

Fall 2023 Program Guide

Alexandria

Department of Recreation, Parks & Cultural Activities



Sports Classes & Leagues pg. 11
Camps pg. 25
Fall Activities pg. 27

Registration Begins
Wednesday, August 9



HALLOWEEN EVENTS

HALLOWEEN FEST

SAT 10/14, 12-3 P.M. | FREE
CHICK ARMSTRONG REC CENTER

BOO-FEST

FRI 10/27, 6:30-8:30 P.M. | \$5/PERSON
CHARLES HOUSTON REC CENTER

FAMILY OCTOBER FEST

FRI 10/27, 6:30-8:30 P.M. | \$15/PERSON
PATRICK HENRY REC CENTER

FAMILY MASQUERADE BALL

FRI 10/27, 6:30-9 P.M. | \$9/PERSON
MOUNT VERNON REC CENTER

HALLOTEEN NIGHT

FRI 10/27, 7:30-10 P.M. | FREE
WILLIAM RAMSAY REC CENTER

FAMILY COSTUME BALL

SAT 10/28, 5-7 P.M. | FREE
WILLIAM RAMSAY REC CENTER



HOLIDAY EVENTS

CITY TREE LIGHTING

SAT 11/18, 6-8 P.M. | FREE
MARKET SQUARE

BREAKFAST WITH SANTA

SAT 12/9, 10 A.M.-12 P.M. | \$25/PERSON
MOUNT VERNON REC CENTER

CELEBRATE WITH SANTA

SAT 12/9, 11 A.M.-12:30 P.M. | \$9/PERSON
CHICK ARMSTRONG REC CENTER

FOR MORE INFORMATION
ON UPCOMING EVENTS,
VISIT OUR WEBSITE OR
FOLLOW US ON SOCIAL!



SCAN ME



ALEXANDRIA.VA.GOV/RPCA/EVENTS



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NEW!

Connect With Us

alexandriava.gov/RPCA/Social



IT'S BACK! Returning by popular demand.

INCLUSION Programs for all abilities.

+ADULT Adult participation required.

DROP-IN No registration required, show up.

NEW! New this season.

55+ Ideal for ages 55 & up. See pg.32.

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

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| ACTIVITY NUMBER | SECTION NUMBER | DAY | CLASS TIME | START & END DATE | NUMBER OF CLASSES | FEE | LOCATION |
|-----------------|----------------|-----|------------|------------------|-------------------|-------|----------|
| 222610-01 | | F | 11-11:45am | 9/28-10/26 | 12 | \$169 | NLRC |

CLASS SIZE
Min 6/ Max 10

M = Monday
Tu = Tuesday
W = Wednesday
Th = Thursday
F = Friday
Sa = Saturday
Su = Sunday

RECREATION CENTERS

BFNC Jerome Buddie Ford Nature Center 5750 Sanger Ave.
CBRC Charles Barrett 1115 Martha Custis Dr.
CHRC Charles Houston 901 Wythe St.
CKRC Leonard "Chick" Armstrong 25 West Reed Ave.
CQRC/CQPK Chinquapin Park & Aquatics Facility 3210 King St.
LEEC/LCCM Lee Center Complex 1108 Jefferson St.
MVRC Mount Vernon 2701 Commonwealth Ave.
NLRC Nannie J. Lee 1108 Jefferson St.
ODRC Oswald Durant 1605 Cameron St.
PHRC Patrick Henry 4653 Taney Ave.
WRRC William Ramsay 5650 Sanger Ave.

SCHOOLS/OTHER FACILITIES

ACHS Alexandria City High School 3330 King St.
ABPK Armistead L Boothe Park 520 Cameron Station Blvd.
BBPK Ben Brenman Park 4800 Brenman Park Dr.
DMES Douglas MacArthur Elementary School 1101 Janneys Ln.
FDES Ferdinand T. Day Elementary School 1701 N. Beauregard St.
FHMS Francis C. Hammond Middle School 4646 Seminary Rd.
GWMS George Washington School 1005 Mt. Vernon Ave.
JAES John Adams 5651 Rayburn Ave.
JHES Jefferson Houston School 1501 Cameron St.
JPES James K. Polk Elementary School 5000 Polk Ave.
LMFD Limerick Field 1800 Limerick St.
MGPK Montgomery Park 901 N. Royal St.
ODTPL Old Town Pool 1609 Cameron St.
PYPK Potomac Yard Park 2051 Potomac Ave.
SJSP Schuyler Jones Skatepark 3540 Wheeler Ave.
TFAC Torpedo Factory Art Center 105 N. Union St.
WRFD Witter Recreational Fields 2700 Witter Dr.

Your Experience Matters

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

- Responsive
- Courteous
- Professional
- Accountable

Your feedback is important to us!

Please tell us about your experience by completing the survey below:

alexandriava.gov/RPCA/Experience-Survey



The City of Alexandria Department of Recreation, Parks & Cultural Activities received national re-accreditation from the Commission for Accreditation of Park & Recreation Agencies (CAPRA) in September 2019. National accreditation requires that park & recreation agencies meet 155 standards representing elements of effective & efficient park & recreation operations.





Aquatics

alexandriava.gov/Aquatics

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.



Water Explorers 1 **+ADULT**

Ages 6 mo.-3 yr. with adult. You and your child will participate in activities designed to develop comfort and basic skills building the foundation for learning to swim. Skills include: how to properly support and hold your child in the water, how to safely enter and exit water, moving in the water, breath control, and introducing glides, back and front floats.

| | | | | | | |
|-----------|----|---------------|------------|----|-------|------|
| 234240-01 | Sa | 9-9:30am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234240-02 | Sa | 10:45-11:15am | 9/23-12/9 | 10 | \$125 | CQRC |
| 234240-03 | Su | 9:35-10:05am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234240-04 | Su | 11:20-11:50am | 9/24-12/10 | 11 | \$169 | CQRC |

Water Explorers 2 **+ADULT**

Ages 6 mo.-3 yr. with adult. Builds on skills learned in Water Explorers I. Through structured play, instructors will guide parents to work with their child developing skills for breath control, floating and gliding, rolling from front to back and arm and leg movement and entering/exiting the water.

| | | | | | | |
|-----------|----|---------------|------------|----|-------|------|
| 234240-05 | Sa | 9:35-10:05am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234240-06 | Sa | 11:20-11:50am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234240-07 | Su | 10:10-10:40am | 9/24-12/10 | 11 | \$169 | CQRC |

Alex Swim Preschool & Me **+ADULT**

Ages 2½-3 yr. with adult. This class is for preschoolers who are not ready to participate in a class independently. Your child will work with you and the instructor to develop basic swimming skills, such as breath control, water entry and exit, floating/gliding, rolling from front to back and arm & leg movement.

| | | | | | | |
|-----------|----|---------------|------------|----|-------|------|
| 234240-08 | Sa | 11:10-11:40am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234240-09 | Su | 9-9:30am | 9/24-12/10 | 11 | \$125 | CQRC |
| 234240-10 | Su | 10:45-11:15am | 9/24-12/10 | 11 | \$169 | CQRC |

Alex Swim Preschool 1

Ages 3-5. 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.

| | | | | | | |
|-----------|--------|-------------|------------|---|-------|------|
| 234248-01 | M | 3:45-4:15pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234248-02 | M | 5:05-5:35pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234248-03 | M | 5:45-6:15pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234248-04 | Tu, Th | 4:25-4:55pm | 9/19-10/12 | 8 | \$125 | CQRC |
| 234248-05 | Tu | 4:25-4:55pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234248-06 | Tu | 6:25-6:55pm | 9/19-11/7 | 7 | \$109 | CQRC |

| | | | | | | |
|-----------|--------|---------------|-------------|----|-------|------|
| 234248-07 | W | 4:25-4:55pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234248-08 | W | 5:05-5:35pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234248-09 | W | 6:25-6:55pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234248-10 | Th | 4:25-4:55pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234248-11 | Th | 5:45-6:15pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234248-12 | Sa | 9-9:30am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234248-13 | Sa | 9:40-10:10am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234248-14 | Sa | 11-11:30am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234248-15 | Su | 9-9:30am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234248-16 | Su | 10:20-10:50am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234248-17 | T, Th | 5:05-5:35pm | 10/17-11/9 | 10 | \$109 | CQRC |
| 234248-18 | M, W | 3:45-4:15pm | 11/13-12/13 | 9 | \$139 | CQRC |
| 234248-19 | M, W | 5:05-5:35pm | 11/13-12/13 | 9 | \$139 | CQRC |
| 234248-20 | M, W | 5:45-6:15pm | 11/13-12/13 | 9 | \$139 | CQRC |
| 234248-21 | Tu, Th | 5:05-5:35pm | 11/14-12/14 | 9 | \$139 | CQRC |

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.

| | | | | | | |
|-----------|--------|-----------------|-------------|----|-------|------|
| 234249-01 | M | 4:25-4:55pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234249-02 | M | 5:45-6:15pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234249-03 | Tu | 3:45-4:15pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234249-04 | Tu, Th | 5:05-5:35pm | 9/19-10/12 | 8 | \$125 | CQRC |
| 234249-05 | Tu | 6:25-6:55pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234249-06 | W | 4:25-4:55pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234249-07 | W | 5:05-5:35pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234249-08 | Th | 3:45-4:15pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234249-09 | Th | 5:05-5:35pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234249-10 | Sa | 9:40-10:10am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234249-11 | Sa | 11:40am-12:10pm | 9/23-12/9 | 10 | \$155 | CQRC |
| 234249-12 | Su | 9:40-10:10am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234249-13 | Su | 11-11:30am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234249-14 | Tu, Th | 4:25-4:55pm | 10/17-11/9 | 8 | \$125 | CQRC |
| 234249-15 | M, W | 4:25-4:55pm | 11/13-12/13 | 9 | \$139 | CQRC |
| 234249-16 | M, W | 6:25-6:55pm | 11/13-12/13 | 9 | \$139 | CQRC |

Alex Swim Preschool 3

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

| | | | | | | |
|-----------|----|-------------|-----------|---|-------|------|
| 234247-01 | M | 3:45-4:15pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234247-02 | M | 5:05-5:35pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234247-03 | Tu | 3:45-4:15pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234247-04 | Tu | 5:45-6:15pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234247-05 | W | 3:45-4:15pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234247-06 | W | 5:45-6:15pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234247-07 | Th | 4:30-5pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234247-08 | Th | 6:25-6:55pm | 9/21-11/9 | 8 | \$125 | CQRC |



Alex Swim Level 1

Ages 6-12. Intro 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).

| | | | | | | |
|-----------|--------|-----------------|------------|----|-------|------|
| 234241-01 | M | 3:45-4:15pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234241-02 | M | 5:05-5:35pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234241-03 | M | 6:25-6:55pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234241-04 | Tu | 5:05-5:35pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234241-05 | Tu, Th | 5:45-6:15pm | 9/19-10/12 | 8 | \$125 | CQRC |
| 234241-06 | W | 3:45-4:15pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234241-07 | W | 5:05-5:35pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234241-08 | W | 6:25-6:55pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234241-09 | Th | 4:25-4:55pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234241-10 | Sa | 9-9:30am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234241-11 | Sa | 10:20-10:50am | 9/23-12/9 | 10 | \$125 | CQRC |
| 234241-12 | Sa | 11:40am-12:10pm | 9/23-12/9 | 10 | \$155 | CQRC |
| 234241-13 | Su | 9-9:30am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234241-14 | Su | 11-11:30am | 9/24-12/10 | 11 | \$169 | CQRC |

Alex Swim Level 2

Ages 6-12. Your child begins to perform skills at a slightly more advanced level and begins to gain rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

| | | | | | | |
|-----------|--------|-----------------|-------------|----|-------|------|
| 234242-01 | M | 4:25-4:55pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234242-02 | M | 7:05-7:35pm | 9/18-11/6 | 7 | \$125 | CQRC |
| 234242-03 | Tu | 5:05-5:35pm | 9/19-11/7 | 7 | \$125 | CQRC |
| 234242-04 | Tu | 5:45-6:15pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234242-05 | W | 3:45-4:15pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234242-06 | W | 5:45-6:15pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234242-07 | Th | 3:45-4:15pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234242-08 | Th | 6:25-6:55pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234242-09 | Sa | 6-6:30pm | 9/23-12/9 | 10 | \$155 | CQRC |
| 234242-10 | Sa | 12:20-12:50pm | 9/23-12/9 | 10 | \$155 | CQRC |
| 234242-11 | Su | 11:40am-12:10pm | 9/24-12/10 | 11 | \$169 | CQRC |
| 234242-12 | Tu, Th | 5:15-5:45pm | 10/17-11/9 | 7 | \$109 | CQRC |
| 234242-13 | M, W | 3:45-4:15pm | 11/13-12/13 | 9 | \$139 | CQRC |
| 234242-14 | M, W | 3:45-4:15pm | 11/14-12/14 | 9 | \$139 | CQRC |
| 234242-15 | M, W | 5:15-5:45pm | 11/14-12/14 | 9 | \$139 | CQRC |
| 234242-16 | M, W | 6-6:30pm | 11/14-12/14 | 9 | \$139 | CQRC |
| 234242-17 | Tu, Th | 3:45-4:15pm | 11/15-12/15 | 9 | \$139 | CQRC |

Alex Swim Level 3

Ages 6-12. 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).

| | | | | | | |
|-----------|----|-------------|-----------|---|-------|------|
| 234243-01 | M | 4:25-4:55pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234243-02 | M | 6:25-6:55pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234243-03 | Tu | 4:25-4:55pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234243-04 | W | 4:25-4:55pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234243-05 | W | 5:45-6:15pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234243-06 | W | 6:25-6:55pm | 9/20-11/8 | 8 | \$125 | CQRC |

| | | | | | | |
|-----------|--------|-----------------|-------------|----|-------|------|
| 234243-07 | Th | 5:45-6:15pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234243-08 | Th | 7:05-7:35pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234243-09 | Sa | 9-9:30am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234243-10 | Sa | 11:40am-12:10pm | 9/23-12/9 | 10 | \$155 | CQRC |
| 234243-11 | Su | 9:40-10:10am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234243-12 | Su | 10:20-10:50am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234243-13 | M, W | 5:05-5:35pm | 11/13-12/13 | 9 | \$139 | CQRC |
| 234243-14 | Tu, Th | 5:45-6:15pm | 11/14-12/14 | 9 | \$139 | CQRC |

Alex Swim Level 4

Ages 6-12. Level 4 milestones include swimming the following for 25 yards: front crawl and elementary backstroke; swimming the following for 15 yards: breaststroke, butterfly, back crawl, and sidestroke; and headfirst entry from a stride position (9ft water or deeper) and open turns on the front and back.

| | | | | | | |
|-----------|------|--------------|-------------|----|-------|------|
| 234244-01 | M | 5:45-6:15pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234244-02 | W | 7:05-7:35pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234244-03 | Th | 7:05-7:35pm | 9/21-11/9 | 8 | \$125 | CQRC |
| 234244-04 | Sa | 9:40-10:10am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234244-05 | Su | 9-9:30am | 9/24-12/10 | 11 | \$169 | CQRC |
| 234244-06 | M, W | 7:05-7:35pm | 11/13-12/13 | 9 | \$139 | CQRC |

Alex Swim Level 5

Ages 6-12. 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.

| | | | | | | |
|-----------|----|---------------|------------|----|-------|------|
| 234245-01 | M | 7:05-7:35pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234245-02 | Tu | 7:05-7:35pm | 9/19-11/7 | 7 | \$109 | CQRC |
| 234245-03 | W | 7:05-7:35pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234245-04 | Sa | 10:20-10:50am | 9/23-12/9 | 10 | \$155 | CQRC |
| 234245-05 | Su | 9:40-10:10am | 9/24-12/10 | 11 | \$169 | CQRC |

Teen Beginner Swim

Ages 13-19. Designed to meet the needs of teen learners, participants will work to gain comfort, basic aquatic skills and swimming strokes, including freestyle, breaststroke and elementary backstroke. Participants also learn about aquatic emergencies, safety skills and how to help others in an aquatic emergency.

| | | | | | | |
|-----------|--------|---------------|-------------|----|-------|------|
| 234234-01 | M | 6:25-6:55pm | 9/18-11/6 | 7 | \$109 | CQRC |
| 234234-02 | Tu, Th | 7:05-7:35pm | 9/19-10/12 | 8 | \$125 | CQRC |
| 234234-03 | W | 7:05-7:35pm | 9/20-11/8 | 8 | \$125 | CQRC |
| 234234-04 | Sa | 12:20-12:50pm | 9/23-12/9 | 10 | \$155 | CQRC |
| 234234-05 | Tu, Th | 7:05-7:35pm | 10/17-11/9 | 7 | \$109 | CQRC |
| 234234-06 | Tu, Th | 7:05-7:35pm | 11/14-12/14 | 9 | \$139 | CQRC |

Adult Beginner Swimming

Ages 18 & up. 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.

| | | | | | | |
|-----------|--------|-------------|-------------|---|-------|------|
| 234230-01 | Tu | 7:45-8:30pm | 9/19-11/7 | 7 | \$149 | CQRC |
| 234230-02 | Tu, Th | 7:45-8:30pm | 10/17-11/9 | 7 | \$149 | CQRC |
| 234230-03 | M, W | 7:45-8:30pm | 11/13-12/13 | 9 | \$195 | CQRC |



Aquatics

alexandriava.gov/Aquatics

| | | | | | | |
|-----------|--------|--------------|-------------|----|-------|------|
| 234230-04 | M | 7:45-8:30pm | 9/18-11/6 | 7 | \$149 | CQRC |
| 234230-05 | Th | 7:30-8pm | 9/21-11/9 | 8 | \$169 | CQRC |
| 234230-06 | Sa | 1-1:45pm | 9/23-12/9 | 10 | \$209 | CQRC |
| 234230-07 | Su | 1:30-2pm | 9/24-12/10 | 11 | \$229 | CQRC |
| 234230-08 | W | 7:45-8:30pm | 9/20-11/8 | 8 | \$169 | CQRC |
| 234230-09 | Th | 7:45-8:30pm | 9/21-11/9 | 8 | \$169 | CQRC |
| 234230-10 | Sa | 1-1:45pm | 9/23-12/9 | 10 | \$209 | CQRC |
| 234230-11 | Su | 12:20-1:05pm | 9/24-12/10 | 11 | \$229 | CQRC |
| 234230-12 | M, W | 7:30-8pm | 11/14-12/14 | 9 | \$139 | CQRC |
| 234230-13 | Tu, Th | 7:30-8pm | 11/15-12/15 | 9 | \$139 | CQRC |

Adult Intermediate Swimming

Ages 18 & up. Advanced swimming for fitness skills include swimming from call 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 more information.

| | | | | | | |
|-----------|--------|-------------|-------------|----|-------|------|
| 234231-01 | M | 7:45-8:30pm | 9/18-11/6 | 7 | \$149 | CQRC |
| 234231-02 | Tu, Th | 7:45-8:30pm | 9/19-10/12 | 8 | \$169 | CQRC |
| 234231-03 | W | 7:45-8:30pm | 9/20-11/8 | 8 | \$169 | CQRC |
| 234231-04 | Sa | 1-1:45pm | 9/23-12/9 | 10 | \$209 | CQRC |
| 234231-05 | M, W | 7:45-8:30pm | 11/13-12/13 | 9 | \$189 | CQRC |
| 234231-06 | Tu, Th | 7:45-8:30pm | 11/14-12/14 | 9 | \$189 | CQRC |

Adult Advanced Swimming

Ages 18 & up. Advanced swimming for fitness skills includes swimming from call 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 more information.

| | | | | | | |
|-----------|----|---------------|------------|----|-------|------|
| 234231-07 | M | 7:45-8:30pm | 9/18-11/6 | 7 | \$149 | CQRC |
| 234231-08 | Tu | 7:45-8:30pm | 9/19-11/7 | 7 | \$149 | CQRC |
| 234231-09 | W | 7:45-8:30pm | 9/20-11/8 | 8 | \$169 | CQRC |
| 234231-10 | Sa | 12:20-1:10pm | 9/23-12/9 | 10 | \$209 | CQRC |
| 234231-11 | Su | 10:45-11:15am | 9/24-12/10 | 11 | \$229 | CQRC |

We Aquatics

Ages 4 & up. Whether you or your child are just getting started or have years of 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 or email info@weaquatics.com.

| | | | | |
|------|-------------|------------|------|------|
| M-Su | 10am-7:45pm | 9/11-12/23 | \$50 | CQRC |
|------|-------------|------------|------|------|

Aqua Aerobics

Aqua Aerobics **(DROP-IN)**

Ages 16 & up. Boost metabolism with rounds of high-intensity exercises performed in '20 seconds on, 10 seconds off' intervals. The water adds resistance while also making moves safer for all ability and flexibility levels. Drop-in fee is \$12.

| | | | | | | |
|-----------|------|--------|------------|----|-------|------|
| 234222-01 | M, W | 9-10am | 9/11-10/30 | 14 | \$185 | CQRC |
| 234222-02 | M, W | 9-10am | 11/6-12/20 | 13 | \$169 | CQRC |

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

Ages 16 & up. Cross-train in the water! Basic boxing, kick, resistance, and interval training strengthen the upper and lower body and abdominals while improving flexibility and cardiovascular health. Flotation and resistance equipment provided. Drop-in fee is \$12.

| | | | | | | |
|-----------|------|---------------|------------|----|-------|------|
| 234224-01 | M, W | 10:10-11:10am | 9/11-10/30 | 14 | \$185 | CQRC |
| 234224-02 | W | 6:30-7:30pm | 9/13-12/20 | 14 | \$185 | CQRC |
| 234224-03 | W | 7:40-8:40pm | 9/13-12/20 | 14 | \$185 | CQRC |
| 234224-04 | M, W | 10:10-11:10am | 11/6-12/20 | 13 | \$169 | CQRC |

Aqua Zumba **(DROP-IN)**

Ages 16 & 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! Drop-in fee is \$12.

| | | | | | | |
|-----------|----|-------------|------------|----|-------|------|
| 234225-01 | M | 6:30-7:30pm | 9/11-12/18 | 14 | \$185 | CQRC |
| 234225-02 | Su | 9-9:50am | 9/17-12/17 | 13 | \$169 | CQRC |

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% of Alexandria middle school students and 15% 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.



Water Walking DROP-IN

Ages 16 & up. 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. Drop-in fee is \$12.

