



member FOCUS

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



WARF ATHLETE TAKES HOME THE GOLD

Nation's Capital Swim Club (Warrenton) sent Hugh Robey to compete at the National Age Group Challenge meet in Germantown, MD on November 8-9.

Competitors came from Maryland, New York, Delaware, Virginia and Pennsylvania. Hugh, 14 years old, captured the Gold in the 100 Freestyle (50.22), Silver in the 100 Butterfly (54.98) and placed 7th (2:03.44) in the 200 Butterfly. Hugh trains at the WARF with NCAP's Silver team. Such a victory for Hugh comes from his dedication in practice and his commitment to his team. We are very excited to see where this talented young man goes next.

Need a Break from the Holiday Break?

How About a Swim Party at **THE WARF?** **\$30 OFF**

Select Dates & Times Only
Contact the Front Desk for more info

All party rentals include: **two hours of party room & pool access** with up to **20 wrist bands** for pool entry.



Inclement Weather Notices

In the event of inclement weather, please visit www.cancellations.com and search under the org name: "WARF" for any weather related delays, cancellations, or early closures at the WARF.

Available until December 24, 2014. **10% Off**

WARF holiday Gift Cards

Gift Cards are available in increments of 5, 10 and 20 facility visits. Cards hold no value until activated at the Front Desk. Prices are based on age and residency of gift recipient. Each pass on gift card is good for one facility visit for one person and does not include entrance to Group Fitness classes, Aquatics classes, or Child Care.



Like us on Facebook
to get up-to-date notifications, specials and other events happening at the WARF! Your premier aquatics and recreation facility.

\$5 OFF PER MONTH



\$5 OFF PER MONTH
Pay as You Go
Memberships
between now and
January 15, 2015.
The more you buy
the more you save.
No limit!



Park Restroom Projects:



The Fields – The long awaited restrooms that are currently being constructed in the fields area were designed by former Town Councilman

David Norden. The restrooms will be located centrally in the fields area near the shelter donated by the Warrenton Rotary Club. The restrooms will be fully accessible. At the time the restrooms are built, paths leading to both the shelter and the restroom will be constructed. A water fountain will be included in the area, with high, low, and dog fountains. Restroom construction should be completed in time for the Spring season.

Eva Walker – The Recreation Committee is in the final steps of selecting the features for the restrooms to be located at Eva Walker Park. The facility should be in place this Spring.

It's Swim Season!!!

Each autumn the WARF welcomes a handful of local High School swim teams to train in our facility. In addition to these High School teams, the WARF also hosts several swim meets at our facility. While it is an honor for the WARF to make our facility available to our community teams, we know that such usage does not come without affect to our members. We want you to know that we are grateful for your flexibility and patience during this swim season as we make room for these teams and events. Additionally, it is important to also remember that these teams are *renting* our facility, which helps offset the cost of memberships at the WARF. So this swim season, we ask for your continued patience as we share our space with the community and continue keeping membership at our facility affordable. Thank you!



Special Holiday Hours

Wednesday, December 24

The Entire Facility
Closes at **12:00pm**

Thursday, December 25

The Entire Facility Closed

Wednesday, December 31

The Entire Facility
Closes at **3:00pm**

Thursday, January 1

The Entire Facility Closed

Become a Lifeguard

over the **Holiday Break OR**
in our **Saturday Classes in January**



The WARF's certification course covers the fundamental skills required to become a lifeguard. All participants must be 15 years old or older. To register, participants must first sign up for and pass the prerequisite swim assessment. Once completing and passing this prerequisite, participants may enroll and pay for the lifeguard training program. Participants may purchase a traditional textbook for an additional \$35 (available

at the Front Desk) or may obtain a free, digital copy available upon enrollment. This course also includes a CPR & First Aid AED and water skills component.

