

SPRING/SUMMER PROGRAM GUIDE 2023

# Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



**EXERCISE & FITNESS pg. 8**

Enrichment pg. 17

Music pg. 19

Special Events pg. 30

Registration Begins Wednesday, March 15

# FUN RUN



8-9am

Benefits OSTP

\$15

All Fun Run proceeds will benefit Health and Wellness activities for youth enrolled in RPCA's Out of School Time Program (OSTP).

# May 6

## All Ages

Armistead L.  
Boothe Park

520 Cameron  
Station Blvd



# REC FEST

10am-2pm

Art • Nature • Games • Sports  
Food Truck • Prizes • DJ

**FREE**



City of Alexandria | RPCA  
Department of Recreation, Parks & Cultural Activities  
703.746.5414 | [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)

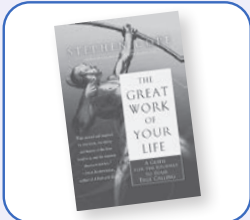
Location subject to change based on weather. Visit [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation) for more information.

## NEW THIS SEASON **NEW!**

**Yoga for Healthy Aging** pg. 9



**Outdoor HIIT** pg. 10



**Book Club: The Great Work of Your Life** pg. 17



**ART Box: Musical Theatre Pop-Up** pg. 20

**ON THE COVER:** Riding Bikes Photo Credit: Kevin Beekman

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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. 34.

**TR** Designed for individuals with disabilities. Assessment required. See pg. 35.

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
434248-01		M	3:45-4:15pm	4/10-5/15	6	\$95	CQRC

CLASS SIZE	ACHS	Alexandria City High School 3330 King St.
Min 6/ Max 10	ACMH	Alexandria City High School Minnie Howard Campus 3801 W Braddock Rd.
	ABPK	Armistead L Boothe Park 520 Cameron Station Blvd.
	BFNC	Jerome Buddie Ford Nature Center 5750 Sanger Ave.
	CBRC	Charles Barrett Recreation Center 1115 Martha Custis Dr.
	CHRC	Charles Houston Recreation Center 901 Wythe St.
	CKRC	Leonard "Chick" Armstrong Recreation Center 25 West Reed Ave.
	CQRC/CQPK	Chinquapin Park Recreation Center & Aquatics Facility 3210 King St.
	DMES	Douglas MacArthur Elementary School 1101 Janney's Ln.
	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.
	OTPL	Old Town Pool 1609 Cameron St.
	PHRC	Patrick Henry Recreation Center 4653 Taney Ave.
	PYPK	Potomac Yard Park 2051 Potomac Ave.
	SJSP	Schuyler Hamilton Jones Skateboard Park 3540 Wheeler Ave
	TFAC	Torpedo Factory Art Center 105 N. Union St.
	WRRC	William Ramsay Recreation Center 5650 Sanger Ave.
	WWPL	Warwick Pool 3301 Landover St



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, or please contact the Aquatics team at [Aquatics@alexandriava.gov](mailto:Aquatics@alexandriava.gov) or 703.746.5553.

Please note that it is quite common for children to participate in several sessions of the same level before they successfully demonstrate all the skills. Swimming does require practice and repetition, so we encourage families and participants to come to the pool for practice during non-class times. Please see the Chinquapin lane schedule for lap swim and family swim availability at [alexandriava.gov/Aquatics](http://alexandriava.gov/Aquatics).

### Water Explorers +ADULT

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

#### Water Explorer 1

434240-01	Sa	9-9:30am	4/15-5/20	6	\$95	CQRC
434240-02	Sa	10:45-11:15am	4/15-5/20	6	\$95	CQRC
434240-03	Su	9:35-10:05am	4/16-5/21	6	\$95	CQRC
434240-04	Su	11:20-11:50am	4/16-5/21	6	\$95	CQRC
134240-02	Sa	9-9:30am	6/24-8/5	6	\$95	CQRC
134240-03	Su	10:30-11am	6/25-8/6	6	\$95	CQRC

#### Water Explorer 2

434240-05	Sa	9:35-10:05am	4/15-5/20	6	\$95	CQRC
434240-06	Sa	11:20-11:50am	4/15-5/20	6	\$95	CQRC
434240-07	Su	10:10-10:40am	4/16-5/21	6	\$95	CQRC
434240-08	Su	11:55am-12:25pm	4/16-5/21	6	\$95	CQRC
134240-04	Sa	9:45-10:15am	6/24-8/5	6	\$95	CQRC
134240-05	Su	9-9:30am	6/25-8/6	6	\$95	CQRC

#### Preschool & Me

434240-09	Sa	10:10-10:40am	4/15-5/20	6	\$95	CQRC
434240-10	Sa	11:55am-12:25pm	4/15-5/20	6	\$95	CQRC
434240-11	Su	9-9:30am	4/16-5/21	6	\$95	CQRC
434240-12	Su	10:45-11:15am	4/16-5/21	6	\$95	CQRC

134240-06	Sa	10:30-11am	6/24-8/5	6	\$95	CQRC
134240-08	Su	9:45-10:15am	6/25-8/6	6	\$95	CQRC

### Alex Swim Preschool 1

**Ages 3-5.** 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.



434248-01	M	3:45-4:15pm	4/10-5/15	6	\$95	CQRC
434248-02	M	4:25-4:45pm	4/10-5/15	6	\$95	CQRC
434248-03	M	5:05-5:35pm	4/10-5/15	6	\$95	CQRC
434248-04	M	5:45-6:15pm	4/10-5/15	6	\$95	CQRC
434248-05	Tu	3-3:30pm	4/11-5/16	6	\$95	CQRC
434248-06	Tu	4:25-4:55pm	4/11-5/16	6	\$95	CQRC
434248-07	W	3-3:30pm	4/12-5/17	6	\$95	CQRC
434248-08	W	4:25-4:55pm	4/12-5/17	6	\$95	CQRC
434248-09	W	5:05-5:35pm	4/12-5/17	6	\$95	CQRC
434248-10	W	6:25-6:55pm	4/12-5/17	6	\$95	CQRC
434248-11	Th	3-3:30pm	4/13-5/18	6	\$95	CQRC
434248-12	Th	5:45-6:15pm	4/13-5/18	6	\$95	CQRC
434248-13	Sa	9-9:30am	4/15-5/20	6	\$95	CQRC
434248-14	Sa	9:40-10:10am	4/15-5/20	6	\$95	CQRC
434248-15	Sa	11-11:30am	4/15-5/20	6	\$95	CQRC
434248-16	Sa	12:20-12:50pm	4/15-5/20	6	\$95	CQRC
434248-17	Sun	9-9:30am	4/16-5/21	6	\$95	CQRC
434248-18	Sun	10:20-10:50am	4/16-5/21	6	\$95	CQRC
434248-20	Sun	12:20-12:50pm	4/16-5/21	6	\$95	CQRC
434248-21	Tu, Th	4:25-4:55pm	4/11-4/27	6	\$95	CQRC
434248-22	Tu, Th	6:25-6:55pm	4/11-4/27	6	\$95	CQRC
434248-23	Tu, Th	5:05-5:35pm	5/2-5/18	6	\$95	CQRC
134248-01	Tu	3:45-4:15pm	6/20-8/8	7	\$109	CQRC
134248-02	W	5:15-5:45pm	6/21-8/9	8	\$125	CQRC
134248-03	Th	6-6:30pm	6/22-8/10	8	\$125	CQRC
134248-04	Sa	9-9:30am	6/24-8/12	7	\$109	CQRC
134248-05	Sa	10:30-11am	6/24-8/12	7	\$109	CQRC
134248-06	Su	9-9:30am	6/25-8/13	7	\$109	CQRC
134348-01	M-Th	9:15-9:45am	6/20-6/29	6	\$95	OTPL
134348-02	M-Th	9:55-10:25am	6/20-6/29	6	\$95	OTPL
134348-03	M-Th	10:35-11:05am	6/20-6/29	6	\$95	OTPL
134348-04	M-Th	9:15-9:45am	7/3-7/13	7	\$109	OTPL
134348-05	M-Th	9:55-10:25am	7/3-7/13	7	\$109	OTPL
134348-06	M-Th	10:35-11:05am	7/3-7/13	7	\$109	OTPL
134348-07	M-Th	9:55-10:25am	7/17-7/27	8	\$125	OTPL
134348-08	M-Th	11:15-11:45am	7/17-7/27	8	\$125	OTPL
134348-09	M-Th	9:55-10:25am	7/31-8/10	8	\$125	OTPL
134348-10	M-Th	10:35-11:05am	7/31-8/10	8	\$125	OTPL
134348-11	M-Th	11:15-11:45am	7/31-8/10	8	\$125	OTPL

## Alex Swim Preschool 2

**Ages 3-5.** 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.

434249-01	M	3-3:30pm	4/10-5/15	6	\$95	CQRC
434249-02	M	5:05-5:35pm	4/10-5/15	6	\$95	CQRC
434249-03	M	5:45-6:15pm	4/10-5/15	6	\$95	CQRC
434249-04	Tu	3:45-4:15pm	4/11-5/16	6	\$95	CQRC
434249-05	Tu	6:25-6:55pm	4/11-5/16	6	\$95	CQRC
434249-06	W	3:45-4:15pm	4/12-5/17	6	\$95	CQRC
434249-07	W	5:05-5:35pm	4/12-5/17	6	\$95	CQRC
434249-08	Th	3:45-4:15pm	4/13-5/18	6	\$95	CQRC
434249-09	Th	5:05-5:35pm	4/13-5/18	6	\$95	CQRC
434249-10	Sa	9:40-10:10am	4/15-5/20	6	\$95	CQRC
434249-11	Sa	11-11:30am	4/15-5/20	6	\$95	CQRC
434249-12	Sa	11:40am-12:10pm	4/15-5/20	6	\$95	CQRC
434249-13	Su	9:40-10:10am	4/16-5/21	6	\$95	CQRC
434249-14	Su	11-11:30am	4/16-5/21	6	\$95	CQRC
434249-15	Tu, Th	5:05-5:35pm	4/11-4/27	6	\$95	CQRC
434249-16	Tu, Th	4:25-4:55pm	4/11-4/27	6	\$95	CQRC
134249-01	Tu	3-3:30pm	6/20-8/8	7	\$109	CQRC
134249-02	Th	5:15-5:45pm	6/22-8/10	8	\$125	CQRC
134249-03	Sa	9:45-10:15am	6/24-8/12	7	\$109	CQRC
134249-04	Su	9:45-10:15am	6/25-8/13	7	\$109	CQRC
134349-01	M-Th	9:15-9:45am	6/20-6/29	6	\$95	OTPL
134349-02	M-Th	10:35-11:05am	6/20-6/29	6	\$95	OTPL
134349-03	M-Th	11:15-11:45am	6/20-6/29	6	\$95	OTPL
134349-04	M-Th	9:15-9:45am	7/3-7/13	7	\$109	OTPL
134349-05	M-Th	10:35-11:05am	7/3-7/13	7	\$109	OTPL
134349-06	M-Th	11:15-11:45am	7/3-7/13	7	\$109	OTPL
134349-07	M-Th	9:15-9:45am	7/17-7/27	8	\$125	OTPL
134349-08	M-Th	9:35-10:05am	7/17-7/27	8	\$125	OTPL
134349-09	M-Th	9:55-10:25am	7/17-7/27	8	\$125	OTPL
134349-10	M-Th	9:15-9:45am	7/31-8/10	8	\$125	OTPL
134349-11	M-Th	9:55-10:25am	7/31-8/10	8	\$125	OTPL
134349-12	M-Th	10:35-11:05am	7/31-8/10	8	\$125	OTPL

## Alex Swim Preschool 3

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

434247-01	M	3:45-4:15pm	4/10-5/15	6	\$95	CQRC
434247-02	M	6:25-6:55pm	4/10-5/15	6	\$95	CQRC
434247-03	Tu	5:45-6:15pm	4/11-5/16	6	\$95	CQRC
434247-04	W	4:25-4:55pm	4/12-5/17	6	\$95	CQRC
434247-05	Th	5:05-5:35pm	4/13-5/18	6	\$95	CQRC
434247-06	Sa	10:20-10:50am	4/15-5/20	6	\$95	CQRC
434247-07	Su	11:40am-12:10pm	4/16-5/21	6	\$95	CQRC
434247-08	Th	6:25-6:55pm	4/13-5/18	6	\$95	CQRC
134347-01	M-Th	9:55-10:25am	6/20-6/29	6	\$95	OTPL
134347-02	M-Th	9:55-10:25am	7/3-7/13	7	\$109	OTPL
134347-03	M-Th	9:15-9:45am	7/17-7/27	8	\$125	OTPL

134347-04	M-Th	10:35-11:05am	7/17-7/27	8	\$125	OTPL
134347-05	M-Th	9:15-9:45am	7/31-8/10	8	\$125	OTPL

## 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).

434241-01	M	4:25-4:55pm	4/10-5/15	6	\$95	CQRC
434241-02	M	5:45-6:15pm	4/10-5/15	6	\$95	CQRC
434241-03	M	7:05-7:35pm	4/10-5/15	6	\$95	CQRC
434241-04	Tu	3:45-4:15pm	4/11-5/16	6	\$95	CQRC
434241-05	Tu	5:05-5:35pm	4/11-5/16	6	\$95	CQRC
434241-06	W	3:45-4:15pm	4/12-5/17	6	\$95	CQRC
434241-07	W	5:05-5:35pm	4/12-5/17	6	\$95	CQRC
434241-08	W	5:45-6:15pm	4/12-5/17	6	\$95	CQRC
434241-09	Th	4:25-4:55pm	4/13-5/18	6	\$95	CQRC
434241-10	Sa	9-9:30am	4/15-5/20	6	\$95	CQRC
434241-11	Sa	10:20-10:50am	4/15-5/20	6	\$95	CQRC
434241-12	Sa	11:40am-12:10pm	4/15-5/20	6	\$95	CQRC
434241-13	Sa	12:20-12:50pm	4/15-5/20	6	\$95	CQRC
434241-14	Su	9-9:30am	4/16-5/21	6	\$95	CQRC
434241-15	Su	11-11:30am	4/16-5/21	6	\$95	CQRC
434241-16	Tu, Th	5:45-6:15pm	4/11-4/27	6	\$95	CQRC
434241-17	Tu, Th	5:45-6:15pm	5/2-5/18	6	\$95	CQRC
134241-01	W	3-3:30pm	6/21-8/9	8	\$125	CQRC
134241-02	Sa	11:15-11:45am	6/24-8/12	7	\$109	CQRC
134241-03	Su	11:15-11:45am	6/25-8/13	7	\$109	CQRC
134241-04	Th	4:30-5pm	6/22-8/10	8	\$125	CQRC
134341-01	M-Th	9:15-9:45am	6/20-6/29	6	\$95	OTPL
134341-02	M-Th	9:55-10:25am	6/20-6/29	6	\$95	OTPL
134341-03	M-Th	11:15-11:45am	6/20-6/29	6	\$95	OTPL
134341-04	M-Th	9:15-9:45am	7/3-7/13	7	\$109	OTPL
134341-05	M-Th	9:55-10:25am	7/3-7/13	7	\$109	OTPL
134341-06	M-Th	11:15-11:45am	7/3-7/13	7	\$109	OTPL
134341-07	M-Th	9:55-10:25am	7/17-7/27	8	\$125	OTPL
134341-08	M-Th	9:55-10:25am	7/31-8/10	8	\$125	OTPL
134341-09	M-Th	10:35-11:05am	7/31-8/10	8	\$125	OTPL

## 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.

434242-01	M	3:45-4:15pm	4/10-5/15	6	\$95	CQRC
434242-02	M	6:25-6:55pm	4/10-5/15	6	\$95	CQRC
434242-03	Tu	5:05-5:35pm	4/11-5/16	6	\$95	CQRC
434242-04	Tu	5:45-6:15pm	4/11-5/16	6	\$95	CQRC
434242-05	W	4:25-4:55pm	4/12-5/17	6	\$95	CQRC
434242-06	W	5:45-6:15pm	4/12-5/17	6	\$95	CQRC
434242-07	Th	3:45-4:15pm	4/13-5/18	6	\$95	CQRC
434242-08	Th	5:45-6:15pm	4/13-5/18	6	\$95	CQRC
434242-09	Th	7:05-7:35pm	4/13-5/18	6	\$95	CQRC
434242-10	Sa	10:20-10:50am	4/15-5/20	6	\$95	CQRC

# aquatics

434242-11	Sa	11-11:30am	4/15-5/20	6	\$95	CQRC
434242-12	Su	9:40-10:10am	4/16-5/21	6	\$95	CQRC
434242-13	Tu, Th	11:40am-12:10pm	5/2-5/18	6	\$95	CQRC
134242-01	W	3:45-4:15pm	6/21-8/9	8	\$125	CQRC
134242-02	Sa	11:15-11:45am	6/24-8/12	7	\$109	CQRC
134242-03	Su	11:15-11:45am	6/25-8/13	7	\$109	CQRC
134342-01	M-Th	9:15-9:45am	6/20-6/29	6	\$95	OTPL
134342-02	M-Th	10:35-11:05am	6/20-6/29	6	\$95	OTPL
134342-03	M-Th	9:15-9:45am	7/3-7/13	7	\$109	OTPL
134342-04	M-Th	10:35-11:05am	7/3-7/13	7	\$109	OTPL
134342-05	M-Th	9:15-9:45am	7/17-7/27	8	\$125	OTPL
134342-06	M-Th	9:55-10:25am	7/17-7/27	8	\$125	OTPL
134342-07	M-Th	11:15-11:45am	7/17-7/27	8	\$125	OTPL
134342-08	M-Th	9:15-9:45am	7/31-8/10	8	\$125	OTPL
134342-09	M-Th	9:55-10:25am	7/31-8/10	8	\$125	OTPL
134342-10	M-Th	11:15-11:45am	7/31-8/10	8	\$125	OTPL

## Alex Swim Level 3

**Ages 6-12.** Stroke Development. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to scissor and dolphin kicks, learns the survival float and increases the time duration for treading water. Your child also learns the rules for headfirst entries and begins to learn to enter the water headfirst from a seated position at poolside (in water 9 feet deep or deeper).

