

member FOCUS

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

SWIM TEAMS BACK IN THE WATER AT THE WARF

As you may have noticed, Fall is a busy time at the WARF. After a long summer of fun on the big slide, in the Fall the WARF becomes a very busy place in the evening. In addition to swim lessons and WARF Swim Club, taught by our fabulous team of American Red Cross Water Safety Instructors, you will see many other activities in the pool. Our US Swim Teams, OCCS and NCAP, are back in the water both before and after school. We also have the Warrenton Masters Swim Team in the water on Tuesday and Thursday evenings. While we have teams practicing every evening during the week, we also have public swim lanes available. Please be sure to pick up a lane availability schedule at the front desk or check online to help you schedule your swim times.

On land, we have a wonderful line-up of fitness classes. Our Fall schedule features early morning,

day, and evening classes for you to choose which class best fits your schedule. Join us for classes such as Cycle, Zumba, Body Pump, Yoga, and much, much more. For those with a busy schedule, our 30 minute express classes offer a complete workout in just a half an hour!

Join us this Fall at the WARF - we truly have something for everyone!

WELCOME BACK CORPORATE SPONSOR!
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www.BROAVA.COM

OCTOBER SPECIAL

2 MONTHS
of membership*
\$79

regardless of age or residency!
Offer valid October 1 - October 31, 2016
Not valid with any other offer.

***UNLIMITED ACCESS TO POOL, FITNESS ROOM,
GROUP FITNESS CLASSES (LAND & WATER)**

See our Front Desk staff to sign up today! If you have any questions or concerns, contact our Membership Coordinator Sharon Willemsen at 540-349-2520 or swillemsen@warrentonva.gov.

TOWN OF WARRENTON PARKS AND RECREATION UPCOMING FREE EVENTS:

Friday, October 28th - Trunk or Treat @ the WARF in the parking lot - 6pm - 7:30pm. Go to Families 4 Fauquier Facebook page for details.

Sunday, October 30th - Halloween Happyfest Parade - assemble at 1:45pm at 5th & Main streets, Parade starts at 2pm - Children of all ages & Pets in Costume Welcome!





OCTOBER ADVISORIES

The WARF hosts a wide variety of swim meets in our Competition Pool, including US Swim Meets. Our first swim meet of the year is coming soon! Please pardon our pool/facility closures during these times. The following upcoming closures are listed below.

October 29, 2016
THE COMPETITION POOL IS
CLOSED ALL DAY

October 30, 2016
THE COMPETITION POOL
Opens @ 3pm

There will be no Cardio Splash on Saturday, but land classes will be held. The leisure pool and fitness room will remain open. Please allow extra time for parking.

REGISTER FOR BLOCK 2... FALL 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 at www.swimwarf.com. Go to www.warfonline.com to register today!

SWIM CLUB

Do your children love to swim but do not want the commitment of a team? Are they comfortable swimming the length of the pool freestyle and backstroke? Do they know the basics of breaststroke? Do they want to advance their skills and stay in shape? Take the plunge into WARF SWIM CLUB! Swimmers work on proper stroke technique, learn starts and turns, build skills and stay in shape in a fun relaxing manner. One or two day a week options are available. Evaluations to assess readiness available upon request.

REGISTRATION IS NOW OPEN

HIGH SCHOOL PREP

Designed to get competitive swimmers back in the pool and ready to try out for their High School swim team. Are you a freshman, or new to trying out for the swim team? Swimmers will be working on stroke technique, starts and turns, and endurance. This is not a swim lesson. Prerequisite: Previous swim team experience is recommended. Swim 50 yards of any stroke in good form. High School Prep is an 8 week program with 16 classes.

REGISTRATION IS NOW OPEN

		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									6:00 AM
6:30 AM		10	10	10		10			6:30 AM
7:00 AM									7:00 AM
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5:00 PM							10	6	5:00 PM
5:30 PM			3		3	2		10	5:30 PM
6:00 PM		3		3					6:00 PM
6:30 PM						5			6:30 PM
7:00 PM									7:00 PM
7:30 PM			6		6	6			7:30 PM
8:00 PM									8:00 PM
8:30 PM		10	10	10	10	10			8:30 PM
8:45 PM									8:45 PM

INTERNATIONAL PEACE DAY SEPTEMBER 21ST



ROAD TRIP CRAZIES... TWO DAY BLITZ BUILD

You won't want to miss this!