234221-01 Tu, Th 10:55-11:55am 9/12-12/21 29 \$265 CQRC

Hi/Lo Water Aerobics DROP-IN

Ages 16 & 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. Class is for all levels. Drop in fee is \$12.

234229-01 Tu, Th 6:30-7:30pm 9/12-10/26 14 \$185 CQRC

234229-02 Sa 9:05-9:55am 9/16-12/16 13 \$169 CQRC

234229-03 Tu, Th 6:30-7:30pm 11/7-12/21 13 \$169 CQRC

Get in Deep with Candice DROP-IN

Ages 18 & up. During this workout, all levels will get their daily cardiovascular workout, along with strength training, balance and flexibility. Swimming ability not required. Flotation equipment provided. Call or email candicekaup@yahoo.com or call 703.863.1898 for more information. Drop-in fee is \$12. No class on 10/11.

234218-01 M 6:30-7:15pm 9/11-12/18 14 \$209 CQRC

Blue Octopus Scuba

Ages 18 & up. Learn how to scuba dive & see the wonderous world beneath the waves. Confined Water Dives teach basic scuba skills, when complete you can do four Open Water dives with us or solo to be a Certified Open Water scuba diver. To register, visit blueoctopusscuba.com or call 703.461.3483. Classes on first and third weekend of every month.

239702-01 Sa, Su 10:30am-3:30pm 9/16-12/17 28 Varies CQRC

Aquatic Exercise for Seniors 55+ DROP-IN

Ages 55 & up. Improve muscular and cardiovascular strength and endurance without jumping, running, or swimming. Eliminate joint aches, improve balance, and minimize chances of falling. Email candicekaup@yahoo.com or call 703.863.1898. Drop-in fee is \$12.

234217-01 Tu, Th 8:15-9am 9/12-12/21 28 \$395 CQRC

234217-02 Tu, Th 9:30-10:15am 9/12-12/21 28 \$395 CQRC

Aquatics Events

Gobble Wobble Aqua Burn DROP-IN

Ages 18 & up. Day after Thanksgiving calorie burn session! Participants will enjoy three different aqua classes during their one-hour class. Drop-in fee is \$12.

234216-01 F 9-10am 11/24 1 \$12 CQRC

Water Explorers Sing Along +ADULT

Ages 6 mo.-3 yr. with adult. Come sing and splash with us at the pool. September's theme is Under the Sea and December is Holiday Themed.

234239-03 Sa 9:30-10:15am 12/16 1 \$15 CQRC

234239-04 Sa 10:30-11:15am 12/16 1 \$15 CQRC

Deportes acuáticos

Exploradores del Agua

De 6 a 36 meses con un adulto. Usted y su hijo participarán en actividades diseñadas para desarrollar la comodidad y las habilidades básicas que sientan las bases para aprender a nadar. Las habilidades incluyen: cómo apoyar y sostener adecuadamente a su hijo en el agua, cómo entrar y salir del agua de manera segura, moverse en el agua, controlar la respiración e introducir deslizamientos, flotadores traseros y delanteros.

234204-05 Su 9-9:30am 9/24-12/10 11 \$125 CQRC

Preescolar 1

De 3 a 5 años. Su hijo es introducido a las habilidades básicas creando el base para el desarrollo de estilos de natación y competencia en el agua, mientras se desarrollan actitudes positivas y prácticas seguras en el agua.

234248-22 Su 9:40-10:10am 9/24-12/10 11 \$125 CQRC

Preescolar 2

De 3 a 5 años. Preescolar 2 marca el comienzo de la vida acuática independiente habilidades de locomoción. Los niños continúan explorando usando simultáneos y alternando acciones de brazos y piernas en la parte delantera y trasera para ganar mayor competencia y natación independiente en preparación para realizar brazadas.

234249-17 Su 10:20-10:50am 9/24-12/10 11 \$125 CQRC

Nivel 1

De 6-12 años. Introducción a las habilidades acuáticas. Su hijo es introducido a las habilidades básicas como la base para las habilidades futuras y el desarrollo de la competencia en el agua (las habilidades mínimas básicas necesarias para la seguridad en el agua).

234241-15 Su 11-11:30am 9/24-12/10 11 \$125 CQRC

Nivel 2

De 6-12 años. Habilidades acuáticas fundamentales se basa en las habilidades aprendidas en el Nivel 1. Su hijo comienza a realizar habilidades en un nivel un poco más avanzado y comienza a adquirir habilidades de propulsión rudimentarias tanto en la parte delantera como en la trasera. Este nivel marca el comienzo de las habilidades de locomoción acuática independiente.

234242-18 Su 11:40-12:10am 9/24-12/10 11 \$125 CQRC



Exercise & Fitness

alexandriava.gov/RPCA/Fitness

Mind/Body Wellness

Yoga 4 Kids DROP-IN

Ages 5-8. Yoga is known for its valuable lessons in strength, flexibility, creativity, and stress relief. Children will learn poses that they will want to use at home.

Yoga can be integrated into a child's overall appreciation of fitness, while encouraging play and imagination. Drop-in fee is \$12

| | | | | | | |
|-----------|---|----------|------------|---|-------|------|
| 214218-01 | W | 6-6:45pm | 9/13-10/18 | 6 | \$109 | CQRC |
| 214218-02 | W | 6-6:45pm | 11/1-12/13 | 6 | \$109 | CQRC |

Yoga for Teens

Ages 12-17. A class geared towards the physical and emotional wellbeing of teens. We'll practice poses, build strength, develop focus, enhance flexibility, and enjoy moments to practice mindfulness. Set to great music and with meaningful themes each week.

| | | | | | | |
|-----------|----|----------|------------|----|------|------|
| 213629-01 | Tu | 6-6:45pm | 9/26-11/28 | 10 | \$59 | CHRC |
|-----------|----|----------|------------|----|------|------|

Gentle Yoga

Ages 16 & up. Practice supported standing, seated & supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Will require props: chairs, blocks, blankets, and straps (provided by the instructor).

| | | | | | | |
|-----------|---|---------|------------|---|------|------|
| 213126-01 | M | 10-11am | 9/11-10/16 | 5 | \$79 | CHRC |
| 213126-02 | M | 10-11am | 11/6-12/4 | 5 | \$79 | CHRC |



Gentle Yoga Pop Up

Ages 16 & up. Enhance your quality of life with gentle movement and mindfulness meditation. This evidence-based approach is informed by yoga therapy, with emphasis on easing suffering for conditions such as arthritis, chronic pain, and heart disease. Suitable for all ages and bodies. No experience necessary.

| | | | | | | |
|-----------|----|-------|-------|---|------|------|
| 213155-01 | Sa | 2-3pm | 9/23 | 1 | \$12 | ODRC |
| 213155-02 | Sa | 2-3pm | 10/21 | 1 | \$12 | ODRC |
| 213155-03 | Sa | 2-3pm | 11/18 | 1 | \$12 | ODRC |

Candlelight Yoga

Ages 16 & 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 for \$12 per class.

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|-----------|---|-------------|------------|----|-------|------|
| 214219-01 | W | 7:05-8:20pm | 9/13-12/20 | 15 | \$145 | CHRC |
|-----------|---|-------------|------------|----|-------|------|

Essentrics Classical Stretch

Ages 18 & up. Class is based on Tai Chi flowing movements for health/balance; ballet's strengthening theories for long, lean, flexible muscles; and the healing powers of physiotherapy to create a pain-free body. Please bring a mat.

| | | | | | | |
|-----------|----|---------------|------------|----|-------|------|
| 213113-01 | M | 12-1pm | 9/11-12/11 | 12 | \$165 | ODRC |
| 213113-02 | Tu | 12-1pm | 9/12-12/12 | 13 | \$175 | CHRC |
| 213113-03 | W | 6-7pm | 9/13-12/13 | 13 | \$175 | CHRC |
| 213113-04 | Th | 6-7pm | 9/14-12/14 | 13 | \$175 | CQRC |
| 213113-05 | W | 10:30-11:30am | 9/13-12/13 | 13 | \$175 | PHRC |

Fitness Pass & Personal Training

Visit alexandriava.gov/RPCA/Fitness-Pass for more information.

Neighborhood Recreation Center Pass

(Charles Houston, Chick Armstrong, Patrick Henry & William Ramsay)

| Fitness Passes | Resident | Nonresident |
|----------------|----------|-------------|
| Daily Visit | \$6 | \$10 |
| 3-Month Pass | \$45 | \$80 |
| 6-Month Pass | \$85 | \$150 |
| 12-Month Pass | \$140 | \$250 |

Chinquapin Park Recreation Center & Aquatics Facility

(includes access to open swim, saunas, & racquetball)

| Fitness Passes | Resident | Nonresident |
|----------------|----------|-------------|
| Daily Visit | \$9 | \$12 |
| 3-Month Pass | \$55 | \$100 |
| 6-Month Pass | \$260 | \$500 |
| 12-Month Pass | \$465 | \$885 |

Personal Training

Certified trainers design a 60-minute customized exercise program and provide guidance on proper form.

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



Pilates

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

| | | | | | | |
|-----------|----|-----------|------------|---|------|------|
| 214021-01 | M | 6:15-7pm | 9/11-10/30 | 6 | \$75 | PHRC |
| 214021-02 | M | 6:15-7pm | 11/6-12/11 | 6 | \$75 | PHRC |
| 214021-03 | Sa | 9:15-10am | 9/9-10/21 | 6 | \$75 | PHRC |
| 214021-04 | Sa | 9:15-10am | 10/28-12/9 | 6 | \$75 | PHRC |

Evening Flow Yoga DROP-IN

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

| | | | | | | |
|-----------|---|-------------|------------|----|-------|------|
| 214213-01 | M | 7:05-8:05pm | 9/11-12/18 | 14 | \$145 | CQRC |
|-----------|---|-------------|------------|----|-------|------|

Stretch and Flow Yoga

Ages 21 & up. Join Lisa, E-RYT 500 and Certified Yoga Therapist (1000 hr.), for an all levels class that helps reduce muscle tension, improves posture, and promotes release and ease in body & mind.

| | | | | | | |
|-----------|----|-------------|-------------|---|-------|------|
| 213146-01 | Tu | 5-6pm | 9/12-11/7 | 8 | \$129 | ODRC |
| 213146-02 | Tu | 6:30-7:30pm | 9/12-11/7 | 8 | \$129 | ODRC |
| 213146-03 | Tu | 5-6pm | 11/28-12/12 | 3 | \$49 | ODRC |
| 213146-04 | Tu | 6:30-7:30pm | 11/28-12/12 | 3 | \$49 | ODRC |

Pilates Barre

Ages 18 & up. This class will combine Pilates and barre movements to leave you feeling toned and strong! Props such as light weights and circular balls will be used to enhance the classes. This class is appropriate for all levels.

| | | | | | | |
|-----------|---|--------|-----------|----|-------|------|
| 213628-01 | W | 12-1pm | 9/27-12/6 | 11 | \$165 | CHRC |
|-----------|---|--------|-----------|----|-------|------|

Harness Your Health!

Ages 18 & up. Are you tired of going to the doctor all the time? Have you recently received an unsettling diagnosis? Is your pill box too small for all your prescription medications? Do you regularly have joint and/or muscle pain? Learn how an integrative approach to your health can keep you away from the doctor's office with this educational lecture series by Candice Kaup, MS, IHP1. Candice will explain how the interrelationship of exercise, diet, stress, toxicity, rest, emotional and behavioral balance, and supplementation can add life to your years, and years to your life! For questions, feel free to call Candice directly at 703-863-1898.

| | | | | | | |
|-----------|--------|-----------|-------------|---|-------|------|
| 214250-01 | Tu, Th | 12-1:30pm | 10/17-10/19 | 2 | \$100 | CQRC |
| 214250-02 | Tu, Th | 6-7:30pm | 10/17-10/19 | 2 | \$100 | CQRC |
| 214250-03 | Tu, Th | 12-1:30pm | 11/14-11/16 | 2 | \$100 | CQRC |
| 214250-04 | Tu, Th | 6-7:30pm | 11/14-11/16 | 2 | \$100 | CQRC |

Vinyasa Yoga DROP-IN

Ages 18 & up. This all levels Vinyasa class moves from pose to pose in sequential order with each held for no more than five to eight breaths. Expect forward bending, twists, backbends with opportunity for inversions. Drop-in fee is \$12 per class.

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|-----------|----|-------|------------|----|-------|------|
| 213627-01 | Th | 6-7pm | 9/28-12/14 | 12 | \$155 | CHRC |
|-----------|----|-------|------------|----|-------|------|

Yoga Fundamentals: Putting the Pieces Together

Ages 18 & up. This workshop will focus on connecting yoga poses and working on smooth transitions between movements. There will be a focus on anatomy and alignment. This workshop requires a basic knowledge of yoga poses.

| | | | | | | |
|-----------|----|--------|-------|---|------|------|
| 213630-01 | Sa | 12-2pm | 12/2 | 1 | \$19 | CHRC |
| 213630-02 | Sa | 12-2pm | 11/18 | 1 | \$19 | CHRC |

Yoga for Healthy Aging

Ages 40 & up. A series designed and guided by a C-IAYT (1,000) yoga therapist for individuals 40 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.

| | | | | | | |
|-----------|---|-------|-------------|---|-------|------|
| 213152-01 | W | 5-6pm | 9/13-11/8 | 9 | \$149 | ODRC |
| 213152-02 | W | 5-6pm | 11/29-12/13 | 3 | \$59 | ODRC |

A New Kind of Chair Yoga NEW!

Ages 50 & up. Join Lisa, Certified Yoga Therapist (C-IAYT/1,000, E-RYT 500) for a new kind of chair yoga. The use of a chair, in therapeutic yoga, can support individuals in building strength, improving balance, increasing flexibility and mobility, and supporting individuals with conscious breathing practices that improve lung function and activate the relaxation response for more restful sleep.

| | | | | | | |
|-----------|---|--------------|-------------|---|-------|------|
| 213154-01 | W | 9:30-10:30am | 9/13-11/8 | 9 | \$159 | ODRC |
| 213154-02 | W | 9:30-10:30am | 11/29-12/13 | 3 | \$59 | ODRC |

Senior Stretching 55+

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

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|-----------|---|-----------------|------------|---|------|------|
| 214012-01 | M | 11:30am-12:30pm | 9/11-10/30 | 6 | \$59 | PHRC |
| 214012-02 | M | 11:30am-12:30pm | 11/6-12/11 | 6 | \$59 | PHRC |

Restorative Yoga 55+

Ages 55 & up. Take a mid-week break with gentle movement and a restorative practice that emphasizes rest and renewal. Gentle yoga is meditative, fluid, and calming with slow movements to release tension and build strength. Breathing techniques and restful, supported postures allow for deep relaxation. Suitable for all bodies. No experience necessary. Please bring your own yoga mat.

| | | | | | | |
|-----------|----|---------|-----------|---|------|------|
| 213127-01 | Th | 10-11am | 9/14-10/5 | 4 | \$55 | ODRC |
|-----------|----|---------|-----------|---|------|------|



Exercise & Fitness

alexandriava.gov/RPCA/Fitness

Cardio Workout

Roller Skating for Fitness/Fun

Ages 6 & up. Learn how to roll! Instruction includes guidelines for safety, components of inline and traditional quad roller skates, basic skating skills and exercises. Skate rentals are available upon request. Bring protective gear (helmet, elbow, wrist guards and knee pads). Call Christie for questions 703.623.7354.



| | | | | | | |
|-----------|----|-------------|-------------|---|------|------|
| 213141-01 | Sa | 9-9:50am | 9/16-10/7 | 4 | \$99 | PHES |
| 213141-02 | Sa | 9-9:50am | 10/21-11/11 | 4 | \$99 | ODRC |
| 213141-03 | Tu | 6:30-7:25pm | 10/17-11/7 | 4 | \$99 | PHES |
| 213141-04 | Sa | 9-9:50am | 11/18-12/16 | 4 | \$99 | ODRC |

The Beast Workout

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

| | | | | | | |
|-----------|---|-------|------------|---|------|------|
| 213620-01 | F | 6-7pm | 9/15-10/20 | 7 | \$39 | CHRC |
| 213620-02 | F | 6-7pm | 10/27-12/8 | 7 | \$39 | CHRC |

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.

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|-----------|----|-------------|------------|---|------|------|
| 214014-01 | Tu | 5:30-6:30pm | 9/12-10/24 | 6 | \$45 | PHRC |
| 214014-02 | Tu | 5:30-6:30pm | 11/7-12/12 | 6 | \$45 | PHRC |

Jazzercise

Ages 18 & up. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga, and kickboxing. Call Cameron Hall at 703.395.7766 or hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$60, Walk-ins \$20

| | | | | | | |
|-----------|----------|-------------|------------|----|--------|------|
| 219701-01 | M-Th | 5:15-6:15pm | 9/5-12/28 | 65 | Varies | ODRC |
| 219701-02 | M, W, Th | 6:30-7:30pm | 9/6-12/28 | 48 | Varies | ODRC |
| 219701-03 | Sa | 8:30-9:30am | 9/9-12/23 | 16 | Varies | NLRC |
| 219701-04 | Su | 10-11am | 9/10-12/17 | 15 | Varies | ODRC |

Zumba DROP-IN

Ages 18 & up. Ditch the workout and party! Zumba infuses Latin Dances such as salsa, meringue, bachata, samba, reggaeton and even modern-day hip hop. This intense workout helps you lose weight while having fun and learning basic Latin moves. Drop in for \$15 per class.

| | | | | | | |
|-----------|---|----------|------------|----|------|------|
| 213107-01 | M | 5:15-6pm | 9/18-12/11 | 11 | \$89 | CHRC |
|-----------|---|----------|------------|----|------|------|

FIT4MOM

Ages 18 & up. Fitness classes for every stage of motherhood. All of our classes are designed for every level of fitness. Come try out a class for Free! Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com.

| | | | | | | |
|-----------|----|--------------|-----------|----|--------|------|
| 219706-01 | Tu | 9:15-10:15am | 9/6-12/13 | 14 | Varies | PHRC |
|-----------|----|--------------|-----------|----|--------|------|

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.

| | | | | | | |
|-----------|----|------------|------------|---|------|------|
| 214022-01 | W | 6:15-7pm | 9/6-10/11 | 6 | \$75 | PHRC |
| 214022-02 | W | 6:15-7pm | 10/18-12/6 | 6 | \$75 | PHRC |
| 214022-03 | Sa | 10:15-11am | 9/9-10/21 | 6 | \$75 | PHRC |
| 214022-04 | Sa | 10:15-11am | 10/28-12/9 | 6 | \$75 | PHRC |

Crank -n- Move DROP-IN

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. Drop in for \$12 per class.

| | | | | | | |
|-----------|----|-------------|------------|---|------|------|
| 213626-01 | Sa | 10-11am | 9/16-10/21 | 6 | \$85 | CHRC |
| 213626-02 | Sa | 10-11am | 10/28-12/9 | 7 | \$99 | CHRC |
| 213626-03 | M | 6:45-7:45pm | 9/18-10/23 | 6 | \$85 | CHRC |
| 213626-04 | M | 6:45-7:45pm | 11/6-12/11 | 6 | \$85 | CHRC |

Senior Trailblazers 55+

Ages 55 & up. Calling all active seniors! Join our Senior Trailblazers program at Patrick Henry Recreation Center. Enjoy the great outdoors as we embark on invigorating walks together, weather permitting. Stay fit, connect with fellow seniors, and discover the beauty of nature. Lace up your shoes and become a Senior Trailblazer today!

| | | | | | | |
|-----------|----|-------------|-----------|----|------|------|
| 214023-01 | Th | 9am-10:30am | 9/7-12/14 | 15 | Free | PHRC |
|-----------|----|-------------|-----------|----|------|------|

Cardio & Strength

Crunch & Munch +ADULT

Ages 2-9 with adult. Join our Parent & Me Fitness Class, a fun-filled way to engage with your child! This interactive program combines exercise and bonding as you and your child participate in energizing fitness activities together. Strengthen your bodies, create lasting memories, and enjoy a healthy and active lifestyle as a team!

| | | | | | | |
|-----------|----|-----------|-------------|---|-------|------|
| 214040-01 | Th | 9:15-10am | 9/7-10/12 | 6 | \$105 | PHRC |
| 214040-02 | Th | 9:15-10am | 10/19-11/16 | 5 | \$105 | PHRC |

MIKiDo Ruff & Tumble

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

| | | | | | | |
|-----------|----|--------------|------------|---|-------|------|
| 212604-01 | Sa | 9:50-10:50am | 9/23-11/11 | 8 | \$128 | CQRC |
|-----------|----|--------------|------------|---|-------|------|

Martial Arts 4 Kids

Ages 3-6. Introduce your child to the fundamentals of Taekwondo! This provides so much more than physical fitness. Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by a World Taekwondo Federation certified instructor.

| | | | | | | |
|-----------|----|------------|-------------|---|-------|------|
| 222626-01 | W | 1-1:30pm | 9/13-10/18 | 6 | \$145 | ODRC |
| 222626-02 | W | 1-1:30pm | 10/25-12/13 | 7 | \$145 | ODRC |
| 222626-03 | Sa | 11-11:30am | 9/16-10/28 | 7 | \$145 | ODRC |
| 222626-04 | Sa | 11-11:30am | 11/4-12/16 | 6 | \$145 | ODRC |

Register through alexandriava.gov/WebTrac

Exercise & Fitness

alexandriava.gov/RPCA/Fitness



Kids Fitness Bootcamp

Ages 6-10. Have fun with circuit training and games, and develop skills to increase strength, balance, and cardio capacity through the art of play.

| | | | | | | |
|-----------|----|-------------|------------|---|-------|------|
| 214214-01 | Th | 5:15-6pm | 9/14-10/19 | 6 | \$135 | CQPK |
| 214214-02 | Th | 6:30-7:05pm | 11/2-12/14 | 6 | \$135 | CQPK |

MiKiDo Self Defense for Kids

Ages 6-12. This training is a great experience for all kids/youth! Every student will gain something different from our MiKiDo CMB Training (Character development, Manners, Bullying). Key Focus Points: Awareness, Mindfulness, Self-Defense, and Confidence. These are qualities that remain vibrant with a child as they grow, and certainly is not a bad idea to re-enforce and practice these important motor skills.

| | | | | | | |
|-----------|----|-------|------|---|------|------|
| 212619-01 | Sa | 1-3pm | 9/16 | 1 | \$25 | PHRC |
|-----------|----|-------|------|---|------|------|

Junior Athletes Training Camp

Ages 7-11. Through a variety of fun activities, participants improve their cardiovascular fitness, strength, flexibility, and coordination. This inclusive program fosters a positive attitude towards exercise, promotes healthy habits, and creates a supportive environment for children to thrive and enjoy the benefits of an active lifestyle.

| | | | | | | |
|-----------|----|----------|------------|---|------|------|
| 214030-01 | Th | 6-7:30pm | 9/21-11/2 | 6 | \$45 | PHRC |
| 214030-02 | Th | 6-7:30pm | 11/9-12/14 | 5 | \$45 | PHRC |

Teen Weight Training

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

| | | | | | | |
|-----------|---|-------------|------------|---|------|------|
| 214013-01 | M | 5:30-6:30pm | 9/11-10/30 | 6 | \$45 | PHRC |
| 214013-02 | M | 5:30-6:30pm | 11/6-12/11 | 6 | \$45 | PHRC |

Boxercise for Teens

Ages 13-17. 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!

| | | | | | | |
|-----------|---|-------------|------------|---|------|------|
| 213631-01 | W | 5:30-6:15pm | 9/27-11/22 | 9 | \$65 | CHRC |
|-----------|---|-------------|------------|---|------|------|

BodyBlast Bootcamp DROP-IN

Ages 16 & up. Classes will incorporate cardio, strength, and balance. We'll work our entire body! Class is designed for beginner through advanced with modifications for your level. Drop-in fee is \$12

| | | | | | | |
|-----------|----|---------------|------------|----|-------|------|
| 214216-01 | Th | 5:10-5:55pm | 9/14-12/21 | 14 | \$145 | CQRC |
| 214216-02 | F | 10:30-11:15am | 9/15-12/22 | 14 | \$145 | CQRC |

MiKiDo Self Defense for Adults NEW!