434243-01	M	4:25-4:55pm	4/10-5/15	6	\$95	CQRC
434243-02	Tu	4:25-4:55pm	4/11-5/16	6	\$95	CQRC
434243-03	W	3:45-4:15pm	4/12-5/17	6	\$95	CQRC
434243-04	W	5:45-6:15pm	4/12-5/17	6	\$95	CQRC
434243-05	Th	4:25-4:55pm	4/13-5/18	6	\$95	CQRC
434243-06	Sa	9-9:30am	4/15-5/20	6	\$95	CQRC
434243-07	Sa	11:40am-12:10pm	4/15-5/20	6	\$95	CQRC
434243-08	Su	10:20-10:50am	4/16-5/21	6	\$95	CQRC
134243-01	W	6-6:30pm	6/21-8/9	8	\$125	CQRC
134243-02	Sa	12-12:30pm	6/24-8/12	7	\$109	CQRC
134243-03	Su	12-12:30pm	6/25-8/13	7	\$109	CQRC
134343-01	M-Th	9:55-10:25am	6/20-6/29	6	\$95	OTPL
134343-02	M-Th	9:55-10:25am	7/3-7/13	7	\$109	OTPL
134343-03	M-Th	9:15-9:45am	7/17-7/27	8	\$125	OTPL
134343-04	M-Th	9:15-9:45am	7/31-8/10	8	\$125	OTPL
134343-05	M-Th	10:35-11:05am	7/31-8/10	8	\$125	OTPL

## Alex Swim Level 4

**Ages 6-12.** Stroke Improvement. The goal of this course is to improve the swimming stroke proficiency and swimming for longer distances. Level 4 milestones include swimming the front crawl for 25 yards, swimming the elementary backstroke for 25 yards, swimming breaststroke for 15 yards, swimming butterfly for 15 yards, swimming back crawl for 15 yards, swimming the sidestroke for 15 yards, headfirst entry from a stride position (in 9 ft deep water or deeper) and open turns on the front and back.

434244-01	M	5:05-5:35pm	4/10-5/15	6	\$95	CQRC
434244-02	M	6:25-6:55pm	4/10-5/15	6	\$95	CQRC
434244-03	Tu	6:25-6:55pm	4/11-5/16	6	\$95	CQRC
434244-04	W	6:25-6:55pm	4/12-5/17	6	\$95	CQRC

434244-05	Sa	9-9:30am	4/15-5/20	6	\$95	CQRC
434244-06	Su	9-9:30am	4/16-5/21	6	\$95	CQRC
134244-01	Tu	4:30-5pm	6/20-8/8	7	\$109	CQRC
134244-02	Th	3-3:30pm	6/22-8/10	8	\$125	CQRC
134244-03	Sa	12-12:30pm	6/24-8/12	7	\$109	CQRC
134244-04	Su	12-12:30pm	6/25-8/13	7	\$109	CQRC
134344-01	M-Th	10:35-11:05am	6/20-6/29	6	\$95	OTPL
134344-02	M-Th	10:35-11:05am	7/3-7/13	7	\$109	OTPL
134344-03	M-Th	10:35-11:05am	7/17-7/27	8	\$125	OTPL
134344-04	M-Th	10:35-11:05am	7/31-8/10	8	\$125	OTPL

## 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.

434245-01	M	7:05-7:35pm	4/10-5/15	6	\$95	CQRC
434245-02	Tu	7:05-7:35pm	4/11-5/16	6	\$95	CQRC
434245-03	Th	6:25-6:55pm	4/13-5/18	6	\$95	CQRC
434245-04	Sa	12:20-12:50pm	4/15-5/20	6	\$95	CQRC
434245-05	Su	9:40-10:10am	4/16-5/21	6	\$95	CQRC
134245-01	Tu	5:15-5:45pm	6/20-8/8	7	\$109	CQRC
134245-02	Th	3:45-4:15pm	6/22-8/10	8	\$125	CQRC
134245-03	Sa	12:45-1:15pm	6/24-8/12	7	\$109	CQRC
134245-04	Su	12:45-1:15pm	6/25-8/13	7	\$109	CQRC
134345-01	M-Th	11:15am-12pm	6/20-6/29	6	\$119	OTPL
134345-02	M-Th	11:15am-12pm	7/3-7/13	7	\$139	OTPL
134345-03	M-Th	11:15am-12pm	7/17-7/27	8	\$159	OTPL
134345-04	M-Th	11:15am-12pm	7/31-8/10	8	\$159	OTPL

## 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. Level 6 milestones include 1. swimming 500 yards continuously using any 3 strokes of choice 2. demonstrating turns while swimming 3. demonstrating circle swimming 4. demonstrating various training techniques 5. calculate heart rate.

434246-01	Tu	7:45-8:15pm	4/11-5/16	6	\$95	CQRC
434246-03	W	7:05-7:35pm	4/12-5/17	6	\$95	CQRC
134346-01	M-Th	11:15am-12pm	6/20-6/29	6	\$119	OTPL
134346-02	M-Th	11:15am-12pm	7/3-7/13	7	\$139	OTPL
134346-03	M-Th	11:15am-12pm	7/17-7/27	8	\$159	OTPL
134346-04	M-Th	11:15am-12pm	7/31-8/10	8	\$159	OTPL

## Wahoo Swim Team

**Ages 6-18 (as of May 30, 2023).** Kids develop their own unique potential. This program promotes individual and team camaraderie through friendly competition. Developing and experienced swimmers will refine their freestyle, breaststroke, butterfly, backstroke, turns, and starts with experienced coaching staff. Swimmers must be able to swim 25 yards, equivalent to pool length. For more information, visit [www.teamunify.com](http://www.teamunify.com) (Search "Chinquapin"). Practice location is OTPL (1609 Cameron St). Practice times between May 30 and June 9 are between 4pm-6pm, After June 10, morning practices are between 7am-9am, and evening practices 5pm-6pm are offered. \*please note that the Registration fee does not include the mandatory team Booster dues of \$40 (\$80 max per family) to be collected the first week of practice. A Meets held Saturday mornings, B Meets held Wednesday evenings. Meet schedule is TBD.

134350-01	M-Sa	4-6pm	5/30-7/29	53	\$179	CQRC
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## Teen Swimming

**Ages 13-17.** You will learn Level 1 and 2 swim skills in this group lesson designed to meet the needs of adult learners. Participants learn basic swimming and safety skills and overcome fear of water. Skills include entering and exiting water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using simultaneous arm and leg action.

434234-01	M	7:05-7:35pm	4/10-5/15	6	\$95	CQRC
434234-02	Tu	6:25-6:55pm	4/11-5/16	6	\$95	CQRC
434234-03	W	7:05-7:35pm	4/12-5/17	6	\$95	CQRC
434234-04	Tu,Th	7:05-7:35pm	4/11-4/27	6	\$89	CQRC
434234-05	Th	6:25-6:55pm	4/13-5/18	6	\$95	CQRC
434234-06	Sa	1-1:30pm	4/15-5/20	6	\$95	CQRC
434234-07	Su	12:30-1pm	4/16-5/21	6	\$95	CQRC
434234-08	Tu,Th	7:05-7:35pm	5/2-5/18	6	\$95	CQRC

## Adult Beginner Swimming

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

### Beginner

434230-01	M	7:45-8:15pm	4/10-5/15	6	\$95	CQRC
434230-02	Tu,Th	7:45-8:15pm	4/18-4/27	6	\$95	CQRC
134230-01	Sa	12:45-1:15pm	6/24-8/12	7	\$109	CQRC
134230-02	Su	12:45-1:15pm	6/25-8/13	7	\$109	CQRC

### Beginner I

434230-03	W	7:05-7:35pm	4/12-5/17	6	\$95	CQRC
434230-04	Th	7:45-8:15pm	4/13-5/18	6	\$95	CQRC
434230-05	Sa	1-1:30pm	4/15-5/20	6	\$95	CQRC
434230-06	Su	11-11:30am	4/16-5/21	6	\$95	CQRC

## Beginner II

434230-07	W	7:45-8:15pm	4/12-5/17	6	\$95	CQRC
434230-08	Th	7:05-7:35pm	4/13-5/18	6	\$95	CQRC
434230-09	Sa	1-1:30pm	4/15-5/20	6	\$95	CQRC
434230-10	Sa,Su	11:40am-12:10pm	4/16-5/21	6	\$95	CQRC

## Adult Intermediate Swimming

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

434231-01	M	7:45-8:15pm	4/10-5/15	6	\$95	CQRC
434231-02	Tu	7:30-8pm	4/18-5/16	5	\$95	CQRC
434231-03	W	7:45-8:15pm	4/12-5/17	5	\$95	CQRC
434231-04	Th	7:45-8:15pm	4/13-5/18	5	\$95	CQRC

## Adult Intermediate/Advanced Swimming

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

134231-01	Sa	1:30-2pm	6/24-8/12	7	\$109	CQRC
134231-02	Su	1:30-2pm	6/25-8/13	7	\$109	CQRC

## Adult Advanced Swimming

**Ages 18 & up.** Advanced Swimming for fitness skills include swimming front crawl with rotary breathing with open or flip turns for 100 yards, back crawl with open or flip turns for 50 yards, breaststroke with open turns for 50 yards, and butterfly with open turns for 50 yards (optional). Please visit our website for class descriptions for each section.

434231-05	Su	12:20-12:50pm	4/16-5/21	6	\$95	CQRC
434231-06	M	7:45-8:15pm	4/10-5/15	6	\$95	CQRC
434231-07	Tu	7:05-7:35pm	4/18-5/16	6	\$95	CQRC
434231-08	W	7:45-8:15pm	4/12-5/17	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

434236-01	Tu,Th	3:45-4:15pm	4/11-4/27	6	\$49	CQRC
434223-02	Tu,Th	3:45-4:15pm	5/2-5/18	6	\$49	CQRC

## Lifeguard Training

**Ages 15 & up.** The City of Alexandria Lifeguarding program offers training in the nationally recognized American Red Cross Lifeguard Program. The course prepares individuals 15 years and older to become professional lifeguards by introducing them to concepts and skills necessary to prevent and respond to aquatic emergencies in a swimming pool. The skills taught include water rescue, Cardio Pulmonary Resuscitation (CPR), the use of an Automated External Defibrillator (AED), and first aid. Successful participants will receive American Red Cross certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Contact Aquatics Department for class schedule and more info, [lisa.oneill@alexandriava.gov](mailto:lisa.oneill@alexandriava.gov).

## Lifeguard Ready

**Ages 13-19.** Lifeguards, Pool Operators, and Swim Instructors are in high demand this summer! Come to one of our hiring events to learn about the day-to-day job, our summer operation, and get to know our staff. After learning more about the positions, on-site informal interviews will be held for those interested. We offer flexible scheduling and competitive pay. Hiring will be contingent upon successful completion of the American Red Cross Lifeguard course, which will be offered at no cost to pre-screened candidates. Sign up for one of our informational sessions below! For all questions, please contact Lisa O'Neill at [lisa.oneill@alexandriava.gov](mailto:lisa.oneill@alexandriava.gov) or 703.746.5436. Candidates can submit applications at [governmentjobs.com/careers/alexandria](http://governmentjobs.com/careers/alexandria).



134213-01	W	5-7pm	4/5	1	Free	CQRC
134213-02	Th	4-6pm	4/6	1	Free	CQRC
134213-03	Th	5-7pm	4/14	1	Free	CQRC
134213-04	Sa	11am-1pm	4/16	1	Free	CQRC

## Masters Swimming

**Ages 18 & up.** Ready to take your swimming to the next level? High level, low impact coached swim workouts will be great for adults of all ages! So if you are trying to improve your fitness, get your swim technique down, bring your triathlon time down or just enjoy the social aspect of swimming with others, this masters swim class is the way to go!

134236-01	M,W	6-7am	6/5-7/26	16	\$240	OTPL
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## We Aquatics

**Ages 4 & up.** Private swimming lessons are a great way to gain exceptional swimming instruction. Lessons are appropriate for youth and adult learners, and your instruction and schedule will be tailored toward for you. Whether you or your child are just getting started, or have years of swimming experience, your instructor will help you reach your goals by building on individual strengths and improving weaknesses. \$50 per class. To register, visit [weaquatics.com](http://weaquatics.com) or email at [info@weaquatics.com](mailto:info@weaquatics.com).

439701-01	M-Su	10am-7:30pm	4/11-6/11	\$50	CQRC
139701-01	M-Su	10am-7pm	6/12-8/26	\$50	CQRC

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

## 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.

434221-01	Tu,Th	10:55-11:55am	4/11-6/15	20	\$179	CQRC
134221-01	Tu,Th	10:55-11:55am	6/20-8/17	17	\$149	CQRC

### Aqua Aerobics (DROP-IN)

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

434222-01	M,W	9-10am	4/10-6/14	19	\$235	CQRC
134222-01	M,W	9-10am	6/21-8/16	17	\$209	CQRC

### Deep Water Aqua Aerobics (DROP-IN)

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



434224-01	M,W	10:10-11:10am	4/10-6/14	20	\$245	CQRC
434224-02	W	6:30-7:30pm	4/12-6/14	10	\$165	CQRC
434224-03	M,W	7:40-8:40pm	4/12-6/14	10	\$165	CQRC
134224-01	M,W	10:10-11:10am	6/21-8/16	17	\$209	CQRC
134224-02	W	5-5:50pm	6/21-8/16	9	\$149	CQRC
134224-03	W	6-6:45pm	6/21-8/16	9	\$149	CQRC

### Aqua Zumba (DROP-IN)

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

434225-02	Su	9-9:50am	4/16-6/18	9	\$119	CQRC
134225-01	Su	9-9:50am	6/25-8/13	8	\$105	CQRC
134325-01	Th	6-6:45pm	6/15-8/17	9	\$119	WWPL
134325-02	Sa	9-9:45am	6/17-8/19	9	\$119	CHRC
134325-03	M	7-7:45pm	6/12-8/21	9	\$119	OTPL

### 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.

434218-01	M	6:30-7:15pm	4/10-6/12	8	\$125	CQRC
134318-01	M	6:30-7:15pm	6/26-8/21	9	\$145	OTPL



**Aqua Bootcamp** **DROP-IN**

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

134326-01 M 6-6:45pm 6/12-8/21 10 \$129 WWPL

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

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

434228-01 Sa 9:05-9:55am 4/15-6/17 9 \$119 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. For more information on what to expect at the pool, visit alexandriava.gov/Aquatics.

434229-01 Tu,Th 6:30-7:30pm 4/11-6/7 17 \$209 CQRC

134329-01 Tu,Th 6:30-7:30pm 6/13-8/17 19 \$235 OTPL

**Aqua Spin** **DROP-IN**

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

134323-01 W 11-11:55am 6/15-8/16 10 \$115 WWPL

134323-03 Sa 11-11:55am 6/17-8/19 9 \$105 WWPL

**Blue Octopus Scuba**

**Ages 18 & up.** If you have always wanted to learn how to scuba dive, discover new adventures or simply see the wonderous world beneath the waves, this is where it starts. Confined Water Dives are to learn basic scuba skills, once you have completed this course you will be able to do four Open Water Dives with us or somewhere warm and tropical to be a fully Certified Open Water scuba diver. To register, visit blueoctopusscuba.com or call at 703.461.3483.

439702-01 Sa, Su 10:30am-1:30pm 4/1-5/21 CQRC

139702-01 Sa, Su 10:30-1:30 6/3-8/20 CQRC

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

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

434217-01 Tu,Th 8:15-9am 4/11-6/15 20 \$265 CQRC

434217-02 Tu,Th 9:30-10:15am 4/11-6/15 20 \$265 CQRC

134317-01 Tu,Th 10:30am-1:30pm 6/20-8/17 17 \$225 CQRC

134317-02 Tu,Th 9:30-10:15am 6/20-8/17 17 \$225 CQRC

## AQUATICS EVENTS

**Water Safety Day**

**All Ages.** Come learn the basics of water safety prior to the outdoor pool season! May 15 is International Water Safety Day. Come join our instructors and lifeguards as they educate the youth and public on how to be safer in and around water. We will host a safety swim lesson for youth, adults, and families.

434235-01 M 6-6:30pm 5/15 1 Free CQRC

434235-02 M 6:30-7pm 5/15 1 Free CQRC

434235-03 M 7-7:30pm 5/15 1 Free CQRC

**World's Largest Swim**

**All Ages.** Become a world record breaker! Help raise awareness about the importance of teaching swimming to help prevent drowning. Aquatic facilities around the globe will host local lessons on the same day to break the Guinness World Record! Space is limited, register today.

