



Private Swimming Lessons (Ages 3+)

Get Private Swimming Lessons when it's convenient for you! These lessons are now offered on a punch pass system. All you have to do is purchase a punch pass, then setup a time with one of our Swim Lesson's University Certified staff. Punch pass options are as follows:

- 3 Punch pass: \$57 R, \$64 NR
 - 5 Punch pass: \$94 R, \$107 NR
 - 7 Punch Pass: \$132 R, \$149 NR
 - 10 Punch pass: \$188 R, \$213 NR
- All punch passes are valid for one year.



Lifeguard Training (Ages 15+)

American Red Cross Lifeguard Training teaches participants the skills and knowledge they will need to prevent, recognize, and respond to emergencies. With successful completion, participants will be certified in Lifeguard Training/First Aid for 2 years and CPR/AED for 2 year. Attendance is mandatory at all sessions. Location: Jim Barnett Park, Indoor Pool, and Arts & Crafts Room. Fee: \$225 R, \$250 NR. *Activity# 611234-T1-T2.*

Feb. 9-16 Register by Feb. 4
(Mon, Wed, Sat, Sun)
Times: Mon/Wed 6-10:30pm
Sat/Sun 9am-6pm

Apr. 20-27 Register by Apr. 15
(Mon, Wed, Sat, Sun)
Times: Mon/Wed 6-10:30pm
Sat/Sun 9am-6pm

Lifeguard Recertification Course (Ages 15+)

This Course is designed for those who need to renew their lifeguarding certification. Participants must have a current or up-to-date certification in order to take this course. If your certification has expired you must take the full lifeguard Training Course. Participants must complete in water skills, CPR/AED skills, and First Aid Skills as well as score higher than an 80% on a written test in order to pass. *Must Have a Current Lifeguard Certification. Location: Jim Barnett Park, Arts & Crafts Room and Indoor Pool. Fee: \$45R \$50NR. *Activity# 611234-R1-R2.*

Feb. 16 6-10:30pm
(Mon) Register by Feb. 4

Apr. 27 6-10:30pm
(Mon) Register by Apr. 15

Aqua Arthritis (All Ages)

This aquatic program is designed to help: reduce pain, decrease feelings of isolation through social interaction, and gain strength and flexibility to improve your day-to-day life. This Aquatic Arthritis Class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to exercise and stay fit.

Proven Results

The Arthritis Foundation Aquatic Program was co-developed with the YMCA. Studies show individuals attending the classes have experienced: Less pain, improved joint function, increased muscle strength, better perceived quality of life and well-being. Please join us as we prepare to help provide Winchester and more a better style of living!

On-going class starting Jan. 6 (Tuesday and Thursday), 11-11:45am, at Jim Barnett Park, Indoor Pool. Fee: Membership or Drop-In: \$5 R, \$5.50 NR.



membership Benefits

Member Spotlight

The Holmes Family

by Jennifer Stotler,
Administration Coordinator



Chris, Tara, Grace, and Gavin Holmes started using the Winchester Parks and Recreation Department facilities about two years ago, after they moved back to Winchester from Florida.

They were looking for an indoor pool, and since the family homeschools their children, Jim Barnett Park's Recreation Center was a great fit. The indoor general swim time from Noon-1pm works perfectly in the family's school curriculum and busy weekly schedule.

The Holmes family is very active and visits Jim Barnett Park often. Chris swims and utilizes the weight room at least 2-3 days a week. Tara loves to swim and run while 9 year-old Grace loves swimming, running, drawing, piano, basketball and ballet. Her 7 year-old brother, Gavin loves swimming, drawing, computers and piano. Both children have been swimming since a very young age. They also both love to sing and are in a choir.

In addition to using the Recreation Center, they also love the playground at Christian-son Familyland.

Grace and Gavin want to tell readers "everyone at the Front Desk is very nice, the facility is really clean, and we really like the lifeguards!"

Chris commented, "The Monday-Friday Indoor Pool swim schedule is excellent for the family and they have been able to bond with some of the other customers, especially the seniors."

The entire family echoes the same thoughts about friendly staff, a clean facility, great schedule and Chris commented, "I like the changes the Aquatics Director has made." Tara is especially grateful for the Military discount option the department offers.

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.

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

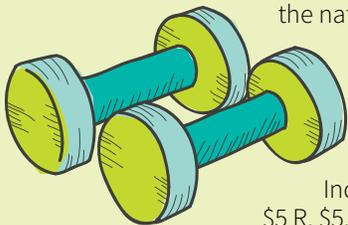
Fitness Classes (Membership not required)

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 Jan. 6. 8-9am (Tuesdays) and 8:30-9:30am (Thursdays), in the Recreation Room 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. 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 Jan. 2. 9:30-10:30am (Monday, Wednesday, Friday), at Jim Barnett Park, Indoor Pool. 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.

Zumba (Ages 12+)

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. Instructor: Amanda Floyd. On-going class starting Jan. 5. 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.



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.**