Prerequisites:

- 300 yard continuous swim combination of front crawl and breaststroke
- demonstrate breathing control and rhythmic breathing
- tread water for two minutes using legs only
- Timed event (1 minute and 40 seconds):
 - Starting in water – swim 20 yards
 - Retrieve 10lb brick from depth of 7-11 ft
 - Swim 20 yards back
 - Exit water

December Class

Register for class by December 22

Prerequisite:	DecLGpre		
Friday	6:00p - 7:30p	12/26	\$50.00
Class:	DecLG		
Saturday	8:30a - 3:30p	12/27	\$175.00
Sunday	8:30a - 3:30p	12/28	
Monday	8:30a - 3:30p	12/29	
Tuesday	8:30a - 3:30p	12/30	

January Class

Register for class by December 28

Prerequisite:	JanLGpre		
Sunday	1:30p - 3:00p	1/4	\$50.00
Class:	JanLG		
Saturday	8:30a - 3:30p	1/10	\$175.00
Saturday	8:30a - 3:30p	1/17	
Saturday	8:30a - 3:30p	1/24	
Saturday	8:30a - 3:30p	1/31	



Winter Block 5 & 6 Swim Lesson Registration

**Winter Block 5 registration closes
December 30, 2014.**

**Classes run
January 6 - February 19, 2015.**

**Winter Block 6 registration closes
January 2, 2014.**

**Classes run
January 9 - February 8, 2015**

WINTER I & II 2015 SPECIALTY CLASSES

REGISTRATION OPENS DECEMBER 8, 2014

Winter I Classes Begin January 3, 2015

Registration Closes December 29, 2014

Winter II Classes Begin February 23, 2015

Registration Closes February 16, 2015

(Classes Meet Six Times)

Members: \$60 | Non-Members: \$72

(Unless Otherwise Noted)

See Front Desk for More
Information & Class Schedules

Member Spotlight: *Judi Amerson*

In 2009, Judi Amerson was involved in a horrible car accident. Due to the nature of her injuries, she was unable to care for herself and needed help. She moved to Virginia from Florida because she had family in the area that could help her recover.

Once she began gaining some mobility, her doctors at Blue Ridge Orthopaedic and Spine Center suggested exercising in the water to aid in her recovery. She and her daughter visited the WARF and agreed the water classes were something Judi ought to try.

Judi started with the water walking classes. Quickly she grew strong enough to do both the shallow water and deep water aerobics classes. The water classes were perfect for her because of the low to no impact and the natural resistance of the water. The nature of her injuries required slow and steady recovery. And these water classes challenged her and kept her muscles engaged without putting stress on her body.

Judi found what was comfortable and obtainable for herself in the water classes at the WARF. She enjoyed them and worked hard in each class. The rewards for her hard work began to show in small and

simple ways. Judi couldn't perform daily tasks that most people don't think about, like making her bed. Over time, she became strong enough to do such things without the help. Eventually she was living alone again and requiring help from no one!

Her doctors, all pleased with her progress, however, gave her another suggestion: weight bearing exercises to help ward off osteoporosis. Judi, now more comfortable with exercising in general, explored the weight room and some land classes. She paid particular attention to class descriptions and picked the brains of some instructors and found the classes best suited for her ability level. She loved them all.

Judi Amerson joined the WARF in 2010. Now, nearly 5 years later she is a fixture at the WARF. What started out as doctors orders became a part of her everyday life. Today, she works out six days a week. She has achieved physical independence through determination, moderation, and patience. She was reasonable and smart with her exercise progression; careful not to reinjure herself. Judi knew no one here when she joined the WARF but now has a growing circle of friends. She says she is thoroughly enjoying all aspects of her healthy lifestyle.



Swim, Run, Play at The WARF

Special Holiday Slide Hours

Monday, December 22 - 1:00pm - 5:45pm

Tuesday, December 23 - 1:00pm - 5:45pm

Friday, December 26 - 1:00pm - 8:45pm

Monday, December 29 - 1:00pm - 5:45pm

Tuesday, December 30 - 1:00pm - 5:45pm

Friday, January 2 - 1:00pm - 8:45pm

A new **GROUP FITNESS** schedule begins in January. Stop by the Front Desk and pick up your copy of the new schedule available on **DECEMBER 22, 2014.**