

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.

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	

Punch Passes	10 Visits		20 Visits	
Child	\$22.50 R	\$27 NR	\$45 R	\$54 NR
Student	\$27 R	\$31.50 NR	\$54 R	\$63 NR
Adult	\$31.50 R	\$36 NR	\$63 R	\$72 NR
Senior	\$22.50 R	\$27 NR	\$45 R	\$54 NR
Family (up to 4)	\$81 R	\$89 NR	\$162 R	\$198 NR
Military	\$22.50 R & NR		\$45 R & NR	

Fitness Classes *(Included in Membership)*

Yoga

Restoration, rejuvenation, renewal! Imagine quiet breathing, soft music, guided meditation as deep calm and stillness washes over you. Now imagine inviting the mind into a conscious form of deep sleep called yoga Nidra, a deep meditation. On-going class starting Jan. 6. 8-9am (Tuesdays) and 8:30-9:30am (Thursdays), in the Recreation Room at the War Memorial Building.

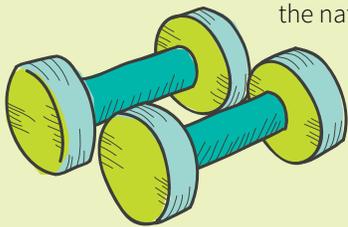
Zumba (Ages 12+)

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. On-going class starting Jan. 5. 6:30-7:30pm, (Mondays and Thursdays) in the Social Hall at the War Memorial Building.



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. On-going class starting Jan. 2. 9:30-10:30am (Monday, Wednesday, Friday), at Jim Barnett Park, Indoor Pool.



Fitness Room

The fitness room is open during the building's hours of operation to participants 14 and up. Spectators are not permitted. Proper attire must be worn at all times.

Racquetball

The court can be used for racquetball or wallyball, and is open and available for use during the building's hours of operation. *Reservation recommended.*

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.