



# Aquatics

WINTER 2016

NOW OFFERING

**ONLINE  
REGISTRATION!**

SEE PG. 2 FOR DETAILS



Town of Warrenton  
Parks & Recreation Department  
800 Waterloo Road, Warrenton, VA  
540.349.2520  
[www.warrentonva.gov](http://www.warrentonva.gov)

# REGISTRATION

## Registering for swim lessons is as easy as 1 - 2 - 3!

1. Choose your Block - see page 5.
2. Choose your class based on age and ability level. See class descriptions on page 4.
3. Choose day(s) of the week and time slot based on the class and block of your choice, pages 6-7.

Scan with your smart phone to access all of the information from this booklet on the web!



## Now Offering Online Registration!

To access Online Registration, go to **www.warfonline.com** or scan code below



**If you've taken swim lessons at the WARF before**, you already have an account. Click the "Forgot Password/ Create Logins?" link and enter your email address. Your temporary password will be emailed to you with instructions on logging into your account.

**If it's your first time enrolling in swim lessons**, become a Guest and fill out the requested information. After you've created/accessed your account, you will be able to register for classes. Please note that the account should be created for the person taking the class.

**If you have problems or questions**, please call 540-349-2520.

# IMPORTANT INFORMATION:

## STUDENT PLACEMENT & ADVANCEMENT

Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a progression of swimming skills and **may need to be repeated until the student is comfortable enough with the skills to progress to the next level.**

## PARENTS, GUARDIANS & GUESTS

During swim lessons, guardians may watch their children from the chairs on deck or the bleacher area. Patrons accompanying students in aquatics programs who would like to use the facility must pay general admission fees.

## GOGGLES

It is recommended that students not wear goggles while in lower level classes. Goggles can be worn in Levels 3, 4, & 5, once students are working on developing and improving their strokes.

## WAIT LISTS

If a class reaches the maximum number of participants, we will put you on a wait list and make every effort to either create an additional class or to add an aide to the existing class.

## CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class.

## RETURNED CHECK FEE

Returned checks will result in a \$25 service fee. This fee will be payable by cash only. The WARF cannot re-deposit returned checks.

## WHAT IS A BLOCK?

A block is a period of time when lessons are offered.

## CANCELLATION AND REFUND POLICY

If you cancel your class prior to the close of registration, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 1-2 weeks for a check refund. If you cancel your class prior to the close of registration you will receive a refund minus a \$10.00 cancellation fee. No refunds are available once classes have begun.

## CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled. If you have indicated on your registration form a second choice of class, we will move your child to that class and notify you of the change.

## DIAPERS

Non-potty trained participants must wear snug fitting plastic pants and/or swim diapers under swim suit - no disposable or cloth diapers, please.

# Class Descriptions

**Please note that swim lesson participants may need to repeat lessons until the student is comfortable enough with the skills to progress to the next level.**

## parent & child 1 (6 - 18 months)

**Water Firsts!** Explore the wonders of the water through songs, toys and games. Adults learn proper holding techniques to provide a safe, secure and fun environment for their little ones.

## parent & child 2 (18 months - 3 years)

**Attention brave toddlers!** Focusing on water safety, caring adults assist children to work toward independence, buoyancy and locomotion water skills through songs, toys and games.

## preschool 1 (ages 3-5 years)

**Preschooler new to swim lessons?** While enjoying the water and gaining confidence, preschoolers learn basic skills including getting their faces wet, blowing bubbles and floating.

## preschool 2 (ages 3-5 years)

**Do you have a preschooler who doesn't mind getting their face wet?** This class works on transitioning the preschooler into independent performance of skills. Skills include gliding, floating and using combined arm and leg actions. Skills can be performed with assistance from instructor.

## preschool 3 (ages 3-5 years)

**Is your preschooler water savvy and ready to swim unassisted?** This class is for the independent preschooler. Preschoolers work on swimming 3-5 body lengths and floating on their backs for 15 seconds unassisted.

## youth 1 (ages 6 - 14 years)

**Is your child new to swim lessons and in need of a gentle introduction?** Swimmers learn water safety skills, breathing, buoyancy, basic locomotion and gliding 2 body lengths.

## youth 2 (ages 6 - 14 years)

**Does your swimmer love to jump into the water?** Swimmers continue water safety skills, breathing, buoyancy, locomotion and increase gliding skills to 5 body lengths and floating on their backs for 15 seconds. Rotary breathing, front, tuck and jelly fish floats are introduced.

## youth 3 (ages 6 - 14 years)

**Ready to develop your inner swimmer? Does your swimmer swim front crawl 15 yards?** Your swimmer will expand their stroke development with addition of elementary backstroke, scissor and breaststroke kicks. Swimmers strive to improve their endurance, buoyancy, rotary breathing and front crawl. Progression of diving is introduced.

