

Many athletes and coaches successfully use this formula to set both short and long-term training goals. The S.M.A.R.T. principle.

**Set Specific Goals.** Specific goals are the most motivating. A general goal would be, "Get in shape." But a specific goal would say, "Join a health/fitness facility and workout 3 days a week."

**Set Measurable Goals.** Establish concrete criteria for measuring progress toward each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as.....How much? How many?

**Set Adjustable Goals.** This means your goals are flexible enough to accommodate unexpected challenges. An injury may force you to modify your goal. If your goal is to run a certain marathon and you are injured, you may need to change your goal to do the half marathon. An injury doesn't mean you cancel all of your plans.

Another important aspect of goal-setting is to keep focused on personal action. Don't forget to consider not only what you want to achieve, but how you plan to achieve it.

**Set Realistic Goals.** Start where you are, and increase your goals accordingly. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.

**Set Time-based Goals.** Without a timeline, there is a tendency to procrastinate or get bored. You may also need to set interim goals with shorter timelines to keep you on track. In general, goals that stretch out beyond 6 months are too long to keep you interested and motivated to stay on track. Try to re-evaluate your goals every 2-3 months.

Goal setting is an art as well as a science, but if you make sure your goals follow the S.M.A.R.T. formula, you will find you are more likely to stay motivated and reach goal after goal.

Need help with setting and achieving your fitness goals? Our certified trainers at the WARF are here to help you and offer: Land and Water Classes, Goal Specific Group Training, Private Personal Training, and much more. Look us up online at [www.warffitness.com](http://www.warffitness.com) or come by and get a tour of our wonderful facility and get more information on what we have to offer.



## MEMBER NEWS

### HOST YOUR NEXT EVENT @ THE WARF

Looking for the next place to host your group event? Birthday Parties are not the only event that the WARF hosts. The WARF has space available for:

- business meetings
- charity events
- team parties
- scout events
- PTO Fundraisers
- church youth groups, and more!

Please contact Sharon Willemsen, Membership/ Group Sales Coordinator at 540-349-2520 or [swillemsen@warrentonva.gov](mailto:swillemsen@warrentonva.gov) for rates and information.



**FITNESS INSTRUCTORS (PART-TIME):** The WARF is accepting applications from nationally certified Fitness Instructors for the *Warrenton Aquatic and Recreation Facility* to teach a variety of fitness classes such as Cycle, Pilates, Zumba™, Yoga and Water and Land Aerobics. Must be CPR and First Aid certified and able to interact with a wide variety of personalities. Hourly rate \$15.00 - \$25.00 per hour DOQ. Ongoing recruitment. Interested parties are required to submit a Town of Warrenton employment application to the Human Resource Director, Town of Warrenton, 18 Court Street, Warrenton, VA 20186. Application is available online at: [www.warrentonva.gov](http://www.warrentonva.gov)



PATH FOUNDATION

# THE SOOFA BENCH

The Town of Warrenton Parks and Recreation Department is pleased to announce the installation of two Soofa benches this week. What is a Soofa bench? A Soofa Bench is an invention created by a group of female graduates from MIT who wanted to create technologically savvy park equipment. This bench has a built-in solar powered charging station from which you can charge your phone, tablet, ipad, and other electronic devices while you sit and enjoy the outdoors, prepare for another round of Pokémon Go, or rest between workout intervals.

Through the generosity of the PATH Foundation, the Parks and Recreation Department has purchased two of these benches. Councilman Sean Polster first discovered the Soofa Benches at the National League of Cities Convention and thought they would be great for Warrenton. The Benches are made of sustainably harvested materials and are built in the United States. "The Town of Warrenton is the first in Virginia to install Soofa Benches and we couldn't be more excited. The Town embodies everything we look for in early adopters as it has a commitment to being sustainable and innovative, and a very engaged community," said Sandra Richter, Co-founder and CEO, Soofa.

One bench will be placed in front of the Warrenton Aquatic and Recreation Facility while the second bench will be placed in the Athey Fields Area of the Complex. These benches will modernize our parks while still encouraging outdoor activities. The Town Parks and Recreation Department would like to thank the PATH Foundation and the Soofa Company for making these benches a part of our community.

## NOW HIRING - LIFEGUARDS WANTED

# BECOME A RED CROSS Lifeguard!

Get American Red Cross Lifeguard certified at the WARF. We have great part time jobs openings for college students, high school students (must be at least 16 years of age) and adults. Early morning, day, evening, and weekend shifts to choose from. Ongoing recruitment. EOE. Interested parties are required to submit a Town of Warrenton employment application to the Human Resource Director, Town of Warrenton, 18 Court Street, Warrenton, VA 20186. Application is available online at: [www.warrentonva.gov](http://www.warrentonva.gov)

This course covers the fundamental skills required to become a Red Cross Certified Lifeguard. All students must be 15 years of age by the last day of class. Participants must register for the prerequisite swim. If participant passes the prerequisite swim, they can then enroll & pay for the Lifeguard class. A loaner hard copy textbook will be made available to participants. Be sure to include an active email address at time of registration. This course includes: First Aid/CPR/AED, & a Waterpark skills component.

Prerequisite Swim: 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 11 ft and swim 20 yds back to side of pool and exit water. Those wishing to practice brick retrieval prior to prerequisite can go to the guard office and request brick.

TOWN OF WARRENTON  
Parks & Recreation  
Register online  
for classes at  
[www.warfonline.com](http://www.warfonline.com)  
or call  
540-349-2520  
for more information



### AUGUST CLASS

Register for class by August 5

Prerequisite	AugL	Gpre		
Tuesday	6:00p - 7:30p	08/09	\$50.00*	
Class	AugL			
Wednesday	9:00a - 4:00p	08/10	\$175.00	
Thursday	9:00a - 4:00p	08/11		
Friday	9:00a - 4:00p	08/12		
Saturday	9:00a - 4:00p	08/13		

\*Prerequisite non-refundable

**Safety Training for Swim Coaches**  
Sunday, August 21, 2016 - 1:00p - 4:00p \$75.00



### Front Desk Position:

Do you enjoy working with people? Do you have exceptional customer service skills? The WARF is now hiring front desk attendants. Applicants must be available at least 15-20 hours a week and be able to work a flexible schedule to include early mornings/days/nights/weekends/special events, and some holidays. Candidates need to be 18 years or older, have customer service experience and proficient computer skills.

### Job duties will include:

- Answering telephones • Greeting members and guests
- Providing information and answering questions about our memberships and programs • Handling a cash drawer
- Using sports management software for POS system
- Sales assistance • Hosting parties

Hourly rate \$9 per hour. Interested parties are required to submit a Town of Warrenton employment application to the Human Resource Director, Town of Warrenton, 18 Court Street, Warrenton, VA 20186. Application is available online at: [www.warrentonva.gov](http://www.warrentonva.gov)

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