

# Aquatics

SPRING 2018

WE OFFER

**ONLINE  
REGISTRATION!**

SEE PG. 2 FOR DETAILS



**WARF**  
Warrenton Aquatic & Recreation Facility



TOWN OF WARRENTON  
Parks & Recreation

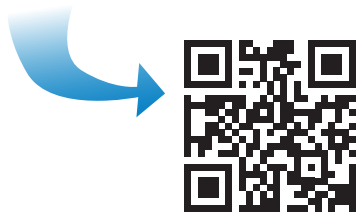
Town of Warrenton  
Parks & Recreation Department  
800 Waterloo Road  
Warrenton, VA  
540.349.2520  
[www.warrentonva.gov](http://www.warrentonva.gov)

# 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 or go to [www.swimwarf.com](http://www.swimwarf.com)!



## We offer Online Registration!

To access Online Registration, go to [www.warfonline.com](http://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, you have the option of going on a wait list or selecting a different class. Individuals on wait lists will be contacted if and when spots become available.

## 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.

## RED CROSS SWIM MOBILE APPLICATION

The Red Cross Swim Mobile App supports and promotes the American Red Cross Swimming and Water Safety program. The app can be found at [www.redcross.org/prepare/mobile-apps](http://www.redcross.org/prepare/mobile-apps) and downloaded.

# 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 (6 months - 3 years)

**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.

## 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 kick. 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.

# Spring 2018

## BLOCKS & DATES

Block 1	Days	First Class	Last Class	Registration Opens/Closes		No Class
	Monday	26-Feb	9-Apr	9-Jan	19-Feb	26-Mar
	Tuesday	27-Feb	10-Apr	9-Jan	19-Feb	27-Mar
	Wednesday	28-Feb	11-Apr	9-Jan	19-Feb	28-Mar
	Thursday	1-Mar	12-Apr	9-Jan	19-Feb	29-Mar
	Friday	2-Mar	13-Apr	9-Jan	19-Feb	30-Mar
	Saturday	3-Mar	14-Apr	9-Jan	19-Feb	31-Mar
	Sunday	4-Mar	15-Apr	9-Jan	19-Feb	1-Apr
Block 2	Days	First Class	Last Class	Registration Opens/Closes		No Class
	Monday	16-Apr	21-May	5-Mar	9-Apr	
	Tuesday	17-Apr	22-May	5-Mar	9-Apr	
	Wednesday	18-Apr	23-May	5-Mar	9-Apr	
	Thursday	19-Apr	24-May	5-Mar	9-Apr	
	Friday	20-Apr	25-May	5-Mar	9-Apr	
	Saturday	21-Apr	26-May	5-Mar	9-Apr	
	Sunday	22-Apr	27-May	5-Mar	9-Apr	

## FEES

	Fee
Parent & Child Classes	\$55.00
Group Lessons	\$69.00
Late Registration Fee	\$10.00



# CLASS OFFERINGS

## BY CLASS

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

### Parent & Child

Class	Class Code	Day	Time
Parent & Child	RPC1	Thursday	2:00p-2:30p
Parent & Child	RPC2	Thursday	6:30p-7:00p
Parent & Child	FPC1	Friday	9:00a-9:30a
Parent & Child	SPC1	Saturday	8:50a-9:20a

### Preschool 1

Class	Class Code	Day	Time
Preschool 1	MP11	Monday	4:30p-5:00p
Preschool 1	TP11	Tuesday	5:50p-6:20p
Preschool 1	RP11	Thursday	1:20p-1:50p
Preschool 1	RP12	Thursday	4:30p-5:00p
Preschool 1	FP11	Friday	9:40a-10:10a
Preschool 1	FP12	Friday	4:30p-5:00p
Preschool 1	SP11	Saturday	9:30a-10:00a
Preschool 1	SP12	Saturday	11:30a-12:00p
Preschool 1	SUP11	Sunday	3:10p-3:40p

### Preschool 2

Class	Class Code	Day	Time
Preschool 2	MP21	Monday	5:10p-5:40p
Preschool 2	TP21	Tuesday	6:30p-7:00p
Preschool 2	RP21	Thursday	1:20p-1:50p
Preschool 2	RP22	Thursday	5:10p-5:40p
Preschool 2	FP21	Friday	10:20a-10:50a
Preschool 2	FP22	Friday	5:10p-5:40p
Preschool 2	SP21	Saturday	10:10a-10:40a
Preschool 2	SP22	Saturday	11:00a-11:30a
Preschool 2	SUP21	Sunday	1:40p-2:10p

