

SPRING/SUMMER PROGRAM GUIDE 2022

Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



SPECIAL EVENTS pg. 30

Nature pg. 22

Community Activities pg. 28

Parks pg. 38

Registration Begins Wednesday, March 23

JUMP IN!

TO THE 2022 SUMMER POOL SEASON



Now Hiring for the following positions:

Lifeguards

Pool Operators

Pool Managers

Swim Coaches

Water Safety Instructors

Apply at

www.governmentjobs.com/careers/alexandria

Outdoor Pool Parties by Reservation

Saturday & Sunday,
1-3 p.m. & 4-6 p.m.
Max 20. Old Town Pool

Season Passes

Youth (5-17)	\$53
Adult (18+)	\$105
Senior (55+)	\$84
Family (up to 4)	\$288
Nonresident	\$154

Daily Admission

Child (0-4)	Free
w/paid adult	
Youth (5-17)	\$3
Adult (18+)	\$4
Senior (55+)	\$3
Nonresident	\$6

2022 OUTDOOR POOLS SCHEDULE

Old Town Pool, 1609 Cameron St.

May 28–July 31: Sa & Su 12-5:45pm

May 30–June 10: M-F 4:30-7:45pm

June 13–July 29: M-F 12-7:45pm

Aug. 1–Sept. 9: M-Th 6am-7:45pm; F 6am-5:45pm

Aug. 8–Sept. 4: Sa & Su 8am-5:45pm

Sept. 5–Sept. 9: Hours TBD

Holidays: May 30, June 20, July 4 & Sept. 5

10am-4:45pm

This complex includes a large pool with eight 25-yard lap lanes and a diving well, and a separate 1-3 foot depth training pool with a ramp available for small children. A picnic area and a playground are adjacent to the pool. A free parking lot is on-site, and a DASH bus stop is one block away.

Memorial Pool, 901 Wythe St.

June 13–Aug. 20: M-F 10am-5:45pm;

Sa 10am 3:45pm

Holidays: May 30, June 20, July 4 & Sept. 5

10am-2:45pm

This small pool with a beach entry and spray features is ideal for families with young children and adults seeking therapeutic benefits. A free parking lot is on-site, and a DASH bus stop is one block away. Admission wristbands must be purchased inside the Recreation Center.

Schedule subject to change. For current information, visit alexandriava.gov/Aquatics. For more information or a reasonable disability accommodation, contact lisa.oneill@alexandriava.gov or 703.746.5436, Virginia Relay 711.

Warwick Pool, 3301 Landover St.

May 28–Sept. 2: Sa & Su 11am-4:45pm

May 31– June 10: M-F 4:30-7:45pm

June 13–Aug. 19: M-F 11am-6:45pm

Aug. 22–Sept. 2: M-F 4:30-7:45pm

Holidays: May 30, June 20, July 4 & Sept. 5

10am-4:45pm

This complex includes a six lane 25-yard lap pool with an accessible ramp entry. The water depth ranges from 0 to 5 feet. The Landover Street playground is adjacent to the pool. Limited free street parking is available, and a DASH bus stop is two blocks away.

NEW THIS SEASON **NEW!**

Stretch and Flow Yoga pg. 8



E-Sports Academy pg. 16





Mindful Art pg. 20



Gardening Series pg. 23

ON THE COVER: Blowing bubbles during Power-On/Power-Up summer camp at the Charles Barrett Recreation Center.

- INCLUSION** Programs for all abilities.
- +ADULT** Adult participation required.
- DROP-IN** No registration required, show up.
- NEW!** New this season.
- 55+** Ideal for ages 55 & up. See pg.34.
- TR** Designed for individuals with disabilities. Assessment required. See pg.35.
-  Free shirt with registration.
-  After care available.

City of Alexandria Recreation, Parks & Cultural Activities Department's goal is to provide service that is:

- Responsive
- Professional
- Courteous
- Accountable

Please tell us about your experience by completing an Experience Survey at alexandriava.gov/Alex311.

Your feedback is important to us!



The Department of Recreation, Parks & Cultural Activities received re-accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA) in October 2019 by meeting 155 standards of effective and efficient operations.

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ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
134207-07		W	4:30-5pm	7/12-8/23	7	\$95	CQRC
M = Monday	ABPK			Armistead Boothe Park			520 Cameron Station Blvd
Tu = Tuesday	AXHS			Alexandria High School			3330 King St.
W = Wednesday	BBPK			Ben Brenman Park			4800 Brenman Park Dr.
Th = Thursday	BFNC			Jerome "Buddle" Ford Nature Center			5750 Sanger Ave.
F = Friday	BDPK			Braddock Park			1005 Mount Vernon Ave.
Sa = Saturday	CBRC			Charles Barrett Recreation Center			1115 Martha Custis Dr.
Su = Sunday	CHRC			Charles Houston Recreation Center			901 Wythe St.
	CKRC			Leonard "Chick" Armstrong Recreation Center			2510 W. Reed Ave.
	CQRC/CQPK			Chinquapin Park Recreation Center & Aquatics Facility			3210 King St.
	CRPK			Lake Cook			3699 Eisenhower Ave.
	DMES			Douglas MacArthur School			4633 Taney Ave.
	FDES			Ferdinand T. Day Elementary School			1701 N. Beauregard St.
	FHMS			Francis C. Hammond Middle School			4646 Seminary Rd.
	FWPK			Fort Ward Park			4301 W. Braddock Rd.
	GMES			George Mason School			2601 Cameron Mills Rd.
	GWMS			George Washington School			1005 Mt. Vernon Ave.
	JAES			John Adams School			5651 Rayburn Ave.
	JHES			Jefferson Houston School			1501 Cameron St.
	JHPK			Joseph Hensley Park			4200 Eisenhower Ave.
	LEEC/LCCM			Lee Center & Lee Center Complex			1108 Jefferson St.
	MVRC			Mount Vernon Recreation Center			2701 Commonwealth Ave.
	NLRC			Nannie J. Lee Recreation Center			1108 Jefferson St.
	ODRC			Oswald Durant Center			1605 Cameron St.
	OTPL			Old Town Pool			1609 Cameron St.
	PHES			Patrick Henry Elementary School			4643 Taney Ave.
	PHRC			Patrick Henry Recreation Center			4653 Taney Ave.
	PYPK			Potomac Yard Park			2051 Potomac Ave.
	SJSP			Schuyler Hamilton Jones Skateboard Park			3540 Wheeler Ave.
	WRFD			Witter Recreational Fields			2700 Witter Dr.
	WRRC			William Ramsay Recreation Center			5650 Sanger Ave.
	WWPL			Warwick Pool			3301 Landover St.

MAKE A SPLASH! Learn to swim or enjoy a healthy aquatic workout while having fun.



ALEXANDRIA SWIM ACADEMY

Learn to swim with confidence. The Alexandria Swim Academy offers American Red Cross swim lessons for infants, youth, teenagers and adults. With lessons for those ages six months and older, you and your entire family can learn to master the skills needed to help you swim safely and enjoyably for life.

If it has been more than two months since your previous swimming lessons, we suggest you repeat the previous course completed. If you have any questions about which class to enroll in, please contact the Chinquapin staff.

Please note that it is quite common for children to participate in several sessions of the same level before they successfully demonstrate all the skills. Swimming does require practice and repetition, so we encourage families and participants to come to the pool for practice during non-class times.

Water Explorers +ADULT

Ages 6 mos.-3 yrs. For each level of Parent and Child Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate and engaging for infants and young children. It is important to understand that Parent and Child Aquatics is not designed to teach children to become good swimmers or even to survive in the water on their own. Parent and Child Aquatics introduces you and your child to basic skills. As parents, you learn how to safely work with your child in the water, including how to appropriately support and hold your child in the water and how to prepare and encourage your child to participate fully and try the skills. In addition, you are introduced to several water safety topics. Your child receives an introduction to basic skills that lay a foundation for learning to swim.

Ages 6-23mos.

434240-02	Sa	9-9:30am	4/23-6/04	6	\$89	CQRC
434240-04	Sa	10:30-11am	4/23-6/04	6	\$89	CQRC
434240-05	Su	9-9:30am	4/24-6/05	6	\$89	CQRC
434240-07	Su	10:30-11am	4/24-6/05	6	\$89	CQRC
134240-04	Sa	9:45-10:15am	6/18-7/30	6	\$89	CQRC
134240-06	Su	9-9:30am	6/19-7/31	6	\$89	CQRC
134240-08	Su	10:30-11am	6/19-7/31	6	\$89	CQRC

Age 2-3

434240-01	W	3-3:30pm	4/20-5/25	6	\$89	CQRC
434240-03	Sa	9:45-10:15am	4/23-6/04	6	\$89	CQRC
434240-06	Su	9:45-10:15am	4/24-6/05	6	\$89	CQRC
134240-03	Sa	9-9:30am	6/18-7/30	6	\$89	CQRC
134240-05	Sa	10:30-11am	6/18-7/30	6	\$89	CQRC
134240-07	Su	9:45-10:15am	6/19-7/31	6	\$89	CQRC

Age 6mos.-3

134240-01	M	3-3:30pm	6/13-7/25	6	\$89	CQRC
134240-02	W	6-6:30pm	6/15-7/20	6	\$89	CQRC



Alex Swim Preschool 1

Ages 3-5. Introduction to Water Skills. These skills lay the foundation for developing water competency and the future skill development of swimming strokes. The class is recommended for children who have no or little water

skills. Children will learn to enter in the water independently and exit the water safely, submerge mouth, nose and eyes and blow bubbles, glide and float on front and back, and recover to vertical position with support. When children successfully perform on those skills, they can go up to Preschool 2.

434248-01	M	3-3:30pm	4/18-5/23	6	\$89	CQRC
434248-02	M	3:45-4:15pm	4/18-5/23	6	\$89	CQRC
434248-03	Tu	3-3:30pm	4/19-5/24	6	\$89	CQRC
434248-04	Tu	3:45-4:15pm	4/19-5/24	6	\$89	CQRC
434248-05	W	3-3:30pm	4/20-5/25	6	\$89	CQRC
434248-06	W	5:15-5:45pm	4/20-5/25	6	\$89	CQRC
434248-07	W	6-6:30pm	4/20-5/25	6	\$89	CQRC
434248-08	Th	5:15-5:45pm	4/21-5/26	6	\$89	CQRC
434248-09	Th	6-6:30pm	4/21-5/26	6	\$89	CQRC
434248-10	Sa	9-9:30am	4/23-6/04	6	\$89	CQRC
434248-11	Su	9-9:30am	4/24-6/05	6	\$89	CQRC
134248-01	Tu	3:45-4:15pm	6/14-7/19	6	\$89	CQRC
134248-02	W	5:15-5:45pm	6/15-7/20	6	\$89	CQRC
134248-03	Th	6-6:30pm	6/16-7/21	6	\$89	CQRC
134248-04	Sa	9-9:30am	6/18-7/30	6	\$89	CQRC
134248-05	Sa	10:30-11am	6/18-7/30	6	\$89	CQRC
134248-06	Su	9-9:30am	6/19-7/31	6	\$89	CQRC
134348-01	M-Th	11:15-11:45am	6/13-6/23	8	\$119	CHRC
134348-02	M-Th	1:30-2pm	6/13-6/23	8	\$119	CHRC
134348-03	M-Th	11:15-11:45am	6/27-7/07	8	\$119	CHRC
134348-04	M-Th	1:30-2pm	6/27-7/07	8	\$119	CHRC
134348-05	M-Th	12:45-1:15pm	7/11-7/21	8	\$119	CHRC
134348-06	M-Th	12:45-1:15pm	7/25-8/04	8	\$119	CHRC
134348-07	M-Th	12-12:30pm	8/08-8/18	8	\$119	CHRC

Individual Swim Lessons

Private swim lessons for swimmers ages 3 yrs. & up through WeAquatics.

For lesson schedules and enrollment, please visit alexandriava.gov/WebTrac.

Alex Swim Preschool 2

Ages 3-5. In Preschool 2 our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. This level continues laying the foundation for developing water competency and further skill development. Preschool 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

434249-01	M	3:45-4:15pm	4/18-5/23	6	\$89	CQRC
434249-02	Tu	3-3:30pm	4/19-5/24	6	\$89	CQRC
434249-03	W	6-6:30pm	4/20-5/25	6	\$89	CQRC
434249-04	Th	6-6:30pm	4/21-5/26	6	\$89	CQRC
434249-05	Sa	9:45-10:15am	4/23-6/04	6	\$89	CQRC
434249-06	Su	9:45-10:15am	4/24-6/05	6	\$89	CQRC
134249-01	M	3:45-4:15pm	6/13-7/25	6	\$89	CQRC
134249-02	Tu	3-3:30pm	6/14-7/19	6	\$89	CQRC
134249-03	Th	5:15-5:45pm	6/16-7/21	6	\$89	CQRC
134249-04	Sa	9:45-10:15am	6/18-7/30	6	\$89	CQRC
134249-05	Su	9:45-10:15am	6/19-7/31	6	\$89	CQRC
134349-01	M-Th	12-12:30pm	6/13-6/23	8	\$119	CHRC
134349-02	M-Th	12-12:30pm	6/27-7/07	8	\$119	CHRC
134349-03	M-Th	11:15-11:45am	7/11-7/21	8	\$119	CHRC
134349-04	M-Th	1:30-2pm	7/11-7/21	8	\$119	CHRC
134349-05	M-Th	11:15-11:45am	7/25-8/04	8	\$119	CHRC
134349-06	M-Th	1:30-2pm	7/25-8/04	8	\$119	CHRC
134349-07	M-Th	12:45-1:15pm	8/08-8/18	8	\$119	CHRC

Alex Swim Preschool 3

Ages 3-5. Stroke Development. Preschool 3 participants should already be able to swim independently with combined arm and leg actions on front for 3 body lengths. Skills include treading water for 15 seconds, then swimming on front and/or back for 5 body lengths then exiting the water, recovering body position from front to back and back to front then continuing to swim for several body lengths independently.

434247-01	M	3-3:30pm	4/18-5/23	6	\$89	CQRC
434247-02	Tu	3:45-4:15pm	4/19-5/24	6	\$89	CQRC
434247-03	W	5:15-5:45pm	4/20-5/25	6	\$89	CQRC
434247-04	Th	5:15-5:45pm	4/21-5/26	6	\$89	CQRC
434247-05	Sa	10:30-11am	4/23-6/04	6	\$89	CQRC
434247-06	Su	10:30-11am	4/24-6/05	6	\$89	CQRC
134247-01	Su	10:30-11am	6/19-7/25	6	\$89	CQRC
134347-01	M-Th	12:45-1:15pm	6/19-7/31	8	\$119	CHRC
134347-02	M-Th	12:45-1:15pm	6/27-7/07	8	\$119	CHRC
134347-03	M-Th	12-12:30pm	7/11-7/21	8	\$119	CHRC
134347-04	M-Th	12-12:30pm	7/25-8/04	8	\$119	CHRC
134347-05	M-Th	11:15-11:45am	8/08-8/18	8	\$119	CHRC
134347-06	M-Th	1:30-2pm	8/08-8/18	8	\$119	CHRC

We Aquatics

Ages 3 & up. The Alex Swim Academy is proud to partner with We Aquatics to offer private swim lessons. Private swimming lessons are a great way to gain exceptional swimming instruction. Lessons are appropriate for youth and adult learners, and your instruction and schedule will be tailored toward for you. Whether you or your child are just getting started, or have years of swimming experience, your instructor will help you reach your goals by building on individual strengths and improving weaknesses. **To register, visit www.weaquatics.com.**

Alex Swim Level 1

Ages 6-12. Introduction to Water Skills.

Your child is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety). The class is good for students who have no or little water skills. Skills include entering in the water using ramp/steps/side and exit the water safely, blowing bubbles, submerging head, open eyes underwater and retrieving submerged objects, floating, and gliding on front and back with assistance, recovering to back float and glide to vertical position. When your child successfully performs those skills and able to swim front crawl and back crawl by for 5 body lengths, they can go up to Level 2.



434241-01	M	4:30-5pm	4/18-5/23	6	\$89	CQRC
434241-02	Tu	4:30-5pm	4/19-5/24	6	\$89	CQRC
434241-03	W	3:45-4:15pm	4/20-5/25	6	\$89	CQRC
434241-04	Th	3-3:30pm	4/21-5/26	6	\$89	CQRC
434241-05	Sa	11:15-11:45am	4/23-6/04	6	\$89	CQRC
434241-06	Su	11:15-11:45am	4/24-6/05	6	\$89	CQRC
134241-01	M	4:30-5pm	6/13-7/25	6	\$89	CQRC
134241-02	W	3-3:30pm	6/15-7/20	6	\$89	CQRC
134241-03	Sa	11:15-11:45am	6/18-7/30	6	\$89	CQRC
134241-04	Su	11:15-11:45am	6/19-7/31	6	\$89	CQRC
134341-01	M-Th	11:15-11:45am	6/13-6/23	8	\$119	CHRC
134341-02	M-Th	1:30-2pm	6/13-6/23	8	\$119	CHRC
134341-03	M-Th	11:15-11:45am	6/27-7/07	8	\$119	CHRC
134341-04	M-Th	1:30-2pm	6/27-7/07	8	\$119	CHRC
134341-05	M-Th	12:45-1:15pm	7/11-7/21	8	\$119	CHRC
134341-06	M-Th	12:45-1:15pm	7/25-8/04	8	\$119	CHRC
134341-07	M-Th	12-12:30pm	8/08-8/18	8	\$119	CHRC

Alex Swim Level 2

Ages 6-12. Fundamentals of Aquatic Skills. Level 2 marks the beginning of independent aquatic locomotion. This class recommended for students who successfully finished Level 1 or have comparable skills. The Level 2, skills include stepping from the side into chest-deep water, fully submerging, and holding breath, treading water for 15 seconds, swimming using combined arm and leg actions on front and/or back for 5 body lengths. Students also learn safety skills and swimming independently in the water.

434242-01	M	5:15-5:45pm	4/18-5/23	6	\$89	CQRC
434242-02	Tu	5:15-5:45pm	4/19-5/24	6	\$89	CQRC
434242-03	W	4:30-5pm	4/20-5/25	6	\$89	CQRC
434242-04	Th	3:45-4:15pm	4/21-5/26	6	\$89	CQRC
434242-05	Sa	11:15-11:45am	4/23-6/04	6	\$89	CQRC
434242-06	Su	11:15-11:45am	4/24-6/05	6	\$89	CQRC
134242-01	M	5:15-5:45pm	6/13-7/25	6	\$89	CQRC
134242-02	W	3:45-4:15pm	6/15-7/20	6	\$89	CQRC
134242-03	Sa	11:15-11:45am	6/18-7/30	6	\$89	CQRC
134242-04	Su	11:15-11:45am	6/19-7/31	6	\$89	CQRC
134342-01	M-Th	12-12:30pm	6/13-6/23	8	\$119	CHRC
134342-02	M-Th	12-12:30pm	6/27-7/07	8	\$119	CHRC
134342-03	M-Th	11:15-11:45am	7/11-7/21	8	\$119	CHRC
134342-04	M-Th	1:30-2pm	7/11-7/21	8	\$119	CHRC
134342-05	M-Th	11:15-11:45am	7/25-8/04	8	\$119	CHRC
134342-06	M-Th	1:30-2pm	7/25-8/04	8	\$119	CHRC
134342-07	M-Th	12:45-1:15pm	8/08-8/18	8	\$119	CHRC

aquatics

Alex Swim Level 3

Ages 6-12. Stroke Development. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to flutter, scissor, breaststroke, and dolphin kicks, learns the survival float, increases the time duration for treading water. Your child also learns the rules for headfirst entries from a seated position at poolside (in water 9 feet deep or deeper) and safety skills. To pass the class, they must tread water for 1 minutes and swim front crawl and/or elementary backstroke for 25 yards.

434243-01	M	6-6:30pm	4/18-5/23	6	\$89	CQRC
434243-02	Tu	4:30-5pm	4/19-5/24	6	\$89	CQRC
434243-03	Tu	6-6:30pm	4/19-5/24	6	\$89	CQRC
434243-04	W	3:45-4:15pm	4/20-5/25	6	\$89	CQRC
434243-05	Th	4:30-5pm	4/21-5/26	6	\$89	CQRC
434243-06	Sa	12-12:30pm	4/23-6/04	6	\$89	CQRC
434243-07	Su	12-12:30pm	4/24-6/05	6	\$89	CQRC
134243-01	M	6-6:30pm	6/13-7/25	6	\$89	CQRC
134243-02	W	4:30-5pm	6/15-7/20	6	\$89	CQRC
134243-03	Sa	12-12:30pm	6/18-7/30	6	\$89	CQRC
134243-04	Su	12-12:30pm	6/19-7/31	6	\$89	CQRC
134343-01	M-Th	12:45-1:15pm	6/13-6/23	8	\$119	CHRC
134343-02	M-Th	12:45-1:15pm	6/27-7/07	8	\$119	CHRC
134343-03	M-Th	12-12:30pm	7/11-7/21	8	\$119	CHRC
134343-04	M-Th	12-12:30pm	7/25-8/04	8	\$119	CHRC
134343-05	M-Th	11:15-11:45am	8/08-8/18	8	\$119	CHRC
134343-06	M-Th	1:30-2pm	8/08-8/18	8	\$119	CHRC

Alex Swim Level 4

Ages 6-12. Stroke Improvement. Improving the swimming stroke proficiency and swimming for longer distances. Skills include, swimming the front crawl for 25 yards, elementary backstroke for 25 yards, breaststroke for 15 yards, butterfly for 15 yards, back crawl for 15 yards, sidestroke for 15 yards, headfirst entry from a stride position (in 9 ft deep water or deeper), open turns on the front and back. Treading Water for 2 minutes.

