

member FOCUS

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

JUMP BACK INTO THE WARF! - BE YOUR OWN OLYMPIAN

by Cathy Zimmer

The short whistle blows, indicating to the swimmers that it's time to get on the blocks. The entire stadium gets quiet. There is the moment of anticipation and worry that someone may disqualify by leaving the block before the start button is pushed.....and then the starting official says those familiar words I have heard my entire life, "swimmers take your mark".....and the starter pushes the button and off the blocks they dive.

We see this every year during swim meet season here at the WARF, for those of us who have been around swimming our entire lives, nothing gives us greater pleasure, than to watch the Summer Olympic Games....namely the swim competitions. While none of the athletes this year have come from our facility, we have watched these kids through the media compete to reach their goals of becoming Olympic athletes. It's nothing but short of amazing.

The WARF has taught probably close to 18,000 children to swim since we opened. My friend and

fellow swim coach, Mary Chrisinger said to me once, "swimming is the only sport that will save your life". I have quoted this over and over to parents who have asked me over the years what is the next step for their child to become a better swimmer.

"swimming is the only sport that will save your life"

When I was a Summer swim coach, people would ask me about whether or not their child should join the team. My answer to them was, "If you never want to be afraid of your child swimming in the ocean, put them on a team." The best way for a child to enhance

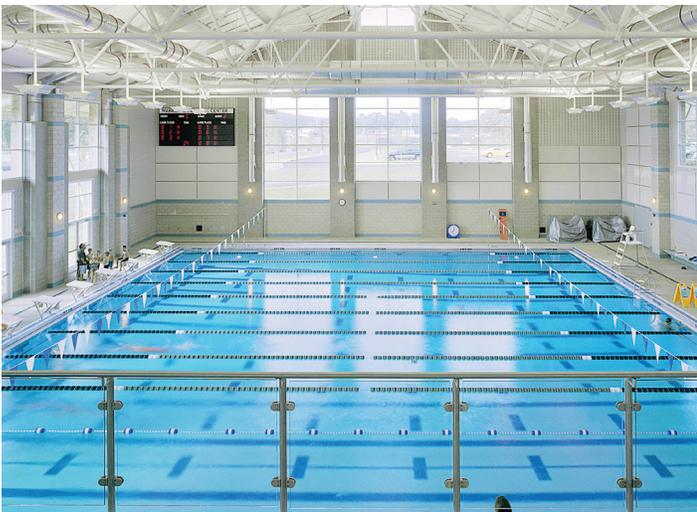
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MEMBER NEWS

TAKE ADVANTAGE OF OUR GREAT SEPTEMBER SPECIAL!

For the entire month of September, if you buy an annual Membership at the WARF and it is paid in full, you will get an additional 2 months free! In order to take advantage of the special, your current membership cannot expire after March 2017. A WARF membership includes unlimited access to our facility and group fitness classes. 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.





AQUATICS NEWS

SWIM CLUB AND HIGH SCHOOL PREP PROGRAMS

The WARF is once again excited to offer the ever popular swim club and High School prep programs!

We listened and we delivered! Swim Club swimmers now have a two-day Monday/Wednesday 6:30-7:30pm option along with the ever popular one day Saturday option, but now at the earlier requested time of 9-10am! Block 1 runs from September 12 - October 22 and Block 2 runs from November 7 to December 17.

The club's main instructor will be Florence Lamirand. Florence is a long time favorite Water Safety Instructor at the WARF.



Monday & Wednesday evenings from 7:30-8:30pm. Florence will be focusing on stroke technique of all four competitive strokes, and working both starts and turns in both programs at age appropriate levels. We are very excited to have Florence launch these programs for the Fall. Go to www.warfonline.com to register or www.swimwarf.com to view our Fall Aquatics Booklet.



I've been a French teacher in Fauquier County for the past 3 years. I started as a new teacher at FHS in August 2016. As a French native, I have also started an exchange program for students in Fauquier county, giving them the opportunity to spend time in my hometown of Brive in France with French families.