Ages 16 & up. In this course you will learn self-defense techniques that may be useful in dangerous situations. Also, and just as important, you will learn signs to look out for and ways to keep aware of your surroundings. This course will also involve a small and basic fitness assessment to test yourself. Some comments of previous participants: "I feel I learned a lot and I'm able to do something if I'm in danger", "Very helpful for real life situations". Progress at your own pace, all levels of fitness welcomed.

| | | | | | | |
|-----------|----|-------|-------|---|------|------|
| 213153-01 | Sa | 1-3pm | 11/18 | 1 | \$25 | PHRC |
|-----------|----|-------|-------|---|------|------|

Boxercise

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

| | | | | | | |
|-----------|-----|-------------|-------------|----|-------|------|
| 213610-01 | M,W | 6:30-7:30pm | 9/11-10/18 | 12 | \$105 | CHRC |
| 213610-02 | M,W | 6:30-7:30pm | 10/30-12/13 | 12 | \$105 | 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!

| | | | | | | |
|-----------|----|-------|------------|----|------|------|
| 213118-01 | Tu | 5-6pm | 9/26-10/24 | 12 | \$69 | ODRC |
|-----------|----|-------|------------|----|------|------|

Total Body Conditioning for Women

Ages 18 & up. Our hour-long strength and conditioning class focuses on building muscle strength and conditioning your body to move and live with confidence. Active recovery includes a sprinkling of cardio, performed at your intensity level, to boost your overall metabolic rate. Unlike other fitness classes, I focus on core-centered moves, incorporating balance, stability, and flexibility. Class ends with meditation and breathwork to get you ready for the day ahead. To register, contact Jennifer at jennifer@lungrenfitnessandwellness.com

| | | | | | | |
|-----------|----|--------------|-----------|----|--------|------|
| 213150-01 | Tu | 9:15-10:15am | 9/5-12/19 | 16 | varies | PHRC |
|-----------|----|--------------|-----------|----|--------|------|

ChinquaCircuit DROP-IN

Ages 18 & up. Accomplish your fitness goal with a 45-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form. Drop-in fee is \$12.

| | | | | | | |
|-----------|----|----------|------------|----|-------|------|
| 214208-01 | M | 6-6:45pm | 9/11-12/18 | 14 | \$145 | CQRC |
| 214208-02 | Th | 7:15-8pm | 9/14-12/21 | 14 | \$145 | CQRC |
| 214208-03 | Sa | 9-9:45am | 9/16-12/16 | 13 | \$135 | CQRC |

Shadow Boxercise Level 1

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

| | | | | | | |
|-----------|-------|-------------|-------------|----|------|------|
| 213705-01 | Tu,Th | 6:30-7:30pm | 9/26-10/26 | 10 | \$69 | CKRC |
| 213705-02 | Tu,Th | 6:30-7:30pm | 11/14-12/19 | 12 | \$69 | CKRC |

Hip Hop Fitness & Circuit Training

Ages 18 & up. This cardiovascular fat-burning workout for adults will aid in firming and sculpting their bodies 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.

| | | | | | | |
|-----------|----|-------|-------------|---|------|------|
| 214002-01 | Tu | 7-8pm | 9/5-10/10 | 6 | \$55 | PHRC |
| 214002-02 | Tu | 7-8pm | 10/17-11/28 | 6 | \$55 | PHRC |



Exercise & Fitness

alexandriava.gov/RPCA/Fitness

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.

| | | | | | | |
|-----------|----|-------|------------|---|------|------|
| 214008-01 | Th | 7-8pm | 9/7-10/12 | 6 | \$55 | PHRC |
| 214008-02 | Th | 7-8pm | 10/19-12/7 | 6 | \$55 | PHRC |

ChinquaCircuit Gold 55+ DROP-IN

Ages 55 & up. Accomplish your fitness goal with a 45-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form. Drop-in fee is \$12.

| | | | | | | |
|-----------|----|----------|------------|----|-------|------|
| 214211-01 | Tu | 9-9:45am | 9/12-12/19 | 15 | \$155 | CQRC |
|-----------|----|----------|------------|----|-------|------|

Stay Active and Independent for Life-Standing (SAIL) 55+

Ages 55 & up. Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for older adults. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

| | | | | | | |
|-----------|------|-----------|-----------|----|------|------|
| 214024-01 | Tu | 11am-12pm | 9/5-11/21 | 12 | Free | PHRC |
| 214024-02 | Th | 11am-12pm | 9/7-11/30 | 12 | Free | PHRC |
| 214114-01 | W, F | 11am-12pm | 9/6-12/1 | 24 | Free | WRRC |

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.

| | | | | | | |
|-----------|---|--------|------------|---|------|------|
| 214007-01 | W | 9-10am | 9/6-10/11 | 6 | \$55 | PHRC |
| 214007-02 | W | 9-10am | 10/18-12/6 | 6 | \$55 | PHRC |

Senior Cardio & Weight Training 55+

Ages 55 & up. This cardio and weight training exercise program 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.

| | | | | | | |
|-----------|---|--------|------------|---|------|------|
| 214011-01 | W | 12-1pm | 9/6-10/11 | 6 | \$55 | PHRC |
| 214011-02 | W | 12-1pm | 10/18-12/6 | 6 | \$55 | PHRC |

Senior Body Part Aerobics 55+

Ages 55 & up. Senior Body Part Aerobics is a low-intensity fitness program targeting specific muscle groups. It improves cardiovascular endurance, strength, balance, and coordination. Participants use equipment like resistance balls or light weights and are guided by an instructor.

| | | | | | | |
|-----------|---|---------|------------|---|------|------|
| 214000-01 | M | 10-11am | 9/11-10/30 | 6 | \$55 | PHRC |
| 214000-02 | M | 10-11am | 11/6-12/11 | 6 | \$55 | PHRC |

Advance Senior Body Parts Aerobics 55+

Ages 55 & up. This is a high-intensity fitness program targeting specific muscle groups. It improves cardiovascular endurance, strength, balance, and coordination. Participants use equipment like resistance bands or light weights and are guided by an instructor.

| | | | | | | |
|-----------|---|---------|------------|---|------|------|
| 214027-01 | F | 10-11am | 9/8-10/13 | 6 | \$75 | PHRC |
| 214027-02 | F | 10-11am | 11/3-12/15 | 6 | \$75 | PHRC |



SENIOR SOCIALS

SELECT FRIDAYS | 12-2 P.M. | FREE PATRICK HENRY REC CENTER

Social Mixer September 22

Enjoy a fun-filled gathering as we serve refreshments and create a warm and inviting atmosphere for you to make new friends.

Fall Festival October 20

Engage in a variety of fall-themed games, enjoy crafts, music, delicious food, and endless fun in a festive celebration of autumn!

Fall Harvest Luncheon November 17

Enjoy a delectable meal infused with seasonal flavors while engaging in lively games, crafting activities, making new friends, and relishing in uplifting music.

Ugly Sweater Party December 15

Don your most outrageous holiday attire and indulge in Holiday Craft sessions, cookie decoration fun, lively games, and joyful music.



Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Tumbling Classes

Baby Tumbling **+ADULT**

Ages 18 mo.-2 yr. 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.



| | | | | | | |
|-----------|---|------------|------------|---|-------|------|
| 222620-01 | W | 10-10:30am | 9/13-10/25 | 7 | \$149 | CHRC |
| 222620-02 | W | 10-10:30am | 11/1-12/13 | 6 | \$145 | CHRC |

Mom/Dad & Me Tumbling **+ADULT**

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

| | | | | | | |
|-----------|----|--------------|------------|---|-------|------|
| 222605-01 | Sa | 9:30-10:15am | 9/16-10/28 | 6 | \$139 | PHRC |
| 222605-02 | Sa | 9:30-10:15am | 11/4-12/16 | 6 | \$139 | PHRC |

Wiggles, Toes, & Rolls

Ages 3-5. Participants continue their gymnastics progressions expanding their skill level on vault, uneven bars, balance beam and floor exercise. This class will focus on strength, flexibility and clean execution of skills.

| | | | | | | |
|-----------|----|-------------|------------|----|-------|------|
| 223613-01 | Tu | 4:45-5:15pm | 9/26-11/28 | 10 | \$165 | CHRC |
|-----------|----|-------------|------------|----|-------|------|

Movement & Gymnastics

Ages 3-6. Learn basic gymnastics skills with dance movement! The class will rotate to alternating events each week. Students will gain strength, flexibility, and coordination.

| | | | | | | |
|-----------|----|---------------|------------|---|-------|------|
| 224215-01 | M | 3:45-4:15pm | 9/11-10/23 | 6 | \$135 | CQRC |
| 224215-02 | Su | 9:15-9:45am | 9/17-10/29 | 6 | \$135 | CQRC |
| 224215-03 | Su | 11:15-11:45am | 9/17-10/29 | 6 | \$135 | CQRC |
| 224215-04 | M | 3:45-4:15pm | 11/6-12/11 | 6 | \$135 | CQRC |
| 224215-05 | Su | 11:15-11:45am | 11/5-12/17 | 6 | \$135 | CQRC |
| 224215-06 | Su | 11:15-11:45am | 11/5-12/17 | 6 | \$135 | CQRC |
| 224215-07 | Sa | 8:15-8:45am | 9/16-10/28 | 6 | \$135 | CQRC |
| 224215-08 | Sa | 8:15-8:45am | 11/4-12/16 | 6 | \$135 | CQRC |

Gymnastics I

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

Ages 5-8

| | | | | | | |
|-----------|----|-------------|------------|---|-------|------|
| 224203-01 | M | 4:30-5:30pm | 9/11-10/23 | 6 | \$135 | CQRC |
| 224203-03 | Th | 4-5pm | 9/14-10/19 | 6 | \$135 | CQRC |
| 224203-05 | M | 4:30-5:30pm | 11/6-12/11 | 6 | \$135 | CQRC |
| 224203-07 | Th | 4-5pm | 11/2-12/14 | 6 | \$135 | CQRC |
| 224203-08 | Su | 10-11am | 11/5-12/17 | 6 | \$135 | CQRC |

Ages 8-12

| | | | | | | |
|-----------|----|-------------|------------|---|-------|------|
| 224203-02 | M | 5:45-6:45pm | 9/11-10/23 | 7 | \$135 | CQRC |
| 224203-04 | Su | 10-11am | 9/17-10/29 | 6 | \$135 | CQRC |
| 224203-06 | M | 5:45-6:45pm | 11/6-12/11 | 6 | \$135 | CQRC |

Gymnastics 2

Ages 6-12. Participants continue their gymnastics progressions expanding their skill level on vault, uneven bars, balance beam and floor exercise. This class will focus on strength, flexibility, and clean execution of skills.

| | | | | | | |
|-----------|----|-------------|------------|----|-------|------|
| 223612-01 | Tu | 5:30-6:30pm | 9/26-11/28 | 10 | \$185 | CHRC |
|-----------|----|-------------|------------|----|-------|------|

Basic Tumbling Levels 1 & 2

Ages 5-10. 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.

Ages 5-8

| | | | | | | |
|-----------|----|---------------|------------|---|-------|------|
| 222606-01 | Sa | 10:30-11:15am | 9/16-10/28 | 6 | \$139 | PHRC |
| 222606-03 | Sa | 10:30-11:15am | 11/4-12/16 | 6 | \$139 | PHRC |

Ages 6-10

| | | | | | | |
|-----------|----|-----------------|------------|---|-------|------|
| 222606-02 | Sa | 11:30am-12:15pm | 9/16-10/28 | 6 | \$139 | PHRC |
| 222606-04 | Sa | 11:30am-12:15pm | 11/4-12/16 | 6 | \$139 | PHRC |

Cheerleading

Ages 5-16. Participants age is determined as of April 30, 2024. Learn the basic cheerleading skills and techniques. Teams are formed and practices are held at neighborhood recreation centers: Charles Houston, Leonard "Chick" Armstrong, Mt. Vernon, Nannie J. Lee, Patrick Henry, and William Ramsay. Online registrations are assigned to their neighborhood recreation center. Three divisions include: Pee Wee (ages 8 & under); Youth (ages 12 & under) and Junior (ages 16 & under). Practice schedules vary by center and are TBD. Teams compete in two local competitions and other events. There is not a registration fee, participants will be required to pay for competition and uniform fees. Open to City of Alexandria residents only.

| | | | | |
|-----------|--------|-----------|--------|-----------------|
| 222701-00 | Varies | 9/18-4/30 | Varies | Location Varies |
|-----------|--------|-----------|--------|-----------------|

Cheer-Tastic

Ages 6-12. In this dynamic and fun-filled program, participants will learn basic cheerleading techniques, teamwork, and coordination while building confidence and having a blast. Get ready to cheer, chant, jump, and perform in a supportive and energetic environment!

| | | | | | | |
|-----------|---|-------------|------------|---|------|------|
| 214031-01 | M | 5:30-6:15pm | 9/11-10/23 | 6 | \$45 | PHRC |
| 214031-02 | M | 5:30-6:15pm | 10/30-12/4 | 6 | \$45 | PHRC |

Acrobatics I

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

| | | | | | | |
|-----------|----|-------------|------------|---|------|------|
| 222612-01 | Sa | 1:30-2:20pm | 9/16-11/18 | 8 | \$75 | CHRC |
|-----------|----|-------------|------------|---|------|------|

Gymnastics for Teens

Ages 12-17. Learn basic gymnastics floor skills using proper body position and correct form with training equipment. Students will gain strength, flexibility, and coordination.

| | | | | | |
|-----------|----|-----------------|------------|------|------|
| 223616-01 | Sa | 11:30am-12:30pm | 9/23-12/16 | \$75 | CHRC |
|-----------|----|-----------------|------------|------|------|



Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Soccer Classes

Soccer Tots

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



| | | | | | | |
|-----------|----|-----------------|-------------|---|-------|------|
| 222610-01 | M | 11:30am-12:10pm | 9/11-10/23 | 6 | \$135 | CHRC |
| 222610-02 | M | 11:30am-12:10pm | 10/30-12/18 | 8 | \$159 | CHRC |
| 222610-03 | Tu | 2:35-3:20pm | 9/12-10/24 | 7 | \$159 | ODRC |
| 222610-04 | Tu | 2:35-3:20pm | 11/14-12/12 | 5 | \$135 | ODRC |

Little Kicks Soccer & Me +ADULT

Ages 2-3 with adult. Fun parent and child soccer class is designed to introduce children to soccer through games and activities.

| | | | | | | |
|-----------|----|---------------|------------|---|-------|------|
| 224004-01 | Sa | 9:15-10am | 9/9-10/21 | 6 | \$105 | PHRC |
| 224004-02 | Sa | 9:15-10am | 10/28-12/2 | 5 | \$105 | PHRC |
| 224209-01 | W | 10:30-11:15am | 9/13-11/15 | 9 | \$179 | CQPK |
| 224209-02 | Sa | 9:30-10:15am | 9/16-11/18 | 9 | \$179 | CQPK |

Little Kick Soccer

Ages 4-6. This program will introduce participants to the fundamentals of lacrosse through games that promote friendship, sportsmanship, physical activity, and fun!

| | | | | | | |
|-----------|----|---------------|------------|---|-------|------|
| 224210-01 | W | 12:30-1:15pm | 9/13-11/15 | 9 | \$179 | CQPK |
| 224210-02 | Th | 4:15-5pm | 9/14-10/26 | 6 | \$119 | CQPK |
| 224210-03 | Sa | 10:30-11:15am | 9/16-11/18 | 9 | \$179 | CQPK |
| 224003-01 | Sa | 10:15-11am | 9/9-10/21 | 6 | \$105 | PHRC |
| 224003-02 | Sa | 10:15-11am | 10/28-12/9 | 6 | \$105 | PHRC |

Excite Soccer

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

| | | | | | | |
|-----------|----|----------|-----------|---|-------|------|
| 222600-01 | Sa | 4-4:45pm | 9/23-11/4 | 7 | \$139 | JHES |
|-----------|----|----------|-----------|---|-------|------|

Little Champions Soccer

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

| | | | | | | |
|-----------|----|--------------|------------|---|-------|------|
| 224212-01 | Th | 5:15-6pm | 9/14-10/26 | 6 | \$119 | CQPK |
| 224212-02 | Sa | 12:30-2:15pm | 9/16-11/18 | 9 | \$179 | CQPK |

Drop-in Soccer DROP-IN

Ages 12 & up. Drop-in to the William Ramsay Recreation Center and work on your soccer skills. Practice your spot kicks, dribbling, passes, or jump into a pick-up game. All skill levels are welcome.

| | | | | | | |
|-----------|----|-------------|------------|----|------|------|
| 214115-01 | Tu | 6:30-8:30pm | 9/12-11/28 | 12 | Free | WRRC |
|-----------|----|-------------|------------|----|------|------|

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.

| | | | | | | |
|-----------|----|---------------|-------------|---|-------|------|
| 224211-01 | M | 5-5:30pm | 9/11-11/6 | 8 | \$165 | CQPK |
| 224211-02 | M | 10:45-11:15am | 9/11-11/6 | 8 | \$165 | CQPK |
| 224211-03 | Tu | 10-10:30am | 9/12-10/31 | 8 | \$165 | CQPK |
| 224211-04 | Su | 9:30-10am | 9/17-10/29 | 6 | \$129 | CQPK |
| 224211-05 | Su | 10:10-10:40am | 9/17-10/29 | 6 | \$129 | CQPK |
| 224211-06 | Su | 10:50-11:20am | 9/17-10/29 | 6 | \$129 | CQPK |
| 224211-07 | Su | 11:25-11:55am | 9/17-10/29 | 6 | \$129 | CQPK |
| 224211-08 | Th | 5:15-5:45pm | 9/14-10/19 | 6 | \$129 | CQPK |
| 224211-09 | Th | 5:50-6:20pm | 9/14-10/19 | 6 | \$129 | CQPK |
| 224211-10 | M | 10-10:30am | 11/13-12/11 | 5 | \$105 | CQPK |
| 224211-11 | M | 10:45-11:15am | 11/13-12/11 | 5 | \$105 | CQPK |
| 224211-12 | Tu | 10-10:30am | 11/7-12/12 | 6 | \$129 | CQPK |
| 224211-13 | Th | 5:15-5:45pm | 11/2-12/14 | 6 | \$129 | CQPK |
| 224211-14 | Th | 5:50-6:20pm | 11/2-12/14 | 6 | \$129 | CQPK |
| 224211-15 | Su | 9:30-10am | 11/5-12/17 | 6 | \$129 | CQPK |
| 224211-16 | Su | 10:10-10:40am | 11/5-12/17 | 6 | \$129 | CQPK |
| 224211-17 | Su | 10:50-11:20am | 11/5-12/17 | 6 | \$129 | CQPK |
| 224211-18 | Su | 11:30am-12pm | 11/5-12/17 | 6 | \$129 | CQPK |

Advantage Tennis: Red Ball Social

Ages 5 & up. New to tennis or old pro? 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. Beginner, intermediate, advanced players, come out and play!

| | | | | | | |
|-----------|---|-------------|------|---|------|------|
| 223108-01 | F | 5:30-6:30pm | 9/15 | 1 | Free | LCCM |
|-----------|---|-------------|------|---|------|------|

Advantage Tennis: Triples Teen/Adult Social

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

| | | | | | | |
|-----------|---|-------|------|---|------|------|
| 223109-01 | F | 6-7pm | 9/29 | 1 | Free | LCCM |
|-----------|---|-------|------|---|------|------|

Advantage Tennis: Lightning Matches NEW!

Ages 18 & up. Lightning Matches are competitive play socials with short matches where every player gets at least 2 matches. The match length depends on the number of players and courts available. Play will be designed around registered players. If beginners or mixed levels play, Cardio tennis balls may be used.

| | | | | | | |
|-----------|---|-------|-------|---|------|------|
| 223111-01 | F | 6-7pm | 10/13 | 1 | Free | LCCM |
|-----------|---|-------|-------|---|------|------|

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



FirstServe Tennis 1 & 2

Ages 7-14. Through fun, skill-building games, beginners and advanced beginners learn and develop the fundamental strokes. Participants must have their own tennis rackets.