434244-01	M	4:30-5pm	4/18-5/23	6	\$89	CQRC
434244-02	Tu	5:15-5:45pm	4/19-5/24	6	\$89	CQRC
434244-03	W	4:30-5pm	4/20-5/25	6	\$89	CQRC
434244-04	Th	3-3:30pm	4/21-5/26	6	\$89	CQRC
434244-05	Sa	12-12:30pm	4/23-6/04	6	\$89	CQRC
434244-06	Su	12-12:30pm	4/24-6/05	6	\$89	CQRC
134244-01	Tu	4:30-5pm	6/14-7/19	6	\$89	CQRC
134244-02	Th	3-3:30pm	6/16-7/21	6	\$89	CQRC
134244-03	Sa	12-12:30pm	6/18-7/30	6	\$89	CQRC
134244-04	Su	12-12:30pm	6/19-7/31	6	\$89	CQRC
134344-01	M-Th	3:45-4:15pm	6/13-6/23	8	\$119	WWPL
134344-02	M-Th	3:45-4:15pm	6/27-7/07	8	\$119	WWPL
134344-03	M-Th	5:15-5:45pm	7/11-7/21	8	\$119	WWPL
134344-04	M-Th	5:15-5:45pm	7/25-8/04	8	\$119	WWPL
134344-05	M-Th	4:30-5pm	8/08-8/18	8	\$119	WWPL

Alex Swim Level 5

Ages 6-12. Stroke Refinement. Instructors follow a plan to refine all six swimming strokes including swimming for longer distances, introduce new water safety skills while building on ones previously learned and perform flip turns on the front and back. The expectations are higher now, regarding distance and quality. Skills include performing a shallow-angle dive into at least 9 ft deep water, performing a tuck and pike surface dive, front crawl for 50 yards, elementary backstroke for 50 yards, sidestroke for 25 yards, breaststroke for 25 yards, back crawl for 25 yards, butterfly for 25 yards, front and back flip turns.



434245-01	M	5:15-5:45pm	4/18-5/23	6	\$89	CQRC
434245-02	Tu	6-6:30pm	4/19-5/24	6	\$89	CQRC
434245-03	Th	3:45-4:15pm	4/21-5/26	6	\$89	CQRC
434245-04	Sa	12:45-1:15pm	4/23-6/04	6	\$89	CQRC
434245-05	Su	12:45-1:15pm	4/24-6/05	6	\$89	CQRC
134245-01	Tu	5:15-5:45pm	6/14-7/19	6	\$89	CQRC
134245-02	Th	3:45-4:15pm	6/16-7/21	6	\$89	CQRC
134245-03	Sa	12:45-1:15pm	6/18-7/30	6	\$89	CQRC
134245-04	Su	12:45-1:15pm	6/19-7/31	6	\$89	CQRC
134345-01	M-Th	4:30-5pm	6/13-6/23	8	\$119	WWPL
134345-02	M-Th	4:30-5pm	6/27-7/07	8	\$119	WWPL
134345-03	M-Th	3:45-4:15pm	7/11-7/21	8	\$119	WWPL
134345-04	M-Th	3:45-4:15pm	7/25-8/04	8	\$119	WWPL
134345-05	M-Th	4:30-5pm	8/08-8/18	8	\$119	WWPL

Alex Swim Level 6

Ages 6-12. Fitness Swimmer. Our instructors follow a plan to refine swimming, physical fitness in the water and water safety skills that were taught throughout the levels. The expectations are high in regard to the distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness. Skills include swimming 500 yards continuously using any 3 strokes of choice, demonstrating turns while swimming, demonstrating circle swimming.

434246-01	M	6-6:30pm	4/18-5/23	6	\$89	CQRC
434246-02	Th	4:30-5pm	4/21-5/26	6	\$89	CQRC
434246-03	Sa	12:45-1:15pm	4/23-6/04	6	\$89	CQRC
434246-04	Su	12:45-1:15pm	4/24-6/05	6	\$89	CQRC
134246-01	Tu	6-6:30pm	6/14-7/19	6	\$89	CQRC
134246-02	Th	4:30-5pm	6/16-7/21	6	\$89	CQRC
134246-03	Sa	12:45-1:15pm	6/18-7/30	6	\$89	CQRC
134246-04	Su	12:45-1:15pm	6/19-7/25	6	\$89	CQRC
134346-01	M-Th	5:15-5:45pm	6/13-6/27	8	\$119	WWPL
134346-02	M-Th	5:15-5:45pm	6/27-7/07	8	\$119	WWPL
134346-03	M-Th	4:30-5pm	7/11-7/21	8	\$119	WWPL
134346-04	M-Th	4:30-5pm	7/25-8/04	8	\$119	WWPL
134346-05	M-Th	3:45-4:15pm	8/08-8/18	8	\$119	WWPL

Wahoos Swim Team

Ages 6-18 (as of May 31, 2022). Kids develop their own unique potential. This program promotes individual and team camaraderie through friendly competition. Developing and experienced swimmers will refine their freestyle, breaststroke, butterfly, backstroke, turns, and starts with experienced coaching staff. Swimmers must be able to swim 25 yards, equivalent to pool length. Practice location is Old Town Pool (1609 Cameron St). Practice times between May 31 and June 10 are between 4-6pm at Chinquapin Recreation Center, After June 10, morning practices are between 7am-9am, and evening practices 5-6pm are offered at Old Town Pool. *Please note that the Registration fee does not include the mandatory team Booster dues of \$40 (\$80 max per family) to be collected the first week of practice. A Meets held Saturday mornings, B Meets held Wednesday evenings. Meet schedule is TBD.

Dates vary 4-6pm 5/31-7/31 \$179 CQRC

Teen Swimming

Ages 13-17. Classes offered for all levels of teen learners. Beginner swimming will learn basic swimming and safety skills to overcome fear of water. Skills include entering and exiting the water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using simultaneous arm and leg action. Intermediate Swimming is for those participants who have attended Beginner Swimming and are looking to build upon skills learned in Beginner Swim. Introduction to strokes other than front crawl and back crawl. Advanced Swimming for Fitness. Skills including swimming front crawl with rotary breathing with open or flip turns for 100 yards, back crawl with open or flip turns for 50 yards, breaststroke with open turns for 50 yards, and butterfly with open turns for 50 yards (optional). Please visit our website for class descriptions for each section.

434234-01	M	6:45-7:15pm	4/18-5/23	6	\$89	CQRC
434234-02	M	6:45-7:15pm	4/18-5/23	6	\$89	CQRC
434234-03	Tu	6:45-7:15pm	4/19-5/24	6	\$89	CQRC
434234-04	Tu	6:45-7:15pm	4/19-5/24	6	\$89	CQRC
434234-05	W	6:45-7:15pm	4/20-5/25	6	\$89	CQRC
434234-06	W	6:45-7:15pm	4/20-5/25	6	\$89	CQRC
434234-07	Th	6:45-7:15pm	4/21-5/26	6	\$89	CQRC
434234-08	Th	6:45-7:15pm	4/21-5/26	6	\$89	CQRC
434234-09	Sa	1:30-2pm	4/23-6/04	6	\$89	CQRC
434234-10	Su	1:30-2pm	4/24-6/05	6	\$89	CQRC
134234-01	M	6:45-7:15pm	6/13-7/25	6	\$89	CQRC
134234-02	Tu	6:45-7:15pm	6/14-7/19	6	\$89	OTPL
134234-03	W	6:45-7:15pm	6/15-7/20	6	\$89	CQRC
134234-04	Th	6:45-7:15pm	6/16-7/21	6	\$89	CQRC
134234-05	Sa	1:30-2pm	6/18-7/30	6	\$89	CQRC
134234-06	Su	1:30-2pm	6/19-7/31	6	\$89	CQRC
134334-01	Tu,Th	6:15-6:45pm	6/14-6/30	6	\$89	OTPL
134334-02	Tu,Th	6:15-6:45pm	7/05-7/28	8	\$119	CQRC

Adult Beginner Swimming

Ages 13 & up. You will learn Level 1 and 2 swim skills in this group lesson designed to meet the needs of adult learners. Participants learn basic swimming and safety skills and overcome fear of water. Skills include entering and exiting water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using simultaneous arm and leg action.

434230-01	M	7:30-8pm	4/18-5/23	6	\$89	CQRC
434230-02	M	7:30-8pm	4/18-5/23	6	\$89	CQRC
434230-03	W	7:30-8pm	4/20-5/25	6	\$89	CQRC
434230-04	W	7:30-8pm	4/20-5/25	6	\$89	CQRC
434230-05	Sa	1:30-2pm	4/23-6/04	6	\$89	CQRC
434230-06	Su	1:30-2pm	4/24-6/05	6	\$89	CQRC
134230-01	M	7:30-8pm	6/13-7/25	6	\$89	CQRC
134230-02	W	7:30-8pm	6/15-7/20	6	\$89	CQRC
134230-03	Sa	1:30-2pm	6/18-7/30	6	\$89	CQRC
134330-01	M,Th	6-6:30pm	6/13-6/23	8	\$119	WWPL
134330-02	M,Th	6-6:30pm	6/27-7/07	8	\$119	WWPL
134330-03	Tu,Th	7-7:30pm	6/14-6/30	6	\$89	OTPL
134330-03	Tu,Th	7-7:30pm	7/05-7/28	6	\$89	OTPL

Adult Intermediate Swimming

Ages 18 & up. Intermediate Swimming is for those participants who have attended Beginner Swimming and are looking to build upon skills learned in Beginner Swim. Introduction to strokes other than front crawl and back crawl.

434231-01	Tu	7:30-8pm	4/19-5/24	6	\$89	CQRC
434231-02	Tu	7:30-8pm	4/19-5/24	6	\$89	CQRC

Adult Intermediate/Advanced Swimming

Ages 18 & up. Intermediate Swimming is for those participants who have attended Beginner Swimming and are looking to build upon skills learned in Beginner Swim. Introduction to strokes other than front crawl and back crawl. Advanced Swimming for Fitness. Skills including swimming front crawl with rotary breathing with open or flip turns for 100 yards, back crawl with open or flip turns for 50 yards, breaststroke with open turns for 50 yards, and butterfly with open turns for 50 yards (optional). Please visit our website for class descriptions for each section.

134231-01	Tu	7:30-8pm	6/14-7/19	6	\$89	CQRC
134231-02	Th	7:30-8pm	6/16-7/21	6	\$89	CQRC
134231-03	Su	1:30-2pm	6/19-7/31	6	\$89	CQRC
134331-01	M,Th	6:30-7pm	7/11-7/21	8	\$119	WWPL
134331-02	M,Th	6-6:30pm	7/25-8/04	8	\$119	WWPL
134331-03	M,Th	6-6:30pm	8/08-8/18	8	\$119	WWPL

Adult Advanced Swimming

Ages 18 & up. Advanced Swimming for Fitness. Skills including swimming front crawl with rotary breathing with open and flip turns for 100 yards, back crawl with open or flip turns for 50 yards, breaststroke with open turns for 50 yards, and butterfly with open turns for 50 yards (optional).

434232-01	Th	7:30-8pm	4/21-5/26	6	\$89	CQRC
434232-02	Th	7:30-8pm	4/21-5/26	6	\$89	CQRC

AQUA FITNESS



Get in Deep with Candice **DROP-IN**

Ages 18 & up. Experience an invigorating deep-water workout in the diving well. This non-impact workout challenges all fitness levels. Incorporate cardiovascular work with resistance training, while using circuits, intervals, and basic steady-paced work. Swimming ability not required. Flotation equipment provided. No class 6/20, 7/4.

434218-01	M	6:30-7:30pm	4/18-6/06	8	\$105	CQRC
134318-01	M	6:30-7:30pm	6/13-7/25	5	\$99	CQRC

Aqua Aerobics **DROP-IN**

Ages 18 & up. This class will tone and build muscle while giving you a cardio workout. This class format will use the drag and force of the water to create the workload to your benefit. Whether you can do a lot or not this class will work for you.

434322-01	M,W	9-10am	4/18-6/08	16	\$185	CQRC
134322-01	M,W	6-6:45pm	6/13-7/27	12	\$149	OTPL

Water Walking **DROP-IN**

Ages 16 & up. Water walk your way to fitness with this fun and exciting class experience! This non-weight bearing class will condition, build, tone and strengthen muscles using the water in a lively atmosphere set to popular music of the past and present. Come on down, move your body, and water walk with us.



434221-01	Tu,Th	10:55-11:55am	4/19-6/09	16	\$135	CQRC
134221-01	Tu,Th	10:55-11:55am	6/14-7/28	14	\$119	CQRC

Aqua Spin **DROP-IN**

Ages 18 & up. Aqua Spin is a unique cycling experience in shallow water that pairs the challenge of high-intensity cardio and full body toning with the natural healing properties of the water. Adjustable resistance settings make it easy to adjust the bike to your capabilities and exercise level. Note: Rubber water shoes are required.

434223-01	Sa	9:05-9:55am	4/23-6/11	8	\$115	CQRC
434223-02	W	6:15-7:15am	4/20-6/08	8	\$115	CQRC
434223-03	F	9-10am	4/22-6/10	8	\$115	CQRC
134223-01	Th	7-7:45pm	6/16-7/28	8	\$115	CQRC
134223-02	Sa	9-9:50am	6/18-7/30	8	\$115	CQRC

Hi/Lo Water Aerobics **DROP-IN**

Ages 18 & up. Build muscle and tone and get a great cardio workout with a mixture of high and low intensity exercises set to great music in shallow water. You will use the water's drag and force with customizable movements to match your fitness level. No matter if you can do a little or a lot, this class is for you.

434229-01	Tu,Th	6:30-7:30pm	4/19-6/09	16	\$205	CQRC
134329-01	Tu,Th	6:30-7:30pm	6/21-8/11	16	\$205	OTPL

Deep Water Aqua Aerobics **DROP-IN**

Ages 18 & up. Improve balance and up your cardio with cycling-style exercises in the pool. The water adds resistance, and also helps with flexibility and range of motion.

434224-01	M,W	10:10-11:10am	4/20-6/08	15	\$175	CQRC
434224-03	W	6:30-7:30pm	4/20-6/08	8	\$149	CQRC
434224-04	W	7:40-8:40pm	4/20-6/08	8	\$149	CQRC
134224-01	M,W	10:10-11:10am	6/13-7/27	12	\$145	CQRC
134224-03	W	6:30-7:30pm	6/15-7/27	7	\$129	CQRC
134224-04	W	7:40-8:40pm	6/15-7/27	7	\$129	CQRC

Aqua Zumba **DROP-IN**

Ages 18 & up. It's a Zumba pool party! Aqua Zumba blends together the Zumba formula and philosophy with Aqua fitness disciplines. Aqua Zumba is a challenging water-based work out that is cardio-conditioning, body toning, and exhilarating!

434225-01	M	7:15-8:05pm	4/18-6/06	8	\$115	CQRC
434225-02	Su	9-9:50am	4/24-6/12	8	\$115	CQRC
134225-01	Su	9-9:50am	6/18-7/31	7	\$105	CQRC
134325-01	W	6-6:45pm	6/22-8/10	8	\$115	WWPL
134325-02	Sa	10-10:45am	6/25-8/13	8	\$115	WWPL
134325-03	M	7-7:45pm	6/27-8/15	8	\$115	OTPL

Aqua Bootcamp **DROP-IN**

Ages 18 & up. Get ready to be challenged by the resistance of the water in Aqua Bootcamp! Adults can benefit from this high intensity, interval workout using resistance equipment for an additional challenge. It combines strength training and aerobic conditioning with water resistance to give you an awesome overall body workout!

434226-01	Tu,Th	6:10-7:10am	4/19-6/09	16	\$205	CQRC
134226-01	Tu,Th	6:10-7:10am	6/14-7/28	14	\$205	CQRC
134326-01	Th	6-6:45pm	6/23-8/04	8	\$115	WWPL
134326-02	Su	10-10:45am	6/26-8/07	7	\$115	WWPL

BLT (Buns, Legs, & Tummy) **DROP-IN**

Ages 18 & up. Participants will work to tighten, tone, and strengthen their core and lower body with plenty of music to accompany!

434228-01	Tu	7:40-8:30pm	4/19-6/07	8	\$115	CQRC
134328-01	Tu	6-6:45pm	6/21-8/09	8	\$115	WWPL

Aqua Sculpt **DROP-IN**

Ages 18 & up. Not a traditional aerobics class, the exercises used in this class focus on core strength, high intensity movement with power and suspensions. This is a non-impact class in the shallow end of the pool.

134314-01	M	11:05-12:05pm	6/27-8/08	6	\$105	WWPL
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DROP-IN \$12 per lass (\$15 for nonresidents).
Subject to minimums and maximums.

Blue Octopus Scuba **DROP-IN**

Ages 18 & up. If you have always wanted to learn how to scuba dive, discover new adventures or simply see the wonderous world beneath the waves, this is where it starts. Confined Water Dives are to learn basic scuba skills, once you have completed this course you will be able to do four Open Water Dives with us or somewhere warm and tropical to be a fully Certified Open Water scuba diver. **To register, visit www.blueoctopusscuba.com.**

Sa	11:30-3:30pm	4/23	1	varies	CQRC
Su	10:30-1:30pm	4/24	1	varies	CQRC
Su, Sa	11:30-3:30pm	5/07	1	varies	CQRC
Su	10:30-1:30pm	5/08	1	varies	CQRC
Sa	11:30-3:30pm	5/21	1	varies	CQRC
Su	10:30-1:30pm	5/22	1	varies	CQRC
Sa	11:30-3:30pm	6/04	1	varies	CQRC
Su	10:30-1:30pm	6/05	1	varies	CQRC
Sa	11:30-3:30pm	6/18	1	varies	CQRC
Su	10:30-1:30pm	6/19	1	varies	CQRC
Sa	11:30-3:30pm	7/02	1	varies	CQRC
Su	10:30-1:30pm	7/03	1	varies	CQRC
Sa	11:30-3:30pm	7/16	1	varies	CQRC
Su	10:30-1:30pm	7/17	1	varies	CQRC
Sa	11:30-3:30pm	8/06	1	varies	CQRC
Su	10:30-1:30pm	8/07	1	varies	CQRC
Sa	11:30-3:30pm	8/20	1	varies	CQRC
Su	10:30-1:30pm	8/21	1	varies	CQRC

Aquatic Exercise for Seniors **55+** **DROP-IN**

Ages 55 & up. Improve muscular and cardiovascular strength and endurance without jumping, running, or swimming. Eliminate joint aches, improve balance, and minimize chances of falling. Email candicekaup@yahoo.com or call 703.863.1898.

434217-01	Tu,Th	8:15-9am	4/19-6/09	16	\$209	CQRC
434217-02	Tu,Th	9:30-10:15am	4/19-6/09	16	\$209	CQRC
134317-01	Tu,Th	8:15-9am	6/14-7/28	14	\$209	CQRC
134317-02	Tu,Th	9:30-10:15am	6/14-7/28	14	\$209	CQRC

Alexandria Dog Swims

Come celebrate the end of summer with your furry family member at our annual dog swim! Friendly dogs of all sizes can come enjoy a free swim to wrap up the summer pool season. Registration required per dog.

Warwick Pool

134217-01	Sa	11-11:45am	9/17	1	FREE	WWPL
134217-02	Sa	12-12:45pm	9/17	1	FREE	WWPL
134217-03	Sa	1-1:45pm	9/17	1	FREE	WWPL
134217-04	Sa	2-2:45pm	9/17	1	FREE	WWPL

Old Town Pool

134217-01	Su	11-11:45am	9/18	1	FREE	OTPL
134217-02	Su	12-12:45pm	9/18	1	FREE	OTPL
134217-03	Su	1-1:45pm	9/18	1	FREE	OTPL
134217-04	Su	2-2:45pm	9/18	1	FREE	OTPL

ALEXANDRIA DOG SWIMS



FOR DOGS ANY SIZE

SATURDAY

SEPT. 17, 11AM-2:45PM

WARWICK POOL, 3301 LANDOVER ST.

SUNDAY

SEPT. 18, 11AM-2:45PM

OLD TOWN POOL, 1609 CAMERON ST.

Visit alexandriava.gov/Recreation or call 703.746.5414 for details, including registration and vaccination requirements.

LET'S GET PHYSICAL! Instructors are ready to help you reach your fitness goals no matter how big or small. Improve strength, endurance, balance, flexibility and mind/body awareness.



MIND/BODY WELLNESS

Yoga 4 Kids

Ages 2-9. Yoga is known for its valuable lessons in strength, flexibility, creativity, and stress relief. Children will learn poses that they will want to use at home. Yoga can be integrated into a child's overall appreciation of fitness, while encouraging play and imagination.

414218-01	Th	11-11:30am	4/21-6/02	7	\$135	CQRC
414218-02	Sa	11:05-11:45am	4/23-6/11	8	\$135	CQRC

Youth Yoga **NEW!**

Ages 7-11. Students will improve their balance, flexibility, posture and stretching during class. Our yoga program will help increase students focus, self-esteem, discipline, and concentration. Participants should bring their own yoga mat.

412606-01	M	6:30-7:30pm	4/18-6/06	8	\$135	CHRC
112606-01	M	4:30-5:30pm	6/13-8/29	8	\$135	CHRC

Mid-Day Mindfulness **NEW!**

Ages 16 & up. Take a break in the day for gentle movement and guided mindful meditation. Suitable for all ages and body types. No meditation experience necessary.

413148-01	W	12:30-1pm	4/20-5/25	6	\$55	ODRC
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Power Vinyasa-Beginner

Ages 18 & up. Full-body yoga flow where you'll explore the yoga postures and fundamental principles of Vinyasa yoga. Beginner-friendly.

414019-01	M	6-7pm	4/04-5/09	6	\$59	PHRC
414019-02	Sa	3-4pm	4/09-5/14	6	\$59	PHRC
414019-03	M	6-7pm	5/16-6/27	6	\$59	PHRC
414019-04	Sa	3-4pm	5/21-6/25	6	\$59	PHRC

Hatha Yoga I **DROP-IN**

Ages 18 & up. Create the harmony within. This hatha yoga class will emphasize breathing and healthy pose alignment. Open for all fitness levels!

414212-01	Tu	6:45-7:45pm	4/19-6/07	8	\$89	CQRC
114212-01	Tu	6:45-7:45pm	6/14-7/26	7	\$75	CQRC

Flow Yoga **DROP-IN**

Ages 18 & up. Keep it moving! Flow yoga is generally faster paced than most other class types to help you build heat, strength, and flexibility. Repeating a series of flowing postures between longer holds of static postures, movement is coordinated with breath. This class is appropriate for beginner students.

