



# member FOCUS

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

## MAKE IT HAPPEN! GRANT AWARDED TO THE WARF

The Fauquier Health Foundation announced December 11, 2015 that it has awarded a Make it Happen! grant to the Warrenton Aquatic and Recreation Facility (WARF) to bring health and fitness education to a variety of age groups. The program will bring certified fitness instructors to schools, businesses, assisted living facilities, and other organizations. Instructors will share tips for a healthy lifestyle and exercise programs that don't require a gym membership. The WARF was granted \$7,800 to launch the program.

"It's broadly stated that a healthy lifestyle and daily exercise are essential in the fight against many health problems, especially diabetes and heart disease," stated Christy Connolly, President and CEO of Fauquier Health Foundation. "WARF on Wheels is a great program to help get information to groups who may benefit from an at-home exercise program. Not everyone can get to the gym, or afford a membership. We hope this program will be able to reach those people."



In addition to schools, businesses and assisted living facilities, WARF on Wheels anticipates working with the Boys & Girls Club, Head Start, library groups, and active adult communities.

Their goal is to connect with 26 groups within the first 26 weeks of the program, offering return visits to the groups to follow up on participants' progress.

Margaret Rice, Director of Parks and Recreation for the Town of Warrenton, added, "We're really excited about the WARF on Wheels program because we feel we can make a real impact on the health of the community."

## NEW YEAR - NEW YOU COMMIT TO BE FIT IN 2016

We are here and committed to helping each and every one of you reach your health and fitness goals in 2016 and beyond. Changing your habits can be tough, so try to set achievable goals and work on them one at a time and you will be successful.



## REGISTER FOR...SWIM LESSONS

Lessons are available for all ages and ability levels. Private swim lessons are also available. Take a look at our Aquatics Booklet to see our many offerings. The Aquatics Booklet is available at the Front Desk & Online! Registration is now available online! Go to [www.warfonline.com](http://www.warfonline.com) to register today!

**WARRENTON**

**25% Off\***

WARRENTON AQUATIC & RECREATION FACILITY

NAPA Auto Parts is proud to support the WARF with **25% Off** your purchase.

Warrenton Village Center *next to Safeway*

[www.NAPAonline.com](http://www.NAPAonline.com)

*\*Must show WARF membership card.  
Not to include sale items, equipment or oil.*

# JANUARY 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 7pm ON THE FOLLOWING DAYS

**January 8, 2016**

**January 15, 2016**

**January 22, 2016**

**January 29, 2016**

**also closes at 3pm on January 30, 2016**

The leisure pool and fitness room will remain open.  
All land classes will be held as scheduled.

Celebrate your **Birthday** at the **WARF**

**HURRY!**

Spots are filling up quickly, be sure to make your reservation today!

**ROOM RENTAL OR GROUP SWIM**

Packages Available:  
DOMINO'S PIZZA  
PAPA JOHN'S  
COLDSTONE CREAMERY  
ICE CREAM CAKES & CUPCAKES

TO MAKE A RESERVATION CALL 540.349.2520  
OR VISIT OUR WEBPAGE AT  
[www.warrentonva.gov/ParksRec/WARF/BirthdayParties.aspx](http://www.warrentonva.gov/ParksRec/WARF/BirthdayParties.aspx)

800 Waterloo Rd • Warrenton, VA

**WARRENTON AQUATIC & RECREATION FACILITY**

**Lane Availability November 9 - February 21, 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	6		6		6			5:30 AM
6:00 AM	4	8	4	8	4			6:00 AM
6:30 AM	8		8		8			6:30 AM
7:00 AM					10			7:00 AM
7:30 AM	10		10					7:30 AM
8:00 AM	8	10	8		8			8:00 AM
8:30 AM						4		8:30 AM
9:00 AM	7	8	7	10	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				10		11:00 AM
11:30 AM				8				11:30 AM
12:00 PM	10		10			7	9	12:00 PM
1:00 PM		8		10	10			1:00 PM
1:30 PM								1:30 PM
2:00 PM		6		8		10	10	2:00 PM
2:30 PM		4	8	6			8	2:30 PM
3:00 PM	6		4	4			6	3:00 PM
3:30 PM	2	2	2	2		8	4	3:30 PM
4:00 PM					6			4:00 PM
4:30 PM	3		3		4	10	6	4:30 PM
5:00 PM								5:00 PM
5:30 PM	1	3	1	3	3			5:30 PM
6:00 PM								6:00 PM
6:30 PM					5			6:30 PM
7:00 PM								7:00 PM
7:30 PM	4		4		10*			7:30 PM
8:00 PM		4		4				8:00 PM
8:30 PM								8:30 PM
8:45 PM								8:45 PM

# WARREN'S PLACE

Did you know that by volunteering for as little as two hours per week in Warren's Place, the WARF's child care room, you receive a free individual WARF membership? Volunteer four hours per week and receive an individual membership and unlimited use of child care. Interested? Fill out a Volunteer Application at the Front Desk. Must be 16 years of age or older.



## \$2 TUESDAYS & THURSDAYS

Every Tuesday and Thursday from 12:00pm to 2:00pm, you're able to gain admission to the WARF for a small charge of \$2, regardless of residency! This promotion is only available when Fauquier County Public Schools are in session. This promotion includes access to the pools and fitness room, but cannot be used towards fitness classes. No re-entry allowed with \$2 Tuesday and Thursday promotions.

**FAUQUIER.com**  
Hometown sports & news

**Fauquier Times** delivered  
Call **540.347.4222**

**THE WEATHER IS ALWAYS GREAT INSIDE THE WARF**

**SWIM LESSONS ARE AVAILABLE YEAR ROUND!**  
Instructors are certified by the American Red Cross.



**30 Minute Express Fitness Classes Now Available!**

**10% OFF ANNUAL MEMBERSHIPS**  
From January 1 - 31, 2016

WARF members have unlimited use of Facility and Group Fitness classes for duration of membership.



800 Waterloo Rd. Warrenton, VA 20186 | 540.349.2520  
www.warrentonva.gov (under "Parks & Rec" Tab)

**SHORT ON TIME? TRY AN  
\*EXPRESS CLASS!**

All the same great benefits of our 50  
minute classes in just 30 minutes

800 Waterloo Rd.  
Warrenton, VA  
540.349.2520  
www.warrentonva.gov



**PRICES**

**Fitness Classes are FREE and UNLIMITED for Members**  
(Excludes Specialty Classes)

**Non-Member Drop-In Fee\*:** \$8.00

**Non-Member 15 Punch Pass Fee\*:** \$108.00

\* Each pass is good for one Group Fitness class and does not include use of the facility before or after your class.

**POLICIES**

- Children 12 & under are NOT permitted in Group Fitness Classes (ages 15 & under NOT permitted in Body Pump classes). Child care is available. Please see the Front Desk staff for details.
- Space and equipment in classes are allocated on a first come, first served basis. Please arrive at least 5 minutes early to set up your space and equipment.
- Please wipe down equipment with wipes provided and put away after class.

\*\*\* \*\* SNOW? \*\*\* \*\*

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 bad weather.

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