

FALL 2022 PROGRAM GUIDE

# Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



## SPORTS CLASSES & LEAGUES pg. 10

Aquatics pg. 2

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Registration Begins Wednesday, August 3

# Creative Neighborhood Grant Program



## City of Alexandria, Office of the Arts announces results of the Creative Neighborhood Grant Program

Funding for the Creative Neighborhood Grant Program is made possible by City of Alexandria and an Arts Project grant from the National Endowment for the Arts. To learn more about how National Endowment for the Arts grants impact individuals and communities, visit [www.arts.gov](http://www.arts.gov).

The awardees will be able to help energize three neighborhoods in Alexandria including the West End, Arlandria, and Old Town by hosting unique and engaging community programs. All Alexandria city residents are cordially invited to participate in the upcoming Creative Neighborhood programs and to take part in this historic initiative which will help create vibrant creative communities in our city.

Office of the arts would like to extend it's appreciation to its collaborating partners including ACT for Alexandria; Alexandria City Public Schools, Department of Teaching, Learning and Leadership; Office of Fine Arts; Alexandria's Race and Social Equity Office; Alexandria Redevelopment Housing Authority; Casa Chirilagua; the West End Business Association; and various community stakeholders for their strong support of the Creative Neighborhood Grant Program and the arts in the city.

### ARLANDRIA

#### Del Ray Artisans

"MakersFEST" a free art making day with local artists  
October 22, 2-6pm  
*Four Mile Run Conservatory*  
4109 Mt. Vernon Ave

#### Alexandria Citizens Band

"Concert and Instrument petting zoo" plus a series of "Fun Fridays" afterschool programs  
October 22, 2-6pm  
*Four Mile Run Conservatory*  
4109 Mt. Vernon Ave

### OLD TOWN

#### Arts on the Horizon

"Balloon Project" creative interactive workshop for children ages 0-3 and their families.  
September 24, October 8,  
10:30-11am  
*Durant Art Center*  
1605 Cameron St

#### Ethio Global Arts

"Zema Felega" (Searching for Melody), Music Contest, Finale Program with local, regional, and global participants.  
December 3, 12-9pm  
*Durant Art Center,*  
1605 Cameron Street

#### Momentum Collective

"Creative Workshops" poetry, monologues, short stories, and acting  
September 10, 17, 24;  
October 1, 12-3pm  
*Charles Huston Recreation Center*  
901 Wythe St

#### Northern Virginia Fine Arts Association

"Faces" Film installation/art exhibition and videography workshop  
September 10, Workshops;  
September 22, 23, 26,  
27, & 28, Exhibition  
*Durant Art Center, 1605 Cameron St*

#### NOVA Connections

"Made in Ethiopia DMV Trade Fair" showcases traditional music and dance  
October 15, 12-9pm  
*Durant Art Center*  
1605 Cameron St

#### Running Strong American Indian Youth

Native American Cultural Beading Workshops  
September 10, 11;  
November 5, 6, 10am-2pm  
*Durant Art Center*  
1605 Cameron St

### WEST END

#### Network of Family Service

"Ethiopian Film and Art Festival" photo exhibition, and panel discussion with Ethiopian cinema directors, actors, and actresses.  
August 26, 5-9pm;  
August 27, 2-8pm  
*Patrick Henry Recreation Center*  
*Black Box Theater*  
4653 Taney Ave

#### Raeye Children Aid, Inc.

"Enkutatash Fest in Alexandria 2022" Ethiopian new year celebration showcasing traditional music, dance, fashion, and arts  
September 10, 5-11pm tentative  
*William Ramsay Recreation Center*  
5650 Sanger Ave

#### Sound Impact

"Musicpalooza" an interactive musical performance.  
September 24, 10am  
*Patrick Henry Recreation Center*  
4653 Taney Avenue

#### Washington Metropolitan Philharmonic

"Musical Tales for Kids!" Three family orchestra concerts.  
October 22, November 12,  
December 17, 4-6pm  
*Patrick Henry Recreation Center*  
*Black Box Theater*  
4653 Taney Ave

#### QuinTango

"Tango Concerts and Music Workshops for Families"  
Date/time TBD  
*William Ramsay Recreation Center*  
5640 Sanger Ave  
*Patrick Henry Recreation Center*  
4653 Taney Ave



## NEW THIS SEASON **NEW!**

**Lifeguard Prep** pg. 4



**Beginner Yoga Series** pg. 6



**Science: Potions & Explosions** pg. 15



**Hip Hop We Don't Stop** pg. 19

**ON THE COVER:** Slow Down Sunday at John Carlyle Square Park in this RPCA photo contest submission. *Photo Credit: Delphine Lee.*

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**IT'S BACK!** Returning by popular demand.

**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.32.

**TR** Designed for individuals with disabilities. Assessment required. See pg.33.

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/Recreation](http://alexandriava.gov/Recreation) or email [RPCAcustomer.care@alexandriava.gov](mailto:RPCAcustomer.care@alexandriava.gov).

**Your feedback is important to us!**

ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
222610-01		F	11-11:45am	9/28-10/26	12	\$169	NLRC
<b>CLASS SIZE</b>	<b>ACHS</b>		<b>Alexandria City High School</b>	3330 King St.			
<b>Min 6/ Max 10</b>	<b>BBPK</b>		<b>Ben Brenman Park</b>	4800 Brenman Park Dr.			
	<b>BFNC</b>		<b>Jerome Buddie Ford Nature Center</b>	5750 Sanger Ave.			
	<b>CBRC</b>		<b>Charles Barrett Recreation Center</b>	1115 Martha Custis Dr.			
	<b>CHRC</b>		<b>Charles Houston Recreation Center</b>	901 Wythe St.			
<b>M = Monday</b>	<b>CKRC</b>		<b>Leonard "Chick" Armstrong Recreation Center</b>	25 West Reed Ave.			
<b>Tu = Tuesday</b>	<b>CHRC</b>		<b>Chinquapin Park Recreation Center &amp; Aquatics Facility</b>	3210 King St.			
<b>W = Wednesday</b>	<b>CQRC/CQPK</b>		<b>Douglas MacArthur Elementary School</b>	1101 Janney's Ln.			
<b>Th = Thursday</b>	<b>DMES</b>		<b>Ferdinand T. Day Elementary School</b>	1701 N. Beauregard St.			
<b>F = Friday</b>	<b>FDES</b>		<b>Francis C. Hammond Middle School</b>	4646 Seminary Rd.			
<b>Sa = Saturday</b>	<b>FHMS</b>		<b>George Washington School</b>	1005 Mt. Vernon Ave.			
<b>Su = Sunday</b>	<b>GWMS</b>		<b>John Adams School &amp; Recreation Center</b>	5651 Rayburn Ave.			
	<b>JAES</b>		<b>Jefferson Houston School</b>	1501 Cameron St.			
	<b>JHES</b>		<b>James K. Polk Elementary School</b>	5000 Polk Ave.			
	<b>JPES</b>		<b>Lee Center &amp; Lee Center Complex</b>	1108 Jefferson St.			
	<b>LEEC/LCCM</b>		<b>Limerick Field</b>	1800 Limerick St.			
	<b>LMFD</b>		<b>Mount Vernon Recreation Center</b>	2701 Commonwealth Ave.			
	<b>MVRC</b>		<b>Nannie J. Lee Recreation Center</b>	1108 Jefferson St.			
	<b>NLRC</b>		<b>Oswald Durant Center</b>	1605 Cameron St.			
	<b>ODRC</b>		<b>Old Town Pool</b>	1609 Cameron St.			
	<b>ODTPL</b>		<b>Patrick Henry Recreation Center</b>	4653 Taney Ave.			
	<b>PHRC</b>		<b>Potomac Yard Park</b>	2051 Potomac Ave.			
	<b>YPYK</b>		<b>Torpedo Factory Art Center</b>	105 N. Union St.			
	<b>TFAC</b>		<b>Witter Recreational Fields</b>	2700 Witter Dr.			
	<b>WRFD</b>		<b>William Ramsay Recreation Center</b>	5650 Sanger Ave.			
	<b>WRRC</b>						



The City of Alexandria Department of Recreation, Parks and Cultural Activities received national re-accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA) in October 2014. National accreditation requires that park and recreation agencies meet 155 standards representing elements of effective and efficient park and recreation operations.

**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 register for a Swim Assessment at [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac) or please contact the the Aquatics team at [Aquatics@alexandriava.gov](mailto:Aquatics@alexandriava.gov) or 703.746.5553.

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. Please see the Chinquapin lane schedule for lap swim and family swim availability at [alexandriava.gov/Aquatics](http://alexandriava.gov/Aquatics).

### Water Explorers 1 +ADULT

**Ages 6- 36 mos. with adult.** This class is an introduction for parents and children into the amazing world of water. You and your child will participate in activities in a fun and safe environment designed to encourage and develop comfort and basic skills that lay a basic foundation for learning to swim. Parents learn how to safely work with their child on skills, including: how to properly support and hold them while becoming comfortable in the water and discovering new skills, learning how to safely enter and exit water, moving in the water, blowing bubbles, and introducing back and front floats. Safety skills and drowning prevention information are an important part of this class.

234240-01	W	3-3:30pm	9/21-11/9	8	\$125	CQRC
234240-02	Sa	9-9:30am	9/24-11/12	8	\$125	CQRC
234240-03	Sa	11:15-11:45am	9/24-11/12	8	\$125	CQRC
234240-04	Su	9-9:30am	9/25-11/13	8	\$125	CQRC
234240-05	Su	11:15-11:45am	9/25-11/13	8	\$125	CQRC

### Water Explorers 2 +ADULT

**Ages 6-36 mos. with adult.** This class builds on skills learned in Water Explorers I. Through structured play, you and your child will continue aquatic skills exploration and development. Instructors will guide parents to work with their child developing skills for breath control, floating and gliding, rolling from front to back and arm and leg movement and entering/exiting the water. Skills are taught with support and assistance in a progression appropriate to the needs of your child. Safety skills and drowning prevention information are an important part of this class.

234240-06	Th	3-3:30pm	9/22-11/10	8	\$125	CQRC
234240-07	Sa	9:45-10:15am	9/24-11/12	8	\$125	CQRC
234240-08	Sa	12-12:30pm	9/24-11/12	8	\$125	CQRC
234240-09	Su	9:45-10:15am	9/25-11/13	8	\$125	CQRC
234240-10	Su	12-12:30pm	9/25-11/13	8	\$125	CQRC

### Alex Swim Preschool & Me +ADULT

**Ages 2½-3 yrs. with adult.** This class is for Preschoolers who are not ready to participate in a class independently. You and your child will develop aquatic skills and prepare for classes without a parent. Your child will work with you and the instructor to develop basic swimming skills, such as breath control, water entry and exit, floating/gliding, rolling from front to back and arm and leg movement. Age-appropriate skills are introduced with the support or assistance of a parent or instructor with the use of assistance equipment and independent skills.

234240-11	W	6-6:30pm	9/21-11/9	8	\$125	CQRC
234240-12	Th	3:45-4:15pm	9/22-11/10	8	\$125	CQRC
234240-13	Sa	10:30-11am	9/24-11/12	8	\$125	CQRC
234240-14	Su	10:30-11am	9/25-11/13	8	\$125	CQRC

### Alex Swim Preschool 1

**Ages 3-5.** For each level of Preschool Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. In Preschool 1, your child is introduced to basic skills or continues skills learned in Water Explorers. These skills lay the foundation for developing water competency and the future skill development of swimming strokes. In addition, your child starts to develop positive attitudes and safe practices around the water. When children complete Preschool 1, they should be comfortable getting in and moving through the water and be willing to put their face in the water.

234248-01	M	3-3:30pm	9/19-11/7	7	\$109	CQRC
234248-02	M	3:45-4:15pm	9/19-11/7	7	\$109	CQRC
234248-03	M	6-6:30pm	9/19-11/7	7	\$109	CQRC
234248-04	Tu	3-3:30pm	9/20-11/8	8	\$125	CQRC
234248-05	Tu	5:15-5:45pm	9/20-11/8	8	\$125	CQRC
234248-06	W	5:15-5:45pm	9/21-11/9	8	\$125	CQRC
234248-07	W	6-6:30pm	9/21-11/9	8	\$125	CQRC
234248-08	Th	4:30-5pm	9/22-11/10	8	\$125	CQRC
234248-09	Tu,Th	3:45-4:15pm	9/20-10/13	8	\$125	CQRC
234248-10	Sa	9-9:30am	9/24-11/12	8	\$125	CQRC
234248-11	Sa	11:15-11:45am	9/24-11/12	8	\$125	CQRC
234248-12	Su	9-9:30am	9/25-11/13	8	\$125	CQRC
234248-13	Su	10:30-11am	9/25-11/13	8	\$125	CQRC
234248-14	M,W	3:45-4:15pm	11/14-12/14	9	\$140	CQRC
234248-15	Tu,Th	3-3:30pm	11/15-12/15	9	\$140	CQRC
234248-16	Tu,Th	5:15-5:45pm	11/15-12/15	9	\$140	CQRC

### 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 and become comfortable fully submerging.

234249-01	M	3-3:30pm	9/19-11/7	7	\$109	CQRC
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234249-02	M	5:15-5:45pm	9/19-11/7	7	\$109	CQRC
234249-03	M	6-6:30pm	9/19-11/7	7	\$109	CQRC
234249-04	Tu	3-3:30pm	9/20-11/8	8	\$125	CQRC
234249-05	W	4:30-5pm	9/21-11/9	8	\$125	CQRC
234249-06	W	5:15-5:45pm	9/21-11/9	8	\$125	CQRC
234249-07	Th	5:15-5:45pm	9/22-11/10	8	\$125	CQRC
234249-08	Tu,Th	4:30-5pm	9/20-10/13	8	\$125	CQRC
234249-09	Sa	9:45-10:15am	9/24-11/12	8	\$125	CQRC
234249-10	Sa	12-12:30pm	9/24-11/12	8	\$125	CQRC
234249-11	Su	9:45-10:15am	9/25-11/13	8	\$125	CQRC
234249-12	Tu,Th	3:45-4:15pm	10/18-11/10	8	\$125	CQRC
234249-13	M,W	4:30-5pm	11/14-12/14	9	\$140	CQRC
234249-14	Tu,Th	4:30-5pm	11/15-12/15	9	\$140	CQRC
234249-15	Tu,Th	6-6:30pm	11/15-12/15	9	\$140	CQRC

### Alex Swim Preschool 3

**Ages 3-5.** Preschool 3 participants should already be able to swim independently with combined arm and leg actions on front for 3 body lengths.



234247-01	M	4:30-5pm	9/19-11/7	7	\$109	CQRC
234247-02	Tu	4:30-5pm	9/20-11/8	8	\$125	CQRC
234247-03	W	3:45-4:15pm	9/21-11/9	8	\$125	CQRC
234247-04	Th	6-6:30pm	9/22-11/10	8	\$125	CQRC
234247-05	Sa	10:30-11am	9/24-11/12	8	\$125	CQRC
234247-06	Su	11:15-11:45am	9/25-11/13	8	\$125	CQRC
234247-07	Tu,Th	4:30-5pm	10/18-11/10	8	\$125	CQRC
234247-08	M,W	3-3:30pm	11/14-12/14	9	\$140	CQRC
234247-09	Tu,Th	5:15-5:45pm	11/15-12/15	9	\$140	CQRC

### 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). Water safety topics are covered.

234241-01	M	3:45-4:15pm	9/19-11/7	7	\$109	CQRC
234241-02	M	4:30-5pm	9/19-11/7	7	\$109	CQRC
234241-03	Tu	3-3:30pm	9/20-11/8	8	\$125	CQRC
234241-04	Tu	6-6:30pm	9/20-11/8	8	\$125	CQRC
234241-05	W	3:45-4:15pm	9/21-11/9	8	\$125	CQRC
234241-06	W	5:15-5:45pm	9/21-11/9	8	\$125	CQRC
234241-07	Th	3-3:30pm	9/22-11/10	8	\$125	CQRC
234241-08	Tu,Th	5:15-5:45pm	9/20-10/13	8	\$125	CQRC
234241-09	Sa	9-9:30am	9/24-11/12	8	\$125	CQRC
234241-10	Sa	11:15-11:45am	9/24-11/12	8	\$125	CQRC
234241-11	Su	12-12:30pm	9/25-11/13	8	\$125	CQRC
234241-12	Tu,Th	5:15-5:45pm	10/18-11/10	8	\$125	CQRC
234241-13	M,W	3-3:30pm	11/14-12/14	9	\$140	CQRC
234241-14	M,W	5:15-5:45pm	11/14-12/14	9	\$140	CQRC
234241-15	Tu,Th	5:15-5:45pm	11/15-12/15	9	\$140	CQRC
234241-16	Tu,Th	6-6:30pm	11/15-12/15	9	\$140	CQRC

### Alex Swim Level 2

**Ages 6-12.** Fundamental Aquatic Skills builds on skills learned in Level 1. Your child begins to perform skills at a slightly more advanced level and begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Water safety topics are covered.