114213-01	M	7:05-8:05pm	6/13-7/25	5	\$65	CQRC
114213-02	Sa	9-10am	6/18-7/30	6	\$75	CQRC

Evening Flow Yoga **DROP-IN**

Ages 18 & up. Evening Flow Yoga allows you to arrive and enjoy quiet stillness, move the body, burn off excess energy, and wind down to a deeper state of relaxation as you prepare for your evening.

414213-01	M	7:05-8:05pm	4/18-6/06	8	\$85	CQRC
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Candlelight Yoga **NEW!** **DROP-IN**

Ages 18 & up. Take a moment from your busy schedule to relax. Reconnect your breath and your body with vinyasa flow in a calming candlelight setting and find your focus on the rest of your week. This class is perfect for clearing our cluttered minds and remembering what is important, regardless of whether you are an experienced yogi or a beginner. Wind down in a healthy way so you can be your best self-moving forward.

414219-01	W	7:05-8:20pm	4/20-6/08	8	\$85	CQRC
114219-01	W	7:05-8:20pm	6/15-7/27	8	\$85	CQRC

Stretch and Flow Yoga **NEW!**

Ages 18 & up. Interested in releasing and stretching tight/contracted muscles in the body?

Join Lisa, E-RYT 500 and Certified Yoga Therapist, for a class ideal for all levels. From fitness warriors to individuals seated at a desk all day, this class supports individuals in reducing tension in the muscles, improving posture, and promoting greater release in body and mind.

413146-01	Tu	6:15-7:15pm	5/03-6/07	6	\$95	CHRC
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Private Yoga Lessons

Ages 18 & up. Private yoga classes allow you to work on the poses and stretches that make sense for you on your schedule and at your own pace. These private sessions allow you to ease into yoga in a safer manner, with proper alignment and a clear focus on your goals and needs.

414201-04	Tu	7:15-8:15pm	4/19-5/10	4	\$200	CQRC
414201-05	Tu	6-7pm	5/17-6/07	4	\$200	CQRC
414201-06	Tu	7:15-8:15pm	5/17-6/07	4	\$200	CQRC
114201-01	W	7:30-8:30am	6/15-7/27	7	\$350	CQRC
114201-02	Tu	6-7pm	6/14-7/26	7	\$350	CQRC
114201-03	Tu	7:15-8:15pm	6/14-7/26	7	\$350	CQRC

Therapeutic Yoga for Anxiety

Ages 21 & up. Join Lisa, Certified Yoga Therapist (1000 hours), E-RYT 500 and empower yourself with yoga tools and the neuroscience to cultivate emotional self-regulation specially designed to counter feelings of stress/anxiety in the body and mind. Feeling depleted? Lacking energy and focus? Spinning with worry/negativity? Learn and practice the techniques: breathing, postures, meditation, and journaling designed to support you in regaining your sense of well-being and making meaningful change.

413143-01	W	6:40-7:55pm	4/20-5/18	5	\$125	CHRC
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Chair Yoga 55+

Ages 55 & up. Start the day off right and reduce stress with chair yoga. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax, all while in a chair.

413803-01 Tu 10-11am 4/19-5/24 6 \$55 MVRC

CARDIO WORKOUT

Zumba

Ages 16 & up. Ditch the workout and party! Zumba is a workout that infuses Latin Dances such as salsa, meringue, bachata, samba, reggaeton and even modern-day hip hop. This intense workout helps you lose weight while having fun and learning basic Latin moves. Weekly sessions can be registered separately at \$15/class, but registration must be done in advance.



413107-01	M	5:15-6pm	4/18-6/06	8	\$65	CHRC
413107-02	M	5:15-6pm	Weekly	1	\$15	CHRC
113107-01	M	5:15-6pm	6/13-8/29	10	\$89	CHRC
113107-02	M	5:15-6pm	Weekly	1	\$15	CHRC
414015-01	Sa	9:30-10:30am	4/09-5/14	6	\$69	PHRC
414015-02	Tu	9:30-10:30am	4/05-5/10	6	\$69	PHRC
414015-03	Sa	9:30-10:30am	5/21-6/25	6	\$69	PHRC
414015-04	Tu	9:30-10:30am	5/17-6/21	6	\$69	PHRC
114015-01	Sa	9:30-10:30am	7/09-8/13	6	\$69	PHRC
114015-02	Tu	7-8pm	7/05-8/09	6	\$69	PHRC
114015-03	Sa	9:30-10:30am	8/20-9/24	6	\$69	PHRC
114015-04	Tu	7-8pm	8/16-9/20	6	\$69	PHRC

LaBlast Dance Fitness & Tone

Ages 18 & up. Fun and easy-to-follow ballroom dance-based fitness class! Created by world-renowned dancer and fitness expert, Louis van Amstel, this partner-free program is for all levels. Incorporates strength training using weights.

413110-01	Th	5-6pm	4/21-5/26	6	\$75	CHRC
113110-01	Th	6-7pm	6/16-7/14	5	\$69	CHRC

Jazzercise DROP-IN

Ages 18 & up. Burn up to 600 calories in one fun and effective total body workout. Combine dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga, and kickboxing. Call Cameron Hall at 703.395.7766 or email hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$50, Walk-ins \$20.

M-Th	5:15-6:15pm	4/18-9/01	varies	ODRC
M-Th	6:30-7:30pm	4/18-9/01	varies	ODRC
Sa	8:30-9:30am	4/23-8/27	varies	ODRC
Su	10-11am	4/24-6/05	varies	ODRC

Hula Hoop Fusion

Ages 18 & up. Using a 2 lb. weighted hula hoop for assistance, resistance, support, and fun, this is a no impact, full body workout that fuses Pilates, barre and yoga inspired moves. Tone and stretch, improve flexibility and balance while burning calories. Bring a yoga mat and water.

413118-01	Tu	5-6pm	4/19-5/24	6	\$75	CHRC
113118-01	Tu	5-6pm	6/14-7/12	5	\$69	CHRC

Senior Body Part Aerobics 55+

Ages 55 & up. This is a low-impact exercise using a chair aerobics workout with slow everyday movements to tone and sculpt the body. Use of chairs will aid in increasing balance, coordination, and flexibility. The program is designed for senior health and wellness.

414013-01	M,F	10-11am	4/04-5/09	11	\$55	PHRC
414013-02	M,F	10-11am	5/16-6/24	11	\$55	PHRC
114013-01	M	10-11am	6/27-8/22	8	\$55	PHRC

CARDIO & STRENGTH

MIKiDo Ruff & Tumble

Ages 3-5. Want your child to develop skills in teamwork, focus and fitness? Build a foundation in these important life skills in a lively, fun martial arts-infused program. The four major components of fitness are emphasized: endurance, flexibility, strength, and coordination.

412604-01	Sa	9:50-10:50am	4/23-6/04	7	\$115	CQRC
112604-01	Sa	9:50-10:50am	6/11-7/30	7	\$115	CQRC

Roller Skating for Fitness/Fun

Ages 6 & up. Discover a new sport or bring back a lost love! Learn how to roll! Just for the fitness or the beginning of a competitive career. Instruction includes guidelines for safety, components of an inline and traditional quad roller skates, basic skating skills, proper techniques, and exercises. For beginner to intermediate. Skate rentals provided. Bring protective gear (helmet, elbow, wrist guards, and knee pads). Instructor: World Champion United Skates Roller Sports and Skate Inline Associated Certified. Call Christie for questions 703.623.7354

413141-01	Tu	6-6:50pm	4/19-5/10	4	\$95	PHRC
413141-02	Sa	10-10:50am	4/23-5/14	4	\$95	NLRC
413141-03	Tu	6-6:50pm	5/17-6/07	4	\$95	PHRC
413141-04	Tu	7-6:50pm	5/17-6/07	4	\$95	PHRC
113141-01	Sa	9-9:55am	6/18-7/23	5	\$119	PHES
113141-02	Sa	9-9:55am	7/30-8/27	5	\$119	PHES
113141-03	Tu	6-6:50pm	8/02-8/30	5	\$119	PHES

The Beast Workout

Ages 10-16. Join us for a workout that is geared to get the heart pumping. This 45-minute class will include exercises like boxing movements, jump rope combinations, and mixed aerobics with resistance trainings. This class is ideal for teens.

413619-01	Th	6-7pm	4/28-6/02	6	\$39	CHRC
413619-02	Th	6-7pm	6/16-7/21	6	\$39	CHRC

exercise & fitness

Warrior Rhythm

Ages 16 & up. Fitness, flex, and flow. Class starts with mindful meditation warm-up and rhythmic limbering. Choreographed moves and yoga postures are set to the beat of the music. Great fat burning workout! Enjoy your favorite playlist and flow with the music. Taught by Sadie, Certified in Warrior Rhythm.

413147-01	W	11-12pm	4/20-6/08	8	\$165	ODRC
113147-01	W	10-10:55am	8/03-8/31	5	\$119	CHRC

Boxercise

Ages 18 & up. This fun and effective form of cross-training incorporates a combination of boxing movements and aerobics while improving rhythm and coordination! Focus on upper body conditioning, cardiovascular fitness, and toning your arms, chest, and abs. Box your way through a great workout!

413603-01	M,W	6:30-7:30pm	4/25-6/06	13	\$85	CHRC
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Shadow Boxercise Level 1

Ages 18 & up. Learn basic self-defense tactics while getting in shape. This beginner level class is fun and low impact boxercise class that will help muscle toning, weight loss, and strength and conditioning while building and enhancing your self-esteem. Taught by Washington area Hall of Famer, Anthony Suggs.

413701-01	Tu,Th	6:30-7:30pm	4/26-5/26	10	\$69	CKRC
113701-01	Tu,Th	6:30-7:30pm	6/14-7/14	10	\$69	CKRC

Teen Weight Training

Ages 12-17. This teens weight training class will focus on learning the basics of strength training and getting acclimated to the fitness area. This class will offer: 6 weeks of instructional weight training with Total body strength workout. Learning proper form and good gym etiquette while meeting your fitness goals. Personalized body composition testing.

414016-01	M	6:30-7:30pm	4/04-5/09	6	\$35	PHRC
414016-02	M	6:30-7:30pm	5/16-6/27	6	\$35	PHRC
114016-01	M	6:30-7:30pm	7/11-8/15	6	\$35	PHRC
114016-02	M	6:30-7:30pm	8/22-9/26	6	\$35	PHRC

HIIT Training for Teens

Ages 12-17. This fitness program incorporates safe, effective exercise through circuit training to accomplish goals, from improved health to weight loss or better performance. All workouts are modified and designed to help participants improve fitness and achieve goals.

414014-01	Tu	6:30-7:30pm	4/05-5/10	6	\$29	PHRC
414014-02	Tu	6:30-7:30pm	5/17-6/21	6	\$29	PHRC
114014-01	Tu	6:30-7:30pm	7/05-8/09	6	\$29	PHRC
114014-02	Tu	6:30-7:30pm	8/16-9/20	6	\$29	PHRC

Teen Weight Lifting Training

Ages 14-17. The Chick Armstrong fitness program for teens is a twelve-week two session program that meets twice a week Mondays and Wednesdays 6-7pm and 7-8pm. The program is designed to teach our teens the proper use of fitness equipment, exercise techniques, safety, and discussions in maintaining a productive and healthy Lifestyle. Due to Covid 19 guidelines on distancing the maximum enrollment for this program will be 3 participants per session.

113718-01	M,W	6-7pm	6/06-8/31	26	FREE	CKRC
113718-02	M,W	6-7pm	6/06-8/31	26	FREE	CKRC

Adult Cardio & Weight Training

Ages 18 & up. This is a cardio and weight training exercise program that is designed by using our weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility. There will be a 6-participant capacity to the program with social distance required. All participants are required to bring their own PPE for the class.

414000-01	Th	7-8pm	4/07-5/12	6	\$55	PHRC
414000-02	Th	7-8pm	5/19-6/23	6	\$55	PHRC
114000-01	Th	7-8pm	6/30-8/18	8	\$75	PHRC

Fitness Passes & Personal Training

Neighborhood Recreation Center Pass (Charles Houston, Chick Armstrong, Patrick Henry and William Ramsay)

Day: \$6/\$10

3-month: \$45/\$80

6-month: \$85/\$150

Annual Pass: \$140/\$250

Chinquapin Park Recreation Center & Aquatics Facility (Includes access to open swim, saunas, and racquetball)

Day: \$9/\$12

1-month: \$55/\$100

6-month: \$260/\$500

Annual Pass: \$465/\$885

Prices listed as Resident/Nonresident. City residents 60 & older are eligible for a 20% discount. For all Chinquapin pass options, visit alexandriava.gov/Recreation.

- Certified trainers design a 60-minute customized exercise program and provide guidance on proper form.
- To schedule an appointment, register using activity #114203-00.

- **INDIVIDUAL SESSIONS:**
- \$199 for 4 or \$59 per session

- **GROUP SESSIONS:**
- Dynamic Duo: \$99/person for 4 or \$29/person per session

- Triple Threat: \$79/person for 4 or \$25/person per session
- Fantastic Four: \$59/person for 4 or \$19/person per session



Body Sculpt Yoga with Weights **DROP-IN**

Ages 18 & up. Boost metabolism and build lean muscle mass as you couple intelligently sequenced yoga moves with weights to intensify the poses. Beginner-friendly. Drop-In fee \$12 per class.

414205-01	W	6:15-7:15am	4/20-6/08	8	\$89	CQRC
114205-01	W	6:15-7:15am	6/15-7/20	7	\$75	CQRC

Essentrics: Age Reversing Stretch

Ages 18 & up. Age reversing workout increases joint movement, flexibility, strength, and energy while relieving pain. This full body workout is based on tai chi's flowing movements for balanced health; ballet's theories for long, lean muscles; and healing powers of physiotherapy. By author



of Aging Backwards and PBS show/book titled Forever Painless. BRING A MAT. For info visit essentrics.com.

413113-01	M	10:30-11:30am	4/18-6/06	7	\$95	CHRC
413113-02	Tu	12-1pm	4/19-6/07	8	\$105	ODRC
413113-03	W	10:30-11:20am	4/20-6/08	8	\$105	PHRC
413113-04	Th	6-7pm	4/21-6/09	8	\$105	CQRC
113113-01	W	6:30P-7:30pm	6/15-8/31	12	\$135	PHRC
113113-02	Th	5-6pm	6/16-7/28	7	\$95	CQRC

Balance & Stretch **NEW!**

Ages 18 & up. This class is a combination of strength training, basic movements and stretch to improve balance and flexibility. The class is designed for those that prefer a workout without the added impact to joints. A portion includes simple aerobic movements. No previous experience required.

414209-01	W	3-3:50pm	4/20-6/08	8	\$85	CQRC
114209-01	W	3-3:50pm	6/15-7/27	7	\$75	CQRC

STRONG Nation®

Ages 18 & up. This program combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

414017-01	W	7-8pm	4/06-5/11	6	\$35	PHRC
414017-02	W	7-8pm	5/18-6/22	6	\$35	PHRC

Hip Hop Fitness & Circuit Training

Ages 18 & up. This is a cardiovascular fat burning workout for Teens and Adults that will aid in firming and sculpting their body through hip hop dance and timed interval circuit training on a cardio and weight machine circuit. Increase endurance, burn calories, strengthen, and tone muscles and increase flexibility.

414002-01	Tu	7-8pm	4/05-5/10	6	\$55	PHRC
414002-02	Tu	7-8pm	5/17-6/21	6	\$55	PHRC
114002-01	Tu	7-8pm	7/05-8/09	6	\$55	PHRC
114002-02	Tu	7-8pm	8/16-9/20	6	\$55	PHRC

Power Hour

Ages 18 & up. High-Intensity Resistance Training class that focuses on building muscles by using the perfect combination between dumbbells-weight and body-weight movements to help burn calories and build muscles.

414025-01	Sa	11-12pm	4/09-5/14	6	\$59	PHRC
414025-02	M	7-8pm	4/04-5/09	6	\$59	PHRC
414025-03	Sa	11-12pm	5/21-6/25	6	\$59	PHRC
414025-04	M	7-8pm	5/16-6/27	6	\$59	PHRC
114025-01	Sa	11-12pm	7/09-8/13	6	\$59	PHRC
114025-02	M	7-8pm	7/11-8/15	6	\$59	PHRC
114025-03	Sa	11-12pm	8/20-9/24	6	\$59	PHRC
114025-04	M	7-8pm	8/22-9/26	6	\$59	PHRC

ChinquaCircuit **DROP-IN**

Ages 18 & up. Accomplish your fitness goal with a 45-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form. Instructor Jay. Class will be held outdoors weather permitting.

414208-01	Th	7:15-8pm	4/21-6/09	8	\$89	CQRC
414208-02	Sa	9-9:45am	4/23-6/11	8	\$89	CQRC
114208-01	Th	7:15-8pm	6/16-7/28	7	\$75	CQRC
114208-02	Sa	9-9:45am	6/18-7/30	7	\$75	CQRC

BodyBlast Bootcamp **DROP-IN**

Ages 18 & up. Classes will incorporate cardio, strength, and balance. We'll work the entire body! Class is designed for beginner through advanced with modifications for your level. Drop-In fee \$12 per class.

414216-01	F	10am-10:45am	4/22-6/10	8	\$89	CQRC
114216-01	F	10am-10:45am	6/17-7/29	7	\$75	CQRC

BodyBlast Cardio/Core **DROP-IN**

Ages 18 & up. 30 Minutes of cardiovascular and core exercises. This class is designed to keep the heart rate up as we move through the exercises. Drop-In fee \$12 per class.

414217-01	F	11-11:30am	4/22-6/10	8	\$89	CQRC
114217-01	F	11-11:30am	6/17-7/29	7	\$75	CQRC

Stroller Strides

Ages 18 & up. Getting in shape after giving birth can be tough, especially with a baby! This total fitness program includes power walking/running and resistance body toning using a stroller. All you need is your baby, a stroller that isn't prone to tipping, water, and a towel or mat for ground exercises. First class is free. **Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com.**

M,W,F	9:30-10:30am	4/18-5/02	varies	ODRC
Sa	9:05-10am	4/23-6/04	varies	PHES
Tu,Th	9:30-10:30am	4/19-5/05	varies	PHES
Tu,Th	9:30-10:30am	5/10-6/09	varies	BBPK

exercise & fitness

Fit4Mom

Ages 18 & up. This mom's only Fitness Interval Training (FIT) class delivers a total body workout that combines cardio strength and core conditioning. Designed for moms of all fitness levels!

Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com.

Tu 9:30-10:30am 4/19-6/07 7 varies PHES

Fit4Baby

Ages 18 & up. Fit4Baby® is a prenatal fitness program for women at any stage of pregnancy. The classes are interval based, combining elements of strength training, cardiovascular exercises and stretching and balancing exercises. We train and certify our Fit4Baby® instructors so they are fully equipped to lead pregnant woman in exercises that are safe and appropriate for her changing body. **Register, at www.arlington-alexandria.fit4mom.com 571.305.2029 or jlungren@Fit4Mom.com.**

W 7-8pm 4/20-6/08 7 varies PHES

Senior Circuit 55+ DROP-IN

Ages 55 & up. Accomplish your fitness goal with a 45-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form.

414211-01 Tu, Th 10-10:45am 4/19-6/09 16 \$145 CQRC

114211-01 Tu, Th 10-10:45am 6/14-7/28 16 \$145 CQRC

Senior Cardio & Weight Training 55+

Ages 55 & up. This is a cardio and weight training exercise program that is designed by using our weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility.

414003-01 W 12-1pm 4/06-5/11 6 \$55 PHRC

414003-02 W 12-1pm 5/18-6/22 6 \$55 PHRC

114003-01 W 12-1pm 6/29-8/03 6 \$55 PHRC

114003-02 W 12-1pm 8/10-9/14 6 \$55 PHRC

Senior Stretching 55+

Ages 55 & up. This low impact stretching class is designed for seniors to improve range of motion, increase circulation, decrease potential injury, and improve rest.

414007-01 M 11:30-12:15pm 4/04-5/09 6 \$59 PHRC

414007-02 M 11:30-12:15pm 5/16-6/27 6 \$59 PHRC

114007-01 M 11:30-12:15pm 7/11-8/15 6 \$59 PHRC

Walk & Fit Training 55+

Ages 55 & up. This is a circuit training class that incorporates walking as an aerobic activity and the use of handheld weights and resistance bands for strength training. This is a cardiovascular fat burning workout that will aid in firming and sculpting your body.

414001-01 W 10-11am 4/06-5/11 6 \$55 PHRC

414001-02 W 10-11am 5/18-6/22 6 \$55 PHRC

114001-01 W 10-11am 6/29-8/03 6 \$55 PHRC

114001-02 W 10-11am 8/10-9/14 6 \$55 PHRC

Alexandria Boxing Club

Please check in at the front desk at for details and registration information.

Afterschool Youth Program

Ages 8-17. With a focus on athletic fundamentals and boxing basics, Alexandria Boxing Club offers year-round training for youth. The program focuses on building discipline, self-confidence, and work ethic through the sport of boxing. Communal gloves/hand wraps available at no cost. This program is free to youth residing in the City of Alexandria. Nonresidents are subject to recreation center fees.

Monday - Friday, 5-6:30pm, CHRC

Adult Boxing - Open Gym

Ages 18 & up. Every day is different in the boxing gym. Jump in on a circuit workout or take out your stress on the heavy bag at your own pace. New members must attend orientations on the first Monday of every month. Each participant is required to register with Charles Houston Recreation Center (see RPCA fee structure) and USA Boxing (www.usaboxing.org).

Tuesday & Thursday, 7-8pm, CHRC



GO TEAM! Sports leagues and classes help build camaraderie, new skills and fun competition in a variety of sports for toddlers, youth, teens and adults.



TUMBLING CLASSES

Baby Tumbling +ADULT

Ages 18 mos.-2 with Adult. This class is designed to help stimulate and introduce some basic balancing, tumbling, agility techniques to your child. This class will include a group warm-up and individual drills that will consist of parent participation.