## Preschool 3

Class	Class Code	Day	Time
Preschool 3	MP31	Monday	5:50p-6:20p
Preschool 3	TP31	Tuesday	5:10p-5:40p
Preschool 3	RP31	Thursday	2:00p-2:30p
Preschool 3	RP32	Thursday	5:50p-6:20p
Preschool 3	FP31	Friday	11:00a-11:30a
Preschool 3	FP32	Friday	4:10p-4:40p
Preschool 3	SP31	Saturday	10:50a-11:20a
Preschool 3	SP32	Saturday	11:40a-12:10p
Preschool 3	SUP31	Sunday	1:00p-1:30p

## Youth 1

Class	Class Code	Day	Time
Youth 1	TY11	Tuesday	4:30p-5:10p
Youth 1	RY11	Thursday	12:30p-1:10p
Youth 1	RY12	Thursday	6:10p-6:50p
Youth 1	FY11	Friday	6:40p-7:20p
Youth 1	SY11	Saturday	12:10p-12:50p

## Youth 2

Class	Class Code	Day	Time
Youth 2	TY21	Tuesday	6:10p-6:50p
Youth 2	RY21	Thursday	12:30p-1:10p
Youth 2	RY22	Thursday	5:20p-6:00p
Youth 2	FY21	Friday	5:50p-6:30p
Youth 2	SY21	Saturday	10:10a-10:50a
Youth 2	SUY21	Sunday	12:10p-12:50p

## Youth 3-5

Class	Class Code	Day	Time
Youth 3	MY31	Monday	6:30p-7:10p
Youth 3	TY31	Tuesday	5:20p-6:00p
Youth 3	RY31	Thursday	11:40a-12:20p
Youth 3	RY32	Thursday	4:30p-5:10p
Youth 3	FY31	Friday	4:50p-5:30p
Youth 3	SY31	Saturday	8:10a-8:50a
Youth 3	SUY31	Sunday	2:20p-3:00p
Youth 4	RY41	Thursday	11:40a-12:20p
Youth 4	FY41	Friday	5:40p-6:20p
Youth 4	SUY41	Sunday	3:50p-4:30p
Youth 5	RY51	Thursday	10:50a-11:30a
Youth 5	FY51	Friday	6:30p-7:10p
Youth 5	SUY51	Sunday	4:40p-5:20p
Youth 4-5	MY4-51	Monday	7:20p-8:00p

# HOMESCHOOL CLASS OFFERINGS BY CLASS\*

Homeschool-friendly classes are offered on Thursdays 10:50a-2:30p

Class	Class Code	Day	Time
Parent & Child	RPC1	Thursday	2:00p-2:30p
Preschool 1	RP11	Thursday	1:20p-1:50p
Preschool 2	RP21	Thursday	1:20p-1:50p
Preschool 3	RP31	Thursday	2:00p-2:30p
Youth 1	RY11	Thursday	12:30p-1:10p
Youth 2	RY21	Thursday	12:30p-1:10p
Youth 3	RY31	Thursday	11:40a-12:20p
Youth 4	RY41	Thursday	11:40a-12:20p
Youth 5	RY51	Thursday	10:50a-11:30a

\* Classes also shown on pages 6 and 7.

## WARF Swim Club

Take the plunge into WARF SWIM CLUB where those who have completed Level 4-5 swim lessons (or equivalent) can refine their technique, build endurance and just have fun. Learn starts and turns, build skills, and stay in shape in a supportive environment. Proper stroke technique is emphasized, as each student learns to improve their swimming abilities. This is not a swim team, but rather a bridge for those who wish to work towards participating with a competitive swim team, or stay in shape for Summer leagues!

### Block 1

**Registration Opens: January 9**

Dates	Class Code	Days	Time	Cost
2/26-4/9	MSC1	Monday	6:30p - 7:30p	\$79.00
2/28-4/11	WSC1	Wednesday	6:30p - 7:30p	\$79.00
3/3-4/14	SSC1	Saturday	9:00a - 10:00a	\$79.00

### Block 2

**Registration Opens: March 5**

Dates	Class Code	Days	Time	Cost
4/16-5/21	MSC1	Monday	6:30p - 7:30p	\$79.00
4/18-5/23	WSC1	Wednesday	6:30p - 7:30p	\$79.00
4/21-5/26	SSC1	Saturday	9:00a - 10:00a	\$79.00



# Summer Prep Program

Designed to get summer swim team swimmers back in the pool and ready for their summer teams! Swimmers will be working on stroke technique, starts, turns and endurance.

**Prerequisite:** Previous competitive swim team experience is highly 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. Classes meet twice a week for six weeks.

