

WINTER 2023 PROGRAM GUIDE

# Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



## SPRING BREAK CAMPS pg. 24

Youth Sports Leagues pg. 13

Creative & Performing Arts pg. 16

Community Activities & Events pg. 27

Registration Begins Wednesday, December 14



**NEW YEAR  
NEW YOU**



**20%  
OFF**

# **FITNESS PASS SALE**

From January 2 to February 2, receive a 20% discount on all Chinquapin fitness passes.

Offer valid on all passes expiring within 60 days of the sale.

**Chinquapin Park Recreation Center & Aquatics Facility Fitness Passes include access to open swim, locker rooms, saunas, fitness room, racquetball court & drop-in classes.**

Discount available to residents and non-residents when purchased at Chinquapin Park Recreation Center & Aquatics Facility, 3210 King St. City residents 55 and older are eligible for an additional 20% discount.

## NEW THIS SEASON **NEW!**

**Total Body Conditioning** pg. 8

**Bonkers for Boxing** pg. 13



**Spring Break Dance Camp** pg. 24

**Durant Brunch Bunch** pg. 27

**ON THE COVER:** Windmill Hill Snowman *Photo Credit: Carol Jean Stalun*

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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
334247-01		M	3:45-4:15pm	1/9-3/27	10	\$155	CQRC

CLASS SIZE	ACHS	Alexandria City High School
Min 6/ Max 10	ACMH	Alexandria City High School Minnie Howard Campus 3801 W Braddock Rd.
M = Monday	BFNC	Jerome Buddie Ford Nature Center 5750 Sanger Ave.
Tu = Tuesday	CBRC	Charles Barrett Recreation Center 1115 Martha Custis Dr.
W = Wednesday	CHRC	Charles Houston Recreation Center 901 Wythe St.
Th = Thursday	CKRC	Leonard "Chick" Armstrong Recreation Center 25 West Reed Ave.
F = Friday	CQRC/CQPK	Chinquapin Park Recreation Center & Aquatics Facility 3210 King St.
Sa = Saturday	DMES	Douglas MacArthur Elementary School 1101 Janney's Ln.
Su = Sunday	FDES	Ferdinand T. Day Elementary School 1701 N. Beauregard St.
	FHMS	Francis C. Hammond Middle School 4646 Seminary Rd.
	JAES	John Adams School & Recreation Center 5651 Rayburn Ave.
	JHES	Jefferson Houston School 1501 Cameron St.
	LEEC/LCCM	Lee Center & Lee Center Complex 1108 Jefferson St.
	MVRC	Mount Vernon Recreation Center 2701 Commonwealth Ave.
	NLRC	Nannie J. Lee Recreation Center 1108 Jefferson St.
	ODRC	Oswald Durant Center 1605 Cameron St.
	PHRC	Patrick Henry Recreation Center 4653 Taney Ave.
	PYPK	Potomac Yard Park 2051 Potomac Ave.
	TFAC	Torpedo Factory Art Center 105 N. Union St.
	WRRC	William Ramsay Recreation Center 5650 Sanger Ave.



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 September 2019. 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 or please contact the the Aquatics team at 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.

### 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 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.

334240-01	Sa	8:45-9:15am	1/14-2/18	6	\$95	CQRC
334240-02	Sa	10:30-11am	1/14-2/18	6	\$95	CQRC
334240-03	Su	9:55-10:25am	1/15-2/19	6	\$95	CQRC
334240-04	Su	11:40am-12:10pm	1/15-2/19	6	\$95	CQRC
334240-05	Sa	8:45-9:15am	2/25-4/1	6	\$95	CQRC
334240-06	Sa	10:30-11am	2/25-4/1	6	\$95	CQRC
334240-07	Su	9:55-10:25am	2/26-4/2	6	\$95	CQRC
334240-08	Su	11:40am-12:10pm	2/26-4/2	6	\$95	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.

334240-09	Sa	9:20-9:50am	1/14-2/18	6	\$95	CQRC
334240-10	Sa	11:05-11:35am	1/14-2/18	6	\$95	CQRC
334240-11	Su	9:20-9:50am	1/15-2/19	6	\$95	CQRC
334240-12	Su	11:05-11:35am	1/15-2/19	6	\$95	CQRC

334240-13	Sa	9:20-9:50am	2/25-4/1	6	\$95	CQRC
334240-14	Sa	11:05-11:35am	2/25-4/1	6	\$95	CQRC
334240-15	Su	9:20-9:50am	2/26-4/2	6	\$95	CQRC
334240-16	Su	11:05-11:35am	2/26-4/2	6	\$95	CQRC

### Preschool & Me +ADULT

**Ages 2.5 -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.



334240-17	Tu	3-3:30pm	1/10-2/14	6	\$95	CQRC
334240-18	Tu	3-3:30pm	2/21-3/28	6	\$95	CQRC
334240-19	Sa	9:55-10:25am	1/14-2/18	6	\$95	CQRC
334240-20	Sa	11:40-12:10pm	1/14-2/18	6	\$95	CQRC
334240-21	Su	8:45-9:15am	1/15-2/19	6	\$95	CQRC
334240-22	Su	10:30-11am	1/15-2/19	6	\$95	CQRC
334240-23	Sa	9:55-10:25am	2/25-4/1	6	\$95	CQRC
334240-24	Sa	11:40am-12:10pm	2/25-4/1	6	\$95	CQRC
334240-25	Su	8:45-9:15am	2/26-4/2	6	\$95	CQRC
334240-26	Su	10:30-11am	2/26-4/2	6	\$95	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. Preschool 1 your child is introduced to basic skills creating the foundation for development of swimming strokes and water competency, while developing positive attitudes and safe practices around the water.

334248-01	M	3:45-4:15pm	1/9-3/27	10	\$155	CQRC
334248-02	M	5:15-5:45pm	1/9-3/27	10	\$155	CQRC
334248-03	M	6-6:30pm	1/9-3/27	10	\$155	CQRC
334248-04	Tu	3-3:30pm	1/10-2/14	6	\$95	CQRC
334248-05	Tu	4:30-5:30pm	1/10-2/14	6	\$95	CQRC
334248-06	W	3-3:30pm	1/11-2/15	6	\$95	CQRC
334248-07	W	5:15-5:45pm	1/11-2/15	6	\$95	CQRC
334248-08	Th	3-3:30pm	1/12-2/16	6	\$95	CQRC
334248-09	Th	6-6:30pm	1/12-2/16	6	\$95	CQRC
334248-10	Sa	9-9:30am	1/14-2/18	6	\$95	CQRC
334248-11	Sa	11:15-11:45am	1/14-2/18	6	\$95	CQRC
334248-12	Su	10:30-11am	1/15-2/19	6	\$95	CQRC
334248-13	Su	11:15-11:45am	1/15-2/19	6	\$95	CQRC
334248-14	Tu	6-6:30pm	2/21-3/28	6	\$95	CQRC
334248-15	W	3:45-4:15pm	2/22-3/29	6	\$95	CQRC
334248-16	W	4:30-5pm	2/22-3/29	6	\$95	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.

334248-17	Th	3-3:30pm	2/23-3/30	6	\$95	CQRC
334248-18	Th	6-6:30pm	2/23-3/30	6	\$95	CQRC
334248-19	Sa	9-9:30am	2/25-4/1	6	\$95	CQRC
334248-20	Sa	11:15-11:45am	2/25-4/1	6	\$95	CQRC
334248-21	Su	10:30-11am	2/26-4/2	6	\$95	CQRC
334248-22	Su	11:15-11:45am	2/26-4/2	6	\$95	CQRC
334248-23	Tu,Th	4:30-5pm	1/10-2/2	8	\$125	CQRC
334248-24	Tu,Th	5:15-5:45pm	2/7-3/2	8	\$125	CQRC

### Alex Swim Preschool 2

**Ages 3-5.** For each level of Preschool Aquatics, instructors follow a plan introducing new swimming and water safety skills that are developmentally appropriate for young children. 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 and independent swimming in preparation for performing strokes.

334249-01	M	3-3:30pm	1/9-3/27	10	\$155	CQRC
334249-02	M	5:15-5:45pm	1/9-3/27	10	\$155	CQRC
334249-03	M	6-6:30pm	1/9-3/27	10	\$155	CQRC
334249-04	Tu	3:45-4:15pm	1/10-2/14	6	\$95	CQRC
334249-05	W	3:45-4:15pm	1/11-2/15	6	\$95	CQRC
334249-06	W	4:30-5pm	1/11-2/15	6	\$95	CQRC
334249-07	W	5:15-5:45pm	1/11-2/15	6	\$95	CQRC
334249-08	Th	3:45-4:15pm	1/12-2/16	6	\$95	CQRC
334249-09	Th	5:15-5:45pm	1/12-2/16	6	\$95	CQRC
334249-10	Sa	9:45-10:15am	1/14-2/18	6	\$95	CQRC
334249-11	Sa	12-12:30pm	1/14-2/18	6	\$95	CQRC
334249-12	Su	9:45-10:15am	1/15-2/19	6	\$95	CQRC
334249-13	Su	10:30-11am	1/15-2/19	6	\$95	CQRC
334249-14	Tu	4:30-5pm	2/21-3/28	6	\$95	CQRC
334249-15	W	3-3:30pm	2/22-3/29	6	\$95	CQRC
334249-16	W	5:15-5:45pm	2/22-3/29	6	\$95	CQRC
334249-17	W	6-6:30pm	2/22-3/29	6	\$95	CQRC
334249-18	Th	3:45-4:15pm	2/23-3/30	6	\$95	CQRC
334249-19	Th	5:15-5:45pm	2/23-3/30	6	\$95	CQRC
334249-20	Sa	9:45-10:15am	2/25-4/1	6	\$95	CQRC
334249-21	Sa	12-12:30pm	2/25-4/1	6	\$95	CQRC
334249-22	Su	9:45-10:15am	2/26-4/2	6	\$95	CQRC
334249-23	Su	12-12:30pm	2/26-4/2	6	\$95	CQRC
334249-24	Tu,Th	5:15-5:45pm	1/10-2/2	8	\$125	CQRC
334249-25	Tu,Th	4:30-5pm	2/7-3/2	8	\$125	CQRC
334249-26	T,Th	4:30-5pm	3/7-3/30	8	\$125	CQRC

### Alex Swim Preschool 3

**Ages 3-5.** For each level of Preschool Aquatics, instructors follow a plan introducing new swimming and water safety skills that are developmentally appropriate for young children. Preschool 3 participants should already be able to swim independently with combined arm and leg actions on front and back for 3 body lengths.

334247-01	M	3:45-4:15pm	1/9-3/27	10	\$155	CQRC
334247-02	M	6:45-7:15pm	1/9-3/27	10	\$155	CQRC
334247-03	Tu	3:45-4:15pm	1/10-2/14	6	\$95	CQRC
334247-04	Tu	6-6:30pm	1/10-2/14	6	\$95	CQRC
334247-05	W	4:30-5pm	1/11-2/15	6	\$95	CQRC
334247-06	W	6:45-7:15pm	1/11-2/15	6	\$95	CQRC
334247-07	Th	3-3:30pm	1/12-2/16	6	\$95	CQRC
334247-08	Th	5:15-5:45pm	1/12-2/16	6	\$95	CQRC
334247-09	Sa	10:30-11am	1/14-2/18	6	\$95	CQRC
334247-10	Su	9-9:30am	1/15-2/19	6	\$95	CQRC
334247-11	Tu	3:45-4:15pm	2/21-3/28	6	\$95	CQRC
334247-12	Tu	5:15-5:45pm	2/21-3/28	6	\$95	CQRC
334247-13	W	4:30-5pm	2/22-3/29	6	\$95	CQRC
334247-14	Th	3-3:30pm	2/23-3/30	6	\$95	CQRC
334247-15	Th	5:15-5:45pm	2/23-3/30	6	\$95	CQRC
334247-16	Sa	10:30-11am	2/25-4/1	6	\$95	CQRC
334247-17	Su	9-9:30am	2/26-4/2	6	\$95	CQRC
334247-18	Tu,Th	5:15-5:45pm	3/7-3/30	8	\$125	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).

334241-01	M	4:30-5pm	1/9-3/27	10	\$155	CQRC
334241-02	Tu	5:15-5:45pm	1/10-2/14	6	\$95	CQRC
334241-03	W	4:30-5pm	1/11-2/15	6	\$95	CQRC
334241-04	W	6-6:30pm	1/11-2/15	6	\$95	CQRC
334241-05	Th	4:30-5pm	1/12-2/16	6	\$95	CQRC
334241-06	Sa	10:30-11am	1/14-2/18	6	\$95	CQRC
334241-07	Sa	12:45-1:15pm	1/14-2/18	6	\$95	CQRC
334241-08	Su	9-9:30am	1/15-4/2	12	\$175	CQRC
334241-09	Tu	4:30-5pm	2/21-3/28	6	\$95	CQRC
334247-10	W	3:45-4:15pm	2/22-3/29	6	\$95	CQRC
334241-11	Th	4:30-5pm	2/23-3/30	6	\$95	CQRC
334241-12	Sa	10:30-11am	2/25-4/1	6	\$95	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.