234242-01	M	4:30-5pm	9/19-11/7	7	\$109	CQRC
234242-02	M	5:15-5:45pm	9/19-11/7	7	\$109	CQRC
234242-03	Tu	3:45-4:15pm	9/20-11/8	8	\$125	CQRC
234242-04	Tu	6:45-7:15pm	9/20-11/8	8	\$125	CQRC
234242-05	W	4:30-5pm	9/21-11/9	8	\$125	CQRC
234242-06	W	6:45-7:15pm	9/21-11/9	8	\$125	CQRC
234242-07	Th	3:45-4:15pm	9/22-11/10	8	\$125	CQRC
234242-08	Th	5:15-5:45pm	9/22-11/10	8	\$125	CQRC
234242-09	Tu,Th	6-6:30pm	9/20-10/13	8	\$125	CQRC
234242-10	Sa	9:45-10:15am	9/24-11/12	8	\$125	CQRC
234242-11	Sa	12-12:30pm	9/24-11/12	8	\$125	CQRC
234242-12	Su	1:30-2pm	9/25-11/13	8	\$125	CQRC
234242-13	Tu,Th	6-6:30pm	10/18-11/10	8	\$125	CQRC
234242-14	M,W	3:45-4:15pm	11/14-12/14	9	\$140	CQRC
234242-15	M,W	5:15-5:45pm	11/14-12/14	9	\$140	CQRC
234242-16	M,W	6-6:30pm	11/14-12/14	9	\$140	CQRC
234242-17	Tu,Th	3:45-4:15pm	11/15-12/15	9	\$140	CQRC

### Alex Swim Level 3

**Ages 6-12.** Stroke Development. Instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to scissor and dolphin kicks, learns the survival float and increases the time duration for treading water. Your child also learns the rules for headfirst entries and begins to learn to enter the water headfirst from a seated position at poolside (in water 9 feet deep or deeper). Water safety topics are covered.

234243-01	M	6-6:30pm	9/19-11/7	7	\$109	CQRC
234243-02	Tu	4:30-5pm	9/20-11/8	8	\$125	CQRC
234243-03	W	3:45-4:15pm	9/21-11/9	8	\$125	CQRC
234243-04	W	6-6:30pm	9/21-11/9	8	\$125	CQRC
234243-05	Th	4:30-5pm	9/22-11/10	8	\$125	CQRC
234243-06	Tu,Th	6:45-7:15pm	9/20-10/13	8	\$125	CQRC
234243-07	Sa	10:30-11am	9/24-11/12	8	\$125	CQRC
234243-08	Su	12:45-1:15pm	9/25-11/13	8	\$125	CQRC
234243-09	Tu,Th	6:45-7:15pm	10/18-11/10	8	\$125	CQRC
234243-10	M,W	4:30-5pm	11/14-12/14	9	\$140	CQRC
234243-11	M,W	6:45-7:15pm	11/14-12/14	9	\$140	CQRC
234243-12	Tu,Th	3-3:30pm	11/15-12/15	9	\$140	CQRC
234243-13	Tu,Th	6:45-7:15pm	11/15-12/15	9	\$140	CQRC

### Alex Swim Level 4

**Ages 6-12.** Stroke Improvement. Our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances. Water safety topics are covered.

234244-01	M	6:45-7:15pm	9/19-11/7	7	\$109	CQRC
234244-02	Tu	5:15-5:45pm	9/20-11/8	8	\$125	CQRC



City of Alexandria is a proud member of the USA Swimming Foundation's Make A Splash water safety initiative to teach every child to learn to swim and convey the importance of water safety.

# aquatics

234244-03	W	4:30-5pm	9/21-11/9	8	\$125	CQRC
234244-04	Th	6-6:30pm	9/22-11/10	8	\$125	CQRC
234244-05	Sa	12:45-1:15pm	9/24-11/12	8	\$125	CQRC
234244-06	M,W	6-6:30pm	11/14-12/14	9	\$140	CQRC
234244-07	Tu,Th	6:45-7:15pm	11/15-12/15	9	\$140	CQRC

## 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 in regard to distance and quality. Water safety topics are covered.

234245-01	M	5:15-5:45pm	9/19-11/7	7	\$109	CQRC
234245-02	Tu	12:45-1:15pm	9/20-11/8	8	\$125	CQRC
234245-03	Th	6:45-7:15pm	9/22-11/10	8	\$125	CQRC
234245-04	Sa	12:45-1:15pm	9/24-11/12	8	\$125	CQRC

## Teen Beginner Swimming

**Ages 13-19.** Designed to meet the needs of teen learners, participants with little or no experience in water or are fearful will learn basic swimming and safety skills and to overcome the fear of water and develop confidence. Water safety topics are covered. 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 on front and back using arm and leg action.

234234-01	M	6:45-7:15pm	9/19-11/7	7	\$109	CQRC
234234-02	M	6:45-7:15pm	9/19-11/7	7	\$109	CQRC
234234-03	W	6:45-7:15pm	9/21-11/9	8	\$125	CQRC
234234-04	Sa	1:30-2pm	9/24-11/12	8	\$125	CQRC
234234-05	Su	2:15-2:45pm	9/25-11/13	8	\$125	CQRC
234234-06	Tu,Th	7:30-8pm	11/15-12/15	9	\$140	CQRC

## Teen Intermediate & Advanced Swimming

**Ages 13-19.** Designed to meet the needs of teen learners, participants who are comfortable in the water and have completed the beginner level skills will continue to improve their swimming skills and water safety abilities. Water safety topics are covered. Freestyle, backstroke, and breaststroke skills will be improved; sidestroke and butterfly will be introduced. Additional aquatic skills will be developed such as water treading, rotary breathing, and proper techniques for breathing with other strokes, diving, surface dives and endurance.

234235-01	Tu	6:45-7:15pm	9/20-11/8	8	\$125	CQRC
234235-02	W	6:45-7:15pm	9/21-11/9	8	\$125	CQRC
234235-03	Th	6:45-7:15pm	9/22-11/10	8	\$125	CQRC
234235-04	Su	12:45-1:15pm	9/25-11/13	8	\$125	CQRC
234235-05	M,W	6:45-7:15pm	11/14-12/14	9	\$140	CQRC

## Adult Beginner Swim

**Ages 18 & up.** This class is for students who have little or no experience in water or are fearful. Students will learn beginner swim skills in this group lesson designed to meet the needs of adult learners. Basic swimming and safety skills are taught to develop water acclimation and comfort, including overcoming fear of water. Skills include entering and exiting water, getting your face wet, submersion and other breathing techniques, floating on front and back, gliding on front and back, rolling from front to back and back to front, stroke development leading to swimming at least two body lengths on front and back using arm and leg action. Water safety topics are covered.

234230-01	M	7:30-8pm	9/19-11/7	7	\$109	CQRC
234230-02	M	7:30-8pm	9/19-11/7	7	\$109	CQRC
234230-03	W	7:30-8pm	9/21-11/9	8	\$125	CQRC
234230-04	W	7:30-8pm	9/21-11/9	8	\$125	CQRC
234230-05	Th	7:30-8pm	9/22-11/10	8	\$125	CQRC
234230-06	Tu,Th	7:30-8pm	9/20-10/13	8	\$125	CQRC
234230-07	Sa	1:30-2pm	9/24-11/12	8	\$125	CQRC
234230-08	Su	9:45-10:15am	9/25-11/13	8	\$125	CQRC
234230-09	Su	10:30-11am	9/25-11/13	8	\$125	CQRC
234230-10	Su	1:30-2pm	9/25-11/13	8	\$125	CQRC
234230-11	Tu,Th	7:30-8pm	10/18-11/10	8	\$125	CQRC
234230-12	M,W	7:30-8pm	11/14-12/14	9	\$140	CQRC
234230-13	Tu,Th	7:30-8pm	11/15-12/15	9	\$140	CQRC

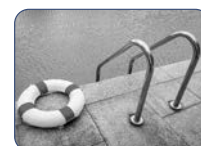
## Adult Advanced Swim

**Ages 18 & up.** 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).

234231-01	M	7:30-8pm	9/19-11/7	7	\$109	CQRC
234231-02	Tu	7:30-8pm	9/20-11/8	8	\$125	CQRC
234231-03	Tu	7:30-8pm	9/20-11/8	8	\$125	CQRC
234231-04	W	7:30-8pm	9/21-11/9	8	\$125	CQRC
234231-05	Th	7:30-8pm	9/22-11/10	8	\$125	CQRC
234231-06	Su	11:15-11:45am	9/25-11/13	8	\$125	CQRC
234231-07	Su	12-12:30pm	9/25-11/13	8	\$140	CQRC
234231-08	M,W	7:30-8pm	11/14-12/14	9	\$140	CQRC

## Lifeguard Prep **NEW!** **DROP-IN**

**Ages 14 & up.** This class is for anyone interested in becoming lifeguards, swim instructors or other aquatic professionals. Students should have basic swimming skills and be comfortable in



deep water. This class will prepare participants to pass the pre-test for the American Red Cross Lifeguarding course as well as the skills and confidence needed to complete the lifeguard training or become swim instructors. Participants will work on stroke development and improvement as well as strength building exercises. Life saving techniques will not be covered in this course. Drop-in participants are allowed. Drop-in fee \$12 per class.

\*Note: this is not Lifeguard Training course

234236-01	M	3:45-4:15pm	9/19-11/7	7	\$109	CQRC
234236-02	W	3:45-4:15pm	9/21-11/9	8	\$125	CQRC
234236-03	Tu,Th	3:45-4:15pm	11/15-12/15	9	\$140	CQRC

## We Aquatics

**Ages 3 & up.** 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 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 [weaquatics.com](http://weaquatics.com)

M,W	2-7pm	\$50
Tu,Th	2-6:30pm	\$50
F	2-5:45pm	\$50
Sa	11am-2:30pm	\$50

# AQUA AEROBICS



## 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.

234221-01 Tu,Th 10:55-11:55am 9/20-12/15 23 \$209 CQRC

## 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. Instructor Candice Kaup.



234218-01 M 6:30-7:15pm 9/19-12/19 13 \$185 CQRC

## Aqua Aerobics DROP-IN

**Ages 18 & up.** Boost metabolism with rounds of high-intensity exercises performed in '20 seconds on, 10 seconds off' intervals. The water adds resistance while also making moves safer for all ability and flexibility levels.

234222-01 M,W 9-10am 9/19-10/31 12 \$155 CQRC

234222-02 M,W 9-10am 11/7-12/21 13 \$165 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.

234223-01 Sa 9:05-9:55am 9/24-12/17 12 \$175 CQRC

## Deep Water Aqua Aerobics DROP-IN

**Ages 18 & up.** Cross-train in the water! Basic boxing, kick, resistance and interval trainings strengthen the upper and lower body and abdominals while improving flexibility and cardiovascular health. Flotation and resistance equipment provided.

234224-01 M,W 10:10-11:10am 9/19-10/31 12 \$155 CQRC

234224-02 W 6:30-7:33pm 9/21-12/21 13 \$209 CQRC

234224-03 W 7:40-8:40pm 9/21-12/21 13 \$209 CQRC

234224-04 M,W 10:10-11:10am 11/7-12/21 13 \$165 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 workout that is a cardio-conditioning, body toning, and exhilarating! Instructor LG Total Fitness.

234225-01 M 7:15-8:05pm 9/19-12/19 13 \$165 CQRC

234225-02 Su 9-9:50am 9/18-12/18 13 \$165 CQRC

## 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! Instructor LG Total Fitness.

234226-01 Tu,Th 6:10-7:10am 9/20-10/27 12 \$155 CQRC

234226-02 Tu,Th 6:10-7:10am 11/1-12/20 13 \$165 CQRC

## 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!

234228-01 Tu 7:40-8:30pm 9/20-12/20 13 \$165 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.

234229-01 Tu,Th 6:30-7:30pm 9/20-10/27 12 \$155 CQRC

234229-02 M 11:30am-12:30pm 9/19-12/19 13 \$165 CQRC

234229-03 Tu,Th 6:30-7:30pm 11/1-12/20 13 \$165 CQRC

## Gobble Wobble Aqua Burn DROP-IN

**Ages 18 & up.** Day after Thanksgiving calorie burn session! Participants will enjoy three different aqua classes during their one-hour class.

234216-01 F 9-10am 11/25-11/25 1 \$12 CQRC

## Blue Octopus Scuba

**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.blueoctopusclub.com](http://www.blueoctopusclub.com)

239702-01 Sa,Su 10:30am-3:30pm 9/17-12/17 28 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](mailto:candicekaup@yahoo.com) or call 703.863.1898. Instructor Candice Kaup.

234217-01 Tu,Th 8:15-9am 9/20-10/27 12 \$159 CQRC

234217-02 Tu,Th 9:15-10am 9/20-10/27 12 \$159 CQRC

234217-03 Tu,Th 8:15-9am 11/1-12/22 14 \$185 CQRC

234217-04 Tu,Th 9:15-10am 11/1-12/22 14 \$185 CQRC

DROP-IN \$12 per lass (\$15 for nonresidents).  
Subject to minimums and maximums.

**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

### 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.

214019-01	Sa	3-4pm	9/10-10/15	6	\$59	PHES
214019-02	M	6-7pm	9/12-10/17	5	\$29	PHES
214019-03	Sa	3-4pm	10/22-12/3	6	\$59	PHES
214019-04	M	6-7pm	10/24-11/28	6	\$59	PHES

### Beginner Yoga Series **NEW!**

**Ages 18 & up.** The beginner class series introduces the history of yoga, fundamental principles of alignment, and breath work. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety, and stability within each pose.



214215-01	Th	6-7:15pm	9/22-10/27	6	\$99	CQRC
214215-02	Su	10-11:15am	9/25-10/30	6	\$99	CQRC

### Gentle Yoga

**Ages 18 & up.** Practice supported standing, seated & supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Will require props: chairs, blocks, blankets, and straps (provided by the instructor).

213126-01	M	10-11am	9/12-12/12	12	\$159	LEEC
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### Stretch and Flow Yoga

**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.

213146-01	Tu	6:15-7:15pm	9/13-10/18	6	\$95	CHRC
213146-02	Tu	6:15-7:15pm	11/1-12/6	6	\$95	CHRC

### Candlelight Yoga **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. Drop-in fee \$12 per class Instructor Amy Boyles.

214219-01	W	7:05-8:20pm	9/14-12/21	14	\$155	CQRC
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### Hatha Yoga **DROP-IN**

**Ages 18 & up.** This flow yoga class will emphasize on breathing and healthy pose alignment. Welcome home to your body and re-connect with the harmony within. Open for all fitness levels!

214212-01	Tu	6:45-7:45pm	9/13-12/20	14	\$155	CQRC
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### Evening Flow Yoga **DROP-IN**

**Ages 18 & up.** Evening Flow Yoga allows you to arrive and enjoy quiet stillness, move the body and burn off excess energy, and wind down to a deeper state of relaxation as you prepare for your evening. Drop-in fee \$12 per class Instructor Amy Boyles.

214213-01	M	7:05-8:05pm	9/12-12/19	14	\$155	CQRC
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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 safe manner, with proper alignment and a clear focus on your goals and needs.

214201-01	Tu	6-7pm	9/13-10/25	7	\$350	CQRC
214201-02	Tu	7:15-8:15pm	9/13-10/25	7	\$350	CQRC
214201-04	Tu	6-7pm	11/1-12/20	6	\$300	CQRC
214201-05	Tu	7:15-8:15pm	11/1-12/20	6	\$300	CQRC

### Tai Chi

**Ages 18 & up.** Looking for a way to reduce stress? Consider tai chi! Originally developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Instructor Fitness For Every Body.

213111-01	Tu	3:30-4:30pm	9/6-12/13	15	\$269	ODRC
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### Essentrics: Classical Stretch

**Ages 18 & up.** Aging Backwards/Classical Stretch is based on: Tai Chi flowing movements for health/balance; ballet's strengthening theories for long, lean, flexible muscles; and the healing powers of physiotherapy to create a pain-free body. Work through the muscle chains to liberate your muscles; relieve tension; lengthen and strengthen muscles; and increase joint mobility. Please bring a mat. Instructor Nova Essentrics.

213113-01	M	12-1pm	9/19-12/5	10	\$135	CHRC
213113-02	Th	6-7pm	9/22-12/8	11	\$149	CQRC
213113-03	W	10:30-11:30am	9/21-12/7	11	\$169	PHRC
213113-04	W	6-7pm	9/21-12/7	11	\$149	CHRC
213113-05	Tu	12-1pm	9/20-12/6	11	\$149	ODRC

**DROP-IN** \$12 per lass (\$15 for nonresidents).  
Subject to minimums and maximums.



## Rest, Relax, Renew Meditation **NEW!**

**Ages 18 & up.** Unwind from your week with restorative yoga practice that emphasizes rest. Gentle postures supported with blankets and pillows are paired with mindfulness meditation for a soothing and stress-reducing experience. You'll leave feeling renewed and ready for the weekend. Suitable for all bodies. No experience necessary. Min 4/Max 12.

213150-01	F	6-7pm	9/9-10/14	6	\$55	ODRC
213150-02	F	10-11am	10/28-12/9	6	\$55	ODRC

## Therapeutic Yoga for Parkinson **NEW!**

**Ages 21 & up.** Join Lisa, Certified Yoga Therapist (C-IAYT, 1000) for therapeutic yoga specifically designed for individuals living with Parkinson's. Sessions will include postures to improve stability, strength, balance, and flexibility. Each class will also include breathing practices, short mindfulness meditation, and relaxation to support individuals in managing the anxiety often associated with Parkinson's. NOTE: Participants must be able to get up and down off the floor independently.

213149-01	W	6:30-7:45pm	10/12-11/9	5	\$125	ODRC
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## Mindful Movement **55+**

**Ages 55 & up.** Enhance your quality of life with gentle movement and mindfulness meditation. This evidence-based approach is informed by yoga therapy, with emphasis on easing suffering for conditions such as arthritis, chronic pain, and heart disease. Suitable for all bodies. No experience necessary.

213148-01	Th	10-11am	9/8-10/13	6	\$55	ODRC
213148-02	Th	10-11am	10/27-12/8	6	\$55	ODRC
213148-03	Th	6-7pm	9/8-10/13	6	\$55	ODRC
213148-04	Th	6-7pm	10/27-12/8	6	\$55	ODRC

# CARDIO WORKOUT

## Zumba

**Ages 18 & up.** Ditch the workout and party! Zumba 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. Instructor Diana Mertz.