422620-01	W	10-10:30am	4/20-6/08	8	\$195	CHRC
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Mom/Dad Me Tumbling +ADULT

Ages 2½-4 with Adult. Forward rolls, handstands and bridges are the fundamentals introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation.

422605-01	Sa	9:30-10:15am	4/23-6/04	7	\$135	PHRC
122605-01	Sa	9:30-10:15am	6/18-8/27	10	\$225	PHRC

Movement & Gymnastics

Ages 2-9. Learn basic gymnastics skills with dance movement! The class will rotate to alternating events each week. Students will gain strength, flexibility, and coordination.

Ages 2-4

424215-02	Su	9:15-9:45am	4/24-6/12	7	\$145	CQRC
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Ages 3-5

424215-01	M	3:45-4:15pm	4/18-6/06	7	\$145	CQRC
424215-03	Su	11:15-11:45am	4/24-6/12	7	\$145	CQRC
124215-01	Su	9:15-9:45am	6/19-7/31	6	\$125	CQRC
124215-02	Su	11:15-11:45am	6/19-7/31	6	\$125	CQRC

Ages 5-9

424215-04	W	6-6:45pm	4/20-6/08	8	\$169	CQRC
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Basic Tumbling

Ages 5-8. Beginner tumblers will start learning basic techniques, such as forward rolls, backward rolls, handstands, and bridges. A fun warm-up exercise will help athletes attain these skills.

422606-01	Sa	10:30-11:15am	4/23-6/04	7	\$135	PHRC
422606-02	Sa	11:30-12:15pm	4/23-6/04	7	\$135	PHRC
122606-01	Sa	10:30-11:15am	6/18-8/27	10	\$225	PHRC
122606-02	Sa	11:30-12:15pm	6/18-8/27	10	\$225	PHRC

Acrobatics I

Ages 6-12. Learn basic acrobatics including cartwheels, rounds-offs, back bends, handstands, headstands, front/back walkovers, forward/backwards rolls. Learn to execute flexibility, strength, and balance while improving physical coordination and mental concentration.

422612-01	Sa	1:40-2:30pm	4/23-6/04	7	\$85	CHRC
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Gymnastics I

Ages 5-12. Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. The class will rotate to alternating events each week. Students will gain strength, flexibility, and coordination.

Ages 5-8

424206-01	M	4:30-5:30pm	4/18-6/06	7	\$145	CQRC
424206-03	Th	4-5pm	4/21-6/09	8	\$165	CQRC
424206-04	Su	10-11am	4/24-6/12	7	\$145	CQRC
124206-04	Su	10-11am	6/19-7/31	6	\$125	CQRC

Ages 8-12

424206-02	M	5:45-6:45pm	4/18-6/06	7	\$145	CQRC
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SOCCER CLASSES



Little Kicks and Me +ADULT

Ages 2-5 with Adult. Fun Parent and Me Soccer class is designed to introduce children to soccer through games and activities with all the help from Mom or Dad.

424209-01	W	10-10:45am	4/20-6/08	8	\$139	CQPK
424209-02	Th	4-4:45pm	4/21-6/09	8	\$139	CQPK
424209-03	Sa	1-1:45pm	4/23-6/11	8	\$139	CQPK
424001-01	Sa	9:15-10am	4/23-6/04	7	\$105	PHRC
124209-01	W	9:30-10:15am	6/15-7/27	7	\$125	CQPK
124209-02	Sa	1-1:45pm	6/18-7/30	6	\$109	CQPK
124002-01	Sa	9:15-10am	6/18-7/30	6	\$105	PHRC
124002-02	Sa	9:15-10am	8/06-9/10	6	\$105	PHRC

Little Kicks

Ages 4-6. Introduce younger children and their families to our soccer program. Promote physical fitness and help develop key social skills like sharing, taking turns, and sportsmanship.

424000-01	Sa	10:15-11am	4/23-6/04	7	\$105	PHRC
424210-01	M	4:30-5:15pm	4/18-6/06	8	\$139	CQPK
424210-02	W	4:45-5:30pm	4/20-6/08	8	\$139	CQPK
424210-03	Th	5-5:45pm	4/21-6/09	8	\$139	CQPK
424210-04	Sa	2-2:45pm	4/23-6/11	8	\$139	CQPK
124210-01	W	10:30-11:15am	6/15-7/27	7	\$125	CQPK
124210-02	Sa	2-2:45pm	6/18-7/30	6	\$109	CQPK
124210-03	M	4:30-5:15pm	6/13-7/25	5	\$95	CQPK
124210-04	Th	5-5:45pm	6/16-7/28	7	\$125	CQPK
124003-01	Sa	4:30-5:30pm	6/18-7/30	6	\$105	PHRC
124003-02	Sa	4:30-5:30pm	8/06-9/10	6	\$105	PHRC

sports classes & leagues

Excite Soccer

Ages 3-6. Children will be encouraged to develop their mental, physical, and social abilities through creative soccer games and other activities taught by highly experienced staff, all trained working with young children. Our emphasis is on mastering basic coordination and agility with and without a soccer ball, as well as focus on providing a high energy, confidence building, environment where each player is empowered to play the beautiful game. Each practice will finish with small, sided scrimmages (le; 1v1, 2v2, 3v3 & 4v4)

422600-01	Sa	4:15-5pm	4/23-6/04	7	\$139	LEEC
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Little Champions Soccer

Ages 7-9. Little Champions Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

424212-01	M	5:30-6:15pm	4/18-6/06	7	\$125	CQRC
424212-02	W	5:45-6:45pm	4/20-6/08	8	\$139	CQRC
424212-03	Th	5:45-6:45pm	4/21-6/09	8	\$139	CQRC
424212-04	Sa	3-3:45pm	4/23-6/11	7	\$125	CQRC
124212-01	W	11:30-12:30pm	6/15-7/27	7	\$125	CQRC
124212-02	Sa	3-3:45pm	6/18-7/30	6	\$109	CQRC
124212-03	Th	6-6:45pm	6/16-7/28	7	\$125	CQRC
124212-04	M	5:30-6:15pm	6/13-7/25	5	\$95	CQRC

Ages 7-10

422616-01	M	4:30-5:20pm	4/18-6/06	7	\$175	PYPK
422616-02	W	4:30-5:20pm	4/20-6/08	7	\$175	CQPK
422616-03	Th	4:30-5:20pm	4/21-6/09	8	\$225	PYPK
122616-01	M	5:15-6:05pm	6/27-8/15	7	\$175	PYPK
122616-02	W	5:15-6:05pm	6/29-8/17	8	\$199	CQPK
122616-03	Th	5:15-6:05pm	6/30-8/18	8	\$199	PYPK

Ages 10-14

422616-04	M	5:35-6:25pm	4/18-6/06	7	\$175	PYPK
422616-05	W	5:35-6:25pm	4/20-6/08	7	\$175	CQPK
422616-06	W	5:35-6:25pm	4/21-6/09	7	\$175	PYPK
122616-04	M	6:20-7:10pm	6/27-8/15	7	\$175	PYPK
122616-05	W	6:20-7:10pm	6/29-8/17	8	\$199	CQPK
122616-06	W	6:20-7:10pm	6/30-8/18	8	\$199	PYPK

Adult Tennis 1

Ages 15 & up. New players learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Build consistency in groundstrokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. Instructor to participant ratio 4:1.

423102-01	M	9:45-10:55am	4/18-6/06	7	\$239	CQPK
423102-02	M	6:40-7:30pm	4/18-6/06	7	\$239	PYPK
423102-03	W	6:40-7:30pm	4/20-6/08	8	\$269	CQPK
423102-04	Th	6:40-7:30pm	4/21-6/09	8	\$269	PYPK
123102-01	M	7:25-8:35pm	6/27-8/15	7	\$239	PYPK
123102-02	W	7:25-8:35pm	6/29-8/17	7	\$239	CQPK
123102-03	Th	7:25-8:35pm	6/30-8/18	8	\$269	PYPK

Adult Tennis 2

Ages 15 & up. Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning, and skills necessary for initial singles and doubles match play. Prerequisite: Completion of Tennis 1 or similar experience. Instructor to participant ratio 4:1.

423103-01	M	11:05-12:15pm	4/18-6/06	7	\$239	CQPK
423103-02	M	7:45-8:55pm	4/18-6/06	7	\$239	PYPK
423103-03	W	7:45-8:55pm	4/20-6/08	8	\$269	CQPK
423103-04	Th	7:45-8:55pm	4/21-6/09	8	\$269	PYPK
123103-01	M	8:50-10pm	6/27-8/15	7	\$239	PYPK
123103-02	W	8:50-10pm	6/29-8/17	8	\$269	PYPK
123103-03	Th	8:50-10pm	6/30-8/18	8	\$269	LEEC

Cardio Tennis **NEW!**

Ages 16 & up. Target your fun. Get your heart-pumping cardio fitness workout now! This is real Cardio Tennis. Heart rate targeted. Lots of move and hit, no pointless running. This may be the most fun you've ever had!

123104-01	M	7:30-8:30pm	6/13-8/08	8	\$219	FWPK
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Adult Beginner Tennis Lessons

Ages 16 & up. The sport for your longer, healthier life is high-skill fun! Get playing immediately and learn the healthy, performant, modern play in simple steps. You will learn all the fundamental strokes and shots, as well as etiquette and the rules.

123107-01	M	5-6pm	6/13-8/08	8	\$219	FWPK
123107-01	M	6:15-7:15pm	6/13-8/08	8	\$219	FWPK

TENNIS & PICKLEBALL

Tennis 4 Kids

Ages 3-6. Learn to play like the pros in this exciting and interactive tennis class that consists of not only singles and doubles games and round-robin play, but also of a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Kids learn the fundamental rules of the game and techniques that will make them feel like experts in the sport.

*Students need a racket for the class.

Ages 3-5

424211-01	M	10-10:30am	4/18-5/23	6	\$125	CQPK
424211-02	M	10:45-11:15am	4/18-5/23	6	\$125	CQPK
424211-03	Th	5:15-5:45pm	4/21-6/09	8	\$165	CQPK
424211-05	Su	9:30-10:00	4/24-6/12	7	\$145	CQPK

Ages 4-6

424211-04	Th	5:55-6:25pm	4/21-6/09	8	\$155	CQPK
424211-06	Su	10:10-10:40am	4/24-6/12	7	\$145	CQPK
424211-07	Su	11-11:40am	4/24-6/12	7	\$145	CQPK
424211-08	Su	11:50-12:20pm	4/24-6/12	7	\$145	CQPK
124211-01	Su	9:30-10am	6/19-7/31	6	\$129	CQPK
124211-02	Su	10:20-10:50am	6/19-7/31	6	\$129	CQPK
124211-03	Su	11:10-11:50am	6/19-7/31	6	\$129	CQPK
124211-04	Su	12-12:30pm	6/19-7/31	6	\$129	CQPK

Fun & Fundamentals Tennis 1 & 2

Ages 7-14. Join FirstServe Tennis Academy on court for a first-rate instructional program in a fun, friendly, and supportive setting. Players learn and review the fundamental strokes (forehand, backhand, volley, overhead, and serve) through fun games-based activities. A tennis racket is required. Player-Coach ratio is 6:1.

Senior Tennis 1 55+

Ages 55 & up. Players learn the fundamental strokes: forehand, backhand, volleys, overhead and serving. Build consistency in ground strokes and develop and initial ability to rally as well as getting a dynamic workout. students are encouraged to repeat this class until they can consistently put the ball in play.

424213-01	F	9:30-10:30am	4/22-6/10	8	\$145	CQRC
424213-02	F	10:45-11:45am	4/22-6/10	8	\$145	CQRC

Family Red Ball Socials NEW!

All Ages. New to tennis? Old to tennis? Doesn't matter! If you've never played with Red balls, get ready! They make a good thwok when you hit them, and anyone with basic hitting ability can play. We'll provide everything but you and your water bottles. You can bring your kids, or not. Beginner, intermediate, advanced players, come out and play!

423108-01	F	5-6pm	4/22	1	FREE	LEEC
423108-02	Su	5-6pm	5/15	1	FREE	LEEC
423108-03	W	5-6pm	5/25	1	FREE	LEEC
423108-04	Su	5-6pm	6/05	1	FREE	LEEC

Intro to Pickleball

Ages 18 & up. Are you interested in learning the fundamentals of Pickleball? Pickleball is played on a court, and combines elements of badminton, ping pong and tennis. Come out, have fun, meet new people and get some exercise! Please wear tennis or court shoes. All equipment is provided.

113610-01	F	9:15-10:15am	5/13-6/17	6	\$69	CHRC
113610-02	F	9:15-10:15am	7/01-8/05	6	\$69	CHRC

Intermediate Pickleball

Ages 18 & up. Classes will focus on competitive play and teaches gamesmanship. Drills will include footwork; weight transfer and spin serve. Please wear tennis or court shoes. Students must take intro to pickleball prior to registering for this advanced level class. All equipment provided.

413613-01	F	10:45-12:15P	5/13-6/17	6	\$59	CHRC
413613-02	F	10:45-12:15P	7/01-8/05	8	\$79	CHRC

Adult Outdoor Pickleball 1

Ages 18 & up. Pickleball is a fun, popular mini-tennis-like game. You will learn all the basic strokes including dinks, volleys, forehands, backhands, and the serve and how to keep score. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1.

413105-01	W	5:30-6:20pm	4/20-6/08	8	\$199	LEEC
123105-01	W	5:30-6:20pm	6/29-8/17	8	\$199	LEEC

Adult Outdoor Pickleball 2

Ages 18 & up. Build on your skills to take your game to the next level. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes. Ratio 6:1

423106-01	W	6:30-7:20pm	4/20-6/08	8	\$199	LEEC
423106-02	W	7:30-8:20pm	4/20-6/08	8	\$199	LEEC
123106-01	W	6:30-7:20pm	6/29-8/17	8	\$199	LEEC
123106-02	W	7:30-8:20pm	6/29-8/17	8	\$199	LEEC

ADDITIONAL SPORTS CLASSES

Little Athletes and Me +ADULT

Ages 2-4. Little Athletes and me is a wacky parent and me sports and fitness class. The program is designed to introduce children to a variety of sports, games, and group activities all with the help of mom or dad. This is a co-ed program developed for ages 2-4 years old.

424007-01	Sa	12:15-1pm	4/23-6/04	7	\$105	PHRC
124007-01	Sa	12:15-1pm	6/18-7/30	6	\$105	LEEC

Pee Wee Lacrosse +ADULT

Ages 3-5. Introduce younger children and their families to our sports programs through the fundamentals of lacrosse. Promote physical fitness. Help develop key social skills like sharing, taking turns and sportsmanship. Youth are accompanied parent.

424006-01	Sa	11:15-12pm	4/23-6/04	7	\$105	PHRC
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Lil Lacrosse

Ages 3-6. Students will learn basic lacrosse skills in a fun and friendly environment. Lacrosse equipment provided.

422618-01	Sa	12-12:45pm	4/23-6/04	7	\$125	CQRC
422618-02	Su	9-9:45am	4/24-6/05	7	\$125	ODRC

Jump Shots for Tots

Ages 3-6. Play in fun basketball skill building games to create or fuel a passion for the game of basketball. Come dressed in athletic apparel.

122602-01	Sa	10-10:45am	6/25-8/27	10	\$179	NLRC
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Lil' Pro Sports

Ages 3-5. Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports. All sessions will take place outdoors and will follow physical distancing guidelines. Bring a mask and your own water bottle.

122708-01	Sa	10:15-11am	6/18-7/16	5	\$95	LEEC
122708-02	Sa	11:15-12am	6/18-7/16	5	\$95	LEEC

Martial Arts 4 Kids

Ages 3-8. Introduce your child to the fundamentals of Taekwondo! This provides so much more than physical fitness. Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect, and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by a World Taekwondo Federation certified instructor. Uniforms are required after the first class and are part of the tuition. Optional belt testing will be available at the end of the session for an additional fee.

422626-01	W	1:30-2pm	4/20-6/08	8	\$185	ODRC
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sports classes & leagues

Rookie Weekend Baseball Clinic

Ages 4-8 as of July 31, 2022. Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball in a fun and socially distant environment. Open to City of Alexandria residents only.

122714-01	Tu,Th	5-6pm	7/05-7/07	2	\$45	LEEC
122714-02	Tu,Th	6:15-7:15pm	7/05-7/07	2	\$45	LEEC

T-Ball & Coach Pitch Baseball

Ages 4-8 as of April 30, 2022. Teams are formed by recreation districts. Teams will practice once or twice a week (practice days vary by team). A league game will take place during the week and on Saturday afternoon. Open to City of Alexandria residents only.

422701-01	W,Sa	varies	4/02-6/11	21	\$95	LEEC
422701-02	Th,Sa	varies	4/02-6/11	21	\$95	LEEC

Little Athletes

Ages 5-7. Little Athletes is a fun and exciting collaboration sports class with the Patrick Henry Center and TIP Top Sports. The program is an athlete's dream. It is filled with various Sports, games and lead in activities that will allow kids to develop their true passion for sports.

424008-01	Sa	1:15-2pm	4/23-6/04	7	\$105	PHRC
124008-01	Sa	1:15-2pm	6/18-7/30	6	\$105	LEEC

Nerf Fencing

Ages 6-10. Learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use nerf foam sabers and have the option to wear fencing equipment.

422609-01	Tu	4-5pm	4/19-6/07	8	\$179	CQRC
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Baton Twirling

Ages 6-12. In this class students will learn basic twirling skills. This class will help develop arm strength as well as hand-eye coordination. We will focus on single baton twirls, rolls, and entry level tosses using correct form and techniques. Twirlers will learn a short routine to perform at the end of the session. This class will be fun, upbeat, and a great way to introduce baton twirling. Min 12 Max 20. Mask Required. No class 5/30.

413806-01	M	6-7pm	4/18-6/13	8	\$99	MVRC
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PK Move Parkour Class

Ages 7-11. Do you have kids jumping on the sofa? Sign them up for PK Move's parkour class! Parkour is obstacle course training but includes a variety of fun movement games and partner challenges. Your child will learn about parkour philosophy, safety, landing, vaults, flow and more! Please dress in athletic clothing.

422627-01	M,W	4-5:30pm	4/18-5/18	10	\$129	OTPL
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Ball Handling (Basketball)

Ages 7-12. Spring is here and it is time to work on the fundamentals of the game of basketball. Participants will learn the basics of passing, shooting, dribbling, offense, and defense. Open to City Alexandria residents only.

422716-01	W	5-6pm	4/06-4/27	4	\$95	LEEC
422716-02	W	6:30-7:30pm	4/06-4/27	4	\$95	LEEC

Nerf the Turf

Ages 7-12. More than a battle with foam darts, kids develop teamwork, problem-solving, and sportsmanship skills. Bring gear and equipment, and we will supply the ammo.

484002-01	F	6:30-8:30pm	4/22	1	\$15	PHES
484002-02	F	6:30-8:30pm	5/06	1	\$15	PHES
484002-03	F	6:30-8:30pm	5/22	1	\$15	PHES

E-Sports Academy NEW!

Ages 7-13. Does your child like video games? Would you like them to turn their passion for gaming into something productive? This is the class for them. Participants will learn about the higher education and professional opportunities that exist in gaming. They will get to play and learn about the specific age-appropriate games involved in collegiate and professional gaming. In addition, they will learn about the strategies involved in being successful at esports.



122629-01	Sa	11-12pm	6/25-8/27	10	\$179	LEEC
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Basketball Drills & Skills

Ages 7-14. Basketball season is on hold, but you can still get ready by learning the fundamentals of the game. Participants will learn the basics of passing, shooting, dribbling, offense, and defense. Open to City of Alexandria residents only.

122716-01	W	5-6pm	8/03-8/24	4	\$95	LEEC
122716-02	W	6:15-7:15pm	8/03-8/24	4	\$95	LEEC

Intro to Skateboarding

Ages 7-14. This skateboard camp is packed with fun, excitement, and safety. Campers will receive instruction on how to safely ride, tack turn, kick turn, approach ramps, rock n' roll, rock to fakie, ollie, grind, drop in and get air. Instructional moves and skating games will be incorporated into each camp day. Participants must bring their own skateboards, helmets, and pads.

422623-01	W	4:15-5:15pm	4/20-6/08	8	\$155	SJSP
122623-01	Tu	4:30-5:30pm	6/14-7/19	6	\$129	SJSP
122623-02	W	4:30-5:30pm	6/15-7/20	6	\$129	SJSP
122623-03	Th	4:30-5:30pm	6/16-7/21	6	\$129	SJSP
122623-04	Tu	4:30-5:30pm	7/26-8/30	6	\$129	SJSP
122623-05	W	4:30-5:30pm	7/27-8/31	6	\$129	SJSP
122623-06	Th	4:30-5:30pm	7/28-9/01	6	\$129	SJSP

Girls Weekend Softball Clinic

Ages 8-14 as of July 31, 2022. Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach players to enjoy the game of softball and improve their skills. Open to City of Alexandria residents only.

122713-01	W	5-6pm	7/06-7/27	4	\$95	LEEC
122713-02	W	6:15-7:15pm	7/06-7/27	4	\$95	LEEC

sports classes & leagues

Jr. Wizards Basketball Clinic

Ages 8-14. The Alexandria Department of Recreation, Parks and Cultural Activities is pleased to partner with the Jr. Wizards to offer basketball clinics for City of Alexandria residents. The Jr. Wizards basketball programs are designed for players of all ages and skill levels. Players will work on the fundamental skills needed to become a better player in a fast paced and fun environment.



422721-01 Sa 9:30-10:30am 5/21 1 \$5 LEEC

Elite Sports **NEW!**

Ages 14-18. Our sports performance classes will focus on mental preparation, speed, explosion, agility, strength, fitness, and conditioning training. A key objective in our workshops is to ensure that every athlete is challenged in an intense and fun atmosphere that will enable them to learn, maximize their performance and achieve peak condition.

122630-01 M 4:30-5:30pm 6/13-8/29 12 \$165 PHRC

Fencing for Teens/Adults

Ages 16 & up. Learn the basic principles of the sport, including footwork, strategy, and technique. Foils, masks, and jackets provided (no equipment rental fee). Students should dress in comfortable, athletic clothing. Court shoes or cross trainers recommended. \$10 non-competitive U.S. Fencing membership required (details at first class session).

