

- Athletics Facilities
- Trail
- Pavilion
- Playground
- Playground (Swings Only)
- Grill
- Recreation Center
- Dog Park
- Fishing

## little free library

The Little Free Library is a community-friendly reading experience. It is a place people of all ages can come, pick out a book and read. Take one or return one, it is a free amenity supported by a local steward.

Whether someone wants to spend time in the park reading or is looking for something to take home, its sole purpose is to encourage reading.

You can find our Little Free Library nestled

### Dog Park

#### Yearly Membership Fees

First Dog: \$18 R, \$24 NR  
Per Additional Dog: \$6 R, \$8 NR

Proof of registration and vaccination is required when purchasing a membership (3 dogs maximum). A special area for small dogs is also available. The dog park can be rented for parties. Call WPRD for details.

#### Hours

November 1 - March 31

Mon - Fri: 6 am - 5 pm

Saturday: 9 am - 5 pm

Sunday: Noon - 5pm

April 1 - October 31

Daily: 6 am - 9 pm

### Disc Golf

Experience this inexpensive, family-friendly sport that people of all skill levels and ages can play.

The 18-hole disc golf course located in Jim Barnett Park meanders through 170 acres of park land and boasts a balance of long challenging holes and short strategic holes.

Scorecards are available at the course map located at the first hole or can be downloaded from our website: [winchesterva.gov/parks](http://winchesterva.gov/parks). Discs are available for rent at the War Memorial Building.

Fee: FREE Rental: \$2 each

## membership benefits

**Rates:** Memberships, daily fees and punch passes include: Unlimited use of the indoor pool, fitness room, gymnasium, billiards table and racquetball court during designated times. Call WPRD for punch pass rates.

Memberships	1 Month		3 Months		Annual	
Child	\$16 R	\$20 NR	\$42 R	\$54 NR	\$144 R	\$192 NR
Student	\$20 R	\$24 NR	\$54 R	\$66 NR	\$192 R	\$240 NR
Adult	\$36 R	\$42 NR	\$99 R	\$117 NR	\$360 R	\$432 NR
Senior	\$16 R	\$20 NR	\$42 R	\$54 NR	\$144 R	\$192 NR
Family (up to 4)	\$68 R	\$84 NR	\$198 R	\$246 NR	\$768 R	\$960 NR
Military	\$16 R & NR		\$42 R & NR		\$144 R & NR	
Military Family (up to 4)	\$48 R & NR		\$138 R & NR		\$528 R & NR	

### Daily Fees

#### Indoor/Outdoor Pools and Recreation Center

Child	\$4	Senior	\$4
Student	\$4.50	Family (up to 4)	\$14
Adult	\$5	Military	\$4

### Fitness Classes (Ages 18+) Membership not required

#### Zumba

Zumba is the hottest dance party workout today! You will not even feel like you are working out while you Zumba. It is a total body workout using the most popular music that makes you feel good. Zumba utilizes fitness, burns calories, tones muscles, and improves balance and incorporates a full range of motion. Participants will also gain coordination, as you learn new moves and dance. Instructor: Amanda Floyd. 6:30-7:30pm, (Mondays and Thursdays) in the Social Hall at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

#### Water Aerobics

This shallow water exercise class is designed for all swimming abilities and covers a wide range of exercises to give you a good overall workout. Water Aerobics uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required, and flotation devices are used frequently. Water exercises help increase your energy, stamina and strength. Instructor: Kelly Maffeo. On-going class starting Sept 1. 9:30-10:30am (Monday, Wednesday, Friday), 7:30-8:30pm (Tuesdays), at Jim Barnett Park, Indoor Pool. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

#### Yoga

Restoration, rejuvenation, renewal! Imagine your body cradled and fully supported by blankets, pillows and bolsters. Imagine quiet breathing, soft music, guided meditation as deep calm and stillness washes over you. This is called restorative yoga. Now imagine inviting the mind into a conscious form of deep sleep called yoga Nidra, a deep meditation. This class is intended to induce full body relaxation. Instructor: Jeff Hollar. On-going class starting Aug. 18. 8:30-9:30am (Mondays and Tuesdays) and 8-9am (Thursdays), in the Recreation Room at the War Memorial Building. Fee: Included in the Facility Membership; Drop-In: \$5 R, \$5.50 NR.

#### Fitness Room

The fitness room is open during the building's hours of operation (see inside front cover) to participants 14 and up. Spectators are not permitted. Proper attire must be worn at all times. These policies will be strictly enforced.

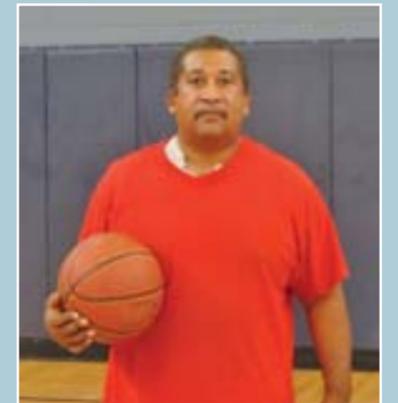
#### Game Tables

Use the billiard table (ages 12+) or game tables (ages 8+) in the War Memorial Building. Pool sticks available or bring your own. Fee: Free with paid daily visit or \$1.50 for game tables only.

## Member Spotlight

### Lyndon Willis

by Kristin Shifflett,  
Administration Specialist



I had the privilege to sit down and talk to Lyndon Willis. He has been using the Recreation Center since 2008. Lyndon uses our facility 5 days a week; whether he is playing basketball, weight training, or using the walking trail. He says that he enjoys the 30 and Over Basketball "Because it is a very good alternative for the cardiovascular system than running on the walking trail."

He remembers when the new part of the facility was built, especially the gym, since his favorite hobby is basketball. He also remembers when the par course got a face lift with new equipment and was paved, which he says, "was well needed and helps me walk a little easier on the trail."

Lyndon likes using the park amenities to help him stay active. He likes the fact that there are a variety of things offered and that the facility is well maintained. Lyndon commented, "This is a great place for people of all ages and adding the new programs for everyone is great."

Lyndon stated that "the staff is tremendous and wonderful; they make you feel right at home."

#### Racquetball

The court can be used for racquetball or wallyball. Court reservations can be made in advance for no more than two hours at a time. The court is open and available for use during the building's hours of operation (see inside front cover). *Reservation recommended.*