



# member FOCUS

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



## WARF STAFF RECEIVES THE LIFESAVING AWARD

On Tuesday, January 12, at the Warrenton Town Council meeting, WARF staff members Denise Robey, Graham Grosvenor, and Patrick Foley were awarded the Lifesaving Award for the Professional Responder by the American Red Cross.

This award is given to professional responders who save or sustain a life using skills and knowledge learned in an American Red Cross Health and Safety Services course. The Lifesaving Award for the Professional Responder is awarded to those who exemplify the highest degree of concern of one human being for another who is in distress.



The WARF staff members were recognized for their work in saving the life of a thirteen year old child who, due to a medical condition, was rescued from the leisure pool with no pulse and no breathing. Staff provided immediate care, which saved the young person's life. The medals were awarded after a complete review



Denise Robey, Graham Grosvenor, David Bagenstose, Bill Brent and Patrick Foley.

process by the American Red Cross, which took six months to complete.

We are very proud of these staff members. They truly are super heroes.

WELCOME TO THE WARF'S NEWEST SPONSOR



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## MEET THE WARF'S WATER SAFETY INSTRUCTORS



**Betty Beamon:** WARF's lead Swim Club, Summer Prep., & High School Prep instructor/coach. Betty brings 20 years plus of instructor/coaching experience to the programs and is a favorite among the teenagers! Look for Betty's summer prep programs to start at the end of February.



**James Powell:** Jim has swum on high school and summer league teams and is fast! He brings excitement and energy to all his lessons and gets the kids moving!!



**Suzanne Ashby:** WARF's lead Thursday day home school instructor and Friday morning Adult & Child and preschool classes. Suzanne is patient and kind and always goes the extra mile for each and every student. She also does day time private lessons for adults and children of all ages.



**Florence Lamirand:** Florence teaches French classes in the public schools and is a competitive tri-athlete. She is one of WARF's seasoned instructors, works on the finer points of the swimmer, and teaches level classes on Friday afternoons/evenings.



**Morgan Evans:** Morgan is one of WARF's original instructors and after a few years away from Warrenton has come home to roost. She brings many years of instructor and swim team experience as both a swimmer and coach to the pool. She is recognized by her smile and easy demeanor creating a friendly atmosphere.



**Leslie Hilton:** Leslie is known for her Saturday morning Parent & Child and preschool classes. She brings a wealth of experience and knowledge to all of her classes and always introduces fun activities for the kids to test their swimming skills.



**John Fuerlinger:** John is one of WARF's new WSI's but already a favorite! He teaches Fridays and Sundays and also does private swim lessons. John brings technicality to all his classes and is mature and friendly beyond his age.



**Denise Robey:** Denise is the WARF's Aquatics Coordinator. She brings a wealth of experience - as an instructor, coach, and trainer. Denise works well with swimmers of all ages and abilities. She serves as a mentor to the WARF instructors and as the leader of our entire aquatics staff.

We will highlight more WSI instructors in the March memberFOCUS issue.

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## 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](http://www.warfonline.com) to register today!



## HEART HEALTH

Our hearts are under a lot of pressure! They pump oxygenated blood and nutrients through our bodies. We, here at the WARF, are guessing most of you pushed your heart pretty hard the last week in January! Shoveling snow, shoveling snow and shoveling more snow can give your heart an intense test.

Caring for your heart is fairly simple. A good, healthy diet combined with a regular, structured exercise routine can help keep your heart in good working order. Reducing the amount of unhealthy fat intake, limiting the sodium in your diet, and controlling your portion sizes are all ways to help keep heart disease at bay. Additionally, managing stress and allowing yourself a treat every now and again are equally important to maintaining a healthy heart.



Dealing with the Blizzard of 2016 showcased reasons WHY we should care for our hearts. Coping with the stress of preparation and requiring good cardiovascular endurance to dig out are just a couple of examples. Having just weathered that storm, we believe you may already have a good idea of how important good heart health is! You may not know, however, some of these Heart Facts:

1. Hearts weigh less than 1 lb. Think about that the next time someone says "You have a big heart!"
2. Your heart beats 100,000 times per day.
3. Taking good care of your teeth can reduce the risk of heart disease. Brush twice daily!
4. Laughing IS good medicine - when we laugh we increase blood flow in our bodies - sometimes lasting for up to 45 minutes!
5. The Egyptians believed intelligence and love were rooted in the heart.
6. Dr. Christiaan Barnard performed the first successful heart transplant in Cape Town, South Africa on Dec. 3, 1967.
7. A woman's heart typically beats faster than a man's.
8. A "broken heart" is actually your body releasing stress hormones, which can cause symptoms similar to that of a heart attack!
9. Staying active and exercising regularly can reduce the chance of heart disease. Inactive folks are 2X more likely to develop heart disease.
10. It's never too late to QUIT!!! - Smoking, that is. Within three years of quitting, the risk of heart attacks for former smokers dramatically decreases.



## PLAN YOUR NEXT GROUP EVENT AT 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!

We offer discounted rates for groups of more than ten if a reservation is made in advance. Contact Sharon Willemsen, Membership/Group Sales Coordinator, for information at 540.349.2520 x229.

### WARF Membership *Sweetheart Deal!*

# Two Months \$79

Receive two months of membership at the WARF for only \$79 regardless of age or residency!  
Offer valid February 1 - 29, 2016.

## 540-349-2520

Offer expires February 29, 2016. Offer may not be combined with any other offer or promotion.

3rd Annual

# WARF

Spring Open House



Saturday, March 19, 2016

10:00 am - 2:00 pm

**FREE:**

Swim Lesson Assessments for Kids

Raffles and Prizes

Children's Activities

Lifeguard Demos

Fitness Assessments  
(10:00a - 2:00p)

Zumba Party  
(11:30a - 1:00p)

Free Swim Time 12noon - 2:00p



800 Waterloo Road  
Warrenton, VA 20186  
540.349.2520

# FEBRUARY ADVISORIES

The WARF hosts a wide variety of swim meets in our Competition Pool, including US Swim Meets. These meets give local swimmers the opportunity to compete in their home pool and bring customers to local businesses. Please excuse our pool/facility closures during this time.

THE COMPETITION POOL  
WILL CLOSE AT 5:00pm

**Saturday, February 6, 2016**

THE COMPETITION POOL  
WILL CLOSE AT 6:00pm

**Friday, February 12, 2016**

THE AQUATICS LEVEL WILL BE CLOSED  
(ALL POOLS) ALL DAY ON

**Saturday, February 13, 2016  
and Sunday, February 14, 2016**

There will be no group fitness classes  
(water or land) held. Fitness room will be open  
normal hours of operation.

THE COMPETITION POOL  
WILL CLOSE FROM 10:30am TO 9:00pm ON

**Friday, February 19, 2016**

The following classes will not be held: 10:15am  
Cardio Splash; 10:30pm Strength Pilates; and 11:30am  
Zumba Toning. Leisure pool and fitness room will be  
open normal hours of operation.

THE AQUATICS LEVEL WILL BE CLOSED  
(ALL POOLS) ALL DAY ON

**Saturday, February 20, 2016  
and Sunday, February 21, 2016**

There will be no group fitness classes  
(water or land) held. Fitness room will be open  
normal hours of operation.

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Please go to [www.cancellations.com](http://www.cancellations.com) to check for any weather related closures/cancellations prior to coming to the WARF during times of inclement weather.

Search **WARF** under "org name" to view the most recent postings.

or call our automated telephone system at **540-349-2520** and select option "8".