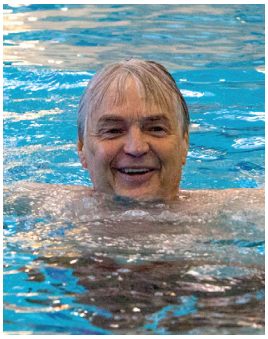
Swim, Run, Play at the WARF!
January 2015

memberFOCUS

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



On December 30, 2014, former Warrenton Mayor George B. Fitch died of cancer at Inova Fairfax Hospital. Fitch retired in June after serving four terms as Mayor of Warrenton, Virginia. As Mayor, he received national acclaim for both fiscal reform and conservation efforts. He received the Preserve America Community Award from the White House for his growth management initiatives that have protected the environment and character of Warrenton and Fauquier County. Fitch also spearheaded efforts to build the Warrenton Aquatic and Recreation Facility, which Town Council voted to name in his honor in May 2014.

Fitch was a former diplomat having served as commercial attaché in Paris and Jamaica and Consul in Belize. He represented the Caribbean Basin ethanol producers since 1990 and managed an ethanol plant in El Salvador. He also created and managed the Jamaica bobsled team which Disney immortalized in "Cool Runnings". He served on President Bush's Advisory Council on International Trade Policy and Negotiation.

He was born in China of missionary parents, attended the University of Singapore and had an MBA in international business from George Washington University.

JOHN FERGUSON

Personal Trainer & Group Fitness Instructor

John Ferguson has an extensive background in various modes of physical training. As a Certified Nurse's Assistant since 1997 and a Rehabilitation Technician since 1999, John has a thorough knowledge built on formal education and experience, which he implements in his personal and group training at the WARF. John enjoys seeing training go beyond just the physical level in how it impacts clients on an emotional and therapeutic level as well. Watching clients experience excitement when they begin seeing results is one of the most rewarding aspects of training for him. John loves having clients use the skills he teaches them to help make their lives become better. Long time group instructor John is now available for Personal Training at the WARF. Start your New Year off by arranging a personal training session with John today. See the Front Desk for more information.

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Need Some Motivation?

Start the year off with the *expertise* you **need** and the *motivation* you **want**

PERSONAL TRAINING SPECIAL

Buy 10 Sessions and Get **1 FREE!**

Offer Valid January 2 through February 14

WARRENTON AQUATIC & RECREATION FACILITY

From our Marketing Coordinator

The WARF continuously has a great many things going on at our grand facility. From swim meet competitions, special events, and birthday parties, the WARF welcomes many groups into our facility. In addition to such community events, the WARF also has its own events and specials, which are constantly changing. As we strive to make your fitness options dynamic and pertinent to your needs and expressed desires, we want you to know that we are making every effort to keep you informed so you that you can plan your visits to the WARF accordingly. We thought it would be helpful to give you some insight into our communication strategy.

In response to the many requests for increased communication, we are now consistently disseminating information through facility signage, weekly emails, and Facebook updates. If you are currently not receiving our emails, and wish to do so, shoot us an email at **warf@warrentonva.gov**. Additionally, we will be communicating multiple times each week on the WARF's Facebook page. "Like" the WARF on Facebook to follow us and get the most up-to-date information, specials, and announcements. To find us, simply search for "WARF" on Facebook and click "like." We will largely communicate in two categories: First, we will keep you updated regarding the WARF's specials. Second, we will keep you informed regarding facility closures, special events, and other related announcements.

As always, thank you for your support and partnership to create a facility that is not only fun, but accessible to the entire community.

Lane Availability January 5 - February 22, 2015

Numbers under times of day indicate number of available lanes in Competition Pool at those times. Please see scheduled pool closures on right-hand side of page 3.

*** Subject to change without notice.**

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

Special Slide Hours

January 2 (1:00pm - 8:45pm)
January 5 (1:00pm - 5:45pm)
January 19 (1:00pm - 5:45pm)

Facility Notices

Friday, January 9
Evergreen Swim Meet
Competition Pool closes at 7:00pm

Friday, January 16
Evergreen Swim Meet
Competition Pool closes at 7:00pm

Friday, January 23
Evergreen Swim Meet
Competition Pool closes at 7:00pm

Saturday, January 24
Seton Swim Meet
Competition Pool closes at 3:00pm

Friday, January 30
Evergreen Swim Meet
Competition Pool closes at 7:00pm

New Fitness SCHEDULE

available January 5th.

TRY OUR NEW HIIT CLASS

HIIT *(HIGH INTENSITY INTERVAL TRAINING!!)* is a total body, heart pumping interval based workout that combines body weight exercises with high intensity cardio blasts and is designed to tone your body, improve your endurance and test your limits.

Pick up a copy of our new group fitness schedule for class days & times!

Ask about having your next birthday party at the WARF!

Benjamin Franklin:
Revolutionary Swim Legend

Long before he discovered electricity and helped win independence from the British Empire, Benjamin Franklin was an avid swimmer. He swam from a very young age, and throughout his life, consistently promoted swimming for its healthful benefits. In fact, in what would be the first of many revolutionary inventions and discoveries, Franklin invented the first swim fin at 11 years old. Unlike today's flippers worn on the feet, however, Franklin's were attached to the hands.

In March 1773, Franklin wrote about his invention: "When a youth, I made two oval pallets, each about ten inches long, and six broad, with a hole for the thumb, in order to retain it fast in the palm of my hand. They much resembled a painter's pallets. In swimming I pushed the edges of these forward, and I struck the water with their flat surfaces as I drew them back. I remember I swam faster by means of these pallets, but they fatigued my wrists. I also fitted to the soles of my feet a kind of sandals, but I was not satisfied with them, because I observed that the stroke is partly given by the inside of the feet and the ankles, and not entirely with the soles of the feet."

Centuries later, modern hand fins or paddles were created for paddle boarding and body surfing. In 1968, Benjamin Franklin was inducted into the International Swimming Hall of Fame for his contributions to the sport of swimming.

by AQUA Editors