I've been teaching swim lessons at the WARF since 2012. I love teaching swimmers of all abilities how to swim, and more specifically, working on improving and refining their stroke mechanics. As an endurance athlete, I also like to work on developing my swimmers' swim fitness. I train and race competitively in local and regional triathlons often placing among the top finishers. I qualified for the Triathlon Age Group Nationals in 2014 and competed in Milwaukee, Wisconsin. Last year I finished 2nd overall in the Virginia-Maryland Triathlon Series which recognizes the top 5 athletes during one season across the states of Virginia and Maryland.

Knowing how to work with kids of various ages, loving and knowing the sport of swimming, and having that competitive edge to her gives Florence the perfect combination to head both the Swim Club and High School prep programs.

The High School prep program will start September 12 and run through November 2 on

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With locations in Gainesville, VA and Warrenton, VA, we are northern Virginia's premier orthopedic care facility. Patients come to us for help diagnosing and treating a wide variety of back pain and spinal disorders, from sports injuries to joint pain and beyond. When you need personalized, innovative treatment, we're here to help!



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FALL I & II 2016

SPECIALTY CLASSES

Fall I Classes Begin September 12, 2016

Registration Closes September 6, 2016
Classes End October 20, 2016

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.
Thursdays 9:30 am with Beth C.
(No class on November 22nd 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

1 WORKSHOP	\$25.00
2 WORKSHOPS	\$50.00
3 WORKSHOPS	\$65.00

YOGA WORKSHOPS

with Monica

September 10, 2016 11:30am-1:00pm
"Pull up a chair then come to the barre!"

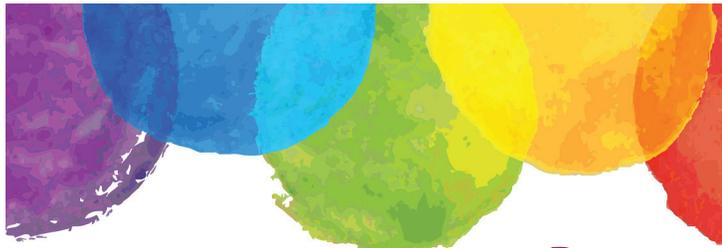
Take your flexibility to the next level with this 90 minute workshop that will give you basic tools for increasing your yoga practice at home, while traveling, or in class. Utilizing the chair or ballet barre for balance while standing, deepening your stretch while seated or simply having hands or feet connect to these tools will awaken the muscle ability to increase length and strength. Like the TRX triggers core muscles to perform with unstable suspension, the support of the chair and barre tap into a similar ability to enhance your core balance, strength and flexibility. All levels welcome, space is limited. Registration closes Wednesday, September 7, 2016.

October 8, 2016 11:30pm-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.



ARTS IN THE PARK

SAT. / SEPT 17, 4PM - 7 PM
EVA WALKER PARK (WARRENTON)

Get to know the Arts!

- * Entertainment * Food
- * Arts Vendors

SPONSORED BY



WARF Hours of Operation Effective August 29 - June 4

Competition Pool & Fitness Room
Monday- Friday 5:00 a.m.- 8:45 p.m.
Saturday 8:00 a.m.- 5:45 p.m.
Sunday 12:00 p.m.- 5:45 p.m.

Leisure Pool
Monday-Friday 9:00 a.m.- 8:45 p.m.
Saturday & Sunday 12:00 p.m.- 5:45 p.m.

Spa
Monday-Friday 9:00 a.m.- 8:45 p.m.
Saturday 8:00 a.m.- 5:45 p.m.
Sunday 12:00 p.m.- 5:45 p.m.

Water Slide
Friday 4:00 p.m.- 8:45 p.m.
Saturday & Sunday 12:00 p.m.- 5:45 p.m.

WARRENTON AQUATIC & RECREATION FACILITY Lane Availability August 8 - September 11, 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								5:30 AM
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SAVE THE DATE



INTERNATIONAL PEACE DAY

Wednesday, September 21, 2016

@ THE WARF FROM 5PM-8PM

FREE - All Are Welcome!

DETAILS COMING SOON!

AMAZING WORKOUT WITH GROUP/SPECIALTY CLASS

Motivation - It is inspiring and motivating to be surrounded by an encouraging instructor and supportive group all working hard together. Group/Specialty fitness is a great way to help motivate yourself and others to dig deeper and push harder in workouts. Offering modifications for all fitness levels, group/specialty fitness allows you to leave the class feeling empowered instead of defeated!

