

# member FOCUS

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

## WARF ON WHEELS PROGRAM - A HUGE SUCCESS

The PATH Foundation announced December 11, 2015 that it had awarded a Make it Happen! grant to the Warrenton Aquatic and Recreation Facility (WARF) to fund WARF on Wheels, a health and fitness education program. The program was to bring certified fitness instructors to schools, businesses, assisted living facilities, and other organizations.

During the 6 month grant, January 1st through June 2016, the WARF on Wheels program has been to 21 different facilities. Over 450 individuals have been greatly impacted by WARF instructors going out into the community to promote health and wellness to individuals who can not get to a gym

because of physical, financial, motivational, and other issues.



The WARF was granted \$7,800 to launch the

program. Only one month of program funding remains. While many of the facilities hope that the program will continue, funding is needed for this to happen.

Here are just a few testimonials from groups visited and impacted by the WARF ON WHEELS program:

“My residents absolutely love the program.” says Rebecca Bowman, Property Manager at The Oaks

“I even got a call from one of the participants, later in the day, telling me how much she had benefited from the program.” Deborah Cosby, Marshall Library



“It was fun, engaging, interactive, and provided modifications for all levels...” Natalie Wheeler, Bealeton Library Branch Manager

The WARF would like to thank the PATH Foundation for the wonderful opportunity to serve and make such a positive impact on our community.

### TOWN OF WARRENTON PARKS AND RECREATION UPCOMING FREE EVENTS:

**Friday, June 3rd** - Movies in the Park showing **Minions** on Ashby Street at Dusk

**Friday, June 17th** - Movies in the Park showing **Herbie the Love Bug** @ Eva Walker Park at Dusk

**Tuesday, June 21st** - **Make Music Day** @ Eva Walker Park - 12pm - 8pm

**Friday, July 1st** - **Warrenton Town Limits** @ the WARF, 800 Waterloo Rd, Warrenton 4pm - Fireworks at Dusk



# AQUATIC NEWS

## WSI CLASS AT THE WARF

Become a Water Safety Instructor



(Must attend all days)

### JUNE CLASS:

**Register for class by Friday, June 10**

**Prerequisite** Thursday, June 16

6:00pm - 7:30pm

**Classes** Friday & Saturday, June 17 & 18

Friday & Saturday, June 24 & 25

9:00am - 4:00pm

**COST:** \$50.00 Prerequisite (non-refundable) \$200.00 Class

**AGE REQUIREMENT:** Must be 16 by last day of class.

Register @ [www.warfonline.com](http://www.warfonline.com)

## ALLEGRO AND TOWN OF WARRENTON PARKS AND RECREATION CELEBRATE MAKE MUSIC DAY

On Tuesday, June 21, Eva Walker Park will be alive with the sound of music in celebration of Make Music Day, sponsored by Allegro Community School for the Arts and Town of Warrenton Parks and Recreation. From noon to 8 pm, various groups and artists will entertain park visitors.



Make Music Day is a one day event where free, live musical performances, opportunities to make music, and other musical events take place around the world on the longest day of

the year. Warrenton's event joins other events worldwide as communities come together in celebration of music and the countless benefits that making music brings.

Music has been shown to strengthen social connectivity, reduce stress, lower blood pressure, stimulate memory, and is integral to a well-rounded, enjoyable life. By participating in Make Music Day, Allegro and Town of Warrenton Parks and Recreation encourage citizens to come out and enjoy many different types of music.

Held annually on June 21, Make Music Day is part of the international Fete de la Musique, taking place in 700 cities across 120 countries. The daylong, musical event celebrates music in all its forms, encouraging people to participate. This year, more than 35 U.S. cities are organizing Make Music celebrations, encompassing thousands of concerts nationwide.

All are invited to attend. Eva Walker Park provides the perfect setting to bring a picnic lunch or dinner to eat while enjoying the music. Bench seating and picnic tables are available, or bring your favorite lawn chair and spend the day.



**TOWN OF WARRENTON**  
Parks & Recreation



BRINGING THE ARTS TO LIFE

For more information please contact: Margaret Rice, Town of Warrenton Parks and Recreation, 349-2520 or Lachelle Yoder, Allegro Community School for the Arts, 349-5088.