334242-01	M	3-3:30pm	1/9-3/27	10	\$155	CQRC
334242-02	M	4:30-5pm	1/9-3/27	10	\$155	CQRC
334242-03	Tu	6-6:30pm	1/10-2/14	6	\$95	CQRC
334242-04	W	3-3:30pm	1/11-2/15	6	\$95	CQRC
334242-05	W	5:15-5:45pm	1/11-2/15	6	\$95	CQRC
334242-06	Th	3:45-4:15pm	1/12-2/16	6	\$95	CQRC
334242-07	Th	6-6:30pm	1/12-2/16	6	\$95	CQRC
334242-08	Sa	9:45-10:15am	1/14-2/18	6	\$95	CQRC
334242-09	Sa	11:15-11:45am	1/14-2/18	6	\$95	CQRC
334242-10	Su	10:15-10:45am	1/15-4/2	12	\$175	CQRC
334242-11	Su	12:45-1:15pm	1/15-4/2	12	\$175	CQRC
334242-12	Tu	5:15-5:45pm	2/21-3/28	6	\$95	CQRC
334242-13	W	4:30-5pm	2/22-3/29	6	\$95	CQRC
334242-14	W	5:15-5:45pm	2/22-3/29	6	\$95	CQRC

# aquatics

334242-15	W	6-6:30pm	2/22-3/29	6	\$95	CQRC
334242-16	Th	3:45-4:15pm	2/23-3/30	6	\$95	CQRC
334242-17	Th	6-6:30pm	2/23-3/30	6	\$95	CQRC
334242-18	Sa	9:45am-10:15am	2/25-4/1	6	\$95	CQRC
334242-19	Sa	11:15-11:45am	2/25-4/1	6	\$95	CQRC
334242-20	Tu,Th	6-6:30pm	1/10-2/2	8	\$125	CQRC
334242-21	Tu,Th	6-6:30pm	2/7-3/2	8	\$125	CQRC
334242-22	Tu,Th	6-6:30pm	3/7-30	8	\$125	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.



334243-01	M	4:30-5pm	1/9-3/27	10	\$155	CQRC
334243-02	M	6-6:30pm	1/9-3/27	10	\$155	CQRC
334243-03	Tu	4:30-5pm	1/10-2/14	6	\$95	CQRC
334243-04	W	3:45-4:15pm	1/11-2/15	6	\$95	CQRC
334243-05	Th	4:30-5pm	1/12-2/16	6	\$95	CQRC
334243-06	Sa	9-9:30am	1/14-2/18	6	\$95	CQRC
334243-07	Sa	12-12:30pm	1/14-2/18	6	\$95	CQRC
334243-08	Su	9:45-10:15am	1/15-4/2	12	\$175	CQRC
334243-09	Su	11-11:30am	1/15-4/2	12	\$175	CQRC
334243-10	Tu	6-6:30pm	2/21-3/28	6	\$95	CQRC
334243-11	W	3-3:30pm	2/22-3/29	6	\$95	CQRC
334243-12	W	5:15-5:45pm	2/22-3/29	6	\$95	CQRC
334243-13	Th	4:30-5pm	2/23-3/30	6	\$95	CQRC
334243-14	Sa	9-9:30am	2/25-4/1	6	\$95	CQRC
334243-15	Sa	12-12:30pm	2/25-4/1	6	\$95	CQRC
334243-16	Tu,Th	6:45-7:15pm	1/10-2/2	8	\$125	CQRC
334243-17	Tu,Th	6:45-7:15pm	2/7-3/2	8	\$125	CQRC
334243-18	Tu,Th	6:45-7:15pm	3/7-3/30	8	\$125	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.

334244-01	M	5:15-5:45pm	1/9-3/27	10	\$155	CQRC
334244-02	M	7:30-8pm	1/9-3/27	10	\$155	CQRC
334244-03	W	6:45-7:15pm	1/11-2/15	6	\$95	CQRC
334244-04	Sa	9:30-10am	1/14-2/18	6	\$95	CQRC
334244-05	Sa	11-11:30am	1/14-2/18	6	\$95	CQRC
334244-06	Su	9:30-10am	1/15-4/2	12	\$175	CQRC
334244-07	Su	11:45am-12:15pm	1/15-4/2	12	\$175	CQRC
334244-08	W	7:30-8pm	2/22-3/29	6	\$95	CQRC
334244-09	Sa	9:30-10am	2/25-4/1	6	\$95	CQRC
334244-10	Sa	11-11:30am	2/25-4/1	6	\$95	CQRC
334244-11	Tu	7:30-8pm	1/10-2/14	6	\$95	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.

334245-01	M	6:45-7:15pm	1/9-3/27	10	\$155	CQRC
334245-02	W	7:30-8pm	1/11-2/15	6	\$95	CQRC
334245-03	Th	6:45-7:15pm	1/12-2/16	6	\$95	CQRC
334245-04	Sa	8:45-9:15am	1/14-2/18	6	\$95	CQRC
334245-05	Sa	11:45am-12:15pm	1/14-2/18	6	\$95	CQRC
334245-06	Su	8:45-9:15am	1/15-4/2	12	\$175	CQRC
334245-07	Su	12:30-1pm	1/15-4/2	12	\$175	CQRC
334245-08	W	6:45-7:15pm	2/22-3/29	6	\$95	CQRC
334245-10	Th	6:45-7:15pm	2/23-3/30	6	\$95	CQRC
334245-11	Sa	8:45-9:15am	2/25-4/1	6	\$95	CQRC
334245-12	Sa	11:45-12:15pm	2/25-4/1	6	\$95	CQRC

## Alex Swim Level 6

**Ages 6-12.** Fitness Swimmer. Our instructors follow a plan to refine swimming, physical fitness in the water and water safety skills that were taught throughout the levels. The expectations are high regarding the distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness.

334246-01	M	6:45-7:15pm	1/9-3/27	10	\$155	CQRC
334246-02	W	7:30-8pm	1/11-2/15	6	\$95	CQRC
334246-05	W	7:30-8pm	2/22-3/29	6	\$95	CQRC
334246-06	Sa	10:15-10:45am	2/25-4/1	6	\$95	CQRC
334246-07	Sa	12:30-1pm	2/25-4/1	6	\$95	CQRC
334246-03	Sa	10:15-10:45am	1/14-2/18	6	\$95	CQRC
334246-04	Sa	12:30-1pm	1/14-2/18	6	\$95	CQRC

## Teen Swim

**Ages 13-19.** You will learn Level 1 and 3 swim skills in this group lesson designed to meet the needs of teen earners. Participants learn basic swimming and safety skills and overcome fear of water. Skills include entering and exiting water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using simultaneous arm and leg action.

334235-01	Tu	6:45-7:15pm	1/10-2/14	6	\$95	CQRC
334235-02	W	6:45-7:15pm	1/11-2/15	6	\$95	CQRC
334235-03	Th	6:45-7:15pm	1/12-2/16	6	\$95	CQRC
334235-04	W	6:45-7:15pm	2/22-3/29	6	\$95	CQRC
334235-05	Th	7:30-8pm	2/23-3/29	6	\$95	CQRC
334235-06	Sa	12:45-1:15pm	1/14-2/18	6	\$95	CQRC
334235-07	Sa	12:45-1:15pm	2/25-4/1	6	\$95	CQRC

## Adult Beginner Swim

**Ages 13 & up.** Learning the Basics. Participants will work to gain comfort, basic aquatic skills and swimming strokes, including freestyle, breaststroke and elementary backstroke. Participants also learn about aquatic emergencies, safety skills and how to help others in an aquatic emergency.

334230-01	M	7:30-8pm	1/9-3/27	10	\$155	CQRC
334230-02	Tu	6:45-7:15pm	1/10-2/14	6	\$95	CQRC
334230-05	Th	7:30-8pm	1/12-2/16	6	\$95	CQRC
334230-06	Sa	1:30-2pm	1/14-2/18	6	\$95	CQRC
334230-07	Su	10:30-11am	1/15-4/2	12	\$175	CQRC
334230-08	Tu	6:45-7:15pm	2/21-3/28	6	\$95	CQRC
334230-11	Th	7:30-8pm	2/23-3/30	6	\$95	CQRC
334230-12	Sa	12:45-1:15pm	2/25-4/1	6	\$95	CQRC

## Beginner 1:

334230-03	W	6-6:30pm	1/11-2/15	6	\$95	CQRC
334230-10	W	7:30-8pm	2/22-3/29	6	\$95	CQRC

## Beginner 2

334230-04	W	7:30-8pm	1/11-2/15	6	\$95	CQRC
334230-09	W	6-6:30pm	2/22-3/29	6	\$95	CQRC

## Adult Intermediate/Advanced Swimming

**Ages 13 & up.** Intermediate Swimming is for those participants who have attended Beginner Swimming and are looking to build upon skills learned in Beginner Swim. Introduction to strokes other than front crawl and back crawl. Advanced Swimming for Fitness. Skills including swimming front crawl with rotary breathing with open or flip turns for 100 yards, back crawl with open or flip turns for 50 yards, breaststroke with open turns for 50 yards, and butterfly with open turns for 50 yards (optional).

334231-01	Tu	7:30-8pm	1/10-2/14	6	\$95	CQRC
334231-02	M	7:30-8pm	1/19-3/27	10	\$155	CQRC
334231-03	Th	7:30-8pm	1/12-2/16	6	\$95	CQRC
334231-04	Su	12-12:30pm	1/15-4/2	12	\$175	CQRC
334231-05	Tu	7:30-8pm	2/21-3/28	6	\$95	CQRC
334231-06	W	6:45-7:15pm	2/22-3/29	6	\$95	CQRC

## Lifeguard Prep

**Ages 14 & up.** This class is for anyone interested in becoming lifeguards, swim instructors or other aquatic professionals. This class will prepare participants to pass the pre-test for the American Red Cross Lifeguarding course and develop 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. Drop-in participants are allowed. Life saving techniques will not be covered in this course.



\*Note: this is not Lifeguard Training course

334236-01	Tu,Th	3:45-4:15pm	1/10-2/1	8	\$49	CQRC
334236-02	Tu,Th	3:45-4:15pm	2/7-3/2	8	\$49	CQRC
334236-03	Tu,Th	3:45-4:15pm	3/7-3/30	8	\$49	CQRC

## 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.

334221-01	Tu,Th	10:55-11:55am	1/10-3/30	24	\$245	CQRC
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### 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!

334228-01	Sa	9:05-9:55am	1/14-4/1	12	\$155	CQRC
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### 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.



334218-01	M	6:30-7:15pm	1/9-3/27	10	\$145	CQRC
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### Aqua Aerobics **DROP-IN**

**Ages 18 & up.** A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

334222-01	M,W	9-10am	1/9-2/22	12	\$155	CQRC
334222-02	M,W	9-10am	2/27-3/29	10	\$135	CQRC

### Deep Water Aqua Aerobics **DROP-IN**

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

334224-01	M,W	10:10-11:10am	1/9-2/22	12	\$155	CQRC
334224-02	W	6:30-7:30pm	1/11-3/29	12	\$195	CQRC
334224-03	W	7:40-8:40pm	1/11-3/29	12	\$195	CQRC
334224-04	M,W	10:10-11:10am	2/27-3/29	10	\$135	CQRC

### Aqua Zumba **DROP-IN**

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

334225-01	M	7:15-8:05pm	1/9-3/27	10	\$135	CQRC
334225-02	Su	9-9:50am	1/15-4/2	12	\$155	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.

334229-01	Tu,Th	6:30-7:30pm	1/10-2/16	12	\$155	CQRC
334229-02	M	11:30am-12:20pm	1/9-3/27	10	\$135	CQRC
334229-03	Tu,Th	6:30-7:30pm	2/21-3/30	12	\$155	CQRC

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

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

334217-01	Tu,Th	8:15-9am	1/10-3/30	24	\$315	CQRC
334217-02	Tu,Th	9:30-10:15am	1/10-3/30	24	\$315	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

### Beginner Yoga Series

**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.

314215-01	Th	6-7:15pm	1/12-2/16	6	\$99	CQRC
314215-02	Su	10-11:15am	1/15-2/19	6	\$99	CQRC
314215-03	Th	6-7:15pm	2/23-3/30	6	\$99	CQRC
314215-04	Su	10-11:15am	2/26-4/2	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 & facility).



313126-01	M	10-11am	1/9-3/20	11	\$159	LEEC
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### 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.

314219-01	W	7:05-8:20pm	1/11-3/29	12	\$135	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.

314213-01	M	7:05-8:05pm	1/9-3/27	10	\$115	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 safer manner, with proper alignment and a clear focus on your goals and needs.

314201-01	Tu	6:15-7:15pm	1/10-2/14	6	\$300	CQRC
314201-02	Tu	7:30-8:30pm	1/10-2/14	6	\$300	CQRC
314201-03	Tu	6:15-7:15pm	2/21-3/28	6	\$300	CQRC
314201-04	Tu	7:30-8:30pm	2/21-3/28	6	\$300	CQRC

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

### Aging Backwards/Classical Stretch

**Ages 18 & up.** Based on Tai Chi flowing movements for health/balance; ballets 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.

313113-01	M	12-1pm	1/9-3/20	9	\$125	CHRC
313113-02	Th	6-7pm	1/5-3/23	12	\$165	CQRC
313113-03	W	6-7pm	1/4-3/22	12	\$165	CHRC
313113-04	Tu	12-1pm	1/3-3/21	12	\$165	ODRC
313113-05	W	10:30-11:30am	1/18-3/22	10	\$135	PHRC

### Stretch and Flow Yoga

**Ages 21 & up.** Interested in releasing and stretching tight/contracted muscles in the body? Join Lisa, E-RYT 500 and Certified Yoga Therapist (1000 hr.), 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 and ease in body and mind.

313146-01	Tu	5:00-6:00pm	1/10-2/7	5	\$85	ODRC
313146-02	Tu	5:00-6:00pm	2/21-3/21	5	\$85	ODRC

## CARDIO WORKOUT

### Zumba

**Ages 16 & 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



313107-01	M	5:15-6pm	1/9-3/20	9	\$85	CHRC
313107-02-11	M	5:15-6pm	1/9-3/27	1	\$12/class	CHRC



## CARDIO & STRENGTH

### 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](mailto:hall_cameron@hotmail.com) for more information. Monthly (Easy Fitness Ticket) \$60.00, Walk-ins \$20.00

319701-01	M-Th	5:15-6:15pm	1/9-4/6	varies	ODRC
319701-02	M,W,Th	6:30-7:30pm	1/9-4/6	varies	ODRC
319701-03	Sa	8:30-9:30am	1/14-4/8	varies	NLRC
319701-04	Su	10-11am	1/8-3/26	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!