Fun - There's really no other way to put it: Group fitness classes are fun! Most classes have energetic music that keeps you pumped up throughout the class and pushes you through the workout! Along with a group of people motivating each other along the way, it is an enjoyable way to exercise.

Accountability - You are more likely to show up and keep showing up when you regularly attend a group/specialty fitness class. The fact that the others in your class, not to mention your instructor, will notice your absence usually provides enough of a push to get people out the door and into the gym. Having that accountability built in is an ideal way to ensure that you will keep up with your intention to exercise regularly.

Proper Form - It is the fitness instructor's job to not only show proper form, but to also make sure that everyone in the class is executing each exercise the right way. Not only is proper form important for your muscles to reap the maximum fitness benefits, but it also helps eliminate potential injuries.

Challenge Yourself - A class can help you move past a plateau, if you want to push yourself and improve. When you are on your own, you may slow down a little when you get tired, or even give up when you get winded. In a group setting, the instructor will push you to keep going, even when you think you can't make it another second. Not only that, but your classmates will also encourage you, simply by virtue of the fact that they are still going. If they can do it, so can you.

Variety - Spin, Pilates, Cardio, Core, Yoga, Water -- the list goes on. There is always a new class you can try. Having a variety of classes in your weekly workout regimen is a great way to create muscle confusion, which keeps your body guessing and ramps up your metabolism. It also helps prevent boredom.

Make New Friends - Group/Specialty fitness is a great way to meet other class members who share common interests. Speak with a variety of people you would not normally meet unless you were taking those classes. You also will want to go back for each class just to see your new friends!

Save Money - If personal training is a little out of your budget, a group/specialty fitness class will give you the attention, ideas, and complete workout from a qualified fitness instructor! While it may not be a one-on-one session, you will learn proper form, and be able to add new and different exercises to your fitness "tool-box".

Structure - Have you ever arrived to the Fitness Room and thought "what should I do next"? Group/Specialty fitness is a great way to get a workout in without having to think or plan. Instructors will lead you through a well-planned class, offering a warm-up, a balanced workout, and a cool-down.

Go to www.warffitness.com to view our classes online or come by the WARF and pick up the latest brochure or flyers. Have questions? Call 540.349.2520 and speak with our Front Desk staff.

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FOUR POKEMON GO HEALTH BENEFITS

by Councilman Jerry Wood

All around Warrenton, people of all ages are playing Pokemon-Go, a game where players use their smart-phones and GPS to walk around in the real world catching Pokemon characters. While this phenomenon is heavily based in modern technology, there are some real health benefits that can be garnered from playing the game..



- 1. Encourages Physical Activity** - Players are out and around our Town walking. They may walk outdoors several miles at a time. As you know, combatting childhood obesity is truly a goal for our Town. We have completed the Let's Move Challenge. Pokemon Go adds another way to get kids out and moving.
 - 2. Enhances cognitive development** - The game incorporates elements of strategy and planning, helping to improve logical thinking.
 - 3. Helps reduce depression** - The game encourages two positive influences on mental health-social interaction and activity. While you may only be interactive with a screen, at least you got out of the house.
 - 4. Help for those with Autism** - The game helps people to socialize and may break down rigid routines.
- Health Tips while playing:** - Stay Hydrated • Wear Sunscreen • Wear Appropriate Clothing • Travel in Groups, Safer • Keep Phone Charged for Emergencies • At night where bright colored clothing.

\$2 TUESDAYS & THURSDAYS

Every Tuesday and Thursday from 12:00pm to 2:00pm starting Tuesday, September 13, 2016, 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.



JUMP BACK INTO THE WARF!

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their swimming skills next to proper coaching techniques is the peer competition. I know this because when I joined my Summer swim team in Maryland when I was four years old, I swam next to a year round swimmer who always came in first, and me right behind her in second place.

The WARF has everything you need to learn to swim. Starting with Parent and Child Classes, preschool and youth lessons and our very own swim club. We also offer high school prep classes to get the older kids ready for their teams. In the Spring, we offer a Summer prep program so those Summer swimmers are ready to face their competition. So jump back into the WARF, where the water is always clean, the staff are friendly and maybe one day we may see one of your children on our screens during the Summer Olympic Games.

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