## youth 4 (ages 6 - 14 years)

**Ready to fly?** Emphasis is on maintaining a strong front crawl and elementary backstroke, with the addition of breaststroke, sidestroke and butterfly!! Open turns and dives are practiced.

## youth 5 (ages 6 - 14 years)

**Ready to go the distance?** Swimmers will work on previous level skills while adding more distance to established strokes, along with the addition of flip turns.

# Winter 2016

## BLOCK & DATES

Block 3	Days	First Class	Last Class	Registration Opens/Closes		Holiday (no class)
	Saturday	2-Jan	6-Feb	16-Nov	26-Dec	
	Sunday	3-Jan	7-Feb	16-Nov	26-Dec	
	Tuesday	5-Jan	9-Feb	16-Nov	26-Dec	
	Wednesday	6-Jan	10-Feb	16-Nov	26-Dec	
	Thursday	7-Jan	11-Feb	16-Nov	26-Dec	
	Friday	8-Jan	12-Feb	16-Nov	26-Dec	

## FEES

	Fee
<b>Preschool 30 minute classes</b>	\$49.00
<b>Youth 40 minute classes</b>	\$65.00
<b>Late Registration Fee</b>	\$10.00
<b>Transfer Fee</b>	\$5.00

# CLASS OFFERINGS

## BY CLASS

Classes meet 1x each week for 6 weeks...Pick your day!

### Parent & Child

Class	Class Code	Day	Time	Instructor
Parent & Child 1	SPC11	Saturday	8:10a-8:40a	Leslie
Parent & Child 2	SPC21	Saturday	8:50a-9:20a	Leslie
Parent & Child 1-2	WPC1-21	Wednesday	12:30p-1:00p	Leslie
Parent & Child 1-2	RPC1-21	Thursday	4:30p-5:00p	Leslie
Parent & Child 1-2	FPC1-21	Friday	9:00a-9:30a	Suzanne

### Preschool 1

Class	Class Code	Day	Time	Instructor
Preschool 1	TP11	Tuesday	5:50p-6:20p	Hannah
Preschool 1	WP11	Wednesday	1:10p-1:40p	Leslie
Preschool 1	RP11	Thursday	5:10p-5:40p	Leslie
Preschool 1	FP11	Friday	9:40a-10:10a	Suzanne
Preschool 1	FP12	Friday	4:00p-4:30p	Jim
Preschool 1	SP11	Saturday	9:30a-10:00a	Leslie
Preschool 1	SP12	Saturday	11:30a-12:00p	Leslie
Preschool 1	SUP11	Sunday	4:50p-5:20p	John

### Preschool 2

Class	Class Code	Day	Time	Instructor
Preschool 2	TP21	Tuesday	6:30p-7:00p	Hannah
Preschool 2	WP21	Wednesday	1:50p-2:20p	Leslie
Preschool 2	RP21	Thursday	5:50p-6:20p	Leslie
Preschool 2	FP21	Friday	10:20a-10:50a	Suzanne
Preschool 2	FP22	Friday	4:40p-5:10p	Jim
Preschool 2	SP21	Saturday	9:50a-10:20a	Jim
Preschool 2	SP22	Saturday	10:10a-10:40a	Leslie
Preschool 2	SUP21	Sunday	4:10-4:40p	John

## Preschool 3

Class	Class Code	Day	Time	Instructor
Preschool 3	TP31	Tuesday	5:10p-5:40p	Hannah
Preschool 3	WP31	Wednesday	2:30p-3:00p	Leslie
Preschool 3	RP31	Thursday	6:30p-7:00p	Leslie
Preschool 3	FP31	Friday	11:00a-11:30a	Suzanne
Preschool 3	FP32	Friday	3:50p-4:20p	Florence
Preschool 3	SP31	Saturday	10:30a-11:00a	Jim
Preschool 3	SP32	Saturday	10:50a-11:20a	Leslie
Preschool 3	SUP31	Sunday	3:30p-4:00p	John

## Youth 1

Class	Class Code	Day	Time	Instructor
Youth 1	TY11	Tuesday	4:30p-5:10p	Janie
Youth 1	RY11	Thursday	6:10p-6:50p	Stephen
Youth 1	FY11	Friday	6:10p-6:50p	Jim
Youth 1	SY11	Saturday	11:10a-11:50a	Jim
Youth 1	SUY11	Sunday	2:40p-3:20p	John

## Youth 2

Class	Class Code	Day	Time	Instructor
Youth 2	TY21	Tuesday	5:20p-6:00p	Janie
Youth 2	RY21	Thursday	5:20p-6:00p	Stephen
Youth 2	FY21	Friday	5:20p-6:00p	Jim
Youth 2	SY21	Saturday	9:00a-9:40a	Jim
Youth 2	SUY21	Sunday	1:50p-2:30p	John