314021-01	Sa	1:15-2pm	1/21-2/25	6	\$75	PHRC
314021-02	M	7:15-8pm	1/23-3/6	6	\$75	PHRC
314021-03	Sa	1:15-2pm	3/4-4/8	6	\$75	PHRC
314021-04	M	7:15-8pm	3/13-4/17	6	\$75	PHRC

### Hula Hoop Fusion

**Ages 18 & up.** Using a 2lb weighted hula hoop for assistance, resistance, support, and fun, this is a no impact, full body workout that fuses Pilates, Barre and Yoga inspired moves. Tone and stretch muscles, improve flexibility and balance while burning calories. Hoops are provided during class and will be disinfected using approved disinfectant wipes after each class. Bring a yoga mat and water. If you have your own fitness hoop, bring it with you!

313118-01	Tu	5-6pm	1/10-2/28	8	\$69	ODRC
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### Senior Body Part Aerobics 55+

**Ages 55 & up.** Senior Body Part Aerobics is a low-impact fitness program that incorporates an aerobics workout and everyday movements to tone and sculpt the body while using a chair for stability.

314005-01	M	10-11am	1/9-2/27	6	\$55	PHRC
314005-02	M	10-11am	3/6-4/10	6	\$55	PHRC

### Roller Skating for Fitness and 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). Instructor: World Champion United Skates Roller Sports and Skate Inline Associated Certified. Call Christie for questions 703.623.7354

313141-01	Tu	6:30-7:25pm	1/10-1/31	4	\$99	PHRC
313141-02	Sa	9-9:50am	1/14-2/4	4	\$99	PHRC
313141-03	Sa	9-9:50am	2/18-3/11	4	\$99	PHRC
313141-04	Tu	6:30-7:25pm	2/21-3/14	4	\$99	PHRC

### The Beast Workout

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

313625-01	F	6-7pm	1/13-2/17	6	\$39	CHRC
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### 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.

314016-01	M	6:30-7:30pm	1/23-3/6	6	\$35	PHRC
314016-02	M	6:30-7:30pm	3/13-4/17	6	\$35	PHRC

### HIIT Training for Teens

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

314014-01	Tu	6:30-7:30pm	1/24-2/28	6	\$35	PHRC
314014-02	Tu	6:30pm-7:30pm	3/14-4/18	6	\$35	PHRC

### Cardio, Sculpt, and Core

**Ages 16 & up.** Work your body, burn calories, and get stronger muscles! Cardio movements are blended with balance and controlled muscle movements that may not be fast but are very powerful! Build muscle power to increase strength, and tone upper and lower body.

313101-01	M	7-8pm	1/9-3/13	8	\$155	CHRC
313101-02	Sa	8:30-9:30am	1/14-3/18	8	\$155	ODRC



## Total Body Conditioning **NEW!**

**Ages 18 & up.** Calling all moms, this hour is just for you! Power up your workouts with a few short cardio moves and longer periods of strength conditioning. This class will give you a total body burn in a way that works just for you. We focus on building total body strength in all your muscles

and some extra special core training. Finishing off with a great flowing stretch.

313150-01 Tu 9:15-10:15am 1/10-3/21 11 \$199 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!

313603-01 M,W 6:30-7:30pm 1/9-2/22 14 \$85 CHRC

313603-02 M,W 6:30-7:30pm 3/6-4/12 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.



313702-01 Tu,Th 6:30-7:30pm 1/17-2/16 10 \$69 CKRC

313702-02 Tu,Th 6:30-7:30pm 2/28-3/30 10 \$69 CKRC

## ChinquaCircuit **DROP-IN**

**Ages 18 & up.** Accomplish your weekend 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.

314208-01 Th 7:15-8pm 1/12-3/30 12 \$135 CQRC

314208-02 Sa 9-9:45am 1/14-4/1 12 \$135 CQRC

## Balance & Stretch **DROP-IN**

**Ages 18 & up.** This class is a combination of strength training, basic movements and stretch to improve balance and flexibility. This class is designed for those who prefer a low impact workout. Drop-In fee \$12 per class.

314209-01 W 9:15-10:15am 1/11-3/29 12 \$135 CQRC

## BodyBlast Cardio/Core **DROP-IN**

**Ages 18 & up.** 30 minutes of cardio 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.

314217-01 F 11-11:30am 1/13-3/31 12 \$135 CQRC

## Hip Hop Fitness & Circuit

**Ages 18 & up.** Hip Hop Fitness will aid in firming and sculpting through dance, timed interval training, and hand weights. The program is designed to increase endurance, burn calories, strengthen, and tone muscles and increase flexibility.

314002-01 Tu 7-8pm 1/10-2/14 6 \$55 PHRC

314002-02 Tu 7-8pm 2/21-3/28 6 \$55 PHRC

## Fit4Baby

**Ages 18 & up.** Fit4Baby is a prenatal fitness program for women at any stage of pregnancy. The classes are interval based, combining elements of strength training, cardiovascular exercises and stretching and balancing exercises. We train and certify our Fit4Baby instructors, so they are fully equipped to lead pregnant woman in exercises that are safe and appropriate for her changing body. 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).

319704-01 W 7-8pm 1/11-3/22 varies PHRC

## Alexandria Boxing Club

Please check-in at the Charles Houston Recreation Center front desk for details and registration information, or visit [www.alboxingclub.org](http://www.alboxingclub.org)

### 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

## 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). 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).

319703-01	M,W,F	9:30-10:30am	1/9-3/31	varies	ODRC
319703-02	Sa	9:15-10:15am	1/14-3/25	varies	PHRC
319703-03	Th	9:30-10:30am	1/12-3/23	varies	PHRC

## BodyBlast Bootcamp DROP-IN

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

314216-01	F	10-10:45am	1/13-3/31	12	\$135	CQRC
314216-02	Th	5:10-5:55pm	1/12-3/30	12	\$135	CQRC

## Adult Cardio & Weight Training

**Ages 18 & up.** Senior 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.



314008-01	Th	7-8pm	1/12-2/16		\$55	PHRC
314008-02	Th	7-8pm	2/23-3/30	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.

314012-01	M	10-11am	1/9-2/27	6	\$55	PHRC
314012-02	M	10-11am	3/13-4/17	6	\$55	PHRC

## Senior Cardio & Weight Training 55+

**Ages 55 & up.** Senior 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.

314011-01	W	12-1pm	1/11-2/15	6	\$55	PHRC
314011-02	W	12-1pm	2/22-3/29	6	\$55	PHRC

## 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 is \$12.

314211-01	Tu	9:05-9:50am	1/10-3/28	12	\$135	CQRC
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## Walk & Fit Fitness 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.

314001-01	W	10-11am	1/11-2/15	6	\$55	PHRC
314001-02	W	10-11am	2/22-3/29	6	\$55	PHRC

## Fitness Passes & Personal Training

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

Day: \$6/\$10

3-month: \$45/\$80

6-month: \$85/\$150

Annual Pass: \$140/\$250

**Chinquaquin Park Recreation Center & Aquatics Facility (includes access to open swim, saunas, and racquetball)**

Day: \$9/\$12

1-month: \$55/\$100

6-month: \$260/\$500

Annual Pass: \$465/\$885

Prices listed as Resident/Nonresident. City residents 60 & older are eligible for a 20% discount. For all Chinquaquin pass options, visit [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation).

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





# 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.-3yrs.** 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.

322620-01	W	10-10:30am	1/11-2/15	6	\$145	CHRC
322620-02	W	10-10:30am	2/22-3/22	5	\$119	CHRC

### Mom/Dad Me Tumbling +ADULT

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

322605-01	Sa	9:30am-10:15am	1/21-3/18	9	\$169	PHRC
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### Movement & Gymnastics

**Ages 2-8.** 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

324215-01	Sa	8:15-8:45am	1/21-2/25	5	\$109	CQRC
324215-02	Su	9:15-9:45am	1/22-2/26	5	\$109	CQRC
324215-06	Sa	8:15-8:45am	3/4-4/1	5	\$109	CQRC
324215-07	Su	9:15-9:45am	3/5-4/2	5	\$109	CQRC

#### Ages 3-5

324215-03	Su	11:15-11:45am	1/22-2/26	5	\$109	CQRC
324215-04	M	3:45-4:15pm	1/23-2/27	5	\$109	CQRC
324215-08	Su	11:15-11:45am	3/5-4/2	5	\$109	CQRC
324215-09	M	3:45-4:15pm	3/6-3/27	4	\$89	CQRC

#### Ages 5-8

324215-05	W	6-7pm	1/25-3/22	9	\$185	CQRC
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### Basic Tumbling

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



#### Level 1:

322606-01	Sa	10:30-11:15am	1/21-3/18	9	\$169	PHRC
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#### Level 2:

322606-02	Sa	11:30am-12:15pm	1/21-3/18	9	\$169	PHRC
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### 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.

#### Ages 5-8

324207-01	Su	10-11am	1/22-3/26	9	\$185	CQRC
324207-02	M	4:30-5:30pm	1/23-3/27	9	\$185	CQRC
324207-03	M	5:45-6:45pm	1/23-3/27	9	\$185	CQRC

#### Ages 8-11

324207-04	Th	4-5pm	1/26-3/23	9	\$185	CQRC
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### Baton Twirling

**Ages 6-12.** In this class students will learn basic twirling skills. This class will help develop arm strength as well as hand-eye coordination. We will focus on single baton twirls, rolls, and entry level tosses using correct form and techniques. Twirlers will learn a short routine to perform at the end of the session. This class will be fun, upbeat, and a great way to introduce baton twirling.

313805-01	M	6-7pm	1/9-3/27	12	\$99	MVRC
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## SOCCER CLASSES



### Little Kicks and Me +ADULT

**Ages 2-3.** Little Kicks Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

324004-01	Sa	9:15-10am	1/21-3/4	6	\$105	PHRC
324004-02	Sa	9:15-10am	3/12-4/15	6	\$105	PHRC
324209-01	W	10-10:45am	3/1-29	5	\$89	CQRC
324209-02	Sa	12:30-1:15pm	3/4-4/1	5	\$89	CQRC

### Soccer Tots

**Ages 2-6.** Soccer Tots is a child physical development program that uses a variety of fun games to delight and engage kids in physical activity. Soccer Tots is professionally designed to develop motor skills, promote physical-fitness, and create self confidence in kids and young children. Soccer Tots stresses a non-competitive environment and promotes fun above else in our classes and clinics.

#### Ages 2-3½

322610-01	M	11:30am-12:10pm	1/9-3/20	9	\$149	CHRC
322610-03	Tu	9:45-10:25am	1/10-2/14	6	\$135	NLRC

#### Ages 3-6

322610-02	M	12:20-1:05pm	1/9-3/20	9	\$149	CHRC
322610-04	Tu	1:30-2:15pm	1/10-2/14	6	\$135	ODRC

### 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.

322600-01	Sa	4-4:45pm	2/11-3/25	7	\$139	JHES
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## Little Kicks

**Ages 4-6.** Little Kicks Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

324210-01	W	4:15-5pm	3/1-29	5	\$89	CQPK
324210-02	Th	4:15-5pm	3/2-30	5	\$89	CQPK
324210-03	Sa	1:30-2:15pm	3/4-4/1	5	\$89	CQPK

## Little Champions Soccer

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

324212-01	Th	5:15-6pm	3/2-30	5	\$89	CQPK
324212-02	Sa	2:30-3:15pm	3/4-4/1	5	\$89	CQPK

# TENNIS CLASSES

## Tennis 4 Kids

**Ages 3-7.** Learn to play like the pros in this exciting and interactive tennis class that consists of not only singles and doubles games and round-robin play, but also of a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Kids learn the fundamental rules of the game and techniques that will make them feel like experts in the sport.

\*Students need a racket for the class

### Ages 3-5

324211-01	M	10-10:30am	1/9-2/13	5	\$105	CQPK
324211-02	Th	5-5:30pm	1/12-2/16	6	\$125	CQPK
324211-04	M	10-10:30am	2/27-3/27	5	\$105	CQPK
324211-05	Th	5-5:30pm	3/2-30	5	\$125	CQPK

### Ages 4-6

324211-03	Th	5:40-6:10pm	1/12-2/16	6	\$125	CQPK
324211-06	Th	5:40-6:10pm	3/2-30	5	\$105	CQPK

### Ages 3

324211-07	Su	9:30-10am	2/26-4/2	6	\$125	CQPK
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### Ages 4-5

324211-08	Su	10:10-10:40am	2/26-4/2	6	\$125	CQPK
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### Ages 5-6

324211-09	Su	10:50-11:30am	2/26-4/2	6	\$125	CQPK
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### Ages 6-7

324211-10	Su	11:40am-12:20pm	2/26-4/2	6	\$125	CQPK
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## Fun & Fundamentals Tennis

**Ages 7-14.** FirstServe Tennis teaches the fundamentals of tennis with a low ratio in a fun, friendly, and supportive atmosphere. All basic strokes are covered. Class will be held if "feels like" temperatures are above 40 degrees. Please bring a racquet and sports shoes. Ratio 6:1

### Ages 7-10

322616-01	M	5:30-6:20pm	2/27-3/27	5	\$125	PYPK
322616-02	W	5:30-6:20pm	3/1-29	5	\$125	CQPK

### Ages 10-14

322616-03	M	6:30-7:20pm	2/27-3/27	5	\$125	PYPK
322616-04	W	6:30-7:20pm	3/1-29	5	\$125	CQPK

## 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. Class will be held if "feels like" temperatures are above 40 degrees. Instructor to participant ratio 4:1.



