



Swim, Run, Play at the WARF!
April 2015

member FOCUS

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



Specialty Fitness Classes – REGISTER ONLINE!

You may now register for specialty fitness classes ONLINE! Visit www.warrentonva.gov > Parks & Rec > WARF > Fitness to register TODAY!

Lifeguard Class

Lifeguard class offered in May! See the schedule below for dates and times. More information may be found at www.warrentonva.gov > Parks & Rec > WARF > Aquatics.

MAY CLASS

Register for class by May 11

<u>Prerequisite</u>	<u>MayLGpre</u>		
Friday	6:00p - 7:30p	5/15	\$50.00*
<u>Class</u>	<u>MayLG</u>		
Saturday	8:30a - 3:30p	5/16	\$175.00
Sunday	8:30a - 3:30p	5/17	
Saturday	8:30a - 3:30p	5/23	
Sunday	8:30a - 3:30p	5/24	

*prerequisite non-refundable

In Memoriam: Becky McAvoy

December 22, 1962 - March 1, 2015
Membership/Group Sales Coordinator



It is with deep sadness that we announce the loss of our dear friend and Membership Coordinator, Becky McAvoy. Rebecca Bruce McAvoy, known to her family and friends as Becky, died peacefully in her home near Warrenton, Virginia on March 1, 2015, after a valiant battle with pancreatic cancer. Becky had a 20-year career that began in Training and

Development at Blue Cross Blue Shield of the National Capital Area (BCSNCA) in Washington, D.C. In 2003 she relocated – with her twin daughters – from Frederick, Maryland to Midland, Virginia where she married the love of her life, Sean McAvoy, and blended their families. In 2007, Becky joined with the Town of Warrenton as part of the original staff that opened the Warrenton Aquatic & Recreation Facility (WARF) and continued her time here as our Membership and Group Sales Coordinator. Becky will always be remembered and missed here at the WARF. Our hearts and prayers go out to her family and friends.



2nd Annual Spring Open House

We would like to thank everyone who joined us for our second annual WRAF Open House on Saturday, March 21. This year, nearly one thousand visitors and members came out to enjoy a taste of the WRAF, with free fun for the whole family.

At the Open House, guests gained valuable information from the WRAF's many sponsors who join the WRAF in support of healthy and active lifestyles. In addition to the free swim times, children were able to

receive one-on-one swim assessments with our Water Safety Instructors. Many children will now be ready to get back in the pool this summer and continue their swimming instruction with WRAF instructors. Also, our expert personal trainers conducted free fitness assessments and strength consultations. If you weren't able to make it out to the Open House, be sure to stop by the Front Desk for more information about our current fitness and aquatic specials.

GOAL SPECIFIC SMALL GROUP TRAINING SPECIAL

GRAB A BROCHURE AT THE FRONT DESK TO FIND OUT MORE!!!

BUY 6 SESSIONS & GET
1 FREE!

BUY 12 SESSIONS & GET
2 FREE!

Offer valid March 21 - April 30, 2015. Cannot be combined with any other offers.





Spring/Summer Swim Lessons

Registration is now open for Spring and Summer 2015 Aquatics and Learn to Swim classes. 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.warrentonva.gov > Parks & Rec > WARF > Aquatics to register today!

Mega Cycle Ride

When: Sunday, April 19, 2015
Time: 12:30pm - 3:30pm
Cost: FREE!
Registration: Register at the Front Desk

Participants do not need to be a member of the WARF. You may sign up in one hour increments. Registration will not close, walk-ins will be welcome, but there is no guarantee a bike will be available without a reservation. Participants must check in 10 minutes prior to scheduled riding time. If you fail to check in, your bike may be given away to a walk-in. Join us for a THREE HOUR Indoor Cycling Ride.



WARF Success Story: Sarah Sitterle



I had a wakeup call about a year ago that made me re-evaluate everything. I was at a point where my poor health was having an effect on my family and I knew some serious changes had to be made. I have struggled for over 20 years as an adult with being seriously overweight and have tried just about every fad diet and exercise plan out there. I was so used to starting a new plan and failing that I had pretty much given up that anything would work for me. I would like to say the changes had instantaneous results. Truth is, there is no fast way to transform your health and body, but I have found the process is well worth the effort.

These are the key points that worked for me and can work for you too!

- Commit
- Eat right
- Focus
- Get moving
- Support network and accountability
- Believe

Go to the following link to read her whole story: bit.ly/WARF_Story

The Town of Warrenton Parks & Recreation Committee
is proud to announce:

MOVIES IN THE PARK

**FREE FRIDAY
NIGHTS!
AT DUSK
(8:45-9:15)**

MOVIES SPONSORED BY



May 22
Spongebob



bring a chair
or blanket



June 12
Shrek



June 26
Penguins of
Madagascar III



July 10
Frozen



July 24
Night at the
Museum



pack a snack



August 14
Rio

No alcoholic
beverages

All movies will be at Eva Walker Park (Alexandria Pike and North Street) and will begin at dusk 8:45 to 9:15 pm (www.warrentonva.gov for weather updates)

WARF Aquatics Supervisor, Graham Grosvenor, wins VEMA Volunteer Award

One of the WARF's very own employees, Graham Grosvenor, was recently awarded the honorable 2015 Virginia Emergency Management Association (VEMA) Volunteer Award. Graham, who has been an employee at the WARF since May 2011, will tell you that he loves his job here. However, in addition to his work at the WARF, it is evident that he has much else going on. While finishing his master's degree in Emergency and Disaster Management – which he has just completed – Graham joined the Arlington County Office of Emergency Management as an unpaid intern. When his internship expired, he requested to continue volunteering in their office. From 2012 through 2014, Graham continued volunteering two days each week as well as volunteering with several other organizations. With such unwavering dedication, it comes as no surprise that Graham was nominated and became the recipient of this award. Please join the WARF in congratulating Graham on this award and also in offering a sincere thank you for his hard work and support of our community emergency relief organizations.



WARRENTON TOWN LIMITS

A HOMETOWN CELEBRATION

July 3, 2015
4:00pm – Dusk
EVERYONE IS WELCOME!!!

Hosted by the Town of Warrenton Parks & Recreation Department
At the WARF and the Surrounding Fields - 800 Waterloo Rd.

www.WarrentonTownLimits.com

facebook.com/warrentontownlimits @WarrentonDay

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 more.