WARRENTON

25%  
Off\*



**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.*

# FITNESS NEWS

## UPCOMING WORKSHOPS

### Self Defense

When: Saturday, June 11, 2016

Time: 11:00am - 12:00pm

Cost: \$20.00

Instructor: Training Officer Sam Tilley  
Warrenton Police Department

For Woman 18+ years of age

Registration closes Wednesday, June 9, 2016

### Sugar Calling? Hold the Phone!

When: Saturday, June 25, 2016

Time: 11:00am - 12:30pm

Cost: \$25.00

Instructor: Alice Maher, CHHC, AADP  
Looking Glass Natural Health

If you're constantly craving sweets and want to gain control without feeling deprived, this is the workshop for you! Learn how sugar affects energy & weight imbalances, fatigue & mood swings, diabetes, heart disease, hypoglycemia, and more. You'll leave the class with the practical tools you need to put an end to sugar cravings without will power or feeling deprived. It's easier than you think!

Registration closes Wednesday, June 23, 2016

WELCOME TO THE WARF'S NEWEST SPONSOR



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# MEMBER NEWS

## SPECIALS AT THE WARF

**15% off Pay-Go Membership** - Are your college kids back home for the summer? Do they need a fun place to work out? The WARF is offering 15% off Pay-Go Memberships with a 3 month purchase. Pay Go Members receive all the benefits of a yearly membership without the commitment of a year. The special starts May 1, 2016 and goes to June 15, 2016. Please see our Front Desk for details.

**Summer Groups** - Planning field trips for your summer group? Looking for an affordable and fun outing close to your camp? The WARF is taking reservations for groups to visit the WARF pools during the summer. The group will receive two hours of swim time at an affordable group rate. Please contact Sharon Willemsen at 540-349-2520 or swillemsen@warrentonva.gov for further details.

FREE FAMILY FUN!!!



2016  
**WARRENTON TOWN LIMITS**

presented by  
**TOWN OF WARRENTON**  
Parks & Recreation

Friday, July 1, 2016

4 pm - Fireworks at Dusk



At the WARF and the Surrounding Fields - 800 Waterloo Road

**FREE EVENT - EVERYONE IS WELCOME!!!**

**Warrenton Town Limits** - A Hometown Celebration is a family friendly celebration of everything Warrenton. The event will showcase Town businesses, sports groups, and the Warrenton Aquatic and Recreation Facility with music, games, swimming, vendors, a fireworks display, and much, much more. **Check for details and updates at [www.warrentontownlimits.com](http://www.warrentontownlimits.com)** - Like us on Facebook!

Sponsored by:



# WARRENTON FISHING DAY

A fun filled family outing



		Lane Availability June 6 - June 30, 2016								
		Mon	Tue	Wed	Thu	Fri	Sat	Sun		
5:00 AM										5:00 AM
5:30 AM	6					6				5:30 AM
6:00 AM				10						6:00 AM
6:30 AM	10	10				10				6:30 AM
7:00 AM					10					7:00 AM
7:30 AM	8					8				7:30 AM
8:00 AM			8				10			8:00 AM
8:30 AM	7	8	7			7				8:30 AM
9:00 AM										9:00 AM
9:30 AM	6	8	6	8	8	7				9:30 AM
10:00 AM										10:00 AM
10:30 AM	10	10	10	10			9			10:30 AM
11:00 AM										11:00 AM
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1:00 PM	9	9	9	9				10		1:00 PM
1:30 PM	8	8	8	8						1:30 PM
2:00 PM										2:00 PM
2:30 PM	9	9	9	9				10	8	2:30 PM
3:00 PM										3:00 PM
3:30 PM	10	8	10	8						3:30 PM
4:00 PM	6		6							4:00 PM
4:30 PM	4		4			8				4:30 PM
5:00 PM		4	3	4						5:00 PM
5:30 PM	3									5:30 PM
6:00 PM			4						10	6:00 PM
6:30 PM		6			6					6:30 PM
7:00 PM										7:00 PM
7:30 PM		9	8	9		10				7:30 PM
8:00 PM	10									8:00 PM
8:30 PM		10	10	10						8:30 PM
8:45 PM										8:45 PM

## Junior Lifeguard! Ages 10-14

**Junior Lifeguard Classes**  
 Learn the ins and outs of what it takes to be a Lifeguard and work alongside the WARF Lifeguard Staff this Summer. It's tons of fun!  
 Register today at [www.swimwarf.com](http://www.swimwarf.com).

Now registering for Summer 2016 Aquatics...

**ONLINE!!!**

Visit our website at:  
[www.warfonline.com](http://www.warfonline.com)

Register online for: Swim Lessons, Red Cross Certification Classes (Lifeguard, WSI & Coaches Safety, and Fitness Specialty Classes).

**JUNE class**  
 Register by June 6  
 Monday - Friday  
 9:00 am - 4:00 pm  
 June 13 - June 17  
 \$195

**JULY class**  
 Register by July 18  
 Monday - Friday  
 9:00 am - 4:00 pm  
 July 25 - July 29  
 \$195