## Block 1

**Registration Opens: January 9**

Dates	Class Code	Days	Time	Cost
2/26-4/11	SP1	Mon/Wed	7:30p - 8:30p	\$155.00

## Block 2

**Registration Opens: March 5**

Dates	Class Code	Days	Time	Cost
4/16-5/23	SP1	Mon/Wed	7:30p - 8:30p	\$155.00

# Water Safety Instructor (WSI)

Become an American Red Cross (ARC) Water Safety Instructor (WSI). This course will train you on how to be a swim lesson instructor to include the Water Safety courses and the many levels of the ARC Learn to Swim program. ARC instructors are in demand across the country and certification is recognized nationwide. Age requirement: must be 16 years of age by the last day of class. Must complete and pass the pretest swim before enrolling in the WSI class. (Participants must sign up for the pretest swim. If participant passes the pretest swim, they can then pay for the WSI class.)

**Pretest Swim:** Swim 20 yds each of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yds of butterfly. Maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute.

**Prerequisite** MayWSIpre

Friday 7:00p - 8:30p 04/13 \$50.00\* \*Prerequisite non-refundable

**Register for class by April 6**

Dates	Class Code	Days	Time	Cost	Instructor
4/14	AprWSI	Saturday	9:00a - 4:00p	\$200.00	Denise
4/15		Sunday	9:00a - 4:00p		
4/21		Saturday	9:00a - 4:00p		
4/22		Sunday	9:00a - 4:00p		

# Lifeguard Recertification Training Blended Learning

This blended learning American Red Cross recertification lifeguard class is for any American Red Cross lifeguard that holds a current certification and has access to a computer to complete the seven-hour classroom portion online prior to the in-water skills session.

Participants must send a copy of their current American Red Cross Lifeguard certification to [drobey@warrentonva.gov](mailto:drobey@warrentonva.gov). Once current certification is received, a link for the on-line classroom portion will be emailed. The on-line classroom portion takes approximately seven hours to complete and can be done over a few days but must be completed prior to the start of the in-person skills session. The pre-requisite swim will be administered at the start of the in-person skills session and successful completion of the pre-requisite swim is required to participate in class. The in-water skills session will include lifeguard and water park skills and testing and incorporate first aid, CPR, and the use of an AED. Participants should bring their own breathing barriers or may purchase a set for \$12 the day of class.

## Lifeguard Recertification Training

Register for class by April 1

<u>Class</u>	<u>AprLGBl</u>			
Sunday	7:00a - 6:00p	04/08	\$185.00	

Instructor: Denise

## Lifeguard Recertification Training

Register for class by May 20

<u>Class</u>	<u>MayLGBL</u>			
Sunday	7:00a - 6:00p	05/27	\$185.00	

Instructor: Denise



# ADULT & PEDIATRIC FIRST AID/CPR/AED

Earn a two year certification and learn how to recognize and respond appropriately to cardiac, breathing and first aid emergencies.

Register for class by March 15

<u>Class</u>	<u>MarFA1</u>			
Thursday	1:30p - 4:30p	03/22	\$75.00	

Instructor: Denise

BECOME A RED CROSS CERTIFIED

# 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, no goggles permitted (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.

## MARCH CLASS

Register for class by March 16

### Prerequisite MarLG1

Friday	7:00p - 8:30p	3/23	\$50.00*
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### Class I

Saturday	9:00a - 4:00p	3/24	\$200.00
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Sunday	9:00a - 4:00p	3/25	
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Monday	9:00a - 4:00p	3/26	
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Tuesday	9:00a - 4:00p	3/27	
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### Class II

Wednesday	9:00a - 4:00p	3/28	\$200.00
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Thursday	9:00a - 4:00p	3/29	
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Friday	9:00a - 4:00p	3/30	
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Saturday	9:00a - 4:00p	3/31	
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## APRIL CLASS

Register for class by April 20

### Prerequisite AprLG

Friday	7:00p - 8:30p	4/27	\$50.00*
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### Class

Saturday	9:00a - 4:00p	4/28	\$200.00
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Sunday	9:00a - 4:00p	4/29	
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Saturday	9:00a - 4:00p	5/5	
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Sunday	9:00a - 4:00p	5/6	
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\*Prerequisite non-refundable

## MAY CLASS

Register for class by May 4

### Prerequisite MayLG

Friday	7:00p - 8:30p	5/11	\$50.00*
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### Class

Saturday	9:00a - 4:00p	5/12	\$200.00
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Sunday	9:00a - 4:00p	5/13	
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Saturday	9:00a - 4:00p	5/19	
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Sunday	9:00a - 4:00p	5/20	
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## JUNE CLASS

Register for class by May 25

### Prerequisite JunLG

Friday	7:00p - 8:30p	6/1	\$50.00*
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### Class

Saturday	9:00a - 4:00p	6/2	\$200.00
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Sunday	9:00a - 4:00p	6/3	
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Monday	9:00a - 4:00p	6/4	
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Tuesday	9:00a - 4:00p	6/5	
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**TOWN OF WARRENTON**  
Parks & Recreation

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