423100-01 W 7-8pm 4/20-6/08 8 \$99 PHES

YOUTH LEAGUES

Alexandria Lacrosse Club

Ages 5-15. Ages 7-15 (boys), 5-15 (Girls). Alexandria Lacrosse Club (ALC) provides boys and girls the opportunity to learn and play the game of lacrosse in a fun and structured environment. Our goal is to give our community youth a great lacrosse experience including life-long lessons of sportsmanship, teamwork, and leadership. Teams are formed by age/grade divisions and skill level—all skill levels are encouraged from beginner to advanced. Each team practices weekly and plays games on Saturdays (Boys) and Sundays (Girls). ALC has limited loaner equipment and registration scholarships. **Register at www.alexandrialacrosse.com.**

423310-01 Varies 2/01-6/04 \$190 MHPK

Alexandria City Track & Field

Ages 7-14 as of May 31, 2022. Come show how fast you are! Participants can compete in the 50, 100, 200, 400-meter dash and the 800- and 1600-meter run or get your friends together and form a relay team. Field events include softball throw, standing long jump, and javelin throw. Open to City of Alexandria Residents Only.

422703-01 Sa 9-1pm 5/21 1 \$5 AXHS

Alexandria Titans Track & Field

Ages 7-14 as of May 31, 2022. Come show how fast you are! Participants can compete in the 50, 100, 200, 400-meter dash and the 800- and 1600-meter run or get your friends together and form a relay team. Field events include softball throw, standing long jump, and javelin throw. Open to City of Alexandria Residents Only.

122705-01 Tu,Th 5-6pm 6/29-7/29 10 \$5 TCHS

Alexandria Titans Indoor Track

Ages 7-14. Develop techniques used in track & field running and field events with an emphasis on teamwork, sportsmanship, and healthy competition.

422719-01 Su 12-1pm 5/01-5/22 4 \$95 PHRC

422719-02 Su 1:45-3pm 5/01-5/22 4 \$95 PHRC

Girls Field Hockey League

Ages 8-14 as of July 31, 2022. Join us for a fun introduction to the rapidly growing sport of field hockey. Players are required to provide their own field hockey sticks, shin guards, goggles, and mouthpieces. City of Alexandria residents only.

422720-01 Tu,Th 6-7:30pm 6/02-7/28 17 \$95 WRFD

Johnson & Siebert Teen Basketball League

Ages 12-17 as of June 30, 2022. Boys' and Girls' teams will be formed in two divisions (Ages 12-15 and Ages 16-17). Boys' and Girls' teams are formed by recreation districts. All team practices and league games will be played during the week. City of Alexandria residents only.

122702-01 M,W 6/06-7/27 \$95 JHES

SPORTS AFFILIATES

Alexandria Lacrosse Club

alexandrialacrosse.com

Alexandria Little League

alexandriabaseball.com

Alexandria Rugby Club

alexandrialacrosse.com

Alexandria Soccer Association

alexandria-soccer.org

Alexandria Titans Football

alexandriatitansfootball.org

Sports Hotlines

For weather and field closure updates, call:

YOUTH: 703.746.5597

ADULT MEN'S: 703.746.5596

ADULT COED & WOMEN'S: 703.746.5595



BRUSH UP ON CURRENT SKILLS OR LEARN SOMETHING NEW. Our enrichment and continuing education programs will supply you with the knowledge you're seeking.



EDUCATION

B.E.A.R. **+ADULT** **DROP-IN** **INCLUSION**

Ages 1-5 with adult. Be Enchanted About Reading is a story time with a twist of enchantment. Listen to your favorite stories and fairy tales as they come to life as the reader acts out the story in full costume. No class 4/14.

443004-01	Th	10:30-12pm	4/07-4/28	3	\$39	NLRC
443004-02	Th	10:30-12pm	5/05-5/26	4	\$55	NLRC

My First Lemonade Stand

Ages 5-8. Let's sell lemonade! Young students become "lemonade entrepreneurs" and learn how to make yummy lemonade and earn money selling it! From designing marketing flyers to estimating profits to experimenting with recipes, students have fun while developing business savvy.

444207-01	F	4-4:45pm	4/22-6/03	7	\$145	CQRC
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Money Matters

Ages 5-8. Earn, save, spend, donate! Let's learn about money! Games and hands-on activities help students internalize important financial concepts (like money, budgeting and saving) in a fun and supportive environment fostering teamwork. This unique experience empowers students with the mindset to start making sound financial decisions and develop into responsible global citizens. Financial literacy is an essential 21st century skill that will benefit all students, no matter where life takes them.

444208-01	F	5-5:45pm	4/22-6/03	7	\$145	CQRC
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TECHNOLOGY & SCIENCE

The Science Seed®: Lil Scientist

Ages 3-8. Each session includes topics in geology, chemistry, biology, physics, and nature, exposing kids to a variety of experiences...science is everywhere! Classes are taught in fun, interactive and age-appropriate ways to ensure that your child not only has fun but builds a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and how you can continue the lesson at home.

442620-01	Th	3-3:45pm	4/21-5/26	7	\$105	CHRC
442620-02	Th	4-4:45pm	4/21-5/26	7	\$105	CHRC
442620-03	Sa	10-10:45am	4/23-6/04	7	\$105	CHRC
442620-04	Sa	11-11:45am	4/23-6/04	7	\$105	CHRC

Science Art Mania

Ages 5-12. Little scientists are introduced to awesome activities that fosters curiosity, "what if" questions and messy fun! Activities include learning how volcanoes evolve and erupt, the use of safe household products for blowing up balloons and making lava lamps, building interactive lung models, making a CD Hovercraft and more.

Ages 5-7

443801-01	Tu	6:15-7:15pm	4/19-5/24	6	\$99	MVRC
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Ages 8-12

443801-02	Th	6:15-7:15pm	4/21-5/26	6	\$99	MVRC
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DIY Kids Workshop

Ages 5-12. Do it yourself workshop (DIY) will collaborate with Home Depot to conduct a one-day outdoor workshop. These workshops are designed to give our youth the opportunity to create and build small DIY projects that will be led by a Home Depot staff so they could become future builders of their own imagination for a day. Space will be limited to 9 children per workshop.

143703-01	Sa	12-1pm	6/04	1	\$5	CKRC
143703-02	Sa	12-1pm	7/09	1	\$5	CKRC

Minecraft Modding

Age 6-9. Students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, biomes and more! Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience and create your own custom mods to take home today!

142601-01	W	5-6pm	7/06-8/10	6	\$155	CHRC
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Coding and Design Games with Scratch

Ages 9-14. Use your imagination for creative thinking, while learning to create and program simple games using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Use premade art assets or create your own and learn how to program them to walk, talk and interact with objects.

Ages 6-9

442616-01	Sa	9:30-10:30am	4/23-6/04	7	\$155	CHRC
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Ages 10-14

442616-02	Sa	11-12pm	4/23-6/04	7	\$155	CHRC
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SOCIALIZE

Kid Rock Social Hour **+ADULT**

Ages 0-4. It's never too early to help your child learn social skills. This unstructured playgroup encourages development through music, movement, and play. Drop-ins welcome on Fridays, \$5 each.

453805-01	M, W	10-12pm	4/18-5/25	12	\$99	MVRC
453805-02	M, W, F	10-12pm	4/18-5/27	18	\$99	MVRC

IT'S SHOW TIME. Get your creative juices flowing and impress your family and friends with your new skills!



BALLET



Pre-Ballet & Movement

Ages 3-5. Do you have an aspiring ballerina? This class teaches children the five ballet positions and explores creative movement. Students learn the disciplines of dance while having fun and promoting physical coordination and mental concentration.

452605-01	Sa	9:15-10am	4/23-6/04	7	\$85	CHRC
152605-01	Sa	9:15-10am	6/18-8/27	11	\$129	PHRC

All that Jazz & Ballet

Ages 5-7. Experience the joy of dance! In this combination class, children will practice Ballet steps and explore Creative Movement. They also will learn fun Jazz moves to contemporary age-appropriate music. This class focuses on building basic dance technique which can help kids improve their flexibility, strength, and rhythm. Ballet shoes recommended. If you have questions, email susannah@gobananasdancing.com. During class, each student's parent or caregiver must remain at the Rec Center outside the classroom. Masks are required for all participants.

452635-01	W	5:40-6:25pm	4/20-6/08	8	\$155	CHRC
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Ballet I

Ages 5-8. Learn the basic ballet techniques, including adagio, barre and center floor. Children will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration.

452610-01	Sa	10:15-11:05am	4/23-6/04	7	\$85	CHRC
152610-01	Sa	10:15-11:05am	6/18-8/27	11	\$129	PHRC

Ballet II

Ages 6½-11. Focus on barre, center floor, across the floor, stretching, adagio and routine with an introduction to leaps, turns and jumps. learn the disciplines of dance while having fun and promoting physical and mental concentration, balance, and strength.



Prerequisite: completion of Ballet 1 or equivalent training.

452611-01	Sa	11:20-12:10pm	4/23-6/04	7	\$85	CHRC
152611-01	Sa	11:20-12:10pm	6/18-8/27	11	\$129	PHRC

Ballet III

Ages 7-12. Focus on barre, center floor, across the floor, stretching, adagio and routine with an introduction to leaps, turns and jumps. learn the disciplines of dance while having fun and promoting physical and mental concentration, balance, and strength. Prerequisite: completion of Ballet 2 or equivalent training.

452612-01	Sa	12:30-1:20pm	4/23-6/04	7	\$85	CHRC
152612-01	Sa	12:30-1:20pm	6/18-8/27	11	\$129	PHRC

DANCE

Modern Dance 4 Tots

Ages 3-5. Modern Dance appeals to the creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy, and connection. Students will learn a variety of dance styles including hip hop, jazz, and more.

454203-01	W	11:45-12:30pm	4/20-6/08	8	\$165	CQRC
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Jazz Hip Hop Combo **NEW!**

Ages 4-10. Build confidence as a dancer by learning basic jazz and hip-hop dance principles set to popular music such as syncopated rhythms, body isolations, coordination, and choreography. Develop musicality and rhythm while learning dance vocabulary and the use of counting. This class will encourage students to dance outside of the box and bring their own personality to each movement.

Ages 4-6

454201-01	W	4-4:50pm	4/20-6/08	8	\$95	CQRC
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Ages 7-10

454201-02	Tu	5:15-6:05pm	4/19-6/07	8	\$95	CQRC
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Modern Dance 4 Kids

Ages 5-9. Modern Dance appeals to the creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy, and connection. Students will learn a variety of dance styles including hip hop, jazz, and more.

454200-01	W	5-5:50pm	4/20-6/08	8	\$165	CQRC
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Social Dance

18 & up. No more sitting at the next wedding or beach party! Master the basic steps of social-style foxtrot, cha, and swing, and add a few fun steps to your slow dance. In this six-week series, you'll learn to lead and follow as well as the steps and styling to be able to step out on the dance floor with confidence.

453103-01	F	7-8:15pm	4/22-5/27	6	\$95	PHRC
153103-01	F	7-8:15pm	6/17-7/15	6	\$95	PHRC

Ballroom Dance

18 & up. Learn how to use a basic box step in three popular dances-waltz, foxtrot and rumba and some special steps to move around the floor and "show off the dress." In this six-week series, you'll not only learn three dances, you'll get wedding dance song suggestions, some special wedding dance styling and a fun entrance and end for your very special dance.

453104-01	Sa	5-6:15pm	4/23-5/28	6	\$95	PHRC
153104-01	Sa	5-6:15pm	6/18-7/16	6	\$95	PHRC

MUSIC



Little Hands Music +ADULT

Ages 0-7. Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this session's theme. All classes are taught by experienced music educators and trained music therapists. **To register, visit www.littlehands.com.**

Little Fingers Piano +ADULT

Ages 2-5. Our youngest musicians will participate in guided musical exploration and age-appropriate theory as well as musical games, special extension curriculum-based activities, musical listening excerpts, and more!

442618-01 Sa 10:45-11:15am 4/23-6/04 7 \$119 ODRC

142618-01 Sa 10:40-11:10am 7/09-8/13 7 \$119 ODRC

My First Music Class +ADULT

Ages 2-5 with adult. Enjoy Music with your child while they experience their FIRST Music class! We will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and surprises, etc.! Students and parents will participate in language repetition & speech development, greetings and goodbyes, verbal and physical counting, memory & reaction exercises, gross & fine motor skills, instrument manipulation & handling, rhythm exercises, and listening & melody development.

424623-01 Sa 10-10:30am 4/23-6/04 7 \$119 ODRC

124623-01 Sa 10-10:30am 7/09-8/13 7 \$119 ODRC

Private Music Lessons

Ages 5 & up. Learn a new artistic skill or continue developing! 30-minute lessons are one-on-one with Mark Evans. Instructor can teach piano, violin, cello, and double bass. Lessons can be held in person or virtually.

442611-01 F 3-3:30pm 4/22-6/10 8 \$275 ODRC

442611-02 F 3:45-4:15pm 4/22-6/10 8 \$275 ODRC

442611-03 F 4:30-5pm 4/22-6/10 8 \$275 ODRC

442611-04 F 5:15-5:45pm 4/22-6/10 8 \$275 ODRC

442611-05 F 6-6:30pm 4/22-6/10 8 \$275 ODRC

442611-06 F 6:45-7:15pm 4/22-6/10 8 \$275 ODRC

442611-07 F 7:30-8pm 4/22-6/10 8 \$275 ODRC

142611-01 F 5-5:30pm 6/24-8/26 8 \$275 ODRC

142611-02 F 5:45-6:15pm 6/24-8/26 8 \$275 ODRC

142611-03 F 6:30-7pm 6/24-8/26 8 \$275 ODRC

142611-04 F 7:15-7:45pm 6/24-8/26 8 \$275 ODRC

Group Piano

Ages 5-12. Learn the basics of piano in a group lesson setting. Rental Instrument and music Curriculum Provided. Instruments to be used in class and brought home for at home practice in between. Instruments will be collected at the last class.

442624-01 W 6-7pm 4/20-5/25 6 \$129 CHRC

442624-02 Th 6-7pm 4/21-5/26 6 \$129 CHRC

142624-01 W 6-7pm 7/20-8/24 6 \$129 CHRC

142624-02 Th 6-7pm 7/21-8/25 6 \$129 CHRC

VISUAL ARTS



Abrakadoodle Twoosy Doodlers +ADULT

Ages 20 mo.-3 years with adult. Little fingers will experiment with painting, gluing, sticking, printing, and creating while developing fine motor, language, and self-help skills. This is an "I can do it" class that is fun and creative.

452600-01 Tu 10-10:45am 4/19-6/07 8 \$159 ODRC

152600-01 Sa 10:30-11:15am 6/25-8/13 8 \$159 CHRC

Abrakadoodle Mini Doodlers

Ages 3-6. Children develop their creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique. All materials are included.

452613-01 Sa 11:30-12:15pm 4/23-6/04 7 \$115 ODRC

152613-01 Sa 11:30-12:15pm 6/25-8/13 8 \$159 CHRC

Getting into Shapes

Ages 3-7. Students will learn to draw pictures using shapes. We will work on shading and adding definition to the shapes to create pictures. Students will learn different techniques for painting and gain exposure with different mediums. Price includes materials needed.

444210-01 Tu 10-10:45am 4/19-5/31 7 \$145 CQRC

444210-02 W 4:30-5:15pm 4/20-6/01 7 \$145 CQRC

Artistic Drawing with Young Rembrandts

Ages 6-10. This class uses a structured stepwise format to teach elementary students useful drawing skills, while developing creative thinking strategies. The curriculum develops academically relevant skills, including spatial-motor planning, mental discipline, and fine motor skills, while providing a fun, enriching experience for our students.

452626-01 Sa 10-11am 4/23-6/04 7 \$155 PHRC

Mindful Art NEW!

16 & up. Get a creative spark by taking a mindful looking journey followed by artmaking on a related theme. Each week will explore a different theme (balance, perspective, silence, etc.) and a different media (paint, collage, poetry, etc.).

453116-01 Th 6-6:45pm 4/21-5/26 6 \$55 CHRC

Senior Sip & Paint 55+

55 & up. Seniors will come and socialize and paint their work of art with their friend and others while enjoying a cup of coffee, tea, or juice in an relaxing environment.

454001-01 Th 10-11am 4/21-5/26 6 \$35 PHRC

COOKING

Sweet Treats (Cake Decorating)

Ages 6-11. Students will learn fun and creative cake decorating techniques. They will learn how to set up, hold, and control the piping bags as well as decorate cardboard and Styrofoam cakes.

444211-01 F 4:30-5:15pm 4/22-6/10 8 \$185 CQRC

Torpedo Factory Art Center

105 N. Union St. • 703.746.4570 **FREE ADMISSION**
torpedofactory@alexandriava.gov • torpedofactory.org

Hours: Wednesday-Sunday 10am-6pm

Founded in 1974 in a former naval munitions plant, the Torpedo Factory Art Center is home to America's largest colony of publicly accessible working-artist studios under one roof. Explore all three floors to find work by more than 165 local artists. Watch them at their craft, ask about their creative processes, and purchase original work for your collection.



CONNECT @torpedofactory



#artsALX

UpCycle Creative Reuse Center

At UpCycle CRC, artistic creativity and conservation go hand in hand. UpCycle's visual arts programs integrate reclaimed materials and various arts media in exploratory art experiences and project work. For more information about classes and camps, visit UpCycleCRC.org



Celebrate National Poetry Month in the City of Alexandria



You are encouraged to "celebrate" poetry during the month of April. Watch for an announcement of the appointment of a new Poet Laureate and the placement of new DASHing Words in Motion poetry on the Alexandria Transit Company's DASH buses and Trolleys. Alexandrians are encouraged to participate in National Poetry Month activities in the city throughout the month of April. Schools, local businesses, libraries, and recreation centers will promote poetry writing and reading and encourage broad participation in the month-long celebration.

The Academy of American Poets designated April as National Poetry Month to celebrate poetry and its ability to enrich everyday life. To learn more about National Poetry Month and the activities celebrated throughout the country, visit www.Poets.org.

To learn more about the poetry activities to participate in visit: alexandriava.gov/Arts

If you wish to get involved in local poetry activities, e-mail: poet@alexandriava.gov, or call Cheryl Anne Colton, Regional Program Director, Office of the Arts, Alexandria Department of Recreation, Parks and Cultural Activities at 703.746-5565, or email: arts@alexandriava.gov, or visit: www.alexandriava.gov/Arts, scroll to Literary Programs.

SPRING ARTS GRANT PROGRAM OPPORTUNITIES

The City of Alexandria offers a variety of grant programs through the Office of the Arts. The grant programs. Over the next three months, several grant programs will be offered to support artistic excellence in the city by assisting Alexandria-based artist(s) and arts organizations by providing affordable programs for the community to engage with the arts, and providing local artists with opportunities to create, perform, and present their works.

To learn about the arts grant programs, call Cheryl Anne Colton, Regional Program Director, Office of the Arts, Alexandria Department Recreation, Parks and Cultural Activities at 703.746.5565, or email: arts@alexandriava.gov, or visit: www.alexandriava.gov/arts, scroll to Grant Program

nature & environmental education

MAKE THE WORLD A BETTER PLACE. Investigate Alexandria's natural resources and its inhabitants and learn how to care for the environment. Don't wait, quench your curiosity today.



NATURE

Little Adventures +ADULT

Ages 3-5 with adult. Explore and make connections to the natural world with your child! Join our environmental educators for games, crafts, and walks through the forest. Fee covers the cost of all three sessions.

469800-01 F 10:30-12pm 4/22,5/27,6/24 3 \$35 BFNC

Backyard Nature +ADULT

Ages 4 & up. Learn about Alexandria's native plants and animals! An environmental educator will discuss techniques for identifying common species and demonstrate how to identify local plants and animals on your own using the iNaturalist app. Join us for a walk on 4/30 as we participate in the City Nature Challenge!

469849-01 W 6-7pm 4/27 1 \$5 VIRTUAL

469849-02 Sa 10-11am 4/30 1 \$5 BFNC

Volcanoes NEW!

Ages 6-9. Let's explore the world of volcanoes! We'll discuss how they're formed, what's inside, and what makes them erupt. Activities include a triorama and simulating an eruption.

469855-01 Sa 10:30-12pm 6/11 1 \$5 BFNC

Predator vs. Prey NEW!

Ages 7-12. Learn about the differences between predators and prey! We will explore how animals adapt to live amongst each other and the techniques they use to survive in the wild. We will also learn about predator-prey relationships and food chains. Program will include games, activities, and a craft.

469854-01 Sa 2-3pm 6/25 1 \$5 BFNC

Stream Exploration

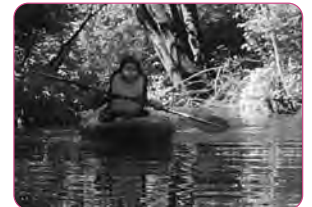
Ages 8-12. Did you know that healthy trees, shrubs, and grasses protect clean water and wildlife? We will use the scientific method to determine water quality in our local stream. Participants should wear shoes and clothes that can get wet.

469846-01 Sa 10:30-12pm 5/21 1 \$5 BFNC

469846-02 Sa 10:30-12pm 8/27 1 \$5 BFNC

Youth Kayaking

Ages 9-16. Join us for a day out on the river. Certified instructors will teach safety and the basic techniques you need to enjoy kayaking. All equipment provided. Covid-19 safety measures will be in place. This program will be held at the Kayak Barn located at 3850 Commonwealth Ave. Call 703.746.5474 before registering.



483624-01 Sa 9:30-11:15am 5/14 1 FREE CHRC

Nature Trivia NEW!

Ages 12 & up. Do you know the state bird of Virginia? Put your nature knowledge to the test through interactive trivia! Compete for prizes as we explore the plants, animals, and ecosystems of Virginia! Smartphones required.

