

member FOCUS

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

SUMMER-SOMETHING FOR EVERYONE AT THE WARF

As the ground begins to thaw, and the sun is desperately peaking through the clouds, staff at the WARF are feverishly getting ready for a busy Spring and Summer swim season. Going into our ninth



summer, it is not business as usual.

New Summer groups and camps are preparing to bring their wide-eyed, smiling children to come and take a

ride down the big slide or play tag in the lazy river. After their swim time, they may choose to picnic out on the Veranda next to the Fun for All Playground,



excited that summer has arrived! People from all over will come enjoy the WARF, even if just for a day.

Swim lesson professional instructors, certified by the Red Cross, will be teaching lessons all throughout the day and evening as well as weekends. Lesson options vary for the stay at home parents to the working parents to the vacationers!

Back by popular demand, WARF will once again offer Jr. Lifeguard day camps for ages 10-14 interested in learning the ins and outs of what it takes to be a lifeguard. This is one of the WARF's most

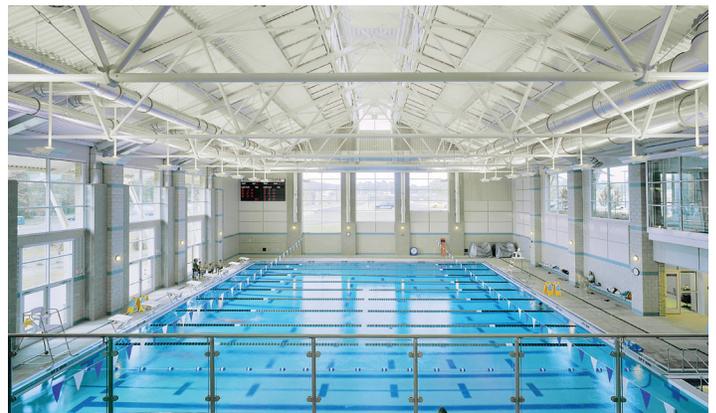
popular summer programs. This Monday thru Friday class will teach participants water safety, hazards in aquatic environments, basic water rescue, & first aid skills. They will also work alongside the WARF lifeguard staff, gaining valuable future job skills while having tons of fun!

With all of the fun swim options we have, birthday parties are among the most popular this time of year.



Check out all the WARF has to offer this summer at the Town's website www.warrentonva.gov. Be sure to go to community and click on parks and recreation.

Certification classes are offered for all aquatics program areas, so if you want to find a fun place to work, there's no going any further than the WARF! There is always something for everyone at the WARF!! See you this Summer!





HYDRATION: WHY IT'S SO IMPORTANT

Why is it so important to stay hydrated?

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. Water is needed for good health.

How does my body lose water?

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you are physically active, or if you have a fever. Vomiting and diarrhea can also lead to rapid water loss. If you don't replace the water you lose, you can become dehydrated.

How do I know if I'm dehydrated?

Symptoms of dehydration include the following:

Little or no urine, or urine that is darker than usual	Headache
Dry mouth	Confusion
Sleepiness or fatigue	Dizziness or lightheaded feeling
Extreme thirst	No tears when crying

Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

Who is at higher risk of dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signals for thirst.

You may need to increase the amount of water you are drinking if you:

Have certain medical conditions, such as kidney stones or bladder infection	Will be outside during hot weather
Are pregnant or breastfeeding	Have a fever
Will be exercising	Are trying to lose weight
Have been vomiting or have diarrhea	

How much water should I drink each day?

You may have heard different recommendations for daily water intake. Most people have been told they should drink 6 to 8 8-ounce glasses of water each day, which is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day.

If you are concerned that you are not drinking enough

water, check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-colored urine is a sign of dehydration.

Besides water, what else can I consume to stay hydrated?

Water is the best option for staying hydrated. Other drinks and foods can help you stay hydrated, but some may add extra calories from sugar to your diet.

Drinks like fruit and vegetable juices, milk, and herbal teas can contribute to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A moderate amount of caffeine (200 to 300 milligrams) is not harmful for most people. This is about the amount in 2 to 4 8-ounce cups of coffee.

Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce) and in soup broths.

Tips for staying hydrated

Keep a bottle of water with you during the day. Purchasing bottled water is expensive and creates plastic bottle waste. Carry a reusable water bottle and fill it from the tap instead.

If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.

Be sure to drink water before, during, and after a workout.

When you're feeling



hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.

Try drinking water on a schedule. For example, drink water when you wake up; at breakfast, lunch, and dinner; and when you go to bed. Or drink a small glass of water at the beginning of each hour.



WILLOWLYN FARMS PRODUCE

Owner Matt Eustace will be here in the WARF parking lot, not only as a CSA produce subscription drop off location, but also set up to sell fresh produce on Tuesdays from 4:00 p.m. - 7:00 p.m. starting May 31st and ending November 8th. Sign up to buy a season share of weekly fresh produce and as a WARF member you will receive 10% off. Not only do you get fresh vegetables and produce, you also get recipes, so those vegetables you aren't so sure of how to prepare will not be a problem.

Go to www.willowlynfarms.com and sign up today! Any questions you can email him at matt@willowlynfarms.com.



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 at the top of your priority lists with Summer fast approaching. The Aquatics Booklet is available at the Front Desk & Online! Online registration is now available! Go to www.swimwarf.com to register today!

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Hometown sports & news

Fauquier Times delivered
Call 540.347.4222



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. Your kids can 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 come have a field trip here 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.

5TH ANNUAL
BODIES IN MOTION
5K & 10K
Race for your community!
Powered by **ENNIS ELECTRIC** EMPLOYEE OWNED
05.15.16
8am The WARF
REGISTER TODAY!
BodiesinMotion5k.com

DULANEY
 LAUER
 THOMAS
 DePuySynthes
 BLUE RIDGE ORTHOPAEDIC & SPINE CENTER
 Blue Ridge Orthopaedic Foundation
 WASHINGTON AQUATICS REGULATION FACILITY

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** - Like us on Facebook!

Sponsored by:



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.

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



TOWN OF WARRENTON
Parks & Recreation

presents



INSIDE OUT
MAY 20TH

@ Eva Walker Park
(Alexandria Pike & North St.)



MINIONS
JUNE 3RD

Movie shown on Ashby Street



HERBIE THE
LOVE BUG
JUNE 17TH

@ Eva Walker Park
(Alexandria Pike & North St.)



THE GOOD
DINOSAUR
JULY 22ND

@ Eva Walker Park
(Alexandria Pike & North St.)

DATE
NIGHT
MOVIE



THE PRINCESS
BRIDE
AUGUST 5TH

Enjoy dinner up on
main street and then
stroll on down to
enjoy the movie on
Ashby Street.

FREE!

MOVIES IN THE PARK

Come enjoy movies in the park
with family and friends!
Pack a snack! Bring a chair!
All movies begin at dusk
(between 8:45pm-9:15pm).

Alcohol is prohibited. Food vendors will be
present. Check our event page on FB closer to
the date of the movie, also for weather related
cancellations.



DIVE-IN
MOVIE



JAWS
AUGUST 19TH

*Rafts (no more than
6ft long, rings (no more
than 4ft wide) preferably
see-through, and
noodles are allowed.
Arrive by 7:30 pm.
\$3.00 per person for this
movie only.

Now registering for
Summer 2016 Aquatics...

ONLINE!!!

Visit our website at:

www.warfonline.com

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