memberFOCUS

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

WARF Spring Open House

Saturday, March 21, 2015
10:00 am - 2:00 pm

FREE:

- Swim Lesson Assessments for Kids
- Raffles and Prizes
- Children's Activities
- Lifeguard Demos
- Fitness Assessments (10:00a - 2:00p)
- Strength Consultations (11:00a - 1:00p)
- Zumba Party (11:30a - 1:00p)
- Swim Time 12noon - 2:00p in the Leisure Pool

STAY TUNED FOR MORE DETAILS!

The WARF Swim Club

Join the Club, where focus is on proper technique and performance in the four strokes: freestyle, breaststroke, backstroke, and butterfly. Competition skills are introduced such as starts and turns as well as the importance of self-improvement, but we are not a swim team. Swimmers will bridge their skills from swim lessons into the possibility of joining a competitive swim team or just staying in the water a few days a week. The WARF Swim Club incorporates instruction on stroke technique while improving endurance and fitness levels.

Prerequisite: All swimmers must have completed at least Youth Level 4 swim lessons or equivalent. Evaluations are available when needed to assess swimming ability and placement in the Swim Club. Swimmers will have workouts specifically designed for their ability level.

Now registering for Spring and Summer 2015 Aquatics...

ONLINE!!!

Visit our website at:

www.warrentonva.gov under **Parks & Rec > WARF > Aquatics**

Register online for: Swim Lessons, Summer Prep, WARF Swim Club, Red Cross Certification Classes (Lifeguard, WSI & Coaches Safety).

DO YOU WANT TO BE A CERTIFIED LIFEGUARD?

Lifeguard classes are available in March, during Spring Break and in May!

Warrenton Aquatic & Recreation Facility

Contact the WARF at 540.349.2520 or Visit Us At www.warrentonva.gov > Parks & Rec > WARF > Aquatics

Warrenton Aquatic & Recreation Facility

Lane Availability February 23 - May 31, 2015

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	6	8	6	8	6			5:00 AM
5:30 AM								5:30 AM
6:00 AM								6:00 AM
6:30 AM	10	10	10	10	10			6:30 AM
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM	8		8		8	4		8:00 AM
8:30 AM								8:30 AM
9:00 AM	7	8	7		7			9:00 AM
9:30 AM								9:30 AM
10:00 AM	8	10	8		8	8		10:00 AM
10:30 AM								10:30 AM
11:00 AM	10		10		10	7		11:00 AM
11:30 AM								11:30 AM
12:00 PM						8	9	12:00 PM
12:30 PM				9	9			12:30 PM
1:00 PM				10	10			1:00 PM
1:30 PM								1:30 PM
2:00 PM							10	2:00 PM
2:30 PM								2:30 PM
3:00 PM						10	6	3:00 PM
3:30 PM	8	7	8	7	8	8	4	3:30 PM
4:00 PM	4	3	4	3	4			4:00 PM
4:30 PM						10	6	4:30 PM
5:00 PM								5:00 PM
5:30 PM	2		2					5:30 PM
6:00 PM					3			6:00 PM
6:30 PM	4		4					6:30 PM
7:00 PM					4			7:00 PM
7:30 PM	6	6	6	6	10			7:30 PM
8:00 PM								8:00 PM
8:30 PM								8:30 PM
8:45 PM								8:45 PM

Special Slide Hours

Monday, March 30
1:00 pm - 5:45 pm

Tuesday, March 31
1:00 pm - 5:45 pm

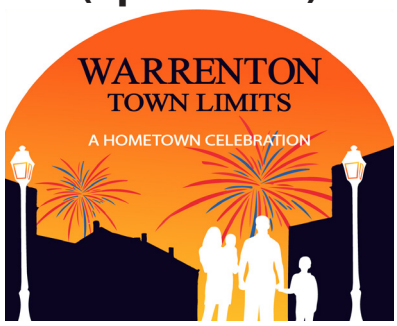
Wednesday, April 1
1:00 pm - 5:45 pm

Thursday, April 2
1:00 pm - 5:45 pm

Friday, April 3
1:00 pm - 8:45 pm

SAVE THE DATE

Friday, July 3, 2015
(4pm - Dusk)



A free event celebrating everything Warrenton. All are invited to join us on this special day at the WARF and surrounding fields.

Register Now for the 2015 Bodies in Motion 5K & 10K

The 4th annual Bodies in Motion 5K & 10K race will be held on **Sunday, May 17** at the Warrenton Aquatic and Recreation Facility (WARF). Registration is available online through **Active.com**. For more information, please visit online at:

Bodies in Motion 5K & 10K

www. bodiesinmotion5K.com.

Thank you for another successful high school swim season!

The WARF is happy to announce we have completed another very successful high school swim season. The 2014 - 2015 season hosted teams from Fauquier High School, Liberty High School, Wakefield School, Highland School, Culpeper High School, Eastern View High School and Wakefield Country Day School. The WARF also hosted U.S. swim meets for Occoquan Swimming, Valley Swim Team-Phoenix and Regency Park Swim Club. The swim season is a very busy time of year, and the WARF would like to thank the community, its members, and patrons for all of their support. Hosting swim teams provides local high school athletes a chance to participate in competitive swimming and provides the basis for lifetime fitness. Business from swim teams is not only beneficial to the WARF, but also to its patrons and the community. Renting the WARF for swim practices and competitions brings in revenue that helps keep membership fees low and allows for high quality classes and amenities to members at incredible savings. Swim competitions hosting teams from out of town bring in families from across the region. These visitors would not have otherwise been in Warrenton and brought in valuable business to our Town's stores, restaurants, and hotels. Swimming is a relaxing, all-inclusive, lifelong activity that can make a significant contribution to health and wellness.

By supplying a venue for teams to practice and compete, the WARF is helping local youth have more opportunities to develop their interest in swimming, many beyond the basic level. Thank you for your support!

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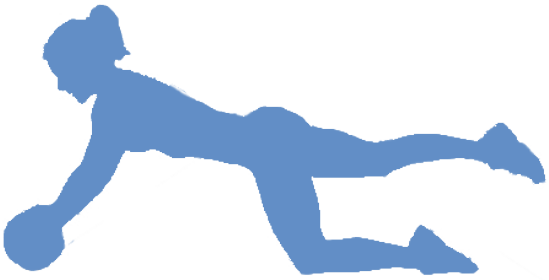
Spring Specialty Classes

Registration Opens March 16
Class Dates
April 13 - May 23, 2015



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.
Wednesdays 6:30 pm with Monica
Thursdays 9:30 am with Beth C.
Fridays 5:30 am with Beth H.

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!

Tuesdays 7:30 pm with Monica
Thursdays 9:00 am with Monica

WARF 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 what we have to offer. Available at the Front Desk & Online!

Summer Prep

Designed to get summer swim team swimmers back in the pool and ready for their summer swim team! Previous competitive swim team experience is recommended, but not necessary if you can comfortably swim 25 yards freestyle and 25 yards back stroke and plan to be on a summer team.

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, & bands.

Thursdays 5:30 pm with Kelli

VINYASA YOGA

This class consists of flow asanas (poses) followed by relaxation. It is structured to accommodate a variety of participants and can be as challenging as each participant desires. The class will also focus on meditation and relaxation.

Saturdays 11:00 am - 12:30 pm with Monica
Cost: Member $90
Non-Member $108

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

Online Registration

Online registration is now available. Visit www.warrentonva.gov > Parks & Rec > WARF > Aquatics to register.