469853-01 F 6:30-7:30pm 8/12 1 \$5 BFNC

469853-02 Th 6:30-7:30pm 8/18 1 \$5 VIRTUAL



Jerome "Buddie" Ford Nature Center alexandriava.gov/NatureCenter

5750 Sanger Ave. • 703.746.5559 • Hours: W-Sa 10 am-4 pm year-round

FREE ADMISSION!

- Live turtles, snakes, toads, lizards, and more
- Mounted black bear, red fox, turkey, and bobcat
- Exhibits on local geology, insects, and aerial maps
- MicroEye interactive exhibit; view specimens up to 40x zoom
- 50-acre wildlife sanctuary, 1-mile paved trail, marshland, and stream
- Birthday parties, field-trips, scout programs and volunteer opportunities available
- Check our website regularly for new pop-up programs and more!

Weekdays at the Nature Center

All mini-interactives start at 11 am and are free and open to the public.

Wednesdays: Storytime – Join us for a short story in our library.

Thursdays: Animal Brunch – Watch our turtles, frogs, or newts dine on their favorite foods.

Fridays: Animal Meet & Greet – Get to know an animal that lives at the nature center.

City Nature Challenge

All ages. Together we will participate in the City Nature Challenge using the iNaturalist app (available for Android and iOS devices). Explore your own backyard or join us as we venture into Alexandria parks to discover, observe, and record plants and animals! We will use iNaturalist to share our observations with a global network of scientists and other citizen-scientists!

469850-01	F	9:30-10:30am	4/29	1	FREE	BBPK
469850-02	Sa	9:30-10:30am	4/30	1	FREE	DKPK
469850-03	Su	9:30-10:30am	5/01	1	FREE	HRPK
469850-04	M	9:30-10:30am	5/02	1	FREE	FMRP

Gardening Series **NEW!**

Adults. Spring Planting: Spring is upon us! Want to start a flower or vegetable garden? Not sure when the appropriate time is to begin planting in our region? Want to know how to best analyze your soil before you start planting? Get easy planting tips and learn which herbs and vegetables grow best in containers, and which are best planted in an outdoor garden.

469851-01	Sa	11-12:30pm	4/16	1	\$5	BFNC
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Adults. Intro to Container Gardening: If you live in an apartment or have limited outdoor space, container gardening may be the ideal solution for you! Learn the best techniques for growing fresh flowers, herbs, and vegetables throughout the season. You will receive tips to help you choose proper containers, easy plants to grow, and the best combination of plants to grow successful herbs and vegetables. Supplies provided.

469851-02	Sa	11-12:30pm	5/14	1	\$5	BFNC
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Adults. Pollinator Habitat and Food Sources: Join us to learn what pollination is and who the pollinators are in our pollinator garden at the nature center. You'll hear from experts about the benefits we provide them, and what they provide us. You'll get the best tips for creating your own native plant habitat on your balcony or garden!

469851-03	Sa	11-12:30pm	7/16	1	\$5	BFNC
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Nature Mystery **NEW!**

Families. Can you solve the mystery of who stole Bear's berries? Look for clues, solve puzzles, and unmask the thief. Participants will also meet live animals and take home their own Nature Detective badge. Registration required for ages 2 and up.

469852-01	Sa	1-2pm	6/04	1	\$5	BFNC
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Eco Book Club **NEW!**

Ages 16 & up. Do you have an interest in topics like our impact on the environment, climate change, ecosystems, or natural history? If so, this is the book club for you! Join fellow nature enthusiasts to discuss ecology themed books, led by an Environmental Educator from the Buddie Ford Nature Center. This book club is not academic in nature and is open to anybody and everybody aged 16 and up. No scientific background, expertise, or prior knowledge is required to participate. We will meet virtually once a month. The program is free but advance registration is required as space is limited!

469856-01	Th	7-8pm	5/05-8/04	4	FREE	VIRT
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Dog-Friendly Nature Hike: Native Trees

All ages. What makes a morning hike in the park even better? Having your dog tag along! Join an Arborist as we explore Dora Kelley Nature Park. All dogs must remain on-leash at all times. Light refreshments provided. Registration fee required for each participant.

469848-01	Sa	9-11am	4/30	1	\$3	BFNC
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Wildlife Bike Ride **NEW!**

Adults. Explore Alexandria's beautiful parks and learn about the animals that call it their home! You'll proceed at a leisurely pace over mostly level, paved pathways, stopping at points of natural and environmental interest along the way. Bring your own bicycle, water, and snacks. Participants will leave from Dora Kelley Nature Park (adjacent to Jerome Buddie Ford Nature Center).

469830-01	Sa	9:30-11:30am	5/07	1	\$5	DKNP
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Scan the QR codes below with any mobile reader for quick access to the latest news, events, information and conversations with the Department of Recreation, Parks & Cultural Activities.



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out of school programs

SCHOOL IS OUT... LET THE FUN CONTINUE! Afterschool programs offer activities incorporating play, learning, cultural enrichment and positive social interaction.



2022-23 School Year Power-On

Ages 5-12. In Kindergarten through Grade 6.

Join us as we create a One World, One Dream afterschool utopia! Discover creative and performing arts, traditional recreation activities, sports, health and fitness, holiday and family events and



more! Participants are encouraged to develop a sense of camaraderie and an understanding of teamwork! Open to City of Alexandria residents only. Holiday and registration maximum and minimum vary by location. Program meets 2:30-6pm when ACPS schools are open at the following locations:

Ages 5-12: JAES, DMES, CBRC, CHRC, CKRC, FDES, MVRC, PHRC, WRRC

TR Achieving Greatness **TR** **INCLUSION**

Ages 6-21. Therapeutic Recreation participants only. Are you looking for a program that will help your child develop important life skills, increase confidence, build social skills and lasting friendships? Participants will engage in structured enrichment activities in a safe and welcoming environment. Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5535. No class 4/11, 4/12, 4/13, 4/14, 4/15, 5/30.

443001-01	M-F	2:35-6pm	4/1-4/29	21	\$149	NLRC
443001-02	M-F	2:35-6pm	5/1-5/31	21	\$149	NLRC

2022-23 School Year Power-On Registration begins June 29.

Registration process details will be available at alexandriava.gov/Recreation by May 1.

School Year Power-On Financial Assistance Pre-Registration

Available to families who qualify for federal assistance programs (Free/Reduced School Meals, SNAP, and TANF)

Pre-Registration opens June 13 and ends June 18. Families will be notified of their eligibility via email or by phone beginning June 22. General online only registration, begins June 29 at 9am (online only). In-person and online registration begins June 30, until all openings are filled. Pre-Registration forms can be completed online or completed onsite at one of the neighborhood recreation centers or Summer OSTP locations during regular program hours.

In accordance with the City of Alexandria's Social Equity initiative, pre-registration in the Power-On Out of School Time Program (OSTP) is available for families who qualify for federal assistance programs.

Financial Assistance Procedures:

To be considered for financial assistance, the Financial Assistance Application form must be completed and submitted with supporting documentation at the time of registration. Applicants must provide at least one of the following current documents: official free/reduced school meal eligibility letter, official SNAP documentation, official TANF documentation, or official Department of Community and Human Services (DCHS) documentation. 2020-21 documentation is accepted.

Any request for fee assistance without the stated documentation or at a level above and beyond the established discount must include an explanation and be approved by a Recreation Services Division Chief. This process takes additional time and registration will be delayed until approval has been secured. For more information, please call 703.746.5414.

SCHOOL YEAR POWER-ON FEES	
Full Program Fee	\$575
Free/Reduced School Meals	\$295
SNAP	\$245
TANF	\$145

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description and registration information for each program.

	PAGE	age in years																	
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54
Aquatics																			
Swimming																			
Alex Preschool Level 1	2		●	●	●														
Alex Preschool Levels 2	3		●	●	●														
Alex Preschool Levels 3	3		●	●	●														
Alex Swim Level 1	3						●	●	●	●	●	●	●						
Alex Swim Level 2	3						●	●	●	●	●	●	●						
Alex Swim Level 3	4						●	●	●	●	●	●	●						
Alex Swim Level 4	4						●	●	●	●	●	●	●						
Alex Swim Level 5	4						●	●	●	●	●	●	●						
Alex Swim Level 6	4						●	●	●	●	●	●	●						
Adult Advanced Swim	5																	●	●
Adult Beginner Swim	5										●	●	●	●	●	●	●	●	●
Adult Intermediate Swim	5																	●	●
Adult Intermediate/ Advanced Swim	5																	●	●
Teen Swimming	5										●	●	●	●	●	●	●	●	●
Wahoos Swim Team	5						●	●	●	●	●	●	●	●	●	●	●	●	●
Water Explorers*	2	●	●	●	●														
We Aquatics	3		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Aqua Fitness																			
Aqua Aerobics	6																	●	●
Aqua Bootcamp	6																	●	●
Aqua Exercise for Seniors	7																	●	
Aqua Sculpt	6																	●	●
Aqua Spin	6																	●	●
Aqua Zumba	6																	●	●
BLT (Buns, Legs & Tummy)	6																	●	●
Blue Octopus Scuba	7																	●	●
Deep Water Aqua Aerobics	6																	●	●
Get in Deep w/Candice	6																	●	●
Hi/Lo Water Aerobics	6																	●	●
Water Walking	6																	●	●
Community Swim Activites																			
Alexandria Dog Swims	7	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Mind/Body Wellness																			
Candlelight Yoga	8																	●	●
Chair Yoga	9																	●	
Evening Flow Yoga	8																	●	●
Flow Yoga	8																	●	●
Hatha Yoga I	8																	●	●
Mid-Day Mindfulness	8																	●	●
Power Vinyasa-Beginner	8																	●	●
Private Yoga Lessons	8																	●	●

	PAGE	age in years																		
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Mind/Body Wellness (cont.)																				
Stretch and Flow Yoga	8																		●	●
Therapeutic Yoga for Anxiety	8																		●	●
Yoga 4 Kids	8	●	●	●	●	●	●	●	●	●	●	●								
Youth Yoga	8							●	●	●	●	●	●							
Cardio Workout																				
Hula Hoop Fusion	9																		●	●
Jazzercise	9																		●	●
LaBlast Dance Fitness & Tone	9																		●	●
Senior Body Part Aerobics	9																		●	
Zumba	9																	●	●	●
Cardio & Strength																				
Adult Cardio & Weight Training	10																		●	●
Balance & Stretch	11																		●	●
The Beast Workout	9										●	●	●	●	●	●	●	●	●	
BodyBlast Bootcamp	11																		●	●
BodyBlast Cardio/Core	11																		●	●
Body Sculpt Yoga with Weights	11																		●	●
Boxercise	10																		●	●
ChinquaCircuit	11																		●	●
Essentrics: Age Reversing Stretch	11																		●	●
Fit4Baby	12																		●	●
Fit4Mom	12																		●	●
HIIT Training for Teens	10											●	●	●	●	●	●	●	●	
Hip Hop Fitness & Circuit Training	11																		●	●
MiKiDo Ruff & Tumble	9		●	●	●															
Power Hour	11																		●	●
Roller Skating for Fitness/Fun	9										●	●	●	●	●	●	●	●	●	
Teen Weight Lifting Training	10																	●	●	●
Teen Weight Training	10																	●	●	●
Senior Cardio & Weight Training	12																		●	
Senior Circuit	12																		●	
Senior Stretching	12																		●	
Shadow Boxercise Level 1	10																		●	●
Stroller Strides	11																		●	●
STRONG Nation®	11																		●	●
Walk & Fit Training	12																		●	
Warrior Rhythm	10																		●	●

*Requires guardian and child participation

fun finder index

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description and registration information for each program.

	PAGE	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	5+
Sports Classes & Leagues																					
Tumbling Classes																					
Acrobatics I	13									●	●	●	●	●	●	●					
Baby Tumbling*	13	●	●																		
Basic Tumbling	13							●	●	●	●										
Gymnastics I	13							●	●	●	●	●	●	●	●						
Mom/Dad & Me Tumbling*	13	●	●	●																	
Movement & Gymnastics	13	●	●	●	●	●	●	●	●	●											
Soccer Classes																					
Excite Soccer	14			●	●	●	●														
Little Kicks	13					●	●	●													
Little Kicks and Me*	13	●	●	●	●																
Little Champions Soccer	14							●	●	●											
Tennis & Pickleball Classes																					
Adult Beginner Tennis Lessons	14																		●	●	●
Adult Outdoor Pickleball 1	15																			●	●
Adult Outdoor Pickleball 2	15																			●	●
Adult Tennis 1	14																		●	●	●
Adult Tennis 2	14							●	●										●	●	●
Cardio Tennis	14																		●	●	●
Family Red Ball Socials	15	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Fun & Fundamentals Tennis 1 & 2	14							●	●	●	●	●	●	●	●						
Intermediate Pickleball	15																			●	●
Intro to Pickleball	15																			●	●
Senior Tennis 1	15																			●	●
Tennis 4 Kids	14							●	●	●											
Additional Sports Classes																					
Ball Handling (Basketball)	16							●	●	●	●	●									
Basketball Drills & Skills	16							●	●	●	●	●	●	●	●						
Baton Twirling	16							●	●	●	●	●	●	●							
Elite Sports	17																		●	●	●
E-Sports Academy	16							●	●	●	●	●	●	●							
Fencing for Teens/Adults	17																		●	●	●
Girls Weekend Softball Clinic	16							●	●	●	●	●	●	●							

	PAGE	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	5+
Additional Sports Classes (cont.)																					
Intro to Skateboarding	16											●	●	●	●	●	●	●			
Jr. Wizards Basketball Clinic	17											●	●	●	●	●	●	●			
Jump Shots for Tots	15							●	●	●	●										
Lil Lacrosse	15							●	●	●	●										
Lil' Pro Sports	15							●	●	●											
Little Athletes	16										●	●	●								
Little Athletes and Me*	15	●	●	●																	
Martial Arts 4 Kids	15							●	●	●	●	●									
Nerf Fencing	16										●	●	●	●	●						
Nerf the Turf	16										●	●	●	●	●	●					
Pee Wee Lacrosse	15							●	●	●											
PK Move Parkour Class	16										●	●	●	●	●						
Rookie Weekend Baseball Clinic	16										●	●	●	●	●						
T-Ball & Coach Pitch Baseball	16										●	●	●	●	●						
Youth Leagues																					
Alexandria City Track & Field Meet	17											●	●	●	●	●	●	●	●		
Alexandria Lacrosse Club	17											●	●	●	●	●	●	●	●	●	●
Alexandria Titans Track & Field Club	17											●	●	●	●	●	●	●	●	●	●
Alexandria Indoor Track	17											●	●	●	●	●	●	●	●	●	●
Girls Field Hockey League	17											●	●	●	●	●	●	●	●	●	●
Johnson & Siebert Teen Basketball League	17																		●	●	●
Sports Affiliates																					
Alexandria Lacrosse Club	17											●	●	●	●	●	●	●	●	●	●
Alexandria Little League	17											●	●	●	●	●	●	●	●	●	●
Alexandria Rugby Club	17											●	●	●	●	●	●	●	●	●	●
Alexandria Soccer Association	17											●	●	●	●	●	●	●	●	●	●
Alexandria Titans Football	17											●	●	●	●	●	●	●	●	●	●
Enrichment																					
Education																					
B.E.A.R.*	18	●	●	●	●	●															
My First Lemonade Stand	18											●	●	●	●						
Money Matters	18											●	●	●	●						

*Requires guardian and child participation

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description and registration information for each program.

	PAGE	age in years																		
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Technology & Science																				
Coding & Design Games with Scratch	18										●	●	●	●	●	●				
DIY Kids Workshop	18				●	●	●	●	●	●	●	●	●	●						
Minecraft Modding	18					●	●	●	●											
Science Art Mania	18				●	●	●	●	●	●	●	●	●							
Science Seed: Lil Scientist	18		●	●	●	●	●	●	●											
Socialize																				
Kid Rock Social Hour*	18	●	●	●	●															
Creative & Performing Arts																				
Ballet & Dance																				
All that Jazz & Ballet	19				●	●	●													
Ballet I	19				●	●	●	●												
Ballet II	19					●	●	●	●	●	●									
Ballet III	19						●	●	●	●	●	●	●							
Pre-Ballet & Movement	19		●	●	●															
Dance																				
Ballroom Dance	19																		●	●
Jazz Hip Hop Combo	19				●	●	●	●	●	●	●	●								
Modern Dance 4 Kids	19					●	●	●	●	●										
Modern Dance 4 Tots	19		●	●	●															
Social Dance	19																		●	●
Music																				
Group Piano	20					●	●	●	●	●	●	●	●							
Little Hands Music*	20	●	●	●	●	●	●	●	●											
Little Fingers Piano*	20	●	●	●	●															
My First Music Class*	20	●	●	●	●															
Private Music Lessons	20					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

	PAGE	age in years																		
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Visual Arts																				
Artistic Drawing with Young Rembrandts	20									●	●	●	●	●						
Getting into Shapes	20				●	●	●	●	●											
Mindful Art	20																		●	●
Mini Doodlers*	20				●	●	●	●												
Twoosy Doodlers*	20		●	●	●															
Senior Sip & Paint	20																			●
Cooking																				
Sweet Treats	20									●	●	●	●	●	●					
Environmental Education																				
Nature																				
Backyard Nature	22					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
City Nature Challenge	23	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dog-Friendly Nature Hike: Native Trees	23	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Eco Book Club	23																		●	●
Gardening Series	23																			●
Little Adventures*	22				●	●	●													
Nature Mystery	23	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Nature Trivia	22																		●	●
Predator vs. Prey	22																		●	●
Stream Exploration	22																		●	●
Volcanoes	22																		●	●
Wildlife Bike Ride	23																			●
Youth Kayaking	22																		●	●
Out of School Time																				
School Year Power-On	24																			
TR Achieving Greatness	24																			



*Requires guardian and child participation



WHAT'S HAPPENING? Stay in the know with our new selection of trips and activities. There's fun for the whole family!

COMMUNITY ACTIVITIES

Brunch with the Bunny

Ages 4-7. Celebrate the coming of Spring by hopping over to Leonard Armstrong Recreation Center. Have your picture taken with Hop the Bunny, enjoy egg-citing activities, and stay for a light breakfast with the Bunny too! Please, bring your own camera.

483702-01 Sa 11-12:30pm 4/16 1 \$9 CKRC

Kids Day Out

Ages 5-12 for General Recreation and Ages 6-21 for Therapeutic Recreation participants. Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Before Care services are available. Contact the Nannie J. Lee office for more information or to sign up at 703.746.5535.

403001-01 M 9-6pm 4/18 1 \$35 NLRC

Kid's Friday Night Jamboree

Ages 6-11. Parents are you in need of a night off? Leave the kids with us for three hours of games, activities, dinner & more!

143603-01 F 5:30-8:30pm 5/13 1 \$9 CHRC

143603-02 F 5:30-8:30pm 6/17 1 \$9 CHRC

143603-03 F 5:30-8:30pm 7/15 1 \$9 CHRC

143603-04 F 5:30-8:30pm 8/12 1 \$9 CHRC

Four Miles Run Bike Ride

Ages 7 & up. Bike ride outing for individuals or families who are interested in joining us for a social and recreational ride along some of the area's most scenic bike routes while coasting along the Four Mile Run Bike trail. This bike outing will begin in front of Leonard "Chick" Armstrong Recreation Center and end with a light lunch at the center.

183703-01 Sa 9-12pm 7/30 1 \$5 CKRC

Teen Glow in the Dark Silent Party

Ages 12-17. Join us for a night of dancing and singing your heart out to three different channels of music! We'll have something for everyone, from Top 40, to throwbacks, pop, to Hip Hop. Grab your squad and we'll see you on the dance floor. Light refreshments will be served.

483615-01 F 6-11pm 6/10 1 \$5 CHRC

Pre-Father's Day Cookout

All Ages. Come and join us for our Father's Day Cookout at Leonard Chick Armstrong Recreation Center. This will be an exciting event for the entire family to enjoy. We will celebrate this day by honoring our dads with a day of grilling, indoor activities that will keep our Dads active as they compete in various activities such as 3 on 3 basketball, pool tournament tug of war, three-legged race, and much, much more for bragging rights. \$5 per person, \$15 for family of 4.

183706-01 Sa 11-4pm 6/18 1 \$5 CKRC

Mobile Recreation

The pop-up rec will bring recreational activities to include fitness, arts & crafts, recreational sports, and community awareness to neighborhoods in a 1-mile radius of Charles Houston Recreation Center. Call the front desk at 703.746.5451 for more information.

483625-01 W 5-7pm 6/15 1 FREE Founders

Mt. Vernon Pop Up

Ages 1-12. Looking for multiple art activities to do with your child on Saturday mornings? If so, you've come to the right place! "Art on Overload" pop ups offer sensory art exploration and messy creativity for all ages. Children will enjoy activities like No Mess Finger Painting, Marble Painting, Shaving Cream Art, Spray Painting, Painting with Edible Paint, Watercolor Resist Painting, Jello Art, and more.

Ages 1-4 with an adult

443811-01 Easter Egg Hunt & Crafts 4/9 MVRC

Ages 5-12

443811-02 Potomac Yard Park Art in the Park 5/21 PYPK

443811-03 All Ages Yoga on the Field Mt. Vernon Rec Center 6/1 MVRC

POP UP REC

Patrick Henry Recreation Center · 10am-12pm

Recreational sports, fitness programs, games, crafts & community awareness

Schedule & Activities:

Youth Mondays

Monday April 12: Wild West Week

Craft: Rattle Snake & Activity: Gold Rush Scavenger

Senior Thursdays

Thursday, April 8: Rockstar Week

Craft: Rock & Roll Rocks & Activity: Karaoke/Sing-along

Thursday, April 15: Wild West Week

Craft: Stetson Hat Decorations & Activity: Corn Hole Tournament

Family Saturdays

Saturday, April 10: Rockstar Week

Craft: Carboard Guitar Craft & Activity: Karaoke/Sing-along

Saturday, April 17: Wild West Week

Craft: Pool Noodle Horse & Activity: Gold Rush Scavenger

COMMUNITY EVENTS

Community Family Picnic

All Ages. What's more fun than gathering with friends, family and fellow Alexandrians to enjoy an evening of activities and entertainment in the park while forging new relationships.