Ages 7-10

| | | | | | | |
|-----------|----|-------------|------------|----|-------|------|
| 222616-01 | M | 4:30-5:20pm | 9/11-11/20 | 10 | \$255 | PYPK |
| 222616-02 | M | 5:25-6:15pm | 9/11-11/20 | 10 | \$255 | PYPK |
| 222616-03 | W | 4:30-5:20pm | 9/13-11/15 | 10 | \$255 | CQPK |
| 222616-06 | Tu | 5:30-6:20pm | 9/12-11/21 | 10 | \$255 | PYPK |
| 222616-07 | Tu | 6:30-7:20pm | 9/12-11/21 | 10 | \$255 | MGPK |

Ages 10-14

| | | | | | | |
|-----------|----|-------------|------------|----|-------|------|
| 222616-04 | W | 5:30-6:20pm | 9/13-11/15 | 10 | \$255 | CQPK |
| 222616-05 | Tu | 4:30-5:20pm | 9/12-11/21 | 10 | \$255 | PYPK |

Advantage Tennis: 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!

| | | | | | | |
|-----------|---|-------------|-----------|---|-------|------|
| 222632-01 | W | 3:30-4:30pm | 9/13-11/1 | 8 | \$279 | GWMS |
|-----------|---|-------------|-----------|---|-------|------|

FirstServe Adult Tennis 1

Ages 15 & up. New players learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Build consistency in groundstrokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. Participants must have their own tennis rackets.

| | | | | | | |
|-----------|----|--------------|------------|----|-------|------|
| 223102-01 | M | 6:20-7:30pm | 9/11-11/20 | 10 | \$339 | PYPK |
| 223102-02 | M | 7:35-8:45pm | 9/11-11/20 | 10 | \$339 | PYPK |
| 223102-03 | Tu | 9:45-10:55am | 9/12-11/21 | 10 | \$339 | MGPK |
| 223102-04 | W | 6:30-7:40pm | 9/13-11/15 | 10 | \$339 | CQPK |
| 223102-05 | Tu | 7:30-8:40pm | 9/12-11/21 | 10 | \$339 | PYPK |

FirstServe Adult Tennis 2

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

| | | | | | | |
|-----------|----|-----------------|------------|----|-------|------|
| 223103-01 | M | 8:50-10pm | 9/11-11/20 | 10 | \$339 | PYPK |
| 223103-02 | Tu | 11:05am-12:15pm | 9/12-11/21 | 10 | \$339 | MGPK |
| 223103-03 | W | 7:50-9pm | 9/13-11/15 | 10 | \$339 | CQPK |
| 223103-04 | Tu | 8:50-10pm | 9/13-11/15 | 10 | \$339 | PYPK |

FirstServe Pickleball 1

Ages 15 & up. Pickleball is a fun, popular mini-tennis-like game. You will learn all the basic strokes including dinks, volleys, forehands, backhands, and the serve and how to keep score. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1.

| | | | | | | |
|-----------|---|-------------|-----------|---|-------|------|
| 223105-01 | W | 5:30-6:20pm | 9/13-11/1 | 8 | \$205 | LCCM |
|-----------|---|-------------|-----------|---|-------|------|

FirstServe Pickleball 2

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

| | | | | | | |
|-----------|---|-------------|-----------|---|-------|------|
| 223106-01 | W | 7:30-8:20pm | 9/13-11/1 | 8 | \$205 | LCCM |
|-----------|---|-------------|-----------|---|-------|------|

Advantage Tennis: Cardio Tennis

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

| | | | | | | |
|-----------|---|-------|-----------|---|-------|------|
| 223104-01 | M | 5-6pm | 9/11-11/6 | 8 | \$279 | ABPK |
|-----------|---|-------|-----------|---|-------|------|

Advantage Tennis: Adult Beginner Tennis

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.

Beginner

| | | | | | | |
|-----------|---|-------|-----------|---|-------|------|
| 223107-01 | M | 6-7pm | 9/11-11/6 | 8 | \$279 | ABPK |
|-----------|---|-------|-----------|---|-------|------|

Advanced Beginner

| | | | | | | |
|-----------|---|-------|-----------|---|-------|------|
| 223107-02 | M | 7-8pm | 9/11-11/6 | 8 | \$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.

| | | | | | | |
|-----------|---|--------------|------------|---|------|------|
| 213617-01 | F | 9:15-10:15am | 9/15-10/20 | 6 | \$85 | CHRC |
| 213617-02 | F | 9:15-10:15am | 10/27-12/8 | 7 | \$95 | CHRC |

Intermediate Pickleball

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

| | | | | | | |
|-----------|---|-----------------|------------|---|------|------|
| 213616-01 | F | 10:45am-12:15pm | 9/15-10/20 | 6 | \$85 | CHRC |
| 213616-02 | F | 10:45am-12:15pm | 10/27-12/8 | 7 | \$95 | CHRC |

Open Adult/Seniors Pickleball

Ages 40 & up. Open Pickle ball provides a space for adults and seniors the opportunity to stay physically fit and socially active. All equipment is provided.

| | | | | | | |
|-----------|----|--------------|------------|---|------|------|
| 223712-01 | Sa | 9:15-10:15am | 10/7-11/18 | 7 | \$55 | CKRC |
|-----------|----|--------------|------------|---|------|------|



Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Additional Sports Classes

Grand Slam T-Ball & Me **+ADULT**

Ages 2-3 with adult. This fun parent and me class is designed to introduce children to fun T-ball activities and developmental practice.

224201-01 W 11:30-2:15pm 9/13-11/15 9 \$179 CQPK

Little Athletes & Me **+ADULT**

Ages 2-4 with adult. 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.

224007-01 Sa 11:15am-12pm 9/9-10/21 6 \$105 PHRC

224007-02 Sa 11:15am-12pm 10/28-12/9 6 \$105 PHRC

Pre-School Open Gym **DROP-IN**

Ages 2-5. Calling all active toddlers! Join our Pre-School Open Gym, designed for kids who can walk. Let your little ones explore and play in a safe and engaging environment filled with toys, balls, and trikes. Watch them develop their motor skills, make new friends, and have a blast!

294002-01 Tu 9:15-11:15am 10/3 1 \$5 PHRC

294002-02 Tu 9:15-11:15am 10/10 1 \$5 PHRC

294002-03 Tu 9:15-11:15am 10/17 1 \$5 PHRC

294002-04 Tu 9:15-11:15am 10/24 1 \$5 PHRC

294002-05 Tu 9:15-11:15am 10/31 1 \$5 PHRC

294002-06 Tu 9:15-11:15am 11/7 1 \$5 PHRC

294002-07 Tu 9:15-11:15am 11/14 1 \$5 PHRC

294002-08 Tu 9:15-11:15am 11/21 1 \$5 PHRC

294002-09 Tu 9:15-11:15am 11/28 1 \$5 PHRC

294002-10 Tu 9:15-11:15am 12/5 1 \$5 PHRC

294002-11 Tu 9:15-11:15am 12/12 1 \$5 PHRC

Lil' Pro Sports

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

222706-01 Sa 10:15-11am 9/9-9/30 4 \$95 LCCM

222706-02 Sa 11:15am-12pm 9/9-9/30 4 \$95 LCCM

Pee Wee Lacrosse

Ages 4-6. This program will introduce participants to the fundamentals of lacrosse through games that promote friendship, sportsmanship, physical activity, and fun!

224217-01 W 4:15-5pm 9/13-11/15 9 \$179 CQPK

224217-02 Sa 1:30-2:15pm 9/16-11/18 9 \$179 CQPK

Lil Lacrosse

Ages 3-5. Kids will develop lacrosse fundamentals in a safe and fun environment. With an emphasis on hand/eye coordination, speed, agility, and stick skills, this class is perfect for participants brand new to lacrosse. Players will need a lacrosse stick.

222618-01 Su 9:9:45am 9/17-10/29 6 \$129 ODRC

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

Jump Shots for Tots

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

222602-01 Sa 10-10:45am 9/30-12/2 10 \$189 NLRC

Grand Slam T-Ball

Ages 4-6. This class is geared toward helping establish the true passion and excitement of tee ball while learning the fundamentals of the sport.

224009-01 Sa 12:15-1pm 9/9-10/21 6 \$105 PHRC

224009-02 Sa 12:15-1pm 10/28-12/9 6 \$105 PHRC

Kids Floor Hockey

Ages 4-6. This co-ed class is a perfect way to introduce your child to the world of floor hockey. Your hockey star will learn the skills of the game including puck and stick handling, shooting and passing. Team play and games included.

224218-01 W 3:15-4pm 9/13-11/15 10 \$179 CQPK

224218-02 Sa 2:30-3:15pm 9/16-11/18 10 \$179 CQPK

Run Shoot Basketball

Ages 4-7. This class will introduce and teach basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill building in passing, shooting, dribbling, and defense.

224010-01 Sa 1:15-2pm 9/9-10/21 6 \$105 PHRC

224010-02 Sa 1:15-2pm 10/28-12/9 6 \$105 PHRC

Rookie Baseball Clinic

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

Ages 4-6

222716-01 Tu,Th 5-6pm 9/5-9/7 2 \$45 LCCM

Ages 6-8

222716-02 Tu,Th 6:15-7:15pm 9/5-9/7 2 \$45 LCCM

Little Athletes Clinics

Ages 4-9. 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. Each section will focus on a different sport.

223614-01 Su 1:15-2:15pm 9/24 1 \$15 CHRC

223614-02 Su 1:15-2:15pm 10/8 1 \$15 CHRC

223614-03 Su 1:15-2:15pm 10/22 1 \$15 CHRC

223614-04 Su 1:15-2:15pm 11/12 1 \$15 CHRC

Mini Dragons

Ages 4-9. This no contact, no combat, no sparing program focuses on teaching the fundamentals of kicking, punching, and self-defense. Join us to build confidence, discipline, and coordination in a safe and enjoyable environment. Unleash the inner dragon within!

224011-01 Sa 12:15-1pm 9/9-10/21 6 \$105 PHRC

224011-02 Sa 12:15-1pm 10/28-12/9 6 \$105 PHRC

Register through alexandriava.gov/WebTrac

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Tip Top Ninjas

Ages 4-9. Learn the fun and fundamentals of Taekwondo! Children will learn the basics including kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect, and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Uniforms are not required, casual comfortable clothes preferred.

| | | | | | | |
|-----------|----|-------------|------------|---|-------|------|
| 224219-01 | Th | 6:15-7pm | 9/14-10/26 | 6 | \$154 | CQRC |
| 223617-01 | Su | 2:30-3:15pm | 9/24-11/12 | 8 | \$165 | CHRC |

Run, Jump, Throw Class

Ages 4-10. Each week kids will compete in an age-appropriate running, jumping and throwing activities and work to improve their speed, form and mindset up to the final 5th week where kids participate in a mini meet and earn medals for completion to every participant!

| | | | | | | |
|-----------|----|-------|-------------|---|------|------|
| 222636-01 | Sa | 2-3pm | 9/16-10/14 | 5 | \$75 | CQPK |
| 222636-02 | Sa | 2-3pm | 10/21-11/18 | 5 | \$75 | 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.

| | | | | | | |
|-----------|----|-----------------|------------|---|-------|------|
| 224216-01 | W | 5:15-6pm | 9/13-11/15 | 9 | \$179 | CQPK |
| 224216-02 | Sa | 11:30am-12:15pm | 9/16-11/18 | 9 | \$179 | CQPK |

Run Skills and Drills Workshop **NEW!**

Ages 5-10. Kids will engage in active games and activities to learn to build a growth mindset. Kids will work on mental and physical activities through play while also participating in running skills and drills to improve speed and strength.

| | | | | | | |
|-----------|----|----------|-------|---|------|------|
| 222637-01 | Th | 9am-12pm | 12/21 | 1 | \$95 | ODRC |
| 222637-02 | F | 9am-12pm | 12/22 | 1 | \$95 | ODRC |

Lil' Sticks Field Hockey

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

| | | | | | | |
|-----------|----|--------|------------|---|------|------|
| 222711-01 | Su | 12-1pm | 10/1-10/22 | 4 | \$95 | NLRC |
|-----------|----|--------|------------|---|------|------|

Ready To Run **NEW!**

Ages 6-9. Each week kids will engage in an organized, goal-oriented running program that combines instruction on key running concepts with practical demonstrations of and participation in running activities.

| | | | | | | |
|-----------|----|-------|------------|---|------|------|
| 222634-01 | Tu | 6-7pm | 9/12-10/24 | 7 | \$95 | FHMS |
|-----------|----|-------|------------|---|------|------|

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

| | | | | | | |
|-----------|----|------------|-----------|----|-------|------|
| 222602-02 | Sa | 11-11:45am | 9/30-12/2 | 10 | \$189 | NLRC |
|-----------|----|------------|-----------|----|-------|------|

Nerf Fencing

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

| | | | | | | |
|-----------|----|-------|-------------|---|-------|------|
| 222609-01 | Tu | 4-5pm | 9/12-10/17 | 6 | \$139 | CQRC |
| 222609-02 | Tu | 4-5pm | 10/24-12/12 | 7 | \$165 | CQRC |

Fall 2023

PK Move Parkour Kids

Ages 7-12. Join us for games and skills that will teach your child to jump, roll, crawl, evade, and pursue - everything a young ninja needs to succeed! Taught by PK Move, if your child came to our summer parkour camps, they'll have a blast at these fall sessions! Newcomers are welcome too! Please make sure your child wears athletic clothing and shoes. Visit pkmove.org for more information.

| | | | | | | |
|-----------|------|-------------|------------|----|-------|------|
| 222627-01 | T-Th | 4:30-5:30pm | 9/5-9/28 | 12 | \$229 | OTPL |
| 222627-02 | T-Th | 4:30-5:30pm | 10/3-10/26 | 12 | \$229 | OTPL |

Preseason Basketball Fundamentals Class

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

Ages 7-9

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|-----------|----|--------|------------|---|------|------|
| 222713-01 | Sa | 9-10am | 10/7-11/11 | 6 | \$95 | GWMS |
|-----------|----|--------|------------|---|------|------|

Ages 10-12

| | | | | | | |
|-----------|----|---------------|------------|---|------|------|
| 222713-02 | Sa | 10:15-11:15am | 10/7-11/11 | 6 | \$95 | GWMS |
|-----------|----|---------------|------------|---|------|------|

Track & Field Conditioning

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

Ages 7-10

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|-----------|----|--------|-----------|---|------|------|
| 222721-01 | Su | 12-1pm | 9/17-10/8 | 4 | \$95 | PHRC |
|-----------|----|--------|-----------|---|------|------|

Ages 11-14

| | | | | | | |
|-----------|----|-------------|-----------|---|------|------|
| 222721-02 | Su | 1:15-2:15pm | 9/17-10/8 | 4 | \$95 | PHRC |
|-----------|----|-------------|-----------|---|------|------|

Skateboarding 4 Kids

Ages 7-15. This skateboard program is jam-packed with fun, excitement, and safety. Participants will receive instruction on how to safely ride, tack turn, kick turn, approach ramps, rock n roll, rock to fakie, ollie, grind, drop in and get air. Instructional moves and skating games will be incorporated daily. Participants should bring their own skateboard, pads, and helmet.

| | | | | | | |
|-----------|---|-------|------------|---|-------|------|
| 222623-01 | W | 4-5pm | 9/13-10/25 | 7 | \$145 | SJSP |
|-----------|---|-------|------------|---|-------|------|

5K Run Club **NEW!**

Ages 8-12. Ideally participants should be able to run the better part of 1 mile; focus on speed/endurance improvements, strength training and calisthenics, distance increases each week.

| | | | | | | |
|-----------|----|-------|------------|---|------|------|
| 222635-01 | Tu | 7-8pm | 9/12-10/24 | 7 | \$95 | FHMS |
|-----------|----|-------|------------|---|------|------|

Hoop Life 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.

| | | | | | | |
|-----------|----|--------|-----------|----|-------|------|
| 222625-01 | Sa | 12-1pm | 9/30-12/2 | 10 | \$195 | NLRC |
|-----------|----|--------|-----------|----|-------|------|



Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Girls Preseason Volleyball Clinic

Ages 9-14 as of December 31, 2023. Get ready for volleyball season by learning the fundamentals. Open to City of Alexandria residents only.

Ages 9-11

222723-01 Su 1-2pm 9/10-9/17 2 \$45 JHES

Ages 12-14

222723-02 Su 2:15-3:15pm 9/10-9/17 2 \$45 JHES

Fencing

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

223101-01 W 7-8pm 9/20-11/8 8 \$119 PHES

Drop-in Volleyball

Ages 12 & up. Drop-in to the William Ramsay Recreation Center and work on your volley's, serves, and spikes. Develop your skills as you jump into a pick-up volleyball game. All skill levels welcomed.

214116-01 W 6:30-8:30pm 9/13-11/29 12 Free WRRC

Dodge, duck, dip, dive, and dodge!

Ages 18 & up. Come and hone your dodgeball skills with the William Ramsay Recreation Center. Dodge, duck, dip, dive, and dodge your way to victory in this 4-week team competition. Come solo or bring a friend and be placed on a team to battle it out for the title of Dodgeball Master.

224105-01 Sa 2-4pm 9/16-10/7 4 \$15 WRRC

Leagues

T-Ball & Coach Pitch Baseball League

Ages 4-8 as of September 30, 2023.

Teams are formed by recreation districts. Teams will practice once or twice a week (practice days and locations vary by team). League games will take place on Saturday afternoon. Open to City of Alexandria residents only.

Ages 4-6 (T-Ball)

222719-01 M-Sa Varies 9/11-11/4 \$95 Location Varies

Ages 6-8 (Coach Pitch)

222719-02 M-Sa Varies 9/11-11/4 \$95 Location Varies



Miracle League of Alexandria Baseball

Ages 5 & up. A non-competitive environment allows children and adults with cognitive, developmental and physical challenges to play sports at their own pace. Buddies assist each player as much or little as they require. No class on 10/7.

Youth Division

222705-01 W 4:30-5:30pm 9/13-10/18 6 \$65 LCCM

Adult Division

222705-02 Sa 1-2:30pm 9/9-10/21 6 \$65 LCCM

Miracle League Adaptive Sports

Ages 5 & up. The Miracle League of Alexandria Adaptive Sports Program provides a non-competitive environment for children with cognitive, developmental, and physical challenges to play sports at their own pace. No class on 11/22.

222725-01 W 4-5pm 11/1-12/13 7 \$65 NLRC

Winter Basketball League

Ages 7-18. Registration will begin September 15. League play will be available for boys and girls ages 7-18 as of March 31, 2024. Teams are formed in the 8, 10, 12, 14 and 18 & under leagues. Teams are formed by recreation districts except for boys ages 14-18, which are formed by skill assessment and draft system. Important league dates: Registration 9/15 to 11/15. Practices begin week of 12/4. Practice times and locations vary by team. Games begin 1/6/24. Open to City of Alexandria residents only.

322701-01 Days and Times TBD 12/4-3/9 \$95 TBD

Girls Volleyball League

Ages 9-14 as of Dec. 31, 2023. Teams will be formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices take place on Sunday afternoons after 12 noon with games on Thursdays and Fridays. Practice and game locations include Minnie Howard and Jefferson Houston. Open to City of Alexandria residents only.

222703-01 Th, F, Su 6-9pm 9/24-12/15 \$95 Location Varies

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. Registration: 8/1-9/1 League Play: September - November 2023. Register by team.

223205-06 M-Th Varies 9/11-11/24 \$555 Location TBD

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. Registration: 8/1-9/1 League Play: September - November 2023. Register by team.

223200 M-Th Varies 9/11-11/24 \$795 LMFD

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. Registration: 8/1-9/1 League Play: September - November 2023. Register by team.

223201-02 Tu Varies 9/12-11/24 \$555 JHES

Men's Basketball

Ages 18 & up. Each team will play 6 regular season games. The top four teams will advance to the league playoffs. All teams must submit a team roster, a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. Registration: 8/1-9/1 League Play: September - November 2023. Register by team.

223210 Th Varies 9/14-11/24 \$505 CHRC

Register through alexandriava.gov/WebTrac

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Tournaments

Teen Basketball Tournament

Ages 11-17. Attention all basketball enthusiasts! Participate in our Teen Basketball Tournament, a one-night showdown open to city residents. Gather your team and compete against other talented squads in an action-packed event. Proof of City Residence is required at registration to secure your spot in this thrilling, free tournament with a limit of 12 teams; the registration deadline is 11/3. Showcase your skills in this exciting basketball challenge!

224008-01 Sa 2-6pm 11/18 1 Free PHRC

Teen Kickball Tournament

Ages 12-17. Play in our Teen Kickball Tournament to make friends, have fun, and winners get bragging rights. Teams can be formed by Recreation Center, Afterschool Program, as a free agent, or by forming teams with your friends. This one-day tournament will take place on Saturday, September 23. Minimum of 10 players on the team and max of 20.

222726-01 Sa 3-6pm 9/23 1 \$5 LCCM

Coed Softball Marathon Tournament

Ages 18 & up. Play Ball! Grab some friends for some fun recreational play where each player bats every inning. Team rosters are limited to a maximum of 18 players and a minimum of 12 players. Each team will play 3 pool games and the top 2 teams from each pool will advance to play in the single elimination tournament. Games will start 10am - 3pm & the single elimination tournament will start 7pm - 10am. 4 innings per games.

223203 Sat Varies 9/9 \$255 Location TBD

Sports Hotlines

For weather & field closure updates



YOUTH: 703.746.5597

ADULT MEN'S: 703.746.5596

ADULT COED & WOMEN'S: 703.746.5595

Sports Affiliates

Alexandria Lacrosse Club (alexandrialacrosse.com)

ALC provides boys and girls the opportunity to learn and play the game of lacrosse in a fun and structured environment. Our goal is to give our community youth a great lacrosse experience including life-long lessons of sportsmanship, teamwork and leadership. Teams are formed by age/grade divisions and skill level - all skill levels are encouraged from beginner to advanced. Each team practices weekly and plays games on Saturdays (Boys) and Sundays (Girls).

Alexandria Little League (alexandrialittleleague.org)

ALL offers softball (ages 6-18) and baseball (ages 8-16) leagues in the fall and spring seasons. Practice and game days vary from team to team. The objective of Alexandria Little League shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may well be adjusted, stronger, and happier children and will grow to be good, decent, healthy and trustworthy citizens.

Alexandria Rugby Club (alexandriarugby.com)

Alexandria Rugby offers a fun, fast moving sport that involves running, catching, passing and for older players, tackling. We want all our players to have fun, learn the skills required to play, participate in physical activity, and be part of a team. We offer non-contact (U6 to U14) and tackle rugby (U12, U14, and high school during the summer). Until high school rugby is coed.

Alexandria Soccer Association (alexandria-soccer.org)

ASA offers year-round soccer and futsal programs for kids and adults of all ages. ASA programs are intended to develop good character, mental and physical fitness, and interpersonal skills through sports activities. Whether you're interested in Tots soccer (ages 2-4), Soccer Camps, Recreational play, competitive teams or the exciting sport of Futsal, there's something for everyone.