213107-01	M	5:15-6pm	9/12-12/12	12	\$109	CHRC
213107-02	M	5:15-6pm	9/12-9/12	1	\$15	CHRC
213107-03	M	5:15-6pm	9/19-9/19	1	\$15	CHRC
213107-04	M	5:15-6pm	9/26-9/26	1	\$15	CHRC
213107-05	M	5:15-6pm	10/3-10/3	1	\$15	CHRC
213107-06	M	5:15-6pm	10/17-10/17	1	\$15	CHRC
213107-07	M	5:15-6pm	10/31-10/31	1	\$15	CHRC
213107-08	M	5:15-6pm	11/7-11/7	1	\$15	CHRC

213107-09	M	5:15-6pm	11/14-11/14	1	\$15	CHRC
213107-10	M	5:15-6pm	11/21-11/21	1	\$15	CHRC
213107-11	M	5:15-6pm	11/28-11/28	1	\$15	CHRC
213107-12	M	5:15-6pm	12/5-12/5	1	\$15	CHRC
213107-13	M	5:15-6pm	12/12-12/12	1	\$15	CHRC

## Jazzercise

**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) \$50.00, Walk-ins \$20.00.

219701-01	M-Th	5:15-6:15pm	9/6-12/220	varies	ODRC
219701-02	M-Th	6:30-7:30pm	9/6-12/22	varies	ODRC
219701-03	Sa	8:30-9:30am	9/10-12/17	varies	NLRC
219701-04	Su	10-11am	9/18-12/11	varies	ODRC

## Pilates

**Ages 18 & up.** An effective non-impact class that is designed to strengthen the core (trunk) of the body and create a balanced body. Pilates exercise class utilizes a variety of positions and/or equipment. A strong core is essential to overall strength and balance!

214021-01	Sa	1:15-2pm	9/10-10/15	6	\$75	PHRC
214021-02	M	7:15-8pm	9/12-10/24	6	\$75	PHRC
214021-03	Sa	1:15-2pm	10/29-12/10	6	\$75	PHRC
214021-04	M	7:15-8pm	11/7-12/12	6	\$75	PHRC

## Zumlates **NEW!**

**Ages 18 & up.** Zumlates is a fusion of Pilates and Zumba, a modern take on cardio, toning, and strengthening. This is a total workout, mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

214022-01	Tu	7-8pm	9/6-10/11	6	\$75	PHRC
214022-02	Sa	12:15-1pm	9/10-10/15	6	\$75	PHRC
214022-03	Tu	7-8pm	10/18-11/29	6	\$75	PHRC
214022-04	Sa	12:15-1pm	10/22-12/3	6	\$75	PHRC

## 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.

214000-01	M	10-11am	9/12-10/24	6	\$55	PHRC
214000-02	M	10-11am	11/7-12/12	6	\$55	PHRC

## CARDIO & STRENGTH

### 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 upon request. Bring protective gear (helmet, elbow, wrist guards, and knee pads). World Champion United Skates Roller Sports and Skate Inline Associated Certified. Instructor Christie Motley & Team. Call Christie for questions 703.623.7354.

213141-01	Sa	9-10am	9/10-10/1	4	\$99	PHES
213141-02	Sa	9-10am	10/15-11/5	4	\$99	PHES
213141-04	Sa	9-10am	11/12-12/10	4	\$99	PHES

### 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 a total body strength workout. Learning proper form and good gym etiquette while meeting your fitness goals. Personalized body composition testing.

214013-01	M	6:30-7:30pm	9/12-10/24	6	\$29	PHRC
214013-02	M	6:30-7:30pm	11/7-12/12	6	\$29	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 to better performance. All workouts are modified and designed to help participants, improve fitness and move towards goals.

214014-01	Tu	6:30-8:30pm	9/6-10/11	6	\$29	PHRC
214014-02	Tu	6:30-8:30pm	10/25-12/6	6	\$29	PHRC

### 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! This is an advanced level class.



213611-01	M,W	6:30-7:30pm	9/12-10/19	12	\$85	CHRC
213611-02	M,W	6:30-7:30pm	10/31-12/7	12	\$85	CHRC

### 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.

213705-01	Tu,Th	6:30-7:30pm	9/27-10/27	10	\$69	CKRC
213705-02	Tu,Th	6:30-7:30pm	11/15-12/20	10	\$69	CKRC

### 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.

214205-01	W	6:15-7:15am	9/14-12/21	14	\$155	CQRC
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### 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. Drop in fee \$12.

214208-01	Th	7:15-8pm	9/15-12/22	14	\$155	CQRC
214208-02	Sa	9-9:45am	9/24-12/17	13	\$145	CQRC

## 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

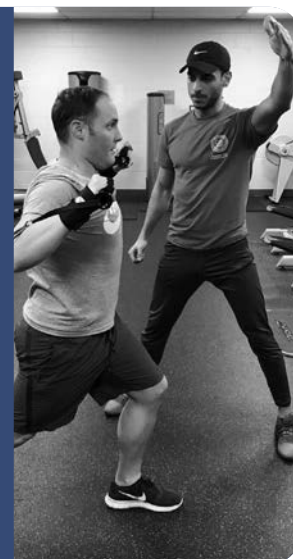
- Certified trainers design a 60-minute customized exercise program and provide guidance on proper form.
- To schedule an appointment, register using activity #214203-00.

**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



## Balance & Stretch DROP-IN

**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. Drop-in fee \$12 per class.

214209-01	W	9:15-10:15am	9/21-12/21	13	\$145	CQRC
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## 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.

214216-01	F	10:10:45am	9/16-12/16	13	\$145	CQRC
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## 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.

214217-01	F	11-11:30am	9/16-12/16	13	\$145	CQRC
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## Lights Out Fitness Frenzy

**Ages 18 & up.** Join us for a series of exercise classes that feels more like a night out. Enjoy your favorite fitness classes ranging from yoga to zumba. We are turning down the lights to fitness frenzy in the dark.

213621-01	Th	7-8pm	9/15-9/15	1	\$9	CHRC
213621-02	Th	7-8pm	10/13-10/13	1	\$9	CHRC
213621-03	Th	7-8pm	11/10-11/10	1	\$9	CHRC
213621-04	Th	7-8pm	12/15-12/15	1	\$9	CHRC

## Adult Cardio & Weight Training

**Ages 18 & up.** Adult Cardio & Weight Training incorporates weight and cardio fitness machines in a timed interval system; to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility.

214008-01	Th	7-8pm	9/8-10/13	6	\$55	PHRC
214008-02	Th	7-8pm	10/20-12/8	6	\$55	PHRC

## 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](http://arlington-alexandria.fit4mom.com), 571.305.2029 or [jlungren@Fit4Mom.com](mailto:jlungren@Fit4Mom.com).

219703-01	Tu,Th	9:30-10:30am	9/6-11/22	varies	BBPK
219703-02	Sa	9-10am	9/10-12/17	varies	PHRC
219703-03	M,W,F	9:30-10:30am	11/7-12/16	varies	ODRC
219703-04	Th	9:30-10:30am	11/10-12/15	varies	PHRC

## FIT4MOM

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! To register, visit [www.arlington-alexandria.fit4mom.com](http://www.arlington-alexandria.fit4mom.com) 571.305.2029 or [jlungren@Fit4Mom.com](mailto:jlungren@Fit4Mom.com).

219706-01	Tu	9:15-10:15am	9/6-12/13	varies	PHRC
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## ChinquaCircuit Gold 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 Drop-in fee \$12 per class.

214211-01	Tu	9:05-9:50am	9/20-12/20	13	\$145	CQRC
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## 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.

214007-01	W	10-11am	9/7-10/12	6	\$55	PHRC
214007-02	W	10-11am	10/26-12/7	6	\$55	PHRC

## Senior Cardio & Weight Training 55+

**Ages 55 & up.** Weight Training incorporates weight and cardio fitness machines in a timed interval system; to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility.

214011-01	W	12-1pm	9/7-10/12	6	\$55	PHRC
214011-02	W	12-1pm	10/26-12/7	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.

214012-01	M	11:30am-12:15pm	9/12-10/17	6	\$55	PHRC
214012-02	M	11:30am-12:15pm	10/24-12/5	6	\$90	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](http://www.usaboxing.org)).

Tuesday & Thursday, 7-8pm, CHRC

# sports classes & leagues

**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.-2yrs 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. Instructor: TSP Team.

222620-01	W	10-10:30am	9/7-10/12	6	\$149	CHRC
222620-02	W	10-10:30am	10/26-12/14	8	\$195	CHRC

### Mom/Dad Me Tumbling +ADULT

**Ages 2½-4 with adult.** This class is designed to help introduce some basic tumbling techniques to your child, such as forward rolls, handstands, and bridges. This class will include a group warm-up and individual drills that will consist of parent participation. Instructor: TSP Team.

222605-01	Sa	9:30-10:15am	9/10-10/22	6	\$135	PHRC
222605-02	Sa	9:30-10:15am	11/5-12/17	6	\$135	PHRC
222605-03	Sa	9:30-10:15am	9/10-10/22	6	\$135	CKRC

### 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

224215-03	Sa	8:15-8:45am	9/17-10/29	7	\$149	CQRC
224215-04	Su	9:15-9:45am	9/18-10/30	7	\$149	CQRC
224215-08	Sa	8:15-8:45am	11/5-12/17	6	\$129	CQRC

#### Ages 3-5

224215-01	M	3:45-4:15pm	9/12-10/31	7	\$149	CQRC
224215-05	Su	11:15-11:45am	9/18-10/30	7	\$149	CQRC
224215-06	M	3:45-4:15pm	11/7-12/12	6	\$129	CQRC
224215-09	Su	9:15-9:45am	11/6-12/18	6	\$129	CQRC
224215-10	Su	11:15-11:45am	11/6-12/18	6	\$129	CQRC

#### Ages 5-9

224215-02	W	6-7pm	9/14-10/26	7	\$149	CQRC
224215-07	W	6-7pm	11/2-12/14	6	\$129	CQRC

### Basic Tumbling I & II

**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. Instructor: TSP Team.

222606-01	Sa	10:30-11:15am	9/10-10/22	6	\$135	PHRC
222606-02	Sa	11:30am-12:15pm	9/10-10/22	6	\$135	PHRC
222606-03	Sa	10:30-11:15am	11/5-12/17	6	\$135	PHRC
222606-04	Sa	11:30am-12:15pm	11/5-12/17	6	\$135	PHRC
222606-05	Sa	2-2:45pm	9/10-10/22	6	\$135	CKRC

### Gymnastics I

**Ages 5-11.** 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. Min 6/Max 12. No class 10/10, 11/24, 11/26.

#### Ages 5-8

224203-01	M	4:30-5:30pm	9/12-10/31	7	\$149	CQRC
224203-03	Th	4-5pm	9/15-10/27	7	\$149	CQRC
224203-04	Su	10-11am	9/18-10/30	7	\$149	CQRC
224203-05	M	4:30-5:30pm	11/7-12/12	6	\$129	CQRC
224203-07	Th	4-5pm	11/3-12/15	6	\$129	CQRC

#### Ages 8-11

224203-02	M	5:45-6:45pm	9/12-10/31	7	\$149	CQRC
224203-06	M	5:45-6:45pm	11/7-12/12	6	\$129	CQRC
224203-08	Su	10-11am	11/6-12/18	6	\$129	CQRC

### 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. Focused 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.

213803-01	M	6-7pm	9/12-11/28	11	\$99	MVRC
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### Acrobatics I

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

222612-01	Sa	1:30-2:20pm	9/24-12/10	10	\$135	CHRC
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## SOCCER CLASSES



### Soccer Tots

**Ages 2-3.** Specialized for our youngest age group, a variety of fun games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged above all else to develop motor skills, promote physical fitness and create self-confidence. Instructor: TSP Team.

222610-01	M	1:15-1:55pm	9/12-10/31	6	\$129	CHRC
222610-02	M	1:15-1:55pm	11/7-12/12	6	\$129	CHRC
222610-03	M	12:20-1:05pm	9/12-10/31	6	\$129	CHRC
222610-04	M	12:20-1:05pm	11/7-12/12	6	\$129	CHRC
222610-05	Th	1-1:45pm	9/15-10/27	7	\$149	ODRC

# sports classes & leagues

## Little Kicks and Me +ADULT

**Ages 2-3 with adult.** Fun Parent and Me Soccer class is designed to introduce children to soccer through games and activities.

224004-01	Sa	9:15-10am	9/10-10/15	6	\$105	PHRC
224004-02	Sa	9:15-10am	10/22-12/3	6	\$105	PHRC
224207-01	W	10-10:45am	9/14-10/26	7	\$125	CQPK
224207-02	Th	4-4:45pm	9/15-10/27	7	\$125	CQPK
224207-03	Sa	10-10:45am	9/17-10/29	7	\$125	CQPK

## Excite Soccer

**Ages 3-6.** Develop mental, physical, and social abilities through creative games and activities taught by highly experienced staff, who are trained to work with young children. Learn individual skills and teamwork and, most importantly, have fun! Master basic coordination and agility with and without a soccer ball in a confidence-building environment. Instructor: Soccer Excite.



222600-01	Sa	4-4:45pm	9/17-10/29	7	\$139	OTPL
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## Little Kicks

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

224003-01	Sa	10:15-11am	9/10-10/15	6	\$105	PHES
224003-02	Sa	10:15-11am	10/22-12/3	6	\$105	PHES
224208-01	W	5:30-6:15pm	9/14-10/26	7	\$175	CQPK
224208-02	Th	5-5:45pm	9/15-10/27	7	\$175	CQPK
224208-03	Sa	2-2:45pm	9/17-10/29	7	\$175	CQPK

## Little Champions Soccer

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

224212-01	Th	6-6:45pm	9/15-10/27	7	\$125	CQPK
224212-02	Sa	2:30-3:15p	9/10-10/29	7	\$125	CQPK

# TENNIS CLASSES

## 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.

224211-01	Th	5-5:30pm	9/15-10/27	7	\$149	CQPK
224211-02	Th	5:40-6:10pm	9/15-10/27	7	\$149	CQPK
224211-03	Su	9:30-10am	9/18-10/30	7	\$149	CQPK
224211-04	Su	10:10-10:40am	9/18-10/30	7	\$149	CQPK

224211-05	Su	10:50-11:30am	9/18-10/30	7	\$149	CQPK
224211-06	Su	11:40am-12:10pm	9/18-10/30	7	\$149	CQPK

## Cardio Tennis

**Ages 7 & up.** For players who would like more individual attention, you can book private lessons 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! Instructor: Advantage Tennis.

223104-01	M	7-8pm	9/12-10/24	6	\$219	MHPK
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## Fun & Fundamentals Tennis 1 & 2

**Ages 7-10.** Through fun, skill-building games, beginners and advanced beginners learn and develop the fundamental strokes. Participants must have their own tennis rackets. Instructor: FirstServe Tennis.

### Ages 6-8

222616-01	M	4:30-5:20pm	9/12-11/28	10	\$249	PYPK
222616-02	W	4:30-5:20pm	9/14-11/23	10	\$249	CQPK
222616-03	Th	4:30-5:20pm	9/15-11/17	10	\$249	PYPK

### Ages 7-10

222616-04	M	5:30-6:20pm	9/12-11/28	10	\$249	PYPK
222616-05	W	5:30-6:20pm	9/14-11/23	10	\$249	CQPK
222616-06	Th	5:30-6:20pm	9/15-11/17	10	\$249	PYPK

### Ages 10-14

222616-07	M	6:30-7:20pm	9/12-11/28	10	\$249	PYPK
222616-08	W	6:30-7:20pm	9/14-11/28	10	\$249	CQPK
222616-09	Th	6:30-7:20pm	9/15-11/23	10	\$249	PYKP

## 2022 Fall into Beginners Tennis

**Ages 7-12.** Does your child have little or no tennis experience? Our beginner class offers upper elementary aged players a great place to start or brush up on the basics. Students will improve hand-eye coordination and agility, perform racket-handling skills, and become familiar with the tennis court. Participants are encouraged to bring their own racquets to each session.

223701-01	Sa	9:30-10:30am	9/3-9/24	4	\$319	CKRC
223701-02	Sa	11am-12pm	9/3-9/24	4	\$319	CKRC
223701-03	Sa	9:30-10:30am	10/8-10/29	4	\$319	CKRC
223701-04	Sa	11am-12pm	10/8-10/29	4	\$319	CKRC

## Teen Tennis NEW!

**Ages 11-14.** Fun, modern, and healthy classes to build tennis abilities and skills. Make friends and learn how to play better, faster. Participants will need their own tennis racquets. Instructor: Tennis Advantage Tennis

222632-01	Tu	3:30-4:30pm	9/13-10/25	7	\$219	GWMS
222632-02	Tu	4:30-5:30pm	9/13-10/25	7	\$219	GWMS

## 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. Instructor is Advantage Tennis.

223107-01	M	5-6pm	9/12-10/24	6	\$219	MHPK
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# sports classes & leagues

## Triples Adult Socials **NEW!**

**Ages 16 & up.** Meet new players, triple your fun, and get some healthy exercise with the fast-moving games. A play-based hour of fun for all levels, let the games begin! Participants will need their own tennis racquets.

Instructor Advantage Tennis

223109-01	F	5:30-6:30pm	9/9-9/9	1	\$5	LCCM
223109-02	Su	5:30-6:30pm	9/25-9/25	1	\$5	LCCM
223109-03	F	5:30-6:30pm	10/7-10/7	1	\$5	LCCM

## Adult Tennis 1

**Ages 18 & 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. Participants must have their own tennis rackets. Instructor FirstServe Tennis.



223102-01	M	7:35-8:35pm	9/12-11/21	10	\$305	PYPK
223102-02	W	7:25-8:35pm	9/14-11/16	11	\$335	CQPK
223102-03	Th	7:25-8:35pm	9/15-11/17	10	\$335	PYPK

## Adult Tennis 2

**Ages 18 & 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. Participants must have their own tennis rackets. Instructor FirstServe Tennis. Min 3/Max 4. No class 10/10, 10/31.