Join us for our high-energy, smashingly fun two-day Blitz Build of a Habitat Home by the Road Trip Crazy's and hundreds of volunteers from local churches, community groups, businesses and more! Come meet your neighbors and spend the weekend doing something inspirational!

In addition to building a safe and affordable home on Haiti Street for a local family in need, we'll have live music, food and kids' activities in Eva Walker Park!

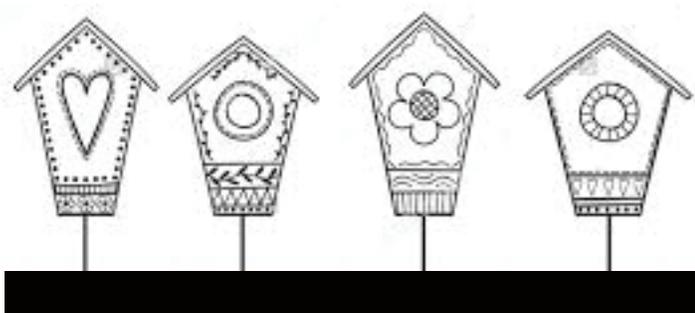
Saturday, October 29
8:00AM - 12:00PM
1:00 - 5:00PM

Sunday, October 30
8:00AM - 12:00PM
1:00 - 5:00PM

Kids can enjoy making birdhouses and planters for the residents of Haiti Street as well as educational and exercise activities. Bring a blanket and have a picnic in the park!



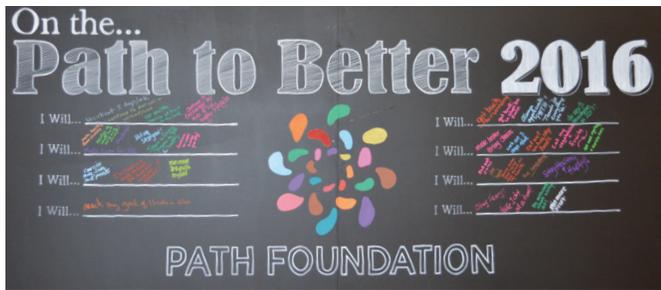
FOR MORE INFORMATION, call Fauquier Habitat for Humanity at 540.341.4952.



HIGHLIGHTS FROM DOLVETT'S VISIT TO WARRENTON



THANKS TO THE PATH FOUNDATION FOR HOSTING THIS EVENT AND TO EVERYONE THAT CAME OUT AND PARTICIPATED ON SEPTEMBER 10TH



RECIPE CORNER

ROASTED BROCCOLI AND CHICKEN BAKE



INGREDIENTS

- 1 c. pearl barley
- 3 c. lower-sodium chicken broth
- 2 tbsp. olive oil
- 1 lb. skinless, boneless chicken breast halves
- Salt
- Pepper
- 1 large carrot
- 1 small onion
- 2 tsp. fresh thyme leaves
- 2 clove garlic
- 8 oz. mushrooms
- ¼ c. water
- 6 c. broccoli florets

DIRECTIONS

Preheat oven to 400 degrees F.

In large microwave-safe bowl, stir together barley and broth. Cover with vented plastic wrap; microwave on high 20 to 25 minutes or until most of liquid is absorbed, stirring once.

Meanwhile, in 12-inch skillet, heat 1 tablespoon oil on medium-high. Add chicken; sprinkle with ¼ teaspoon each salt and pepper. Cook 4 minutes or until golden, stirring once. With slotted spoon, transfer chicken to bowl.

To skillet, add carrot, onion, and thyme; cook 3 minutes, stirring. Add garlic; cook 30 seconds, stirring, then add mushrooms and water, scraping up browned bits. Cook 2 minutes; remove from heat. Stir in chicken and barley; transfer to shallow 3-quart baking dish.

Toss broccoli with 1/8 teaspoon salt and remaining oil; arrange on top of barley mixture. Bake 20 to 25 minutes or until broccoli is tender. Serve over brown rice...delish!

FITNESS NEWS

EVENING GROUP FITNESS CLASSES FOR YOU

It's time for all of us to make time for our health and fitness. The WARF has evening group fitness classes (land and water) formatted for everyone to stay committed to their own fitness goals. All fitness levels are welcome and our fitness instructors give alternative moves for those just starting out or those who have limitations or medical issues.

We currently offer 58 classes per week, 18 being evening classes starting at 4:45pm and ending at 8:00pm. Ranging from 30 minute express classes to 50 minute classes, we have something for everyone here at the WARF.