Alexandria Titans Football (alexandriatitansfootball.org)

ATYFC is dedicated to providing the youth of Alexandria (ages 5-14) the opportunity to play football in a safe, fun, and competitive environment. Our coaches, volunteers, and parents are committed to teach football the right way by teaching football fundamentals and emphasizing safety.



Enrichment

alexandriava.gov/RPCA/Enrichment

Education

B.E.A.R. **+ADULT** **INCLUSION**

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



| | | | | | | |
|-----------|----|--------------|-------------|---|------|------|
| 243004-01 | Th | 10:30am-12pm | 9/7-9/28 | 4 | \$55 | NLRC |
| 243004-02 | Th | 10:30am-12pm | 10/5-10/26 | 4 | \$55 | NLRC |
| 243004-03 | Th | 10:30am-12pm | 11/2-11/16 | 3 | \$39 | NLRC |
| 243004-04 | Th | 10:30am-12pm | 11/30-12/14 | 3 | \$39 | NLRC |

Little Inventors

Ages 6-10. Are you ready to innovate? Get your creative juices flowing in this project-based program, where you will identify the need for an invention, think on your feet, and create real structures and solutions. Students also learn about famous inventors and internalize how recent innovations improve our lives.

| | | | | | | |
|-----------|---|-------|-----------|---|-------|------|
| 244212-01 | M | 5-6pm | 9/11-11/6 | 8 | \$215 | CQRC |
|-----------|---|-------|-----------|---|-------|------|

Debate Club

Ages 10-14. Students learn the art of persuasion and help select debate topics they find interesting. In a public forum debate format, students work in groups and practice their debating skills in a supportive environment, including developing arguments, issuing rebuttals, providing examples, rebuilding their case and summarizing points of view. Young debaters learn to think on their feet and enhance their public-speaking skills, gaining self-confidence in the process. No Class on 10/6.

| | | | | | | |
|-----------|----|-------|------------|---|-------|------|
| 244213-01 | Tu | 5-6pm | 9/12-10/31 | 8 | \$215 | CQRC |
|-----------|----|-------|------------|---|-------|------|

Socialize

Kid Rock Social Hour **+ADULT**

Ages 0-4. It's never too early to help your children learn social skills. This unstructured playgroup encourages development through music, movement, and play. No class on 11/24.

| | | | | | | |
|-----------|-------|-----------|------------|----|------|------|
| 243801-01 | M,W | 10am-12pm | 9/11-10/18 | 12 | \$79 | MVRC |
| 243801-02 | M,W,F | 10am-12pm | 9/11-10/20 | 18 | \$99 | MVRC |
| 243801-03 | M,W | 10am-12pm | 10/30-12/6 | 12 | \$79 | MVRC |
| 243801-04 | M,W,F | 10am-12pm | 10/30-12/8 | 18 | \$99 | MVRC |

Lil Gymmies Playtime

Ages 1-5. This playtime will provide a fun, safe, lighthearted environment where toddlers can thrive through play as they meet new friends, interact with their guardians and peers, and develop various skills i.e., walking, running, sharing, etc. This will also serve as an opportunity to build bonds and support systems between the families as well as the facility.

| | | | | | | |
|-----------|----|----------------|------------|---|-----|------|
| 243712-01 | Sa | 9:30am-12:30pm | 9/9-9/23 | 3 | \$5 | CKRC |
| 243712-02 | Sa | 9:30am-12:30pm | 10/7-10/21 | 3 | \$5 | CKRC |

Magnus Chess Club-Beginners

Ages 5-12. Learn chess with Magnus Academy, 5-time world champion Magnus Carlsen's academy! We've taught 100,000 children to play including state & national champions, but most students are beginners looking to learn a new skill and have FUN. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies.

| | | | | | | |
|-----------|----|-------|-----------|----|-------|------|
| 242632-01 | Th | 6-7pm | 9/21-12/7 | 11 | \$245 | ODRC |
|-----------|----|-------|-----------|----|-------|------|

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.

| | | | | | | |
|-----------|----|-------------|------------|---|------|------|
| 294000-01 | Tu | 5:30-6:30pm | 9/12-10/17 | 6 | \$69 | PHRC |
| 294000-02 | Tu | 5:30-6:30pm | 11/7-12/12 | 6 | \$69 | PHRC |

Durant Teen Socials **NEW!**

Ages 7-14. Come out for an afternoon of fun and learn a new skill while making friends and hanging out with other teens! Each session will have a different theme.

| | | | | | | |
|-----------|----|----------|-------|---|-----|------|
| 285210-01 | Sa | 2-3:30pm | 10/14 | 1 | \$9 | ODRC |
| 285210-02 | Sa | 2-3:30pm | 11/11 | 1 | \$9 | ODRC |

Circle of Girls

Ages 12-18. The Circle of Girls program empowers young girls by focusing on building self-esteem, developing coping skills, and fostering meaningful friendships. Through engaging activities and discussions, participants gain confidence, resilience, and a supportive network, enabling them to navigate life's challenges with strength and positivity.

| | | | | | | |
|-----------|----|----------|-----------|----|------|------|
| 284010-01 | Th | 6-7:30pm | 9/7-12/14 | 12 | Free | PHRC |
|-----------|----|----------|-----------|----|------|------|

Durant Adult Socials **NEW!**

Ages 18 & up. A fun night out with friends and a chance to meet new friends! Join us for a paint night. Each participant will bring home their own work of art! Refreshments provided.

| | | | | | | |
|-----------|---|-------------|------|---|------|------|
| 243129-01 | F | 7:30-9:30pm | 10/6 | 1 | \$29 | ODRC |
| 243129-02 | F | 7:30-9:30pm | 11/3 | 1 | \$29 | ODRC |

Adult Social Club **TR**

Ages 18 & up. For adult participants with special needs and disabilities. Develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office at 703.746.5535. No class on 10/7, 10/28, and 11/25.

| | | | | | | |
|-----------|----|----------------|-----------|----|------|------|
| 243000-01 | Sa | 11:30am-3:30pm | 9/9-12/16 | 12 | \$75 | NLRC |
|-----------|----|----------------|-----------|----|------|------|

Book Club: The Great Work of Your Life

Ages 21 & up. Come join us for 3 weekly sessions to discuss '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. Guided by Lisa (Certified Yoga Therapist, C-IAYT).

| | | | | | | |
|-----------|---|-------------|------------|---|------|------|
| 243127-01 | W | 6:30-7:30pm | 10/25-11/8 | 3 | \$29 | ODRC |
|-----------|---|-------------|------------|---|------|------|



Senior Social BINGO 55+

Ages 55 & up. Join the William Ramsay Recreation Center for fun with friends. The Senior Social BINGO program is a time to connect with others, learn about issues important to seniors, and have some fun playing BINGO. Light refreshments provided. You feeling lucky?

284110-01 M 9:30-11:30am 9/11-12/11 14 Free WRRC

Technology & Science

Little Scholars Mini Med NEW!

Ages 3-5. Is there a doctor around? Mini Med School is coming your way! Our little doctors will learn the ins and outs of the fascinating world of medicine. Grab your doctor bag and learn all about what doctors, dentists, vets, and other medical providers do to make our world a better place.

242634-01 W 2-3pm 9/13-11/15 10 \$195 ODRC

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. Each class includes a note for the parents about what was taught and how you can continue the lesson at home.

242620-01 Th 3-3:45pm 9/14-11/16 8 \$139 ODRC

242620-02 Th 4-4:45pm 9/14-11/16 8 \$139 ODRC

Science Art Mania

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

243800-01 Tu 6:15-7:15pm 9/5-10/10 6 \$99 MVRC

243800-02 Tu 6:15-7:15pm 10/24-11/28 6 \$99 MVRC

C3 Animation Using Minecraft

Ages 6-14. Software: Mine-imator Skill Level: Beg. In this class younger students will learn how characters move and look alive in movies and video games! They will be introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids will expand their perception, observation, and timing skills, as well as exercise their imagination and storytelling. They will apply acting theories and animation principles to scenes they create!

Ages 6-9

242629-01 Tu 5-6pm 10/24-11/28 6 \$155 ODRC

Ages 10-14

242629-02 Tu 6:15-7:15pm 10/24-11/28 6 \$155 ODRC

Roblox and Game Design

Ages 6-14. In this course, students will learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. Roblox, Imaginative Game Design provides students with hands-on experiences in innovation and the underlying mechanics of 3D gaming. This is the perfect

course for any student looking to advance their skills in science, technology, engineering, art, and mathematics (STEAM). Do not miss your chance to publish, share, and play games with your friends.

Ages 6-9

222631-01 Sa 9:30-10:30am 9/9-10/14 6 \$155 PHRC

222631-03 Sa 9:30-10:30am 10/21-12/2 6 \$155 PHRC

Ages 10-14

222631-02 Sa 10:45-11:45am 9/9-10/14 6 \$155 PHRC

222631-04 Sa 10:45-11:45am 10/21-12/2 6 \$155 PHRC

Minecraft Modding

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

Ages 6-9

242601-01 Tu 5-6pm 9/12-10/17 6 \$155 ODRC

Ages 10-14

242601-02 Tu 6:15-7:15pm 9/12-10/17 6 \$155 ODRC

Cyberteck Lego WeDo

Ages 6-14. Software: Lego Education WeDo Skill Level: Beg. Powered by the LEGO® Education WeDo Base Set and Software, our Jr. Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner to accomplish the build assignment for the day.

Ages 6-9

242633-01 W 5-6pm 10/25-12/6 6 \$155 CHRC

Ages 10-14

242633-02 W 6:15-7:15pm 10/25-12/6 6 \$155 CHRC

Coding with Minecraft

Ages 6-14. Using a custom mod called Computercraft, students will learn how to program robots called Turtles inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love!

Ages 6-9

242616-01 W 5-6pm 9/13-10/18 6 \$155 CHRC

Ages 10-14

242616-02 W 6:15-7:15pm 9/13-10/18 6 \$155 CHRC



Creative & Performing Arts

alexandriava.gov/RPCA/Creative-Arts

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. The children will participate in an end of session dance recital. Dance Recital on December 16th, more information to come closer to date.



| | | | | | | |
|-----------|----|-------------|------------|----|-------|------|
| 252605-01 | Sa | 9:15-10am | 9/16-12/9 | 10 | \$149 | CHRC |
| 252605-02 | Sa | 9:15-10am | 9/16-12/9 | 10 | \$149 | PHES |
| 252605-03 | T | 1:45-2:30pm | 9/12-12/12 | 12 | \$149 | ODRC |

Ballet I

Ages 5-8. Learn the basic ballet techniques, including adagio, basic routines, barre, and center floor. Your child will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. This class will have an end of the year recital. Dance Recital on December 16th, more information to come closer to date.

| | | | | | | |
|-----------|----|---------------|-----------|----|-------|------|
| 252610-01 | Sa | 10:15-11:05am | 9/16-12/9 | 10 | \$149 | CHRC |
| 252610-02 | Sa | 10:15-11:05am | 9/16-12/9 | 10 | \$149 | PHES |

Creative Ballet

Ages 5-7. Plie, tendu, jete! 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. Class is instructed by Local Motion. No class on 11/22 and 11/25.

| | | | | | | |
|-----------|----|-----------|------------|---|------|------|
| 253830-02 | Sa | 11am-12pm | 10/28-12/9 | 6 | \$99 | MVRC |
| 253830-03 | W | 5-6pm | 9/6-10/11 | 6 | \$99 | MVRC |
| 253830-04 | W | 5-6pm | 10/25-12/6 | 6 | \$99 | MVRC |

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. Dance Recital on December 16th, more information to come closer to date.

| | | | | | | |
|-----------|----|-----------------|-----------|----|-------|------|
| 252611-01 | Sa | 11:15am-12:05pm | 9/16-12/9 | 10 | \$149 | CHRC |
| 252611-02 | Sa | 11:15am-12:05pm | 9/16-12/9 | 10 | \$149 | 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. Dance Recital on December 16th, more information to come closer to date.

| | | | | | | |
|-----------|----|--------------|-----------|----|-------|------|
| 252612-01 | Sa | 12:15-1:15pm | 9/16-12/9 | 10 | \$155 | CHRC |
| 252612-02 | Sa | 12:15-1:15pm | 9/16-12/9 | 10 | \$155 | PHES |

Introduction to Pointe **NEW!**

Ages 8-14. Introduction to Pointe is the next level for our ballet classes! This is for advanced ballet students only and must complete Level 3 or equivalent. Students will work at the barre to build their strength and learn the basics of dancing en pointe. Students will be guided in the care of their feet and pointe shoes as they work towards the goal of dancing in center floor.

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|-----------|----|-------------|-----------|----|-------|------|
| 252643-01 | Sa | 1:25-1:55pm | 9/16-12/9 | 10 | \$149 | PHRC |
|-----------|----|-------------|-----------|----|-------|------|

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.

| | | | | | | |
|-----------|----|---------------|------------|---|------|------|
| 254205-01 | Sa | 10:40-11:10am | 9/16-10/28 | 6 | \$89 | CQRC |
| 254205-02 | Sa | 10:40-11:10am | 11/4-12/16 | 6 | \$89 | CQRC |

Mommy & Me Grooves **+ADULT**

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

| | | | | | | |
|-----------|---|-------------|------------|---|-------|------|
| 252638-01 | M | 5:25-5:55pm | 9/11-11/13 | 8 | \$195 | ODRC |
|-----------|---|-------------|------------|---|-------|------|

Modern Tots

Ages 3-5. This class 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 and movement coordination.

| | | | | | | |
|-----------|----|------------|------------|---|------|------|
| 254203-01 | Sa | 10-10:30am | 9/16-10/28 | 6 | \$89 | CQRC |
| 254203-02 | Sa | 10-10:30am | 11/4-12/16 | 6 | \$89 | CQRC |

Zumba 4 Kids

Ages 3-6. Perfect for younger Zumba fans! Participants get the chance to socialize with friends and jam out to their favorite music. Classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities, and cultural exploration elements into the class structure.

| | | | | | | |
|-----------|----|----------|------------|---|-------|------|
| 254206-01 | Tu | 5-5:30pm | 9/12-10/24 | 7 | \$145 | CQRC |
| 254206-02 | Tu | 5-5:30pm | 11/7-12/12 | 6 | \$125 | CQRC |

Creative Dance

Ages 4-5. Creative Dance inspires creativity and develops kinesthetic awareness through exploration of the elements of dance (Body Action Space Time Energy) and original dance-making. This class is instructed by Local Motion. No Class on 11/25.

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|-----------|----|------------|------------|---|------|------|
| 253831-01 | Sa | 9:15-10am | 9/9-10/14 | 6 | \$99 | MVRC |
| 253831-02 | Sa | 10-10:45am | 9/9-10/14 | 6 | \$99 | MVRC |
| 253831-03 | Sa | 9:15-10am | 10/28-12/9 | 6 | \$99 | MVRC |
| 253831-04 | Sa | 10-10:45am | 10/28-12/9 | 6 | \$99 | MVRC |

Register through alexandriava.gov/WebTrac

Creative & Performing Arts

alexandriava.gov/RPCA/Creative-Arts



Jazz Hip Hop Combo

Ages 4-6. Build confidence as a dancer by learning basic jazz and hip-hop dance principles set to popular music such as syncopated rhythms, body isolations, coordination, and choreography. Develop musicality and rhythm while learning dance vocabulary and the use of counting. This class will encourage students to dance outside of the box and bring their own personality to each movement.

Ages 4-6

| | | | | | | |
|-----------|----|----------|------------|---|-------|------|
| 254201-01 | Sa | 9-9:45am | 9/16-10/28 | 6 | \$125 | CQRC |
| 254201-03 | Sa | 9-9:45am | 11/4-12/16 | 6 | \$125 | CQRC |

Ages 7-11

| | | | | | | |
|-----------|----|----------|------------|---|-------|------|
| 254201-02 | Th | 6-6:50pm | 9/14-10/19 | 6 | \$125 | CQRC |
| 254201-04 | Th | 6-6:50pm | 10/26-12/7 | 6 | \$125 | CQRC |

Elements of Dance

Ages 5-7. Dancers will explore the elements of dance (Body, Action, Space, Time, Energy) in a creative and engaging dance class that will introduce a variety of dance forms. They will be learn to create choreography inspired by different styles of dance, art, and books! This class is instructed by Local Motion Project. No Class 11/23.

| | | | | | | |
|-----------|----|-------|------------|---|-------|------|
| 253832-01 | Th | 5-6pm | 9/7-10/12 | 6 | \$195 | MVRC |
| 253832-02 | Th | 5-6pm | 10/26-12/7 | 6 | \$195 | MVRC |

Modern Dance 4 Kids

Ages 5-8. 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.

| | | | | | | |
|-----------|----|-------------|------------|---|-------|------|
| 254200-01 | Tu | 5:40-6:30pm | 9/12-10/24 | 7 | \$145 | CQRC |
| 254200-2 | Tu | 5:40-6:30pm | 11/7-12/12 | 6 | \$125 | CQRC |
| 254200-3 | Th | 5-5:50pm | 9/14-10/19 | 6 | \$125 | CQRC |
| 254200-4 | Th | 5-5:50pm | 10/26-12/7 | 7 | \$125 | CQRC |

Hip Hop Dance

Ages 5-9. Dancers learn elements of hip hop dance such as breaking, popping, locking, and freestyle. This class is instructed by Local Motion. No class on 11/24.

| | | | | | | |
|-----------|---|-------|------------|---|------|------|
| 253804-01 | F | 5-6pm | 9/8-10/13 | 6 | \$99 | MVRC |
| 253804-02 | F | 5-6pm | 10/27-12/8 | 6 | \$99 | MVRC |

Jazz Funk

Ages 5-10. Our Jazz plus Hip Hop combination class emphasizes the mastery of correct technique and proper body alignment designed to increase body strength and flexibility. Stylized jazz walks, leaps, turns, kicks, and jumps make this class irresistible.

| | | | | | | |
|-----------|----|-------------|------------|----|-------|------|
| 252639-01 | Tu | 5:30-6:15pm | 9/12-12/12 | 10 | \$225 | PHES |
| 252639-02 | Th | 5:30-6:15pm | 9/14-12/14 | 10 | \$225 | PHES |

Master Dance Class **NEW!**

Ages 7-14. Dancers have the opportunity to grow technically and artistically in a unique class environment that varies from weekly class training. Taught by an expert choreographer/teacher this class aids in building confidence and prepares dancers for auditions, performances, and more!

| | | | | | | |
|-----------|----|-----------|------|---|------|------|
| 252642-01 | Sa | 10am-12pm | 9/16 | 1 | \$85 | LEEC |
| 252642-02 | Sa | 10am-12pm | 10/7 | 1 | \$85 | LEEC |
| 252642-03 | Sa | 10am-12pm | 12/2 | 1 | \$85 | LEEC |

Social Dance

Ages 16 & up. No more sitting at the next wedding or New Year's party! Master the basic steps of social-style foxtrot, cha cha and swing. In this six-week series, you'll learn to lead and follow as well as the steps and styling to be able to step out on the dance floor with confidence. While singles are welcome, couples are preferred.

| | | | | | | |
|-----------|---|----------|------------|---|------|------|
| 253103-01 | W | 7-8:15pm | 11/8-12/20 | 6 | \$65 | ODRC |
|-----------|---|----------|------------|---|------|------|

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.

| | | | | | | |
|-----------|---|----------|-----------|---|------|------|
| 253102-01 | F | 7-8:15pm | 9/15-11/3 | 8 | \$85 | ODRC |
| 253102-02 | W | 7-8:15pm | 9/13-11/1 | 8 | \$85 | ODRC |

Ballroom Dance II

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

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



Adult Hip Hop Class

Ages 18 & up. This class is open to adults of any age and ability! Learn the elements of hip hop dance in a supportive, high energy and fun class! This class is instructed by Local Motion. No class on 11/24.

| | | | | | | |
|-----------|---|-------------|------------|---|------|------|
| 253805-01 | F | 6:15-7:15pm | 9/8-10/13 | 6 | \$99 | MVRC |
| 253805-02 | F | 6:15-7:15pm | 10/27-12/8 | 6 | \$99 | MVRC |

Movement for Creativity and Well-Being **55+** **NEW!**

Ages 55 & up. This course aims to enhance your relationship with your body. Movement (and its quality) can increase strength, mobility, balance, flexibility - and joy! Classes are inspired by elements of fitness and dance. No previous experience necessary - open to all! Ability to stand for short periods of time is recommended. Class will incorporate seated movement for a portion of every class, full seated option for those who prefer or need.

| | | | | | | |
|-----------|----|--------------|-------------|---|-------|------|
| 253115-01 | Tu | 9:30-10:30am | 9/5-10/24 | 8 | \$135 | ODRC |
| 253115-02 | Tu | 9:30-10:30am | 10/31-12/19 | 8 | \$135 | ODRC |



Creative & Performing Arts

alexandriava.gov/RPCA/Creative-Arts

Music

Little Fingers Piano

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

| | | | | | | |
|-----------|----|---------------|------------|---|-------|------|
| 242618-01 | Sa | 10:40-11:10am | 9/23-10/28 | 6 | \$119 | ODRC |
| 242618-02 | Sa | 10:40-11:10am | 11/4-12/16 | 6 | \$119 | ODRC |



My First Music Class

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

| | | | | | | |
|-----------|----|------------|------------|---|-------|------|
| 242623-01 | Sa | 10-10:30am | 9/23-10/28 | 6 | \$119 | ODRC |
| 242623-02 | Sa | 10-10:30am | 11/4-12/16 | 6 | \$119 | ODRC |

Private Music Lessons

Ages 5 & up. Learn a new artistic skill or continue developing! 30-minute lessons are one-on-one with Mark Evans and can be booked anywhere from 11am until 8:30pm. Instructor can teach piano, violin, cello and double bass. Piano provided by facility, all other instruments to be provided by student.

| | | | | | | |
|---------------|--|-------------|------------|----|-------|------|
| 242611-01-17F | | 11am-8:55pm | 9/15-12/15 | 12 | \$469 | ODRC |
|---------------|--|-------------|------------|----|-------|------|

Group Guitar

Ages 5-12. Students will participate in an ensemble music group. Students will learn about the instruments as well as how to play in a music group. Rental guitar and music included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed and instruments must be returned to the same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments.

| | | | | | | |
|-----------|----|-------|------------|---|-------|------|
| 242617-01 | W | 7-8pm | 9/13-11/1 | 8 | \$179 | CHRC |
| 242617-02 | W | 7-8pm | 11/8-12/13 | 6 | \$179 | CHRC |
| 242617-03 | Th | 7-8pm | 9/21-10/26 | 6 | \$179 | PHRC |
| 242617-04 | Th | 7-8pm | 11/2-12/14 | 6 | \$179 | PHRC |

Group Violin

Ages 5-12. Students will participate in an ensemble music group. Students will learn about the instruments as well as how to play in a music group. Rental violin and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments.

| | | | | | | |
|-----------|---|-------|------------|---|-------|------|
| 242621-01 | M | 5-6pm | 9/11-10/23 | 6 | \$139 | ODRC |
| 242621-02 | M | 5-6pm | 10/30-12/4 | 6 | \$139 | ODRC |

Group Drum

Ages 5-12. Students will participate in an ensemble music group. Students will learn about the instruments as well as how to play in a music group. Rental drums and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments.

| | | | | | | |
|-----------|---|-------|------------|---|-------|------|
| 242622-01 | M | 7-8pm | 9/11-10/23 | 6 | \$139 | ODRC |
| 242622-02 | M | 7-8pm | 10/30-12/4 | 6 | \$139 | ODRC |

Group Piano

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

| | | | | | | |
|-----------|----|-------|------------|---|-------|------|
| 242624-01 | W | 6-7pm | 9/13-11/1 | 8 | \$179 | CHRC |
| 242624-02 | W | 6-7pm | 11/8-12/13 | 6 | \$179 | CHRC |
| 242624-03 | Th | 6-7pm | 9/21-10/26 | 6 | \$179 | PHRC |
| 242624-04 | Th | 6-7pm | 11/2-12/14 | 6 | \$179 | PHRC |

Visual Arts

Abrakadoodle Twoosy Doodlers **(+ADULT)**

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

| | | | | | | |
|-----------|----|------------|------------|----|-------|------|
| 252600-01 | M | 10-10:45am | 9/11-11/20 | 10 | \$199 | ODRC |
| 252600-02 | Tu | 10-10:45am | 9/12-11/21 | 10 | \$199 | PHRC |

Abrakadoodle Mini Doodlers **(+ADULT)**

Ages 3-6 with adult. Develop 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.

| | | | | | | |
|-----------|----|------------|-----------|----|-------|------|
| 252613-01 | Sa | 10-10:45am | 9/16-12/2 | 10 | \$199 | ODRC |
|-----------|----|------------|-----------|----|-------|------|

Angels with DirARTy Faces

Ages 2-5. This art-based program for preschoolers takes the form of visual and performing arts using conventional and non-conventional materials with a main goal of encouraging participants to create as they grow and develop gross and/or fine motor skills along with social development. Creative movement, dress-up play, story, and circle play along with creative movement and visual art activities are all part of the fun!

| | | | | | | |
|-----------|---|------------|-----------|---|-------|------|
| 252626-01 | M | 10-10:45am | 9/25-11/6 | 7 | \$155 | CHRC |
|-----------|---|------------|-----------|---|-------|------|



Artistic Drawing with Young Rembrandts

Ages 5-10. New lessons every session! 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. 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.