223103-01	M	8:50-10pm	9/12-11/21	10	\$335	PYPK
223103-02	W	8:50-10pm	9/14-11/16	11	\$369	CQPK
223103-03	Th	8:50-10pm	9/15-11/17	10	\$369	PYPK

## Adult Intermediate Tennis Lessons

**Ages 24 & 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. Instructor Advantage Tennis.

223108-01	M	6-7pm	9/12-10/24	6	\$219	MHPK
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## 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. Instructor Leonard Booker.

224213-01	F	9:30-10:30am	9/16-11/4	8	\$145	CQPK
224213-02	F	10:45-11:45am	9/16-11/4	8	\$145	CQPK

## Youth Outdoor Pickleball

**Ages 10-14.** Through game-based instruction, participants are introduced to ball control skills and the basic strokes of this fun, mini-tennis-like game. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1. Instructor: First Serve Tennis.

222628-01	W	5:30-6:20pm	9/14-11/2	8	\$199	LCCM
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## 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.

213616-01	F	10:45am-12:15pm	9/9-10/14	6	\$79	CHRC
213616-02	F	10:45am-12:15pm	10/21-12/2	7	\$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. Instructor First Serve Tennis.

223105-01	W	6:30-7:20pm	9/14-11/2	8	\$199	LCCM
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## 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 Instructor First Serve Tennis.

223106-01	W	7:25-8:15pm	9/14-11/2	8	\$199	LCCM
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# ADDITIONAL SPORTS CLASSES

## Lil' Pro Sports

**Ages 3-5.** Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere.

222706-01	Sa	10:15-11am	9/10-10/1	4	\$95	LCCM
222706-02	Sa	11:15am-12pm	9/10-10/1	4	\$95	LCCM

## Pee Wee Lacrosse

**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.

224006-01	Sa	1:15-2pm	9/10-10/15	6	\$105	PHRC
224006-02	Sa	11:15am-12pm	10/22-12/3	6	\$105	PHRC

## Grand Slam T-Ball

**Ages 3-5.** The emphasis at this age is to have fun. This class is geared toward helping establish the true passion and excitement of tee ball while learning the fundamentals of the sport. This is a co-ed program.

224009-01	Sa	11:15am-12pm	9/10-10/15	6	\$105	PHRC
224009-02	Sa	11:15am-12pm	10/22-12/3	6	\$105	PHRC

## Lil Lacrosse

**Ages 3-5.** Kids will develop lacrosse fundamentals in a safe and fun environment. With an emphasis on hand/eye coordination, speed, agility, and stick skills, this class is perfect for participant's brand new to lacrosse. Players will need a lacrosse stick. Class will be held on the Jefferson Houston field, or inside the Durant Center for inclement weather. Instructor: TSP Team.

222618-01	Su	9-9:45am	9/11-10/23	6	\$129	ODRC
222618-02	Su	9-9:45am	11/6-12/11	5	\$109	ODRC

## 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.

212604-01 Sa 9:50-10:50am 9/24-11/2 8 \$115 ODRC

## Martial Arts 4 Kids

**Ages 3-6.** 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. Optional belt testing will be available at the end of the session for an additional fee. Instructor: TSP Team.

222626-01 W 1-1:30pm 9/7-10/12 6 \$185 ODRC

222626-02 W 1-1:30pm 10/26-12/7 7 \$215 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. Instructor: Hoop Life.

222602-01 Sa 10-10:45am 9/24-12/3 10 \$179 NLRC

222602-02 Sa 11-11:45am 9/24-12/3 10 \$179 NLRC

## Run Shoot Basketball

**Ages 4-8.** Run and Shoot Basketball is a basketball program developed to teach the fundamentals of basketball in a fun and exciting way! This class will introduce and teach basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill building in passing, shooting, dribbling, and defense.

224010-01 Sa 12:15-1pm 9/10-10/15 6 \$105 PHRC

224010-02 Sa 12:15-1pm 10/22-12/3 6 \$105 PHRC

## Rookie Baseball Clinic

**Ages 4-8.** 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. Min 10/Max 20.

222716-01 Tu 5-6pm 9/13-9/20 2 \$45 LCCM

222716-02 Tu 6:15-7:15pm 9/13-9/20 2 \$45 LCCM

## First Down Flag Football **NEW!**

**Ages 5-9.** Players will develop an understanding of the game, rules, and technical skills in a fun-filled, exciting environment.

224216-01 W 4:30-5:15pm 9/14-10/26 7 \$125 CQPK

224216-02 Sa 11:30am-12:15pm 9/10-10/29 7 \$125 CQPK

## 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

## Cheerleading

**Ages 5-16.** Participant's age is determined by their age as of April 30, 2023. Learn the basic cheerleading skills and techniques. Teams are formed and practices are held at neighborhood recreation centers. Online registrations are assigned to their local center. Three divisions include: Pee Wee (ages 8 & under); Youth (ages 12 & under) and Junior (ages 16 & under). Practice schedules vary by center and are TBD. Teams compete in two local competitions and other events. Competition and uniform fees apply. Open to City of Alexandria residents only.

222701-00 TBD 9/15-4/30 \$0 TBD

## Lil' Sticks Girls Field Hockey

**Ages 6-8.** This developmental program focuses on teaching the fundamentals of field hockey in a non-competitive environment.

222711-01 Su 12-1pm 10/2-10/23 4 \$95 NLRC

## Nerf Fencing

**Ages 6-10.** Students will 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. Instructor: TSP Team.

222609-01 Tu 4-5pm 9/6-10/11 6 \$135 CQRC

222609-02 Tu 4-5pm 11/1-12/13 6 \$135 CQRC

## Preseason Basketball Fundamentals

**Ages 7-12.** Basketball season is around the corner. Get ready by learning the fundamentals of the game such as passing, shooting, dribbling and more. Open to City of Alexandria residents only.

222713-01 Sa 9-10am 10/8-11/12 6 \$95 GWMS

222713-02 Sa 10:15-11:15am 10/8-11/12 6 \$95 GWMS

## PK 4 Kids

**Ages 7-12.** 6 weeks of games and skills that will teach your child to jump, roll, crawl, evade, and pursue - everything a young ninja needs to succeed! If your child came to our summer parkour camps, they'll have a blast at these fall sessions! Newcomers are welcome too! Please make sure your child wears athletic clothing and shoes. [www.pkmove.org](http://www.pkmove.org) Instructor: PK Move.

222627-01 Tu,Th 4:30-5:30pm 9/6-10/6 10 \$199 OTPL

## Track & Field Conditioning

**Ages 7-14.** It is never too early to get ready for the track season. Develop techniques used in track & field with an emphasis on teamwork, sportsmanship, and healthy competition.

222721-01 Su 12-1pm 9/11-10/2 4 \$95 PHRC

222721-02 Su 1:15-2:15pm 9/11-10/2 4 \$95 PHRC

## Sports Affiliates

**Alexandria Lacrosse Club**  
[alexandrialacrosse.com](http://alexandrialacrosse.com)

**Alexandria Soccer Association**  
[alexandria-soccer.org](http://alexandria-soccer.org)

**Alexandria Little League**  
[alexandriabaseball.com](http://alexandriabaseball.com)

**Alexandria Titans Football**  
[alexandriatitansfootball.org](http://alexandriatitansfootball.org)

**Alexandria Rugby Club**  
[alexandrialacrosse.com](http://alexandrialacrosse.com)

# sports classes & leagues

## Intro to Skateboarding

**Ages 7-15.** This skateboard program is jam-packed with fun, excitement, and safety. Participants 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 daily. Participants should bring their own skateboard, pads, and helmet. Instructor TSP Team.



222623-01 W 4-5pm 9/7-10/19 7 \$139 SJSP

## Girls Softball Clinic

**Ages 8-14.** 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.

222707-01 W 5:30-6:30pm 9/7-9/14 2 \$45 LCCM

## Hoop Life Basketball Skills

**Ages 9-14.** Does your child like to play basketball? Do they enjoy the feeling of making shots? Would they like to make shots more often? In this class they will learn the fundamentals of shooting from professional basketball skill trainers with proven techniques that they have used to develop the skills of countless high school, college, and professional basketball players for over 20 years. Instructor Hoop Life.

222625-01 Sa 12-1pm 9/24-12/3 10 \$209 NLRC

222625-02 Sa 2-3:30pm 9/24-12/3 10 \$209 WRRC

## Girls Preseason Volleyball Clinic

**Ages 9-14.** Participants will learn the basics of the sport of volleyball and prepare for the upcoming season.

222723-01 Su 1-2pm 9/11-9/18 2 \$45 JHES

222723-02 Su 2:15-3:15pm 9/11-9/18 2 \$45 JHES

## Fencing

**Ages 10 & up.** Learn the principles of modern sport fencing including footwork, blade control, and technique. Foils, masks, and jackets provided (no rental fee). Please wear comfortable athletic clothing. Court shoes or cross trainers recommended. \$10 non-competitive USA Fencing membership required (details at first class session). Instructor Olde Town Fencing Instructor of Fencing Virginia Academy.

223101-01 W 7-8pm 9/21-11/9 8 \$99 PHES

## E-Sports Academy

**Ages 11-15.** 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.

222629-01 Sa 11am-12pm 9/24-12/3 10 \$215 LEEC

# LEAGUES

## T-Ball & Coach Pitch Baseball

**Ages 4-8 as of September 30, 2022.** Teams are formed by recreation districts. Teams will practice once or twice a week (practice days and locations vary by team). League games will take place on Saturday. Register by September 2, 2022. Open to City of Alexandria residents only.

222719-01 M-Sa TBD 9/12-11/5 \$95 TBD

222719-02 M-Sa TBD 9/12-11/12 \$95 TBD

## Miracle League of Alexandria Baseball

**Ages 5 & up.** A non-competitive environment allows children and adults with cognitive, developmental, and physical challenges to play sports at their own pace. Buddies assist each player as much or little as they require.

222705-01 W 4:30-5:30pm 9/21-10/26 6 \$65 LCCM

222705-02 Sa 1-2:30pm 9/10-10/22 7 \$65 LCCM

## Girls' Volleyball League

**Ages 9-14 as of Dec. 31, 2022.** Teams will be formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices take place on Sunday afternoons with games on Thursdays and Fridays. Practice and game locations include Minnie Howard and Jefferson Houston. Open to City of Alexandria residents only.

222703-01 Th,F,Su 6-9pm 9/25-12/16 \$95 ACMH

## Winter Basketball League

**Ages 7-17 as of March 31, 2023.** Teams are formed in the 8, 10, 12, 14 and 17 & under leagues. Teams are formed by recreation districts except for boys ages 14-17, which are formed by skill assessment and draft system. Important league dates: Registration 9/15 to 11/15. Practices begin week of 12/5. Practice times and locations vary by team. Games begin week of 1/7/23. Open to City of Alexandria residents only.

322701-01 TBD TBD 12/5-3/18 \$95 TBD

## Coed Softball League

**Ages 18 & up.** Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 7/18-8/26 League Play: September-November 2022. Register by team.

223205-06 M-Th varies 9/6-11/18 \$525

## Coed Volleyball League

**Ages 18 & up.** Bump Set Spike! Make your workout social by exercising with a team at weekly volleyball games. Total of 10 matches To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 6 and minimum of 4 of either gender. Registration: 7/18 -8/26 .League Play: September-November 2022. Register by team.

223201-02 Tu,W varies 9/6-11/18 \$555 varies

## Coed Soccer League

**Ages 18 & up.** Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 2/15-3/25 League Play: April-July 2023. Register by team.

423200 M-Th varies 4/4-7/15 \$795 varies

Registration information on page 30.



**MAKE MEMORIES AND A NEW BFF!** Designed to promote social development and creative learning, our wide variety of camps is sure to spark your child's interest.



## ONE DAY & WINTER BREAK CAMPS

### The Science Seed: Lil Scientists

**Ages 5-8.** In each of our day camps, little scientists will explore the day's theme with experiments, crafts and fun! The day is rounded out by outdoor recess, story time tied to the day's science, free reading, exploration, and journal entry. Instructor The Science Seed.

272691-01	M	9am-4pm	10/24	1	\$105	ODRC
272691-02	Tu	9am-4pm	10/25	1	\$105	ODRC
272691-03	Th	9am-4pm	11/3-11/3	1	\$105	ODRC
272691-04	F	9am-4pm	11/4-11/4	1	\$105	ODRC

### Art Box Music Theater Camp **NEW!**

**Ages 5-10.** Kids explore acting, dance, scene delivery and voice to learn the beautiful process of theater.

272686-01	M-F	9am-4pm	12/19-12/23	5	\$399	LEEC
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### STEM Adventures Camp **NEW!**

**Ages 5-10.** Have you ever wondered what the STEM world has to offer? During our STEM Adventures camp, campers will be able to step into the world of science and dabble in the different avenues that this subject has to offer. We will build LEGO robots, venture into the Minecraft world, Scratch coding, and even game design with KODU. Campers will also participate in chemistry creating potions, experimenting with slime, and participating in some spy science. There is so much to get wrapped up in!

274201-01	M	9am-3pm	9/26	1	\$65	CQRC
274201-02	M	9am-3pm	10/10	1	\$65	CQRC

### Gymnastics Mini Camp

**Ages 5-10.** Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. Students will gain strength, flexibility, and coordination.

274202-01	M	9am-3pm	10/10	1	\$85	CQRC
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### Gymnastics Winter Break Camp

**Ages 5-10.** Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. Students will gain strength, flexibility, and coordination.

274203-01	M-Th	9am-4pm	12/19-12/22	4	\$225	CQRC
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### Pin in 4 Fun Winter Break Camp

**Ages 5-10.** This camp is fun, fun, fun! Students will create arts and crafts projects inspired by Pinterest. Students will gain exposure to many mediums. Students will experience learning hobbies such as marble painting, sensory jars, making wreaths and designing t-shirts.

274204-01	Tu-F	9am-4pm	12/27-12/30	4	\$245	CQRC
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### Science: Potions & Explosions **NEW!**

**Ages 5-10.** Let's have fun with chemistry! In this program, we will create "magic" potions and exciting chemical reactions that will blow your mind. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal, blast a rocket into the air, and more. We will learn about the states of matter and how things change with mixtures, solutions, and chemical reactions. Join us to channel your inner Professor Snape!



274206-01	Tu-F	9am-3pm	12/27-12/30	4	\$265	CQRC
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### Tiny Chefs Camp

**Ages 5-12.** Spend your day off cooking! Each camp session has a different cooking theme. With hands on instruction, campers will learn how to create delicious food and learn cooking techniques. All supplies provided by the instructors.

272677-01	Th,F	9am-4pm	9/29-9/30	2	\$195	ODRC
272677-02	M,Tu	9am-4pm	10/24-10/25	2	\$195	ODRC
272677-03	M-F	9am-4pm	12/19-12/23	5	\$399	ODRC
272677-04	M-F	9am-4pm	12/26-12/30	5	\$399	ODRC

### Silver Knights Chess

**Ages 5-12.** In Chess Camp, campers play and learn chess with Silver Knights! We've taught 100,000 children including national champions, but most students are beginners looking to learn and have fun! Campers are broken up in groups by skill level. Activities include learning the rules, openings, tactics, endgames, studying master games, and playing lots of games against other students, which may be done via tablet or computer for safety reasons. Instructor Chess Silver Knights.

272675-01	M-F	9am-4pm	12/26-12/30	5	\$399	ODRC
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### Ultimate Music Experience Camp

**Ages 5-14.** Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice, and movement. Campers participate in musical games, crafts, musical listening excerpts, related projects and MORE!!! Each camper will be issued a FREE T-shirt and Camp Bag! FREE instrument rentals are provided to borrow for in camp use (rental agreement must be signed). (Instruments differ between the a.m. and p.m. sessions). All campers should bring a snack and drink daily; full-day campers should also bring a bag lunch Instructor Learn Music Now.

272668-01	Th,F	9am-1pm	9/29-9/30	2	\$105	ODRC
272668-02	Th,F	1-5pm	9/29-9/30	2	\$105	ODRC
272668-03	Th,F	9am-1pm	11/3-11/4	2	\$105	ODRC
272668-04	Th,F	1-5pm	11/3-11/4	2	\$105	ODRC
272668-05	W	9am-1pm	11/23-11/23	1	\$55	ODRC
272668-06	W	1-5pm	11/23-11/23	1	\$55	ODRC

## Play-Well Camp

**Ages 6-8.** This drawing and engineering camp combines the best of educational STEAM fun for older students! Play-Well instructors lead students in Jedi Engineering with LEGO® to explore famous planets like Hoth and Endor, build X-Wings and R-2 Units, and defeat the Empire once and for all! Instructor Play-Well Technologies.

272604-01	M,Tu	9am-12pm	10/24-10/25	2	\$195	ODRC
272604-02	M,Tu	1-4pm	10/24-10/25	2	\$195	ODRC
272604-03	Th,F	9am-4pm	11/3-11/4	2	\$195	PHES

## Minecraft Modding

**Ages 6-9.** Does your child spend hours playing Minecraft? Kids learn to create and texture their own blocks and items, create custom classes, and manipulate code, determine how each item appears and behaves and improve the gameplay experience using very simple Java code. Instructor: C3 Cyber Club Inc.

272615-01	M-F	9am-12pm	12/19-12/23	5	\$249	ODRC
272615-02	M-F	1-4pm	12/19-12/23	5	\$249	ODRC

## Nerf Fencing Camp

**Ages 6-12.** Campers will learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf® foam sabers with the option to wear fencing equipment. Instructor TSP Team. Min 10/Max 20.

272659-01	M-F	9am-4pm	12/19-12/23	5	\$195	ODRC
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## Abrakadoodle Art Camp

**Ages 6-12.** This popular art program helps kids stretch their creative muscles and exercise their right brains in action-oriented camps filled with color, texture, shape and fun! The art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style. Instructor Abrakadoodle.

272622-01	M-F	9am-3pm	12/19-12/23	5	\$309	ODRC
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## Soccer Pros Soccer Camp

**Ages 6-14.** Specializing in soccer instruction and games, Soccer Pros is a physical development program for boys and girls. Younger campers learn fundamental skills through dribbling, shooting, and passing games in a warm and friendly environment. Older age groups focus on developing skills and techniques through soccer games, challenges, and team-building competitions. Instructor TSP Team.

272632-01	M-F	9am-4pm	12/26-12/30	5	\$315	ODRC
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**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 come to life as the reader acts out stories in full costume. Join the fun and wear your own costume.



243004-01	Th	10:30am-12pm	9/8-9/29	4	\$55	NLRC
243004-02	Th	10:30am-12pm	10/6-10/27	4	\$55	NLRC
243004-03	Th	10:30am-12pm	11/3-11/17	3	\$39	NLRC
243004-04	Th	10:30am-12pm	12/1-12/15	3	\$39	NLRC

## Resume/Interview Workshop

**Ages 16 & up.** Our Resume writing/interview program will help you learn how to create an effective resume or to improve upon the one that you already have. You will learn skills such as developing cover letters, LinkedIn profile writing, key questions to ask in an interview, dressing for success and much more. Our goal is to prepare you the interview for the dream job you really want.

243126-01	Tu,Th	5:30-6:30pm	10/4-12/6	10	\$229	ODRC
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## TECHNOLOGY & SCIENCE

### The Science Seed: Lil Scientists

**Ages 3-6 or 5-8.** 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. Instructor The Science Seed.

242620-01	Th	3-3:45pm	9/15-10/20	6	\$105	CHRC
242620-02	Th	4-4:45pm	9/15-10/20	6	\$105	CHRC
242620-03	Th	3-3:45pm	10/27-12/15	6	\$105	ODRC
242620-04	Th	4-4:45pm	10/27-12/15	6	\$105	ODRC

### Spy Science NEW!

**Ages 5-10.** How do detectives and investigators use science to solve a mystery? We will spend this class understanding forensic science and learning the tricks of the spy trade. We'll investigate fingerprints, spying techniques (surveillance), secret codes, invisible ink, evidence under a black-light, and other sneaky science!

244203-01	Tu	5:15-6pm	9/20-10/25	6	\$125	CQRC
244203-02	Tu	5:15-6pm	11/1-12/13	6	\$125	CQRC

## Stem DIY

**Ages 5-12.** Children will do different stem challenges, activities, projects, crafts. Using age appropriate social and emotional skills kids and a creative STEM curriculum, children will create new projects each week to take home.

### Ages 5-7

243820-01	M	6:15-7:15pm	9/12-10/24	6	\$99	MVRC
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### Ages 8-12

243820-02	W	6:15-7:15pm	9/14-10/26	7	\$99	MVRC
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## 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.

243800-01	Tu	6:15-7:15pm	9/13-10/18	6	\$99	MVRC
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243800-02	Th	6:15-7:15pm	9/15-10/20	6	\$99	MVRC
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243800-03	Tu	6:15-7:15pm	11/8-12/13	6	\$99	MVRC
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243800-04	Th	6:15-7:15pm	11/17-12/16	6	\$99	MVRC
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## Coding with Minecraft

**Ages 6-9.** Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Instructor C3 Cyber Club Inc.

242616-01	Sa	9:30-10:30am	9/10-10/15	6	\$149	PHRC
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242616-02	Sa	10:45-11:45am	9/10-10/15	6	\$149	PHRC
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242616-03	Sa	9:30-10:30am	10/22-12/3	7	\$149	PHRC
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242616-04	Sa	10:45-11:45am	10/22-12/3	7	\$149	PHRC
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## Roblox and Game Design

**Age 6-9.** In this course, students will learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. "Roblox, Imaginative Game Design" provides students with hands-on experiences in innovation and the underlying mechanics of 3D gaming. This is the perfect course for any student looking to advance their skills in science, technology, engineering, art, and mathematics (STEAM). Do not miss your chance to publish, share, and play games with your friends. Instructor C3 Cyber Club Inc.

222631-01	W	5-6pm	9/14-10/19	6	\$149	ODRC
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222631-02	W	6:15-7:15pm	9/14-10/19	6	\$149	ODRC
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222631-03	W	5-6pm	10/26-12/7	7	\$149	ODRC
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222631-04	W	6:15-7:15pm	10/26-12/7	7	\$149	ODRC
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# SOCIALIZE

## Kid Rock Social Hour +ADULT

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

243801-01	M,W	10am-12pm	9/12-11/7	17	\$79	MVRC
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243801-02	M,W,F	10am-12pm	9/12-11/4	24	\$99	MVRC
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243801-03	M,W	10am-12pm	11/7-12/21	14	\$79	MVRC
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243801-04	M,W,F	10am-12pm	11/7-12/23	21	\$99	MVRC
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## Lil Gymmies

**Ages 1-4.** To provide a fun, safe, lighthearted environment where toddlers can thrive through play as they meet new friends, interact with their guardians and peers, and develop various skills i.e. walking, running, sharing, etc. This will also serve as an opportunity to build bonds and support systems between the families as well as the facility.

243712-01	Sa	9:30am-12:30pm	9/10-11/5	8	\$45	CKRC
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## Adult Social Club (ASC)

**Ages 18 & up.** For adult participants with special needs and disabilities. Develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office at 703.746.5535.

243000-01	Sa	11:30am-3:30pm	9/10-12/17	12	\$75	NLRC
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# creative & performing arts

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



## BALLET



### Pre-Ballet & Movement I

**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. The children will participate in an end of session dance recital. Ballet Dance Recital on December 18th! Instructor: Megan Lively, Elisa Creech.

252605-01	Sa	9:15-10am	9/24-12/10	10	\$179	CHRC
252605-02	Sa	9:10-9:55am	9/17-12/10	10	\$179	PHES
252605-03	M	1:45-2:35pm	9/26-12/12	10	\$179	ODRC

### Ballet I

**Ages 5-8.** Learn the basic ballet techniques, including adagio, basic routines, barre and center floor. Your child will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. This class will have an end of the year recital. Ballet Dance Recital on December 18th! More information to come closer to date. Instructor Megan Lively and Elisa Creech.



252610-01	Sa	10:15-11:05am	9/24-12/10	11	\$179	CHRC
252610-02	Sa	10:15-11:05am	9/24-12/10	10	\$179	PHES

### Creative Ballet **NEW!**

**Ages 5-10.** 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. This class is instructed by Local Motion Project.

253830-01	W	5-6pm	9/7-12/7	14	\$195	MVRC
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### Ballet II

**Ages 6-10.** Focus on barre, center floor, across the floor, stretching, adagio and routines with an introduction to leaps, turns and jumps. Your child will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance, and strength. Prerequisite: completion of Ballet I or equivalent training. This class will have an end of the session dance recital. Instructor: Megan Lively and Elisa Creech.

252611-01	Sa	11:15am-12:05pm	9/24-12/10	10	\$179	CHRC
252611-02	Sa	11:15am-12:05pm	9/24-12/10	10	\$179	PHES

### Ballet III

**Ages 7-12.** Focus on barre, center floor, across the floor, and stretching, as well as adagio, and routines/combinations. This class will introduce intermediate leaps, turns and jumps. Students will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance, and strength. Prerequisite: completion of Ballet II or previous training in ballet. This class will have an end of the session dance recital. Instructor Megan Lively and Elisa Creech.

252612-01	Sa	12:15-1:05pm	9/24-12/10	10	\$179	CHRC
252612-02	Sa	12:20-1:10pm	9/24-12/10	10	\$179	PHES

## DANCE

### Mommy & Me Grooves!

**+ADULT** **NEW!**

**Age 2-5 with adult.** Students are exposed to different styles of music, movement, fun dance games & props, and quality time with a parent, grandparent, guardian, or caretaker. Our Mommy & Me dance class is a wonderful form of exercise that helps to develop flexibility, coordination, poise, and grace and will allow students to develop, and freely express, their creativity and enhance their self-image. This class offers an introduction of valuable skills such as listening, taking turns, standing in line, following directions and sequential order.

252638-01	M	5:25-5:55pm	9/26-12/12	11	\$185	ODRC
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### Creative Dance **NEW!**

**Ages 4-5.** Creative Dance inspires creativity and develops kinesthetic awareness through exploration of the elements of dance (Body Action Space Time Energy) and original dance-making. This class is instructed by Local Motion Project.

253831-01	Sa	10-10:45am	9/10-12/17	14	\$175	MVRC
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### Jazz Hip Hop Combo **NEW!**

**Ages 4-11.** 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.

254201-01	W	4-4:45pm	9/14-11/2	8	\$165	CQRC
254201-02	Sa	9-9:45am	9/17-11/5	8	\$165	CQRC

### 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 Instructor: TSP Team.

254200-01	W	5-5:50pm	9/14-11/2	8	\$165	CQRC
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### Creative Modern Dance **NEW!**

**Ages 5-7.** 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. Class instructed by Local Motion project.

253832-01	Th	5:00-6:00pm	9/8-12/15	14	\$195	MVRC
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## Jazz Funk **NEW!**

**Age 5-8.** Our Jazz plus Hip Hop combination class emphasizes the mastery of correct technique and proper body alignment designed to increase body strength and flexibility. Stylized jazz walks, leaps, turns, kicks, and jumps make this class irresistible.

252639-01 M 6-6:45pm 9/26-12/12 11 \$195 ODRC

## Hip Hop We Don't Stop **NEW!**

**Age 12-18.** Fun, energetic class that infuses the latest styles of Hip Hop choreography and Jazz technique. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements!

252641-01 Th 7-7:45pm 9/29-12/15 11 \$209 ODRC



## Social Dance

**Ages 18 & up.** No more sitting at the next wedding or New Year's party! Master the basic steps of social-style foxtrot, cha 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.

253103-01 Tu 7-8pm 11/8-12/13 6 \$65 ODRC

## Intro to Ballroom

**Ages 18 & up.** Introduce yourself to the basics of dancing and gain confidence on the dance floor. Basic step patterns include the Foxtrot, Waltz, Rumba, Tango, Merengue, Cha Cha, and Swing. While singles are welcome, couples are preferred.

253102-01 F 7-8pm 9/9-10/14 6 \$65 ODRC

## Wedding 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, but you'll also get wedding dance song suggestions, some special wedding dance styling and a fun entrance and end for your very special dance.

253104-01 Sa 5-6pm 9/10-10/15 6 \$65 PHES

## Danceathon

**18 & up.** Dance your way to better health. Line dancing is a low impact workout that will help with coordination, improve your stamina & burn calories. Join us on the dance floor to learn traditional and urban line dances from country, Hip Hop, Top 40 & more.

253603-01 Tu 6:30-7:30pm 9/6-9/27 4 \$19 CHRC

253603-02 Tu 6:30-7:30pm 10/4-10/25 4 \$19 CHRC

253603-03 Tu 6:30-7:30pm 11/8-11/29 4 \$19 CHRC

# MUSIC



## Little Hands Music

**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](http://www.littlehands.com) or call 703.631.2046. Instructor Little Hands Music.

259704-01 Th 11-11:45am 9/8-11/17 11 \$189 CHRC

259704-02 Th 9:30-10am 9/8-11/17 11 \$189 CHRC

259704-03 Th 10:15-10:45am 9/8-11/17 11 \$189 CHRC

259704-04 W 10:15-10:45am 9/7-11/16 11 \$189 ODRC

259704-05 W 11-11:45am 9/7-11/16 11 \$189 ODRC

## Little Fingers Piano

**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! Instructor Learn Music Now.

242618-01 Sa 10:30-11am 9/10-10/15 6 \$119 ODRC

242618-02 Sa 10:30-11am 10/22-12/3 6 \$119 ODRC

## My First Music Class

**Ages 2-5.** 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. Instructor Learn Music Now.

242623-01 Sa 10-10:30am 9/10-10/15 6 \$119 ODRC

242623-02 Sa 10-10:30am 10/22-12/3 6 \$119 ODRC

## Private Music Lessons

**Ages 5-99.** 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. All instruments must be provided by students. Instructor Mark Evans.

242611-01 F 12-12:30pm 9/9-12/16 14 \$490 ODRC

242611-02 F 12:35-1:05pm 9/9-12/16 14 \$490 ODRC

242611-03 F 1:10-1:40pm 9/9-12/16 14 \$490 ODRC

242611-04 F 1:45-2:15pm 9/9-12/16 14 \$490 ODRC

242611-05 F 2:20-2:50pm 9/9-12/16 14 \$490 ODRC

242611-06 F 2:55-3:25pm 9/9-12/16 14 \$490 ODRC

242611-07 F 3:30-4pm 9/9-12/16 14 \$490 ODRC

242611-08 F 4:05-4:35pm 9/9-12/16 14 \$490 ODRC

242611-09 F 4:40-5:10pm 9/9-12/16 14 \$490 ODRC

242611-10 F 5:15-5:45pm 9/9-12/16 14 \$490 ODRC

242611-11 F 5:50-6:20pm 9/9-12/16 14 \$490 ODRC

242611-12 F 6:25-6:55pm 9/9-12/16 14 \$490 ODRC

242611-13 F 7-7:35pm 9/9-12/16 14 \$490 ODRC

# creative & performing arts

## Group Piano

**Ages 5-12.** Students will participate in an ensemble music group. Students will learn about the instruments as well as how to play in a music group. Rental Instruments and music included. Students will take instruments and music home in between classes to enjoy. Class Objectives - Students will be introduced to an instrument and participate in an ensemble group. Students will learn basic playing skills and basic music reading and music theory.

242624-01	W	6-7pm	9/7-10/12	6	\$135	CHRC
242624-02	W	6-7pm	10/19-11/23	6	\$135	CHRC
242624-03	Th	6-7pm	9/8-10/13	6	\$135	PHRC
242624-04	Th	6-7pm	10/20-12/1	7	\$135	PHRC

## PERFORMING ARTS

### Art Box Musical Theater **NEW!**

**Ages 5-10.** Kids explore acting, dance, scene delivery and singing to learn the beautiful process of learning to perform in a theater production. Young stars showcase their uniqueness in a showpiece performance at the end of each session. Kids also utilize individual and group creativity to design props and costume accessories for performances. Min 10/Max 25.

252640-01	Tu	3-4pm	9/6-10/11	6	\$135	LEEC
252640-02	Tu	4:15-5:15pm	9/6-10/11	6	\$135	LEEC
252640-03	Tu	3-4pm	10/25-11/29	6	\$135	LEEC
252640-04	Tu	4:15-5:15pm	10/25-11/29	6	\$135	LEEC

## 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 a fun "I can do it" class. Each session has new activities, and moms and helpers get to play too. Instructor: AbraKadoodle.

252600-01	Tu	10-10:45am	9/6-10/25	8	\$159	ODRC
252600-02	Tu	10-10:45am	11/8-12/13	6	\$119	ODRC

### Getting into Shapes

**Ages 3-8.** This class consists of two parts. Students will learn to draw pictures using shapes. We will work on shading and adding definition to the shapes to create pictures. The second part of this class includes painting. Students will learn different techniques for painting and gain exposure with different mediums. Price includes materials needed.

#### Ages 3-5

244210-01	Sa	9-9:30am	9/17-10/22	6	\$115	CQRC
244210-03	Sa	9-9:30am	11/5-12/17	6	\$115	CQRC

#### Ages 5-8

244210-02	Sa	9:45-10:30am	9/17-10/22	6	\$125	CQRC
244210-04	Sa	9:45-10:30am	11/5-12/17	6	\$125	CQRC

### Artistic Drawing with Young Rembrandts

**Ages 6-10.** Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts drawing class. Drawing

curriculum uses a structured stepwise format to teach elementary students useful drawing skills, while developing creative thinking strategies. Students deconstruct complex objects into familiar shapes; then use problem-solving and imagination to make their own works of art. Innovative reasoning skills are developed through creativity, collaborative communication, and critical thinking. New lessons every season. Instructor Young Rembrandts.

252626-01	Sa	10-11am	9/24-11/12	8	\$179	ODRC
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### Lego Lab

**Ages 6-12.** Lego Builders Unite! This is the perfect challenge for the creative builder. Participants can build LEGO models to their hearts content or go off the grid and explore their creative side. Come Build with friends or pick-up some pointers from new LEGO Masters like you.

294000-01	Sa	10-11am	10/15-11/19	6	\$69	PHRC
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### Duct Tape Art Lab

**Ages 7-12.** Have a fascination with Duct Tape? From wallets, balls to animals, at the Duct Tape Art Lab, we can make it all. Explore, create, imagine, and accessorize. Drop on in for some artistic fun!

254001-01	Sa	11am-12pm	10/15-10/15	1	\$15	PHRC
254001-02	Sa	11am-12pm	10/29-10/29	1	\$15	PHRC
254001-03	Sa	11am-12pm	11/12-11/12	1	\$15	PHRC
254001-04	Sa	11am-12pm	12/10-12/10	1	\$15	PHRC

### Artworks

**Ages 18 & up.** Let your creative side shine through while using a variety of art mediums and learning new art skills. This program is geared towards individuals with intellectual and developmental disabilities. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5535.

253000-01	W	6-7:30pm	10/12-10/26	3	\$15	NLRC
253000-02	W	6-7:30pm	11/2-11/16	3	\$15	NLRC
253000-03	W	6-7:30pm	11/30-12/14	3	\$15	NLRC

## COOKING

### Breakfast for Dinner

**Ages 5-10.** Turn your favorite breakfast dishes into the main event as dinner options. How about a cheddar-chive frittata with fresh salsa? Or Brunch pasta with bacon and eggs? Maybe you'd prefer a more traditional French toast, dressed up with bananas and blueberries? Any way you slice it your little chef will love tucking into these comforting breakfast classics. Instructor Tiny Chefs.

242619-01	M	4-4:45pm	9/26-11/21	8	\$199	ODRC
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### Sweet Treats (Cake Decorating)

**Ages 7-12.** Cake decorating class. 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.

244211-01	F	4:30-5:15pm	9/16-10/28	7	\$145	CQRC
244211-02	F	4:30-5:15pm	11/4-12/16	6	\$125	CQRC
243101-03	F	6:30-8:30pm	12/6	1	\$69	CHRC

## Torpedo Factory Art Center

105 N. Union St. • 703.746.4570 **FREE ADMISSION**  
[torpedofactory@alexandriava.gov](mailto:torpedofactory@alexandriava.gov) • [torpedofactory.org](http://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 collection of publicly accessible working-artist studios under one roof. Explore all three floors to find work by more than 165 curated artists. Watch them at their craft, ask about their creative processes, and purchase original work for your collection.



## CONNECT @torpedofactory



### 27th Annual Art Safari

**Saturday, October 22, 12-4pm • Free**

An Alexandria tradition for more than a quarter-century, Art Safari is a beloved in-person day of activities for kids and families! Join fellow lovers of art and learning for outdoor Waterfront art activities and hands-on projects throughout the building. Great for kids ages 5+. Younger children may need some extra help, but will still have a lot of fun!

### Art Fest

**Saturday & Sunday, November 12 and 13, 12-4pm • Free & Ticketed**

Tiered tickets online and at the door. Shop for affordable art deals on all three floors of the Art Center while enjoying drinks from local craft brewers and wineries. Tickets are available for one day, both days, and a special VIP preview on Friday. Ticket earns you one free drink plus a discount on selected affordable art (varies on each day). Plus: special door prizes, raffle, and live music and performances.

### Holiday Festival

**Saturday, December 3, 2-8pm • Free**

Torpedo Factory Art Center joins the fun on Alexandria's most festive weekend of the year! Santa and Mrs. Claus arrive by fire boat around 3:30 p.m. on the Waterfront. Music fills the halls and the Waterfront, beckoning people to browse three floors of open artists' studios.

### Olde Year's Day

**Saturday, December 31, 12-5pm • Free**

The whole family can celebrate the close of 2022 at Torpedo Factory Art Center. Find hands-on activities, meet artists working in their studios, and get inspired for 2023.

## Introducing: Zeina Azzam, New Poet Laureate, City of Alexandria



The City of Alexandria has appointed Zeina Azzam as Alexandria's new Poet Laureate. The first Arab American to hold the title, Azzam succeeds KaNikki Jakarta, whose three-year term ends in April 2022.

Azzam is a Palestinian American poet, writer, editor, and community activist. Azzam's professional career includes 27 years at the Center for Contemporary Arab Studies, Georgetown University, where she was Director of Educational Outreach to K-12 teachers in the Washington, D.C., metropolitan area. She has also worked as an editor of academic and think-tank publications and serves as a mentor for We Are Not Numbers, a writing program for youth in Gaza. She holds an M.A. in Arabic literature from Georgetown University, an M.A. in sociology from George Mason University, and a B.A. in psychology from Vassar College.

The Alexandria Poet Laureate program was reestablished in 2007 to promote appreciation of poetry as an art form; to encourage creative writing and reading of all forms of literature; and to promote literacy through poetry. Past incumbents have included Wendi Kaplan, Mary McElveen, Amy Young, Tori Lane Kovarik, Ryan Wojanowski and Jakarta. To become involved or to learn more about the Literary Programs visit the City's Literary Programs webpage.

## Congratulations to the Fiscal Year 2023 Annual Arts Program Grantees

The Alexandria Commission for the Arts and the Office of the Arts joins everyone in Alexandria in congratulating the Fiscal Year 2023 Annual Arts Program grantees. Throughout the year, Alexandrians are enriched by the works of these groups and many other arts groups in the city.

**Alexandria Choral Society:**  
[Alexandriachoralsociety.org](http://Alexandriachoralsociety.org)

**Alexandria Citizens Band:**  
[alexandriacitizensband.org](http://alexandriacitizensband.org)

**Alexandria Film Festival:**  
[AlexandriaFilm.org](http://AlexandriaFilm.org)

**Alexandria Harmonizers:**  
[Harmonizers.org](http://Harmonizers.org)

**Alexandria Symphony Orchestra:**  
[Alexsym.org](http://Alexsym.org)

**Armed Services Arts Partnership:**  
[Asapasap.org](http://Asapasap.org)

**The Art League:**  
[TheArtLeague.org](http://TheArtLeague.org)

**Arts on the Horizon:**  
[ArtsOnTheHorizon.org](http://ArtsOnTheHorizon.org)

**Eclipse Chamber Orchestra:**  
[Eclipseco.org](http://Eclipseco.org)

**Heard:** [heardnova.org](http://heardnova.org)

**Local Motion Project:**  
[localmotionproject.org](http://localmotionproject.org)

**MetroStage:** [Metrostage.org](http://Metrostage.org)

**Quintango:** [Quintago.com](http://Quintago.com)

**Sound Impact:**  
[SoundImpact.org](http://SoundImpact.org)

**The Thirteen Choir:**  
[TheThirteenChoir.org](http://TheThirteenChoir.org)

**UpCycle Creative Reuse Center:**  
[UpCycleCRC.org](http://UpCycleCRC.org)

**Young Playwrights Theater:**  
[yptdc.org](http://yptdc.org)

# 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 the natural world and Dora Kelley Nature Park with an environmental educator as we search for animal homes and signs of fall. We will play games, make crafts, and go for a forest walk (weather permitting). Fee covers cost of all three in-person sessions.

269800-01 F 10:30am-12pm 10/14-12/9 3 \$35 BFNC

### Spider Web Wonders!

**Ages 3-5.** It's a wild, eight-legged world out there! Discover the fascinating ways of these eight-legged creatures. We'll play games, make crafts, and take a hike to explore the spidery world of Dora Kelley Nature Park.

269834-01 Sa 10-11:30am 10/29 1 \$5 BFNC

### Tracks and Traces

**Ages 4-8.** Whose tracks are those? Learn how to identify animal tracks and signs in Dora Kelley Nature Park. Program includes a short presentation, a craft, and a walk through the woods!

269818-01 Sa 10-11:30am 12/17 1 \$5 BFNC

### Amazing Newts!

**Ages 5-9.** Does a newt look more like a frog or a lizard? It's neither! Learn about these unique amphibians and how their life cycles make them special. We'll hike through the forest in search of these creatures, and you will get to meet some that live at the Nature Center.

269840-01 Sa 10-11:30am 11/5 1 \$5 BFNC

### Decorate a Tree for Birds

**Ages 5-11.** Birds need a holiday too! Make birdseed ornaments and garlands to decorate a backyard tree for our feathered friends. All materials included.

269816-01 Sa 10:30-11:30am 11/12 1 \$5 BFNC

### Winter Sleepers

**Ages 6-10.** Come to the Nature Center in your pajamas and learn all about the animals that sleep through the winter. We'll meet some winter sleepers, make a craft, and have a winter snack!

269822-01 F 7-8:30pm 10/21 1 \$19 BFNC

### Nature Mystery: Spooky Night! +ADULT

**Ages 6 & up w/adult.** Little Box Turtle saw something spooky last night! Parents/guardians will help their child solve the mystery of what is haunting the Nature Center. Meet the animal witnesses, investigate clues, and make your own detective's notebook!

269850-01 Sa 10:30am-12pm 10/22 1 \$5 BFNC

### Ecosystem Engineers

**Ages 7-10.** Did you know that some animals can change the world around them? Learn how Ecosystem Engineers like beavers and elephants shape their environment and make it a better place for animals to live. With hands-on activities, you can become an ecosystem engineer and make your own mini habitat!

269851-01 Sa 10:30am-12pm 11/5 1 \$5 BFNC

## Jerome "Buddie" Ford Nature Center [alexandriava.gov/NatureCenter](http://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!
- Children's library, outdoor deck and pollinator garden

### 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.



- 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
<b>Aquatics</b>																			
Swimming																			
Alex Preschool Level 1	2		●	●	●														
Alex Preschool Level 2	2		●	●	●														
Alex Preschool Level 3	3		●	●	●														
Alex Swim Level 1	3					●	●	●	●	●	●	●	●	●					
Alex Swim Level 2	3					●	●	●	●	●	●	●	●	●					
Alex Swim Level 3	3					●	●	●	●	●	●	●	●	●					
Alex Swim Level 4	3					●	●	●	●	●	●	●	●	●					
Alex Swim Level 5	4					●	●	●	●	●	●	●	●	●					
Adult Advanced Swim	4																	●	●
Adult Beginner Swim	4																	●	●
Lifeguard Prep	4														●	●	●	●	●
Teen Beginner Swimming	4												●	●	●	●	●		
Teen Swimming	4												●	●	●	●	●		
Water Explorers*	2	●	●	●	●														
We Aquatics	4		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Aqua Aerobics																			
Aqua Aerobics	5																	●	●
Aqua Bootcamp	5																	●	●
Aqua Exercise for Seniors	5																		●
Aqua Spin	5																	●	●
Aqua Zumba	5																	●	●
BLT (Buns, Legs & Tummy)	5																	●	●
Blue Octopus Scuba	5																	●	●
Deep Water Aqua Aerobics	5																	●	●
Get in Deep w/Candice	5																	●	●
Gobble Wobble Aqua Burn	5																	●	●
Hi/Lo Water Aerobics	5																	●	●
Water Walking	5																●	●	●
<b>Exercise &amp; Fitness</b>																			
Mind/Body Wellness																			
Beginner Yoga Series	6																	●	●
Candlelight Yoga	6																	●	●
Evening Flow Yoga	6																	●	●
Essentrics: Classical Stretch	6																	●	●

	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+
Gentle Yoga	6																		●	●
Hatha Yoga	6																		●	●
Mindful Movement	7																			●
Power Vinyasa-Beginner	6																		●	●
Private Yoga Lessons	6																		●	●
Rest, Relax Renew Meditation	7																		●	●
Stretch and Flow Yoga	6																		●	●
Tai Chi	6																		●	●
Therapeutic Yoga for Parkinson	7																		●	●
Cardio Workout																				
Jazzercise	7																		●	●
Pilates	7																		●	●
Senior Body Part Aerobics	7																			●
Zumba	7																		●	●
Zumlates	7																		●	●
Cardio & Strength																				
Balance & Stretch	9																		●	●
BodyBlast Bootcamp	9																		●	●
BodyBlast Cardio/Core	9																		●	●
Body Sculpt Yoga with Weights	8																		●	●
Boxercise	8																		●	●
Cardio & Weight Training	9																		●	●
ChinquaCircuit	8																		●	●
ChinquaCircuit Gold	9																			●
FIT4MOM	9																		●	●
HITT Training for Teens	8												●	●	●	●	●	●		
Lights Out Fitness Frenzy	9																		●	●
Roller Skating for Fitness/Fun	8												●	●	●	●	●	●	●	●
Senior Stretch	9																			●
Senior Cardio & Weight Training	9																			●
Shadow Boxercise	8																		●	●
Stroller Strides	9																		●	●
Teen Weight Training	8												●	●	●	●	●	●		
Walk & Fit Training	9																			●

# 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	55+
<b>Sports Classes &amp; Leagues</b>																				
<b>Tumbling Classes</b>																				
Acrobatics I	10						●	●	●	●	●	●	●	●						
Baby Tumbling*	10	●	●																	
Basic Tumbling I & II	10					●	●	●	●											
Baton Twirling	10					●	●	●	●	●	●	●	●	●						
Gymnastics I	10					●	●	●	●	●	●	●	●							
Mom/Dad & Me Tumbling*	10	●	●	●																
Movement & Gymnastics	10	●	●	●	●	●	●	●	●											
<b>Soccer Classes</b>																				
Excite Soccer	11		●	●	●	●														
Little Champions Soccer	11							●	●	●										
Lil Kicks	11	●	●	●	●															
Little Kicks and Me*	11	●	●																	
Soccer Tots	10	●	●																	
<b>Tennis Classes</b>																				
Adult Beginner Tennis Lessons	11																	●	●	●
Adult Tennis 1	12																		●	●
Adult Tennis 2	12																		●	●
Adult Intermediate Tennis Lessons	12																		●	●
Adult Outdoor Pickleball 1	12																		●	●
Adult Outdoor Pickleball 2	12																		●	●
Cardio Tennis	11						●	●	●	●	●	●	●	●	●	●	●	●	●	●
Fall into Beginners Tennis	11					●	●	●	●	●	●									
Fun & Fundamentals Tennis 1 & 2	11				●	●	●	●	●											
Intermediate Pickleball	12																		●	●
Senior Tennis 1	12																		●	
Teen Tennis	11									●	●	●	●							
Tennis 4 Kids	11		●	●	●	●														
Triples Adult Socials	12																		●	●
Youth Outdoor Pickleball	12									●	●	●	●	●						
<b>Additional Sports Classes</b>																				
Cheerleading	13			●	●	●	●	●	●	●	●	●	●	●	●	●				
E-Sports Academy	14									●	●	●	●	●						
First Down Flag Football	13			●	●	●	●	●												
Fencing	14									●	●	●	●	●	●	●	●	●	●	●

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Grand Slam T-Ball	12		●	●	●															
Girls Preseason Volleyball Clinic	14									●	●	●	●	●	●					
Girls Softball Clinic	14									●	●	●	●	●	●					
Hoop Life Basketball Skills	14									●	●	●	●	●	●					
Intro to Skateboarding	14								●	●	●	●	●	●	●	●				
Jump Shots for Tots	13		●	●	●	●														
Lil Lacrosse	12		●	●	●															
Lil' Pro Sports	12		●	●	●															
Lil' Sticks Girls Field Hockey	13							●	●	●										
Martial Arts 4 Kids	13		●	●	●	●														
MiKiDo Ruff & Tumble	13		●	●	●															
Nerf Fencing	13							●	●	●	●	●								
Pee Wee Lacrosse	12		●	●	●															
PK 4 Kids	13							●	●	●	●	●	●							
Preseason Basketball Fundamentals	13									●	●	●	●	●						
Rookie Baseball Clinic	13			●	●	●	●	●												
Run Shoot Basketball	13			●	●	●	●	●												
Track & Field Conditioning	13									●	●	●	●	●	●	●				
<b>Leagues</b>																				
Coed Soccer League	14																			●
Coed Softball League	14																			●
Coed Volleyball League	14																			●
Girls Volleyball League	14											●	●	●	●	●				
Miracle League of Alexandria Baseball	14									●	●	●	●	●	●	●	●	●	●	●
T-Ball & Coach Pitch Baseball	14			●	●	●	●	●												
Winter Basketball League	14									●	●	●	●	●	●	●	●	●	●	●
<b>Enrichment</b>																				
<b>Education</b>																				
B.E.A.R.*	16		●	●	●	●	●													
Resume/Interview Workshop	16																			●
<b>Socialize</b>																				
Adult Social Club	17																			●
Kid Rock Social Hour*	17		●	●	●	●														
Lil Gymmies	17		●	●	●	●														

\*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	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
<b>Technology &amp; Science</b>																				
Coding with Minecraft	17							●	●	●										
Roblox and Game Design	17							●	●	●										
Science Art Mania	17					●	●	●	●	●	●	●	●							
Science Seed: Lil Scientists	16		●	●	●	●	●	●	●	●	●	●								
STEM DIY	16					●	●	●	●	●	●	●								
<b>Creative &amp; Performing Arts</b>																				
<b>Ballet &amp; Dance</b>																				
Ballet I	18					●	●	●	●											
Ballet II	18						●	●	●	●	●									
Ballet III	18							●	●	●	●	●	●							
Creative Ballet	18					●	●	●	●	●	●									
Pre-Ballet & Movement I	18		●	●																
<b>Dance</b>																				
Creative Dance	18		●	●																
Creative Modern Dance	18			●	●															
Danceathon	19																			●
Hip Hop We Don't Stop	19												●	●	●	●	●	●	●	●
Intro to Ballroom	19																			●
Jazz Funk	19					●	●	●	●											
Jazz Hip Hop Combo	18			●	●	●	●	●	●	●	●									
Modern Dance 4 Kids	18			●	●	●	●	●												
Mommy & Me Grooves!*	18		●	●	●	●														
Social Dance	19																			●
Wedding Dance	19																			●
<b>Music</b>																				
Group Piano	20					●	●	●	●	●	●	●	●							
Little Hands Music	19	●	●	●	●	●	●	●	●											
Little Fingers Piano	19	●	●	●	●															
My First Music Class	19	●	●	●	●															
Private Music Lessons	19					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>Performing Arts</b>																				
Art Box Musical Theater	20					●	●	●	●	●	●									
<b>Visual Arts</b>																				
Artistic Drawing with Young Rembrandts	20					●	●	●	●											
Artworks	20																			●
Duct Tape Art Lab	20						●	●	●	●	●	●								
Getting into Shapes	20		●	●	●	●	●	●												
Lego Lab	20					●	●	●	●	●	●	●								
Twoosy Doodlers*	20	●	●	●																

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
<b>Cooking</b>																				
Breakfast for Dinner	20						●	●	●	●	●	●								
Sweet Treats (Cake Decorating)	20							●	●	●	●	●	●							
<b>Environmental Education</b>																				
<b>Nature</b>																				
Amazing News!	22						●	●	●	●										
Decorate a Tree for Birds	22						●	●	●	●	●	●	●							
Ecosystem Engineers	22							●	●	●	●									
Little Adventures	22		●	●	●															
Nature Mystery: Spooky Night!*	22							●	●	●	●	●	●	●	●	●	●	●	●	●
Spider Web Wonders!	22		●	●	●															
Tracks and Traces	22						●	●	●	●										
Winter Sleepers	22							●	●	●	●									
<b>Out of School Time</b>																				
Afterschool Teen Club	26											●	●	●	●					
Kids Day Out	26							●	●	●	●	●	●	●	●					
TR Achieving Greatness	26							●	●	●	●	●	●	●	●	●	●	●	●	●
Youth Achieving Greatness	26							●	●	●	●	●	●	●	●	●	●	●	●	●
<b>One Day &amp; Winter Camps</b>																				
Abakadoodle Art Camp	16							●	●	●	●									
Art Box Music Theater Camp	15							●	●	●	●	●	●							
Gymnastics Mini Camp	15							●	●	●	●	●	●							
Gymnastics Winter Break Camp	15							●	●	●	●	●	●							
Minecraft Modding	15							●	●	●	●									
Nerf Fencing Camp	16							●	●	●	●	●	●	●						
Pin in 4 Fun Winter Break Camp	15							●	●	●	●	●	●							
Science Seed: Lil Scientists	15							●	●	●	●									
Science: Potions & Explosions	15							●	●	●	●	●								
Silver Knights Chess	15							●	●	●	●	●	●	●						
Soccer Pros Soccer Camp	16							●	●	●	●	●	●	●	●					
STEM Adventures Camp	15							●	●	●	●	●	●							
Tiny Chefs Camp	15							●	●	●	●	●	●	●						
Ultimate Music Experience Camp	15							●	●	●	●	●	●	●	●	●	●	●	●	●

\*Requires guardian and child participation

# afterschool & out of school programs

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



## 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. Please contact the Nannie J. Lee office at 703.746.5535 for more information or to sign up.



203001-01	M	9am-6pm	9/26	1	\$35	NLRC
203001-02	W	9am-6pm	10/5	1	\$35	NLRC
203001-03	M	9am-6pm	10/24	1	\$35	NLRC
203001-04	Tu	9am-6pm	10/25	1	\$35	NLRC
203001-05	Th	9am-6pm	11/3	1	\$35	NLRC
203001-06	F	9am-6pm	11/4	1	\$35	NLRC
203001-07	W	9am-6pm	11/23	1	\$35	NLRC
203001-08	M	9am-6pm	12/19	1	\$35	NLRC
203001-09	Tu	9am-6pm	12/20	1	\$35	NLRC
203001-10	W	9am-6pm	12/21	1	\$35	NLRC
203001-11	Th	9am-6pm	12/22	1	\$35	NLRC
203001-12	Tu	9am-6pm	12/27	1	\$35	NLRC
203001-13	W	9am-6pm	12/28	1	\$35	NLRC
203001-14	Th	9am-6pm	12/29-12/29	1	\$35	NLRC
203001-15	F	9am-6pm	12/30-12/30	1	\$35	NLRC

## Afterschool Teen Club

**Ages 12-15 in grades 6-9.** The newly renovated, supervised teen lounge is the perfect place to hang out with friends playing table games, video games and more. Daily activities include homework time and social interaction to encourage personal growth and success.

243003-01	M-Th	3:30-6:30pm	8/22-6/15	172	\$199	CKRC
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## Youth Achieving Greatness

**Ages 5-15.** Participants will be thoroughly engaged in structured enrichment activities to increase their learning, independence, social, and leadership skills in a small group setting (1:15 staff to child ratio). This specialized program will be FUN with a PURPOSE which integrates a variety of activities, such as tutoring, physical fitness, cooking, chess, gymnastics, music, performing arts, cooperative games and more!

243002-01	M-F	2:30-6pm	8/22-12/16	74	\$399	NLRC
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## 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.



203000-00	M-F	2:30-6pm	8/22-9/30	27	\$149	NLRC
203000-01	M-F	2:30-6pm	10/3-10/31	17	\$149	NLRC
203000-02	M-F	2:30-6pm	11/1-11/30	18	\$149	NLRC
203000-03	M-F	2:30-6pm	12/1-12/16	12	\$149	NLRC



## Connect With Us

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.



[alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)



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Sign up for eNews

[alexandriava.gov/eNews](http://alexandriava.gov/eNews)





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

## COMMUNITY ACTIVITIES

### Water Explorers Sing Along +ADULT

**Ages 6 mos-3 years with adult.** Come explore Under the Sea with us. See what adventures you find in the pool; play some games and sing some songs!

**Ages 6 - 23 mos.**

234239-01	9/10	9:30-10:15am	\$15
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**Ages 2 - 3 yrs.**

234239-02	9/10	10:30-11:15am	\$15
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234239-03	12/17	9:30-10:15am	\$15
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234239-04	12/17	10:30-11:15am	\$15
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### Breakfast with Santa

**Ages 2-8.** Santa and his elves are making a stop at Mt. Vernon Recreation Center for a morning of holiday cheer and breakfast! Enjoy fun for the whole family and join us as we spread holiday cheer! Mask Required

283823-01	Sa	10am-12pm	12/10	1	\$15	MVRC
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### National Dance Day Celebration NEW!

**Ages 3 & up.** Break out in a twirl or a twostep! As a cardiovascular dance has several health benefits including improved muscle tone, flexibility and strength and improved balance- plus it's fun! Join us for a celebration of National Dance Day and get the chance to sample different classes that we offer in the city for both youth and adults. Buy a single pass or a family pass to enjoy multiple classes throughout the day!

**Single person pass**

255213-01	Sa	10am-7pm	9/17	1	\$5	ODRC
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**Family pass**

255213-02	Sa	10am-7pm	9/17	1	\$20	ODRC
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### Santa's Rockin' Brunch!

**Ages 4-8.** Come Celebrate with Santa!! Kids won't want to miss this fun special interactive show to include: singing some of Santa's favorite songs, making a holiday craft, and hearing Santa's favorite story. Afterwards kids will have a chance to visit and have a picture with Santa. Includes a continental breakfast.

283717-01	Sa	11am-12:30pm	12/10	1	\$9	CKRC
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### Parents Night Out

**Age 5-12.** Come in for an evening of fun and games so the parents can enjoy a night on the town. The program includes dinner, movie and gym games.

283813-01	F	6:30-9:00pm	11/18	1	\$25	MVRC
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### Santa's FUN-derland

**Ages 5-12.** Encounter the magic of the holiday season at Santa's Funderland! Our festively decorated historic gym is sure to warm your heart and delight your child. Create holiday themed crafts decorate edible snacks and engage in activities.

243620-01	Th	5-7:30pm	12/15	1	\$9	CHRC
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### Have a Ball! Sports Birthday Party NEW!

**Ages 5-12.** Kids will get a kick out of our sports birthday parties! Choose from Soccer, Lacrosse, Flag Football or Nerf Fencing themes, and our staff will organize fun games for your birthday child and friends. Package includes 45 minutes of directed activity provided, 45 minutes of additional party room usage. Sports supplies included. Maximum groups of 15 kids.

285206-00	Sa	11am-4pm	9/10-12/17	13	\$225	ODRC
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### Competitive Builders Tournament NEW!

**Ages 6-12.** Compete in the first ever Alexandria Competitive Builders Tournament. Participants will be judged on speed, accuracy, and creativity. Creations will be judged anonymously with the winner of the competition walking away with a 1500-piece Lego kit. Do you have what it takes to out build your friends?

294101-01	Sa	10-11:30am	12/10	1	\$9	WRRC
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### 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.

284007-01	F	6:30-8:30pm	10/14	1	\$15	PHES
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284007-02	F	6:30-8:30pm	11/4	1	\$15	PHES
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284007-03	F	6:30-8:30pm	11/18	1	\$15	PHES
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284007-04	F	6:30-8:30pm	12/9	1	\$15	PHES
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### Fido's Scavenger Hunt

**All Ages.** Want to go on a adventurous scavenger hunt this spring? Well look no further, the Charles Houston Recreation Center is hosting its annual Dog Scavenger Hunt. Go out for a nice walk with Fido, while solving riddles that leads to tasty treats. We will meet and disperse from the front of Charles Houston on Wythe ST. This scavenger hunt is approximately 1.5 miles for our furry friends and owners. Rain date will be the following Saturday.

213612-01	Sa	8-10am	9/10	1	\$10	CHRC
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### Family Cosmic Skate Night

**All Ages.** Family Cosmic Skate Night is Back! Flashing lights! Blasting tunes! Put on your skates and zoom zoom zoom!!! Head to Leonard Armstrong Recreation Center for Family Cosmic Skate Night! Families can use skates from the center or bring their own skates to enjoy an exciting evening of family friendly activities. \$5 per person and \$15 for a family of 4.

283710-01	F	6:30-8:30pm	11/4	1	\$5	CKRC
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### Adult co-ed pick-up Dodgeball

**Ages 18 & up.** Dip, Dodge, dive, and duck as you survive to victory in our co-ed adult open pick-up social dodgeball. pick-up dodgeball is for those adults willing to have fun, socialize, and demonstrate a high level of sportsmanship on the court. No experience needed to participate.

283719-01	M	6:30-8:30pm	9/19-10/17	5	\$45	CKRC
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## COMMUNITY EVENTS

### Hispanic Heritage Celebration

**All Ages.** Join us as we celebrate Hispanic Heritage Month celebration with a community dance to promote diversity and cultural awareness in the recreation center by embracing and recognizing our Latino cultural experience. The evening will include music, refreshments, and displays for the community to enjoy. \$5 per person and \$15 for family of 4.

283703-01 F 6:30-8:30pm 9/23 1 \$5 CKRC

### Tons of Trucks

**All Ages.** Children of all ages will have the unique opportunity to explore their favorite vehicles, get behind the wheel, and meet the people who protect, build, and serve our City. Event is rain or shine. Note: Online sales close at 5:00pm 10/14, but tickets can still be purchased at the event entrance."

284203 S 10am-1pm 10/15 \$5/person CQRC  
\$15/family of four.



## Halloween Spirit Weeks

Celebrate a safe Halloween with friends in your neighborhood.

**Friday, Oct.14**

**Halloween Bingo & Pumpkin Carving** 6:30-8:30pm, All Ages, \$10/person, CHRC  
*Join us for bingo & treats. We will be carving out our scariest pumpkins followed by a few rounds of Halloween Bingo. Costumes optional but highly encouraged.*

**Saturday, Oct.15**

**Fall Harvest** 12:30-3pm, All Ages, Free, CHRC - Kick off the Chick Armstrong Halloween season with our OSTP Halloween Fest for families. This spooky event will feature food vendors games music and costume contest for the entire family.

**Saturday, Oct.22**

**Monster Rally** 6:15-8:15pm, Ages 4 & up., Free, CQPK - Come dressed in your costume and be ready to have some tennis fun! Enjoy music tennis instruction treats photos and lots of fun. Registration is required. Ages 4-12 #284201-01, Ages 13 & up #284201-01

**Friday, Oct.28**



**Floating Pumpkin Patch** 6:15-8:15pm, All Ages, \$7/person, CQRC - Dive in to pick your very own real pumpkin from the pool, then decorate it! Other themed fun will include swimming, a floating obstacle course, and Halloween treats.

**Boo-Fest** 6-8pm, All Ages, Free, CHRC - Enjoy costume parade, carnival games, moon bounce, arts & crafts, stories, and more.

**Family Masquerade Ball** 6:30-8:30pm, Ages 5 & up, \$9/person, MVRC  
*Enjoy dancing, photo opportunities, a costume contest and refreshments.*

**Family October Fest 2022** 6:30-8:30pm, Ages 5-12, \$5, PHRC - Haunted House, Arts & Crafts, Spooky Musical Chairs, Face Painting, Scary Movies, Spooky Dance and more..





**WHAT'S HAPPENING** *in your neighborhood?*

For a complete list of City events taking place throughout Alexandria, visit [alexandriava.gov/Calendar](http://alexandriava.gov/Calendar). View the Calendar of Events by upcoming events or search by date, department, location or category tag.

**SEPTEMBER**

**17-18 Alexandria Old Town Art Festival**  
 presented by Howard Alan Events & American Craft Endeavors  
 Sat & Sun 10am-5pm · 300 John Carlyle St. · 561.746.6615 · [artfestival.com](http://artfestival.com)



Alexandria Old Town Art Festival

**OCTOBER**

**5 27th Annual Art on the Avenue** presented by Art on the Avenue  
 10am-6pm · Mount Vernon Ave. · [artontheavenue.org](http://artontheavenue.org)

**15 Tons of Trucks** presented by City of Alexandria  
 10am-1pm · Chinquapin Park, 3210 King St. · Lindsay Burneson: 703.746.5457 or [lindsay.burneson@alexandriava.gov](mailto:lindsay.burneson@alexandriava.gov)

**NOVEMBER**

**19 City Tree Lighting** presented by City of Alexandria  
 6-7pm · Market Square, 301 King St · Events Hotline: 703.746.5592



City Tree Lighting

**DECEMBER**

**3 49th Annual Scottish Christmas Walk**  
 presented by City of Alexandria, The Campagna Center, and Visit Alexandria  
 11am-1pm · Historic Old Town Alexandria · [VisitAlexandria.com](http://VisitAlexandria.com) or 703.838.5005

**Holiday Boat and Parade of Lights** presented by Visit Alexandria and Redpeg Marketing  
 4-9pm · Alexandria City Marina · Antoine Williams: 703.519.6699

**11 Alexandria Invitational Cheerleading Competition** presented by City of Alexandria  
 2pm, Alexandria City High School · Tamika Coleman: 703.746.5402

**TBD Santa's Winter Wonderland** presented by City of Alexandria and ARHA  
 5-9pm · Charles Houston Recreation Center, 901 Wythe St. Debbie Woodbury: 703.746.5552  
 or [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)

**31 First Night Alexandria** presented by First Night Alexandria Board of Directors  
 2pm-12am · Historic Old Town Alexandria · Information: 703.746.3299 or [firsnightalexandria.org](http://firsnightalexandria.org)

# registration information

## 3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, August 3 at 9 am**  
Nonresident registration begins **Friday, August 5 at 9 am**



### Web

- Payment by credit card (Visa/MC) or eCheck
- Visit [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)
- For login information, call 703.746.5414 or email [registerARPCA@alexandriava.gov](mailto: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 approximately one week 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 [registerarPCA@alexandriava.gov](mailto:registerarPCA@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](http://alexandriava.gov/12288)

**Inclement Weather:** To view the policy, visit [alexandriava.gov/Recreation](http://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 class/activity is canceled by the Recreation, Parks & 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 photo identification (initial ID card provided free of charge) to gain entrance to neighborhood recreation centers. ID cards are good for one year (July to June) and verification of residency is required to renew each year. A \$5 fee will be charged to replace lost ID cards. 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](http://alexandriava.gov/12288) for details about the newly adopted 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](http://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](mailto:registerarppca@alexandriava.gov)  
 Registration begins: August 3 (Resident) & August 5 (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	322610-01	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 is 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 +	
<b>TOTAL (Pay this Amount)</b>	

## 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](http://alexandriava.gov/Recreation)

**Questions?**  
 Call 703.746.5414  
 Email [registerarppca@alexandriava.gov](mailto:registerarppca@alexandriava.gov)

For Office Use Only:

Check #: \_\_\_\_\_ Amt: \_\_\_\_\_  
 Date Received: \_\_\_\_\_ Staff: \_\_\_\_\_

# registration information

## AGES 55 & UP



See the **Fun Finder Index** on pages 23-25 for a listing of recreation opportunities for ages 55 and up or look for the **55+** icon throughout this program guide.

### POWER PLUS PARTNERS

#### Northern Virginia Senior Olympics

The 2022 Olympics will be held Sept. 10-24 at 27 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 800 adults ages 50-100 are anticipated to take part in more than 50 events including Badminton, Basketball Field Goals, Bocce, Bowling-Ten Pin, Wii, Bridge-Duplicate, Bunco, Cornhole, Cribbage, 10K & 20K Cycling, Diving, Dominoes-Mexican Train, 5-K Run, Football Throw, Frisbee, Golf, Horse-shoes, Mah Jongg, Miniature Golf, Pickleball, Pool-Eight-Nine Ball, Rowing ERG, Scrabble, Softball Hit & Throw, Swimming, Table Tennis, Tennis, Track & Field, Yo-Yo, Orienteering, Beach Ball Wallyball, Line Dancing, Jigsaw Puzzle. For information visit [www.nvso.us](http://www.nvso.us).

**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, 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 has as its mission, "to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity." SSA operates the Meals on Wheels delivery program and DOT transportation reservations for the City, presents educational programs through various events, a speaker series, and a monthly cable television production, Senior Living in Alexandria. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA at [admin@seniorservicesalex.org](mailto:admin@seniorservicesalex.org) by calling Executive Director Mary Lee Anderson at 703.836.4414 or visit [www.SeniorServicesAlex.org](http://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](http://alexandriava.gov/EndBullying).

## INDIVIDUALS WITH DISABILITIES

**Therapeutic Recreation** 1108 Jefferson St. 703.746.5422 VA Relay 711

The Department of Recreation, Parks and 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:
  - Youth Sports Coaches
  - Charles Barrett Recreation Center
  - Charles Houston Recreation Center
  - Chinquapin Park Recreation Center & Aquatics Facility
  - Leonard "Chick" Armstrong Recreation Center
  - Mount Vernon Recreation Center
  - William Ramsay Recreation Center
  - Youth Sports
  - Therapeutic Recreation
- Therapeutic Rec Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up & Planting
- Special Event Support
- and more!

For available opportunities, select the link at [alexandriava.gov/Volunteer](http://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 36.

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 30 el mapa de parques y centros comunitarios. Visite [alexandriava.gov/ParkLink](http://alexandriava.gov/ParkLink) para orientación y un interactivo mapa de parques e instalaciones.

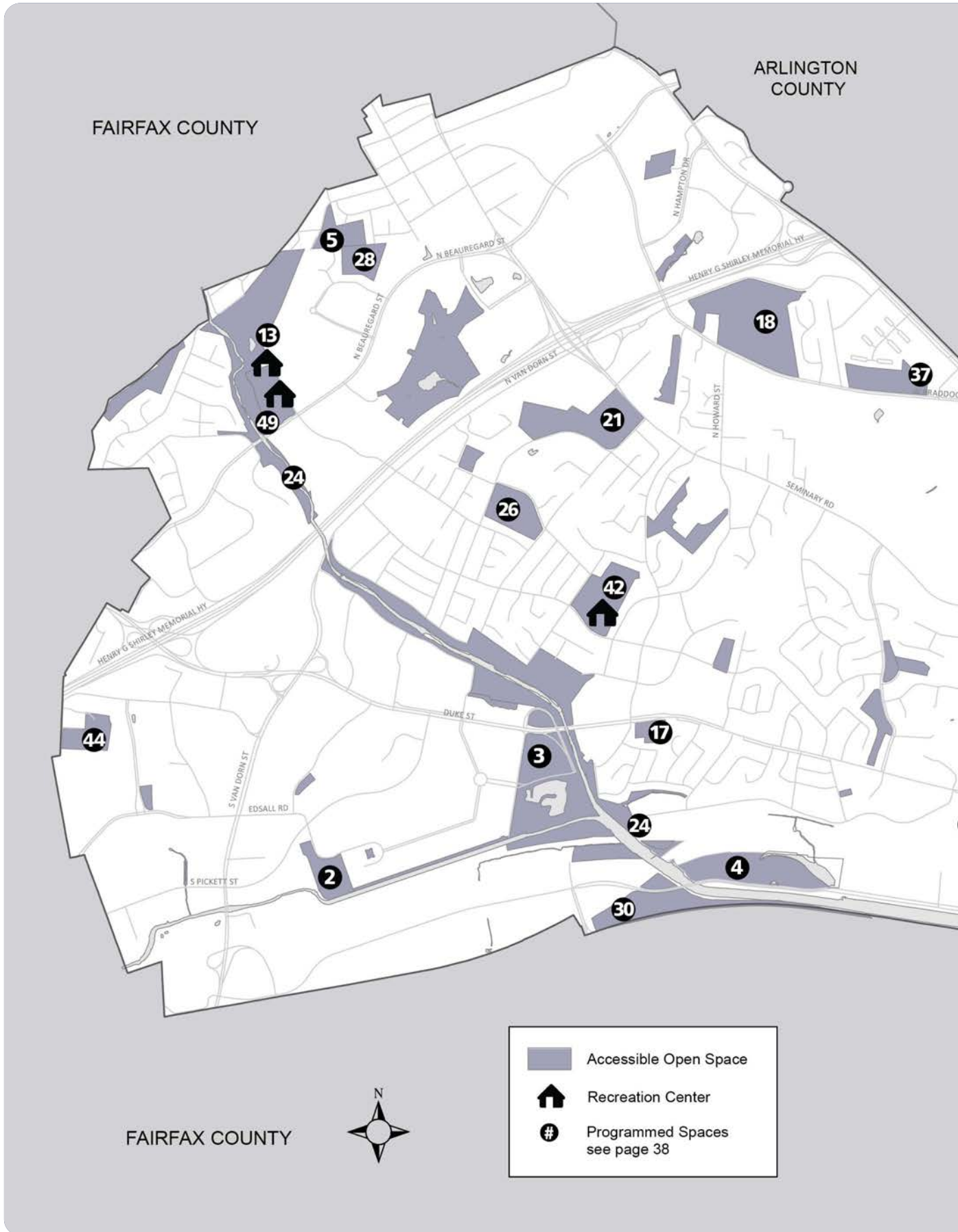
Adicionalmente, el Departamento coordina patrocinios de la Ciudad y eventos privados y maneja el fondo de arte y las Galerias de la Ciudad.



Para registrarse para programas o hacer reservaciones para picnic o uso de instalaciones, visite [alexandriava.gov/Recreation](http://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](http://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](http://alexandriava.gov/ParkLink)

# programmed parks & facilities

<b>1</b>	<b>Alexandria City High School</b> 3330 King St.	    
<b>2</b>	<b>Angel Park</b> 201 West Taylor Run Parkway	   
<b>3</b>	<b>Armistead L. Boothe Park</b> 520 Cameron Station Blvd.	       
<b>4</b>	<b>Ben Brenman Park</b> 4800 Brenman Park Dr.	           
<b>5</b>	<b>Cameron Run Regional Park/Lake Cook (NOVA Parks)</b> 3699 Eisenhower Ave.	     
<b>6</b>	<b>Chambliss Park</b> 2505 N. Chambliss St.	      
<b>7</b>	<b>Charles Barrett School &amp; Recreation Center</b> 1115 Martha Custis Dr.	     
<b>8</b>	<b>Charles Houston Recreation Center</b> 901 Wythe St. <i>Pool Seasonal</i>	    
<b>9</b>	<b>Chinapin Park Recreation Center &amp; Aquatics Facility / Forest Park</b> 3210 King St.	           
<b>10</b>	<b>Colasanto Center</b> 2704 Mt. Vernon Ave.	  
<b>11</b>	<b>Conservatory Center at Four Mile Run Park</b> 4109 Mt. Vernon Ave.	   
<b>12</b>	<b>Cora Kelly School &amp; Leonard "Chick" Armstrong Recreation Center</b> 25 W. Reed Ave.	    
<b>13</b>	<b>Dog Park at Carlyle</b> 450 Andrews Ln.	 
<b>14</b>	<b>Dora Kelley Nature Park</b> 5750 Sanger Ave. <b>Jerome "Buddie" Ford Nature Center</b>	   
<b>15</b>	<b>Douglas MacArthur School</b> 1101 Janney's Ln.	    
<b>16</b>	<b>Eugene Luckett Field</b> 3540 Wheeler Ave. <b>Schuyler Hamilton Jones Skateboard Park</b>	   
<b>17</b>	<b>Eugene Simpson Stadium Park</b> 426 E. Monroe Ave.	        
<b>18</b>	<b>Ewald Park</b> 4452 & 4500 Duke St.	    
<b>19</b>	<b>Fort Ward Park</b> 4301 W. Braddock Rd. <b>Fort Ward Athletic Facility</b> 4421 W. Braddock Rd.	           
<b>20</b>	<b>Founders Park</b> 351 N. Union St.	      
<b>21</b>	<b>Four Mile Run Park</b> 3700 Commonwealth Ave.	           
<b>22</b>	<b>Francis C. Hammond Middle School</b> 4646 Seminary Rd.	    
<b>23</b>	<b>George Mason Elementary School</b> 2601 Cameron Mills Rd.	       
<b>24</b>	<b>George Washington School and Park</b> 1005 Mt. Vernon Ave.	      
<b>25</b>	<b>Holmes Run Park System</b> Holmes Run Pkwy. <b>Tarleton Park</b> S. Jensen St.	     
<b>26</b>	<b>Hooff's Run Park and Greenway</b> 18 A E. Linden St.	           
<b>27</b>	<b>James K. Polk School</b> 5000 Polk Ave.	    
<b>28</b>	<b>Jefferson Houston Elementary School</b> 1501 Cameron St.	   

Visit [alexandriava.gov/ParkLink](http://alexandriava.gov/ParkLink) to see all City of Alexandria parks and amenities.  
See page 39 for event sites and information about hosting special events.

# programmed parks & facilities

<b>29</b>	<b>John Adams Elementary School &amp; Recreation Center</b> 5651 Rayburn Ave.	     
<b>30</b>	<b>Jones Point Park (National Park Service)</b> 100 Jones Point Dr.	   
<b>31</b>	<b>Joseph Hensley Park</b> 4200 Eisenhower Ave.	  
<b>32</b>	<b>King Street Gardens Park</b> 1806 King St.	  
<b>33</b>	<b>Lee Center &amp; Nannie J. Lee Recreation Center</b> 1108 Jefferson St.	       
<b>34</b>	<b>Lenny Harris Memorial Fields at Braddock Park</b> 1005 Mt. Vernon Ave.	  
<b>35</b>	<b>Lyles Crouch Elementary School</b> 530 S. Saint Asaph St.	  
<b>36</b>	<b>Market Square</b> 301 King St.	 
<b>37</b>	<b>Maury School</b> 600 Russell Rd.	   
<b>38</b>	<b>Minnie Howard Field &amp; School</b> 3701 W. Braddock Rd.	       
<b>39</b>	<b>Montgomery Park</b> 901 N. Royal St.	     
<b>40</b>	<b>Mt. Vernon Elementary School &amp; Recreation Center</b> 2701 Commonwealth Ave.	     
<b>41</b>	<b>Oronoco Bay Park</b> 100 Madison St.	     
<b>42</b>	<b>Oswald Durant Center</b> 1605 Cameron St. <b>Old Town Pool</b> <i>Seasonal</i> 1609 Cameron St.	     
<b>43</b>	<b>Patrick Henry Recreation Center</b> 4653 Taney Ave.	 
<b>44</b>	<b>Potomac Yard Park</b> 2051 Potomac Ave.	     
<b>45</b>	<b>Stevenson Park</b> 300 Stultz Rd.	    
<b>46</b>	<b>Torpedo Factory Plaza</b> , 105 N. Union St. <b>City Marina</b> , 0 Cameron St.	 
<b>47</b>	<b>Warwick Pool</b> <i>Seasonal</i> 3301 Landover St.	  
<b>48</b>	<b>Waterfront Park</b> 1A Prince St.	 
<b>49</b>	<b>William Ramsay Elementary School &amp; Recreation Center</b> 5700 & 5650 Sanger Ave.	       
<b>50</b>	<b>Windmill Hill Park</b> 501 S. Union St.	      
<b>51</b>	<b>Witter Recreational Fields</b> 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

## City Marina

**Dockmaster Office 703.746.5487**  
**0 Cameron Street, 22314**  
[alexandriava.gov/Marina](http://alexandriava.gov/Marina)  
[city.marina@alexandriava.gov](mailto: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](http://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 Potomac Riverboat Company at [potomacriverboatco.com](http://potomacriverboatco.com) or call 703.684.0580.

### Charter Boats

Private charter boats docked at the City Marina are operated by LA Yachts, 703.868.5566, and Potomac Riverboat Company, 703.684.0580 ext.13.

## 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 voluntary dedication of properties and public access/preservation easements on development sites
- Recordation of five private property voluntary conservation easements in partnership with the Northern Virginia Conservation Trust.

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

For more information about the City's open space efforts and activities, as well as a link to the Open Space Master Plan, visit [alexandriava.gov/18078#openspace](http://alexandriava.gov/18078#openspace)

### CONTACT INFORMATION

● **DIRECTOR'S OFFICE** ..... 703.746.5500

James B. Spengler, Director: [james.spengler@alexandriava.gov](mailto:james.spengler@alexandriava.gov)

● **GENERAL INFORMATION** ..... 703.746.4343

#### ● PROGRAMS & SERVICES

Aquatics ..... 703.746.5435  
 City Arborist/Trees ..... 703.746.5496  
 City Marina ..... 703.746.5487  
 Nature & Environmental Education Programs ..... 703.746.5559  
 Out of School Time Programs ..... 703.746.5575  
 Office of the Arts ..... 703.746.5588  
 Park Maintenance ..... 703.746.5484  
 Park Planning & Design ..... 703.746.5488  
 Picnic Reservations & Facility Rentals ..... 703.746.5414

Recreation Classes & Camps ..... 703.746.5414  
 Senior & Teen Programs ..... 703.746.5575  
 Special Events & Major Park Rentals ..... 703.746.5418  
 Therapeutic Recreation ..... 703.746.5422  
 Youth & Adult Sports ..... 703.746.5402

● **VA RELAY** ..... 711

#### ● 24-HOUR HOTLINES

Alexandria Safe Place ..... 703.746.5400  
 Special Events ..... 703.746.5592  
 Classes & Camps ..... 703.746.5594  
 Coed & Women Sports ..... 703.746.5595  
 Men Sports ..... 703.746.5596  
 Youth Sports ..... 703.746.5597  
 Facility & Fields ..... 703.746.5598



## 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 40 indicates the indoor amenities available for rental.  
**Outdoors:** Pages 36-37 indicate parks with space available for rental.

### 2) Contact a specialist

**Indoors:** To reserve, call the location listed on page 40.  
**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

#### Waterfront Parks

Call 703.746.5420 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 703.746.5420 for application and permit information:

- use of moon bounce, amplified sound, propane and/or tent
- admission charge
- reserved parking and/or road closures

### 3) Finalize reservation

**A specialist will provide pricing and application information and confirm availability, then provide information for you to obtain necessary permits for your event.** Please refer to the City Special Events Policy at [alexandriava.gov/Recreation](http://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 703.746.5420 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. \$149. Optional add-ons: Balloon package \$25; Giant pool inflatable \$75.

**Chinquapin Park Recreation Center & Aquatics Facility**

### ★ 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**

**Chinquapin Park Recreation Center & Aquatics Facility**

Optional add-ons: Balloon package \$25; Bounce house \$49 (Chinquapin only).

### ★ Nature Friends Party

2 hr. party featuring live animals, a nature-oriented activity and party room. \$225 for 14 children ages 4-12, additional \$10 per child up to 20 total.

**Jerome "Buddie" Ford Nature Center**

### ★ 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.

## ParkLink

Connecting you to active and open spaces in your neighborhood



Visit [alexandriava.gov/ParkLink](http://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><b>Charles Barrett Recreation Center</b> 1115 Martha Custis Dr., 22305 • 703.746.5551 Sept-June — Mon-Fri: 2-6pm July-Aug — Mon-Fri: 9am-6pm</p>	<input type="radio"/>				<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>						
 <p><b>Charles Houston Recreation Center</b> 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>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>		<input type="radio"/>	
 <p><b>Chinquapin Park Recreation Center &amp; Aquatics Facility</b> <i>Hours subject to change.</i> 3210 King St., 22314 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm</p>								<input checked="" type="radio"/>	<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
 <p><b>Leonard "Chick" Armstrong Recreation Center</b> <i>formerly Cora Kelly Recreation Center</i> 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri: 9am-9pm; Sat: 9am-6pm</p>	<input type="radio"/>			<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>				<input checked="" type="radio"/>	<input type="radio"/>	
 <p><b>Oswald Durant Center</b> 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs and rentals.</p>	<input checked="" type="radio"/>						<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					<input type="radio"/>
 <p><b>Jerome "Buddie" Ford Nature Center</b> 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10am-5pm; April-Oct — Sun: 1-5pm</p>									<input checked="" type="radio"/>						<input type="radio"/>
 <p><b>Lee Center</b> 1108 Jefferson St., 22314 • 703.746.5414 Mon-Fri: 9am-9pm; R&amp;R Office: Mon-Fri 9am-7pm</p>	<input checked="" type="radio"/>			<input checked="" type="radio"/>			<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					<input checked="" type="radio"/>
 <p><b>Mount Vernon Recreation Center</b> 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm</p>	<input type="radio"/>		<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					
 <p><b>Nannie J. Lee Recreation Center</b> 1108 Jefferson St., 22314 • 703.746.5550 Mon &amp; Wed: 12-9pm; Tue, Thu, Fri: 12-6pm</p>	<input type="radio"/>					<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>							
 <p><b>Patrick Henry Recreation Center</b> 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm</p>	<input type="radio"/>					<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>		<input checked="" type="radio"/>		<input type="radio"/>	
 <p><b>Torpedo Factory Art Center</b> 105 N. Union St., 22314 • 703.746.4570 Sun-Wed &amp; Fri-Sat: 10am-6pm; Thu 10am-9pm</p>									<input checked="" type="radio"/>						<input checked="" type="radio"/>
 <p><b>William Ramsay Recreation Center</b> 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9am-9pm; Sat: 9am-6pm Teens — Fri: 9-11pm; Sat: 6-11pm</p>	<input type="radio"/>		<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					<input type="radio"/>	



# PARTY PACKAGES



## Parties Galore!

### Pool Party

1 hr. pool and 2 hr. party room for children ages 6 & up. Max 19.  
\$149 Resident rate (adults free). Add a balloon package with your choice of colors for only \$25, and add a giant pool inflatable for \$75.

**Chinquapin Park Recreation Center & Aquatics Facility, 703.746.5553**



### Soft Play Party

1 hr. soft play room and 2 hr. party room for ages 5 & under.  
Max 16. \$149 resident rate (adults free). Add a balloon package with your choice of colors for only \$25, and add a bounce house for \$49 (Chinquapin only).

**Charles Houston Recreation Center, 703.746.5552**  
**Chinquapin Park Recreation Center, 703.746.5553**



### Nature Friends Party

2 hr. party featuring live animals, a nature-oriented activity, outdoor hike and party room. \$225 for 14 children ages 4-12, additional \$10 per child up to 20 total (resident rate).

**Jerome "Buddie" Ford Nature Center, 703.746.5559**

### Wow! What A Party!

Throw a party to remember without 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, 703.746.5552**



## Celebrate with us!

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

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



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

1108 Jefferson Street  
Alexandria, VA 22314-3999

# Out of School Time



**Afterschool fun  
for grades K-6.**

**Join us as we create an  
inclusive, engaging and  
fun afterschool utopia!**



*One World, One Dream*



***Have the Best Time!***

Meet friends, play, build, learn and grow through a variety of recreation, enrichment and leisure activities. Afterschool fun includes creative and performing arts, music, history, sports, fitness, health, family events, field trips and homework time. See page 26 for details. Join us for an Epic Adventure this school year!