Did you know you don't have to be a member to join us in our group fitness classes? Stop by the Front Desk and purchase a Drop In Pass for \$8.00 or a discounted 15 Punch Pass for \$108.00. Our members can attend an unlimited number of classes.

Our current group fitness brochure can be found online at www.warffitness.com or at our Front Desk, come by and attend one of our evening classes soon!

We've seen so many friendships form here at the WARF. We are committed to helping our community get healthy and feel better. At the WARF, we are one big happy family and care about our members and patrons.



TRY BODY PUMP 99



**SATURDAY
OCTOBER 15
9:15AM**



MEMBER NEWS

THINK PINK



Don't forget to wear PINK to class on October 24, 2016!

Join us at the WARF for our special **THINK PINK** day! Classes will be held in recognition of Breast Cancer Awareness. Be sure to wear your **PINK** on October 24 from 9:00am to 1:00pm. We will be providing light refreshments and treats in our lobby. Come out and mingle with us and other members during this time! Donations made during the month will go to the American Cancer Society. See the Front Desk staff for details.

INTRODUCTORY TRAINING SESSION

Our state of the art fitness room provides a variety of options for all members here at the WARF. Have you looked at a piece of equipment and wondered how to use it? Our introductory training session will answer all of those questions for you! The session is run by one of our fitness trainers and the class takes you through all of the equipment in the fitness room. The trainer provides you with guidance on how to use the machines safely and properly. The best part is that this session is free of charge to WARF members. Sign up at the Front Desk today!

\$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.

FALL II 2016 SPECIALTY CLASSES

REGISTRATION NOW OPEN

Fall II Classes Begin October 31, 2016

Registration Closes October 24, 2016

Classes End December 15, 2016

(Classes Meet Six Times)

Members: \$66 | Non-Members: \$90

MOVE & GROOVE

Join this class for a unique and exciting way to burn calories and improve cardiovascular strength. This aerobic and fitness inspired line dance class is not just a workout, it's instruction on "how to be the life of any party or event!" Bring your dancing feet and be prepared to bust a move!

Mondays 10:30 am with John
(No class on November 21st)

TRX SUSPENSION TRAINING

TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, and core and joint stability. By using your own body weight and gravity you are able to adjust to your own personal fitness level by walking yourself closer or further away from the anchoring point.

Tuesdays 9:00 am with Beth C.

NEW → Wednesdays 6:30 pm with Monica

Thursdays 9:30 am with Beth C.

(No class on November 22nd, 23rd or 24th)

AQUA BOOTCAMP

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water, and moving water.

Tuesdays 9:00 am with Monica
(No class on November 22nd)

FLOW YOGA IN THE WATER

Come explore a new environment for practicing yoga - one that ASSISTS, RESISTS and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga in the water!

Thursdays 9:00 am with Monica
Thursdays 7:30 pm with Monica
(No class on November 24th)

FUNCTIONAL CORE TRAINING

Looking for a class to strengthen your core? Tired of sit ups and crunches? Try this class focusing not only on the abdominal wall, but all of the muscles that support the back, spine and pelvic muscles. Learn to activate all movement from your core in efforts to improve posture, athletic performance and prevent injuries. Class will focus mainly on body weight exercises, but can also use weights, balls, and bands.

Thursdays 6:00 pm with Kelli
(No class on November 24th)



REGISTRATION NOW OPEN
WORKSHOPS \$25.00 EACH

YOGA WORKSHOPS

with Monica

October 8, 2016 11:30am-1:00pm
"Rock your Chakras"

This "ROCK-Tober" amp up your yoga practice with this 90 minute journey thru energetic Vinyasa flow as we embark on the 7 points of the chakra meridians. These are the places within the spinal column that have been known to block energy leading to your healthiest you yet! Your ability to let loose and flow freely both on and off your mat will improve attitude, breath and core strength. All levels welcome. Registration closes Wednesday, October 5, 2016.

November 12, 2016 11:30am-1:00pm - "Yoga 108"

Take your yoga beyond the "101" level as we will tap into sun salutations and why they are done 108 times for the start of each year and the beginning of each season. This pre-holiday time is the best time to maintain your calm, yet keep your strength. All levels are welcome and participants should expect to move up and down off their mat several times during workshop. Registration closes Wednesday, November 9, 2016.

Don't miss YOGA with Monica - Register Today!

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