183705-01 Th 6:30-8pm 7/07 1 FREE CKRC

RPCA Spring 3K

All Ages. RPCA Spring 3K is fun walk/run for all fitness levels! Come and enjoy the beautiful views of Ben Brenman Park.

487601-01 Sa 8-9am 5/07 1 \$25 ABPK

RecFest

All Ages. Attendees can enjoy free demos, meet instructors, and staff, and register for programs and camps on-site. RecFest will also feature a live performance by the fun, interactive children's pop-rock "Rainbow Rock Band," where kids can play instruments along with the band. Additional free activities include face painting, a moon bounce, balloon art, live animal demonstrations, hands-on science and craft projects, and art activities.

Sa 10am-2pm 5/07 1 ABPK

Outdoor Pool Pass Sale

May 1-13
15% OFF

Outdoor Pool passes include access to Memorial, Old Town, and Warwick Pool.



For details, visit alexandriava.gov/Aquatics.



RPCA IS HIRING FOR SUMMER AND YEAR-ROUND STAFF



Do you know someone with a passion for working with children? How about a personable professional who delivers exceptional customer service? Have you come across a leader with a drive to share their interests and talents with others? View and apply for current job openings at alexandriava.gov/Jobs.

APRIL

8 **Night of Stars Performing Arts Festival** presented by City of Alexandria
7-9pm · Lee Center Kauffman Auditorium, 1108 Jefferson St. · Registration & Reservation Office: 703.746.5414

25 **Project Discovery Walkathon** presented by City of Alexandria
7:30am-2pm · Fort Ward Park · 4301 Braddock Road. · Kim Hurley: 703.746.3121 or kim.hurley@alexandriava.gov

28 **Days of Remembrance** presented by City of Alexandria
12-1pm · Market Square, 301 King St. · Special Events Hotline: 703.746.5592

MAY

2 **Alexandria Earth Day** presented by City of Alexandria
10am-2pm · Lenny Harris Memorial Fields at Braddock Park, 1005 Mt. Vernon Ave.
alexandriava.gov/EarthDay



2 **Project Discovery Walkathon** presented by City of Alexandria
8:30am-noon · Fort Ward Park, 4301 Braddock Rd. · Kim Hurley: 703.746.3121 or kim.hurley@alexandriava.gov

7 **RPCA 3K** presented by City of Alexandria
8-9am · Armistead L. Boothe Park, 520 Cameron Station Blvd.
Jacquay Plummer: 703.746.5434 or jacquay.plummer@alexandriava.gov

7 **RecFest** presented by City of Alexandria
10am-1pm · Armistead L. Boothe Park, 520 Cameron Station Blvd.
Glen Harriott: 703.746.5557 or gladstone.harriott@alexandriava.gov



15 **Bike to Work Day** presented by City of Alexandria
6:30-8:30am · Market Square, 301 King St. · Thomas Hamed: 703.746.4084
or thomas.hamed@alexandriava.gov · biketoworkmetrodc.org

JUNE

6 75th D-Day Commemoration
 presented by Alexandria-Caen Sister City Committee
 11:30am-5pm · Market Square, 301 King St. · Kerem Bilge: kerem_bilge@hotmail.com

6 Civil War Camp Day presented by City of Alexandria
 10am-4pm · Fort Ward Park, 4301 Braddock Rd. · Susan Cumbey: 703.746.4848 or susan.cumbey@alexandriava.gov

17 43rd Alexandria Jazz Festival
 presented by City of Alexandria
 6-9pm · Waterfront Park, 1A Prince St. · Special Events Hotline: 703.746.5592 or alexandriava.gov/Recreation

JULY

9 246th Annual USA / 273st Alexandria Birthday Celebration
 presented by City of Alexandria
 8:30-10pm · Oronoco Bay Park, 100 Madison St. · Fireworks Rain Date: July 10
 Special Events Hotline: 703.746.5592 or alexandriava.gov/Recreation



WHAT'S HAPPENING *in your neighborhood?*

For a complete list of events taking place in Alexandria, visit alexandriava.gov/Calendar.
 View events by upcoming events or search by date, location or category tag.

Looking for Talent

Events & Public Space Activations is seeking talented individuals and groups to perform at concerts and special events throughout the year. Scheduling begins in January. Email an electronic press kit to RPCASpecialEvents@alexandriava.gov or mail a promotional packet with CD to RPCA Events & Public Space Activations, 1108 Jefferson St., Alexandria, VA 22314. For more information, call the Events Hotline at 703.746.5592 or 703.746.5419.

Sponsorship Opportunities

The aim of the sponsorship program is to provide an enabling environment for the City to generate revenue to offset cost by way of partnerships with the corporate community. Our goal is to remain responsive to the public's needs and values to cover cost towards major city sponsored events. Contact Events & Public Space Activations at 703.746.5419 to learn how you can make a difference!

registration information

3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, March 23 at 9 am**
Nonresident registration begins **Friday, March 25 at 9 am**



Web

- Payment by credit card (Visa/MC) or eCheck
- Visit alexandriava.gov/Recreation
- For login information, call 703.746.5414 or email registerARPCA@alexandriava.gov



Drop Off

Lee Center, 1108 Jefferson St.
Drop off registrations, regardless of the date and time received, will be retrieved for processing on opening day of registration. Drop off registration does not guarantee class/program enrollment.



Mail-In

- Lee Center, 1108 Jefferson St., Alexandria, VA 22314
- Mail completed Registration Form to address above.
- Make checks payable to pages "City of Alexandria."
- Mail registration takes up to five (5) business days to process.

Accommodations: City of Alexandria programs, services and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals. To make an ADA accommodation request, please call 703.746.4343 or VA Relay 711 two weeks prior to an event, activity or registration deadline. If you need assistance with making your request or have questions about types of accommodations, please call the Therapeutic Recreation Office at 703.746.5422 or VA Relay 711. The City of Alexandria Department of Recreation, Parks and Cultural Activities shall endeavor to meet requests for written material in alternative formats, including braille, within ten days of the request.

Cancellations: Classes that have not met the minimum number of enrollees are cancelled 5 days before the start date. Participants are notified of cancelled classes by phone or email.

Class Size: The minimum and maximum number of participants is based on one instructor. Class size may be increased when instructors are added.

Confirmation: Non web registrants receive a confirmation receipt by mail. If you do not receive a confirmation in the mail, please call to confirm receipt of registration.

Drop-off Registrations: Registration forms left in the drop box at the Lee Center require up to five (5) business days for processing.

Fees: All fees must be paid in full and are due at the time of registration. Partial payment does not reserve enrollment. All personalized checks and money orders are payable to the "City of Alexandria." You may use one form and check for family registrations. Fees are subject to change without notice.

Refund/Credit Policy:

Registrants may request a refund or household credit for programs in writing to the Lee Center, 1108 Jefferson St., Alexandria, VA 22314 or by emailing registerarpc@alexandriava.gov based on the following criteria:

- Full credits are processed for activities cancelled by the department. If a refund is preferred, please let us know.
- Registrants dissatisfied with a class/program are encouraged to contact RPCA as soon as

possible so that we can make it right. If we are unable to correct the issue, a credit or refund may be issued.

- Registrants unable to attend a program due to relocation, schedule conflict, sickness or injury may request a credit or refund.
- Credits will remain on a household account for no more than 90 days. Credits older than 90 days will be processed as a refund back to the customer.
- Adult league fees are non-refundable.

Fee Assistance: To view the policy, and access the Financial Assistance request form, visit alexandriava.gov/12288. All residents may apply for financial assistance based on need.

Inclement Weather: To view the policy, visit alexandriava.gov/Recreation.

Nonresident Fee: A fee of \$35 per person, in addition to the class fee, is required for all class sections. This fee is non-refundable except when the class/activity is canceled by the Recreation, Parks and Cultural Activities Department.

Recreation Center ID Policy: Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center fob to gain entrance to neighborhood recreation centers. Fobs are good for one year (July to June) and verification of residency is required to renew each year. Acceptable forms of identification to verify City residency include:

1. Current VA driver's license with current utility bill;
2. Current picture ID along with a current lease, City issued document or utility bill; or
3. Current Alexandria School ID (students) and verification of parent's residency. Parents residency may be verified as stated above.

Release: Participants in activities sponsored or cosponsored by the Department of Recreation, Parks and Cultural Activities consent to the City's use of any photograph, film or videotape of the activity in any marketing or promotional material.

Senior Discount: City residents 60 and older receive a 20% discount upon request. Visit alexandriava.gov/12288 for details about the fee assistance policy.

Therapeutic Recreation: Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval prior to participation in programs. To register, call 703.746.5422.

Wait List: If a class is full, a wait list is generated and individuals on the wait list will be contacted if space becomes available.

Waiver: Fees, programs and hours subject to change. Visit alexandriava.gov/Recreation or call 703.746.4343 for additional information.

Registration Form

Questions? Call 703.746.5414 (M-F 9 am-7 pm),
 VA Relay 711 or email registerarppca@alexandriava.gov

Registration begins: March 23 (Resident) &
 March 25 (Nonresident)

1 HOUSEHOLD INFORMATION - PLEASE PRINT *Required information. Refund Policy included in registration information on previous page.

* Name of Head of Household (First/Last) _____ Check if change of Address Phone Email - Effective Date _____
 * Address _____ * City, State, Zip _____
 * Home Phone _____ Work Phone _____
 * Head of Household Birthday ____/____/____ * Male/Female? (Circle) Email Address _____ Cell Phone _____

2 ACTIVITY REGISTRATION (Please fill out completely. Attach an additional sheet if necessary)

Participant's Name	Gender M / F	Date of Birth	Activity Title	Activity #	Start Date	Fee
Joey Sample	M	1/2/12	Soccer Tots	422610-01	1/18/18	\$169

REGISTRATION DEADLINE - Classes that have not met the minimum number of enrollees are cancelled approximately one week before the start date. Participants are notified of cancelled classes by phone or email and given a refund or transfer if requested. Please allow 3-4 weeks for refund.

Make checks payable to "City of Alexandria"

Total Listed Fees	
Deduct Account Credits/Discounts -	
Nonresident Fee (\$35 each/per activity) +	
Donation +	
TOTAL (Pay this Amount)	

3 PLEASE READ AND SIGN BELOW:

Hold Harmless Agreement: In consideration of the City of Alexandria, Department of Recreation, Parks and Cultural Activities, conducting various programs and allowing the above to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge the City of Alexandria, Department of Recreation, Parks and Cultural Activities and its officers, agents, and employees from any and all action, claims or liability resulting from or arising out of or based upon any bodily injury or property damage which may be sustained by the undersigned or the undersigned's child while participating in such programs.

Signature required of adult participant, parent or guardian of child _____ Date _____
 UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

The Department of Recreation, Parks and Cultural Activities encourages participation in City programs from all City residents. If you, a member of your family or a friend would like to participate in programs or activities sponsored by this department and are in need of fee assistance in order to participate, please contact the sponsoring program office for more detailed information at least two weeks in advance. For general information, please call 703.746.4343 or use VA Relay 711.

4 REGISTRATION METHOD

Mail-In or Drop-Off:
 Registration & Reservations/ Lee Center
 1108 Jefferson St, Alexandria, VA 22314

Web:
alexandriava.gov/Recreation

Questions?
 Call 703.746.5414
 Email registerarppca@alexandriava.gov

For Office Use Only:

Check #: _____ Amt: _____
 Date Received: _____ Staff: _____

registration information

AGES 55 & UP



See the **Fun Finder Index** on pages 25-27 for a listing of recreation opportunities for ages 55 and up or look for the **55+** icon throughout this program guide. To subscribe to receive the Power Plus Brochure of all programs and services for ages 55 and up, call 703.746.4644.

POWER PLUS PARTNERS

Northern Virginia Senior Olympics

The 2022 Olympics will be held on September 10-24 at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 800 adults ages 50-100 years of age competed in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, scrabble, table tennis, and many more. For information visit the NVSO website, www.nvso.us. Registration begins July 6 and ends August 31.

Successful Aging Committee is a collaborate group providing several City-wide activities for older adults of Alexandria. Watch for registration information on Fall and Spring Robust Walkathons, Dance for All Ages and the Senior Health & Fitness Fair. For more information, call 703.746.5676.

Department of Community & Human Services' Division of Aging & Adult Services offers a variety of programs to residents ages 60 and over, including transportation, an adult day health care facility, home visits and case management, home delivered meals, health insurance counseling and volunteer opportunities. For more information call 703.746.5999.



Senior Centers provide programs and meals to adults age sixty and over who are cognitively aware and physically independent. Recreation opportunities include leisure activities, sharing groups, exercise classes, wellness, nutrition, consumer education seminars, shopping and cultural trips.

The Senior Center at Charles Houston, 703.746.5456

St. Martin de Porres Senior Center, 703.751.2766

The Alexandria Adult Day Services Center is a daytime program for older adults with physical and/or cognitive limitations. Therapeutic recreation programs and leisure activities are available to participants to help increase their physical, mental, emotional and social abilities.

Adult Day Services Center, 703.746.5676

Senior Services of Alexandria (SSA) is a non-profit organization that operates the Meals on Wheels delivery and DOT transportation reservations for the City, delivers groceries, matches Friendly Visitor volunteers and older adults, presents a monthly speaker series, and produces a cable television show, "Senior Living in Alexandria." If you would like to learn more about programs or to volunteer, please contact SSA at 703.836.4414 or visit www.SeniorServicesAlex.org.

Safe Place & Bully Free Starts With Me!

Alexandria National Safe Place - *A Safe Haven For Youth*



Safe Place is a national youth outreach program, which brings together several City agencies to provide immediate help and safety for young people facing abuse, neglect, bullying or other crisis situations. All neighborhood recreation centers and fire houses in Alexandria are Safe Place sites. For more information, contact the Alexandria Safe Place Office at 703.746.5400. For help, text the word SAFE and your current location (address/city/state) to 69866 or 4HELP (44357).




Bully Free Starts With Me

Nearly 40 percent of Alexandria middle school students and 15 percent of high school students report being bullied on school property. The goal of the Mayor's Campaign to End Bullying is to increase awareness about the effects of bullying and to prevent bullying among Alexandria's youth. For information, visit alexandriava.gov/EndBullying.

INDIVIDUALS WITH DISABILITIES

Therapeutic Recreation 1108 Jefferson St. 703.746.5422 VA Relay 711

Department of Recreation, Parks & Cultural Activities is committed to providing innovative, inclusive, accessible and affordable programs which enhance the health, well-being, and quality of life for Alexandria residents with all abilities.

Look for the  icon throughout this guide for programs designed for individuals with disabilities.

Please contact the Therapeutic Recreation office at 703.746.5422 for more information and to determine whether Therapeutic Recreation programs are right for you or a family member. Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval by Therapeutic Recreation staff prior to participation in programs.

GET INVOLVED

City of Alexandria Department of Recreation, Parks and Cultural Activities provides many ways to be active and connect with neighbors. Help shape your community by volunteering. A wide variety of opportunities are available throughout the year, including:

- Advisory Councils:
 - Charles Barrett Recreation Center
 - Charles Houston Recreation Center
 - Chinquapin Park Recreation Center & Aquatics Facility
 - Cora Kelly Recreation Center
 - Mount Vernon Recreation Center
 - William Ramsay Recreation Center
 - Youth Sports
 - Therapeutic Recreation
- Nature Center volunteers
- Youth Sports Coaches
- Therapeutic Recreation Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up and Planting
- Special Event Support
- and more!

For available opportunities, select the link at alexandriava.gov/Volunteer.

Virginia Cooperative Extension puts university knowledge into the hands of people.

With the research and leadership of Virginia Tech and Virginia State University, and support from outstanding citizen volunteers, we provide information, education and tools you can use every day to improve your life. Services are offered in: 4-H Youth Development, Agricultural & Natural Resources and Family & Consumer Sciences. Educational and volunteer opportunities are always available.

Please contact the Alexandria Cooperative Extension Office at 703.746.5546 for more information.

Algo Para Cada Quien

El Departamento de Recreación, Parques y Actividades Culturales, tiene algo para cada quien...en tu vecindario!

Programas y actividades están disponibles para todas las edades, incluyendo Clases de Natación, Campamentos, Ejercicios & Buena Forma, Ligas Deportivas, Creatividad & Desempeño Artístico, Eventos Especiales, Educación Ambiental, Clases de Enriquecimiento, Programas de Tareas Dirigidas, Recreación Terapéutica, Actividades Comunitarias & Eventos, Programas para mayores de 55 y más.



La Ciudad de Alexandria opera 11 centros comunitarios incluyendo un centro de arte, instalaciones acuáticas y un centro natural. Los Centros Recreativos Vecinales contienen una variedad de comodidades que incluyen salones de gimnasio para adultos, áreas de juego para niños, canchas de racquetball, salón de arte & manualidades y salones de juegos. Espacios están disponibles para renta y una variedad de paquetes de fiestas están disponibles. Para más información sobre centros comunitarios, comodidades y horas de operaciones, ver página 42.

La Ciudad posee y maneja 500 acres of parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Ciudad y el hermoso waterfront. Ver en página 38 el mapa de parques y centros comunitarios. Visite alexandriava.gov/ParkLink para orientación y un interactivo mapa de parques e instalaciones.

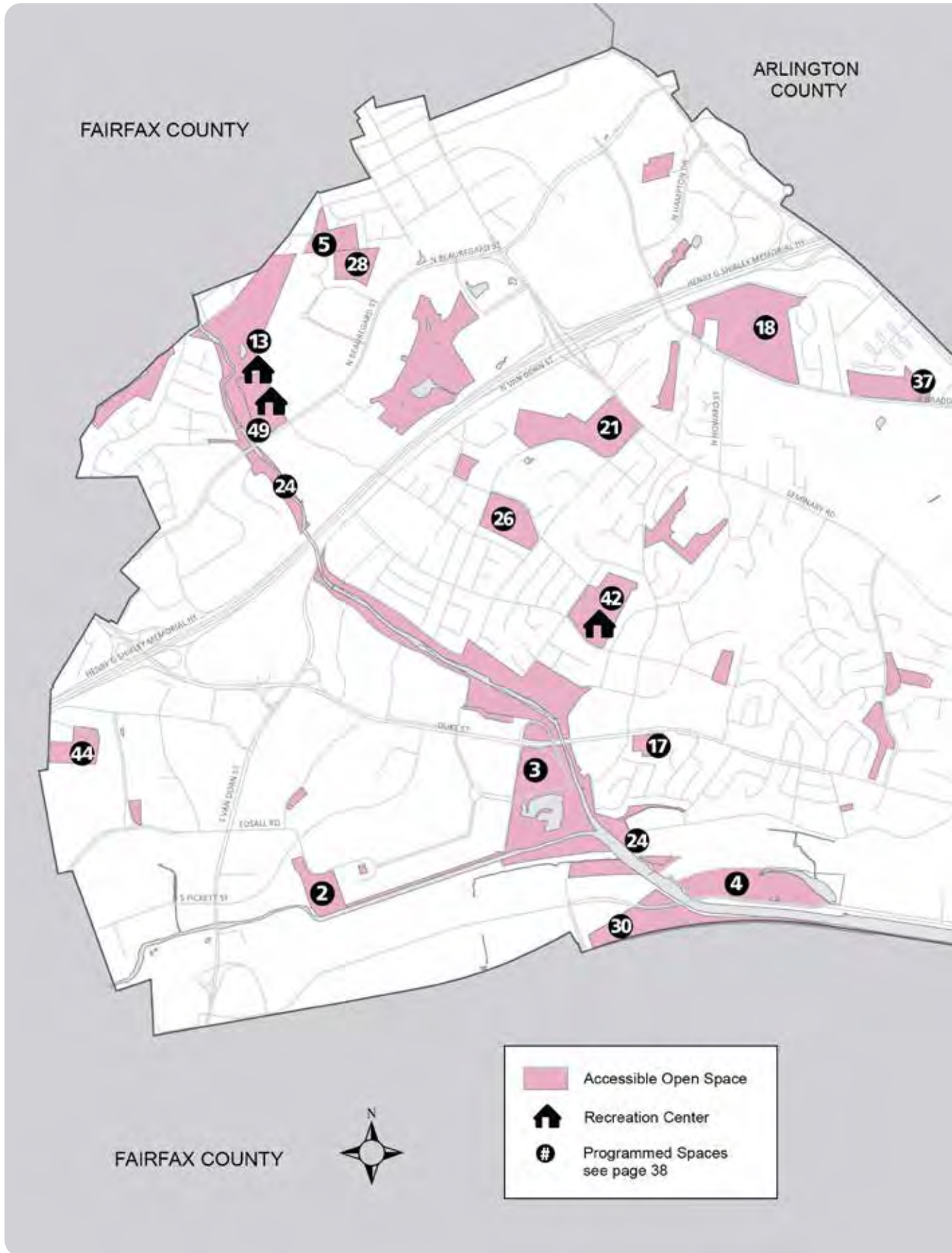
Adicionalmente, el Departamento coordina patrocinios de la Ciudad y eventos privados y maneja el fondo de arte y las Galerias de la Ciudad.