323102-01	M	7:30-8:40pm	2/27-3/27	5	\$169	PYPK
323102-02	W	7:30-8:40pm	3/1-3/29	5	\$169	CQPK

## 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. Class will be held if "feels like" temperatures are above 40 degrees. Prerequisite: Completion of Tennis 1 or similar experience. Instructor to participant ratio 4:1.

323103-01	M	8:50-10pm	2/27-3/27	5	\$169	PYPK
323103-02	W	8:50-10pm	3/1-29	5	\$169	CQPK

## Intro to Pickleball

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

313612-01	F	9:15-10:15am	2/17-3/24	6	\$69	CHRC
313612-02	F	9:15-10:15am	3/24-4/28	6	\$69	CHRC

## Adult Outdoor Pickleball Level 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. Class will be held if "feels like" temperatures are above 40 degrees. Please wear tennis shoes. Ratio 6:1.

323105-01	W	6-6:50pm	3/1-3/29	5	\$125	LEEC
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## Adult Outdoor Pickleball Level 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. Class will be held if "feels like" temperatures are above 40 degrees. Please wear tennis shoes. Ratio 6:1

323106-01	W	7-7:50pm	3/1-3/29	5	\$125	LEEC
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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.

324213-01	F	9:30-10:30am	3/3-3/31	5	\$95	CQPK
324213-02	F	10:45-11:45am	3/3-3/31	5	\$95	CQPK

# sports classes & leagues

## ADDITIONAL SPORTS CLASSES

### Little Athletes & Me +ADULT

**Ages 2-3 with adult.** This fun and exciting class is a young athletes dream. It is filled with various sports, games, and lead in activities that will allow kids to develop their true passion for sports.

324202-01	W	10:30-11:15am	3/1-29	5	\$89	CQRC
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### Lil' Sprinters Track

**Ages 3-5.** Come get your run on! This class promotes physical fitness and develops skills such as running, jumping, and throwing in a fun environment.

322710-01	F	12:30-1:30pm	1/6-27	4	\$95	NLRC
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### Lil' Pro Sports

**Ages 3-5.** Learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports outside on Saturday mornings. Dress in comfortable clothing and bring your own water bottle.

322716-01	Sa	10:15-11am	3/25-4/15	4	\$95	LEEC
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322716-02	Sa	11:15am-12pm	3/25-4/15	4	\$95	LEEC
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### 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.

324006-01	Sa	12:15-1pm	1/21-3/4	6	\$105	PHRC
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324006-02	Sa	12:15-1pm	3/12-4/15	6	\$105	PHRC
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### 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.

322602-01	Sa	10-10:45am	1/14-3/18	10	\$179	NLRC
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322602-02	Sa	11-11:45am	1/14-3/18	10	\$179	NLRC
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### Jump Shots for Kids

**Ages 6-9.** This is the next level to the popular "Jump Shots for Tots" class taught by Hoop Life. Participants will enjoy learning the rules of basketball along with basic fundamental skills on 8-10 ft. hoops. Participants will get to compete in fun skill building games for prizes.

322602-03	Sa	12-1pm	1/14-3/18	10	\$179	NLRC
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### 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. Uniforms are required after the first class and are part of the tuition. Optional belt testing will be available at the end of the session for an additional fee.

322626-01	W	1-1:30pm	1/11-2/15	6	\$185	ODRC
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322626-02	W	1-1:30pm	2/22-3/22	5	\$119	ODRC
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### Rookie Spring Training Baseball Clinic

**Ages 4-8 as of April 30, 2023.** Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball and get ready for the upcoming season. Open to City of Alexandria residents only.

322715-01	Tu	5-6pm	3/7-14	2	\$45	LEEC
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322715-02	Tu	6:15-7:15pm	3/7-14	2	\$45	LEEC
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### Lil' Slammers Basketball Training

**Ages 5 & 6 as of March 31, 2023.** An introduction to the sport of basketball focused on teaching the fundamentals such as dribbling, shooting, passing, and rebounding. Open to City of Alexandria residents only.

322703-01	Sa	9-10am	2/4-25	4	\$95	JHES
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### First Down Flag Football

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

324216-01	W	5:10-5:55pm	3/1-29	5	\$89	CQRC
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324216-02	Sa	11:30am-12:15pm	3/4-4/1	5	\$89	CQRC
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### Nerf Fencing

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

322609-01	Tu	4-5pm	1/10-2/14	6	\$139	CQRC
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322609-02	Tu	4-5pm	2/21-3/21	5	\$115	CQRC
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### Hoop Life Basketball Skills Academy

**Ages 7-13.** 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.

#### Beginner

322625-01	Sa	1-2pm	1/14-3/18	10	\$195	NLRC
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#### Advanced

322625-02	Sa	2:30-3:45pm	1/14-3/18	10	\$275	WRRC
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### Alexandria Titans Indoor Track

**Ages 7-14.** Develop fundamentals in the sport of track and field. This program is focused on running techniques, sportsmanship, and healthy competition.

322709-01	Su	12-1pm	1/8-2/26	8	\$95	PHRC
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322709-02	Su	1:15-2:15pm	1/8-2/26	8	\$95	PHRC
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### Girls Softball Clinic

**Ages 8-12 as of January 1, 2023.** 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.

322706-01	W	5-6pm	3/8-15	2	\$45	LEEC
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322706-02	W	6:15-7:15pm	3/8-15	2	\$45	LEEC
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## Bonkers for Boxing **NEW!**

**Ages 9-14.** Come have fun as you get in better condition learning the basic skills of the oldest form of martial arts. Participants will earn prizes as they reach certain skill and fitness milestones.

322630-01 Sa 1:30-2:30pm 1/14-3/18 10 \$195 ODRC



## 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.

323101-01 W 7-8pm 1/11-3/22 11 \$135 PHRC

## E-Sports Academy

**Ages 11-15.** Does your child like video games? Would you like them to turn their passion for gaming into something productive? This is the class for them. Participants will learn about the higher education and professional opportunities that exist in gaming. They will get to play and learn about the specific age-appropriate games involved in collegiate and professional gaming. In addition, they will learn about the strategies involved in being successful at esports.

322629-01 Sa 11am-12pm 1/14-3/18 10 \$259 LEEC

## Kendo **NEW!**

**Ages 18 & up.** Kendo is the traditional Japanese style of fencing with a two-handed bamboo sword, derived from the fighting methods of the samurai. It is more than just a sport or than learning to fence with a sword. It is a way to discipline the human character through the application of the principles of the katana (Japanese long sword). As part of the Capital Area Budokai (CAB), the Northern Virginia Budokai (NoVA Kendo) teaches the art of Kendo as prescribed by the FIK as members of both the AUSKF as well as the Southeastern U.S. Kendo Federation (SEUSKF).

319707-01 Su,Tu 5:15pm-6:15pm 10/23-12/20 ODRC

## LEAGUES

### Lil' Rookies Basketball League

**Ages 5 & 6 as of March 31, 2023.** This developmental basketball program will focus on teaching the fundamentals in a non-competitive environment. Games will be coached and officiated by staff and no score, or standings will be kept. Baskets will be lowered to 8 feet. Open to City of Alexandria residents only.

322708-01 Su 1-3pm 3/5-26 4 \$95 JHES

### T-Ball & Coach Pitch Baseball League

**Ages 4-8 as of April 30, 2023.** Teams are formed by recreation districts. Teams will practice once or twice a week (practice days vary by team). A league game will take place during the week and on Saturday afternoon. Register by March 15. Open to City of Alexandria residents only.

#### T-Ball, Ages 4-6

422701-01 W,Sa TBD 4/3-6/15 \$95 TBD

#### Coach Pitch, Ages 6-8

422701-02 Th,Sa TBD 4/3-6/15 \$95 TBD

### Men's Basketball League

**Ages 18 & up.** Each team will play 10 regular season games. The top four teams in each division will advance to the league playoffs. All teams must submit a team roster, a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. Registration November 1 - December 19. League play begins the first week of January.

323200 M-Th 6:30-10pm \$825 FHMS

### Coed Volleyball League

**Ages 18 & up.** Each team will play 10 regular season games. The top four teams in each division will advance to the league playoffs. All teams must submit a team roster, a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. Registration November 1 - December 19. League play begins the first week of January.

323201 Tue,Wed 6:30-10pm \$555 ACMH

## 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

## Sports Affiliates

Alexandria Lacrosse Club  
alexandrialacrosse.com

Alexandria Soccer Association  
alexandria-soccer.org

Alexandria Little League  
alexandriabaseball.com

Alexandria Titans Football  
alexandriatitansfootball.org

Alexandria Rugby Club  
alexandrialacrosse.com

**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.

\*Inclusion Program\*

343001-01	Th	10:30am-12pm	1/5-1/26	4	\$55	NLRC
343001-02	Th	10:30am-12pm	2/2-2/23	4	\$55	NLRC
343001-03	Th	10:30am-12pm	3/9-2/30	4	\$55	NLRC

## Magnus Chess Club- Beginners

**Ages 5-12.** Learn chess with Magnus Chess Academy (formerly Silver Knights)! They have taught 100,000 children to play, including state & national champions, but most students are beginners looking to learn a new skill 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.



342632-01	F	6-7pm	1/6-3/17	11	\$199	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. No class 1/10 and 2/21. Drop-ins welcome on Fridays, \$5 each.

353805-03	M,W	10am-12pm	1/9-2/17	8	\$79	MVRC
353805-04	M,W,F	10am-12pm	1/9-4/14	18	\$99	MVRC

### Art Box Game Time

**Ages 6-12.** Come make new friends and experiences playing fun and unusual board games, instructor led kid friendly escape rooms and other games that kids will enjoy but also promote cooperation and socialization skills.

343825-01	Sa	11am-1pm	1/4-3/4	8	\$129	MVRC
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### Adult Social Club

**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. No Program Dates: 1/29, 2/19, 3/26, 4/9 and 4/16.

343000-01	Sa	11:30am-4pm	1/7-5/20	15	\$75	NLRC
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## TECHNOLOGY & SCIENCE

### The Science Seed

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

#### Ages 3-6

342620-01	Th	3-3:45pm	1/12-3/9	9	\$139	ODRC
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#### Ages 5-8

342620-02	Th	4-4:45pm	1/12-3/9	9	\$139	ODRC
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### Spy Science

**Ages 5-10.** How do detectives and investigators use science to solve a mystery? We will spend this camp 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!

344212-01	Tu	5:15-6pm	1/17-2/21	6	\$125	CQRC
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344212-02	Tu	5:15-6pm	2/28-3/28	5	\$105	CQRC
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### 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

343824-01	M	6:15-7:15pm	1/9-2/27	8	\$99	MVRC
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#### Ages 8-12

343824-02	W	6:15-7:15pm	1/9-2/27	8	\$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.

343810-01	Tu	6:15-7:15pm	1/10-2/14	6	\$99	MVRC
343810-02	Th	6:15-7:15pm	1/12-2/16	6	\$99	MVRC
343810-03	Tu	6:15-7:15pm	2/28-4/4	6	\$99	MVRC
343810-04	Tu	6:15-7:15pm	3/2-4/6	6	\$99	MVRC

**Robotics & Visual Coding**

**Ages 6-14.** Software: MCreator Skill Level: Beg. -Int. In this class, students will learn how to create their own custom game play items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, biomes and more! Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience and create your own custom mods to take home today!

**Ages 6-9**

342601-01	Sa	9:30-10:30am	1/21-2/25	6	\$149	PHRC
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**Ages 10-14**

342601-02	Sa	10:45-11:45am	1/21-2/25	6	\$149	PHRC
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**Coding with Minecraft**

**Ages 6-14.** 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.

**Ages 6-9**

342616-01	W	5-6pm	1/18-2/22	6	\$149	ODRC
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**Ages 10-14**

342616-02	W	6:15-7:15pm	1/18-2/22	6	\$149	ODRC
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*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.

Watch social media for pop-up programs!



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



## BALLET



### Mommy & Me Ballet +ADULT NEW!

**Ages 2-4 with adult.** Let your little one experience the joy of being a ballerina! Playful exercises in pre-ballet and creative movement will include dancing and more! Dads are welcome too! One adult per child attends class.

352623-01 M 1-1:30pm 1/23-3/20 8 \$85 ODRC

### Pre-Ballet & Movement

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

352605-01 Sa 9:15-10am 1/14-4/22 15 \$185 CHRC

352605-02 Sa 9:15-10am 1/14-4/22 15 \$185 PHRC

352605-03 M 1:45-2:35pm 1/16-4/17 12 \$185 ODRC

### Creative Ballet

**Ages 5-10.** Plié, tendu, jeté! Dancers are introduced to basic ballet positions, barre work, and traveling steps alongside creative movement and dance-making. Our approach to ballet is centered around inclusive and accessible practices and promotes body positivity. In a supportive, non-competitive environment, dancers are inspired to reach their full potential as collaborative, creative thinkers, and skilled and expressive movers. This class is instructed by Local Motion Project.



353833-01 W 5-6pm 1/11-3/29 12 \$195 MVRC

### 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. Participants will participate in an end of session dance recital.

352610-01 Sa 10:15-11:05am 1/14-4/22 15 \$185 CHRC

352610-02 Sa 10:15-11:05am 1/14-4/22 15 \$185 PHRC

### 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. Participants will participate in an end of session dance recital.

352611-01 Sa 11:20am-12:05pm 1/14-4/22 15 \$185 CHRC

352611-02 Sa 11:15am-12:05pm 1/14-4/22 15 \$185 PHRC

### 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. Participants will participate an end of the session dance recital.