484300-01 Th 3-3:30pm 6/22 1 Free OTPL

484300-02 Th 3:30-4pm 6/22 1 Free OTPL

484300-03 Th 4-4:30pm 6/22 1 Free OTPL

**Dive in Movie Night**

**All Ages.** Children of ages will have the opportunity to bring a float and lounge during movie night! This is not an open swim, it's family and movie time. \$5/person or \$20/family paid at entry. Only at this event floats are allowed (otherwise not permitted in the pool). Therefore come and hang out on a float while watching a movie having a blast. We'll have a variety of pool games and you can win prizes and enjoy some snacks before the movie starts.

134360-01 F 6:30-9pm 7/14 1 \$5 CHRC

## ALEXANDRIA DOG SWIMS



**FOR DOGS ANY SIZE**

**SATURDAY**

**SEPT. 16, 11AM-1:45PM**

**WARWICK POOL, 3301 LANDOVER ST.**

**SUNDAY**

**SEPT. 17, 11AM-1:45PM**

**OLD TOWN POOL, 1609 CAMERON ST.**

See page 29 for more details.



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

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



## MIND/BODY WELLNESS

### Essentrics: Age Reversing 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.

413113-01	Th	12-1pm	4/13-6/8	9	\$125	CQRC
413113-02	M	12pm-1pm	4/10-6/5	8	\$109	CHRC
413113-03	W	6-7pm	4/12-6/7	9	\$125	CHRC
413113-04	Tu	12-1pm	4/11-6/6	9	\$125	ODRC
413113-05	W	10:30-11:30am	4/12-6/7	9	\$125	PHRC
113113-01	W	10:30-11:30am	6/21-8/23	10	\$135	PHRC
113113-02	M	12-1pm	6/26-8/21	9	\$125	CHRC
113113-03	W	6-7pm	6/21-8/23	10	\$135	CHRC
113113-04	Tu	12-1pm	6/20-8/22	9	\$125	ODRC

### Evening Yoga Flow **DROP-IN**

**Ages 18 & up.** Keep it moving! Flow yoga is generally faster paced than most other class types to help you build heat, strength, and flexibility. Repeating a series of flowing postures between longer holds of static postures, movement is coordinated with breath. This class is appropriate for beginner students. Drop-in fee \$12 per class

414213-01	M	7:05-8:05pm	4/10-6/12	9	\$105	CQRC
114213-01	M	7:05-8:05pm	6/26-8/14	8	\$95	CQRC

### 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.

414219-01	W	7:05-8:20pm	4/12-6/14	10	\$115	CQRC
114219-01	W	7:05-8:20pm	6/21-8/16	8	\$95	CQRC

### Yoga at the Waterfront **DROP-IN**

**Ages 18 & up.** It's back! Looking to relax and unwind? Starting June 10, RPCA will be hosting a yoga series by Alexandria's Waterfront every Saturday through August! Grab a friend and join us for Saturday Morning Yoga alongside BARCA Pier & Wine Bar. Drop-in fee \$12. Pre-registration is not required.

114220-01	Sa	8:30-9:30am	6/10-8/26	12	\$12	CQRC
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**DROP-IN** \$12 per class (\$15 for nonresidents).  
Subject to minimums and maximums.

### Yoga Under the Stars

**Ages 18 & up.** Enjoy a yoga class under the stars in the serene and relaxing setting of Memorial Pool after hours. 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.

114331-01	M	7:30-8:30pm	7/17	1	\$15	CHRC
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### 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).

413126-01	M	10-11am	4/10-6/5	8	\$195	CHRC
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### Pilates

**Ages 18 & up.** Pilates exercise class utilizes a variety of positions and equipment to build a strong core is essential to overall strength and balance!

414021-02	M	7:15-8pm	4/17-5/22	6	\$75	PHRC
114021-02	M	7:15-8pm	6/5-7/24	6	\$75	PHRC

### Private Yoga Lessons

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

414201-01	Tu	6-7pm	4/11-5/9	5	\$250	CQRC
414201-02	Tu	7:15-8:15pm	4/11-5/9	5	\$250	CQRC
414201-03	Tu	6-7pm	5/16-6/13	5	\$250	CQRC
414201-04	Tu	7:15-8:15pm	5/16-6/13	5	\$250	CQRC

### 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.

414215-01	Th	6-7:15pm	4/13-5/18	6	\$99	CQRC
414215-02	Su	10-11:15am	4/16-5/21	6	\$99	CQRC

### 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, for a class ideal for all levels. From fitness warriors to individuals seated at a desk all day, this class supports individuals in reducing tension in the muscles, improving posture, and promoting greater release in body and mind.

413146-01	Tu	5-6pm	4/11-6/6	9	\$129	ODRC
413146-02	Tu	6:30-7:30pm	4/11-6/6	9	\$129	ODRC

113146-01	Tu	5-6pm	6/20-7/25	5	\$75	ODRC
113146-02	Tu	6:30-7:30pm	6/20-7/25	5	\$75	ODRC

## Yoga for Healthy Aging Series **NEW!**

**Ages 50 & up.** A 6-session series designed and guided by a C-IAYT (1,000) yoga therapist for individuals 50 and over to promote increased stability and strength, improved posture and balance, and more flexibility. Participants will practice therapeutic tools including breathing practices and short meditations to reduce stress, to improve the overall health of our lungs and nervous system, and to improve sleep. Suggestions for home practice included. Props provided.



113152-01	W	5-6pm	6/21-7/26	6	\$99	ODRC
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## Senior Stretching **55+**

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

414007-01	M	11:30am-12:15pm	4/17-5/22	6	\$55	PHRC
114012-01	M	11:30am-12:15pm	6/5-7/24	6	\$55	PHRC

# CARDIO WORKOUT

## HIIT Training for Teens

**Ages 12-17.** This instructional class focuses on the basics of circuit training to improve health, wellness, performance, and the development of SMART fitness goals.

414014-01	Tu	6:30-7:30pm	4/18-5/23	6	\$35	PHRC
114014-01	Tu	6:30-7:30pm	6/6-7/18	6	\$35	PHRC

## Teen Weight Training

**Ages 12-17.** This instructional class focuses on strength, gym etiquette, fitness equipment acclimation, and developing SMART fitness goals.

414016-01	M	6:30-7:30pm	4/17-5/22	6	\$35	PHRC
114016-01	M	6:30-7:30pm	6/5-7/24	6	\$35	PHRC

## Jazzercise

**Ages 16 & 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. For more information, call Cameron Hall at 703-395-7766 or email [hall\\_cameron@hotmail.com](mailto:hall_cameron@hotmail.com). Monthly (Easy Fitness Ticket) \$60, Walk-ins \$20

419701-01	M-Th	5:15-6:15pm	4/10-6/15	varies	ODRC
419701-02	M,W,Th	6:30-7:30pm	4/10-6/15	varies	ODRC
419701-03	Sa	8:30-9:30am	4/15-6/17	varies	NLRC
419701-04	Su	10-11am	4/16-8/26	varies	ODRC
119701-01	M-Th	5:15-6:15pm	6/20-8/24	varies	ODRC
119701-02	M,W,Th	6:30-7:30pm	6/21-8/24	varies	ODRC
119701-03	Sa	8:30-9:30am	6/24-8/26	varies	NLRC
119701-04	Su	6-7pm	6/25-8/20	varies	ODRC

## 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 [alexandria.fit4mom.com](http://alexandria.fit4mom.com). Contact [kelseysorenson@fit4mom.com](mailto:kelseysorenson@fit4mom.com) or call 703.399.4565 for more info.

419703-01	M, W, F	9:30-10:30am	4/10-5/12	15	varies	ODRC
419703-02	Sa	9:05-10am	4/15-5/13	5	varies	PHES

## Zumba

**Ages 18 & up.** Ditch the workout and party! Zumba is a workout that infuses Latin Dances such as salsa, meringue, bachata, samba, reggaeton and even modern-day hip hop. This intense workout helps you lose weight while having fun and learning basic Latin moves.

413107-01	M	5:30-6:15pm	4/17-6/12	8	\$75	CHRC
413107-02-09	M	5:30-6:15pm	4/17-6/12	1	\$12/class	CHRC
113107-01	M	5:30-6:15pm	6/26-8/21	6	\$55	CHRC
113107-02-09	M	5:30-6:15pm	6/26-8/21	1	\$12/class	CHRC

## Hula Hoop Fusion

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

413118-01	Tu	5-6pm	4/11-5/16	6	\$75	ODRC
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## Zumlates

**Ages 18 & up.** Zumlates is a blend of Pilates and Zumba that delivers a total body workout by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party.

414022-01	Sa	12:15-1pm	4/15-5/20	6	\$75	PHRC
414022-02	Tu	7-8pm	4/18-5/23	6	\$75	PHRC
114022-01	Sa	12:15-1pm	6/10-7/22	6	\$75	PHRC
114022-02	Tu	7-8pm	6/6-7/18	6	\$75	PHRC

## Crank -n- Move

**Ages 18 & up.** This is a fun and rhythmic approach to cardio-workouts. Have a Go-Go good time as you move to groove and get fit.

413626-01	Sa	10-11am	4/29-6/17	6	\$65	CHRC
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# CARDIO & STRENGTH

## Boxercise

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

413603-01	M, W	6:30-7:30pm	4/24-6/7	14	\$85	CHRC
113611-01	M, W	6:30-7:30pm	6/19-7/26	10	\$65	CHRC

# exercise & fitness

## 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 are Hall of Famer, Anthony Suggs.

113717-01	Tu, Th	6:30-7:30pm	6/6-7/11	10	\$69	CKRC
113717-02	Tu, Th	6:30-7:30pm	8/1-8/31	10	\$69	CKRC

## The Beast Workout

**Age 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 training.

413625-01	F	6-7pm	4/28-6/2	5	\$35	CHRC
113625-01	F	6-7pm	6/23-7/28	6	\$39	CHRC

## ChinquaCircuit DROP-IN

**Ages 18 & up.** Accomplish your fitness goals 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

414208-01	Th	7:15-8pm	4/13-6/15	10	\$115	CQRC
414208-02	Sa	9-9:45am	4/15-6/17	9	\$105	CQRC
414208-03	Tu	6:30-7:15pm	4/11-6/13	10	\$115	CQRC
114208-01	Tu	6:30-7:15pm	6/20-8/15	9	\$105	CQRC
114208-02	Th	7:15-8pm	6/22-8/17	9	\$105	CQRC
114208-03	Sa	9-9:45am	6/24-8/13	9	\$105	CQRC



## Outdoor HIIT NEW! DROP-IN

**Ages 18 & up.** This class incorporates intervals of cardio and strength exercises followed by brief periods of recovery. All levels welcome. Class will be held outdoors unless inclement weather.

414212-01	Tu	6:45-7:45pm	4/25-6/13	8	\$95	CQRC
114212-01	Tu	7-8pm	6/20-8/29	10	\$115	CQRC

## BodyBlast Bootcamp DROP-IN

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

414216-01	F	10-10:45am	4/14-6/16	10	\$115	CQRC
414216-02	Th	5:10-5:55pm	4/13-6/15	10	\$115	CQRC
114216-01	F	10-10:45am	6/23-8/18	9	\$105	CQRC
114216-02	Th	5:10-5:55pm	6/22-8/17	9	\$105	CQRC

## BodyBlast Cardio/Core DROP-IN

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

414217-01	F	11-11:30am	4/14-6/16	10	\$115	CQRC
114217-01	F	11-11:30am	6/23-8/18	9	\$105	CQRC

## Total Body Conditioning

**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.

413150-01	Tu	9:15-10:15am	4/11-6/6	9		PHRC
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## Adult Cardio & Weight Training

**Ages 18 & up.** This is a cardio and weight training exercise program that is designed by using our weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen and tone muscles and improve flexibility.

414000-01	Th	7-8pm	4/13-5/18	6	\$55	PHRC
414000-02	Th	7-8pm	6/1-7/6	6	\$55	PHRC
114000-01	Th	7-8pm	7/13-8/17	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

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

Day: \$9/\$12

1-month: \$55/\$100

6-month: \$260/\$500

Annual Pass: \$465/\$885

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

- Certified trainers design a
- 60-minute customized exercise
- program and provide guidance
- on proper form. To schedule an
- appointment, email ChinquaPin@
- alexandriava.gov.
- **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



# exercise & fitness/sports classes & leagues

## Hip Hop Fitness & Circuit Training

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

414002-01	Tu	7-8pm	4/18-5/23	6	\$55	PHES
414002-02	Tu	7-8pm	6/6-7/18	6	\$55	PHES
114002-01	Tu	7-8pm	7/25-8/15	4	\$35	PHES

## ChinquaCircuit Gold **55+**

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

414211-01	Tu	9-9:45am	4/11-6/13	10	\$115	CQRC
114211-01	Tu	9:05-9:50am	6/27-8/29	9	\$105	CQRC

## Walk & Fit Training **55+**

**Ages 55 & up.** This circuit training class incorporates walking as an aerobic activity and using hand-held weights and resistance bands for strength training. This is a cardiovascular fat burning workout that will aid in firming and sculpting your body.

414001-01	W	10-11am	4/12-5/17	6	\$55	PHRC
414001-02	W	10-11am	5/24-6/28	6	\$55	PHRC
114001-01	W	10-11am	7/5-8/9	6	\$55	PHRC

## Senior Cardio & Weight Training **55+**

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

414003-01	W	12-1pm	4/12-5/17	6	\$55	PHRC
414003-02	W	12-1pm	5/24-6/28	6	\$55	PHRC
114003-01	W	12-1pm	7/5-8/9	6	\$55	PHRC

## Senior Body Part Aerobics **55+**

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

414013-01	M, F	10-11am	4/3-5/8	10	\$55	PHRC
414013-02	M, F	10-11am	5/15-6/23	11	\$55	PHRC
114013-01	M, F	10-11am	6/26-7/7	11	\$55	PHRC

**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 9 mos.-3 with adult.** This class is designed to help stimulate and introduce some basic balancing, tumbling, agility techniques to your child. This class will include a group warm-up and individual drills that will consist of parent participation.

422620-01	W	10-10:30am	4/12-5/10	5	\$119	CHRC
422620-02	W	10-10:30am	5/17-6/7	4	\$95	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.

422605-01	Sa	9:30-10:15am	4/15-6/10	9	\$149	PHRC
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### Movement & Gymnastics

**Ages 2-5.** Learn basic gymnastics skills with dance movement! The class will rotate to alternating events each week. Students will gain strength, flexibility and coordination.

424215-01	M	3:45-4:15pm	4/10-6/5	8	\$175	CQRC
424215-02	W	6-7pm	4/12-5/31	8	\$175	CQRC
424215-03	Sa	8:15-8:45am	4/15-6/10	9	\$195	CQRC
424215-04	Su	9:15-9:45am	4/16-6/11	8	\$175	CQRC

424215-05	Su	11:15-11:45am	4/16-6/11	9	\$195	CQRC
124215-01	Sa	8:15-8:45am	6/24-8/12	7	\$155	CQRC
124215-02	Su	9:15-9:45am	6/25-8/13	7	\$155	CQRC
124215-03	Su	11:15-11:45am	6/25-8/13	7	\$155	CQRC

### 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

422606-01	Sa	10:30-11:15am	4/15-6/10	9	\$149	PHRC
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#### Level 2

422606-02	Sa	11:30am-12:15pm	4/15-6/10	9	\$149	PHRC
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### Gymnastics I

**Ages 5-13.** 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.

424206-01	M	4:30-5:30pm	4/10-6/12	9	\$195	CQRC
424206-02	M	5:45-6:45pm	4/10-6/12	9	\$195	CQRC
424206-03	Th	4-5pm	4/13-6/15	9	\$195	CQRC
424206-04	Su	10-11am	4/16-6/18	9	\$195	CQRC
424206-05	Tu	5:05-6:05pm	4/11-6/13	9	\$195	CQRC
124206-01	Su	10-11am	6/25-8/13	7	\$155	CQRC

# sports classes & leagues

## SOCCER CLASSES



### Little Kicks & Me +ADULT

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

424209-01	W	11-11:45am	4/12-5/31	8	\$145	CQPK
424209-02	Sa	9-9:45am	4/15-6/10	8	\$145	CQPK
124209-01	W	9-9:45am	6/21-8/9	8	\$145	CQPK
124209-02	Sa	12:30-1:15pm	6/24-8/12	7	\$125	CQPK

### Soccer Tots

**Ages 2-6.** Specialized for our youngest age group, a variety of fun games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged above all else to develop motor skills, promote physical fitness and create self confidence.

422610-01	M	11:30am-12:10pm	4/10-6/5	8	\$135	CHRC
422610-02	M	12:20-1:05pm	4/10-6/5	8	\$135	CHRC
422610-03	Tu	9-9:40am	4/11-6/6	9	\$149	NLRC
422610-04	Tu	1:30-2:15pm	4/11-6/6	9	\$149	NLRC

### Excite Soccer

**Ages 3-6.** Children will be encouraged to develop their mental, physical, and social abilities through creative soccer games and other activities taught by highly experienced staff; all trained working with young children. 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, as well as focus on providing a high energy, confidence building, environment where each player is empowered to play the beautiful game. Each practice will finish with small sided scrimmages (1v1, 2v2, 3v3 & 4v4).

422600-01	Sa	4-4:45pm	4/15-6/3	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.