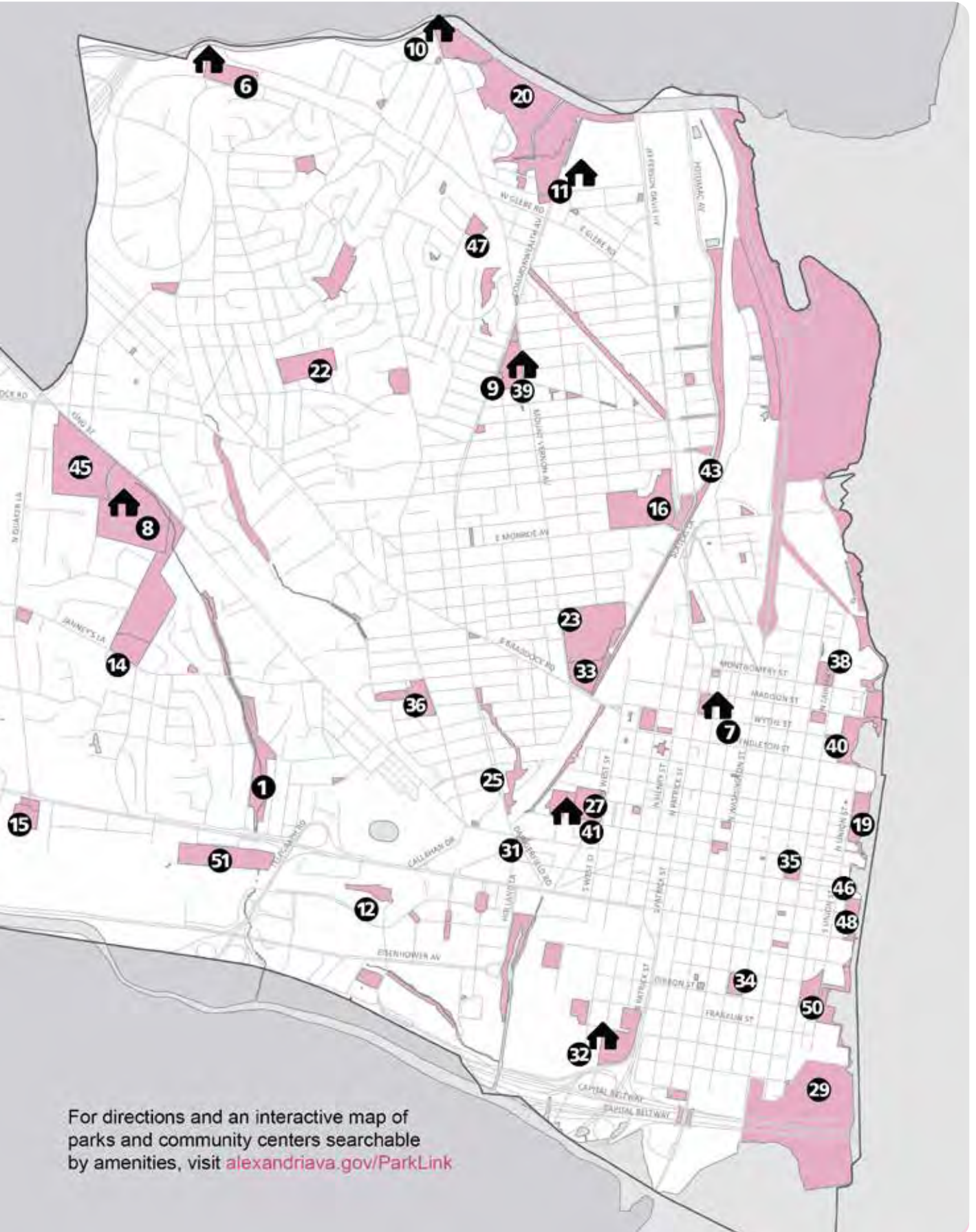


Para registrarse para programas o hacer reservaciones para picnic o uso de instalaciones, visite alexandriava.gov/Recreation o contacte la oficina de registraciones y reservaciones de Lunes a Viernes de 9am a 7pm por el teléfono 703.746.5414 o en persona al Lee Center, 1108 Jefferson St. **Se habla español!**

Visite alexandriava.gov/Recreation para mas información.

parks & facilities

















































































































For directions and an interactive map of parks and community centers searchable by amenities, visit alexandriava.gov/ParkLink

1	Angel Park 201 West Taylor Run Parkway	
2	Armistead L. Boothe Park 520 Cameron Station Blvd.	
3	Ben Brenman Park 4800 Brenman Park Dr.	
4	Cameron Run Regional Park/Lake Cook (NOVA Parks) 3699 Eisenhower Ave.	
5	Chambliss Park 2505 N. Chambliss St.	
6	Charles Barrett School & Recreation Center 1115 Martha Custis Dr.	
7	Charles Houston Recreation Center 901 Wythe St. <i>Pool Seasonal</i>	
8	Chinquapin Park Recreation Center & Aquatics Facility / Forest Park 3210 King St.	
9	Colasanto Center 2704 Mt. Vernon Ave.	
10	Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave.	
11	Cora Kelly School & Leonard "Chick" Armstrong Recreation Center 25 W. Reed Ave.	
12	Dog Park at Carlyle 450 Andrews Ln.	
13	Dora Kelley Nature Park 5750 Sanger Ave. Jerome "Buddie" Ford Nature Center	
14	Douglas MacArthur School 1101 Janney's Ln.	
15	Eugene Luckett Field 3540 Wheeler Ave. Schuyler Hamilton Jones Skateboard Park	
16	Eugene Simpson Stadium Park 426 E. Monroe Ave.	
17	Ewald Park 4452 & 4500 Duke St.	
18	Fort Ward Park 4301 W. Braddock Rd. Fort Ward Athletic Facility 4421 W. Braddock Rd.	
19	Founders Park 351 N. Union St.	
20	Four Mile Run Park 3700 Commonwealth Ave.	
21	Francis C. Hammond Middle School 4646 Seminary Rd.	
22	George Mason Elementary School 2601 Cameron Mills Rd.	
23	George Washington School and Park 1005 Mt. Vernon Ave.	
24	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	
25	Hooff's Run Park and Greenway 18 A E. Linden St.	
26	James K. Polk School 5000 Polk Ave.	
27	Jefferson Houston Elementary School 1501 Cameron St.	
28	John Adams Elementary School & Recreation Center 5651 Rayburn Ave.	

Visit alexandriava.gov/ParkLink to see all City of Alexandria parks and amenities.
See page 41 for event sites and information about hosting special events.

programmed parks & facilities

29	Jones Point Park (National Park Service) 100 Jones Point Dr.	   
30	Joseph Hensley Park 4200 Eisenhower Ave.	  
31	King Street Gardens Park 1806 King St.	  
32	Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St.	       
33	Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave.	  
34	Lyles Crouch Elementary School 530 S. Saint Asaph St.	  
35	Market Square 301 King St.	 
36	Maury School 600 Russell Rd.	   
37	Minnie Howard Field & School 3701 W. Braddock Rd.	      
38	Montgomery Park 901 N. Royal St.	     
39	Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave.	     
40	Oronoco Bay Park 100 Madison St.	     
41	Oswald Durant Center 1605 Cameron St. Old Town Pool Seasonal 1609 Cameron St.	    
42	Patrick Henry Elementary School 4643 Taney Ave. Patrick Henry Recreation Center 4653 Taney Ave.	       
43	Potomac Yard Park 2051 Potomac Ave.	     
44	Stevenson Park 300 Stultz Rd.	    
45	T.C. Williams High School 3330 King St.	    
46	Torpedo Factory Plaza , 105 N. Union St. City Marina , 0 Cameron St.	 
47	Warwick Pool Seasonal 3301 Landover St.	  
48	Waterfront Park 1A Prince St.	 
49	William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave.	       
50	Windmill Hill Park 501 S. Union St.	      
51	Witter Recreational Fields 2700 Witter Dr.	 

LEGEND

 Basketball	 Fenced Dog Area	 Playing Fields	 Unfenced Dog Area*
 Benches	 Parking	 Running Track	 Volleyball
 Center	 Performance Space	 Skateboard area	 Walking Trail
 Community Garden	 Picnic Area	 Swimming	 Waterfront
 Farmer's Market Location	 Playground	 Tennis Courts	 Available for rental

*Unfenced sites are marked with bollards

parks & facilities

City Marina

Dockmaster Office 703.746.5487
0 Cameron Street, 22314
alexandriava.gov/Marina
city.marina@alexandriava.gov



Hours of Operation:

November – March
 M – Su: 9am-5pm

April – October
 M – Su: 9am-9pm

Closed some City holidays.

Parks, trails, quaint restaurants, shops, and historic sites surround the marina. For boating enthusiasts, the marina is a 3 mile cruise from Washington DC and Maryland. In addition to affording a spectacular view of the Potomac River, the City Marina has overnight boat slips plus additional short-term docking space on sea walls and adjacent areas. The City Marina offers docking for pleasure boats and commercial vessels. For boaters who wish to stay overnight, restroom and shower facilities are available. One 30 amp electrical connection and water hose bib (in season) are available for each boat slip.

Boat Slip Lease Information:

The City Marina has year-round leased berths for vessels up to 40 feet in length. At the present time all leased berths are full, however, a waitlist has been established. If you would like to place your name on the Boat Slip Waitlist, visit alexandriava.gov/marina

Sightseeing Boat Tours

Sightseeing and Water Taxi services are available at the City Marina. Water Taxi Sightseeing cruises include Washington's monuments, Alexandria's Seaport and the Mount Vernon Estate. Water Taxi service is available to Georgetown, Mount Vernon and the new National Harbor and Gaylord National Convention Center. For additional information visit the City Experiences at www.cityexperiences.com or call 800.459.8105.

Charter Boats

Private charter boats docked at the City Marina are operated by City Experiences and the Tallship Providence. City Experiences can be reached at 800.459.8105 while the Tallship Providence can be reached at 703.772.8483.

Open Space



Alexandria adopted the Open Space Master Plan in 2003. The plan seeks to protect, enhance and grow the City's open spaces through an established framework of 15 goals. Since its inception, City staff continues to work with the public to achieve these goals. Over 100

acres have been added to the City's public open space since 2003 through acquisition, dedication or public access and conservation easements. Significant achievements include:

- Acquisition of seventeen parcels, including key Waterfront and Four Mile Run properties, as well as two new pocket park sites
- Receipt of open space acreage through the development process that includes dedication of properties to the City, and public access/preservation easements on development sites. Notable dedications include Potomac Yard Park, Witter Fields and Freedmen's Cemetery.
- Recordation of eight private property voluntary conservation easements in partnership with the Northern Virginia Conservation Trust, protecting 11.73 acres of land.

In addition, the City actively pursues outreach opportunities to increase public awareness of open space preservation. Activities include conservation easement workshops, ongoing participation in civic association meetings, and regular updates in Department publications.

For more information about the City's most recent open space efforts, including the 2017 Updated Implementation Strategy, and the 2020 Open Space Policy Plan, visit alexandriava.gov/89491

CONTACT INFORMATION

● **DIRECTOR'S OFFICE**703.746.5500

James B. Spengler, Director: james.spengler@alexandriava.gov

● **GENERAL INFORMATION**703.746.4343

● PROGRAMS & SERVICES

- Aquatics703.746.5441
- City Arborist/Trees703.746.5496
- City Marina703.746.5487
- Nature & Environmental Education Programs703.746.5559
- Out of School Time Programs703.746.5575
- Office of the Arts703.746.5588
- Park Maintenance703.746.5484
- Park Planning & Design703.746.5488
- Picnic Reservations & Facility Rentals703.746.5414

- Recreation Classes & Camps703.746.5414
- Senior & Teen Programs703.746.5575
- Special Events & Major Park Rentals703.746.5418
- Therapeutic Recreation703.746.5422
- Youth & Adult Sports703.746.5402

● **VA RELAY**711

● 24-HOUR HOTLINES

- Alexandria Safe Place703.746.5400
- Events & Public Space Activation703.746.5592
- Classes & Camps703.746.5594
- Coed & Women Sports703.746.5595
- Men Sports703.746.5596
- Youth Sports703.746.5597
- Facility & Fields703.746.5598

Picnic, Facility & Event Reservations

No matter the occasion, City of Alexandria has a venue to suit your needs. City parks and facilities are great for parties, receptions, weddings, meetings and more. Indoor facilities are available for rental year-round and picnic areas are available for rental April-October.

To start planning an event, follow these simple steps:

1) Find a space

Indoors: Page 42 indicates the indoor amenities available for rental.
Outdoors: Pages 38-39 indicate parks with space available for rental.

2) Contact a specialist

Indoors: To reserve, call the location listed on page 42.
Outdoors: To reserve a field, contact the Sports Office at 703.746.5408. To reserve a park, see below:

Picnic Area Reservations

Call 703.746.5414 about 4-hr

Picnic Area Reservations* at:

- Armistead L. Boothe Park
- Ben Brenman Park
- Chinquapin Park
- Fort Ward Park
- Joseph Hensley Park
- Lee Center
- Old Town Pool call 703.746.5441

Waterfront Parks

Call 703.746.5419 for hourly

rate information regarding:

- Waterfront Park
- Oronoco Bay Park
- Windmill Hill Park
- Montgomery Park
- King Street Gardens Park

* If your event may include any of the following, please contact Special Events at 703.746.5421 for application and permit information:

- more than 100 people in attendance
- use of moon bounce, amplified sound, propane, tent, or shuttles
- open to the public
- items for sale or admission charge
- reserved parking and/or road closures

3) Finalize reservation

A specialist will provide pricing and application information and confirm availability, then acquire any necessary permits for your upcoming event. Please refer to the City Special Events Policy at alexandriava.gov/Recreation for more information.

Make your next event special.

The Department of Recreation, Parks & Cultural Activities is committed to making your next event special. A variety of venues are available for large-scale special events and we're here to help get you started.

We can help you with:

- Applying for Special Event Permits
- Weddings on the Waterfront
- Waterfront Park Rentals for events
- Event and Concert Sponsorship Opportunities

Contact Events & Public Space Activation at 703.746.5419 for more information.

Celebrate with us!

Make planning your next celebration easy with a variety of convenient party packages. Contact the hosting facility for reservation information.

★ Pool Party

1 hr. pool and 2 hr. party room for children ages 6 and up, adults free. Max 19. Optional add-ons: Balloon package Giant pool inflatable. Contact Chinquapin Aquatics and Recreation center for fee structure

Chinquapin Park Recreation Center & Aquatics Facility

1 hr. pool and 2 hr. picnic area for ages 6 and up. Max 19.

Old Town Pool

★ Soft Play Party

1 hr. soft play room and 2 hr. party room for children ages 0-5, adults free. Max 16. \$149.

Charles Houston Recreation Center

Patrick Henry Recreation Center

★ Nature Friends Party

2-hr party featuring private party room use, live animal presentation, nature craft, and a Naturalist led hike.

\$225 for 14 children ages 4-12, additional \$10 per child up to 20 total.

Jerome "Buddie" Ford Nature Center

Chinquapin Park Recreation Center & Aquatics Facility*

★ Wow! What A Party!

Throw a party to remember without all the work! Select from a list of themes and a Party Coordinator will take care of the decorations, activities and day-of coordination. Max 35. \$370.

Charles Houston Recreation Center

Prices shown are resident rates. 4 weeks notice and receipt of payment are required to confirm reservation.

*fees will vary



ParkLink

Connecting you to active and open spaces in your neighborhood

Visit alexandriava.gov/ParkLink to find nearby parks, community centers, trails and more. Search by name, location or amenity. Get directions by foot, car or public transportation and link to information on the City's website, including reservation forms, fees and more.



community center amenities













○ **Amenities On-site**

● **Available for Rental**

Rental hours may exceed operating hours.

Programs may occur outside of operating hours, which may change.

Please call each center for holiday hours.

	Arts & Crafts Room <small>Small/Large Room</small>	Boxing Ring	Computer Lab	Dance Studio <small>Small Room</small>	Game Room	Gymnasium	Kitchen	Meeting Rooms <small>Small/Large Room</small>	Multi-Purpose Room <small>Small/Large Room</small>	Performance <small>Small/Large Room, Auditorium</small>	Swimming Pool	Soft Playroom	Racquetball Court	Weight/Fitness Room	Exhibit Space
 <p>Charles Barrett Recreation Center 1115 Martha Custis Dr., 22305 • 703.746.5551 Sept-June — Mon-Fri: 2-6pm June-Aug — Mon-Fri: 9am-6pm</p>	○				○	●	●								
 <p>Charles Houston Recreation Center 901 Wythe St., 22314 • 703.746.5552 Mon-Fri: 9am-9pm; Sat: 9am-6pm; Sun: 1-5pm Teens — Fri: 9pm-12am; Sat: 6pm-12am</p>	○	○	○	●	○	●	○	●	●		●	●			○
 <p>Chinquapin Park Recreation Center & Aquatics Facility 3210 King St., 22314 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm</p>								●	●		●	●	●	○	
 <p>Leonard "Chick" Armstrong Recreation Center 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri: 9am-9pm; Sat: 9am-6pm</p>	○			●	○	●	○	●	●				●	○	
 <p>Oswald Durant Center 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs and rentals.</p>	●						●	●	●	●					○
 <p>Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10am-5pm; April-Oct — Sun: 1-5pm</p>									●						○
 <p>Lee Center 1108 Jefferson St., 22314 • 703.746.5414 Mon-Fri: 9am-9pm; R&R Office: Mon-Fri 9am-7pm</p>	●			●			●	●	●	●					●
 <p>Mount Vernon Recreation Center 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm</p>	○		○	●	○	●		●	●	●					
 <p>Nannie J. Lee Recreation Center 1108 Jefferson St., 22314 • 703.746.5550 Mon & Wed: 12-9pm; Tue, Thu, Fri: 12-6pm</p>	○					●	○		●						
 <p>Patrick Henry Recreation Center 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri: 9am-9pm; Sat: 9am-6pm</p>	○				○	●	○	●							
 <p>Torpedo Factory Art Center 105 N. Union St., 22314 • 703.746.4570 Sun-Wed & Fri-Sat: 10am-6pm; Thu 10am-9pm</p>									●						●
 <p>William Ramsay Recreation Center 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9am-9pm; Sat: 9am-6pm Teens — Fri: 9-11pm; Sat: 6-11pm</p>	○		○	●	○	●	○	●	●						○





**ALEX
311**

CONNECTING YOU TO CITY SERVICES



The City of Alexandria provides **Alex311** to connect you to more than 175 City services in a variety of convenient ways.



Visit the Website:
alexandriava.gov/Alex311



Use the Alex311 Mobile App:
Available for iOS® and Android™



Call 311 or 703.746.4311:
Mon.-Fri. 7 a.m.-7 p.m.
Sat. 8 a.m.-noon



Send a Tweet:
@AlexandriaVA311



Post on Facebook:
@AlexandriaVA311



Submit Requests In Person:
Visit any City government location

Submit photos and specify the location of a service request on the website, with the mobile app or using social media.

Receive emailed updates, including a summary of the details, an expected response date and a number to track progress of your request.

Frequent service requests include:

- Missed Collection
- Trees
- Parking
- Street Cleaning
- Potholes
- Yard Waste / Bulky Items Pickup
- Trash & Recycling Containers

See all request types and learn more at alexandriava.gov/Alex311.

For non-emergency requests requiring police response (such as animal control, motor vehicle crashes without injuries, parking and noise complaints, lost or found property, or crimes that occurred in the past), call 703.746.4444. **For immediate police, fire or emergency medical assistance, call or text 911.**

For reasonable disability accommodation, contact Alex311Service@alexandriava.gov or 703.746.4311, Virginia Relay 711.



MAKE MEMORIES

in your neighborhood



**Reserve A
Picnic Area Today!**
Visit alexandriava.gov/45756

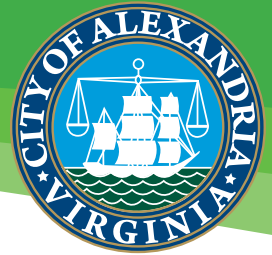


Picnic areas are now available for reservation April through October:

- Armistead L. Boothe Park, 520 Cameron Station Blvd.
- Ben Brenman Park, 4800 Brenman Park Dr.
- Chinquapin Park, 3210 King St.
- Fort Ward Park, 4301 W. Braddock Rd.
- Joseph Hensley Park, 4200 Eisenhower Ave.
- Lee Center, 1108 Jefferson St.
- Old Town Pool, 1605 Cameron St.

For information, visit alexandriava.gov/45756 or contact the Registration & Reservation Office, Monday through Friday, 9 a.m. to 7 p.m., by phone at 703.746.5414 or in-person at the Lee Center, 1108 Jefferson St. Or, visit alexandriava.gov/ParkLink to browse picnic locations, photos and nearby amenities, then link directly to reservation information. Picnic reservations fill quickly so start planning today!

Community Matching Fund



IMPROVE YOUR COMMUNITY, WITH HELP FROM US!

The City of Alexandria wants to give financial support to your group, organization, or business to improve your neighborhood and community. That's why it has used Community Matching Fund partnerships to:

- Upgrade athletic fields
- Upgrade a teen center
- Install drinking fountains
- Renovate playgrounds
- Beautify parks
- Provide more outdoor exercise opportunities
- Expand community composting



Teen Center at Charles Houston Recreation Center

How could **you** use the Fund to improve your community?

WHAT IS THE COMMUNITY MATCHING FUND?

Established by the Alexandria Department of Recreation, Parks and Cultural Activities (RPCA), the Fund empowers RPCA to partner with community members on projects that improve a City-owned park, trail, playground, athletic field, or other recreational area or facility with 1:1 matching funds in an amount up to \$50,000.

HOW DO I GET STARTED?

- Visit www.alexandriava.gov/92701 to start the application process.
- RPCA staff are happy to work with your group to help you submit a complete proposal.
- We welcome new ideas, but we also can provide a list of potential projects already suggested by your neighbors.

**We are accepting applications starting
April 6 through June 25, 2022.**

Contact us for more information or assistance.

Lucresha Murphy-Tate – 703.746.5489

Lucresha.murphy@alexandriava.gov

We want to help neighborhoods all over Alexandria. Partner with us to give adults and children in your community better places to socialize, relax, play, exercise, and recharge!



**DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES**

1108 Jefferson Street
Alexandria, VA 22314-3999

JUMP-START YOUR FITNESS JOURNEY

Now offered at Patrick Henry Recreation Center

About SilverSneakers

SilverSneakers, Tivity Health's flagship program, is the nation's leading community fitness program for senior Americans. The program helps seniors take greater control of their health through a variety of fitness offerings that engage participants in more frequent strength training, aerobic and flexibility exercise by providing access to locations across the country as well as classes designed specifically for seniors. More than 15 million people are eligible for the SilverSneakers benefit at no additional cost through the nation's leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans. To get more information, check eligibility or enroll, go to

[SilverSneakers.com](https://www.silversneakers.com)

Patrick Henry Recreation Center is located at 4653 Taney Ave, Alexandria, Virginia 22304. To learn more about its SilverSneakers offerings, call 703-746-5557