## Youth 3-5

Class	Class Code	Day	Time	Instructor
Youth 3	TY31	Tuesday	6:10p-6:50p	Janie
Youth 3	RY31	Thursday	4:30p-5:10p	Stephen
Youth 3	FY31	Friday	4:30p-5:10p	Florence
Youth 3	SY31	Saturday	8:10a-8:50a	Jim
Youth 3	SUY31	Sunday	1:00p-1:40p	John
Youth 4	FY41	Friday	5:20p-6:00p	Florence
Youth 5	FY51	Friday	6:10p-6:50p	Florence
Youth 4-5	SUY4-51	Sunday	12:10p-12:50p	John

# HOMESCHOOL CLASS OFFERINGS BY CLASS

Homeschool-friendly classes are offered on Thursdays 11:40a-2:40p

Class	Class Code	Day	Time
Preschool 1	RHP1	Thursday	2:00p-2:30p
Preschool 2	RHP2	Thursday	1:20p-1:50p
Preschool 3	RHP3	Thursday	1:20p-1:50p
Youth 1	RHY1	Thursday	2:00p-2:40p
Youth 2	RHY2	Thursday	12:30p-1:10p
Youth 3	RHY3	Thursday	12:30p-1:10p
Youth 4	RHY4	Thursday	11:40a-12:20p
Youth 5	RHY5	Thursday	11:40a-12:20p



# WARF 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 advanced 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. Evaluations available to assess readiness.

Prerequisite skills: Perform a shallow-angle dive into water of at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary and swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Evaluations are available, when needed, to assess swimming ability and placement in the Swim Club. Please see a Front Desk staff member for more information.

## Block 3

Dates	Class Code	Days	Time	Cost	Instructor
1/4-2/8	MSC31	Monday	5:30p - 6:30p	\$75.00	Betty
1/6-2/10	WSC31	Wednesday	5:30p - 6:30p	\$75.00	Betty
1/2-2/6	SSC31	Saturday	12:00p - 1:00p	\$75.00	Jim

**Registration Opens: November 16**

# BECOME A Lifeguard!



Get American Red Cross Lifeguard certified at the WARF and have the opportunity to work in a variety of exciting aquatic settings!

This course covers the fundamental skills required to become a lifeguard. All students must be 15 years of age by the last day of class. Participants must register for the prerequisite swim. If participant passes the prerequisite swim, they can then enroll & pay for the Lifeguard class. Digital books and a loaner hard copy textbook will be made available to participants. Be sure to include an active email address at time of registration. This course includes: First Aid/CPR/AED, & a Waterpark skills component.

Prerequisite Swim: 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 7-11 ft and swim 20 yds back to side of pool and exit water. Those wishing to practice brick retrieval prior to prerequisite can go to the guard office and request brick.

## DECEMBER CLASS

Register for class by December 19

<u>Prerequisite</u>	<u>DecLGpre</u>		
Saturday	3:30p - 5:00p	12/26	\$50.00*
<u>Class</u>	<u>DecLG</u>		
Sunday	8:30a - 4:00p	12/27	\$175.00
Monday	8:30a - 4:00p	12/28	
Tuesday	8:30a - 4:00p	12/29	
Wednesday	8:30a - 4:00p	12/30	

## MARCH CLASS

Register for class by February 26

<u>Prerequisite</u>	<u>MarLGpre</u>		
Friday	7:00p - 8:30p	3/4	\$50.00*
<u>Class</u>	<u>MarLG</u>		
Saturday	8:30a - 4:00p	3/5	\$175.00
Sunday	8:30a - 4:00p	3/6	
Saturday	8:30a - 4:00p	3/12	
Sunday	8:30a - 4:00p	3/13	

\*Prerequisite non-refundable

# GETTING **Recertified!**

Participants must provide a current copy of American Red Cross Lifeguard certification and successfully pass the pre-requisite swim that will be administered at the start of the in-person skill session. This is a blended learning course. Participants will be sent a link and will be required to complete the classroom portion on-line. Please note: there will be an additional \$35 cost paid directly to American Red Cross upon on-line enrollment via instructor sent link. The one-day skills session will include First Aid/ CPR/AED, & a Waterpark skills component. Participants should bring their own breathing barriers or may purchase one the day of class. Be sure to include an active email address at time of registration.

Prerequisite Swim: 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 7-11 ft and swim 20 yds back to side of pool and exit water.

## **LIFEGUARD RECERTIFICATION TRAINING - BLENDED LEARNING**

**Register for class by January 31**

<u>Class</u>	<u>JanLGBL</u>		
Sunday	7:00a - 6:00p	2/7	\$150.00





**TOWN OF WARRENTON**  
Parks & Recreation

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