424210-01	W	9-9:45am	4/12-5/31	8	\$145	CQPK
424210-02	W	4:30-5:15pm	4/12-5/31	8	\$145	CQPK
424210-03	Th	5-5:45pm	4/13-6/1	8	\$145	CQPK
424210-04	Tu	4-4:45pm	4/11-5/30	8	\$145	CQPK
424210-05	Sa	12-12:45pm	4/15-6/10	8	\$145	CQPK
124210-01	W	11-11:45am	6/21-8/9	8	\$145	CQPK
124210-02	Sa	1:30-2:15pm	6/24-8/12	7	\$125	CQPK
124210-03	Th	5-5:45pm	6/22-8/10	8	\$145	CQPK

### Little Kicks

**Ages 4-6.** Soccer class designed to introduce children to soccer through games and activities.

424000-01	Sa	10:15-11am	4/15-6/3	8	\$140	PHRC
124003-01	Sa	10:15-11am	6/27-8/12	8	\$140	PHRC

### Little Champions Soccer

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

424212-01	W	5:30-6:15pm	4/12-5/31	8	\$145	CQPK
424212-02	Sa	1-1:45pm	4/15-6/10	8	\$145	CQPK
124212-01	W	12-12:45pm	6/21-8/9	8	\$145	CQPK
124212-02	Sa	10:30-11:15am	6/24-8/12	7	\$125	CQPK

## RACQUET SPORTS CLASSES

### Tennis 4 Kids

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

424211-01	M	10-10:30am	4/10-5/22	7	\$145	CQPK
424211-02	M	10:45-11:15am	4/10-5/22	7	\$145	CQPK
424211-03	Th	5:15-5:45pm	4/13-6/1	8	\$165	CQPK
424211-04	Th	5:55-6:25pm	4/13-6/1	8	\$155	CQPK
424211-05	Su	9:30-10am	4/16-6/11	8	\$165	CQPK
424211-06	Su	10:10-10:40am	4/16-6/11	8	\$165	CQPK
424211-07	Su	11-11:40am	4/16-6/11	7	\$165	CQPK
424211-08	Su	11:50am-12:20pm	4/16-6/11	8	\$165	CQPK
124211-01	Su	9:30-10am	6/25-8/20	8	\$165	CQPK
124211-02	Su	10:20-10:50am	6/25-8/20	8	\$165	CQPK
124211-03	Su	11:10-11:50am	6/25-8/20	8	\$165	CQPK
124211-04	Su	12-12:30pm	6/25-8/20	8	\$165	CQPK

### Fun & Fundamentals Tennis 1 & 2

**Ages 7-14.** FirstServe Tennis teaches the fundamentals of tennis in a fun, friendly, and supportive atmosphere based on low student-instructor ratios. Through fun, skill-building games beginners and advanced beginners learn and develop fundamental tennis strokes. Please bring a racquet and sports shoes. Ratio 6:1.



422616-01	M	4:30-5:20pm	4/17-6/12	9	\$199	PYPK
422616-02	M	5:30-6:20pm	4/17-6/12	9	\$199	PYPK
422616-03	W	4:30-5:20pm	4/19-6/7	8	\$175	CQPK
422616-04	W	5:30-6:20pm	4/19-6/7	8	\$175	CQPK
422616-05	Th	4:30-5:20pm	4/20-6/8	8	\$175	PYPK
422616-06	Th	5:30-6:20pm	4/20-6/8	8	\$175	PYPK
122616-01	M	5:30-6:20pm	6/26-8/14	8	\$175	PYPK
122616-02	M	6:30-7:20pm	6/26-8/14	8	\$175	PYPK
122616-03	W	6:30-7:20pm	6/28-8/16	8	\$175	CQPK
122616-04	W	6:30-7:20pm	6/28-8/16	8	\$175	CQPK
122616-05	Th	5:30-6:20pm	6/29-8/17	8	\$175	PYPK
122616-06	Th	7:30-8:40pm	6/29-8/17	8	\$175	PYPK

## Youth Pickleball

**Ages 7-14.** Through game-based instruction, participants are introduced to ball control skills and the basic strokes of this fun, mini-tennis-like game. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1.

422628-01	W	4:30-5:20pm	4/19-6/7	8	\$199	LCCM
422628-02	W	5:30-6:20pm	4/19-6/7	8	\$199	LCCM

## Advantage Kids Tennis

**Ages 7-17.** Tennis is your sport for a longer, healthier lifetime. It is social, healthy, and fun. These tennis lessons emphasize fun, holistic coaching and will teach and train modern techniques for players of all levels. Come out and play with us.

122632-01	Sa	9-10am	6/24-8/12	8	\$279	ABPK
122632-02	Sa	10-11am	6/24-8/12	8	\$279	ABPK
122632-03	Sa	11am-12pm	6/24-8/12	8	\$279	ABPK
122632-04	Sa	12-1pm	6/24-8/12	8	\$279	ABPK

## Advantage Middle School Tennis

**Ages 11-14.** Fun, modern and healthy classes to build tennis abilities and skills. Make friends and learn how to play better, faster. Come out and play with us!

422632-01	W	3:30-4:30pm	4/12-5/31	8	\$279	GWMS
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## Adult Tennis 1

**Ages 15 & up.** In this FirstServe Tennis class for beginners, new players learn the fundamental strokes: forehand, backhand, volleys, overhead and serve with the goal to build consistency in groundstrokes and develop an initial ability to rally. Please bring a racquet and wear tennis shoes. Ratio 5:1.



423102-01	M	9:45-10:55am	4/17-6/12	9	\$269	CQPK
423102-02	M	6:30-7:40pm	4/17-6/12	9	\$269	PYPK
423102-03	W	6:30-7:40pm	4/19-6/7	8	\$239	CQPK
423102-04	Th	6:30-7:40pm	4/20-6/8	8	\$239	PYPK
123102-01	M	7:30-8:40pm	6/26-8/14	8	\$239	PYPK
123102-02	W	7:30-8:40pm	6/28-8/16	8	\$239	CQPK
123102-03	Th	7:30-8:40pm	6/29-8/17	8	\$239	PYPK

## Adult Tennis 2

**Ages 15 & up.** In this FirstServe Tennis class for advanced-beginners, players with limited on-court experience strengthen stroke fundamentals and develop movement, positioning and skills necessary for initial singles and doubles play. Prerequisite: Completion of Tennis 1 or similar experience. Please bring a racquet and wear tennis shoes. Ratio 5:1.

423103-01	M	11:05am-12:15pm	4/17-6/12	9	\$269	CQPK
423103-02	M	7:50-9pm	4/17-6/12	9	\$269	PYPK
423103-03	W	7:50-9pm	4/19-6/7	8	\$239	CQPK
423103-04	Tr	7:50-9pm	4/20-6/8	8	\$239	PYPK
123103-01	M	8:50-10pm	6/26-8/14	8	\$239	PYPK
123103-02	W	8:50-10pm	6/28-8/16	8	\$239	CQPK
123103-03	Th	8:50-10pm	6/29-8/17	8	\$239	PYPK

## Adult Pickleball Level I

**Ages 15 & up.** Pickleball is a fun, popular mini-tennis-like game. In this FirstServe class, beginners learn all the basic strokes including dinks, volleys, forehands, backhands, and the serve and how to keep score on an outdoor court. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1.

123105-01	W	5:30-6:20pm	6/28-8/16	8	\$175	LCCM
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## Adult Pickleball Level II

**Ages 15 & up.** In this FirstServe class for advanced-beginners, build on your skills to take your game to the next level. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes for an outdoor court. Ratio 6:1.

123106-01	W	6:30-7:20pm	6/28-8/16	8	\$175	LCCM
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## Adult Pickleball Level III

**Ages 15 & up.** This FirstServe class for intermediate players focuses on how to play the game more strategically. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes for an outdoor court. Ratio 6:1.

123110-01	W	7:30-8:20pm	6/28-8/16	8	\$175	LCCM
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## Adult Outdoor Pickleball

**Ages 15 & up.** Build on your skills to take your game to the next level. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes. Ratio 6:1.

423106-01	W	6:30-7:20pm	4/19-6/7	8	\$199	LCCM
423106-02	W	7:30-8:20pm	4/19-6/7	8	\$199	LCCM

## Cardio Tennis

**Ages 18 & up.** Target your fun! Get your heart-pumping cardio fitness workout now! This is real Cardio Tennis. Heart rate targeted, lots of move and hit, no pointless running. This may be the most fun you've ever had! Instructor: Advantage Tennis.

123104-01	M	7-8pm	6/26-8/21	9	\$279	ABPK
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## Adult Beginner Tennis Lessons

**Ages 18 & up.** The sport for your longer, healthier life is high-skill fun! Get playing immediately and learn the healthy, performant, modern play in simple steps. You will learn all the fundamental strokes and shots, as well as etiquette and the rules.

123107-01	M	5-6pm	6/26-8/21	9	\$279	ABPK
123107-02	M	6-7pm	6/26-8/21	9	\$279	ABPK

## 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.

413615-01	F	9:15-10:15am	4/14-5/19	6	\$69	CHRC
413615-02	F	9:15-10:15am	5/26-6/30	6	\$69	CHRC
113610-01	F	9:15-10:15am	7/7-8/11	6	\$69	CHRC
113610-02	F	9:15-10:15am	8/18-9/22	6	\$69	CHRC

# sports classes & leagues

## Intermediate Pickleball

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

413613-01	F	10:45am-12:15pm	4/14-5/19	6	\$79	CHRC
413613-02	F	10:45am-12:15pm	5/26-6/30	6	\$79	CHRC
113616-01	F	10:45am-12:15pm	7/7-8/11	6	\$79	CHRC
113616-02	F	10:45am-12:15pm	8/18-9/22	6	\$79	CHRC

## 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.

424202-01	W	10-10:45am	4/12-5/31	8	\$145	CQPK
424202-02	Sa	10-10:45am	4/15-6/10	8	\$145	CQPK
424202-03	Tu	5-5:45pm	4/11-5/30	8	\$145	CQPK
124202-01	W	10-10:45am	6/21-8/9	8	\$145	CQPK
124202-02	Sa	9:30-10:15am	6/24-8/12	7	\$125	CQPK

### MiKiDo Ruff & Tumble

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

412604-01	Sa	9:50-10:50am	4/15-6/24	11	\$129	ODRC
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### Lil Pro Sports

**Ages 3-5.** Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports. All sessions will take place outdoors.

122708-01	Sa	10:15-11am	7/8-7/29	4	\$95	LCCM
122708-02	Sa	11:15am-12pm	7/8-7/29	4	\$95	LCCM

### Little Athletes & Me

**Ages 3-6.** Little Athletes is a fun and exciting collaboration sports class with the Patrick Henry Center and TIP Top Sports. The program is an athlete's dream. It is filled with various Sports, games and lead in activities that will allow kids to develop their true passion for sports. This is a co-ed program developed for ages 3-6.

424007-01	Sa	12:15-1pm	4/15-6/3	8	\$140	PHRC
124007-01	Sa	12:15-1pm	6/17-8/12	8	\$140	PHRC

### 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.

422602-01	Sa	10-10:45am	4/15-6/10	9	\$179	NLRC
422602-02	Sa	11am-12pm	4/15-6/10	9	\$179	NLRC

## Grand Slam T-Ball

**Ages 3-6.** This class is geared toward helping establish the true passion and excitement of tee-ball while learning the fundamentals of the sport. This is a co-ed program developed for athletes ages 3-6.

424009-01	Sa	11:15am-12pm	4/15-6/3	8	\$140	PHRC
124009-01	Sa	11:15am-12pm	6/17-8/12	8	\$140	PHRC

## Martial Arts 4 Kids

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

422626-01	W	1-1:30pm	4/12-5/10	5	\$119	ODRC
422626-02	Sa	11-11:30am	4/23-6/4	6	\$139	ODRC
422626-03	W	1-1:30pm	5/17-6/7	4	\$95	ODRC

## Rookie Baseball Clinic

**Ages 4-8 as of July 31, 2023.** Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball in a fun and safe environment. Open to City of Alexandria residents only.

122714-01	Tu,Th	5-6pm	7/11-7/13	2	\$45	LCCM
122714-02	Tu,Th	6:15-7:15pm	7/11-7/13	2	\$45	LCCM

## Run Shoot Basketball

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

424004-01	Sa	1:15-2pm	4/15-6/3	8	\$140	PHRC
124004-01	Sa	1:15-2pm	6/17-8/12	8	\$140	PHRC



## Intro to Rugby Series

**Ages 4-12.** Learn the basics of Rugby in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of rugby in a safe and fun environment. RPCA will coordinate with ACHS Rugby Coaches to help with instruction. Participants should dress in comfortable clothing and bring your own water bottle.

422723-01	Tu,Th	6-7pm	4/18-4/20	2	\$45	CQPK
422723-02	M,W	6-7pm	4/24-4/26	2	\$45	CQPK

## 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.

424216-01	Th	6-6:45pm	4/13-6/1	8	\$145	CQPK
424216-02	Sa	11-11:45am	4/15-6/10	8	\$145	CQPK
124216-01	Th	6-6:45pm	6/22-8/10	8	\$145	CQPK
124216-02	Sa	11:30am-12:15pm	6/24-8/12	7	\$125	CQPK



## 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 8-10ft hoops. Participants will get to compete in fun skill building games for prizes.

422602-02	Sa	11am-12pm	4/15-6/10	9	\$179	NLRC
122602-02	Sa	11am-12pm	6/24-8/26	10	\$189	NLRC

## Nerf Fencing

**Ages 6-11.** Learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use nerf foam sabers and have the option to wear fencing equipment.

422609-01	Tu	4-5pm	4/11-5/9	5	\$115	CQRC
422609-02	Tu	4-5pm	5/16-6/6	4	\$95	CQRC

## Skateboarding 4 Kids

**Ages 6-14.** 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. Instructional moves and skating games will be incorporated into each camp day. Participants must bring their own skateboards, helmets, and pads.

422623-01	W	4:15-5:15pm	4/12-6/7	9	\$175	SJSP
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## Roller Skating for Fitness & Fun

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

413141-01	Sa	9-9:55am	4/15-5/6	4	\$99	PHES
413141-02	Sa	9-9:55am	5/13-6/3	4	\$99	PHES

## Ultimate Frisbee Clinic Series

**Ages 7-12.** Learn the basics of Ultimate Frisbee in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of Ultimate in a safe and fun environment. RPCA will coordinate with the Washington Area Frisbee Club to help with instruction.

422722-01	Su	1-2pm	4/30-5/21	4	\$95	BDPK
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## Alexandria Titans Indoor Track

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

422719-01	Su	12-1pm	5/7-5/28	4	\$95	PHRC
422719-02	Su	1:15-2:15pm	5/7-5/28	4	\$95	PHRC

## Alexandria Titans Track & Field

**Ages 7-14 as of July 31, 2023.** Club members will receive the basic skills and techniques of track and field with an emphasis on teamwork, sportsmanship, commitment, and healthy competition. Open to City of Alexandria residents only.

122705-01	Tu, Th	6-7:30pm	6/27-8/3	11	\$95	ACHS
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## Basketball Drills & Skills

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



122716-01	W	5-6pm	8/2-8/23	4	\$95	LCCM
122716-02	W	6:15-7:15pm	8/2-8/23	4	\$95	LCCM

## Alexandria City Track & Field Meet

**Ages 7-14 as of June 30, 2023.** Come show how fast you are! Participants can compete in the 50, 100, 200, 400 meter dash and the 800 and 1600 meter run or get your friends together and form a relay team. Field events include softball throw, standing long jump, and javelin throw. Open to City of Alexandria residents only.

422703-01	Sa	9am-12pm	5/13	1	\$5	ACHS
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## Girls' Softball Clinic

**Ages 8-14 as of July 31, 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. Open to City of Alexandria residents only.

122713-01	Tu, Th	5-6pm	7/18-7/20	2	\$45	LCCM
122713-02	Tu, Th	6:15-7:15pm	7/18-7/20	2	\$45	LCCM

## Beach Volleyball Clinic

**Ages 8-14 as of April 30, 2023.** The weather is getting warmer and it is time to get ready for the upcoming volleyball season with this preseason clinic. Participants will learn how to bump, set, spike, and serve in the sand.

422724-01	Su	3-4pm	4/2-4/16	2	\$45	BBPK
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## Hoop Life Basketball Skills Academy

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

422625-01	Sa	12-1pm	4/15-6/10	9	\$185	NLRC
122625-02	Sa	12-1pm	6/24-8/26	10	\$195	NLRC



## 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.

423100-01	W	7-8pm	4/12-6/7	9	\$119	PHES
123101-01	W	7-8pm	6/21-8/9	8	\$119	PHES

# sports classes & leagues

## LEAGUES

### 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. Open to City of Alexandria residents only.

422701-01	W, Sa	Varies	4/2-6/11	\$95	Varies
422701-02	Th, Sa	Varies	4/2-6/11	\$95	Varies

### Miracle Baseball League of Alexandria

**Ages 6 & up.** Play baseball regardless of ability or mental/physical challenges, in this non-competitive environment. A buddy assists each player as much as they require in hitting, fielding and running the bases. In this fun-filled, positive atmosphere, players develop self-esteem while learning new skills, exercising, and making new friends - turning miracles into reality! \$30 discount for current Alexandria Therapeutic Recreation participants. Youth games will be played on Wednesdays from 4:30 - 5:30 and adult games will be played on Saturdays from 1 - 2:30 p.m.



422704-01	W	4:30-6pm	4/19-5/24	6	\$65	LCCM
422704-02	Sa	1-2:30pm	4/15-5/27	7	\$65	LCCM

### Girls' Field Hockey League

**Ages 8-14 as of July 31, 2023.** Join us for a fun introduction to the rapidly growing sport of field hockey. Players are required to provide their own field hockey sticks, shin guards, goggles and mouthpieces.

422720-01	Tu, Th	6-7:30pm	6/1-6/29	9	\$95	ACHS
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### Johnson & Siebert Teen Basketball League

**Ages 12-17 as of June 30, 2023. Boys' and Girls' teams will be formed in two divisions (Ages 12-15 and Ages 16-17).** Boys' and Girls' teams are formed by recreation districts. All team practices and league games will be played during the week. Open to City of Alexandria residents only.

122702-01	M, W	6-9pm	6/12-8/9	\$95	JHES
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### Coed Volleyball

**Ages 18 & up.** Bump Set Spike! Make your workout social by exercising with a team at weekly volleyball games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 6 and minimum of 4 of either gender.

22301-01	Tu, W	varies	4/3-7/21	\$555	JHES
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### Coed Softball

**Ages 18 & up.** Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender.

223205-01	M-Th	varies	4/3-7/21	\$555	JHPK
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### Coed Soccer

**Ages 18 & up.** Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender.



223200-01	M-Th	varies	4/3-7/21	\$895	LMFD
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## 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

## 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



ALEXANDRIAVA.GOV/RECREATION

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



## EDUCATION

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

**Ages 1-5 with adult.** Be Enchanted About Reading is a story time with a twist of enchantment. Listen to your favorite stories and fairy tales as they come to life as the reader acts out the story in full costume.

443004-01	Th	10:30am-12pm	4/13-4/27	3	\$39	NJLC
443004-02	Th	10:30am-12pm	5/4-5/25	4	\$55	NJLC
443004-03	Th	10:30am-12pm	6/1-6/15	3	\$39	NJLC

## SOCIALIZE

**Kid Rock Social Hour** +ADULT

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

453805-01	M,W	10am-12pm	4/10-5/3	8	\$79	MVRC
453805-02	M,W,F	10am-12pm	4/10-5/12	15	\$99	MVRC
453805-03	M,W	10am-12pm	5/22-6/14	8	\$79	MVRC
453805-04	M,W,F	10am-12pm	5/22-6/16	12	\$99	MVRC

**Magnus Chess Club-Beginners**

**Ages 5-12.** Learn chess with Magnus Chess Academy (formerly Silver Knights)! Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments.

442632-01	F	6-7pm	4/14-6/16	10	\$199	ODRC
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**Lego Lab**

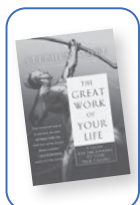
**Ages 6-12.** Lego Builders Unite! This is the perfect challenge for the creative builder. Participants can build LEGO models to their heart's content or go off the grid and explore their creative side. So come with friends or pick up some pointers from new LEGO Masters like you.

494002-01	Sa	10-11am	4/15-5/20	6	\$69	PHRC
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**Let's Lego (Ramsay Builder's Club)**

**Ages 7-12.** Come join the Ramsay Builder's Club where children are encouraged to learn while having fun. Children will develop their creativity, problem solving, and social skills while building self-confidence and amazing LEGO creations.

444101-01	Sa	6-7pm	6/22-7/13	6	\$29	WRRC
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**Book Club: The Great Work of Your Life** NEW!

**Ages 21 & up.** Come join us for 3 weekly sessions to discuss the book, The Great Work of Your Life by Stephen Cope. This book is an intriguing look at dharma in our modern world and how these teachings from yoga can guide us in finding our own unique path. Interested in starting a new chapter? Navigating a life-transition?

Setting clear and focused intentions? Or reflecting on what is deeply meaningful for you? Join us. Guided by Lisa (Certified Yoga Therapist, C-IAYT).

143127-01	W	5:45-6:45pm	7/12-7/26	3	\$29	ODRC
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## TECHNOLOGY & SCIENCE

**The Science Seed**

**Ages 3-6.** 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.

442620-01	Th	3-3:45pm	4/13-6/1	8	\$139	ODRC
442620-02	Th	4-4:45pm	4/13-6/1	8	\$139	ODRC

**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!

444212-01	Tu	5-5:45pm	4/11-5/30	8	\$165	CQRC
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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.

443801-01	Tu	6:15-7:15pm	4/11-5/16	6	\$99	MVRC
443801-02	Th	6:15-7:15pm	4/13-5/28	6	\$99	MVRC
443801-03	Tu	6:15-7:15pm	5/23-6/27	6	\$99	MVRC
443801-04	Tu	6:15-7:15pm	5/25-6/29	6	\$99	MVRC

**Roblox and Game Design**

**Ages 6-9.** Learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos. Roblox provides students with hands-on experiences in innovation and the underlying mechanics of 3D gaming.

442631-01	W	5-6pm	4/19-5/24	6	\$155	ODRC
442631-02	W	6:15-7:15pm	4/19-5/24	6	\$155	ODRC

**Coding in Minecraft with LUA**

**Ages 6-14.** 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 using Lua to complete various tasks and objectives such as teaching their turtles to automatically build, mine, and craft items and structures.

442616-01	Sa	1-2pm	4/15-5/20	6	\$155	ODRC
442616-02	Sa	2:15-3:15pm	4/15-5/20	6	\$155	ODRC

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



## BALLET



### Pre-Ballet & Movement

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

152605-01	Sa	9:15-10am	6/24-7/15	8	\$39	PHES
152605-02	Sa	9:15-10am	7/29-8/19	8	\$39	PHES

### Creative Ballet

**Ages 5-10.** Plie, tendu, jet! 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.



453836-01	W	5-6pm	4/12-5/24	7	\$99	MVRC
453836-02	W	5-6pm	5/31-7/12	7	\$99	MVRC

### Ballet I

**Ages 6-9.** Learn basic ballet techniques, including adagio, basic routines, barre and center floor. Children will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration.

152610-01	Sa	10:15-11:05am	6/24-7/15	8	\$39	PHES
152610-02	Sa	9:15-10am	7/29-8/19	8	\$39	PHES

### 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.

152611-01	Sa	11:20am-12:05pm	6/24-7/15	8	\$39	PHES
152611-02	Sa	9:15-10:15am	7/29-8/19	8	\$39	PHES

### Ballet III

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

152612-01	Sa	12:15-1:05pm	6/24-7/15	8	\$39	PHES
152612-02	Sa	9:15-10:15am	7/29-8/19	8	\$39	PHES

## DANCE

### Move with Me +ADULT

**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

454205-01	Sa	10:40-11:10am	4/15-6/10	8	\$115	CQRC
154205-01	Sa	10:40-11:10am	6/24-8/19	8	\$115	CQRC

### Modern Tots

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

454203-01	Sa	10-10:30am	4/15-6/10	8	\$115	CQRC
154203-01	Sa	10-10:30am	6/24-8/19	8	\$115	CQRC

### Jazz Hip Hop Combo

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

454201-01	W	4-4:50pm	4/12-6/7	9	\$185	CQRC
454201-02	Sa	9-9:45am	4/15-6/10	8	\$165	CQRC
154201-01	Sa	9-9:45am	6/24-8/19	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.

453813-01	Th	5-6pm	4/13-5/25	7	\$99	MVRC
453813-02	Th	5-6pm	6/1-7/13	7	\$99	MVRC

### Creative Dance

**Ages 5-7.** 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.

453835-01	Sa	9:15-10am	4/22-5/27	6	\$99	MVRC
453835-02	Sa	10-10:45am	4/22-5/27	6	\$99	MVRC
153835-01	Sa	9:15-10:45am	6/10-7/22	7	\$99	MVRC
153835-02	Sa	10-10:45am	6/10-7/22	7	\$99	MVRC

## Modern Dance I

**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.

454200-01 W 5-5:50pm 4/12-6/7 9 \$185 CQRC

## Ballroom Dance

**Ages 16 & 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.

453102-01 F 7-8:15pm 4/21-6/9 8 \$85 ODR

## Social Dance

**Ages 16 & up.** You'll never sit out a dance at the next wedding, cruise or other special event! Learn the basics of waltz, social foxtrot, cha cha and swing in this 8 week introduction to basic social dance. Learn how to lead and follow, how to avoid other dancers and get enough practice to feel comfortable with the basics. Couples preferred.

453103-01 W 7-8:15pm 4/19-6/7 8 \$85 ODR

# MUSIC



## Little Hands Music +ADULT

**Ages 0-7.** Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this sessions theme. All classes are taught by experienced music educators and trained music therapists. To register, visit [littlehands.com](http://littlehands.com) or call 703.631.2046.

Th	10:15-10:45am	4/13-6/15
Th	11-11:30am	4/13-6/15
W	10:30-11am	4/12-6/14
W	11:15-11:45am	4/12-6/14
Th	10:15-10:45am	6/22-7/27
Th	11-11:30am	6/22-7/27
W	10:30-11am	6/21-7/26
W	11:15-11:45am	6/21-7/26

## My First Music Class +ADULT

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

424623-01 Sa 10-10:30am 4/15-6/3 8 \$159 ODR  
 124623-01 Sa 10-10:30am 7/1-8/19 8 \$159 ODR

## 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!

442618-01 Sa 10:30-11am 4/15-6/3 8 \$159 ODR  
 142618-01 Sa 10:30-11am 7/1-8/19 8 \$159 ODR

## Group Piano

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



442624-01 W 6-7pm 4/12-5/31 8 \$179 CHRC  
 442624-02 Th 6-7pm 4/13-6/1 8 \$179 PHRC  
 142624-01 W 6-7pm 6/28-8/16 8 \$179 CHRC  
 142624-02 Th 6-7pm 6/29-8/17 8 \$179 PHRC

## Groovy Guitar

**Ages 5-12.** Students will learn the basics of guitar and participate in an ensemble 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 at the last scheduled class.

442617-01 W 7-8pm 4/12-5/31 8 \$179 CHRC  
 442617-02 Th 7-8pm 4/13-6/1 8 \$179 PHRC  
 142617-01 W 7-8pm 6/28-8/16 8 \$179 CHRC  
 142617-02 Th 7-8pm 6/29-8/17 8 \$179 PHRC

## Private Music Lessons

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

442611-01 F 11-11:30am 4/21-6/9 8 \$279 ODR  
 442611-02 F 11:40am-12:10pm 4/21-6/9 8 \$279 ODR  
 442611-03 F 12:20-12:50pm 4/21-6/9 8 \$279 ODR  
 442611-04 F 1-1:30pm 4/21-6/9 8 \$279 ODR  
 442611-05 F 1:40-2:10pm 4/21-6/9 8 \$279 ODR  
 442611-06 F 2:20-2:50pm 4/21-6/9 8 \$279 ODR  
 442611-07 F 3-3:30pm 4/21-6/9 8 \$279 ODR  
 442611-08 F 3:40-4:10pm 4/21-6/9 8 \$279 ODR  
 442611-09 F 4:20-4:50pm 4/21-6/9 8 \$279 ODR  
 442611-10 F 5-5:30pm 4/21-6/9 8 \$279 ODR  
 442611-11 F 5:40-6:10pm 4/21-6/9 8 \$279 ODR  
 442611-12 F 6:20-6:50pm 4/21-6/9 8 \$279 ODR  
 442611-13 F 7-7:30pm 4/21-6/9 8 \$279 ODR  
 442611-14 F 7:40-8:10pm 4/21-6/9 8 \$279 ODR  
 142611-01 F 4:45-5:15pm 6/30-8/25 9 \$315 ODR  
 142611-02 F 5:20-5:50pm 6/30-8/25 9 \$315 ODR  
 142611-03 F 5:55-6:25pm 6/30-8/25 9 \$315 ODR  
 142611-04 F 6:30-7pm 6/30-8/25 9 \$315 ODR  
 142611-05 F 7:05-7:35pm 6/30-8/25 9 \$315 ODR  
 142611-06 F 7:40-8:10pm 6/30-8/25 9 \$315 ODR

## VISUAL ARTS



### ART BOX Musical Theater Pop-Up **NEW!** **+ADULT**

**Ages 1-4.** Musical Theater combines, creative movement, dress-up and circle play in a playful and creative environment to introduce the world of theater to preschoolers.

152641-01	Sa	10-11am	6/24	1	\$25	ODRC
152641-02	Sa	10-11am	8/5	1	\$25	ODRC

### Abrakadoodle 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 moms and helpers get to play too.

452600-01	M	10-10:45am	4/17-6/5	8	\$139	ODRC
452600-02	Tu	10-10:45am	4/11-6/6	9	\$159	ODRC
152600-01	M	10-10:45am	6/26-8/21	9	\$159	ODRC
152600-02	Tu	10-10:45am	6/20-8/22	10	\$179	ODRC

### Abrakadoodle Mini Doodlers

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



452613-01	Sa	10-10:45am	4/15-6/10	9	\$159	ODRC
152613-01	Sa	10-10:45am	6/24-8/26	10	\$179	ODRC

### 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.

444210-01	Sa	9-9:30am	4/15-6/3	7	\$135	CQRC
444210-02	Sa	9:45-10:15am	4/15-6/3	7	\$135	CQRC

### Artistic Drawing with Young Rembrandts

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

teach elementary students useful drawing skills, while developing creative thinking strategies. Students deconstruct complex objects into familiar shapes; then use problem-solving and imagination to make their own works of art. Innovative reasoning skills are developed through creativity, collaborative communication, and critical thinking. A variety of engaging images challenge students with realistic, abstract and graphic art styles. Our Artistic Drawing curriculum develops academically relevant skills, including spatial-motor planning, mental discipline and fine motor skills, while providing a fun, enriching experience for our students. New lesson every week with six-year curriculum!

452626-01	Sa	10-11am	4/15-6/3	8	\$169	ODRC
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### Safari Animals Drawing with Young Rembrandts

**Ages 6-10.** Go on a Safari adventure with Young Rembrandts with this Young Rembrandts class! We will explore the exciting land and many animals that inhabit Africa. In this session, we will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. Our exploration through Africa allows for a bounty of adventure and creativity.

152626-01	Sa	10-11am	6/24-8/12	8	\$169	ODRC
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### ART BOX Game Time

**Ages 6-12.** Come make new friends and experience 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.

443826-01	Sa	11am-1pm	4/15-6/3	8	\$129	MVRC
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## COOKING

### Sweet Treats (Cake Decorating)

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

444211-01	F	4:30-5:15pm	4/14-6/2	7	\$145	CQRC
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### 'The Kitchen Spot' Cooking Class

**Ages 18 & up.** Come and learn or spruce up your cooking skills with 'The Kitchen Spot'! A cooking class with a different food theme every week that is sure to knock your oven mitts off!



453617-01	Sa	10-11:30am	4/8-4/29	4	\$25	CHRC
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## Torpedo Factory Art Center

105 N. Union St. • **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 [torpedofactory.org](http://torpedofactory.org) to learn about free public events and exhibitions.



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



## Artist Professional Development Webinars

Free | Visit [AlexandriaVA.gov/Arts](http://AlexandriaVA.gov/Arts) to see all upcoming webinars.

Visit [alexandriava.gov/arts](http://alexandriava.gov/arts) or [torpedofactory.org/professional-development](http://torpedofactory.org/professional-development) for required preregistration.

### Writing & Talking About Your Artwork

Tues, March 28, 12-1:30 PM

This talk will cover the key written and verbal elements essential for communicating about your artistic practice, such as best practices for writing the artist statement and presenting your work. Presentation; open to artists of all disciplines.

### Marketing Strategies for Artists, Performers, and Creatives

Tues, April 25th, 12-1:30 PM

This session will focus on marketing strategies for artists, particularly digital marketing and social media. The presenter will cover strategies and advice for cultivating a digital audience and facilitating opportunities online. Presentation; open to artists of all disciplines.

### Valuing the Invaluable: Pricing Your Artwork

Tues, May 30, 12-1:30 PM

This panel discussion will explore ways to approach valuing your work as an artist. Acknowledging there are a variety of ways to approach this and no one correct formula, the webinar will engage a variety of expert perspectives from art advisors to gallerists. Panel; ideal for visual artists.

Professional Development Webinars via Zoom will take place the last Tuesday months and are presented in partnership with the New York Foundation for the Arts (NYFA).

## Arts Grant Program Online

The City of Alexandria's arts grant program is designed to support artistic excellence in the city by assisting arts organizations by providing affordable programs for Alexandrians 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 Office of the Arts at 703.746.5565, email [arts@alexandriava.gov](mailto:arts@alexandriava.gov) or visit [alexandriava.gov/arts](http://alexandriava.gov/arts).

## national poetry month

### Celebrate National Poetry Month in the City of Alexandria

Zeina Azzam, Poet Laureate, City of Alexandria, invites all Alexandrians to participate in National Poetry Month activities throughout the month of April. Schools, local businesses, libraries, and recreation centers will promote poetry writing and reading and encourage broad participation in the month-long celebration.

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

To learn how you can get involved in local poetry activities, e-mail: [poet@alexandriava.gov](mailto:poet@alexandriava.gov), or call Cheryl Anne Colton, Regional Program Director, Office of the Arts, at 703.746-5565, or visit: [www/alexandriava.gov/Arts](http://www/alexandriava.gov/Arts)

### Poem in Your Pocket Celebration

Zeina Azzam, Poet Laureate, City of Alexandria, will lead the "Poem in Your Pocket Celebration" on Thursday, April 27, 6:30 p.m., at the Athenaeum (201 Prince St.). The formal program begins at 7 p.m. She will be joined by winning poets of the 2023 DASHing Words in Motion program, who will have their poems displayed inside the DASH buses and trolleys in April and May. Limited seating will be available, so reservations are required. To make a reservation email [poet@alexandriava.gov](mailto:poet@alexandriava.gov).



# 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

### Fledglings **+ADULT**

**Ages 2-3 with adult.** Engage your toddler with nature and reading as we dive into the beautifully illustrated books of Eric Carle. Each session will involve a story, activity and outdoor exploration (weather permitting). Fee covers cost of all three sessions.

469801-01 W 10:30-11:15am 4/12,5/17,6/14 1 \$25 BFNC

### Nature Play **+ADULT**

**Ages 2-4 with adult.** You're invited to join our educator led nature play dates! Children will explore nature through hands-on activities both in and outdoors (weather permitting). Activities will vary each month and may include both structured and unstructured play. Participants are encouraged to sign up for all three sessions!

669825-01 Sa 11am-12pm 7/8 1 \$5 BFNC

669825-02 Sa 11am-12pm 8/5 1 \$5 BFNC

669825-03 Sa 11am-12pm 9/9 1 \$5 BFNC

### Little Adventures **+ADULT**

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

469800-01 F 10:30am-12pm 4/14,5/12,6/9 3 \$35 BFNC



### Insect Safari

**Ages 6-9.** What's the biggest, loudest, longest bug? We'll investigate the world of insects as we explore our park and meet some of the insects that reside there. Each child will receive a magnifying glass and an insect identification sheet to take home.

169843-01 Sa 1-2:30pm 6/17 1 \$5 BFNC

### Wildlife at Night

**Ages 6-9.** Have you ever wondered why owls hunt at night or why bats are not seen during the day? Join us as we learn all about Virginia's nocturnal wildlife! We will meet some of our nocturnal animal ambassadors and go on a hike through Dora Kelley Nature Park in search of these animals of the night.

169824-01 F 6-7:30pm 9/22 1 \$5 BFNC

### Composting

**Ages 6-10.** Have you ever wondered how soil is made? Join us to investigate the many benefits of composting, including the creation of nutrient rich soil! Participants will learn about what can be composted, different methods of composting, and have the opportunity to work with composted soil!

469824-01 Sa 10-11:30am 4/15 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.



### Echolocation

**Ages 6-11.** How do bats find their prey in the darkness? Join us as we explore the world of echolocation and learn about how animals use this adaptation in different ways. Program will include an evening hike, activity, and craft.

169857-01 F 6-7:30pm 7/7 1 \$5 BFNC

### Budding Herpetologists

**Ages 7-12.** Do you like reptiles and amphibians? If so, join us as we explore the world of herpetology! We will learn about some of our resident reptiles and amphibians as well as how to identify them.

469803-01 Sa 2-3:30pm 4/29 1 \$5 BFNC

### Who's Eating Who?

**Ages 8-12.** Join us to learn all about food webs and how animals are connected to one another. Program includes activities and crafts.

169801-01 Sa 10-11am 7/22 1 \$5 BFNC

### Bird Homes

**Ages 8-12.** Springtime is when birds are building their nests or migrating back to their summer homes. Join us to learn about how birds construct their homes. Participants will build a bird house to bring home.



469840-01 Sa 10:30-11:30am 4/8 1 \$5 BFNC

### Return of the Birds

**Ages 8-12.** Springtime is when birds are building their nests or migrating back to their summer homes. Join us on a guided hike to learn about which birds we will be welcoming back to our area in the Spring!

469840-02 Sa 10:30-11:30am 5/13 1 \$5 BFNC

### Clues to the Past

**Ages 12-18.** Have you ever wondered how we learn about what the weather was like before there were people? Scientists look for clues about past climates through tree rings, ice bubbles, and fossils. Learn why this all matters and how it could help us predict our future climate. Become a climate investigator and try some of these techniques for yourself!

469842-01 Sa 2-3pm 6/3 1 \$5 BFNC

### Why Can't Ostriches Fly?

**Ages 13-18.** Why can most birds fly but some like ratites and kiwi birds cannot? How does this lack of flight help or hinder their survival? Learn about the physics of flight and the anatomy of birds which makes it possible.



169802-01 Sa 2-3pm 8/26 1 \$5 BFNC

## 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).

# 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.



## 2023-24 School Year Power-On

**Ages 5-12.** In Kindergarten through Grade 6. Get Your Adventure On is our theme this summer! Discover creative and performing arts, traditional recreation activities, sports, health and fitness, holiday and family events and more! Participants are encouraged to develop a sense of camaraderie and an understanding of teamwork! Open to City of Alexandria residents only. Holiday and registration maximum and minimum vary by location. Program meets 2:30-6pm when ACPS schools are open at the following locations: Ages 5-12. JAES, DMES, CBRC, CHRC, CKRC, FDES, MVRC, PHRC, WRRC



## 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 4/3-7, 4/10, 5/29 and 6/16.

443003-01 M-F 2:30-6pm 4/11-6/16 47 \$399 NLRC

## Kids Day Out TR

**Ages 5-15 for General Recreation and Ages 6-21 for Therapeutic Recreation participants.** Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Before Care services are available. Please contact the Nannie J. Lee office for more information or to sign up at 703.746.5535.

403001-01 M 9am-6pm 4/10 1 \$35 NLRC  
403001-02 F 9am-6pm 6/16 1 \$35 NLRC

## 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 4/3-7, 4/10, 5/29 and 6/16.



403001-01 M-F 2:30-6pm 4/11-4/28 14 \$149 NLRC  
403001-02 M-F 2:30-6pm 5/1-6/16 33 \$149 NLRC

## 2023-24 School Year Power On Registration begins June 28

Registration Process details will be available at [alexandriava.gov/recreation](http://alexandriava.gov/recreation) by May 1.

### School Year Power-On Financial Assistance Pre-Registration

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

Pre-registration opens June 12 and ends June 17. Families will be notified of their eligibility via email or by phone beginning June 21. General online only registration begins June 28 at 9am (online only). In-person and online registration begins June 29, until all openings are filled. Pre-Registration forms can be completed online or completed on-site at one of the neighborhood recreation centers or Summer OSTP locations during regular program hours.

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

#### Financial Assistance Procedures:

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

Fees subject to change starting July 1.

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

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

	PAGE	age in years																	
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54
<b>Aquatics</b>																			
<b>Swimming</b>																			
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 Advanced Swim	5																	●	●
Adult Intermediate Swim	5																	●	●
Adult Intermediate/Advanced Swim	5																	●	●
Adult Beginner Swim	5									●	●	●	●	●	●	●	●	●	●
Lifeguard Prep	5									●	●	●	●	●	●	●	●	●	●
Lifeguard Ready	6									●	●	●	●	●	●	●	●	●	●
Lifeguard Training	6									●	●	●	●	●	●	●	●	●	●
Masters Swimming	6																	●	●
Preschool & Me	2	●	●	●															
Teen Swimming	5									●	●	●	●	●	●	●	●	●	●
Wahoo Swim Team	5					●	●	●	●	●	●	●	●	●	●	●	●	●	●
Water Explorers 1*	2	●	●	●															
Water Explorers 2*	2	●	●	●															
We Aquatics	6			●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>Aqua Aerobics</b>																			
Aqua Aerobics	6																	●	●
Aqua Bootcamp	7																	●	●
Aqua Exercise for Seniors	7																	●	●
Aqua Spin	7																	●	●
Aqua Zumba	6																	●	●
BLT (Buns, Legs & Tummy)	7																	●	●
Blue Octopus Scuba	7																	●	●
Deep Water Aqua Aerobics	6																	●	●
Get in Deep w/Candice	6																	●	●
Hi/Lo Water Aerobics	7																	●	●
Water Walking	6																●	●	●
<b>Aquatics Events</b>																			
Water Safety Day	7	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
World's Largest Swim	7	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dive in Movie Night	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+
<b>Exercise &amp; Fitness</b>																				
<b>Mind/Body Wellness</b>																				
Beginner Yoga Series	8																		●	●
Candlelight Yoga	8																		●	●
Essentrics: Age Reversing Stretch	8																		●	●
Evening Flow Yoga	8																		●	●
Gentle Yoga	8																		●	●
Pilates	8																		●	●
Private Yoga Lessons	8																		●	●
Senior Stretching	9																		●	●
Stretch and Flow Yoga	8																		●	●
Yoga at the Waterfront	8																		●	●
Yoga for Healthy Aging Series	9																		●	●
Yoga Under the Stars	8																		●	●
<b>Cardio Workout</b>																				
Crank -n- Move	9																		●	●
HIIT Training for Teens	9											●	●	●	●	●	●	●	●	●
Hula Hoop Fusion	9																		●	●
Jazzercise	9																	●	●	●
Teen Weight Training	9											●	●	●	●	●	●	●	●	●
Stroller Strides	9																		●	●
Zumba	9																		●	●
Zumlates	9																		●	●
<b>Cardio &amp; Strength</b>																				
Adult Cardio & Weight Training	10																		●	●
BodyBlast Bootcamp	10																		●	●
BodyBlast Cardio/Core	10																		●	●
Boxercise	9																		●	●
ChinquaCircuit	10																		●	●
ChinquaCircuit Gold	11																		●	●
Hip Hop Fitness & Circuit	11																		●	●
Outdoor HIIT	10																		●	●
Senior Body Part Aerobics	11																		●	●
Senior Cardio & Weight Training	11																		●	●
Shadow Boxercise Level 1	10																		●	●
The Beast Workout	10											●	●	●	●	●	●	●	●	●
Total Body Conditioning	10																		●	●
Walk & Fit Training	11																		●	●

# fun finder index

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

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
<b>Sports Classes &amp; Leagues</b>																				
<b>Tumbling Classes</b>																				
Baby Tumbling*	11	●	●	●																
Basic Tumbling	11				●	●	●	●	●											
Gymnastics I	11				●	●	●	●	●	●	●	●	●	●						
Mom/Dad & Me Tumbling*	11	●	●	●																
Movement & Gymnastics	11	●	●	●	●															
<b>Soccer Classes</b>																				
Excite Soccer	12		●	●	●	●														
Little Champions Soccer	12						●	●	●											
Little Kicks	12			●	●	●														
Little Kicks and Me*	12	●	●																	
Soccer Tots	12	●	●	●	●	●														
<b>Racquet Sports Classes</b>																				
Adult Beginner Tennis Lessons	13																		●	●
Adult Tennis 1	13																		●	●
Adult Tennis 2	13																		●	●
Adult Pickleball Level I	13																		●	●
Adult Pickleball Level II	13																		●	●
Adult Pickleball Level III	13																		●	●
Adult Outdoor Pickleball	13																		●	●
Advantage Kids Tennis	13					●	●	●	●	●	●	●	●	●	●	●				
Advantage Middle School Tennis	13									●	●	●	●							
Cardio Tennis	13																		●	●
Fun & Fundamentals Tennis 1 & 2	12					●	●	●	●	●	●	●	●							
Intermediate Pickleball	14																		●	●
Intro to Pickleball	13																		●	●
Tennis 4 Kids	12		●	●	●	●														
Youth Pickleball	13					●	●	●	●	●	●	●	●							
<b>Additional Sports Classes</b>																				
Alexandria City Track & Field Meet	15					●	●	●	●	●	●	●	●							
Alexandria Titans Indoor Track	15					●	●	●	●	●	●	●	●							
Alexandria Titans Track & Field	15					●	●	●	●	●	●	●	●							
Basketball Drills & Skills	15					●	●	●	●	●	●	●	●							
Beach Volleyball Clinic	15					●	●	●	●	●	●	●	●							
First Down Flag Football	14			●	●	●	●	●												
Fencing	15									●	●	●	●	●	●	●	●	●	●	●
Girls Softball Clinic	15					●	●	●	●	●	●	●	●							
Grand Slam T-Ball	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+
Hoop Life Basketball Skills Academy	15										●	●	●	●	●					
Intro to Rugby Series	14			●	●	●	●	●	●	●	●	●	●							
Jump Shots for Kids	15					●	●	●	●											
Jump Shots for Tots	14		●	●	●	●														
Lil' Pro Sports	14		●	●	●															
Little Athletes & Me*	14	●	●																	
Little Athletes & Me	14		●	●	●															
Martial Arts 4 Kids	14		●	●	●	●	●	●	●											
MiKiDo Ruff & Tumble	14		●	●	●															
Nerf Fencing	15					●	●	●	●	●	●	●								
Roller Skating for Fitness & Fun	15					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Rookie Baseball Clinic	14			●	●	●	●	●												
Run Shoot Basketball	14			●	●	●	●	●												
Skateboarding 4 Kids	15					●	●	●	●	●	●	●	●	●						
Ultimate Frisbee Clinic Series	15					●	●	●	●	●	●	●								
<b>Leagues</b>																				
Coed Soccer	16																		●	●
Coed Softball	16																		●	●
Coed Volleyball	16																		●	●
Girls' Field Hockey League	16									●	●	●	●	●	●	●				
Johnson & Siebert Teen Basketball League	16													●	●	●	●	●	●	●
Miracle Baseball League of Alexandria	16					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
T-Ball & Coach Pitch Baseball	16			●	●	●	●	●												
<b>Enrichment</b>																				
<b>Education</b>																				
B.E.A.R.*	17	●	●	●	●	●														
<b>Socialize</b>																				
Book Club: The Great Work of Your Life	17																			●
Kid Rock Social Hour*	17	●	●	●	●															
Lego Lab	17					●	●	●	●	●	●	●	●							
Let's Lego (Ramsay Builder's Club)	17					●	●	●	●	●	●	●	●							
Magnus Chess Club-Beginners	17					●	●	●	●	●	●	●	●							
<b>Technology &amp; Science</b>																				
Coding in Minecraft with LUA	17					●	●	●	●	●	●	●	●	●						
Roblox and Game Design	17					●	●	●	●											
Science Art Mania	17					●	●	●	●	●	●	●	●							
Spy Science	17					●	●	●	●	●	●	●								
The Science Seed	17		●	●	●	●														

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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>																					
<b>Ballet</b>																					
Ballet I	18						●	●	●	●											
Ballet II	18						●	●	●	●	●										
Ballet III	18						●	●	●	●	●	●	●								
Creative Ballet	18					●	●	●	●	●	●										
Pre-Ballet & Movement I	18	●	●	●																	
<b>Dance</b>																					
Ballroom Dance	19																		●	●	●
Creative Dance	18					●	●	●													
Creative Modern Dance	18					●	●	●													
Jazz Hip Hop Combo	18				●	●	●	●	●	●	●	●									
Modern Dance I	19					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Modern Tots	18		●	●	●																
Move with Me*	18	●	●	●																	
Social Dance	19																		●	●	●
<b>Music</b>																					
Groovy Guitar	19					●	●	●	●	●	●	●	●								
Group Piano	19					●	●	●	●	●	●	●	●								
Little Hands Music*	19	●	●	●	●	●	●	●	●												
Little Fingers Piano*	19	●	●	●	●																
My First Music Class*	19	●	●	●	●																
Private Music Lessons	19					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
<b>Visual Arts</b>																					
ART BOX Musical Theater Pop-Up	20	●	●	●	●																
ART BOX Game Time	20						●	●	●	●	●	●	●								
Artistic Drawing with Young Rembrandts	20						●	●	●	●	●										
Getting into Shapes	20		●	●	●	●	●														
Mini Doodlers	20		●	●	●	●															
Safari Animals Drawing with Young Rembrandts	20						●	●	●	●	●										
Twoosy Doodlers*	20	●	●	●																	
<b>Cooking</b>																					
Sweet Treats (Cake Decorating)	20						●	●	●	●	●	●									
'The Kitchen Spot' Cooking Class	20																			●	●
<b>Environmental Education</b>																					
<b>Nature</b>																					
Bird Homes	23									●	●	●	●								
Budding Herpetologists	23						●	●	●	●	●	●	●								
Clues to the Past	23													●	●	●	●	●	●	●	
Composting	22						●	●	●	●	●										
Echolocation	23						●	●	●	●	●	●									

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Fledglings	22		●	●																
Insect Safari	22							●	●	●	●									
Little Adventures	22			●	●	●														
Nature Play	22		●	●	●															
Return of the Birds	23								●	●	●	●	●							
Who's Eating Who?	23								●	●	●	●	●							
Why Can't Ostriches Fly?	23													●	●	●	●	●	●	●
Wildlife at Night	22							●	●	●	●									
<b>Out of School Time</b>																				
Kids Day Out	24						●	●	●	●	●	●	●	●	●	●	●	●	●	●
School Year Power-On	24						●	●	●	●	●	●	●	●	●					
TR Achieving Greatness	24								●	●	●	●	●	●	●	●	●	●	●	●
Youth Achieving Greatness	24								●	●	●	●	●	●	●					

\*Requires guardian and child participation

## RPCA Financial Assistance

RPCA encourages program participation from all City residents. If you, a member of your family, or a friend would like to participate in programs or activities and need of fee assistance in order to participate, please call 703.746.5414 or visit [alexandriava.gov/12288](http://alexandriava.gov/12288) for more information and to apply!