352612-01 Sa 12:15-1:05pm 1/14-4/22 15 \$185 CHRC

352612-02 Sa 12:15-1:05pm 1/14-4/22 15 \$185 PHRC

## DANCE

### Move with Me +ADULT NEW!

**Ages 1½-3 with adult.** This class provides an introduction for young students and one accompanying adult to movement and dance. Using singing, nursery rhymes, activities, props, and the help of their adults, students develop their basic motor skills, coordination, and self-expression

354205-01 W 1:55-2:25pm 1/18-3/22 10 \$115 CQRC

### Mommy & Me Grooves +ADULT

**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.

352638-01 M 5:25-5:55pm 1/16-3/20 8 \$159 ODRC

352638-02 W 5:25-5:55pm 1/18-3/22 10 \$195 ODRC

### Modern Tots NEW!

**Ages 3-5.** Students will express themselves 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.

354203-01 W 1-1:40pm 1/18-3/22 10 \$115 CQRC

### Creative Dance

**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.

353834-01 Sa 10-10:45am 1/14-4/15 14 \$175 MVRC

## Jazz Hip Hop Combo

**Ages 4-11.** Jazz Hip Hop dance class infuses the funky style of hip hop with the technical side of jazz. Students will learn the fundamentals of each style such as isolations and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement.

### Ages 7-11

354201-01 W 4-4:45pm 1/18-3/8 8 \$165 CQRC

### Ages 4-6

354201-02 Sa 9-9:45am 1/21-3/18 8 \$165 CQRC

## Modern Dance 1

**Ages 5 & up.** 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.

354200-01 W 5-5:50pm 1/18-3/8 8 \$165 CQRC

## Creative Modern Dance

**Ages 5-7.** Twist, brush, roll! Dancers will be introduced to basic modern dance techniques, which began in the early 20th Century as a reaction to the formality of ballet. Classes draw from traditional and contemporary styles. Creativity and skill development are equally important building blocks to this class as dancers are inspired to reach their full potential as collaborative, creative thinkers, and skilled and expressive movers.

353823-01 Th 5-6pm 1/12-3/30 12 \$195 MVRC

## 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.

### Level 1:

353102-01 Th 1-3pm 2/2-3/23 8 \$85 ODRC

353102-02 F 7-8:15pm 2/3-3/24 8 \$85 ODRC

### Level 2:

353102-03 Th 7-8:15pm 2/2-3/23 8 \$85 ODRC



# MUSIC



## Little Hands Music

**Ages 1-3½.** 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.

359704-01 W 11:15am-12:15pm 1/11-3/15 10 \$95 ODRC

359704-02 W 11:15am-12:15pm 1/11-3/15 10 \$95 ODRC

359704-03 Th 11am-12pm 1/12-3/16 10 \$95 CHRC

359704-04 Th 10:15-11am 1/12-3/16 10 \$95 CHRC

## Little Fingers Piano +ADULT

**Ages 2-5 with adult.** 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!

342618-01 Sa 10:30-11am 1/28-3/18 8 \$159 ODRC

## My First Music Class

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

342623-01 Sa 10-10:30am 1/28-3/18 8 \$159 ODRC

## Group Guitar

**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 home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the replacement of any unreturned/damaged instruments.

342617-01 W 7-8pm 1/25-3/15 8 \$179 CHRC

342617-02 Th 7-8pm 1/26-3/16 8 \$179 PHRC



## Group Piano

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

342624-01 W 6-7pm 1/25-3/15 8 \$179 CHRC

342624-02 Th 6-7pm 1/26-3/16 8 \$179 PHRC

## Private Music Lesson

**Ages 6 & up.** Learn a new artistic skill or continue developing! 30-minute lessons are one-on-one with Mark Evans. Instructor can teach piano, violin, cello and double bass. Piano provided; other instruments must be brought by students. Lessons must be scheduled minimum 5 days before first lesson.

342611-01	F	12-12:30pm	1/13-3/24	11	\$385	ODRC
342611-02	F	12:35-1:05pm	1/13-3/24	11	\$385	ODRC
342611-03	F	1:10-1:40pm	1/13-3/24	11	\$385	ODRC
342611-04	F	1:45-2:15pm	1/13-3/24	11	\$385	ODRC
342611-05	F	2:20-2:50pm	1/13-3/24	11	\$385	ODRC
342611-06	F	2:55-3:25pm	1/13-3/24	11	\$385	ODRC
342611-07	F	3:30-4pm	1/13-3/24	11	\$385	ODRC
342611-08	F	4:05-4:35pm	1/13-3/24	11	\$385	ODRC
342611-09	F	4:40-5:10pm	1/13-3/24	11	\$385	ODRC
342611-10	F	4:45-5:15pm	1/13-3/24	11	\$385	ODRC
342611-11	F	5:15-5:45pm	1/13-3/24	11	\$385	ODRC
342611-12	F	5:50-6:20pm	1/13-3/24	11	\$385	ODRC
342611-13	F	6:25-6:55pm	1/13-3/24	11	\$385	ODRC
342611-14	F	7-7:30pm	1/13-3/24	11	\$385	ODRC

## VISUAL ARTS



### Abakadoodle Twosy Doodlers +ADULT

**Ages 20 mo.-3 years with adult.** Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative. Each session has new activities, and parents and helpers get to play too.

352600-01	Tu	10-10:45am	1/17-3/21	10	\$195	ODRC
352600-02	M	10-10:45am	1/23-3/20	8	\$159	ODRC

### Abakadoodle Mini Doodlers +ADULT

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



352613-01	Sa	10-10:45am	1/21-3/25	10	\$195	ODRC
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### Getting into Shapes

**Ages 3-7.** 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

344210-01	Sa	9-9:30am	1/14-2/18	6	\$115	CQRC
344210-03	Sa	9-9:30am	2/25-4/1	6	\$115	CQRC

#### Ages 5-7

344210-02	Sa	9:45-10:15am	1/14-2/18	6	\$115	CQRC
3344210-04	Sa	9:45-10:15am	2/25-4/1	6	\$115	CQRC

## Artistic Drawing with Young Rembrandts

**Ages 6-10.** Young Rembrandts Drawing curriculum uses a structured step swipe format to teach elementary students useful drawing skills, while developing creative thinking strategies. Students deconstruct complex object into familiar shapes; then use problem solving and imagination to make their own works of art. Our Artistic Drawing curriculum develops academically relevant skills, including spatial-moto planning, mental discipline, and fine motor skills, while providing a fun, enriching experience for our students. New lessons every season!

352626-01	Sa	10-11am	1/21-3/11	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.

394000-01	Sa	10-11am	1/21-3/4	6	\$69	PHRC
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## 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.

353000-01	W	6-7:30pm	1/4-1/18	3	\$15	NLRC
353000-02	W	6-7:30pm	2/1-2/15	3	\$15	NLRC
353000-03	W	6-7:30pm	3/1-3/15	3	\$15	NLRC

## COOKING

### Tiny Chefs: Rounded Bites

**Ages 5-10.** Who loves cheeseballs, truffles, and other bite sized snacks?! This winter get ready for some amazing ball shaped goodies. In this unique session, students will "round 'em up" by creating Popcorn Balls, Snowball Truffles, and Homemade Meatballs. There's nothing square about this class -let's get the ball rolling!

342619-01	W	3:30-4:30pm	¼-3/8	10	\$289	ODRC
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### Sweet Treats (Cake Decorating)

**Ages 7-12.** 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.



344211-01	F	4:30-5:15pm	1/13-2/17	6	\$125	CQRC
344211-02	F	10-11am	2/24-3/31	6	\$125	CQRC

## 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: Daily 10am-6pm and open late the 2nd Friday each month\***

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. Visit our website to learn about free public events and exhibitions.



\* Periodic 5 p.m. closure for private events. See dates on our website.

### CONNECT @torpedofactory



## An Exhibitions at the Torpedo Factory Art Center

### 2022 Post Grad Residents Exhibition

**Dec 17, 2022 – Jan 21, 2023**

Reception and Artist Talk: Friday, Jan 13, 6 – 8pm  
 The Torpedo Factory Art Center features the work of 2022 Post-Grad Residents: Kamille Jackson, Mrinal Joshi, Julia O'Bryan, and Kiel Posner, on view in Target Gallery.

### Beyond the Frame: A Contemporary Exploration of Mixed Media Photography

**Jan 28, 2023 – March 4, 2023**

Reception and Gallery Talk: Friday, Feb 10, 6 – 8pm  
 Juror: Siobhan Rigg  
 The goal for this exhibition is to highlight how artists are experimenting with what photography is capable of beyond its traditional framed presentation on the wall.

### March150: The 13th Annual Special Exhibition and Art Sale

**March 11 – April 8, 2023**

Ticketed Art Party: Saturday, March 11, 7 -10pm  
 Closing Sale: Friday, April 8, 10am – 5pm  
 Artists of all experience levels are welcome to participate in this popular exhibition and event.

## Arts Grant Program Online

The City of Alexandria's arts grant program is designed to support artistic excellence in the city by assisting Alexandria-based arts organizations by providing affordable programs for the community to engage with the arts, and providing local artists with opportunities to create, perform, and present their works. Each year, approximately \$170,000 in City funds are awarded on the basis of a competitive grant evaluation process and require a 1:1 cash match from the applicant.

For Fiscal Year 2024 grant program information, call the Arts Division at 703.746.5565 or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts).

## Alexandria Poetry Contest



The City of Alexandria and the Alexandria Transit Company joined forces to host a poetry contest "DASHing Words in Motion." The poetry contest encourages quality writing for those 16 years or older, who live, work or study in the City of Alexandria.

The competition's primary goal is to encourage a broad range of ideas and subject matter. Possible inspirational ideas might stem from the Alexandria Transit Company's DASH bus motto "Keep Alexandria Moving," or bus stops, neighborhoods, buses, cars, roads, or transportation. Winning poems will be published and placed on DASH buses and trolleys for the 2023 National Poetry Month (April).

The online submission deadline is 5 p.m. Friday, January 27, 2023.

To enter, visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts). For more information, visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts), call 703.746.5565, or email [poet@alexandriava.gov](mailto:poet@alexandriava.gov).

## Business and the Arts Collaborative Grant

The City of Alexandria's Office of the Arts' Business and the Arts Collaborative Grant Program is for business is to support and sustain the local arts economy in the City of Alexandria by providing support to local arts organizations whose programming and/or operations that have been impacted by COVID-19 and provide support to arts and culture organizations to focus on their missions and engage with their audiences. The intention of the grant is to provide support to local businesses to hire artists and arts organizations to create new art-centered projects in a variety of media which will benefit the community. Locally based businesses will need to apply and are required to include at least one artist.

Projects to occur between February 1, 2023, and December 15, 2023. Informational session via Microsoft Teams is schedule for January 11, 10 a.m. to reserve a spot email: [arts@alexandriava.gov](mailto:arts@alexandriava.gov). **Completed online applications are due by 5 p.m. on Friday, January 27, 2023.**



# 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

### Constellations

**Ages 6-9.** Join us to learn about stars, constellations, and the stories/legends behind them! Program includes activities, crafts, and stories.

369852-01 Sa 2-3:30pm 3/4 1 \$5 BFNC

### The Unique Snowflake

**Ages 7-10.** Where do snowflakes come from and why are they all different? Learn about the water cycle and winter weather through activities and experiments and make your own realistic paper snowflakes!

369856-01 Sa 10-11am 1/14 1 \$5 BFNC

### Animals, Plants, and Fungi, Oh My!

**Ages 10-12.** Join us as we dive into the worlds of plants, animals, and fungi! We'll learn about their differences with activities and experiments.

369850-01 Sa 10:30am-12pm 2/18 1 \$5 BFNC

### Bioluminescence: How Animals Glow

**Ages 13-18.** Have you ever wondered how fireflies glow? Explore the bioluminescence of different species from your backyard to deep in the ocean. Learn about how and why organisms produce their own light. Hands-on experiments will allow you to experience this exciting phenomenon.

369855-01 Th 5-6:30pm 3/16 1 \$5 BFNC

### The Ecology of Snakes: Serpentology!

**Ages 14 & up.** Participants will learn about the branch of Herpetology that focuses on snakes and will learn about possible career paths. Program includes live animal presentations, video excerpts of serpentologists in the field, and an identification activity.

369853-01 W 6-7:30pm 2/22 1 \$5 BFNC

### Tracking the Forces of Nature: Hurricanes and Tornadoes!

**Ages 14 & up.** Participants will learn about the development, forecasting, and impact of intense weather, namely hurricanes and tornadoes. Program includes video clips of simulations and weather caught on film, and a storm tracking activity to help you learn how to track a hurricane using maps.

369854-01 W 6-7:30pm 2/1 1 \$5 BFNC

### What To Do When You Come Across Wildlife

**All Ages.** Participants will learn about what to do (and what not to do) if they come across wildlife, what animals they may see at different times of the year, and what to do if an animal appears sick or injured. Lecture will include a talk and Q&A session, along with helpful resources. This program is offered in English and Spanish.

#### English

369851-01 W 6-7pm 3/22 1 \$5 Zoom

#### Spanish

369851-02 Th 6-7pm 3/23 1 \$5 Zoom

### Winter Tree ID Hike

**All Ages.** Spring is near! Take a guided walk in Dora Kelly Nature Park and look for signs that the plants and animals are waking up! Friendly dogs are welcome but must always remain on leash.

369858-01 Sa 10-11am 3/25 1 \$0 BFNC



### Why Can't Penguins Fly?

**Families.** What makes penguins different from other birds? Learn about these winter favorites through stories and activities! Registration required for ages 2-6.

