

In the Water

Youth Swim Lessons

Homeschool Swim Lessons

Fee: \$43 R, \$49 NR.
Location: Jim Barnett Park, Indoor Pool

Aug. 25-Sept. 17* Register by Aug. 25
(Monday and Wednesday)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Sept. 29-Oct. 22 Register by Sept. 29
(Monday and Wednesday)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Nov. 3-26 Register by Nov. 3
(Monday and Wednesday)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

*No Class Sept. 1, Nov. 26, Nov. 27.

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. Register by Oct. 22. Activity# 632234-T1.

Oct. 27-Nov. 5

(Monday, Wednesday, Saturday, Sunday)
Times: Monday/Wednesday 6-10:30pm
Saturday/Sunday 9am-6pm

Private Swimming Lessons

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.

Aquatics Events

Pumpkins in the Pool - Oct. 25

Try this aquatic Halloween fun! Take a swim with pumpkins in the pool! Choose your favorite pumpkin, then decorate it in the pool lobby before you go home. Children under the age of 10 MUST have an adult in the water. Oct. 25 (Saturday), at Jim Barnett Park, Indoor Pool. Fee: \$5.

Ages 3-5 9-9:30am
Ages 6-8 9:30-10am
Ages 7-10 10-10:30am
Ages 11-18 10:30-11am

Teen Swim Night (Ages 12-17)

September 12 and October 10 (Friday), 7-9pm, at Jim Barnett Park, Gymnasium and Indoor Pool. Fee: \$4.50.

Swimming with Santa (All Ages)

Whether you've been naughty or nice...bring your swimsuit and join Santa in the pool for some holiday fun and games. Children under 10 MUST have an adult in the water. Dec. 13 (Saturday), 4-6pm, at Jim Barnett Park, Indoor Pool. Fee: \$5.

Aquatics Fitness



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 Aug. 26 (Tuesday and Thursday), 11-11:45am, at Jim Barnett Park, Indoor Pool. Fee: Membership or Drop-In: \$5 R, \$5.50 NR.



park

improvement projects



skate pavilion
yost field
bridgeforth stadium
shawnee springs



Field Maintenance Workshop (Ages 17+)

Join Winchester Parks & Recreation and Virginia Cooperative Extension (www.ext.vt.edu) for a full day workshop and trade show centered around maintaining the turf on athletic fields. We all survive on strapped budgets, Virginia Tech faculty and industry professionals will not only teach you the basics of turf maintenance, but how to get the biggest bang for your buck as you strive to maintain a safe and healthy recreational field. Nov. 7 (Friday), 9am-3:30pm, at Jim Barnett Park, Social Hall. Fee: \$15, includes lunch. Register by Oct. 31. To register, contact Virginia Cooperative Extension - Frederick County: (540) 665-5699 or mark.sutphin@vt.edu (Payment: checks only, payable to: VCE-Frederick). Activity# 637135-01.