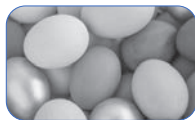


# community activities & events

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



## COMMUNITY ACTIVITIES



### Easter Egg Hunt & Crafts

**Ages 3-12.** The Easter Bunny is making a stop at Mt. Vernon for a morning of crafts and an egg hunt. Children under 5 must be with an adult.

483820-01 Sa 10am-12pm 4/8 1 \$15 MVRC

### Parents Night Out

**Ages 5-12.** Mom and Dad, have a fun night with friends while we entertain your kids! The kids will enjoy gym games and movies. Pizza, drink and a snack will be provided. This program is for youth grades kindergarten - 5th grade.

483816-01 F 6:30-9pm 4/28 1 \$25 MVRC

### Mother's Day Spa

**Ages 5-12.** Make Mother's Day memorable. Grab your favorite little girl and come out for an afternoon of Spa treatments. Moms and daughters will enjoy great food, facials, massages and manicures.

483819-01 Sa 11am-1pm 5/13 1 \$25 MVRC

### Family Red Ball Social

**Ages 5 & up.** New to tennis? Old to tennis? Doesn't matter! If you've never played with Red balls, get ready! They make a good thwok when you hit them, and anyone with basic hitting ability can play. We'll provide everything but you and your water bottles. You can bring your kids, or not. Beginner, intermediate, advanced players, come out and play!

423108-01 Su 5:30-6:30pm 5/7 1 \$0 LCCM

### Durant Brunch Bunch

**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!

485202-01 Sun 10am-2pm 4/23 1 \$15 ODCR

485202-02 Sun 10am-2pm 5/21 1 \$15 ODCR

### Nerf the Turf

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

484002-01 F 6:30-8:30pm 4/14 1 \$15 PHES

484002-02 F 6:30-8:30pm 4/28 1 \$15 PHES

484002-03 F 6:30-8:30pm 5/12 1 \$15 PHES

484002-04 F 6:30-8:30pm 6/2 1 \$15 PHES

### Triples Adult Social

**Ages 18 & up.** Meet new players, triple your fun and get some healthy exercise with the fast-moving games. A play-based hour of fun for all levels, let the games begin! Come out and play with us!

423109-01 F 6-7pm 5/19 1 Free LCCM

### Adult Sports - Pop Up & Play Nights

**Ages 18 & up.** Are you looking for an outlet after work and a way to connect with your community? Join us for a few pop-up nights to play sports: Basketball (Ewald Park on April 4), Kickball (Lenny Harris Park on April 18), and Flag Football (Lenny Harris Park on May 2).

423233-01 Tu 6:30-9:30pm 4/4 1 Free EWPK

423233-02 Tu 6:30-9:30pm 4/18 1 Free BDPK

423233-03 Tu 6:30-9:30pm 5/2 1 Free BDPK

### Annual Senior Appreciation - Spirit Cruise Outing 55+

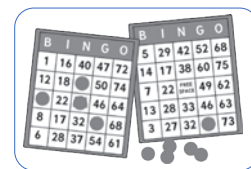
**Ages 55 & up.** May is Senior Citizen Month. This year's celebration for recognition and appreciation of our seniors will take place on the Spirit Cruise (Spirit of Washington). Seniors will cruise on the Potomac River and enjoy spectacular sightseeing, lunch, and live entertainment.

483703-01 F 11am-4pm 6/2 1 \$80 pp CKRC

### Family BINGO Night

**All Ages.** Join us for the first William Ramsay Family BINGO night. Have fun filling in your card with your friends and family while trying to win one of our many wonderful BINGO prizes. You feeling lucky?

484102-01 F 6:30-8pm 4/14 1 \$9 WRRC



### Family Movie Night

**All Ages.** It's Back! Annual Family Movie Night! An exciting family and community event where participants will enjoy free popcorn, cotton candy, drinks, trivia, and a (PG) movie for the entire family to enjoy. All participants will have the option to bring their blankets and chairs for a comfortable and enjoyable evening of family fun. \$5 per person and \$15 for a family of 4.

483710-01 F 6:30-8:30pm 6/9 1 \$5 CKRC

183710-01 F 6:30-8:30pm 7/21 1 \$5 CKRC

### Family Ultimate Game Night!

**All Ages.** This ultimate game night showdown for families who think they have what it takes to compete in several rounds of the ultimate table games, trivia, ping pong, air hockey, foosball and bball. Come out and show your families skills!

483711-01 F 6:30-8pm 4/28 1 Free CKRC

## Pop Up Rec

**All Ages.** We will have lots of outdoor games and activities planned for The Pop-Up Rec! We will deliver the fun – you provide the smiles. FREE to the public. No registration is required, just show up!

484020-01	Sa	10-11:30am	4/29	1	Free	PHES
484020-03	W	6:30-7:30pm	5/3	1	Free	PHES
484020-02	Sa	10-11:30am	5/13	1	Free	PHES
484020-04	W	6:30-7:30pm	5/17	1	Free	PHES

## Family Cosmic Skate

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

183709-01	F	6:30-8:30pm	5/26	1	\$5	CKRC
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## Family Movie Night

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483710-01	F	6:30-8:30pm	6/9	1	\$5	CKRC
183710-01	F	6:30-8:30pm	7/21	1	\$5	CKRC

## Family Fun Day 2023 presented by Amazon

**All Ages.** Come join the William Ramsay Recreation Center and the Center for Alexandria's Children for a day of food, fun, performances, games, face painting, community resources, and more. Family Fun Day! 2023 presented by Amazon is a day to honor and celebrate family. This event is FREE and for all ages.

484100-01	Sa	10am-2pm	6/10	1	Free	WRRC
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## Pre-Fathers Day Cookout

**All Ages.** Come and join us on Saturday, June 17, 2023, for our Pre-Father's Day Cookout at Leonard CKRCreation Center.

This day is to honor the dads with a day of grilling and indoor activities that will keep our Dads active as they compete in various activities such as 3-on-3 basketball, pool tournament, tug of war, three-legged race, and much much more for bragging rights. The exciting event is for the entire family to enjoy. \$5 per person; \$15 for a family of 4.

183706-01	Sa	11am-4pm	6/17	1	\$5	CKRC
-----------	----	----------	------	---	-----	------



## Family Hike

**All Ages.** Join us for a hike along Holmes Run Trail. Walking from the William Ramsay Rec Center to Ben Brenman Park, families can enjoy nature while playing a fun scavenger hunt. At the park, families will have an opportunity to play and recharge with snacks before the return hike.

484101-01	Sa	1-4pm	6/17	1	\$5	WRRC
-----------	----	-------	------	---	-----	------

## Community Family Picnic

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

183705-01	F	6:30-8pm	7/7	1	Free	CKRC
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## Annual Dog Swim

Friendly dogs of all sizes will enjoy an end of summer dip in Warwick Pool! All dogs must have proof of up-to-date rabies vaccination.

134217-01	Sa	11-11:45am	9/16	1	Free	WWPL
134217-02	Sa	12-12:45pm	9/16	1	Free	WWPL
134217-03	Sa	1-1:45pm	9/16	1	Free	WWPL
134218-01	Su	11-11:45am	9/17	1	Free	OTPL
134218-02	Su	12-12:45pm	9/17	1	Free	OTPL
134218-03	Su	1-1:45pm	9/17	1	Free	OTPL

## 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), visit [alexandriava.gov/arts](http://alexandriava.gov/arts) to submit online, 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 Events & Public Space Activation (EPSA) at 703.746.5419.



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

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

## APRIL

1

### **Alexandria Earth Day** presented by City of Alexandria

Celebrate with Us All Month Long, visit [alexandriava.gov](http://alexandriava.gov) for the full listing of events.



22

### **Alexandria Spring Invitational Cheer Competition**

2-4pm · Alexandria City High School · 3330 King St. · Tamika Coleman: 703.746.54081 or [tamika.coleman@alexandriava.gov](mailto:tamika.coleman@alexandriava.gov)

## MAY

6

### **RPCA Fun Run** presented by City of Alexandria

8:30-9:30am · Armistead L. Boothe Park, 520 Cameron Station Blvd.  
Jacquay Plummer: 703.746.5434 or [jacquay.plummer@alexandriava.gov](mailto:jacquay.plummer@alexandriava.gov)

6

### **RecFest** presented by City of Alexandria

10am-2pm · Armistead L. Boothe Park, 520 Cameron Station Blvd.  
Glen Harriott: 703.746.5557 or [gladstone.harriott@alexandriava.gov](mailto:gladstone.harriott@alexandriava.gov)



19

### **Bike to Work Day** presented by City of Alexandria

6:30-8:30am · Market Square, 301 King St. · Renee Moore: 703.746.4079 or [renee.moore@alexandriava.gov](mailto:renee.moore@alexandriava.gov) · [biketoworkmetrodc.org](http://biketoworkmetrodc.org)

## JUNE

6

### **75th D-Day Commemoration** presented by Alexandria-Caen Sister City Committee

11:30am-5pm · Market Square, 301 King St. · Kerem Bilge: [kerem\\_bilge@hotmail.com](mailto:kerem_bilge@hotmail.com)

10

### **Civil War Camp Day** presented by City of Alexandria

10am-4pm · Fort Ward Park, 4301 Braddock Rd. · Susan Cumbey: 703.746.4848 or [susan.cumbey@alexandriava.gov](mailto:susan.cumbey@alexandriava.gov)

16

### **Alexandria Jazz Festival** presented by City of Alexandria

6-9pm · Waterfront Park, 1A Prince St. · Special Events Hotline: 703.746.5592 or [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)

## JULY

8

### **247th Annual USA / 274th Alexandria Birthday Celebration** presented by City of Alexandria

8:30-10pm · Oronoco Bay Park, 100 Madison St. · Fireworks Rain Date: July 9  
Special Events Hotline: 703.746.5592 or [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)





# PARTY PACKAGES



## Parties Galore!

### Pool Party

\$149 resident/\$184 nonresident

1 hr. pool and 2 hr. party room for children ages 6 & up, adults free.  
Max 19. *Optional add-ons: Balloon package \$25*

**Chinquapin Park Recreation Center & Aquatics Facility**

### Soft Play Party

\$149 resident/\$184 nonresident

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

**Charles Houston Recreation Center**

**Chinquapin Park Recreation Center & Aquatics Facility**

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

### Nature Friends Party

\$275 resident/\$300 nonresident

2 hr. party featuring a naturalist-led hike, a visit from  
some of your favorite live animals, and an animal feeding  
for 15 children ages 4-12.

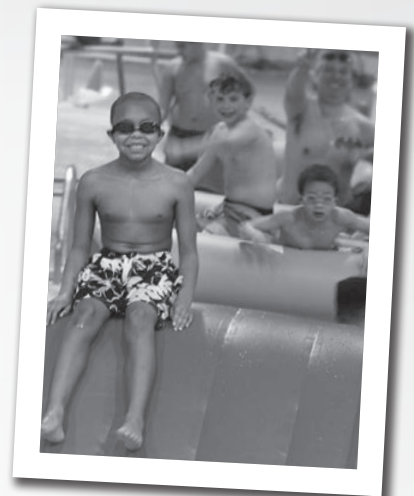
**Jerome "Buddie" Ford Nature Center**



## 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, March 15 at 9 am**  
Nonresident registration begins **Friday, March 17 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)



### Walk In

- Complete all information on the registration form including signature and bring to the Registration and Reservation Office, Lee Center, 1108 Jefferson St., Alexandria, VA 22314.
- Payment by credit card (Visa/MasterCard), cash, money order, or check payable to "City of Alexandria."



### Mail-In

- Mail completed registration form to the Registration and Reservation Office, Lee Center, 1108 Jefferson St., Alexandria, VA 22314.
- Payment by check payable to "City of Alexandria."
- Mail-in registration takes at least 5 days to process. Mail-in registration DOES NOT guarantee placement in a class.

**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 information

## AGES 55 & UP



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

### POWER PLUS PARTNERS

#### Northern Virginia Senior Olympics

The 2023 Olympics will be held on September 9-24 at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, and Prince William. Over 800 adults ages 50-100 years of age competed in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, Scrabble, table tennis and many more. For information visit the NVSO website at [nvso.us](http://nvso.us). Registration begins July 6 and ends August 31.

**Successful Aging Committee** is a collaborative group providing several City-wide activities for older adults of Alexandria. Watch for registration information on 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, case management, home delivered meals, health insurance, counseling, and volunteer opportunities. For more information, call 703.746.5999.



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

*The Senior Center at Charles Houston, 703.746.5456*

*St. Martin de Porres Senior Center, 703.751.2766*

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

*Adult Day Services Center, 703.746.5676*

**Senior Services of Alexandria** (SSA) is a local non-profit organization that offers support and services to seniors living in the City of Alexandria, including Meals on Wheels, DOT Paratransit reservations, Companion Care Assistance, Senior Information Corners, monthly Senior Speaker Series events and the new Friendly Visitor Program. For more information, call 703.836.4414 x10, or visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org).



## Connect With Us

Scan the QR codes below with any mobile reader for quick access to the latest news, events, information and conversations with the Department of Recreation, Parks & Cultural Activities.



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



Visit us online

[facebook.com/RPCAAlexandriaVA](https://facebook.com/RPCAAlexandriaVA)

Like us on Facebook



Follow us on Instagram

[alexandriava.gov/RPCA/instagram](http://alexandriava.gov/RPCA/instagram)



Sign up for eNews


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



## 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!**

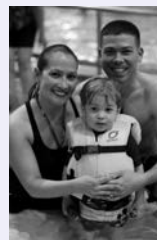
Programas y actividades están disponibles para todas las edades, incluyendo Clases de Natación, Campamentos, Ejercicios & Buena Forma, Ligas Deportivas, Creatividad & Desempeño Artístico, Eventos Especiales, Educación Ambiental, Clases de Enriquecimiento, Programas de Tareas Dirigidas, Recreación Terapéutica, 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 42.

La Ciudad posee y maneja 500 acres of parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Ciudad y el hermoso waterfront. Ver en página 36 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.

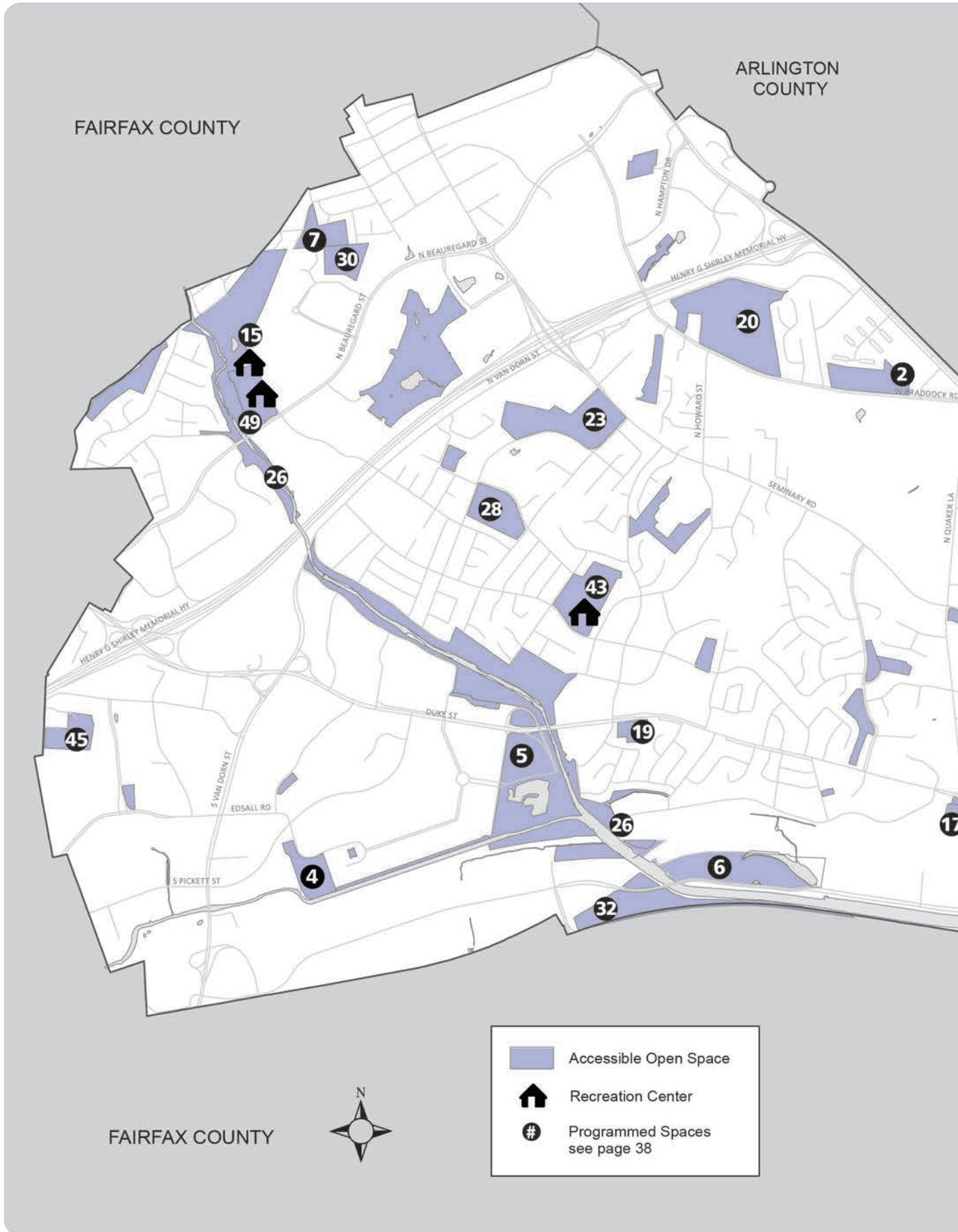
Adicionalmente, el Departamento coordina patrocinios de la Ciudad y eventos privados y maneja el fondo de arte y las Galerias de la Ciudad.



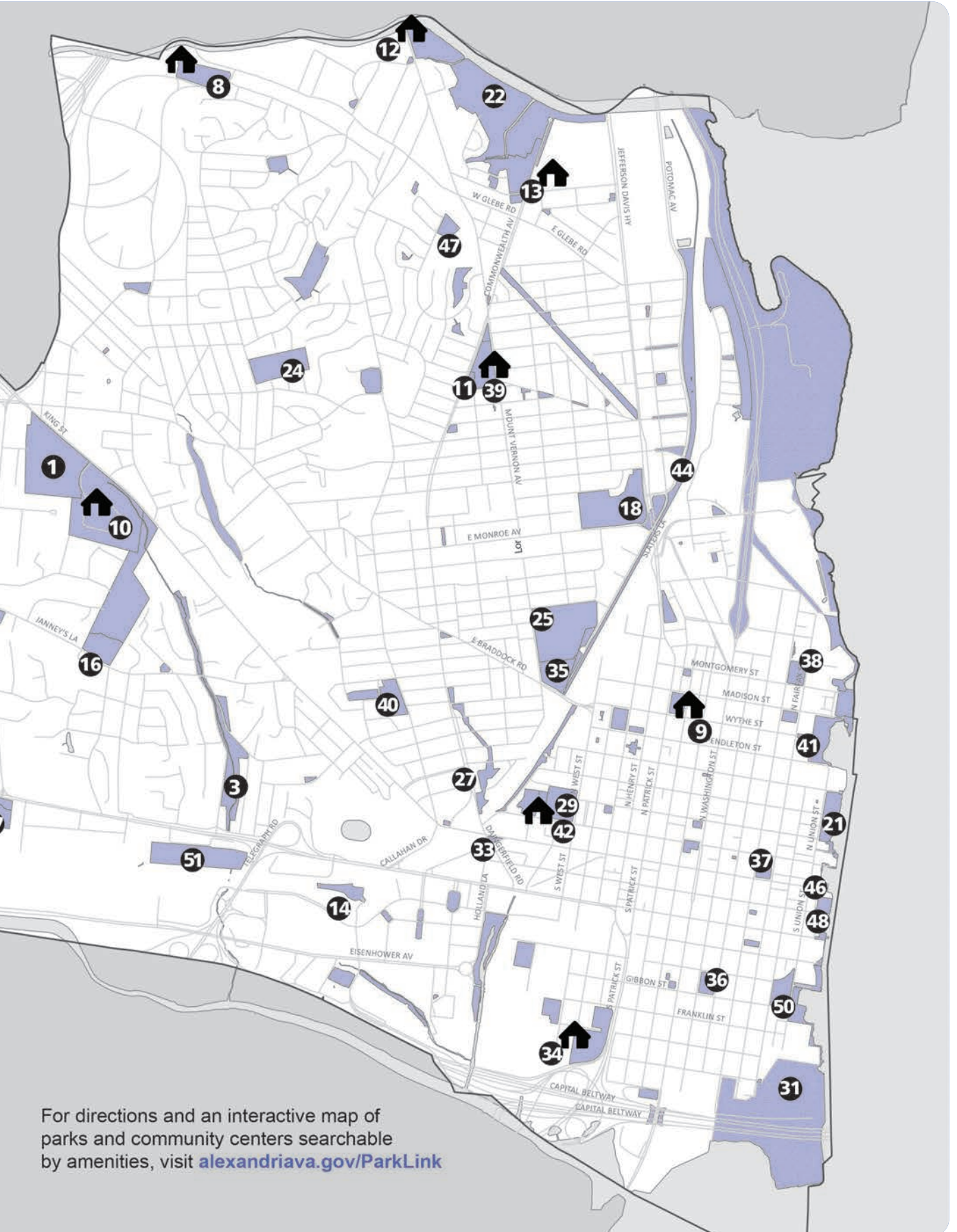
Para registrarse para programas o hacer reservaciones para picnic o uso de instalaciones, visite [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation) o contacte la oficina de registraciones y reservaciones de Lunes a Viernes de 9am a 7pm por el teléfono 703.746.5414 o en persona al Lee Center, 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

1	<b>Alexandria City High School</b> 3330 King St.	    
2	<b>Alexandria City High School</b> <b>Minnie Howard Campus</b> 3801 W. Braddock Rd.	     
3	<b>Angel Park</b> 201 West Taylor Run Parkway	   
4	<b>Armistead L. Boothe Park</b> 520 Cameron Station Blvd.	       
5	<b>Ben Brenman Park</b> 4800 Brenman Park Dr.	          
6	<b>Cameron Run Regional Park/Lake Cook</b> <b>(NOVA Parks)</b> 3699 Eisenhower Ave.	    
7	<b>Chambliss Park</b> 2505 N. Chambliss St.	     
8	<b>Charles Barrett School &amp; Recreation Center</b> 1115 Martha Custis Dr.	     
9	<b>Charles Houston Recreation Center</b> 901 Wythe St. <i>Pool Seasonal</i>	    
10	<b>Chinquapin Park Recreation Center &amp; Aquatics</b> <b>Facility / Forest Park</b> 3210 King St.	          
11	<b>Colasanto Center</b> 2704 Mt. Vernon Ave.	  
12	<b>Conservatory Center at Four Mile Run Park</b> 4109 Mt. Vernon Ave.	   
13	<b>Cora Kelly School &amp; Leonard "Chick" Armstrong</b> <b>Recreation Center</b> 25 W. Reed Ave.	    
14	<b>Dog Park at Carlyle</b> 450 Andrews Ln.	 
15	<b>Dora Kelley Nature Park</b> 5750 Sanger Ave. <b>Jerome "Buddie" Ford Nature Center</b>	   
16	<b>Douglas MacArthur School</b> 1101 Janney's Ln.	    
17	<b>Eugene Lockett Field</b> 3540 Wheeler Ave. <b>Schuyler Hamilton Jones Skateboard Park</b>	   
18	<b>Eugene Simpson Stadium Park</b> 426 E. Monroe Ave.	       
19	<b>Ewald Park</b> 4452 & 4500 Duke St.	    
20	<b>Fort Ward Park</b> 4301 W. Braddock Rd. <b>Fort Ward Athletic Facility</b> 4421 W. Braddock Rd.	        
21	<b>Founders Park</b> 351 N. Union St.	    
22	<b>Four Mile Run Park</b> 3700 Commonwealth Ave.	         
23	<b>Francis C. Hammond Middle School</b> 4646 Seminary Rd.	   
24	<b>George Mason Elementary School</b> 2601 Cameron Mills Rd.	       
25	<b>George Washington School and Park</b> 1005 Mt. Vernon Ave.	     
26	<b>Holmes Run Park System</b> Holmes Run Pkwy. <b>Tarleton Park</b> S. Jensen St.	    
27	<b>Hooff's Run Park and Greenway</b> 18 A E. Linden St.	      
28	<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 41 for event sites and information about hosting special events.



# programmed parks & facilities

<b>29</b>	<b>Jefferson Houston Elementary School</b> 1501 Cameron St.	   
<b>30</b>	<b>John Adams Elementary School &amp; Recreation Center</b> 5651 Rayburn Ave.	   
<b>31</b>	<b>Jones Point Park (National Park Service)</b> 100 Jones Point Dr.	 
<b>32</b>	<b>Joseph Hensley Park</b> 4200 Eisenhower Ave.	  
<b>33</b>	<b>King Street Gardens Park</b> 1806 King St.	       
<b>34</b>	<b>Lee Center &amp; Nannie J. Lee Recreation Center</b> 1108 Jefferson St.	  
<b>35</b>	<b>Lenny Harris Memorial Fields at Braddock Park</b> 1005 Mt. Vernon Ave.	  
<b>36</b>	<b>Lyles Crouch Elementary School</b> 530 S. Saint Asaph St.	 
<b>37</b>	<b>Market Square</b> 301 King St.	   
<b>38</b>	<b>Montgomery Park</b> 901 N. Royal St.	      
<b>39</b>	<b>Mt. Vernon Elementary School &amp; Recreation Center</b> 2701 Commonwealth Ave.	    
<b>40</b>	<b>Naomi L. Brooks School</b> 600 Russell Rd.	      
<b>41</b>	<b>Oronoco Bay Park</b> 100 Madison St.	     
<b>42</b>	<b>Oswald Durant Center</b> 1605 Cameron St. <b>Old Town Pool</b> <i>Seasonal</i> 1609 Cameron St.	    
<b>43</b>	<b>Patrick Henry Recreation Center</b> 4653 Taney Ave.	     
<b>44</b>	<b>Potomac Yard Park</b> 2051 Potomac Ave.	    
<b>45</b>	<b>Stevenson Park</b> 300 Stultz Rd.	
<b>46</b>	<b>Torpedo Factory Plaza, 105 N. Union St.</b> <b>City Marina, 0 Cameron St.</b>	 
<b>47</b>	<b>Warwick Pool</b> <i>Seasonal</i> 3301 Landover St.	  
<b>48</b>	<b>Waterfront Park</b> 1A Prince St.	
<b>49</b>	<b>William Ramsay Elementary School &amp; Recreation Center</b> 5700 & 5650 Sanger Ave.	       
<b>50</b>	<b>Windmill Hill Park</b> 501 S. Union St.	     
<b>51</b>	<b>Witter Recreational Fields</b> 2700 Witter Dr.	 

## LEGEND

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

\*Unfenced sites are marked with 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

\$149 resident/\$184 nonresident

1 hr. pool and 2 hr. party room for children ages 6 and up, adults free. Max 19. Optional add-ons: Balloon package \$25

**Chinquapin Park Recreation Center & Aquatics Facility**

### ★ Soft Play Party

\$149 resident/\$184 nonresident

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

**Charles Houston Recreation Center**

**Chinquapin Park Recreation Center & Aquatics Facility**

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

### ★ Nature Friends Party

\$275 resident/\$300 nonresident

2 hr. party featuring a naturalist-led hike, a visit from some of your favorite live animals, and an animal feeding for 15 children ages 4 to 12.

**Jerome "Buddie" Ford Nature 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 Open for pre-scheduled programming only.</p>	<input type="radio"/>				<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>						
 <p><b>Charles Houston Recreation Center</b> 901 Wythe St., 22314 • 703.746.5552 Mon-Thu: 9am-9pm, Fri-Sat: 9am-10pm, <i>Teens</i> - First Fri and Sat each month: 9am-midnight, Sun 1-5pm</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>		<input type="radio"/>	
 <p><b>Chinquapin Park Recreation Center &amp; Aquatics Facility</b> <i>Hours subject to change.</i> 3210 King St., 22314 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm</p>								<input checked="" type="radio"/>	<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
 <p><b>Leonard "Chick" Armstrong Recreation Center</b> <i>formerly Cora Kelly Recreation Center</i> 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri 9am-1:30pm and 6-9pm, Sat 9am-6pm</p>	<input type="radio"/>			<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>				<input checked="" type="radio"/>	<input type="radio"/>	
 <p><b>Oswald Durant Center</b> 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs and rentals.</p>	<input checked="" type="radio"/>						<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					<input type="radio"/>
 <p><b>Jerome "Buddie" Ford Nature Center</b> 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat 10am-4pm</p>									<input checked="" type="radio"/>						<input type="radio"/>
 <p><b>Lee Center</b> 1108 Jefferson St., 22314 • 703.746.5414 Registration and Reservation Office: Mon-Fri 9am-7pm</p>	<input checked="" type="radio"/>			<input checked="" type="radio"/>			<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					<input checked="" type="radio"/>
 <p><b>Mount Vernon Recreation Center</b> 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm</p>	<input type="radio"/>		<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					
 <p><b>Nannie J. Lee Recreation Center</b> 1108 Jefferson St., 22314 • 703.746.5550 Mon-Fri 9am-2pm and 6-9pm, Sat 9am-6pm</p>	<input type="radio"/>					<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>							
 <p><b>Patrick Henry Recreation Center</b> 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri 12-6pm</p>	<input type="radio"/>					<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>		<input checked="" type="radio"/>		<input type="radio"/>	
 <p><b>Torpedo Factory Art Center</b> 105 N. Union St., 22314 • 703.746.4570 Mon-Fri 9am-9pm, Sat 9am-6pm</p>									<input checked="" type="radio"/>						<input checked="" type="radio"/>
 <p><b>William Ramsay Recreation Center</b> 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9am-9pm; Sat: 9am-6pm <i>Teens</i> – Fri: 9-11pm; Sat: 6-11pm</p>	<input type="radio"/>		<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>					<input type="radio"/>	



# MAKE MEMORIES

*in your neighborhood*



**Reserve A  
Picnic Area Today!**  
Visit [alexandriava.gov/45756](http://alexandriava.gov/45756)

**Picnic areas are now available for reservation April through October:**

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



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

# Community Matching Fund



## IMPROVE YOUR COMMUNITY, WITH HELP FROM US!

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

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



*Teen Center at Charles Houston Recreation Center*

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

### WHAT IS THE COMMUNITY MATCHING FUND?

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

### HOW DO I GET STARTED?

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

**We are accepting applications starting  
April 6 through June 25, 2023.**

Contact us for more information or assistance.

*Lucresha Murphy-Tate – 703.746.5489*

[Lucresha.murphy@alexandriava.gov](mailto:Lucresha.murphy@alexandriava.gov)

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

# JUMP IN!

## to the 2023 Summer Pool Season

For more information on our pools and aquatics events, visit **ALEXANDRIAVA.GOV/AQUATICS**

- Are you interested in having a pool party? See pg 41 for more info or call 703.746.5553.
- We're now hiring for several positions including Lifeguards, Pool Operators, Pool Managers, Swim Coaches & Water Safety Instructors. Visit [alexandriava.gov/jobs](http://alexandriava.gov/jobs) to apply.



## 2023 OUTDOOR POOLS SCHEDULE & FEES

Teen (ages 13-17) Pass Sale, \$39 per teen, May 1-Jun 30 & 15% off outdoor season passes May 1-15 (Alexandria Residents Only)



**Season Passes:** Youth (5-17) \$53, Adult (18+) \$105, Senior (55+) \$84, Family (up to 4) \$288, Nonresident \$154  
**Daily Admission:** Child w/ paid adult (0-4) Free, Youth (5-17) \$3, Adult (18+) \$4, Senior (55+) \$3, Nonresident \$6

### OLD TOWN POOL

1609 Cameron St.



This complex includes a large pool with eight 25-yard lap lanes, diving well, separate 1-3 foot deep training pool w/ ramp for children. Adjacent picnic area, playground, free parking lot on site & DASH bus stop one block away

**May 27- Aug 13:** Sa, Su 12-5:45pm

**May 30- Jun 16:** Mon, Tue, Thu, Fri 4:30-7:45pm

**Jun 20- Aug 18:** Mon, Tue, Thu, Fri 12-7:45pm

**Aug 21- Sep 1:** Mon-Fri 7am-7:45pm

**Aug 19 - Sep 3:** Sa, Su 8am-5:45pm

**Holidays:** May 29, June 19, July 4, Sept 4  
10a-4:45p

### MEMORIAL POOL

901 Wythe St.



Small pool with beach entry & spray features. Ideal with families with small children or adults seeking therapeutic benefits. Free parking lot on site & DASH bus stop one block away. Wristbands purchased inside rec center.

**Jun 20-Aug 18:** Tue-Fri 10am-5:45pm

**Jun 17-Aug 18:** Sa, Su 10am-3:45pm

**Holidays:** June 19, July 4  
10a-4:45p

### WARWICK POOL

3301 Landover St.



This complex includes a six lane 25 yd. lap pool with accessible ramp entry. Water depth 0-5ft. Landover St Playground adjacent, limited free street parking & DASH bus stop two blocks away.

**May 27- Sep 3:** Sa, Su 11am-4:45pm

**May 30- Jun 16:** Mon, Wed-Fri 4:30-7:45pm

**Jun 20- Aug 18:** Mon, Wed-Fri 11am-6:45pm

**Aug 21- Sep 1:** Mon, Wed-Fri 4:30-7:45pm

**Holidays:** May 29, June 19, July 4, Sept 4  
10a-4:45p

Schedule subject to change. For current information, visit our website. For more information or to request a reasonable disability accommodation, contact [lisa.oneill@alexandriava.gov](mailto:lisa.oneill@alexandriava.gov) or 703.746.5436, Virginia Relay 711

**ALEXANDRIAVA.GOV/AQUATICS**





DEPARTMENT OF RECREATION,  
PARKS & CULTURAL ACTIVITIES

1108 Jefferson Street  
Alexandria, VA 22314-3999

# JOIN OUR TEAM!

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



HOURLY RATES OF  
**\$17.41** and up

## POSITIONS AVAILABLE:

- Lifeguard, \$17.41/hr
- Pool Operator, \$18.22/hr
- Recreation Leader I-IV, \$17.78-\$23.94/hr
- Therapeutic Recreation Leader, \$22.86/hr



Apply now and learn more:

**ALEXANDRIAVA.GOV/JOBS**