369857-01 Sa 10-10:45am 1/21 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	55+			
<b>Aquatics</b>																							
Swimming																							
Alex Preschool Level 1	2		●	●	●																		
Alex Preschool Level 2	3		●	●	●																		
Alex Preschool Level 3	3		●	●	●																		
Alex Swim Level 1	3					●	●	●	●	●	●	●	●										
Alex Swim Level 2	3					●	●	●	●	●	●	●	●										
Alex Swim Level 3	4					●	●	●	●	●	●	●	●										
Alex Swim Level 4	4					●	●	●	●	●	●	●	●										
Alex Swim Level 5	4					●	●	●	●	●	●	●	●										
Alex Swim Level 6	4					●	●	●	●	●	●	●	●										
Adult Intermediate/ Advanced Swim	5													●	●	●	●	●	●				
Adult Beginner Swim	4													●	●	●	●	●	●				
Lifeguard Prep	5													●	●	●	●	●	●				
Preschool & Me	2		●	●																			
Teen Swimming	4													●	●	●	●	●	●				
Water Explorers 1*	2		●	●	●																		
Water Explorers 2*	2		●	●	●																		
Aqua Aerobics																							
Aqua Aerobics	5																		●	●			
Aqua Exercise for Seniors	5																			●			
Aqua Zumba	5																			●	●		
BLT (Buns, Legs & Tummy)	5																			●	●		
Deep Water Aqua Aerobics	5																			●	●		
Get in Deep w/Candice	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																			●	●		
Aging Backwards/ Classical Stretch	6																			●	●		
Gentle Yoga	6																			●	●		
Private Yoga Lessons	6																			●	●		
Stretch and Flow Yoga	6																			●	●		
Cardio Workout																							
Hula Hoop Fusion	7																			●	●		
Jazzercise	7																			●	●		

	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+												
Pilates	7																			●	●											
Senior Body Part Aerobics	7																				●											
Zumba	6																			●	●	●	●									
Cardio & Strength																																
Balance & Stretch	8																				●	●										
BodyBlast Bootcamp	9																				●	●										
BodyBlast Cardio/Core	8																				●	●										
Boxercise	8																				●	●										
Cardio & Weight Training	9																				●	●										
Cardio Sculpt & Core	7																				●	●	●	●								
ChinquaCircuit	8																					●	●									
ChinquaCircuit Gold	9																					●										
FIT4Baby	8																					●	●									
Hip Hop Fitness & Circuit	8																					●	●									
HITT Training for Teens	7																					●	●	●	●	●	●					
Roller Skating for Fitness/Fun	7																						●	●	●	●	●	●				
Senior Stretching	9																											●				
Senior Cardio & Weight Training	9																											●				
Shadow Boxercise	8																										●	●				
Stroller Strides	9																										●	●				
Teen Weight Training	7																										●	●	●	●	●	●
The Beast Workout	7																											●	●	●	●	●
Total Body Conditioning	8																												●	●		
Walk & Fit Fitness	9																												●			
<b>Sports Classes &amp; Leagues</b>																																
Tumbling Classes																																
Baby Tumbling*	10		●	●	●																											
Basic Tumbling	10																															
Baton Twirling	10																															
Gymnastics I	10																															
Mom/Dad & Me Tumbling*	10																															
Movement & Gymnastics	10																															
Soccer Classes																																
Excite Soccer	10																															
Little Champions Soccer	11																															
Lil Kicks	11																															
Little Kicks and Me*	10																															
Soccer Tots	10																															

# 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>																				
Tennis Classes																				
Adult Tennis 1	11																			●●
Adult Tennis 2	11																			●●
Adult Outdoor Pickleball 1	11																			●●
Adult Outdoor Pickleball 2	11																			●●
Fun & Fundamentals Tennis	11						●	●	●	●	●	●	●	●						
Intro to Pickleball	11																			●●
Senior Tennis 1	11																			●
Tennis 4 Kids	11		●	●	●	●														
Additional Sports Classes																				
Alexandria Titans Indoor Track	12						●	●	●	●	●	●	●	●						
Bonkers for Boxing	13									●	●	●	●	●						
E-Sports Academy	13										●	●	●	●						
First Down Flag Football	12					●	●	●	●	●										
Fencing	13										●	●	●	●	●	●	●	●	●	●
Girls Softball Clinic	12							●	●	●	●									
Hoop Life Basketball Skills Academy	12							●	●	●	●	●	●							
Jump Shots for Kids	12						●	●	●	●										
Jump Shots for Tots	12		●	●	●	●														
Kendo	13																			●●
Lil' Pro Sports	12		●	●	●															
Lil' Slammers Basketball Training	12						●	●												
Lil' Sprinters Track	12		●	●	●															
Little Athletes & Me*	12	●	●																	
Martial Arts 4 Kids	12		●	●	●	●														
Nerf Fencing	12						●	●	●	●										
Pee Wee Lacrosse	12		●	●	●															
Rookie Baseball Clinic	12		●	●	●	●														
Leagues																				
Coed Volleyball League	13																			●●
Lil' Rookies Basketball League	13						●	●												
Men's Basketball League	13																			●●
T-Ball & Coach Pitch Baseball	13					●	●	●	●											
<b>Enrichment</b>																				
Education																				
B.E.A.R.*	14	●	●	●	●	●														

\*Requires guardian and child participation

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Socialize																				
Adult Social Club	14																			●●
Art Box Game Time	14								●	●	●	●	●	●	●					
Kid Rock Social Hour*	14	●	●	●	●															
Magnus Chess Club-Beginners	14							●	●	●	●	●	●	●						
Technology & Science																				
Coding with Minecraft	15								●	●	●	●	●	●	●	●				
Robotics & Visual Coding	15								●	●	●	●	●	●	●	●				
Science Art Mania	15								●	●	●	●	●	●	●					
Science Seed: Lil Scientists	14							●	●	●	●	●								
Spy Science	14								●	●	●	●	●							
STEM DIY	14								●	●	●	●	●	●						
<b>Creative &amp; Performing Arts</b>																				
Ballet																				
Ballet I	16							●	●	●	●									
Ballet II	16								●	●	●	●								
Ballet III	16									●	●	●	●	●						
Creative Ballet	16								●	●	●	●	●							
Mommy & Me Ballet*	16		●	●	●															
Pre-Ballet & Movement I	16		●	●	●															
Dance																				
Creative Dance	16							●	●											
Creative Modern Dance	17								●	●	●									
Intro to Ballroom	17																			●●
Jazz Hip Hop Combo	17								●	●	●	●	●	●	●					
Modern Dance 1	17								●	●	●	●	●	●	●	●	●	●	●	●
Modern Tots	16								●	●	●									
Mommy & Me Grooves!*	16		●	●	●	●														
Move with Me*	16		●	●	●															
Music																				
Group Guitar	17								●	●	●	●	●	●						
Group Piano	17								●	●	●	●	●	●						
Little Hands Music	17	●	●	●																
Little Fingers Piano*	17		●	●	●	●														
My First Music Class*	17		●	●	●	●														
Private Music Lessons	18								●	●	●	●	●	●	●	●	●	●	●	●
Visual Arts																				
Artistic Drawing with Young Rembrandts	18								●	●	●	●								
Artworks	18																			●●
Getting into Shapes	18								●	●	●	●								
Lego Lab	18									●	●	●	●	●	●					
Mini Doodlers*	18								●	●	●	●								
Twoosy Doodlers*	18	●	●	●																

- 1) Refer to the grid below to determine the programs available by age.
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	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
<b>Creative &amp; Performing Arts</b>																				
Cooking																				
Sweet Treats (Cake Decorating)	18								●	●	●	●	●	●						
Tiny Chefs: Rounded Bites	18						●	●	●	●	●									
<b>Environmental Education</b>																				
Nature																				
Animals Plants and Fungi Oh My!	20										●	●	●							
Bioluminescence: How Animals Glow	20													●	●	●	●	●	●	●
Constellations	20						●	●	●	●										
The Ecology of Snakes: Serpentology!	20																		●	●
The Unique Snowflake	20							●	●	●	●									
Tracking the Forces of Nature: Hurricanes and Tornadoes!	20																		●	●
What To Do When You Come Across Wildlife	20	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Why Can't Penguins Fly?	20	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Winter Tree ID Hike	20	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>One Day &amp; Spring Break Camps</b>																				
Abrakadoodle Camps	25										●	●	●	●	●	●				
Art Box Camps	25										●	●	●	●	●	●				
Art Box Musical Theater Spring Break Camp	25										●	●	●	●	●	●				
Durant Spring Break Aftercare	25										●	●	●	●	●	●				
Excite Soccer Spring Break Camp	24									●	●	●	●	●						
FUNtastic Spring Break Camp	25										●	●	●	●	●	●	●	●	●	●
Gymnastics Mini Camp	25										●	●	●	●						
Hoop Life Camps	24										●	●	●	●	●	●	●	●	●	●
Intro to Skateboarding Spring Break Camp	25										●	●	●	●	●	●	●	●	●	●
Little Athletes Camp	24										●	●	●	●	●					
Kidovation Camp	24										●	●	●	●	●					
Magnus Chess Spring Break Camp	25										●	●	●	●	●	●	●	●	●	●
My First Lemonade Stand	24										●	●	●	●						
Pin it 4 Fun Spring Break Camp	25										●	●	●	●	●					
PK Move Parkour Spring Break Camp	25										●	●	●	●	●					
Science: Potions & Explosions	25										●	●	●	●	●	●				

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Spring Break Dance Camp	24										●	●	●	●						
STEM Adventures Camp	25										●	●	●	●	●	●				
Sweet Treat Cake Decorating Camp	24										●	●	●	●	●	●				
Tennis 4 Kids	24										●	●	●							
The Science Seed Camps	24										●	●	●	●						
Tiny Chefs Camps	24										●	●	●	●	●	●				
Ultimate Music Experience Camps	25										●	●	●	●	●	●	●	●	●	●
<b>Out of School Time</b>																				
School Year Power-On	26										●	●	●	●	●	●	●	●	●	●
TR Achieving Greatness	26										●	●	●	●	●	●	●	●	●	●
Youth Achieving Greatness	26										●	●	●	●	●	●	●	●	●	●

\*Requires guardian and child participation





**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 & SPRING BREAK CAMPS

### Little Athletes Camp

**Ages 3-7.** Campers will participate in various sports fundamentals, games, skills, and drills while experiencing sportsmanship. Children will explore soccer, t-ball, lacrosse, flag football, hockey, basketball, and sport-related art activities while gaining confidence and independent skills in a fun environment.

374210-01	M	9am-12pm	3/13	1	\$45	CQRC
374210-02	M-F	9am-12pm	4/3-7	5	\$205	CQRC

### Tennis 4 Kids

**Ages 4-6.** 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.

374206-01	M-F	9am-12pm	4/3-4/7	5	\$235	CQRC
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### Spring Break Dance Camp NEW!

**Ages 5-8.** At Spring Break Dance Camp, campers will enjoy 5 action packed days of dance education, arts/crafts, games, and fun activities. Your camper will learn and explore ballet, tap, jazz, hip-hop, yoga, and much more. Each day campers will work on technique and learn choreography in each style of dance. We provide a fun, active, safe, and educational environment for your child while they are on Spring Break!



372610-01	M-F	9am-1pm	4/3-7	5	\$225	CHRC
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### Excite Soccer Spring Break Camp

**Ages 4-8.** Children will be encouraged to develop their mental, physical, and social abilities through creative soccer games and other activities taught by highly experienced staff; all trained working with young children. Participants will learn individual skills, teamwork, and most importantly, have fun! Our emphasis is on mastering basic coordination and agility with and without a soccer ball.

372633-01	M-F	9am-12pm	4/3-7	5	\$185	JHES
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### Kidovation Camp

**Ages 4-8.** KidOvation Stage Spring Break camp offers STEAM-infused programming all presented through the magic of storytelling and adventure. Throughout the week, learners will engage in sensory play, movement-based games, and a daily central discovery lesson in the areas of science, engineering, theater, visual arts, and culinary arts/nutrition.

372690-01	M-F	9:30am-2pm	4/3-4/7	5	\$259	CHRC
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### Hoop Life Camps

**Ages 4-14.** If your child has a love for the game of basketball, they don't want to miss this camp. All of The Hoop Life coaches have playing and/or coaching experience on higher levels of basketball ranging from high school to the NBA. Your child will walk away from this camp with improved skills, greater knowledge, and a heightened passion for the game of basketball.



372601-01	M-F	9am-4pm	4/3-4/7	5	\$295	JHES
372601-02	M	9am-4pm	1/23	1	\$95	JHES
372601-03	Th,F	9am-4pm	2/9-2/10	2	\$165	JHES
372601-04	M	9am-4pm	3/13	1	\$95	JHES
372601-05	F	9am-4pm	3/24	1	\$95	JHES

### The Science Seed Camps

**Ages 5-8.** Each camp session includes topics in geology, chemistry, biology, physics, and nature, exposing kids to a variety of experiences... science is everywhere! Campers 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 session includes a note for the parents about what was taught and how you can continue the lesson at home.

372691-01	M	9am-4pm	1/23	1	\$105	ODRC
372691-02	Th,F	9am-4pm	2/9-2/10	2	\$209	ODRC
372691-03	M	9am-4pm	3/13	1	\$105	ODRC
372691-04	F	9am-4pm	3/24	1	\$105	ODRC

### My First Lemonade Stand

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

374208-01	M-F	9am-4pm	4/3-4/7	5	\$295	CQRC
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### Tiny Chefs Camps

**Ages 5-10.** Each camp session has it's own unique food-based theme. Campers get hand's on experience measuring, mixing, frosting, and get the opportunity to bring home the treats that they make....if they don't eat them first! All supplies provided and food allergies observed.