252626-01 Sa 10-11am 9/30-12/2 8 \$179 ODRC

Basics Manga Drawing

Ages 9-16. Explore the captivating world of Manga Drawing in our Basics of Manga Drawing class! This engaging program teaches fundamental techniques, from line work to color blending. Unleash your artistic talents and create beautiful artwork. Join us and discover the wonders of Manga Drawing!

254002-01 M 5:30-6:30pm 9/11-10/23 6 \$75 PHRC

254002-02 M 5:30-6:30pm 10/30-12/4 6 \$75 PHRC

The Anime Society

Ages 11-17. Join Anime Society, the ultimate gathering for anime enthusiasts! Immerse yourself in the captivating world of Japanese animation. Connect with fellow fans, discuss your favorite series, watch screenings of popular shows, participate in cosplay events, and embrace the excitement of all things anime. Let's celebrate the artistry of anime together!

284008-01 W 6-7:30pm 9/13-12/6 11 Free PHRC

Handmade Books **NEW!**

Ages 16 & up. Create your artist books or blank journals to give as gifts or use for traveling, memories, holiday planning, and more. Assemble a one-of-a-kind creation using a variety of papers, found ephemera, thread, and embellishments. You'll learn how to plan your idea, design, and make a cover, and bind your book using a pamphlet stitch. Explore options for creating pockets, weaving in unusual papers or textures, or adding collage and stamping elements. No experience necessary. Lunch provided.

243128-01 Su 11am-3pm 12/3 1 \$75 ODRC

Artworks **TR**

Ages 18 & up. Let your creative side shine through while using a variety of art mediums and learning new art skills. This program is geared towards individuals with intellectual and developmental disabilities. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5535. No class on 10/25 and 11/22.

253000-01 W 6-7:30pm 10/4-12/13 9 \$15 NLRC

Cooking

Snack Attack

Ages 5-10. This fall students will push the limits on the snack concept and prepare a variety of sweet, savory, delicious and unique nibbles. This is not your mother's PB&J! Chefs will prepare a variety of bite-sized munchies like sweet mango salsa with cinnamon sugar tortilla chips, veggie quesadilla with fresh salsa, Homemade Pretzels, Roasted Red Pepper Hummus with Homemade Pita Chips and more. No one will leave hungry this session!

242619-01 M 4pm-4:45pm 9/26-11/21 8 \$199 ODRC



Tiny Chefs Afterschool Cooking Class

Ages 5-10. Aprons on! Hands washed! We are ready to cook! This winter students will push the limits on the snack concept and prepare a variety of sweet, savory, delicious and unique nibbles. This is not your mother's PB&J! Chefs will prepare a variety of bite-sized munchies like sweet mango salsa with cinnamon sugar tortilla chips, veggie quesadilla with fresh salsa, Homemade Pretzels, Roasted Red Pepper Hummus with Homemade Pita Chips and more. No one will leave hungry this session!

242630-01 W 3:30-4:30pm 9/13-11/22 11 \$315 ODRC

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.



Creative & Performing Arts

alexandriava.gov/RPCA/Creative-Arts

Artist and Arts Organization Professional Development Webinars

Free | Visit alexandriava.gov/arts to see all upcoming webinars. Registration required

Webinars discuss numerous relevant topics for artists and arts organizations, such as marketing, funding, and business development presented by experts in the field.

Torpedo Factory

105 N. Union St. **-FREE ADMISSION**

torpedofactory@alexandriava.gov · torpedofactory.org

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

America's largest collection of publicly accessible working-artist studios under one roof. Explore three floors of artists. Watch them at their craft, ask about their creative processes, and purchase original artwork.

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

2023 Artist Residencies Program

The Artist Residencies Program places visual and performing artists in the community to conduct interactive art engagements. Residencies include an expansion of the Torpedo Factory Art Center's Post Grad Residencies, Site See, and the City's Mobile Art Lab, and artists are visiting locations including hospitals and senior centers. These new programs aim to reach underserved Alexandria communities with arts and culture programs, and connect artists directly with community members. Visit alexandriava.gov/arts/2023-artist-residencies-program to learn more about specific upcoming dates and locations.

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 2025 grant program information, call the Office of the Arts at 703.746.5565, email arts@alexandriava.gov or visit alexandriava.gov/arts.

Sound Horizons: An Immersive Exhibition

On view August 5, 2023 through January 2024 @ Torpedo Factory Art Center Target Gallery (Open Daily: 10 AM - 6 PM*)

The Office of the Arts and Virginia Tech Institute for Creativity, Arts, and Technology (ICAT) present Sound Horizons, an exhibition featuring four sound installations with visual components. Visitors will enter the ICAT Tesseract, an audio immersive structure built by the specialists at Virginia Tech, and experience audio through space and time. More at alexandriava.gov/arts.

*Periodic early closings for event rentals, visit torpedofactory.org/hours for specific and holiday closures and alexandriava.gov/arts for exhibition date information.

October is National Arts & Humanities Month (NAHM), a collective recognition of the importance of culture in America.



NAHM is an opportunity for everyone to help change public perception and promote the crucial role of the arts and humanities in promoting individual wellbeing, addressing trauma, connecting cultures, highlighting inequities, and making our communities healthier and stronger. Launched by Americans for the Arts more than 30 years ago as National Arts Week in honor of the twentieth anniversary of the National Endowment for the Arts and National Endowment for the Humanities.

To learn more about the National Arts & Humanities Month visit: americansforthearts.org/events/national-arts-and-humanities-month

Congratulations to the Fiscal Year 2024 Annual Arts Program Grantees

The Alexandria Commission for the Arts and the Office of the Arts joins everyone in Alexandria in congratulating the Fiscal Year 2024 Annual Arts Program grantees. Throughout the year, Alexandrians are enriched by the works of these groups and many other arts groups in the city.

Alexandria Citizens Band:
alexandriacitizensband.org

Alexandria Film Festival:
alexfilmfest.com

Alexandria Harmonizers:
Harmonizers.org

Alexandria Symphony Orchestra: Alexsym.org

Armed Services Arts Partnership: Asapasap.org

The Art League:
TheArtLeague.org

Arts on the Horizon:
ArtsOnTheHorizon.org

Eclipse Chamber Orchestra:
Eclipseco.org

Encore Stage and Studio:
encorestage.org

Ethiopian Community Support and Advocacy Center:
ecsac.org

Heard: heardnova.org

Local Motion Project:
localmotionproject.org

Monumental Theatre Company:
monumentaltheatre.org

Momentum Collective, Inc.:
momentumcinc.org

Quintango: Quintago.com

Sound Impact: SoundImpact.org

Tenants and Workers United:
tenantsandworkers.org

The Campagna Center:
campagnacenter.org

The Thirteen Choir:
TheThirteenChoir.org

UpCycle Creative Reuse Center: UpCycleCRC.org

Washington Metropolitan Philharmonic Orchestra:
wmpamusic.org

Young Playwrights Theater:
youngplaywrightstheater.org



Camps

Tennis 4 Kids Camp

Ages 4-6. Learn to play like the pros in this exciting and interactive tennis class that consists of not only singles and doubles games and round-robin play, but also of a variety of drills and cardio exercises that will keep kids agile and on their feet during game play.

Kids learn the fundamental rules of the game and techniques that will make them feel like experts in the sport. *Students need a racket for the class

| | | | | | | |
|-----------|----|----------|-------|---|------|------|
| 274210-01 | M | 9am-12pm | 9/25 | 1 | \$69 | CQPK |
| 274210-02 | Th | 9am-12pm | 10/12 | 1 | \$69 | CQPK |
| 274210-03 | M | 9am-12pm | 10/30 | 1 | \$69 | CQPK |
| 274210-04 | W | 9am-12pm | 11/22 | 1 | \$69 | CQPK |



Tennis Winter Break Camp

Ages 4-6. Learn to play like the pros in this exciting and interactive tennis class that consists of not only singles and doubles games and round-robin play, but also of a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Kids learn the fundamental rules of the game and techniques that will make them feel like experts in the sport. Students need a racket for the class.

| | | | | | | |
|-----------|-----|----------|-------------|---|-------|------|
| 274211-01 | M-F | 9am-12pm | 12/18-12/22 | 5 | \$255 | CQPK |
| 274211-02 | W-F | 9am-12pm | 12/27-12/29 | 3 | \$175 | CQPK |

The Science Seed Camp

Ages 5-8. In each of our day camps, little scientists will explore the days' theme with experiments, crafts and fun! The day is rounded out by outdoor recess, story time tied to the day's science, free indoor exploration time, story time and /or free reading and more. Email thescienceseed@gmail.com for full descriptions of each camp.

| | | | | | | |
|-----------|-------|---------|-----------|---|-------|------|
| 272691-01 | Th | 9am-4pm | 10/12 | 1 | \$105 | ODRC |
| 272691-02 | Th, F | 9am-4pm | 11/2-11/3 | 2 | \$209 | ODRC |

Geology Rocks! Day Camp

Ages 5-10. From the smallest rock to the tallest volcano, we will explore all things geologic! We will travel through time and investigate fossils and learn how to identify common rocks and minerals. You'll even get to build your own volcano! Snack will be provided, please bring a bagged lunch.

| | | | | | | |
|-----------|----|---------|-------|---|------|------|
| 269861-01 | Th | 9am-3pm | 10/12 | 1 | \$75 | BFNC |
|-----------|----|---------|-------|---|------|------|

Nature Day Camps

Ages 5-10. Join us as we dive into the world of art and learn about materials we can find in nature as well as the important landscapes nature has to offer. We will be working with a variety of different mediums. Snacks will be provided, please bring a bagged lunch

| | | | | | | |
|-----------|---|---------|-------|---|------|------|
| 269862-01 | M | 9am-3pm | 10/30 | 1 | \$75 | BFNC |
|-----------|---|---------|-------|---|------|------|

Around the World Camp

Ages 5-10. Join us as we travel from our home base in Alexandria, to the Arabian desert of the Middle East and along the Nile River in Africa as we search for the Great Pyramids. Snack will be provided, please bring a bagged lunch.

| | | | | | | |
|-----------|-----|---------|-------------|---|-------|------|
| 269860-01 | M-F | 9am-3pm | 12/18-12/22 | 5 | \$355 | BFNC |
|-----------|-----|---------|-------------|---|-------|------|

Tiny Chefs Camps

Ages 5-10. Spend your day off cooking! Each camp session has a different cooking theme. With hands on instruction, campers will learn how to create delicious food and learn cooking techniques. All supplies are provided by the instructors.

| | | | | | | |
|-----------|-------|---------|-------------|---|-------|------|
| 272677-01 | M | 9am-4pm | 9/25 | 1 | \$149 | ODRC |
| 272677-02 | M | 9am-4pm | 10/30 | 1 | \$149 | ODRC |
| 272677-03 | Th, F | 9am-4pm | 11/2-11/3 | 2 | \$255 | ODRC |
| 272677-04 | W-F | 9am-4pm | 12/27-12/29 | 3 | \$369 | ODRC |

Art Box Stem and Science of Theater Club

Ages 5-10. This program sparks creativity and imagination through script reading and line prompts, creative movement, dance, singing and the science of props and costume creations. Social Emotional Learning is also integrated into some of the life skill activities.

| | | | | | | |
|-----------|----|---------|-------|---|-------|------|
| 272686-01 | M | 9am-4pm | 9/25 | 1 | \$125 | LEEC |
| 272686-02 | Th | 9am-4pm | 10/12 | 1 | \$125 | LEEC |
| 272686-03 | M | 9am-4pm | 10/30 | 1 | \$125 | LEEC |
| 272686-04 | Th | 9am-4pm | 11/2 | 1 | \$125 | LEEC |
| 272686-05 | F | 9am-4pm | 11/3 | 1 | \$125 | LEEC |
| 272686-06 | W | 9am-4pm | 11/22 | 1 | \$125 | LEEC |

Ultimate Music Experience Camp

Ages 5-12. Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice, and movement. Campers participate in musical games, crafts, musical listening excerpts, related projects and more! Each camper will be issued a free t-shirt and Camp Bag! Free instrument rentals are provided to borrow for in camp use (rental agreement must be signed, instruments differ between the a.m. and p.m. sessions). Campers in both morning and afternoon sessions will be supervised during a lunch break.

| | | | | | | |
|-----------|-----|---------|-------------|---|-------|------|
| 272668-01 | M | 9am-1pm | 10/30 | 1 | \$105 | ODRC |
| 272668-02 | M | 1-5pm | 10/30 | 1 | \$105 | ODRC |
| 272668-03 | W | 9am-1pm | 11/22 | 1 | \$105 | ODRC |
| 272668-04 | W | 1-5pm | 11/22 | 1 | \$105 | ODRC |
| 272668-05 | M-F | 9am-1pm | 12/18-12/22 | 5 | \$495 | ODRC |
| 272668-06 | M-F | 1-5pm | 12/18-12/22 | 1 | \$495 | ODRC |



Camps

alexandriava.gov/rpca/camps

Cyberteck Camps

Ages 6-9. Software: Scratch 2.0 Skill Level: Beg-Int. Introduce your child to the wonderful world of programming! In this class, students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use premade art assets or create your own, and learn how to program them, to walk, talk, and interact with objects. Teach students logic and visual programming in order to create simple, 2D Video Game in Scratch 2.

| | | | | | | |
|-----------|-----|---------|-------------|---|-------|------|
| 272603-01 | M | 9am-3pm | 9/25 | 1 | \$125 | ODRC |
| 272603-02 | W | 9am-3pm | 11/22 | 1 | \$125 | ODRC |
| 272603-03 | W-F | 9am-3pm | 12/27-12/29 | 3 | \$425 | ODRC |
| 272668-06 | M-F | 1-5pm | 12/18-12/22 | 5 | \$495 | ODRC |

Abrakadoodle Art Camps

Ages 6-12. The world has many great artists and wonderful art including the drawings of Da Vinci, the colorful collages of Matisse, the light drenched paintings of Monet and the well-loved portrait of Whistlers Mother. These are the artists we know and love! Abrakadoodle artists will have fun learning about the masters, while creating their own masterpieces that are as unique as they are!

| | | | | | | |
|-----------|-------|---------|-------------|---|-------|------|
| 272600-01 | Th | 9am-3pm | 10/12 | 1 | \$65 | ODRC |
| 272600-02 | Th, F | 9am-3pm | 11/2-11/3 | 2 | \$125 | ODRC |
| 272600-03 | W-F | 9am-3pm | 12/27-12/29 | 3 | \$189 | ODRC |

Magnus Chess Camp

Ages 6-13. Magnus Chess Academy has taught the great strategy game to more than 100,000 children including national champions. A great camp for advanced players to sharpen their skills or beginners who want to learn the game. Activities include learning the rules, openings, tactics, strategy, endgames, playing games and outdoor breaks. Bring snack, drink, and lunch. Campers receive a t-shirt and chess set on Friday.

| | | | | | | |
|-----------|-----|---------|-------------|---|-------|------|
| 272675-01 | M-F | 9am-4pm | 12/18-12/22 | 5 | \$419 | ODRC |
|-----------|-----|---------|-------------|---|-------|------|

Hoop Life Basketball Camp

Ages 6-14. If your child has a love for the game of basketball, they won't want to miss this structured, fundamentals camp. All coaches have playing and/or coaching experience in higher levels of basketball ranging from high school to the NBA. At the end of camp, your child will have improved skills, greater knowledge, and a heightened passion for the game.

| | | | | | | |
|-----------|--------|---------|-------------|---|-------|------|
| 272601-01 | M | 9am-4pm | 9/25 | 1 | \$95 | JHES |
| 272601-02 | Th | 9am-4pm | 10/12 | 1 | \$95 | JHES |
| 272601-03 | M | 9am-4pm | 10/30 | 1 | \$95 | JHES |
| 272601-04 | Th & F | 9am-4pm | 11/2-11/3 | 2 | \$165 | JHES |
| 272601-05 | M-F | 9am-4pm | 12/18-12/22 | 5 | \$295 | JHES |
| 272601-06 | W-F | 9am-4pm | 12/27-12/29 | 3 | \$179 | JHES |



Gymnastics Mini Camp

Ages 6-14. Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. Students will gain strength, flexibility, and coordination.

| | | | | | | |
|-----------|----|---------|-------|---|------|------|
| 274202-01 | M | 9am-3pm | 9/25 | 1 | \$89 | CQRC |
| 274202-02 | Th | 9am-3pm | 10/12 | 1 | \$89 | CQRC |
| 274202-03 | M | 9am-3pm | 10/30 | 1 | \$89 | CQRC |
| 274202-04 | W | 9am-3pm | 11/22 | 1 | \$89 | CQRC |

Gymnastics Winter Break Camp

Ages 6-14. Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. Students will gain strength, flexibility, and coordination.

| | | | | | | |
|-----------|-----|---------|-------------|---|-------|------|
| 274203-01 | M-F | 9am-4pm | 12/18-12/22 | 5 | \$325 | CQRC |
| 274203-02 | W-F | 9am-4pm | 12/27-12/29 | 3 | \$195 | CQRC |

TEEN TRIPS

SELECT SATURDAYS | 9 A.M.-9 P.M.
AGES 11-17
MUST PRE-REGISTER ONLINE OR IN PERSON

ZIP LINE AND ADVENTURE TRIP September 30 | \$75/person

Get your adrenaline pumping as you soar through the air on zip-lines, tackle challenging obstacles, and conquer thrilling adventure activities.

KING'S DOMINION TRIP October 21 | \$55/person



Join us for a day of non-stop excitement as we conquer thrilling roller coasters, enjoy live entertainment, and explore a world of fun.

PAINTBALL TRIP November 11 | \$75/person

Strategize, dodge, and aim as you engage in thrilling paintball battles with your friends. Experience the exhilaration of combat in a safe and controlled environment.

GO KARTING TRIP December 16 | \$75/person

Experience the thrill of racing as you navigate the twists and turns of the track. Compete against friends, showcase your driving skills, and enjoy an action-packed day of high-speed fun.

REGISTER NOW



Nature & Environmental Education

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 each session! Drop ins welcome.

| | | | | | | |
|-----------|----|-----------|-------|---|-----|------|
| 269825-01 | Sa | 11am-12pm | 10/21 | 1 | \$5 | BFNC |
| 269825-02 | Sa | 11am-12pm | 11/11 | 1 | \$5 | BFNC |

Little Adventurers **+ADULT**

Ages 3-5 with adult. Explore the natural world and Dora Kelley Nature Park with an environmental educator as we search for animal homes and signs of fall. We will play games, make crafts, and go for a forest walk (weather permitting). Fee covers the cost of all three sessions. Drop in available for individual sessions.

| | | | | | | |
|-----------|---|--------------|-------------|---|------|------|
| 269800-01 | F | 10:30am-12pm | 10/13-12/15 | 3 | \$35 | BFNC |
| 269800-02 | F | 10:30am-12pm | 10/13 | 1 | \$12 | BFNC |
| 269800-03 | F | 10:30am-12pm | 11/17 | 1 | \$12 | BFNC |
| 269800-04 | F | 10:30am-12pm | 12/15 | 1 | \$12 | BFNC |

Tracks and Traces

Ages 5-9. Whose tracks are those? Learn how to identify animal tracks and signs in Dora Kelley Nature Park. Program includes a short presentation, a craft, and a walk through the woods!

| | | | | | | |
|-----------|----|--------------|------|---|-----|------|
| 269818-01 | Sa | 11am-12:30pm | 12/9 | 1 | \$5 | BFNC |
|-----------|----|--------------|------|---|-----|------|

Fall Butterflies

Ages 6-11. How long do native butterflies fly in the skies until it gets too cold? Join us as we discuss native species and how they prepare for the winter.

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|-----------|----|-----------|------|---|------|------|
| 269830-01 | Sa | 11am-12pm | 9/16 | 1 | Free | BFNC |
|-----------|----|-----------|------|---|------|------|

Ecosystem Engineers

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

| | | | | | | |
|-----------|----|----------|------|---|-----|------|
| 269851-01 | Sa | 2-3:30pm | 12/2 | 1 | \$5 | BFNC |
|-----------|----|----------|------|---|-----|------|

Grass to Grain

Ages 8-12. Did you know many of the foods we eat used to be wild plants? Learn about where some of your favorite foods originated, and how they were processed into the food we eat today.

| | | | | | | |
|-----------|----|---------|-------|---|-----|------|
| 269820-01 | Sa | 10-11am | 11/18 | 1 | \$5 | BFNC |
|-----------|----|---------|-------|---|-----|------|

Solar Eclipse

Ages 8-14. We'll be able to see a partial solar eclipse in Alexandria! Join us to learn about why this amazing phenomenon happens! Glasses to view the eclipse will be provided.

| | | | | | | |
|-----------|----|--------------|-------|---|-----|------|
| 269827-01 | Sa | 12:30-1:30pm | 10/14 | 1 | \$5 | BFNC |
|-----------|----|--------------|-------|---|-----|------|

Bioremediation

Ages 9-13. Have you ever wondered how scientists are able to clean up an oil spill? Join us to learn about some of the ways we tackle cleaning up these disasters and participate in an experiment. Safety goggles will be provided.

| | | | | | | |
|-----------|----|------------|------|---|-----|------|
| 269829-01 | Sa | 10-11:30am | 9/30 | 1 | \$5 | BFNC |
|-----------|----|------------|------|---|-----|------|

Exploring Our Waterways

Ages 12 & up. So, where does our water go? Learn how our water systems are connected and how we can help deter our local water pollution.

| | | | | | | |
|-----------|----|----------|------|---|------|------|
| 269817-01 | Sa | 2-3:30pm | 10/7 | 1 | Free | BFNC |
|-----------|----|----------|------|---|------|------|

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

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



FREE ADMISSION!

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



Afterschool Programs

alexandriava.gov/RPCA/OSTP

2023-2024 School Year Power-On

Join Us and Get Your Adventure On!



Meet friends, play, build, learn and grow through a variety of recreation, enrichment, and leisure activities. Afterschool fun includes creative and performing arts, music, history, sports, fitness, health, family events, and homework time. Participants will engage in theme-based activities and special events that will promote self-awareness and confidence, as well as self-expression and creativity, while having fun and making new friends in the Power-On afterschool program. Program meets 2:30-6 p.m. when ACPS schools are open, at locations across Alexandria.

Registration: Payment of \$792 is due at the time of registration and can be made by check, credit card or money order, payable to the City of Alexandria. Open to City of Alexandria residents only. Financial assistance and payment plans are available for eligible families. For more information, please contact the Registration & Reservation Office at 703.746.5414.

Afterschool Program Dates: August 21, 2023 - June 14, 2024

Afterschool Operation Hours: School Dismissal through 6 p.m.

Power-Full Fun Days

Program runs 9 a.m.-6 p.m.

Power-Full Fun Days Fee: Free for OSTP Registered Participants

Power-Full Fun Days operate at designated Recreation Centers on designated ACPS school closure days.

| | | | | | |
|-----------|-----|----------|-----------|-------|------|
| 502901-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | JAES |
| 502905-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | DMES |
| 502903-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | FDES |
| 503500-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | CBRC |
| 503600-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | CHRC |
| 503700-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | CKRC |
| 503800-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | MVRC |
| 504000-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | PHRC |
| 504100-01 | M-F | 2:30-6pm | 8/21-6/14 | \$792 | WRRC |

Youth Achieving Greatness **(INCLUSION)**

Ages 5-12. Participants will be 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). We also offer inclusion services for participants with an IEP who need minimal assistance engaging in a 1:15 ratio setting. Please contact the Therapeutic Recreation office to register for the YAG Inclusion Program. No class on 9/1, 9/4, 9/25, 10/9, 10/30, 11/3, 11/6-7, and 11/22-24.

| | | | | | |
|-----------|-----|----------|------------|-------|------|
| 243002-01 | M-F | 2:30-6pm | 8/21-12/15 | \$399 | NLRC |
|-----------|-----|----------|------------|-------|------|

TR Achieving Greatness **(TR)**

Ages 6-21. Therapeutic Recreation participants only. Are you looking for a program that will help your child develop important life skills, increase confidence, build social skills and lasting friendships? Participants will engage in structured enrichment activities in a safe and welcoming environment. Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5535. No class on 9/1, 9/4, 9/25, 10/9, 10/30, 11/3, 11/6-7, and 11/22-24.

| | | | | | |
|-----------|-----|----------|------------|-------|------|
| 203000-00 | M-F | 2:30-6pm | 8/21-12/15 | \$595 | NLRC |
|-----------|-----|----------|------------|-------|------|

Kids Day Out **(INCLUSION)**

Ages 5-12. Youth Achieving Greatness participants and ages 6-21, TR Achieving Greatness participants. Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Please contact the Nannie J. Lee office at 703.746.5535 for more information or to sign up.

| | | | | | | |
|-----------|---|---------|-------|---|------|------|
| 203001-01 | M | 9am-6pm | 9/25 | 1 | \$55 | NLRC |
| 203001-02 | M | 9am-6pm | 10/30 | 1 | \$55 | NLRC |
| 203001-03 | F | 9am-6pm | 11/3 | 1 | \$55 | NLRC |
| 203001-04 | M | 9am-6pm | 11/6 | 1 | \$55 | NLRC |
| 203001-05 | W | 9am-6pm | 11/22 | 1 | \$55 | NLRC |

Kids Day Out Winter Break **(TR)** **(INCLUSION)**

Ages 5-12. Youth Achieving Greatness participants and ages 6-21, TR Achieving Greatness participants. Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Please contact the Nannie J. Lee office at 703.746.5535 for more information or to sign up.

| | | | | | | |
|-----------|-----|---------|-------------|---|-------|------|
| 203001-06 | M-F | 9am-6pm | 12/18-12/22 | 5 | \$225 | NLRC |
| 203001-07 | W-F | 9am-6pm | 12/27-12/29 | 3 | \$135 | NLRC |
| 203001-08 | M | 9am-6pm | 12/18 | 1 | \$55 | NLRC |
| 203001-09 | Tu | 9am-6pm | 12/19 | 1 | \$55 | NLRC |
| 203001-10 | W | 9am-6pm | 12/20 | 1 | \$55 | NLRC |
| 203001-11 | Th | 9am-6pm | 12/21 | 1 | \$55 | NLRC |
| 203001-12 | F | 9am-6pm | 12/22 | 1 | \$55 | NLRC |
| 203001-13 | W | 9am-6pm | 12/27 | 1 | \$55 | NLRC |
| 203001-14 | Th | 9am-6pm | 12/28 | 1 | \$55 | NLRC |
| 203001-15 | F | 9am-6pm | 12/29 | 1 | \$55 | NLRC |

Recreation Roundup

- 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.

| AGE | 0-1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 55+ | |
|--|-------------|-----------|---------|-----------------|---------------------|---------------------|---------------------|---|---|----|---------------------|----|----|----|----|----|----|-----|-----------|-------------|
| Enrichment (cont.) | | | | | | | | | | | | | | | | | | | | |
| Socialize | | | | | | | | | | | | | | | | | | | | PAGE |
| Adult Social Club | | | | | | | | | | | | | | | | | | ● ● | 18 | |
| Book Club: The Great Work of Your Life | | | | | | | | | | | | | | | | | | ● ● | 18 | |
| Circle of Girls | | | | | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | 18 | |
| Durant Adult Socials | | | | | | | | | | | | | | | | | | ● ● | 18 | |
| Durant Teen Socials | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | 18 | |
| Kid Rock Social Hour* | ● ● ● ● ● | | | | | | | | | | | | | | | | | | 18 | |
| Lego Lab | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 18 | |
| Lil Gymmies Playtime | ● ● ● ● ● ● | | | | | | | | | | | | | | | | | | 18 | |
| Magnus Chess Club-Beginners | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 18 | |
| Senior Social BINGO | | | | | | | | | | | | | | | | | | ● | 19 | |
| Technology & Science | | | | | | | | | | | | | | | | | | | | |
| C3 Animation Using Minecraft | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 19 | |
| Coding with Minecraft | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 19 | |
| Cyberteck Lego WeDo | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 19 | |
| Little Scholars Mini Med | | ● ● ● | | | | | | | | | | | | | | | | | 19 | |
| Minecraft Modding | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 19 | |
| Science Art Mania | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 19 | |
| The Science Seed | | ● ● ● ● | | | | | | | | | | | | | | | | | 19 | |
| Roblox and Game Design | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 19 | |
| Creative & Performing Arts | | | | | | | | | | | | | | | | | | | | |
| Ballet | | | | | | | | | | | | | | | | | | | | |
| Ballet I | | | | ● ● ● ● ● | | | | | | | | | | | | | | | | 20 |
| Ballet II | | | | ● ● ● ● ● ● | | | | | | | | | | | | | | | | 20 |
| Ballet III | | | | ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | | 20 |
| Creative Ballet | | | | ● ● ● ● | | | | | | | | | | | | | | | | 20 |
| Introduction to Pointe | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 20 |
| Pre-Ballet & Movement | | ● ● ● ● | | | | | | | | | | | | | | | | | | 20 |
| Dance | | | | | | | | | | | | | | | | | | | | |
| Adult Hip Hop Class | | | | | | | | | | | | | | | | | | | ● ● | 21 |
| Ballroom Dance | | | | | | | | | | | | | | | | | | | ● ● ● ● ● | 21 |
| Ballroom Dance II | | | | | | | | | | | | | | | | | | | ● ● | 21 |
| Creative Dance | | ● ● | | | | | | | | | | | | | | | | | | 20 |
| Elements of Dance | | | | ● ● ● ● ● | | | | | | | | | | | | | | | | 21 |
| Hip Hop Dance | | | | ● ● ● ● ● ● | | | | | | | | | | | | | | | | 21 |
| Jazz Funk | | | | ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | | 21 |
| Jazz Hip Hop Combo | | ● ● ● ● | | | | | | | | | | | | | | | | | | 21 |
| Master Dance Class | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | 21 |
| Modern Dance 4 Kids | | | | ● ● ● ● ● | | | | | | | | | | | | | | | | 21 |
| Modern Tots | | | ● ● ● ● | | | | | | | | | | | | | | | | | 20 |
| Mommy & Me Grooves* | | ● ● ● ● ● | | | | | | | | | | | | | | | | | | 20 |
| Move with Me* | ● ● ● ● ● | | | | | | | | | | | | | | | | | | | 20 |

| AGE | 0-1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 55+ | |
|---|---------|-----------|---|-----------|---|---------------------|---|---|---------------------|----|----|----|-----------------------|----|----|----|---|----|---|-------------|
| Creative & Performing Arts (cont.) | | | | | | | | | | | | | | | | | | | | |
| Cooking | | | | | | | | | | | | | | | | | | | | PAGE |
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| Movement for Creativity and Well-Being | | | | | | | | | | | | | | | | | | | ● | 21 |
| Zumba 4 Kids | | | | ● ● ● ● ● | | | | | | | | | | | | | | | | 20 |
| Music | | | | | | | | | | | | | | | | | | | | |
| Group Drum | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | 22 |
| Group Guitar | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | 22 |
| Group Piano | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | 22 |
| Group Violin | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | 22 |
| Little Fingers Piano | | ● ● ● ● ● | | | | | | | | | | | | | | | | | | 22 |
| My First Music Class | | ● ● ● ● ● | | | | | | | | | | | | | | | | | | 22 |
| Private Music Lessons | | | | | ● | | | | | | | | | | | | | | | 22 |
| Visual Arts | | | | | | | | | | | | | | | | | | | | |
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| Abrakadoodle Twoosy Doodlers* | ● ● ● ● | | | | | | | | | | | | | | | | | | | 22 |
| Angels with DirARTy Faces | | ● ● ● ● ● | | | | | | | | | | | | | | | | | | 22 |
| The Anime Society | | | | | | | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | 23 |
| Artistic Drawing with Young Rembrandts | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | 23 |
| Artworks | | | | | | | | | | | | | | | | | | | ● ● | 23 |
| Basics Manga Drawing | | | | | | | | | | | | | ● ● ● ● ● ● ● ● ● ● ● | | | | | | | 23 |
| Handmade Books | | | | | | | | | | | | | | | | | | | ● ● ● ● ● | 23 |
| Cooking | | | | | | | | | | | | | | | | | | | | |
| Snack Attack | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | 23 |
| Tiny Chefs Afterschool Cooking Class | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | | | | | 23 |
| Nature & Environmental Education | | | | | | | | | | | | | | | | | | | | |
| Bioremediation | | | | | | | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | 27 |
| Ecosystem Engineers | | | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | 27 |
| Exploring Our Waterways | | | | | | | | | | | | | | | | | ● | 27 | | |
| Fall Butterflies | | | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | 27 |
| Grass to Grain | | | | | | | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | 27 |
| Little Adventurers* | | | | | | | | | ● ● ● ● ● | | | | | | | | | | | 27 |
| Nature Play* | | | | ● ● ● ● ● | | | | | | | | | | | | | | | | 27 |
| Tracks and Traces | | | | | | | | | ● ● ● ● ● ● ● ● ● ● | | | | | | | | | | | 27 |
| Solar Eclipse | | | | | | | | | | | | | ● ● ● ● ● ● ● ● ● ● ● | | | | | | | 27 |
| Afterschool Programs | | | | | | | | | | | | | | | | | | | | |
| Kids Day Out | | | | | | | | | | | | | | | | | | | ● | 28 |
| Kids Day Out Winter Break | | | | | | | | | | | | | | | | | | | ● | 28 |
| TR Achieving Greatness | | | | | | | | | | | | | | | | | | | ● | 28 |
| Youth Achieving Greatness | | | | | | | | | | | | | | | | | | | ● | 28 |

*Requires guardian and child participation



Community Events

alexandriava.gov/RPCA/Events

Community Activities & Events

Halloween Fest

All Ages. Kick off the Chick Armstrong Halloween season with our OSTP Halloween Fest for families! This free friendly spooky event will feature food, vendors, games, music, and a costume contest for the entire family.



283721-01 Sa 12-3pm 10/14 1 Free CKRC

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!

285202-01 Su 10am-2pm 9/17 1 \$25 ODR
285202-02 Su 10am-2pm 10/22 1 \$25 ODR
285202-03 Su 10am-2pm 11/19 1 \$25 ODR

Hispanic Heritage Celebration Dance

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

283703-01 F 6:30-8:30pm 9/22 1 \$5 CKRC

Nerf the Turf

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

284007-01 F 6:30-8:30pm 9/22 1 \$15 PHES
284007-02 F 6:30-8:30pm 10/6 1 \$15 PHES
284007-03 F 6:30-8:30pm 11/3 1 \$15 PHES
284007-04 F 6:30-8:30pm 11/17 1 \$15 PHRC
284007-05 F 6:30-8:30pm 12/8 1 \$15 PHRC

Family Bingo Night

Ages 6 & up. Join us for the William Ramsay Family BINGO nights. 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? The fee is for a family of 4.

284109-01 F 6:30-8pm 9/22 1 \$9 WRRC
284109-02 F 6:30-8pm 11/17 1 \$9 WRRC

Dodgeball Fanatics

Ages 7-12. Duck, dip, dive, and dodge to a great time. This instructor-led program teaches participants a safe way to play dodgeball with gatorskin balls in a controlled environment. Each session's participants will be placed in teams based on their age and skills.

284006-01 F 6:30-8:30pm 9/29 1 \$15 PHES
284006-02 F 6:30-8:30pm 10/13 1 \$15 PHES
284006-03 F 6:30-8:30pm 12/1 1 \$15 PHES

Parents Day Out

Ages 5-12. Mom and Dad have a fun day out while we entertain your kids! The kids will enjoy The Art Box Fluid Pouring Canvas Art.

283813-01 Sa 10am-12pm 10/14 1 \$25 MVRC
283813-02 Sa 10am-12pm 10/28 1 \$25 MVRC

Hispanic Heritage Festival

All Ages. Hispanic culture and community will be on full display at the William Ramsay Recreation Center's Hispanic Heritage Festival. Come and celebrate the end of Hispanic Heritage Month with dance and music performances, food, art, games, community resources, and more. All are welcome!

284108-01 Sa 12-4pm 10/14 1 Free WRRC

Connect With Us!

for the latest news, events, pop-up programs, information & more!



alexandriava.gov/RPCA/Social

Register through alexandriava.gov/WebTrac

Community Events

alexandriava.gov/RPCA/Events



Boo-Fest

All Ages. Get dressed up and join us for a goblin good time. Festivities will include a costume parade, carnival games, moon bounce, arts and crafts, spooky stories, and more! This fun filled spooky festival is fit for the entire family.

283601-01 F 6:30-8:30pm 10/27 1 \$5 CHRC

Family October Fest 2023

All Ages. Join us at the Patrick Henry Recreation Center for a thrilling Family Fall Festival! Enjoy an array of exciting games, explore our spooky haunted house, get creative with arts and crafts, indulge in delicious snacks, and stand a chance to win fantastic prizes. A fun-filled event for the whole family!

284002-01 F 6:30-8:30pm 10/27 1 \$15 PHRC

Family Masquerade Ball

All Ages. All residents and families in the City of Alexandria are invited to the social engagement of the year. Enjoy dancing, photo opportunities, a best dressed costume contest and refreshments.

283801-01 F 6:30-9pm 10/27 1 \$9 MVRC

HalloTeen Night

Ages 13-17. The William Ramsay Recreation Center is hosting its 2nd annual HalloTeen night. Come dressed to impress and participate in the costume contest. Dance to a live DJ, compete in basketball and dodgeball, play games, create art, eat food, and earn some candy. Costumes are encouraged.

284107-01 F 7:30-10pm 10/27 1 Free WRRC

Family Costume Ball

All Ages. Come celebrate Halloween season with the William Ramsay Recreation Center. Whether your costume is spooky, funny, or fabulous, you will have a ball dancing the night away to Halloween hits, competing in the costume contest, eating spooky snacks, and playing twisted games. All are welcome!

284106-01 Sa 5-7pm 10/28 1 Free WRRC

Breakfast with Santa

Ages 1-7. Santa and his elves are making a stop at Mt. Vernon Recreation Center for a morning of holiday cheer and breakfast! Enjoy fun for the whole family and join us as we spread holiday cheer! All participants must pre-register.

283823-01 Sa 10am-12pm 12/9 1 \$25 MVRC

Celebrate with Santa

Ages 4-7. Kids won't want to miss this fun special interactive show to include Santa's favorite sing along songs, holiday craft making, and Santa's favorite story time telling. Afterwards, kids will have the opportunity to meet, enjoy a continental breakfast and pictures taken with Santa. Parents and guardians, please remember to bring your camera!

283720-01 Sa 11am-12:30pm 12/9 1 \$9 CKRC

Yoga Fest


Ages 18 & up. Bring in the New year refreshed and focused! Yoga Fest will feature seven different yoga classes to help you refresh, rebalance, and be prepared to welcome in the new year! Participants can attend one class per hour.

223618-01 Sa 9am-3pm 12/30 1 \$15 CHRC

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:

- 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

- Youth Sports Coaches
- 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.

Special Events



Tons of Trucks

September 9

10am-1pm | Chinquapin Park | 3210 King St | 703.746.5457
Prepurchase your tickets at alexandriava.gov/webtrac



28th Annual Art on the Avenue

October 7

10am-6pm | Mount Vernon Ave. | artonthavenue.org



City Tree Lighting

November 18

6-8pm | Market Square (301 King St) | Events Hotline: 703.746.5592



Alexandria Scottish Christmas Walk Parade sponsored by Wegmans

December 2

11am-1pm | Old Town Alexandria | ALXScottishWalk.com



Alexandria Holiday Boat Parade of Lights sponsored by Amazon

December 2

1-8pm (Dockside Festivities); 5:30pm (Boat Parade)
Old Town Waterfront | ALXBoatParade.com



Alexandria Invitational Cheerleading Competition

December 10

2pm, Alexandria City High School | Tamika Coleman: 703.746.5402



Santa's Winter Wonderland

December TBD

5-9pm | Charles Houston Recreation Center (901 Wythe St)
Jacquay Plummer: jacquay.plummer@alexandriava.gov or
alexandriava.gov/rpca/events



First Night Alexandria

December 31

2pm-12am | Historic Old Town Alexandria | Information:
703.746.3299 or firstnightalexandria.org

Registration Information

Ages 55 & Up

See the Recreation Roundup on pages 29-31 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 more information, visit the NVSO website at nvso.us. Registration begins July 6 and ends August 24.

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 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, Groceries-to-Go, Friendly Visitors, Senior Information Corners, monthly Senior Speaker Series events and a Senior Ambassador Program. For more information, call 703.836.4414 x110, or visit www.seniorservicesalex.org.

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 44.

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 Cuidad y el hermoso waterfront. Ver en página 38-39 el mapa de parques y centros comunitarios. Visite alexandriava.gov/ParkLink para orientación y un interactivo mapa de parques e instalaciones.

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



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

Visite alexandriava.gov/Recreation para mas información.

Registration Information

3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, August 9 at 9 am**
Nonresident registration begins **Friday, August 11 at 9 am**



Web

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



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 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

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

Nonresident Fee: A fee of \$35 per person, in addition to the class fee, is required for all class sections. This fee is non-refundable except when 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 for details about the fee assistance policy.

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

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

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

Registration Form

Questions? Call 703.746.5414 (M-F 9 am-7 pm), Registration begins: August 9 (Resident) & August 11 (Nonresident)
 VA Relay 711 or email registerarpc@alexandriava.gov

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

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

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

| Participant's Name | Gender M / F | Date of Birth | Activity Title | Activity # | Start Date | Fee |
|--------------------|--------------|---------------|----------------|------------|------------|-------|
| Joey Sample | M | 1/2/12 | Soccer Tots | 322610-01 | 1/18/18 | \$169 |
| | | | | | | |
| | | | | | | |
| | | | | | | |

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

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

Make checks payable to "City of Alexandria"

3 PLEASE READ AND SIGN BELOW:

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

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

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

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

4 REGISTRATION METHOD

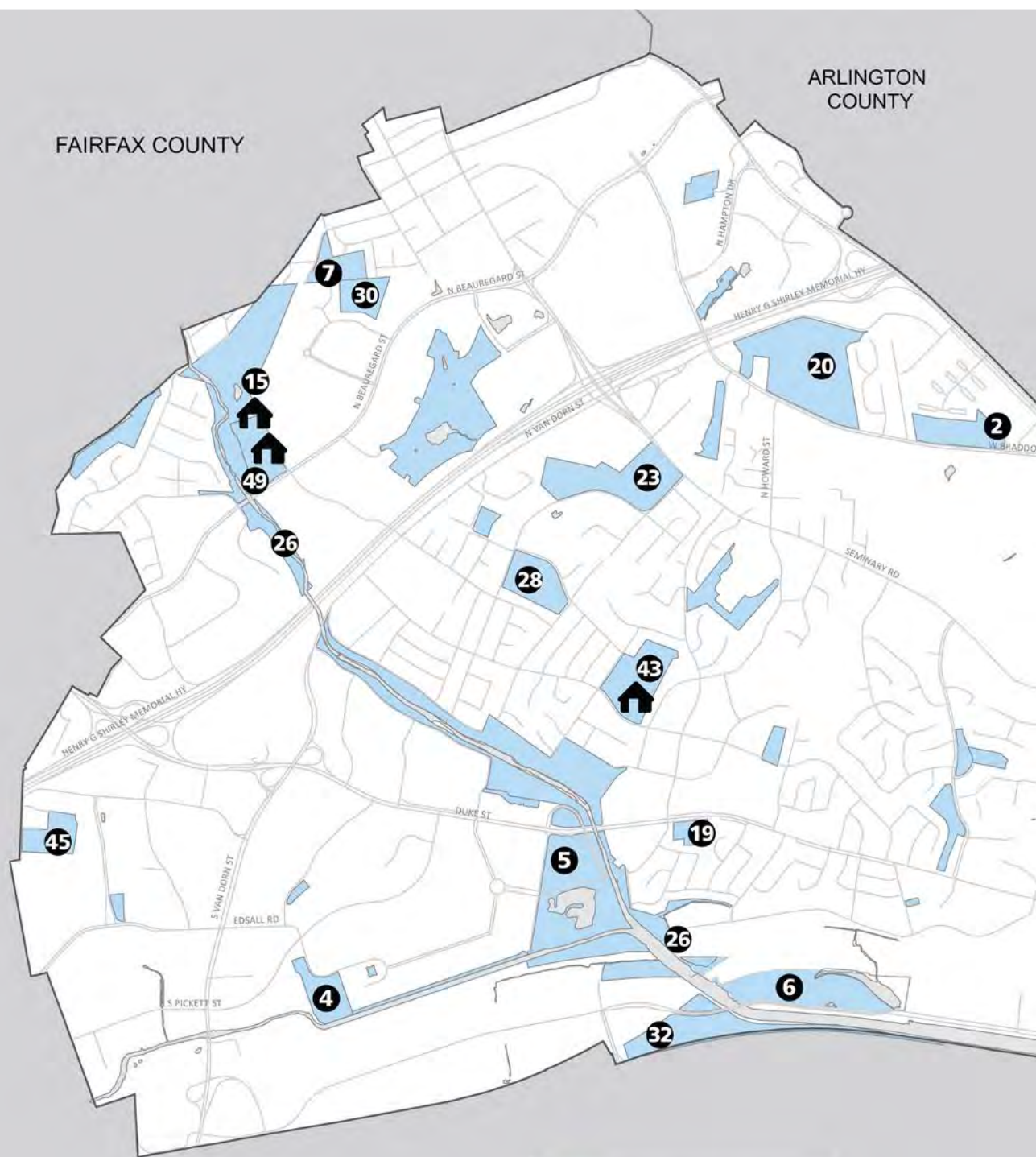
Mail-In or Drop-Off:
 Registration & Reservations/Lee Center
 1108 Jefferson St., Alexandria, VA 22314

Web:
alexandriava.gov/Recreation

Questions?
 Call 703.746.5414
 Email registerarpc@alexandriava.gov

For Office Use Only:
 Check #: _____ Amt: _____
 Date Received: _____ Staff: _____

Parks & Facilities



FAIRFAX COUNTY

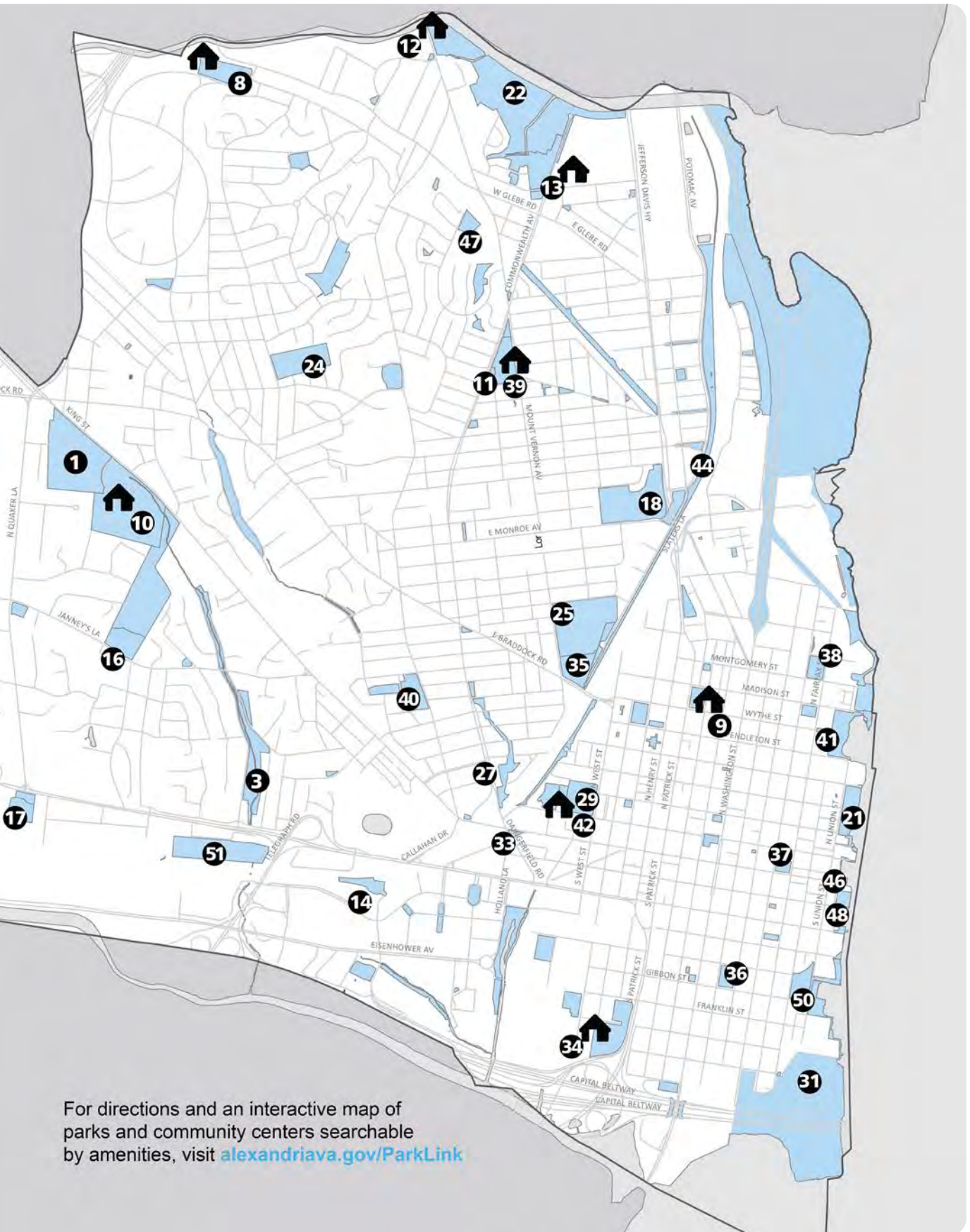
ARLINGTON COUNTY

FAIRFAX COUNTY



| | |
|--|----------------------------------|
| | Accessible Open Space |
| | Recreation Center |
| | Programmed Spaces see page 40 |

Parks & Facilities



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

































































































Parks & Facilities

| | | |
|----|---|--|
| 1 | Alexandria City High School 3330 King St. | |
| 2 | Alexandria City High School Minnie Howard Campus 3801 W. Braddock Rd. | |
| 3 | Angel Park 201 West Taylor Run Parkway | |
| 4 | Armistead L. Boothe Park 520 Cameron Station Blvd. | |
| 5 | Ben Brenman Park 4800 Brenman Park Dr. | |
| 6 | Cameron Run Regional Park/Lake Cook (NOVA Parks) 3699 Eisenhower Ave. | |
| 7 | Chambliss Park 2505 N. Chambliss St. | |
| 8 | Charles Barrett School & Recreation Center 1115 Martha Custis Dr. | |
| 9 | Charles Houston Recreation Center 901 Wythe St. <i>Pool Seasonal</i> | |
| 10 | Chinquapin Park Recreation Center & Aquatics Facility / Forest Park 3210 King St. | |
| 11 | Colasanto Center 2704 Mt. Vernon Ave. | |
| 12 | Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave. | |
| 13 | Cora Kelly School & Leonard "Chick" Armstrong Recreation Center 25 W. Reed Ave. | |
| 14 | Dog Park at Carlyle 450 Andrews Ln. | |
| 15 | Dora Kelley Nature Park 5750 Sanger Ave. Jerome "Buddie" Ford Nature Center | |
| 16 | Douglas MacArthur School 1101 Janney's Ln. | |
| 17 | Eugene Lockett Field 3540 Wheeler Ave. Schuyler Hamilton Jones Skateboard Park | |
| 18 | Eugene Simpson Stadium Park 426 E. Monroe Ave. | |
| 19 | Ewald Park 4452 & 4500 Duke St. | |
| 20 | Fort Ward Park 4301 W. Braddock Rd. Fort Ward Athletic Facility 4421 W. Braddock Rd. | |
| 21 | Founders Park 351 N. Union St. | |
| 22 | Four Mile Run Park 3700 Commonwealth Ave. | |
| 23 | Francis C. Hammond Middle School 4646 Seminary Rd. | |
| 24 | George Mason Elementary School 2601 Cameron Mills Rd. | |
| 25 | George Washington School and Park 1005 Mt. Vernon Ave. | |
| 26 | Holmes Run Park System Holmes Run Pkwy. Tarlton Park S. Jensen St. | |
| 27 | Hooft's Run Park and Greenway 18 A E. Linden St. | |
| 28 | James K. Polk School 5000 Polk Ave. | |

Visit alexandriava.gov/ParkLink to see all City of Alexandria parks and amenities.
See page 43 for event sites and information about hosting special events.

Register through alexandriava.gov/WebTrac

Parks & Facilities

| | | |
|----|--|--|
| 29 | Jefferson Houston Elementary School 1501 Cameron St. |     |
| 30 | John Adams Elementary School & Recreation Center 5651 Rayburn Ave. |     |
| 31 | Jones Point Park (National Park Service) 100 Jones Point Dr. |   |
| 32 | Joseph Hensley Park 4200 Eisenhower Ave. |    Park Closed to the Public August 7, please visit alexandriava.gov/rpca/project/joseph-hensley-park-renovation. |
| 33 | King Street Gardens Park 1806 King St. |         |
| 34 | Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St. |    |
| 35 | Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave. |    |
| 36 | Lyles Crouch Elementary School 530 S. Saint Asaph St. |   |
| 37 | Market Square 301 King St. |     |
| 38 | Montgomery Park 901 N. Royal St. |        |
| 39 | Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave. |      |
| 40 | Naomi L. Brooks School 600 Russell Rd. |        |
| 41 | Oronoco Bay Park 100 Madison St. |       |
| 42 | Oswald Durant Center 1605 Cameron St. Old Town Pool Seasonal 1609 Cameron St. |      |
| 43 | Patrick Henry Recreation Center 4653 Taney Ave. |       |
| 44 | Potomac Yard Park 2051 Potomac Ave. |      |
| 45 | Stevenson Park 300 Stultz Rd. | |
| 46 | Torpedo Factory Plaza, City Marina, 105 N. Union St. 0 Cameron St. |   |
| 47 | Warwick Pool Seasonal 3301 Landover St. |    |
| 48 | Waterfront Park 1A Prince St. |  |
| 49 | William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave. |         |
| 50 | Windmill Hill Park 501 S. Union St. |       |
| 51 | Witter Recreational Fields 2700 Witter Dr. |   |

LEGEND

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

*Unfenced sites are marked with posts

Parks & Facilities

City Marina

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



Hours of Operation:

November – March
 M – Su: 9am-5pm

April – October
 M – Su: 9am-9pm

Closed some City holidays.

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

Boat Slip Lease Information:

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

Sightseeing Boat Tours

Sightseeing and Water Taxi services are available at the City Marina. Water Taxi Sightseeing cruises include Washington's monuments, Alexandria's Seaport and the Mount Vernon Estate. Water Taxi service is available to Georgetown, Mount Vernon and the new National Harbor and Gaylord National Convention Center. For additional information visit the Potomac Riverboat Company at 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

CONTACT INFORMATION

● **DIRECTOR'S OFFICE**703.746.5500

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

● **GENERAL INFORMATION**703.746.4343

● **PROGRAMS & SERVICES**

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

Recreation Classes & Camps703.746.5414
 Senior & Teen Programs703.746.5464
 Special Events & Major Park Rentals703.746.5418
 Therapeutic Recreation703.746.5422
 Youth & Adult Sports703.746.5402

● **VA RELAY** 711

● **24-HOUR HOTLINES**

Alexandria Safe Place703.746.5400
 Special Events703.746.5592
 Classes & Camps703.746.5594
 Coed & Women Sports703.746.5595
 Men Sports703.746.5596
 Youth Sports703.746.5597
 Facility & Fields703.746.5598

Picnic, Facility & Event Reservations

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

To start planning an event, follow these simple steps:

1) Find a space

Indoors: Page 44 indicates the indoor amenities available for rental.

Outdoors: Pages 40-41 indicate parks with space available for rental.

2) Contact a specialist

Indoors: To reserve, call the location listed on page 44.

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 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

Small room \$149 resident/\$184 nonresident

Large room \$179 resident/\$214 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

Small room \$149 resident/\$184 nonresident

Large room \$179 resident/\$214 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 to find nearby parks, community centers, trails and more. Search by name, location or amenity.

Get directions by foot, car or public transportation and link to information on the City's website, including reservation forms, fees and more.



Community Center Amenities









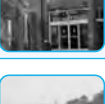


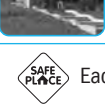
○ Amenities On-site

● Available for Rental

Rental hours may exceed operating hours.

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

Please call each center for holiday hours.

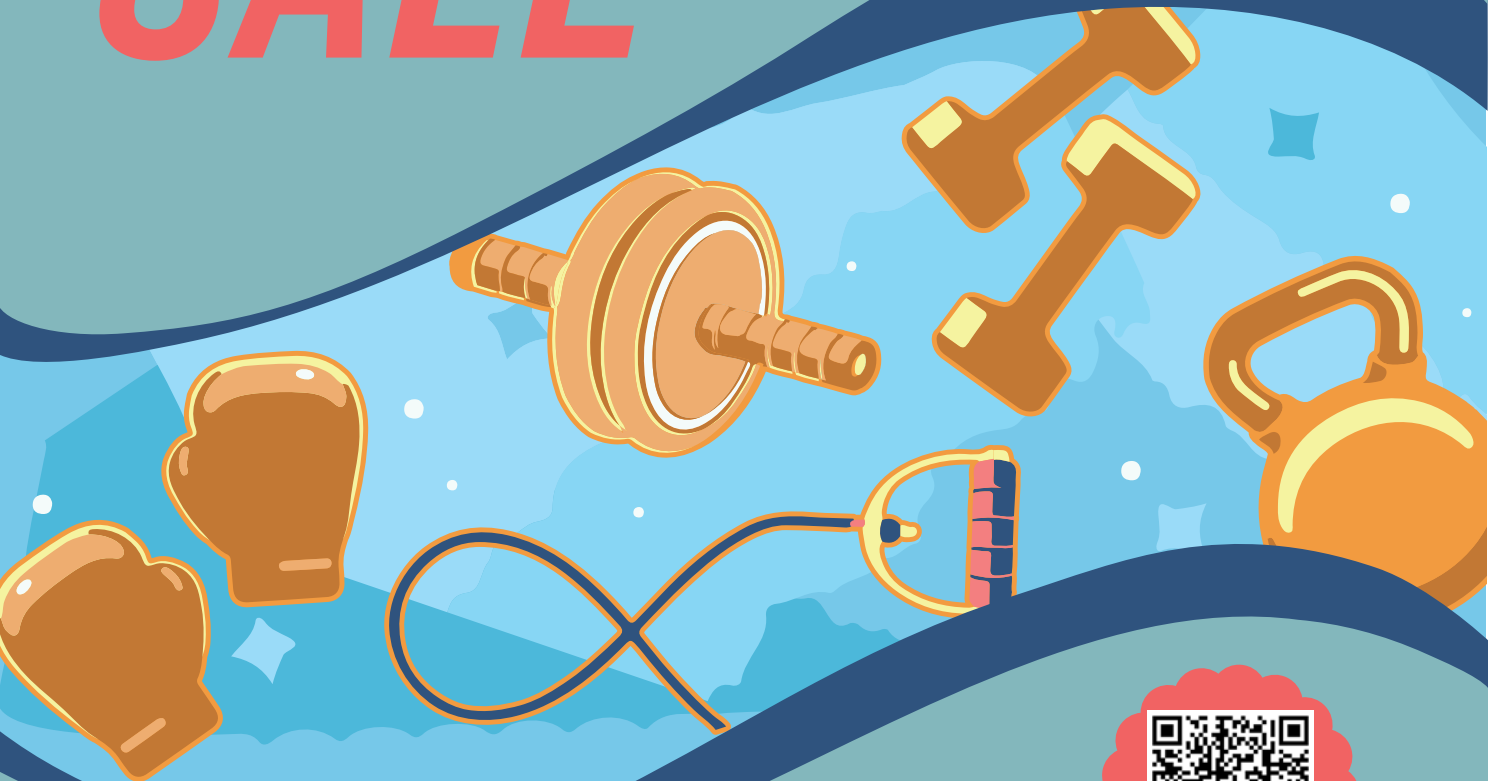
| | Arts & Crafts Room <small>Small/Large Room</small> | Boxing Ring | Computer Lab | Dance Studio <small>Small Room</small> | Game Room | Gymnasium | Kitchen | Meeting Rooms <small>Small/Large Room</small> | Multi-Purpose Room <small>Small/Large Room</small> | Performance <small>Small/Large Room, Auditorium</small> | Swimming Pool | Soft Playroom | Racquetball Court | Weight/Fitness Room | Exhibit Space |
|---|---|-------------|--------------|---|-----------|-----------|---------|--|---|--|---------------|---------------|-------------------|---------------------|---------------|
|  <p>Charles Barrett Recreation Center* 1115 Martha Custis Dr., 22305 • 703.746.5551 Open for pre-scheduled programming only.</p> | | | | | ○ | ● | ○ | ● | ● | | | | | | |
|  <p>Charles Houston Recreation Center 901 Wythe St., 22314 • 703.746.5552 Mon-Thu: 9am-9pm, Fri-Sat: 9am-10pm, Teens - First Fri and Sat each month: 9am-midnight, Sun 1-5pm</p> | ○ | ○ | ○ | ● | ○ | ● | ○ | ● | ● | | ● | ● | | | ○ |
|  <p>Chinquapin Park Recreation Center & Aquatics Facility <i>Hours subject to change.</i> 3210 King St., 22314 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm</p> | | | | | | | | ● | ● | | ● | ● | ● | ○ | |
|  <p>Leonard "Chick" Armstrong Recreation Center* <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> | ○ | | | ● | ○ | ● | ○ | ● | ● | | | | ● | | ○ |
|  <p>Oswald Durant Center 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs and rentals.</p> | ● | | | | | | | ● | ● | ● | | | | | ○ |
|  <p>Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat 10am-4pm</p> | | | | | | | | | ● | | | | | | ○ |
|  <p>Lee Center 1108 Jefferson St., 22314 • 703.746.5414 Registration and Reservation Office: Mon-Fri 9am-7pm</p> | ● | | | ● | | | | ● | ● | ● | | | | | ● |
|  <p>Mount Vernon Recreation Center* 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9am-9pm; Sat: 9am-6pm</p> | ○ | | ○ | ● | ○ | ● | | ● | ● | ● | | | | | |
|  <p>Nannie J. Lee Recreation Center 1108 Jefferson St., 22314 • 703.746.5550 Open for pre-scheduled programming only.</p> | ○ | | | | | ● | ○ | | ● | | | | | | |
|  <p>Patrick Henry Recreation Center* 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri: 9am-2pm and 6-9pm Sat: 9am-6pm Teens – Fri: 9-11pm; Sat: 6-8pm</p> | ○ | | | | | ● | | ● | ● | ○ | | ● | | | ○ |
|  <p>Torpedo Factory Art Center 105 N. Union St., 22314 • 703.746.4570 Mon-Fri 9am-9pm, Sat 9am-6pm</p> | | | | | | | | | ● | | | | | | ● |
|  <p>William Ramsay Recreation Center* 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9am-9pm; Sat: 9am-6pm Teens – Mon 6-9pm, Fri 6-11pm, and Sat 6-11pm</p> | ○ | | ○ | ● | ○ | ● | ○ | ● | ● | | | | | | ○ |



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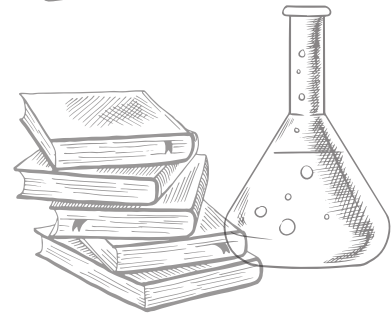
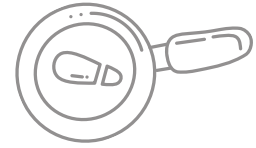
*MUST PURCHASE FITNESS PASS AT PARTICIPATING LOCATIONS



Department of Recreation,
Parks & Cultural Activities
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