372677-01	M	9am-4pm	1/23	1	\$135	ODRC
372677-02	F	9am-4pm	3/24	1	\$135	ODRC
372677-03	M-F	9am-4pm	4/3-4/7	5	\$425	ODRC

### Sweet Treat Cake Decorating Camp

**Ages 5-10.** 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.

374207-01	M	9:05am-4pm	3/13	1	\$89	CQRC
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### Art Box Camps

**Ages 5-10.** A fun art and science camp where kids use imagination to create innovative artwork and projects.

372686-01	M	9am-4pm	1/23	1	\$135	LEEC
372686-02	Th,F	9am-4pm	2/9-2/10	2	\$269	LEEC
372686-03	M	9am-4pm	3/13	1	\$135	ODRC
372686-04	F	9am-4pm	3/24	1	\$135	ODRC

### Art Box Musical Theater Spring Break Camp

**Ages 5-10.** Campers explore acting, dance, scene delivery and singing to learn the beautiful process of performing on stage. Young stars showcase their talent at the end of camp week. Arts and crafts and group games are included in the daily schedule.

372686-05	M-F	9am-4pm	4/3-4/7	5	\$325	LEEC
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### STEM Adventures Camp

**Ages 5-10.** Have you ever wondered what the STEM world has to offer? During our STEM Adventures camp, campers 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!

374211-01	M	9am-3pm	1/23	1	\$65	CQRC
374211-02	F	9am-3pm	3/24	1	\$65	CQRC

### Science: Potions & Explosions

**Ages 5-10.** Let's have fun with chemistry! In this camp, 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. Join us to channel your inner Professor Snape!

374212-01	M-F	9am-3pm	4/3-4/7	5	\$265	CQRC
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### Ultimate Music Experience Camps

**Ages 5-12.** Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice, and movement. 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).

372668-01	M	9am-12pm	1/23	1	\$55	ODRC
372668-02	M	1-4pm	1/23	1	\$55	ODRC
372668-03	Th,F	9am-12pm	2/9-2/10	2	\$109	ODRC
372668-04	Th,F	1-4pm	2/9-2/10	2	\$109	ODRC

### FUNtastic Spring Break Camp

**Ages 5-12 for General Recreation and 6-21 for Therapeutic Recreation participants.** Enjoy a variety of structured activities that include exploring nature, cooperative games, arts and crafts, inflatables and much more! You can enjoy peace of mind knowing that your child is enjoying enrichment activities, meeting new friends and experiencing just the right mix of activities! Participants are required to bring a bag lunch and drink. Therapeutic Recreation participants, please call 703.746.5535 for more information and to register.

343005-01	M-F	9am-6pm	4/3-4/7	1	\$175	NJLC
343005-02	M	9am-6pm	4/3	1	\$45	NJLC
343005-03	T	9am-6pm	4/4	1	\$45	NJLC
343005-04	W	9am-6pm	4/5	1	\$45	NJLC

343005-05	Th	9am-6pm	4/6	1	\$45	NJLC
343005-06	F	9am-6pm	4/7	1	\$45	NJLC

### Magnus Chess Spring Break Camp

**Ages 5-12.** Play and learn chess with Magnus Academy (formerly Silver Knights)! We've taught 100,000+ children of all levels from absolute beginners to national champions! Campers enjoy chess lessons and practice games daily, along with fresh air breaks (bring snack, drink, and lunch).

372675-01	M-F	9am-4pm	4/3-4/7	5	\$419	ODRC
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### Gymnastics Mini Camp

**Ages 6-10.** 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.

374201-01	M	9:05am-3pm	1/16	1	\$85	CQRC
374201-02	M	9:05am-3pm	2/20	1	\$85	CQRC

### Pin it 4 Fun Spring Break Camp

**Ages 6-11.** 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.

374209-01	M-F	9am-4pm	4/3-4/7	5	\$285	CQRC
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### AbraKadoodle Camps

**Ages 6-12.** This popular art camp 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.

372600-01	Th,F	9am-3pm	2/9-2/10	2	\$135	ODRC
372600-02	M	9am-3pm	3/13	1	\$65	ODRC
372600-03	M-F	9am-3pm	4/3-4/7	5	\$309	ODRC

### Durant Spring Break Aftercare

**Ages 6-12.** Need a little extra time after work to pick up your child? This supervised program will allow you a little more time in the afternoons. Activities include arts and crafts, and games.

372605-01	M-F	4-6pm	4/3-4/7	5	\$45	ODRC
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### Intro to Skateboarding Spring Break Camp

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

372603-01	M-F	9am-12pm	4/3-4/7	5	\$295	SH Jones Skate Park
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### PK Move Parkour Spring Break Camp

**Ages 8-12.** Week of games and skills that will teach your child to jump, roll, crawl, evade, and pursue! Taught by PK Move, if your child came to our summer camps, they will have a blast this spring break! Newcomers are welcome too! Please make sure your child wears athletic clothing and shoes. Camp is taught by experienced coaches and practitioners of parkour. [www.pkmove.org](http://www.pkmove.org)

372673-01	M-F	9am-1pm	4/3-4/7	5	\$225	OTPL
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# 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.



## 2022-23 School Year Power-On

**Ages 5-12. In Kindergarten through Grade 6.**

**\*This program is currently at capacity.**

**Please contact your preferred location to check availability or be placed on the waitlist.**

Join us as we create a One World, One Dream afterschool utopia! Discover creative and performing arts, traditional recreation activities, sports, health and fitness, holiday, family events and more! Youth are encouraged to develop a sense of camaraderie and an understanding of teamwork! Program registration forms are required to complete registration and are available at host sites, the Lee Center or at alexandriava.gov/Recreation. All youth must be residents of the City of Alexandria. Spaces are limited, holiday hours and maximums vary by location. Program meets on days when ACPS schools are open. Program meets 2:30-6pm when ACPS schools are open.



502901-01	M-F	2:30-6pm	8/22-6/15	176	\$575	JAES
502902-01	M-F	2:30-6pm	8/22-6/15	176	\$575	DMES
502903-01	M-F	2:30-6pm	8/22-6/15	176	\$575	FDSE
503500-01	M-F	2:30-6pm	8/22-6/15	176	\$575	CBRC
503600-01	M-F	2:30-6pm	8/22-6/15	176	\$575	CHRC
503700-01	M-F	2:30-6pm	8/22-6/15	176	\$575	CKRC
503800-01	M-F	2:30-6pm	8/22-6/15	176	\$575	MVRC
504000-01	M-F	2:30-6pm	8/22-6/15	176	\$575	PHRC
504100-01	M-F	2:30-6pm	8/22-6/15	176	\$575	WRRC

## Youth Achieving Greatness

**Ages 5-12.** 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! No Program Dates: 1/16, 1/23, 2/20, 3/13 and 3/24.

343003-01	M-F	2:30-6pm	1/3-3/31	59	\$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. No Program Dates: 1/16, 1/23, 2/20, 3/13 and 3/24.



303000-01	M-F	2:30-6pm	1/3-31	19	\$149	NLRC
303000-02	M-F	2:30-6pm	2/1-28	19	\$149	NLRC
303000-03	M-F	2:30-6pm	3/1-31	21	\$149	NLRC

## 2023 Summer Power-On/Power-Up Registration begins Feb. 22.

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

### Summer Power-On/Power-Up Power-On Financial Assistance Pre-Registration

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

Pre-Registration opens February 6 and ends February 11. Families will be notified of their eligibility via email or by phone beginning February 15. General online only registration begins February 22 at 9am (online only). In-person and online registration begins February 23, until all openings are filled. Pre-Registration forms can be completed online or onsite at one of the neighborhood recreation centers, or any OSTP afterschool locations during regular program hours.

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

#### Financial Assistance Procedures:

To be considered for financial assistance, the Financial Assistance Application form must be completed and submitted with supporting documentation at the time of registration. Applicants must provide at least one of the following documents: official free/reduced school meal eligibility letter, official SNAP documentation, official TANF documentation, or official Department of Community and Human Services (DCHS) documentation. 2022-23 documentation is accepted.

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

Program Fees subject to change beginning July 1.

SUMMER POWER-ON/POWER-UP FEES	
Full Program Fee	\$445
Free & Reduced Lunch	\$215
SNAP	\$179
TANF	\$105



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

## COMMUNITY ACTIVITIES

### Underwater Easter Egg Hunt

**Ages 6 mos-13.** Jump in and explore the eater to find as many eggs as possible. Some special eggs will have prizes Also enjoy a special visit from Alex the Bunny and strong swimmers can climb on the inflatable obstacle course. Bring your own waterproof basket or bag. Chaperones are free.

#### 6 mos-5

384200-03	Sa	3:15-4:15pm	4/8	1	\$9	CQRC
384200-04	Sa	4:30-5:30pm	4/8	1	\$9	CQRC

#### Ages 6-13

384200-01	Sa	12:45-1:45pm	4/8	1	\$9	CQRC
384200-02	Sa	2-3:00pm	4/8	1	\$9	CQRC

### 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.

383819-01	F	6:30-9pm	2/17	1	\$25	MVRC
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### "Drive In" Movie

**Ages 5-12.** Celebrate Oscars weekend with a make your own car "drive in". Each participant will need bring their own large cardboard box which they will get to decorate to look like their dream car with our art supplies. They will then watch an Oscar winning kids movie in true "drive in" fashion! Each participant will also get a juice box and freshly popped popcorn to enjoy during the movie.

385206-01	Sa	1-4pm	3/11	1	\$15	ODRC
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### Kids Community Book

**Ages 5-15.** This event is an opportunity for participants to recycle their used books that are still in good condition in exchange for others. This event is a great way to celebrate literacy and encourage good reading habits at home with families. Participants can expect to receive one book for every book turned in. The program will include book swap area, crafts, a storyteller and other exciting activities for families. Co-sponsor by Cora Kelly rec Center, Barnes & Noble and Duncan Library.

383711-01	F	6-7:30pm	3/3	1	\$0	CKRC
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### Durant Brunch Bunch NEW!

**Ages 6-12.** Come join us for brunch- kid's style! Parents get a chance to run errands or go enjoy brunch in downtown Alexandria while kids enjoy themed days filled with games, crafts, and yes, brunch!



385202-01	Su	10am-2pm	1/22	1	\$15	ODRC
385202-02	Su	10am-2pm	2/12	1	\$15	ODRC
385202-03	Su	10am-2pm	3/26	1	\$15	ODRC

### Daddy Daughter Hair Lessons

**Ages 6-12.** It's about the bond, not about the braid! Dads and daughters join us for this award winning class that goes over brushing hair, de-tangling, maintenance, basic braids and hair styles that work well to keep hair out of your girl's faces, all while encouraging a healthy father daughter relationship. All styling is taught by TC Williams Cosmetology program students and all supplies are provided.

382601-01	Th	6-7:30pm	1/19	1	\$19	ACHS
382601-02	Th	6-7:30pm	3/23	1	\$19	ACHS

### 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.

384008-01	F	6:30-8:30pm	1/20	1	\$15	PHRC
384008-02	F	6:30-8:30pm	2/3	1	\$15	PHRC
384008-03	F	6:30-8:30pm	2/24	1	\$15	PHRC
384008-04	F	6:30-8:30pm	3/10	1	\$15	PHRC

### Vibe & Paint Alexandria

**Ages 18 & up.** Come out and enjoy a wonderful evening of fun, music , paint and therapy. Bring yourself a friend, a lover, or the crew to this awesome event.

383623-01	F	7pm-9pm	2/24	1	\$25	CHRC
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### Flashlight Easter Egg Hunt

**All Ages.** Join us for a nocturnal twist to an egg hunt. Let's go hunting in the DARK. Join us for our first annual Flashlight Easter Egg Hunt at Charles Houston Recreation Center. Remember to bring your own flashlight and a basket to collect all the take home goodies.



383604-01	F	7:30-9:30pm	4/7	1	\$0	CHRC
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### Family Silver Screen

**All Ages.** Families in the community will scream and laugh as they enjoy family-friendly movies and trivia throughout the evening. Families will also enjoy free popcorn, and drinks. All participants will have the option to bring their own blankets and chairs for a comfortable and enjoyable evening of family fun. Per person \$5 and Family of Four \$15

383714-01	F	6:30-7:30pm	1/27	1	\$5	CKRC
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## DECEMBER

11

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

16-18

**Santa's Winter Wonderland** presented by City of Alexandria and ARHA  
Times vary · Charles Houston Recreation Center, 901 Wythe St. Debbie Woodbury: 703.746.5552  
or 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 firstnightalexandria.org



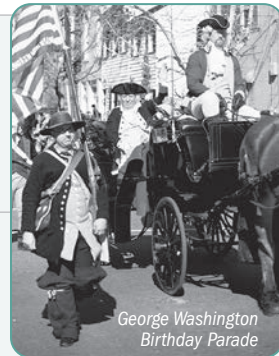
## FEBRUARY

18

**Annual George Washington Birthnight Banquet and Ball**  
presented by George Washington Birthday Committee  
7-9pm · Gadsby's Tavern Museum · 134 N. Royal St.  
Information: washingtonbirthday.com or 571.384.8170

20

**George Washington Birthday Parade**  
presented by George Washington Birthday Committee  
1-3pm · Old Town · Events Hotline: 571.384.8170  
Information: washingtonbirthday.com



George Washington  
Birthday Parade

## MARCH

TBD

**St. Patrick's Day Parade**  
presented by The Ballyshaners, Inc.  
Time TBD · Old Town  
For more information, visit [www.ballyshaners.org](http://www.ballyshaners.org)



St. Patrick's Day Parade

### Sponsorship Opportunities

The aim of the sponsorship program is to provide an enabling environment for the City to generate revenue to offset cost by way of partnerships with the corporate community. Our goal is to remain responsive to the public's needs and values to cover cost towards major city sponsored events. Contact the Office of Special Events at 703.746.5418 to learn how you can make a difference!

### Looking for Talent

The Office of Special Events is seeking talented individuals and groups to perform at concerts and special events throughout the year. Scheduling begins in January. Email an electronic press kit to [RPCASpecialEvents@alexandriava.gov](mailto:RPCASpecialEvents@alexandriava.gov) or mail a promotional packet with CD to RPCA Office of Special Events, 1108 Jefferson St., Alexandria, VA 22314. For more information, call the Events Hotline at 703.746.5592 or the Office of Special Events at 703.746.5418.

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

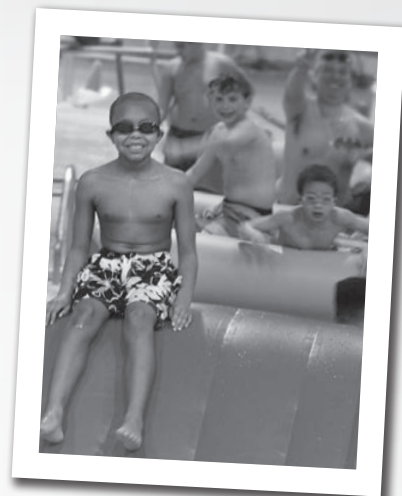
2 hr. party featuring live animals, a nature-oriented activity, outdoor hike and party room. \$225 for 14 children ages 4-12, additional \$10 per child up to 20 total (resident rate).

**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.

# registration information

## 3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, December 14 at 9 am**  
Nonresident registration begins **Friday, December 16 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 [registerarpc@alexandriava.gov](mailto:registerarpc@alexandriava.gov) based on the following criteria:

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

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

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

**Fee Assistance:** To view the policy and access the Financial Assistance request form, visit [alexandriava.gov/12288](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), Registration begins: December 14 (Resident) & December 16 (Nonresident)  
 VA Relay 711 or email [registerarpc@alexandriava.gov](mailto:registerarpc@alexandriava.gov)

## 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

Total Listed Fees

**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"

## 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 [registerarpc@alexandriava.gov](mailto:registerarpc@alexandriava.gov)

For Office Use Only:

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



# registration information

## AGES 55 & UP



See the **Fun Finder Index** on pages 21-23 for a listing of recreation opportunities for ages 55 and up or look for the **55+** icon throughout this program guide.

### POWER PLUS PARTNERS

**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, a fee-free Groceries to Go service, a Friendly Visitor Program; AniMeals; DOT Paratransit transportation; and Education and Information programs including monthly webinars and the Senior Ambassador Program. If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA 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!**

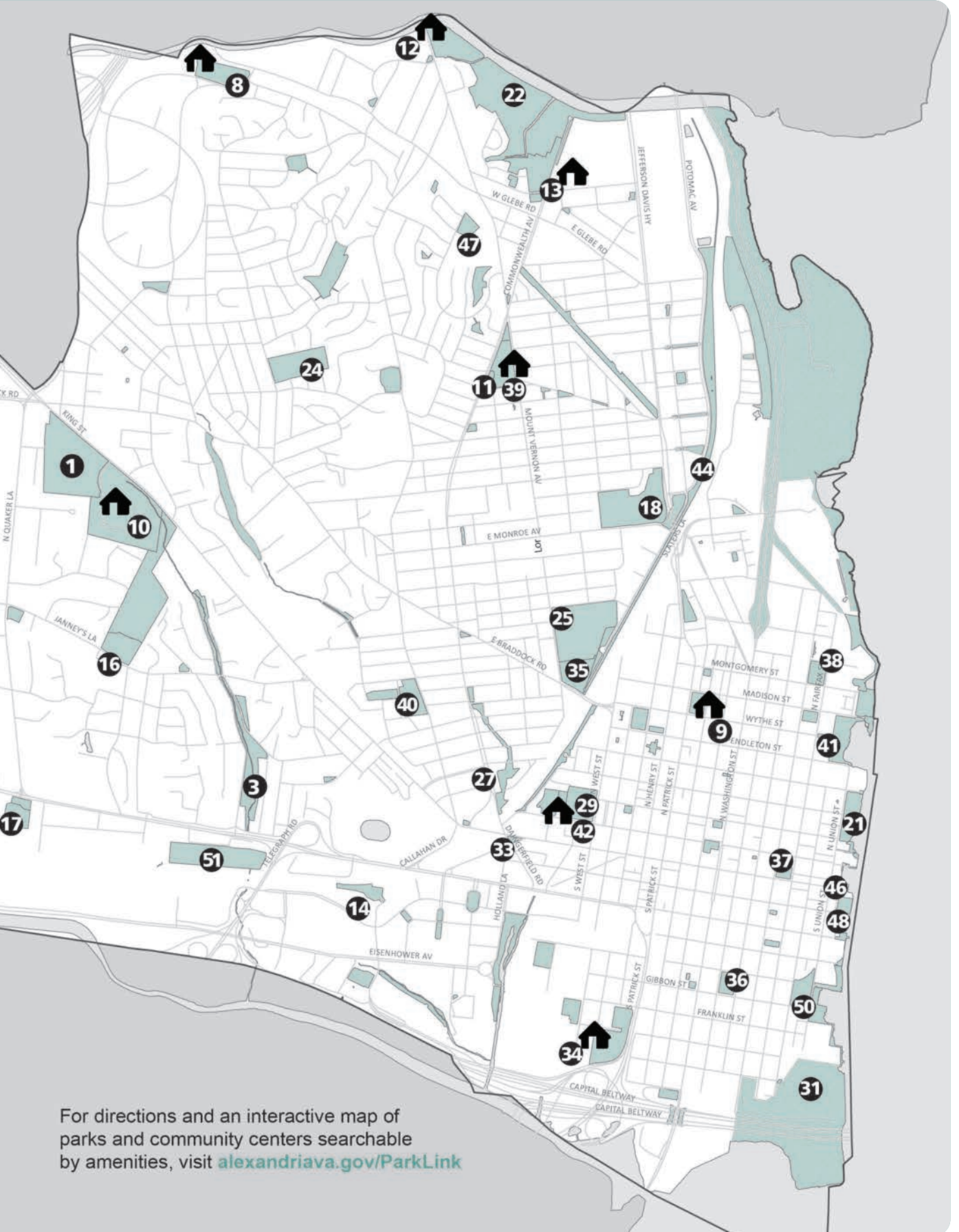
**Visite [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation) para mas información.**

# parks & facilities










































































































































































# 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>Alexandria City High School Minnie Howard Campus</b> 3801 W. Braddock Rd.	     
<b>3</b>	<b>Angel Park</b> 201 West Taylor Run Parkway	   
<b>4</b>	<b>Armistead L. Boothe Park</b> 520 Cameron Station Blvd.	       
<b>5</b>	<b>Ben Brenman Park</b> 4800 Brenman Park Dr.	           
<b>6</b>	<b>Cameron Run Regional Park/Lake Cook (NOVA Parks)</b> 3699 Eisenhower Ave.	    
<b>7</b>	<b>Chambliss Park</b> 2505 N. Chambliss St.	     
<b>8</b>	<b>Charles Barrett School &amp; Recreation Center</b> 1115 Martha Custis Dr.	     
<b>9</b>	<b>Charles Houston Recreation Center</b> 901 Wythe St. <i>Pool Seasonal</i>	    
<b>10</b>	<b>Chinquapin Park Recreation Center &amp; Aquatics Facility / Forest Park</b> 3210 King St.	           
<b>11</b>	<b>Colasanto Center</b> 2704 Mt. Vernon Ave.	  
<b>12</b>	<b>Conservatory Center at Four Mile Run Park</b> 4109 Mt. Vernon Ave.	   
<b>13</b>	<b>Cora Kelly School &amp; Leonard "Chick" Armstrong Recreation Center</b> 25 W. Reed Ave.	    
<b>14</b>	<b>Dog Park at Carlyle</b> 450 Andrews Ln.	 
<b>15</b>	<b>Dora Kelley Nature Park</b> 5750 Sanger Ave. <b>Jerome "Buddie" Ford Nature Center</b>	   
<b>16</b>	<b>Douglas MacArthur School</b> 1101 Janney's Ln.	    
<b>17</b>	<b>Eugene Lockett Field</b> 3540 Wheeler Ave. <b>Schuyler Hamilton Jones Skateboard Park</b>	   
<b>18</b>	<b>Eugene Simpson Stadium Park</b> 426 E. Monroe Ave.	       
<b>19</b>	<b>Ewald Park</b> 4452 & 4500 Duke St.	    
<b>20</b>	<b>Fort Ward Park</b> 4301 W. Braddock Rd. <b>Fort Ward Athletic Facility</b> 4421 W. Braddock Rd.	        
<b>21</b>	<b>Founders Park</b> 351 N. Union St.	    
<b>22</b>	<b>Four Mile Run Park</b> 3700 Commonwealth Ave.	        
<b>23</b>	<b>Francis C. Hammond Middle School</b> 4646 Seminary Rd.	   
<b>24</b>	<b>George Mason Elementary School</b> 2601 Cameron Mills Rd.	      
<b>25</b>	<b>George Washington School and Park</b> 1005 Mt. Vernon Ave.	     
<b>26</b>	<b>Holmes Run Park System</b> Holmes Run Pkwy. <b>Tarleton Park</b> S. Jensen St.	    
<b>27</b>	<b>Hooff's Run Park and Greenway</b> 18 A E. Linden St.	     
<b>28</b>	<b>James K. Polk School</b> 5000 Polk Ave.	    

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

29	<b>Jefferson Houston Elementary School</b> 1501 Cameron St.	   
30	<b>John Adams Elementary School &amp; Recreation Center</b> 5651 Rayburn Ave.	   
31	<b>Jones Point Park (National Park Service)</b> 100 Jones Point Dr.	 
32	<b>Joseph Hensley Park</b> 4200 Eisenhower Ave.	  
33	<b>King Street Gardens Park</b> 1806 King St.	       
34	<b>Lee Center &amp; Nannie J. Lee Recreation Center</b> 1108 Jefferson St.	  
35	<b>Lenny Harris Memorial Fields at Braddock Park</b> 1005 Mt. Vernon Ave.	  
36	<b>Lyles Crouch Elementary School</b> 530 S. Saint Asaph St.	 
37	<b>Market Square</b> 301 King St.	   
38	<b>Montgomery Park</b> 901 N. Royal St.	     
39	<b>Mt. Vernon Elementary School &amp; Recreation Center</b> 2701 Commonwealth Ave.	    
40	<b>Naomi L. Brooks School</b> 600 Russell Rd.	      
41	<b>Oronoco Bay Park</b> 100 Madison St.	     
42	<b>Oswald Durant Center</b> 1605 Cameron St. <b>Old Town Pool</b> <i>Seasonal</i> 1609 Cameron St.	 
43	<b>Patrick Henry Recreation Center</b> 4653 Taney Ave.	     
44	<b>Potomac Yard Park</b> 2051 Potomac Ave.	    
45	<b>Stevenson Park</b> 300 Stultz Rd.	
46	<b>Torpedo Factory Plaza</b> , 105 N. Union St. <b>City Marina</b> , 0 Cameron St.	 
47	<b>Warwick Pool</b> <i>Seasonal</i> 3301 Landover St.	  
48	<b>Waterfront Park</b> 1A Prince St.	
49	<b>William Ramsay Elementary School &amp; Recreation Center</b> 5700 & 5650 Sanger Ave.	       
50	<b>Windmill Hill Park</b> 501 S. Union St.	     
51	<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 posts

# parks & facilities

## 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>															
 <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>															
 <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>															
 <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>															
 <p><b>Oswald Durant Center</b> 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs and rentals.</p>															
 <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>															
 <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>															
 <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>															
 <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>															
 <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>															
 <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>															
 <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>															



# PARKnerships



*Building Community in Alexandria through Parks & Recreation*



PARKnerships support the Department of Recreation, Parks, and Cultural Activities' goal for a healthy and thriving City of Alexandria by collaborating with the community on projects and programs outside the City's operational capacity.



## SO MANY WAYS TO GET INVOLVED

- 1 Sponsorships** – A one-time or on-going donation of money or time/labor with a quid pro quo agreement.
- 2 Living Landscape Fund** – A monetary or in-kind donation, as an individual or organization, to support parks, recreation centers, programs, or fields.
- 3 Volunteers** – Take ownership of your favorite park, garden, or recreation center by donating your time for maintenance, beautification, or program support.
- 4 Partnerships** – Form an advocacy group with at least one other party to support capital or program improvement.
- 5 Adopt-a-Park** – Community groups collaborate to improve the appearance and condition of small parks and open spaces.
- 6 Adopt-a-Bench** – Honor a friend or loved one by purchasing a park bench and support future park bench maintenance.
- 7 Community Matching Fund** – By providing matching dollars, this fund fosters community partnerships and innovative ways to improve park and recreation facilities.
- 8 Affiliates** – Independent organizations maintain mutually beneficial partnerships with the City by providing quality recreation opportunities, benefitting the entire community.

Start a partnership today! Visit [alexandriava.gov/PARKnerships](http://alexandriava.gov/PARKnerships) for details.

Department of Recreation, Parks and Cultural Activities • 703.746.5489 • #AlexParkLove



DEPARTMENT OF RECREATION,  
PARKS & CULTURAL ACTIVITIES

1108 Jefferson Street  
Alexandria, VA 22314-3999

# SPRING BREAK CAMPS

## April 3-7

### SPORTS CAMPS:

- Tennis
- Soccer
- Basketball
- Little Athletes
- Skateboarding



### ADDITIONAL CAMPS:

- Art • STEAM • Dance
- Cooking • Parkour
- Musical Theater
- FUNtastic Camp



See pages 24 & 25 for more details.

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

**One-Day Camps**  
available for Holidays  
& Teacher Work Days



Contact the Registration and Reservation Office at 703.746.5414  
DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES