

Winter 2024 Program Guide

# Alexandria

Department of Recreation, Parks & Cultural Activities



Lecciones de natación en español pág. 5

Spring Break Camps pg. 21

New Teen Section pg. 30

## Registration Begins

- December 13 (Residents)
- December 15 (Non-Residents)



# JOIN OUR TEAM

Hourly Rates of \$17.76 and up,  
\$300 bonus for seasonal employees!



## SUMMER & YEAR-ROUND POSITIONS AVAILABLE:

- Recreation Leaders
- Lifeguards
- Out of School Time
- Pool Managers/Operators



Scan to learn more & apply

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

703.746.5414

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**NEW!**

## New This Season

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- Rhythm Time with Parent** pg. 17

Connect With Us  
[alexandriava.gov/RPCA/Social](http://alexandriava.gov/RPCA/Social)



- 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.31
- TR** Designed for individuals with disabilities. Assessment required. See pg.29

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 Middle School 1005 Mt. Vernon Ave.
- JAES** John Adams Elementary School 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](http://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.







### Adult Intermediate & Advanced Swim

**Ages 18 & up.** Advanced swimming for fitness skills include swimming from wall with rotary breathing; open or flip turns for 100 yards, back crawl with open or flip turns for 50 yards, breaststroke with open turns for 50 yards (opt.). Visit alexandriava.gov/aquatics for more info.

334231-01	Tu	7:45-8:30pm	1/12-3/19	10	\$209	CQRC
334231-02	W	7:45-8:30pm	1/17-3/20	10	\$209	CQRC
334231-03	M	7:45-8:30pm	1/22-3/18	8	\$169	CQRC

### Aqua Aerobics

#### 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 workout that is cardio conditioning, body toning, and exhilarating! Drop-in fee is \$12.

334225-01	M	7:15-8:05pm	1/8-3/27	10	\$135	CQRC
334225-02	Su	9:9:50am	1/15-4/2	11	\$155	CQRC

#### 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.

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

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

**Ages 16 & up.** Build muscle tone and get a great cardio workout with high and low intensity exercises set to great music in shallow water. For all levels. Drop-in fee is \$12.

334229-01	Tu,Th	6:30-7:30pm	1/9-2/15	12	\$156	CQRC
334229-02	Sa	9:05-9:55am	1/6-3/30	12	\$130	CQRC
334229-03	Tu,Th	6:30-7:30pm	2/20-3/28	12	\$156	CQRC

#### 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. No class on 2/19, 2/21.

334221-01	Tu,Th	10:55-11:55am	1/16-3/28	20	\$198	CQRC
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#### Blue Octopus Scuba

**Ages 18 & up.** Learn how to scuba dive & see the wondrous 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 the month.

339702-01	Sa,Su	10:30am-3:30pm	1/6-3/31	28	Varies	CQRC
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#### Get in Deep with Candice **DROP-IN**

**Ages 18 & up.** Experience an invigorating deep water workout in the diving well! This non-impact class is good for all levels and will incorporate cardio work with resistance training, circuits, intervals, and steady-paced work. Swimming ability not required, flotation tools provided. No class on 1/15 and 1/19. Drop-in fee is \$12.

334218-01	M	6:30-7:15pm	1/8-3/11	8	\$125	CQRC
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#### Deep Water Aqua Aerobics **DROP-IN**

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

334224-01	W	6:30-7:30pm	1/10-3/20	11	\$178	CQRC
334224-02	W	7:30-8:30pm	1/10-3/20	11	\$178	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. For more info, visit ontheforwellness.com or email ontheforwellness@gmail.com.

334217-01	Tu,Th	8:15-9am	1/9-3/19	21	\$315	CQRC
334217-02	Tu,Th	9:30-10:15am	1/9-3/19	21	\$315	CQRC

## Deportes Acuaticos

¿Hablas español como primer idioma pero quieres aprender a nadar? Chinquapin ofrece lecciones de natación para todas las edades en español. ¡Regístrese ahora, porque el espacio se llenará rápidamente!

#### 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.

334200-01	Su	9-9:30am	1/21-3/17	8	\$125	CQRC
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#### Preescolar 1 en español

**De 3-5 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.

334200-02	Su	9:40-10:10am	1/21-3/17	8	\$125	CQRC
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#### Nivel 1 en español

**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).

334200-03	Su	11-11:30am	1/21-3/17	8	\$125	CQRC
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#### Nivel 2 en español

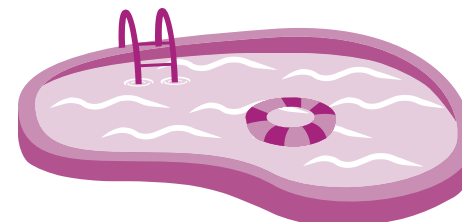
**De 6-12 años.** Habilidades acuáticas fundamentales se basa en las habilidades aprendidas en el Nivel 1. Su hijo comienza a realizar habilidades en un nivel un poco más avanzado y comienza a adquirir habilidades de propulsión rudimentarias tanto en la parte delantera como en la trasera. Este nivel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

334200-04	Su	10:20-10:50am	1/21-3/17	8	\$125	CQRC
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#### Clases de Natacion para Adultos Principiantes

**A partir de 18 años.** Aprenderás técnicas de natación de nivel 1 y 2 en esta clase en grupo diseñada para satisfacer las necesidades de los alumnos adultos. Los participantes aprenden técnicas básicas de natación y seguridad y superan el miedo al agua. Las habilidades incluyen entrar y salir del agua, flotar por delante y por detrás, deslizarse por delante y por detrás, técnicas de respiración, rodar de delante a atrás y de atrás a delante, nadar al menos dos largos por delante y por detrás utilizando simultáneamente los brazos y las piernas.

334200-05	Su	11-11:45am	1/21-3/17	8	\$125	CQRC
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## Become a Lifeguard with RPCA This Summer!

City of Alexandria applicants eligible for waived fees. Contact Aquatics at 703.746.5435 or email trina.wood@alexandriava.gov prior to registering for classes.

### 1 Take a Certification Class

#### Lifeguard Training

**Ages 15 & up.** The American Red Cross Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. Successful completion of this class will certify students in Lifeguarding, First Aid, and CPR for the Professional Rescuer and AED. Certified students are then eligible to work as lifeguards. Employment opportunities with the City of Alexandria will be discussed during the class.

334220-01	Sa,Su,M	9am-4pm	2/17-2/19	\$229	CQRC
334220-02	M-F	10am-4pm	3/25-3/29	\$229	CQRC

#### Water Safety Instructor

**Ages 16 & up.** The purpose of this instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim, Private Lessons, Water Safety Courses (including Safety Training for Swim Coaches) and Water Safety Presentations.

334220-03	M-F	9am-5pm	3/25-3/29	5	\$229	CQRC
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### 2 Apply for a Lifeguard Job

Join our team today!

alexandriava.gov/Jobs  
703.746.5485



## 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).



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.





# 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.

314218-01	W	5-5:45pm	1/10-2/7	5	\$89	CQRC
314218-02	W	5-5:45pm	2/21-3/13	4	\$75	CQRC

### Gentle Yoga

**Ages 16 & up.** Practice supported standing, seated, and supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Props provided (chairs, blocks, blankets, and straps).

313126-01	M	10-11am	2/12-3/18	5	\$119	CHRC
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### Barre **NEW!**

**Ages 18 & up.** Achieve strength, flexibility, and grace in this dynamic fitness program that combines elements of ballet, Pilates, and yoga. Barre workouts target core muscles, sculpting long, lean muscles, while improving posture and balance. Join us for a fun and challenging exercise experience that brings the elegance of dance to your fitness routine.

314030-01	M	5:30-6:30pm	1/8-3/18	9	\$139	PHRC
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### Pilates

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

314021-01	M	6:15-7pm	1/8-3/18	9	\$99	PHES
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### Stretch & Flow Yoga

**Ages 18 & up.** Interested in releasing and stretching tight/contracted muscles in the body? Join Lisa, E-RYT 500 and Certified Yoga Therapist, for a class ideal for all levels. From fitness warriors to individuals seated at a desk all day, this class supports individuals in reducing tension in the muscles, improving posture, and promoting greater release in body and mind.

313146-01	Tu	5-6pm	1/9-3/5	8	\$129	ODRC
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### Stretch & Meditation

**Ages 18 & up.** Join our relaxation program, where stretching becomes a path to meditative connection. Breathe in while lengthening limbs, exhale to relax. Focusing on flexibility, mobility, stress relief, pelvic floor health, and tension release - it's more than just exercise. Sign up solo or with a friend to explore partner stretching techniques.

314023-01	W	5:30-6:15pm	1/10-2/14	6	\$75	PHRC
314023-02	W	5:30-6:15pm	2/21-3/27	6	\$75	PHRC

### Essentrics: Classical Stretch

**Ages 18 & up.** Age-reversing workout increases joint movement, flexibility, strength, relieves pain, and increases energy. Full body workout based on tai chi's flowing movements for balanced health, ballets theories for long, lean muscles, and healing powers of physiotherapy. By author of Aging Backwards and PBS show/book titled Forever Painless. Bring your own mat to class.

313113-01	M	12-1pm	1/29-3/18	\$95	ODRC
313113-02	Tu	12-1pm	1/16-3/19	\$149	CHRC
313113-03	Th	6-7pm	1/11-3/21	\$135	CQRC
313113-04	W	6:15-7:15pm	1/10-3/20	\$155	CHRC
313113-05	W	10:30-11:30am	1/10-3/20	\$155	PHRC

### 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.

313628-01	W	12-1pm	1/17-3/27	9	\$139	CHRC
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### Vinyasa Yoga **DROP-IN**

**Ages 18 & up.** This class will emphasize the sequential movement between postures, coordinated with and guided by deliberate breath. Vinyasa practice becomes a moving meditation that creates strength, freedom, and fluidity in the body and mind. This class moves from pose to pose with each held for no more than five to eight breaths. Expect a fully balanced class of forward bending, twists, and backbends with opportunity for inversions. All levels are welcome! Drop-in fee is \$12 per class.

313627-02	Th	6-7pm	1/18-3/21	10	\$129	CHRC
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### Yoga Beginner Series Part I **NEW!**

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

313633-01	Tu	6:30-7:45pm	1/23-2/27	6	\$99	CHRC
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### Yoga Beginner Series Part II **NEW!**

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

313633-01	Sa	10:30-11:45am	1/27-3/2	6	\$99	CHRC
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### Yoga & Mindfulness Meditation Introductory Series

**Ages 18 & up.** Interested in increasing your focus, improving your sleep, and lessening your habitual reactivity and negative rumination in your daily life? Would you like to make a commitment to yourself and these practices with the support of an experienced guide? Join Lisa, Certified Yoga Therapist (C-IAYT/1,000, E-RYT 500) for a 3-session series especially designed to introduce participants to the practices and tools of mindfulness meditation and therapeutic yoga for stress relief.

313155-01	W	6:30-7:30pm	2/21-3/6	3	\$55	ODRC
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alexandriava.gov/RPCA/Fitness



# Exercise & Fitness

### Intro to Mindfulness: Half-Day Retreat

**Ages 25 & up.** Guide yourself towards increased health and well-being through movement, breathing, meditation, and relaxation practice, self-reflection, and short education pieces to support understanding. Do you lack energy and focus? Feel stuck in a cycle of worry and negative ruminative thinking without a toolkit for self-regulation? Step back into the fullness of your life.

313156-01	Sa	1-3:30pm	1/27	1	\$45	ODRC
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### Yoga for Healthy Aging

**Ages 40 & up.** A series designed and guided by a C-IAYT (1,000) yoga therapist promoting increased stability, strength, flexibility and improved posture and balance. Participants will be equipped with tools to use in class and home practice. Props provided.

313152-01	Tu	9:30-10:30am	1/9-3/5	8	\$129	PHRC
313152-02	W	5-6pm	1/10-3/6	8	\$129	ODRC

### A New Kind of Chair Yoga

**Ages 50 & up.** Join Lisa, Certified Yoga Therapist (C-IAYT/1,000, E-RYT 500) for a new kind of chair yoga that can support empowerment in your body and ease in mind in a safe and sustainable way. The use of a chair and the wall, in therapeutic yoga, can support individuals in building strength and confidence, improving balance, increasing flexibility and mobility, and supporting individuals with conscious breathing practices to improve lung function. It is important to be able to transition safely from standing to the floor (with the use of the chair) for our overall health. We will be moving from the chair to standing, and/or to the floor in these sessions.

313154-01	W	9:30-10:30am	1/10-3/6	8	\$155	ODRC
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### 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.

314012-01	M	11:30am-12:30pm	1/8-3/18	9	\$55	PHRC
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## Cardio Workout

### 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.

314220-01	Tu	5-5:30pm	1/9-2/6	5	\$99	CQRC
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### 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 training.

313625-01	Sa	6-7pm	1/12-2/16	\$35	CHRC
313625-02	Sa	6-7pm	2/23-3/22	\$35	CHRC

## 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	Non-resident
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	Non-resident
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.

### 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

### Individual Sessions

\$199 for 4 or \$59 per session

Winter 2024





### Jazzercise

**Ages 16 & up.** Are you ready for the ultimate confidence infusion? Channel your inner pop diva in the original dance party workout. Blending dance with Pilates, yoga, kickboxing, and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. Call Cameron Hall at 703.395.7766 or email hall\_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$60, Walk-ins \$20.

319701-01	M-Th	5:15-6:15pm	1/3-3/28	47	Varies	ODRC
319701-02	M,W,Th	6:30-7:30pm	1/3-3/28	36	Varies	ODRC
319701-03	Sa	9-10am	1/6-3/30	13	Varies	NLRC
319701-04	Su	10-11am	1/7-3/24	12	Varies	ODRC

### Zumba

**Ages 16 & up.** Ditch the workout and party! Zumba infuses Latin dances such as salsa, merengue, bachata, samba, reggaeton, and even modern-day hip hop. This intense workout helps you lose weight, while having fun and learning basic Latin moves. Instructor: Diana.

313107-01	M	5:30-6:15pm	1/8-3/18	9	\$85	CHRC
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### Zumlates

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

314022-01	W	6:30-7:15pm	1/10-2/14	6	\$75	PHRC
314022-02	W	6:30-7:15pm	2/21-3/27	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.

313626-01	Sa	10-11am	1/13-3/30		\$65	CHRC
313626-02	M	10-11am	1/22-3/25		\$65	CHRC

### Walk & Fit Fitness 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.

314001-01	W	9-10am	1/10-2/14	6	\$55	PHRC
314001-02	W	9-10am	2/21-3/27	6	\$55	PHRC

### Senior Trailblazers 55+

**Ages 55 & up.** Calling all active seniors! Join our Senior Trailblazers and 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.

314024-01	Th	9:30-11:30am	3/7-3/28	4	Free	PHRC
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## Cardio & Strength

### Kendo NEW!

**Ages 14 & up** (or 8 & up with an Adult family member). Kendo is the traditional Japanese style of fencing with a two-handed bamboo sword, derived from the fighting methods of the samurai. More than just a sport, it is a way to discipline the human character through the application of the principles of the katana (Japanese long sword). As part of the Capital Area Budokai (CAB), the Northern Virginia Budokai (NoVA Kendo) teaches the art of Kendo as prescribed by the All U.S. Kendo Federation (AUSKF). For more information or to register, email kendo@capitalareabudokai.org. Minors \$40/month, Adults \$80/month.

319707-01	Tu	7-8:30pm	1/2-3/31	26	Varies	ODRC
	Su	11:15am-1:30pm	1/2-3/31	26	Varies	ODRC

### ChinquaCircuit DROP-IN

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

314208-01	Sa	9-9:45am	1/6-3/23	12	\$135	CQRC
314208-02	Sa	10-10:45am	1/6-3/23	12	\$135	CQRC
314208-03	Tu	6:15-7pm	1/2-3/19	12	\$135	CQRC



### Advance Boxercise

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

313603-01	M,W	6:30-7:30pm	1/8-2/14		\$89	CHRC
313603-02	M,W	6:30-7:30pm	2/21-3/27		\$89	CHRC

### 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.

314002-01	Tu	6:30-7:30pm	1/9-2/13	6	\$55	PHES
314002-02	Tu	6:30-7:30pm	2/20-3/19	5	\$45	PHES

### 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.

314008-01	Th	6:30-7:30pm	1/11-2/15	6	\$55	PHRC
314008-02	Th	6:30-7:30pm	2/22-3/21	5	\$45	PHRC

### BodyBlast Bootcamp DROP-IN

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

314216-01	Th	5:10-6pm	1/11-3/21	11	\$135	CQRC
314216-02	F	10:30-11:15am	1/12-3/22	11	\$135	CQRC

### Shadow Boxing

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

313702-01	Tu,Th	6:30-7:30pm	1/16-2/15		\$69	CKRC
313702-02	Tu,Th	6:30-7:30pm	3/5-4/2		\$69	CKRC

### ChinquaCircuit Gold 55+ DROP-IN

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

314211-01	Tu	9:05-9:50am	1/2-3/19	12	\$125	CQRC
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### Senior Body Part Aerobics 55+

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

314005-01	M	10-11am	1/8-3/18	9	\$75	PHRC
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### Stay Active/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 adults 65 and older. Performing exercises that improve strength, balance, and fitness is 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.

314028-01	Tu	11am-12pm	1/9-3/26	12	Free	PHRC
314028-02	Th	11am-12pm	1/11-3/21	11	Free	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.

314011-01	W	12-1pm	1/10-2/14	6	\$55	PHRC
314011-02	W	12-1pm	2/21-3/27	6	\$55	PHRC

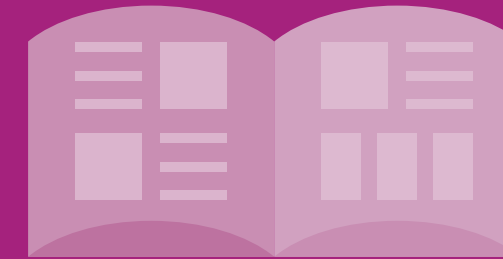
### Advanced Senior Body Parts Aerobics 55+

**Ages 55 & up.** Advanced Senior Body Part Aerobics 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.

314027-01	F	10-11am	1/12-2/16	6	\$75	PHRC
314027-02	F	10-11am	2/23-3/29	6	\$75	PHRC



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- Unsubscribe from our list



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# Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

## Tumbling Classes

### Baby Tumbling **+ADULT**

**Ages 18 mos.-3 yrs. with adult.**

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

322620-01	W	10-10:30am	1/10-2/7	5	\$119	CHRC
322620-02	W	10-10:30am	2/21-3/13	4	\$95	CHRC

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

**Ages 2.5-4 with adult.** Forward rolls, handstands, and bridges are the fundamentals introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation.

322605-01	Sa	9:30-10:15am	1/20-3/9	7	\$155	PHRC
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### Wiggles, Toes, & Rolls

**Ages 3-5.** Participants will learn basic tumbling and yoga skills with dance movement.

323613-01	Tu	4:15-4:45pm	1/16-3/5	8	\$145	CHRC
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### 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. No class on 1/15 and 2/17-2/19.

324215-01	Sa	8:15-8:45am	1/20-3/9	7	\$159	CQRC
324215-02	Su	9:15-9:45am	1/21-3/10	7	\$159	CQRC
324215-03	Su	11:15-11:45am	1/21-3/10	7	\$159	CQRC
324215-04	M	3:45-4:15pm	1/8-3/11	8	\$175	CQRC

### Basic Tumbling

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

322606-01	Sa	10:30-11:15am	1/20-3/9	7	\$155	PHRC
322606-02	Sa	11:30am-12:15pm	1/20-3/9	7	\$155	PHRC

### Gymnastics 1

**Ages 5-12.** 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.

324207-01	Su	10-11am	1/21-3/10	7	\$155	CQRC
324207-02	Th	4-5pm	1/11-3/14	10	\$225	CQRC
324207-03	M	5:45-6:45pm	1/8-3/11	9	\$175	CQRC
324207-04	M	4:30-5:30pm	1/8-3/11	9	\$175	CQRC



### Gymnastics 2

**Ages 6-9.** 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.

323612-01	Tu	5-6pm	1/16-3/5	8	\$155	CHRC
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### 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!

314029-01	M	5:30-6:15pm	1/8-3/18	9	\$45	PHRC
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## Soccer Classes

### 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.

324004-01	Sa	9:15-10am	1/13-3/16	10	\$189	PHRC
324209-01	Sa	10:15-11am	3/2-3/16	3	\$59	CQPK

### Soccer Tots

**Ages 2-3.** Soccer Tots is a child physical development program that uses a variety of fun games to delight and engage kids in physical activity. Soccer Tots is professionally designed to develop motor skills, promote physical fitness, and create self-confidence in kids and young children. Soccer Tots stresses a non-competitive environment and promotes fun above all else in our classes and clinics.



322610-01	M	11:30am-12:10pm	1/8-3/11	8	\$169	CHRC
322610-02	M	12:20-1:05pm	1/8-3/11	8	\$169	CHRC
322610-03	Tu	9:45-10:25am	1/9-2/6	5	\$109	NLRC
322610-04	Tu	1:30-2:15pm	1/9-2/6	5	\$109	NLRC
322610-06	Sa	10-10:45am	1/20-3/9	7	\$145	ODRC
322610-07	Th	3-3:45pm	1/11-2/29	8	\$169	ODRC

### Excite Soccer

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

322600-01	Sa	4-4:45pm	1/20-3/2	7	\$149	JHES
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### Little Kicks Soccer

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

324210-01	Th	4:15-5pm	2/29-3/21	4	\$79	CQPK
324210-02	Sa	11:15am-12pm	3/2-3/16	3	\$59	CQPK
324003-01	Sa	12:55-1:40pm	1/13-3/16	10	\$189	PHRC

# Sports Classes & Leagues

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### Little Champions Soccer

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

324212-01	W	5-5:45pm	2/28-3/20	4	\$79	CQPK
324212-02	Sa	12-12:45pm	3/2-3/16	3	\$59	CQPK

## Racquet Sports Classes

### Advantage Tennis: Tiny Tennis **NEW!**

**Ages 3-5.** Start your kids in this premier lifetime sport so they can start developing fundamental athletic skills including visual tracking and hand-eye coordination. Enhance their already growing brains with creative and cognitive challenges as classroom meets tennis court. This internationally acclaimed early childhood tennis education curriculum is a combination of academic and sports activities and keeps your kids engaged. Best of all it is so much fun! Class takes place inside the Durant Center.

322617-01	Tu	9-10am	1/9-2/27	8	\$279	ODRC
322617-02	Tu	1-2pm	1/9-2/27	8	\$279	ODRC

### 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 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.

324211-01	Su	9:30-10am	1/21-3/10	7	\$149	CQRC
324211-02	Su	10:10-10:40am	1/21-3/10	7	\$149	CQRC
324211-03	Su	10:50-11:20am	1/21-3/10	7	\$149	CQRC
324211-04	Su	11:30am-12pm	1/21-3/10	7	\$149	CQRC

### 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! This class takes place outside on the Armistead Boothe Park Courts.



323104-01	Sa	1:30-2:30pm	1/20-2/24	6	\$175	ABPK
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### Advantage Tennis: Adult Outdoor Beginner Pickleball

**Ages 18 & up.** Enjoy playing pickleball while learning basic strokes such as volleys, dinks, and serves. Learn how pickleball scoring works and how to play this wonderful social game.

323105-01	Tu	1:30-2:30pm	1/9-2/6	5	\$175	LCCM
323105-02	Th	1:30-2:30pm	1/11-2/8	5	\$175	LCCM

### Advantage Tennis: Adult Outdoor Advanced Beginner

**Pickleball Ages 18 & up.** Take your basic pickleball skills and abilities to new levels with more advanced and diverse shots. Employ your developing and new skills in drills and games. This class takes place outdoors at the Lee Center Tennis Courts.

323106-01	Tu	2:30-3:30pm	1/9-2/6	5	\$175	LCCM
323106-02	Th	2:30-3:30pm	1/11-2/8	5	\$175	LCCM

### Advantage Tennis: Adult Indoor Beginner Pickleball **NEW!**

**Ages 18 & up.** Enjoy playing pickleball while learning basic strokes such as volleys, dinks, and serves. Learn how pickleball scoring works, and how to play this wonderful social game.

323110-01	Tu	10-11am	1/9-2/27	8	\$199	ODRC
323111-01	Tu	11am-12pm	1/9-2/27	8	\$199	ODRC
323110-02	Th	10-11am	1/11-2/29	8	\$199	ODRC
323111-02	Th	11am-12pm	1/11-2/29	8	\$199	ODRC

### Advantage Tennis: Pickleball Tactics & Play **NEW!**

**Ages 18 & up.** Use your pickleball skills and abilities to develop and employ competitive strategies and tactics. Enjoy a higher level of winning play with specific game relevant tactics through specific drills and open play. This class takes place inside the Durant Center.

323112-01	Tu	12-1pm	1/9-2/27	8	\$199	ODRC
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### 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.

323619-01	F	9:15-10:15am	1/12-3/1	8	\$115	CHRC
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### Intermediate Pickleball

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

323620-01	F	10:45am-12:15pm	1/12-3/1	8	\$115	CHRC
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## Basketball

### Jump Shots for Tots

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

322602-01	Sa	10-10:45am	1/13-3/16	10	\$189	NLRC
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### Lil' Slammers Basketball Training

**Ages 5-6 as of March 31, 2024.** An introduction to the sport of basketball focused on teaching the fundamentals such as dribbling, shooting, passing, and rebounding. Open to City of Alexandria residents only.

322703-01	Sa	9-10am	2/3-2/24	4	\$95	JHES
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# Sports Classes & Leagues

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## Jump Shots for Kids

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

322602-02 Sa 11am-12pm 1/13-3/16 10 \$195 NLRC

## 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.

322625-01 Sa 12-1pm 1/13-3/16 10 \$195 NLRC

## Leagues

### T-Ball & Coach Pitch Baseball League

**Ages 4-8 as of April 30, 2024.** Teams are formed by recreation districts. Teams will practice once or twice a week (practice days & times vary by team). A league game will take place during the week and on Saturday afternoon. Register by March 15. Open to City of Alexandria residents only.

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

422701-01 W, Sa TBD 4/1-6/15 \$95 TBD

#### Coach Pitch, Ages 6-8

422701-02 Th, Sa TBD 4/1-6/15 \$95 TBD

## Lil' Rookies Basketball League

**Ages 5-6 as of March 31, 2024.** This developmental basketball program will focus on teaching the fundamentals in a non-competitive environment. Games will be coached and officiated by staff, and no score or standings will be kept. Baskets will be lowered to 8 feet. Open to City of Alexandria residents only.

322708-01 Su 1-3pm 3/10-3/31 4 \$95 JHES

## Coed Volleyball League

**Ages 18 & up.** Each team competes in 10 regular season games. The top four teams in each division will advance to the league playoffs. All teams must submit a team roster, and a \$35 non-resident fee will be charged for each player that resides outside of the City of Alexandria. The team registration fee is \$555 per team. Registration: November 1-December 19. League play begins the first week of January.

323201 Tu, W 6:30-10pm \$555 JHES

## 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 offers boys and girls a chance to enjoy lacrosse in a fun, structured environment. Our aim is to provide a fantastic lacrosse experience, fostering sportsmanship, teamwork, and leadership skills. Teams are age- and skill-based, welcoming players of all levels from beginners to advanced. Practices are weekly, and games are on Saturdays (boys) and Sundays (girls).

### Alexandria Little League (alexandrialittleleague.org)

ALL provides softball (ages 6-18) and baseball (ages 8-16) leagues in both fall and spring. Practice and game schedules vary by team. Our mission is to instill in our community's children the values of sportsmanship, honesty, loyalty, courage, and respect for authority. This ensures they grow into well-rounded, resilient, and trustworthy citizens.

### Alexandria Rugby Club (alexandriarugby.com)

Alexandria Rugby delivers an exciting, dynamic sport involving running, catching, passing, and for older players, tackling. Our focus is on ensuring all players have a blast, learn essential skills, stay active, and foster teamwork. We offer non-contact (U6 to U14) and tackle rugby (U12, U14, and high school during the summer), with coed teams until high school.

### Alexandria Soccer Association (alexandria-soccer.org)

ASA provides year-round soccer and futsal programs for all ages, fostering character, mental and physical fitness, and interpersonal skills through sports. Whether you're into Tots soccer (ages 2-4), soccer camps, recreational play, competitive teams, or the thrilling sport of futsal, we have something for everyone.

### Alexandria Titans Football (alexandriatitansfootball.org)

ATYFC is dedicated to offering Alexandria's youth (ages 5-14) a safe, fun, and competitive football experience. Our coaches, volunteers, and parents prioritize teaching football fundamentals with a strong emphasis on safety.

# Sports Classes & Leagues

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## Men's Basketball League

**Ages 18 & up.** Each team competes in 10 regular season games. The top four teams in each division will advance to the league playoffs. The team registration fee is \$825 per team. All teams must submit a team roster, and a \$35 non-resident fee will be charged for each player that resides outside of the City of Alexandria. Registration: November 1-December 19. League will begin play January 9, 2024.

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

## Additional Sports Classes

### Little Athletes & Me (+ADULT)

**Ages 2-4 with adult.** Introduces younger children and their families to our sports programs through the fundamentals of lacrosse. Promotes physical fitness. Helps develop key social skills like sharing, taking turns, and sportsmanship. Youth are accompanied by parents.

324006-01 Sa 11:15am-12pm 1/13-3/16 10 \$195 PHRC

### 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!

314040-01 Th 9:30-10:15am 1/11-3/21 11 \$209 PHRC

### Lil' Sprinters Track

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

322710-01 F 12:30-1:30pm 1/12-2/2 4 \$95 NLRC

### 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. Class will be held on the Jefferson Houston field, or inside the Durant Center for inclement weather.

322618-01 Su 9-9:45am 1/14-3/10 7 \$149 ODRC

### Lil' Pro Sports

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

322716-01 Sa 10:15-11am 3/23-4/13 4 \$95 LCCM

322716-02 Sa 11:15am-12pm 3/23-4/13 4 \$95 LCCM

## Martial Arts 4 Kids

**Ages 3-6.** Introduce your child to the fundamentals of Taekwondo! Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect, and group interaction. More than just physical fitness, new exercises are introduced each week to help build your child's self-esteem and physical conditioning. Instruction provided by a World Taekwondo Federation certified instructor. Uniforms are required after the first class and are part of the tuition. Optional belt testing will be available at the end of the session for an additional fee.

322626-01 W 1-1:30pm 1/10-2/7 5 \$119 ODRC

322626-02 W 1-1:30pm 2/21-3/13 4 \$99 ODRC

322626-03 Sa 11-11:30am 1/13-3/9 9 \$165 ODRC

## Grand Slam T-Ball

**Ages 4-6.** This co-ed program is geared toward helping establish the true passion and excitement of t-ball, while learning the fundamentals of the sport.

324010-01 Sa 10:15-11am 1/13-3/16 10 \$195 PHRC

## Little Athletes

**Ages 4-6.** Little Athletes is a fun and exciting collaboration sports class with the Patrick Henry Center and TIP Top Sports. The program is an athlete's dream. It is filled with various sports, games, & lead in activities that will allow kids to develop their true passion for sports.

324009-01 Sa 12:05-12:50pm 1/13-3/16 10 \$189 PHRC

## Rookie Spring Training Baseball Clinic

**Ages 4-8 as of April 30, 2024.** Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball and get ready for the upcoming season. Open to City of Alexandria residents only.

322715-01 Tu, Th 5-6pm 3/12-3/14 2 \$45 LCCM

322715-02 Tu, Th 6:15-7:15pm 3/12-3/14 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 leads that will allow kids to develop their true passion for sports. Each section will focus on a different sport.

323614-01 Su 1:15-2:15pm 1/21 1 \$25 CHRC

323614-02 Su 1:15-2:15pm 2/11 1 \$25 CHRC

323614-03 Su 1:15-2:15pm 2/25 1 \$25 CHRC

323614-04 Su 1:15-2:15pm 3/10 1 \$25 CHRC





# Sports Classes & Leagues

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## Tip Top Ninjas

**Ages 4-10.** 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. This is a no combat, no contact, and no sparring class, where Dragons are born.

323617-01	Su	2:30-3:15pm	1/14-3/3	8	\$155	CHRC
324219-01	Th	5-5:45pm	1/11-3/21	11	\$279	CQRC
324011-01	Th	10:25-11:05am	1/11-3/21	11	\$229	PHRC
324011-02	Sa	2:15-3:30pm	1/13-3/16	10	\$250	PHRC

## First Down Flag Football

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

324216-01	W	4-4:45pm	2/28-3/20	4	\$79	CQPK
324216-02	Sa	12:55-1:40pm	3/2-3/16	3	\$59	CQPK

## Nerf Fencing

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

322609-01	Tu	4-5pm	1/9-2/6	5	\$115	CQRC
322609-02	Tu	4-5pm	2/20-3/12	4	\$89	CQRC

## 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, and 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.

313141-01	Sa	9-9:45am	1/13-2/3	4	\$99	PHES
313141-02	Sa	9-9:50am	2/17-3/9	4	\$99	ODRC
313141-03	Tu	6:30-7:25pm	2/20-3/12	4	\$99	PHES

## Alexandria Titans Indoor Track

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

322709-01	Su	12-1pm	1/7-2/25	8	\$95	PHRC
322709-02	Su	1:15-2:15pm	1/7-2/25	8	\$95	PHRC

## Fencing

**Ages 10 & up.** Learn the principles of modern sport fencing including footwork, blade control, and technique. Foils, masks, and jackets are provided. Please wear comfortable athletic clothing. Court shoes or cross trainers recommended. \$10 non-competitive USA Fencing membership required (details at first class session). Instructor: Olde Town Fencing.

323101-01	W	7-8pm	1/17-3/6	8	\$119	PHES
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## 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.

314116-01	W	6:30-8:30pm	1/3-3/20	Free	WRRC
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## Sports Events

### Nerf the Turf

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

384008-01	F	6:30-8:30pm	1/19	1	\$15	PHRC
384008-03	F	6:30-8:30pm	2/23	1	\$15	PHRC
384008-04	F	6:30-8:30pm	3/8	1	\$15	PHRC

### 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.

384004-01	F	6:30-8:30pm	1/26	1	\$15	PHES
384004-02	F	6:30-8:30pm	2/9	1	\$15	PHES
384004-03	F	6:30-8:30pm	3/1	1	\$15	PHES

### Bloomin' Pickles Spring Showdown **NEW!**

**Ages 18 & up.** The Bloomin' Pickles Spring Showdown Pickleball Tournament is a thrilling sporting event celebrating the arrival of spring. This competitive tournament brings together pickleball enthusiasts of all skill levels for a fun-filled day of spirited matches. Join us in the blooming season to showcase your pickleball skills and enjoy the vibrant spring atmosphere.

324008-01	Su	10am-8pm	3/24	1	\$45	PHRC
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Register through alexandriava.gov/WebTrac

# 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. Join in the fun and wear your own costume. No Program on 2/15.

343001-01	Th	10:30am-12pm	1/4-1/25	4	\$55	NLRC
343001-02	Th	10:30am-12pm	2/1-2/29	4	\$55	NLRC
343001-03	Th	10:30am-12pm	3/7-3/21	3	\$39	NLRC



## Socialize

### Kid Rock Social Hour **+ADULT** **DROP-IN**

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

353805-01	M,W	10am-12pm	1/8-2/14	\$79	MVRC
353805-02	M,W,F	10am-12pm	1/8-2/16	\$99	MVRC
353805-03	M,W	10am-12pm	2/26-3/27	\$79	MVRC
353805-04	M,W,F	10am-12pm	2/26-3/29	\$99	MVRC

### Magnus Chess Club

**Ages 6-12.** Learn chess with Magnus Chess Academy (formerly Silver Knights)! They have taught 100,000 children to play, including state and 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. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome.

342632-01	Th	6-7pm	1/4-2/22	7	\$199	ODRC
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### Lego Lab

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

394000-01	Tu	5:30-6:30pm	1/9-2/13	6	\$45	PHRC
394000-02	Tu	5:30-6:30pm	2/20-3/19	5	\$39	PHRC

### 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.

384010-01	Th	6-7:30pm	1/11-3/21	11	Free	PHRC
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### 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 programs on 1/13, 2/17, 3/23, 3/30, and 4/6.

343000-01	Sa	11:30am-4pm	1/6-5/18	15	\$75	NLRC
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### Book Club: Being Mortal

**Ages 30 & up.** Medicine and What Matters in the End by Atul Gawande. This book study can support individuals with courageous conversations with aging parents/loved ones or act as a guide on how to look clearly at our wants (not related to finances or funeral plans) as we age as individuals. Guided by Lisa (Certified Yoga Therapist, C-IAYT).

343127-01	W	6:30-7:30pm	1/10-1/24	3	\$29	ODRC
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## Technology & Science

### The Science Seed: Lil Scientist

**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.

342620-01	Th	3-3:45pm	1/11-2/29	8	\$139	ODRC
342620-02	Th	4-4:45pm	1/11-2/29	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, making lava lamps, building interactive lung models, making a CD Hovercraft and more.

343810-01	Tu	6:15-7:15pm	1/9-2/13	6	\$99	MVRC
343810-02	Tu	6:15-7:15pm	2/20-3/26	6	\$99	MVRC

### Animation with 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!

342629-01	Tu	5-6pm	1/16-2/20	6	\$159	CHRC
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342629-02	Tu	6:15-7:15pm	1/16-2/20	6	\$159	CHRC
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### Minecraft Modding

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

#### Ages 6-9

342601-01 Sa 9:30-10:30am 1/20-2/24 6 \$159 ODRC

#### Ages 10-14

342601-02 Sa 10:45-11:45am 1/20-2/24 6 \$159 ODRC



## Financial Assistance

Our department wants everyone to have access to safe and equitable recreation opportunities for all ages, levels and abilities. If you are in need of financial assistance to participate in any of our programs, apply now! For more information on requirements and how to apply, visit [alexandriava.gov/rpca/financial-assistance](http://alexandriava.gov/rpca/financial-assistance).



## SKATE NIGHT

FIRST FRIDAYS, 6-10 P.M.

Come out and enjoy a fun night of skating with your friends from November through March! Lace up your skates for First Friday Skate Nights at Chick Armstrong or Patrick Henry Recreation Centers. Admission, snacks, and drinks are free!

Participants can bring their own skates or rent skates from us. Must pre-register online or in person to secure your spot.

### Patrick Henry

January 5th  
February 2nd

### Leonard "Chick" Armstrong

March 1st

Teens  
Ages 13-17

# FREE!

Pre-registration Required

[alexandriava.gov/rpca/teen-skate-night](http://alexandriava.gov/rpca/teen-skate-night)

Live DJ



## 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.

352605-01	Sa	9:15-10am	1/13-4/6	10	\$149	CHRC
352605-02	Sa	9:15-10am	1/13-4/6	10	\$149	PHES
352605-03	Tu	1:45-2:30pm	1/16-4/2	10	\$149	ODRC



### Creative Ballet

**Ages 5-7.** Plie, tendu, jeté! Dancers are introduced to basic ballet positions, barre work, and traveling steps alongside creative movement and dance-making. Our approach to ballet is centered around inclusive and accessible practices and promotes body positivity. In a supportive, non-competitive environment, dancers are inspired to reach their full potential as collaborative, creative thinkers, and skilled and expressive movers. This class is instructed by Local Motion Project.

353833-01	W	5-6pm	1/10-2/14	6	\$99	MVRC
353833-02	Sa	11am-12pm	1/13-2/17	6	\$99	MVRC
353833-03	W	5-6pm	2/21-4/3	6	\$99	MVRC
353833-04	Sa	11am-12pm	2/24-4/6	6	\$99	MVRC

### Ballet I

**Ages 5-8.** Learn the basic ballet techniques, including adagio, basic routines, barre, and center floor. Your child will learn the disciplines of dance, while having fun and promoting physical coordination and mental concentration. Participants will participate in an end-of-session dance recital.

352610-01	Sa	10:15-11am	1/13-4/6	10	\$149	CHRC
352610-02	Sa	10:15-11am	1/13-4/6	10	\$149	PHES

### Ballet II

**Ages 6-10.** Focus on barre, center floor, across the floor, stretching, adagio, and routines with an introduction to leaps, turns, and jumps. Your child will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance, and strength. Prerequisite: Completion of Ballet I or equivalent training. Participants will perform in an end-of-session dance recital.

352611-01	Sa	11:15am-12pm	1/13-4/6	10	\$149	CHRC
352611-02	Sa	11:15am-12pm	1/13-4/6	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. Participants will perform in an end-of-session dance recital.

352612-01	Sa	12:15-1:15pm	1/13-4/6	10	\$149	CHRC
352612-02	Sa	12:15-1:15pm	1/13-4/6	10	\$149	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.

352643-01	Sa	1:25-1:55pm	1/13-4/6	10	\$149	PHES
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## Dance

### Rhythm Time with Parent **NEW!** **+ADULT**

**Ages 1-2 with adult.** Have fun with the little one. This class offers a chance for the parent or guardian to spend quality time with their little one while helping them to learn rhythm and dance. This will be a fun time for you and your tot!

353623-01	F	6:15-6:45pm	1/19-3/1	7	\$65	CHRC
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### Move with Me **+ADULT**

**Ages 1.5-3 with adult.** This class provides an introduction for young students and one accompanying adult to movement and dance. Using singing, nursery rhymes, activities, props, and the help of their adults, students develop their basic motor skills, coordination, and self-expression.

354205-01	Sa	10:40-11:10am	1/20-3/9	8	\$105	CQRC
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### Creative Dance

**Ages 3-5.** Creative Dance inspires creativity and develops kinesthetic awareness through exploration of the elements of dance (Body Action Space Time Energy) and original dance-making. This class is instructed by Local Motion Project.

353834-01	Sa	9:15-10am	1/13-2/17	6	\$99	MVRC
353834-02	Sa	10-10:45am	1/13-4/13	6	\$99	MVRC
353834-03	Sa	9:15-10am	2/24-4/6	6	\$99	MVRC
353834-04	Sa	10-10:45am	2/24-4/6	6	\$99	MVRC

### 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.

354203-01	Sa	10-10:30am	1/20-3/9	8	\$105	CQRC
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## Jazz Hip Hop Combo

**Ages 4-11.** Build confidence as a dancer by learning basic jazz and hip hop dance principles set to popular music such as syncopated rhythms, body isolations, coordination, and choreography. Develop musicality and rhythm while learning dance vocabulary and the use of counting. This class will encourage students to dance outside of the box and bring their own personality to each movement.

354201-01	Th	6-6:50pm	1/11-2/8	5	\$105	CQRC
354201-02	Sa	9-9:45am	1/20-3/9	8	\$145	CQRC

## 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.

354200-01	Tu	5-5:50pm	1/9-2/6	5	\$99	CQRC
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## Hip Hop Dance

**Ages 5-9.** Dancers learn elements of hip hop dance such as breaking, popping, locking, and freestyle. Instructor: Local Motion Project.

353835-01	F	5-6pm	1/12-2/16	6	\$99	MVRC
353835-02	F	5-6pm	2/23-4/5	6	\$99	MVRC

## Ballroom Dance I

**Ages 16 & up.** Learn to lead or follow, and gain confidence on the dance floor. Learn basic step patterns in Foxtrot, Waltz, Rumba, Tango, Merengue, Cha Cha, and Swing. While singles are welcome, couples are preferred.

353102-01	F	7-8:15pm	1/19-3/8	8	\$85	ODRC
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## Ballroom Dance II

**Ages 16 & up.** Refine your styling and learn some new steps in dances chosen by the class. Prerequisite: Ballroom Dance I or equivalent. While singles are welcome, couples are preferred.

353102-02	W	7:15-8pm	1/17-3/6	8	\$85	ODRC
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## Music

### Little Hands Music **+ADULT**

**Ages 3 mos.-1.5 yrs with adult.** Little Hands Music provides you and your family with high quality music and movement experiences; playing child-safe instruments like drums, shakers, and sticks; moving with props like scarves, balls, and hoops; and enjoying favorite childhood music, as well as original tunes your family will love! Each session is built around a fun theme and includes a downloadable playlist from Little Hands. All classes are taught by experienced and energetic music educators, committed to your child's fun and learning. Join us and let the music move you! Register at [www.littlehands.com](http://www.littlehands.com)

359704-01	W	11:15-11:45am	1/10-3/13	10	\$189	ODRC
359704-02	W	10:30-11am	1/10-3/13	10	\$189	ODRC
359704-03	Th	11-11:30am	1/11-3/14	10	\$189	CHRC
359704-04	Th	10:15-10:45am	1/11-3/14	10	\$189	CHRC

### Learn Now Music: My First Music Class **+ADULT**

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

342623-01	Sa	10-10:30am	1/20-3/9	8	\$159	ODRC
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### Learn Now Music: Little Fingers Piano **+ADULT**

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

342618-01	Sa	10:30-11am	1/20-3/9	8	\$159	ODRC
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### Learn Now Music: Group Violin

**Ages 5-12.** Students will participate in an ensemble music group. Students will learn about violin and use the rental violin and music to practice both in class and at home. A rental agreement must be signed, and instruments must be returned in the same condition at the last scheduled class.

342621-01	M	5-6pm	1/22-3/18	8	\$179	ODRC
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### Learn Now Music: Group Guitar

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

342617-01	W	7-8pm	1/24-3/13	8	\$179	CHRC
342617-02	Th	7-8pm	1/25-3/14	8	\$179	PHRC

### Group Piano

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

342624-01	W	6-7pm	1/24-3/13	8	\$179	CHRC
342624-02	Th	6-7pm	1/25-3/14	8	\$179	PHRC
342624-03	M	6-7pm	1/22-3/18	8	\$179	ODRC



## Mark's Music Prep

**Ages 6 & up.** Sharpen your musical knowledge or embark on a new musical journey by enrolling in private music lessons. Areas of instruction include piano, violin, cello, viola, composition, and music theory. The 30-minute lessons are one-on-one with Mark Evans and can be booked anytime between 11 a.m.-8:30 p.m.

342611-01-17 F	11am-8:30pm	1/12-3/15	10	\$355	ODRC
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## Visual Arts

### Abakadoodle Twosy Doodlers **+ADULT**

**Ages 1.5-3 yrs. with adult.** Little fingers will experiment with painting, gluing, sticking, printing, and creating, while developing fine motor, language, and self-help skills. This is an "I can do it" class that is fun and creative. Each session has new activities, and parents and helpers get to play too.

352600-01	M	10-10:45am	1/29-3/18	7	\$139	ODRC
352600-02	Tu	10-10:45am	1/16-3/19	10	\$199	PHRC

### 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 the main goal of encouraging participants to create, dress up, play, and have fun.

353618-01	M	10-10:45am	1/22-3/11	7	\$155	CHRC
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### Abakadoodle Mini Doodlers **+ADULT**

**Ages 3-6 with adult.** Children develop their creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists materials including, but not limited to watercolors, tempera paints, oil pastels, creative tools, children create masterpieces that are truly unique. All materials are included.

352613-01	Sa	10-10:45am	1/20-3/23	10	\$199	ODRC
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### Getting into Shapes

**Ages 3-7.** This class consists of two parts: drawing and painting. In the first part, students will learn to draw pictures using shapes, shading, and adding definition to create pictures. Then in the second part, students will learn different techniques for painting, and gain exposure to different mediums. All materials are included. No camp on 2/19.

344210-01	M	9-9:45am	1/22-2/26	5	\$285	CQRC
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### Artistic Drawing with Young Rembrandts

**Ages 6-10.** Young Rembrandts Drawing curriculum uses a structured step swipe format to teach elementary students useful drawing skills, while developing creative thinking strategies. Students deconstruct complex 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-moto planning, mental discipline, and fine motor skills, while providing a fun, enriching experience for our students. New lessons every season!

352626-01	Sa	10-11am	1/27-3/16	8	\$179	ODRC
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## Basics Manga Drawing

**Ages 9-16.** Explore the captivating world of Manga drawing! This engaging program teaches fundamental techniques, from line work to color blending. Unleash your artistic talents and create beautiful artwork.

354001-01	M	5:30-7pm	1/8-3/18	9	\$99	PHRC
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## 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!

384011-01	W	6-7:30pm	1/10-3/20	11	Free	PHRC
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## 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 program on 4/10.

353000-01	W	6-7:30pm	1/3-5/15	15	\$75	NLRC
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## Cooking

### Tiny Chefs Afterschool Program

**Ages 5-9.** It is said that if you want to learn about a country you should start with the food. So during this enrichment course our Tiny Chefs will learn how to create the cuisines of multiple countries. We will be cooking up some of the fabulous flavors of Italian, Indian, Vietnamese, Mexican and French foods and also learning about some of the cooking techniques and ingredients that make them unique. Come join us as we expand our world and our palates!

342630-01	W	3:30-4:30pm	1/10-3/6	9	\$255	ODRC
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### Sweet Treats: Cake Decorating

**Ages 8-16.** Students will learn fun and creative cake decorating techniques. They will learn how to set up, hold, and control the piping bags, as well as decorate cardboard and Styrofoam cakes.

344211-01	Tu	3-3:45pm	2/6-3/26	8	\$325	CQRC
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## Artist and Arts Organization Professional Development Webinars

Free | Visit [alexandriava.gov/arts](http://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 Art Center

Free | 105 N. Union St. | Open Daily: 10 a.m.-6 p.m.\* [torpedofactory.org](http://torpedofactory.org) | [torpedofactory@alexandriava.gov](mailto:torpedofactory@alexandriava.gov)

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.

## Arts Grant Program Online

The City of Alexandria's Annual Arts Program is designed to support artistic excellence in the City by assisting arts and nonprofit organizations to provide affordable 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 Annual Arts Program information, email [arts@alexandriava.gov](mailto:arts@alexandriava.gov) or visit [alexandriava.gov/arts](http://alexandriava.gov/arts).

For Fiscal Year 2025 grant program information, call the Office of the Arts at 703.746.5565 or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts).

## Innovation & Creativity

Fall 2023-Fall 2024

The Office of the Arts and Virginia Tech Institute for Creativity, Arts, and Technology have partnered to bring you this yearlong exploration, celebrating diverse academic practices, collaboration, artistic expressions, innovation, and creative endeavors.

**Sound Horizons: Exploring the Sonic Frontiers of Data-Driven Artistry** is on display now through January 28, 2024 at the Torpedo Factory Art Center Target Gallery.

**Shakespeare's Garden: An Immersive Sound Stroll** is on display starting February 3-May 26, 2024 at the Torpedo Factory Art Center Target Gallery.

Learn more at [alexandriava.gov/arts](http://alexandriava.gov/arts).

# April is national poetry month

## Celebrate with the City of Alexandria

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

The Academy of American Poets designated April as National Poetry Month to celebrate poetry and its ability to enrich everyday life. To learn more about National Poetry Month and the activities celebrated throughout the country, visit [www.Poets.org](http://www.Poets.org). To get involved in local poetry activities, e-mail [poet@alexandriava.gov](mailto:poet@alexandriava.gov), or call **Cheryl Anne Colton, Regional Program Director at 703.746.5565**, or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts).

## Alexandria Poetry Contest

The City of Alexandria and the Alexandria Transit Company joined forces to host a poetry contest "DASHing Words in Motion." The poetry contest encourages quality writing for those 16 years or older, who live, work, or study in the City of Alexandria. The online submission deadline is 5 p.m., Friday, January 26, 2024.

The competition's primary goal is to encourage a broad range of ideas and subject matter. Possible inspirational ideas might stem from the Alexandria Transit Company's DASH bus motto "Keep Alexandria Moving," or bus stops, neighborhoods, buses, cars, roads, or transportation. Winning poems will be published and placed on DASH buses and trolleys for the 2024 National Poetry Month (April-May).

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



## Camps

### Little Athletes Camp

**Ages 3-8.** Campers will participate in various sports fundamentals, games, skills, and drills, while experiencing sportsmanship. Children will explore soccer, t-ball, lacrosse, flag football, hockey, basketball, and sport-related art activities while gaining confidence and independent skills in a fun environment.

374210-01 M-F 9am-1pm 3/25-3/29 5 \$275 CQRC

### The Science Seed Camps

**Ages 5-8.** In Lemonade Science Camp kids will learn about dissolving, do science experiments and make lemonade. In Fantastic Fossils Camp, kids will explore the world of fossils! We'll create and excavate a dino dig, explore real fossils, and make a cast of a real fossil. Both camps will include free play, playground time, story time, and more.

#### Lemonade Science

372691-01 M 9am-4pm 1/22 1 \$105 ODRC

#### Fantastic Fossils

372691-02 Tu 9am-4pm 3/5 1 \$105 ODRC



### Tiny Chefs Camps

**Ages 5-9.** 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.

372677-01 M 9am-4pm 1/22 1 \$149 ODRC

372677-03 F 9am-4pm 3/22 1 \$149 ODRC

372677-04 M-F 9am-4pm 3/25-3/29 5 \$449 ODRC

### Art Box Camps

**Ages 5-10.** Kids use unconventional and creative processes to create fun and engaging visual arts and science projects. Slime and Bouncy Ball recipes, painting, and cooperative group games are all part of the fun!

372686-01 M 9am-4pm 1/22 1 \$125 LEEC

372686-04 F 9am-4pm 3/22 1 \$125 LEEC

### Ultimate Music Experience Camps

**Ages 5-12.** Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice, and movement. 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. All campers should bring a snack and drink daily; full-day campers should also bring a bag lunch.

372668-01 M 9am-1pm 1/22 1 \$65 ODRC

372668-02 M 1-5pm 1/22 1 \$65 ODRC

372668-03 Tu 9am-1pm 3/5 1 \$65 ODRC

372668-04 Tu 1-5pm 3/5 1 \$65 ODRC

372668-05 F 9am-1pm 3/22 1 \$65 ODRC

372668-06 F 1-5pm 3/22 1 \$65 ODRC

372668-07 M-F 9am-1pm 3/25-3/29 5 \$495 ODRC

372668-08 M-F 1-5pm 3/25-3/29 5 \$495 ODRC

### FUNtastic Spring Break Camp **(INCLUSION) (TR)**

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

343005-01 M-F 9am-6pm 3/25-3/29 5 \$225 NLRC

343005-02 M 9am-6pm 3/25 1 \$55 NLRC

343005-03 Tu 9am-6pm 3/26 1 \$55 NLRC

343005-04 W 9am-6pm 3/27 1 \$55 NLRC

343005-05 Th 9am-6pm 3/28 1 \$55 NLRC

343005-06 F 9am-6pm 3/29 1 \$55 NLRC

### Hoop Life Camps

**Ages 5-14.** The Hoop Life Basketball Camps are some of the most well-structured, basketball fundamental centered, and exciting camps in the area. If your child has a love for the game of basketball, they don't want to miss this camp. All the Hoop Life coaches have playing and/or coaching experience on higher levels of basketball ranging from high school to the NBA. Your child will walk away from this camp with improved skills, greater knowledge, and a heightened passion for the game of basketball.



372601-01 M 9am-4pm 1/22 1 \$95 JHES

372601-02 Tu 9am-4pm 3/5 1 \$95 JHES

372601-03 F 9am-4pm 3/22 1 \$95 JHES

372601-04 M-F 9am-4pm 3/25-3/29 5 \$295 JHES

### Advantage Tennis: Fun Intensive Tennis Training (FITT)

**Ages 5-17.** Your players will enjoy half days of fun, holistic tennis development. There is a FITT opportunity for any level of players wanting to learn or improve their play and is offered by age groups. The camps are scaled to age/ability appropriate whether the players are first-timers or aspiring to higher-level high school play. For questions about content and curriculum, please visit [Advantage-Tennis.net](http://Advantage-Tennis.net). Participants can borrow an appropriately sized racquet for class if needed.

372629-01 M-F 8:30am-12pm 3/25-3/29 5 \$395 ABPK

Winter 2024







# Camps

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

## Cyberteck Camps

**Ages 6-10.** 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!

372616-01	Tu	9am-3pm	3/5	1	\$159	ODRC
372616-02	F	9am-3pm	3/22	1	\$159	ODRC
372616-03	M-F	9am-3pm	3/25-3/29	5	\$429	ODRC

## Junior Scientist Day Camp

**Ages 6-11.** Join us for a day filled with experiments as we explore all branches of science! Please bring a bagged lunch and a water bottle. Snacks will be provided.

369861-01	M	9am-3pm	1/22	1	\$75	BFNC
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## Survival Skills Camp

**Ages 6-11.** If you were stuck on a deserted island, how would you find water? How would you build a shelter? Join us to learn about important survival skills such as having clean drinking water, building a shelter, and basic first aid skills for the trail.

369861-02	Tu	9am-3pm	3/5	1	\$75	BFNC
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## Native Virginia Camp

**Ages 6-11.** Have Red Eared Sliders always been found in Virginia? What about big-eared bats? Join us as we discuss Virginia wildlife, and whether common species are native or invasive. We will even get to meet some live animals!

369861-03	F	9am-3pm	3/22	1	\$75	BFNC
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## School's Out, Nature's In! Wildlife Careers

**Ages 6-11.** Are you interested in working with wildlife when you grow up? Join us in exploring a range of wildlife careers with the assistance of some guest speakers! Please pack a bagged lunch and bring a water bottle. Snacks will be provided.

369805-01	M-F	9am-3pm	3/25-3/29	5	\$75	BFNC
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## Abrakadoodle Camps - Do-Re-Mi & Kid-Tastic

**Ages 6-12.** Create art inspired by music! Explore opera, instruments, improvisation, and world cultures. Learn about music-loving artists Edgar Degas, Romare Bearden & Julio de Diego.

372600-01	M	9am-3pm	1/22	1	\$65	ODRC
372600-02	F	9am-3pm	3/22	1	\$65	ODRC

## Abrakadoodle Spring Break Camp

**Ages 6-12.** Take in the stunning scenery around the United States as you create prints, paintings, drawings and sculptures inspired by the land from Sea to Shining Sea!

372600-04	M-F	9am-3pm	3/25-3/29	5	\$309	CHRC
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## Magnus Chess Spring Break Camp

**Ages 6-12.** Play and learn chess with Magnus Academy (formerly Silver Knights). We've taught 100,000+ children of all levels from absolute beginners to national champions! Campers enjoy chess lessons and practice games daily, along with fresh air breaks. Bring snacks, drink, and lunch.

372675-01	M-F	9am-4pm	3/25-3/29	5	\$419	ODRC
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## Nerf Fencing Camp

**Ages 6-13.** Campers will learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf foam sabers with the option to wear fencing equipment.

372659-01	Tu	9am-4pm	3/5	1	\$125	ODRC
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## TSP Flag Football Camp

**Ages 6-13.** Learn to pass, catch, run routes, and punt like the pros! We'll practice these skills while playing Button Hook and Down and Out, Pitch and Run, and First and Ten. Scrimmages will test your skills, promote teamwork, and sportsmanship.

372684-01	M-F	9am-4pm	3/25-3/29	5	\$255	JHES
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## Soccer Pros Soccer Camp

**Ages 6-13.** Specializing in soccer instruction and games, Soccer Pros is a physical development program for boys and girls. Younger campers learn fundamental skills through dribbling, shooting, and passing games in a warm and friendly environment. Older age groups focus on developing skills and techniques through soccer games, challenges, and team-building competitions. Enjoy special appearances from current or former professional soccer players to sign autographs and answer questions about becoming a real soccer pro!

372632-01	M-F	9am-4pm	3/25-3/29	5	\$255	JHES
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## Intro to Skateboarding

**Ages 7-14.** 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.

372630-01	M-F	9am-1pm	3/25-3/29	5	\$245	SJSP
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Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)

# Nature & Environment

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



## Nature & Environmental Education

### Nature Play **+ADULT**

**Ages 2-4 with adult.** Toddlers and preschoolers are invited to join us for our monthly nature play program. We will explore nature based indoor and outdoor educator-led activities. Activities will vary each month and may include both structured and unstructured play.

369825-01	Sa	11am-12pm	1/13	1	\$5	BFNC
369825-02	Sa	11am-12pm	2/17	1	\$5	BFNC
369825-03	Sa	11am-12pm	3/23	1	\$5	BFNC

### Little Adventures **+ADULT**

**Ages 3-5 with adult.** Explore the natural world with your child! Join our environmental educators for games, crafts, and hikes through the forest. Fee covers all three meeting dates: 1/19, 2/16, and 3/15.

369800-01	F	10:30am-12pm	1/19-3/15	3	\$35	BFNC
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### Bee Mine Valentine

**Ages 3 & up.** Join us for a bee story book reading, activity, and Valentines Day craft! Participants will have the opportunity to learn about sweet honey and make a Valentine craft for someone special. All materials included

369804-01	Sa	10-11am	2/10	1	\$9	BFNC
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### Winter Sleepers

**Ages 5-9.** How do animals survive the winter? Come enjoy activities to learn about the variety of adaptations animals must do to help them get through the chill of winter.

369822-01	F	6-7:30pm	1/26	1	\$9	BFNC
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### Odd Couples

**Ages 6-10.** Learn how Valentine's Day is celebrated in nature when different species in the animal kingdom become unlikely allies. Discover unexpected friendships that last a lifetime and make a friendship bracelet to share.

369823-01	Sa	3-4:30pm	2/10	1	\$5	BFNC
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### Maple Sugaring

**Ages 8 & up.** Ever wonder where Maple Syrup comes from and how it is made? This activity will take you through the process of how maple trees are tapped for sap, how the sap is condensed and becomes yummy pancake syrup. Maple syrup tasting and information on how you can do this in your own backyard provided. This family oriented fun activity is perfect for families, homeschoolers, and anyone interested in learning more about our natural world and where our food comes from.

369826-01	Sa	2-3pm	2/10	1	\$5	ODRC
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## Virginia Cooperative Extension puts university knowledge into the hands of the 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.**



## Jerome "Buddie" Ford Nature Center

[alexandriava.gov/NatureCenter](http://alexandriava.gov/NatureCenter) | 5750 Sanger Ave. | 703.746.5559

Hours: W-Sa 10 a.m.-4 p.m. year-round excluding holidays

**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
- Children's library, outdoor deck, and pollinator garden
- Check our website regularly for new pop-up programs and the latest updates!

## WEEKDAYS

At the Nature Center

11 a.m. | 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

## Kids Day Out **(INCLUSION)**

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

303001-01	M	9am-6pm	1/22	1	\$55	NLRC
303001-02	Th	9am-6pm	2/15	1	\$55	NLRC
303001-03	F	9am-6pm	2/16	1	\$55	NLRC
303001-04	F	9am-6pm	3/22	1	\$55	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.  
303000-01 M-F 2:30-6pm 1/2-3/22 5 \$445 NLRC

**2024 Summer Power-On/Power-Up Registration Begins February 21.**  
Registration process details will be available at [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)

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

**Available to families who qualify for federal assistance programs (free/reduced school meals, SNAP, and TANF).** Pre-registration opens February 5 and ends February 10. Families will be notified of their eligibility via email or by phone beginning February 14. General online only registration opens February 21 at 9 a.m. In-person registration opens February 22 at 9 a.m. Both in person and online registration will remain open until filled. Pre-registration forms can be completed online or onsite at one of the neighborhood recreation centers, or any OSTP afterschool location during regular program hours. *In alignment with the City of Alexandria's Social Equity Initiative, pre-registration in the Power-On/Power-Up Out of School Time Program (OSTP) is available for families who qualify for federal assistance programs.*

### Financial Assistance Procedures:

To be considered for financial assistance, the form must be completed and submitted with supporting documentation at the time of registration. In order to ensure no delays in processing financial assistance, we encourage interested residents to apply at least 30 days prior to the start of a new program. Applicants must provide at least one of the following documents: official free/reduced school meal eligibility letter, official SNAP documentation, official TANF documentation, or official Department of Community and Human Services (DCHS) documentation. 2023-24 documentation is required.

Any request for fee assistance without the stated documentation or at a level above and beyond the established discount must include an explanation and be approved by a Recreation

Services Division Chief. This process takes additional time and registration will be delayed until approval has been secured. For more information, please call 703.746.5414.

*Program Fees subject to change beginning July 1.*

SUMMER POWER-ON/POWER-UP FEES	
Full Program Fee	\$575
Free/Reduced School Meals	\$295
SNAP	FREE
TANF	FREE

# Recreation Roundup

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description & 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+			
<b>Aquatics</b>																						
<b>Swimming</b> <span style="float:right">PAGE</span>																						
Alex Preschool 1-3			●	●	●																2	
Alex Preschool & Me*		●	●																		2	
Alex Swim Level 1-5						●	●	●	●	●	●	●	●								3	
Adult Beginner Swim																			●	●	3	
Adult Intermediate & Advanced Swim																			●	●	4	
Lifeguard Prep																			●	●	3	
Water Explorers* 1-2		●	●	●																	2	
We Aquatics				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	2	
<b>Aqua Aerobics</b>																						
Aqua Aerobics																			●	●	4	
Aquatic Exercise for Seniors																				●	4	
Aqua Zumba																			●	●	4	
Blue Octopus Scuba																			●	●	4	
Deep Water Aqua Aerobics																			●	●	4	
Get in Deep with Candice																			●	●	4	
Hi/Lo Water Aerobics																			●	●	4	
Water Walking																			●	●	4	
<b>Exercise and Fitness</b>																						
<b>Mind Body/Wellness</b>																						
Barre																			●	●	6	
Essentrics: Classical Stretch																			●	●	7	
Gentle Yoga																			●	●	6	
Intro to Mindfulness																			●	●	7	
A New Kind of Chair Yoga																			●	●	7	
Pilates																			●	●	6	
Pilates Barre																			●	●	7	
Senior Stretching																			●	●	7	
Stretch & Flow Yoga																			●	●	6	
Stretch & Meditation																			●	●	6	
Vinyasa Yoga																			●	●	7	
Yoga 4 Kids							●	●	●	●											6	
Yoga & Mindfulness																			●	●	7	
Yoga Beginner Series 1-2																			●	●	7	
Yoga for Healthy Aging																			●	●	7	
<b>Cardio Workout</b>																						
The Beast Workout										●	●	●	●	●	●	●					7	
Crank -n- Move																			●	●	8	
Jazzercise																			●	●	8	
Senior Trailblazers																			●	●	8	
Walk & Fit Fitness																			●	●	8	
Zumba																			●	●	8	
Zumba 4 Kids							●	●	●	●											7	
Zumlates																			●	●	8	

\*Requires guardian and child participation

		AGE																				
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-55+			
<b>Exercise and Fitness</b>																						
<b>Cardio &amp; Strength</b> <span style="float:right">PAGE</span>																						
Adult Cardio & Weight Training																				●	●	8
Advanced Senior Body Parts Aerobics																				●	●	9
BodyBlast Bootcamp																				●	●	9
Advance Boxercise																				●	●	8
ChinquaCircuit																				●	●	8
ChinquaCircuit Gold																				●	●	9
Hip Hop & Fitness Circuit Training																				●	●	8
Kendo																			●	●	8	
Shadow Boxing																				●	●	9
Senior Body Part Aerobics																				●	●	9
Senior Cardio & Weight Training																				●	●	9
Stay Active and Independent for Life-Standing (SAIL)																				●	●	9
<b>Sports Classes &amp; Leagues</b>																						
<b>Tumbling Classes</b>																						
Baby Tumbling*			●	●	●																	10
Basic Tumbling																				●	●	10
Cheer-Tastic																				●	●	10
Gymnastics 1																				●	●	10
Gymnastics 2																				●	●	10
Mom/Dad & Me Tumbling*			●	●	●																	10
Movement & Gymnastics																				●	●	10
Wiggles, Toes & Rolls																				●	●	10
<b>Soccer Classes</b>																						
Excite Soccer																				●	●	10
Little Champions Soccer																				●	●	11
Little Kicks Soccer																				●	●	10
Little Kicks Soccer & Me*																			●	●	10	
Soccer Tots																			●	●	10	
<b>Racquet Sports Classes</b>																						
Advantage Tennis: Adult Indoor Beginner Pickleball																				●	●	11
Adv. Tennis: Adult Outdoor Advanced Beg. Pickleball																				●	●	11
Advantage Tennis: Adult Outdoor Beginner Pickleball																				●	●	11
Advantage Tennis: Cardio Tennis																				●	●	11
Advantage Tennis: Pickleball Tactics and Play																				●	●	11
Advantage Tennis: Tiny Tennis																				●	●	11
Intermediate Pickleball																				●	●	11
Intro to Pickleball																				●	●	11
Tennis 4 Kids																				●	●	11







# Community Activities

alexandriava.gov/RPCA/Events

## Community Activities

### College Fair

**Grades 9-12** This free in person event at Charles Houston will provide students grades 9-12 with an opportunity to meet representatives from HBCUs. Representatives will share information and answer questions from students and parents about admissions, financial aid, testing, majors, and much more.

383630-01	Sa	10am-2:30pm	1/20	1	Free	CHRC
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### 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!

385202-01	Su	10am-2pm	1/21	1	\$19	ODRC
385202-02	Su	10am-2pm	2/25	1	\$19	ODRC
385202-03	Su	10am-2pm	3/17	1	\$19	ODRC

### Family Dance Night **NEW!**

**All Ages.** Come and join us for Family Dance Night! Each night families will learn a dance that is suitable for all ages and lots of family fun. We will have an instructor, refreshments, and music to keep everyone dancing. Families with preschool kids, families with tweens and teens, grandparents, and everyone in between will have a rollicking good time.

383631-01	F	6:30-8:30pm	1/26	1	Free	CHRC
383631-02	F	6:30-8:30pm	2/23	1	Free	CHRC

### Valentine’s Day Dance **NEW!**

**Ages 8-12.** Celebrate Valentine’s Day with Leonard Chick Armstrong Recreation Center. Have fun with us, enjoy Valentine’s treats and spend the day being kind to one another.

000000-00	F	6:30-8:30pm	2/9	1	\$5	CKRC
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### Valentine’s Vinyasa **NEW!**

**Ages 18 & up.** Connect with your partner or friend this Valentine’s Day with yoga! This entry-level couple’s yoga class provides gentle stretching, while building strength, flexibility, and connection for you and your partner. Each partner must register for this class. While singles are welcome, couples are preferred.

313140-01	W	6:30-7:30pm	2/14	1	\$7	ODRC
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### Parents Night Out

**Ages 5-12.** Mom and Dad, have a fun evening out while we entertain your kids! Youth will have dinner, play games, and more.

383819-01	F	6:30-8:45pm	2/16	1	\$25	MVRC
383819-02	F	6:30-8:45pm	4/19	1	\$25	MVRC

### Family Movie Night

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

383716-01	F	6:30-8:30pm	2/23	1	Varies	CKRC
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### Kids Book Swap

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

383711-01	F	6:30-7:30pm	3/1	1	Free	CKRC
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### Family Health & Fitness Day **NEW!**

**All Ages.** Come and enjoy an evening of family fun and fitness activities for the entire family. Adults and children will have the opportunity to participate in various activity stations manned by staff and volunteers designed to educate families in how to have fun and stay fit and healthy as a family unit. Stations will consist of sports, cardiovascular activities, presentation on nutrition, weight training and much more! \$5 per person and \$15 for a family of 4.

000000-00	Sa	10am-12pm	3/16	1	Varies	CKRC
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### Family Game Night **NEW!**

**All Ages.** Come join us for some family-friendly competition and quality time together. Bring the whole family to the Charles Houston Recreation Center for some free fun and food! A variety of activities are available for families to enjoy together including board games, gym games, and the game room. Lots of fun for the whole family! Registration is required.

383632-01	F	6:30-8:30pm	3/22	1	Free	CHRC
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### Egg Hunt & Crafts

**Ages 2-10.** The Bunny is making a stop at Mt. Vernon for a morning of crafts and an egg hunt. Children under 5 must be with an adult.

383820-01	Sa	10am-12pm	3/23	1	\$15	MVRC
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### “Drive In” Movie Night

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

385206-01	Sa	1-4pm	3/23	1	\$15	ODRC
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### Ultimate Teen Game Night

**Ages 12-16.** Join our Teen Game Night! All activities will include 3 on 3 basketball, trivia, guest speakers, tournaments, skating, video games, ping-pong, board games, music and more. Teens will have the option to bring their own electronics, favorite table games and skates to enjoy an evening of fun.

383707-01	F	6:30-9pm	3/24	1	Free	CKRC
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Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)

# Community Activities

alexandriava.gov/RPCA/Events



### Egg Hunt Egg-Stravaganza **NEW!**

**All Ages.** Enjoy egg hunts at Charles Houston Recreation Center. Hunts will be sectioned off into four age groups: 1-3, 4-6, 7-9, 10 and up. All hunts will be timed. After hunting for eggs, walk down the trail to meet Whiskers the Bunny for pictures, games, crafts, face painting, music, and fun.

383624-01	Sa	10am-3pm	3/30	1	Free	CHRC
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### Underwater Egg Hunt

**Ages 6 mos.-13 yrs.** Jump in and explore the water to find as many eggs as possible! Some special eggs will have prizes. Also, enjoy a visit from Alex the Bunny and an inflatable obstacle course (recommended for

strong swimmers only). Bring your own waterproof basket or bag. Chaperones are free.

<b>Ages 6 mos.-5 yrs.</b>						
384200-01	Sa	12:45-1:45pm	4/8	1	\$9	CQRC
<b>Ages 6 mos.-13 yrs. Family.</b>						
384200-02	Sa	2-3pm	4/8	1	\$9	CQRC
384200-03	Sa	3:15-4:15pm	4/8	1	\$9	CQRC
<b>Ages 6-13</b>						
384200-04	Sa	4:30-5:30pm	4/8	1	\$9	CQRC

## 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 **TR** 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

The 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
- Patrick Henry 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

For available opportunities, visit [alexandriava.gov/Volunteer](http://alexandriava.gov/Volunteer).

## Senior Socials

1/26, 2/14, 3/15 | 11 A.M.-1 P.M. | FREE

Patrick Henry (4653 Taney Ave | 703.746.5557)

### Senior Winter Crafting Workshop, January 26 **DROP-IN**

Designed exclusively for seniors, this program offers a variety of seasonal crafting activities, from making handcrafted ornaments to knitting warm scarves. Connect with fellow seniors while honing your crafting skills in a warm, welcoming atmosphere.

### Senior Valentine’s Day Tea Party, February 14 **DROP-IN**

Join us for an afternoon of delightful tea, delectable treats, and heartwarming conversations. Share stories, enjoy live music, and create cherished memories with fellow seniors in a charming, heart-themed setting. A perfect way to celebrate the season of love!

### Senior Spring Cleaning & Decluttering Seminar, March 15 **DROP-IN**

Learn expert tips to efficiently declutter your space, discover organization hacks, and embrace the rejuvenating power of a clean environment. Join us to make your spring brighter, your home lighter, and your life more organized.







## Teen Programs

### Teen First Friday **NEW!**

**Ages 12-17.** Come and enjoy First Friday at Charles Houston Recreation Center! Fridays are designed for teens to kick back, hang out and have fun with friends. Each Friday will have a different theme with games, music, food, and fun!

383629-01	F	6-10pm	1/5	1	Free	CHRC
383629-02	F	6-10pm	2/2	1	Free	CHRC
383629-03	F	6-10pm	3/1	1	Free	CHRC

### Weight Training for Teens

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

314016-01	M	5:30-6:30pm	1/8-3/18	9	\$65	PHRC
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### 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.

314014-01	Tu	5:30-6:30pm	1/9-3/12	10	\$69	PHRC
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### 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.

323616-01	Sa	11:30am-12:30pm	1/13-3/23	11	\$69	CHRC
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### 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.

313629-01	Tu	6-6:45pm	1/16-3/19	10	\$59	CHRC
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## Connect With Us!

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



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

### Teen Focus Group

**Ages 12-18.** Join our monthly Teen Focus Group where you'll help shape programs and events designed specifically for you. Your valuable input will make a difference, and we'll even provide dinner as a token of appreciation. Help us help you!

384012-01	Th	6:30-7:30pm	1/11	1	Free	PHRC
384012-02	Th	6:30-7:30pm	2/8	1	Free	PHRC
384012-03	Th	6:30-7:30pm	3/14	1	Free	PHRC

### Teen Swim

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

334235-01	Tu	7:05-7:35pm	1/16-3/19	10	\$155	CQRC
334234-02	W	7:05-7:35pm	1/17-3/20	10	\$155	CQRC
334234-03	Sa	12:20-12:50pm	1/20-3/16	8	\$125	CQRC
334234-04	M	7:05-7:35pm	1/22-3/18	8	\$125	CQRC



## HBCU College Fair

**January 20**  
**10 a.m.-2:30 p.m.**

**Charles Houston Recreation Center**  
**901 Wythe St.**

**Ages: 9-12th grade**

Come and meet college admissions counselors for several Historically Black Colleges and Universities (HBCUs)! High School Seniors, bring your high school transcript and SAT/ACT scores for admission on the spot.

Take the first steps towards a fulfilling career!

[alexandriava.gov/rpca/charles-houston](http://alexandriava.gov/rpca/charles-houston)

**703.746.5552**



PROJECT DISCOVERY  
Aligning Your Future

## Ages 55 & Up

See the Recreation Roundup on pages 25-27 for a listing of recreation opportunities for ages 55 and up, or look for the **55+** icon throughout this program guide.



### POWER PLUS PARTNERS

#### Northern Virginia Senior Olympics

The 2024 Olympics will be held in September at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, and Prince William. Over 800 adults, ages 50-100, 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](http://nvso.us).

**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 ages 60 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** is a local non-profit organization that offers support and services to seniors living in the City of Alexandria, including Meals on Wheels, DOT Paratransit reservations, Groceries-to-Go, Friendly Visitors, Senior Information Corners, monthly Senior Speaker Series events, and a Senior Ambassador Program. For more details, call 703.836.4414 x110, or visit [seniorservicesalex.org](http://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, visita [alexandriava.gov/recreationcenters](http://alexandriava.gov/recreationcenters).

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



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

Para registrarse para programas o hacer

reservaciones para picnic o uso de instalaciones, visite [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation) o contacte la oficina de registraciones y reservaciones de Lunes a Viernes de 9am a 7pm por el teléfono 703.746.5414 o en persona al Lee Center, 1108 Jefferson St.

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

# Registration Information

Registration for Alexandria residents begins **Wednesday, December 13 at 9 a.m.**  
 Non-resident registration begins **Friday, December 15 at 9 a.m.**

## 3 WAYS TO REGISTER



### 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 10 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 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.

**Fee Assistance:** To view the policy and access the Financial Assistance request form, visit alexandriava.gov/12288.

**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.

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

**Non-resident 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 cancelled by the Recreation, Parks, and Cultural Activities Department.

**Recreation Center ID Policy:** Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center 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: December 13 (Resident) & December 15 (Non-resident)  
 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 \_\_\_\_\_ Cell Phone \_\_\_\_\_

\*Head of Household Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ \*Male/Female? (Circle) Email Address \_\_\_\_\_

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

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

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

### Make checks payable to "City of Alexandria"

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

### 3 PLEASE READ AND SIGN BELOW:

**Hold Harmless Agreement:** In consideration of the City of Alexandria, Department of Recreation, Parks and Cultural Activities, conducting various programs and allowing the above to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge the City of Alexandria, Department of Recreation, Parks and Cultural Activities and its officers, agents, 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

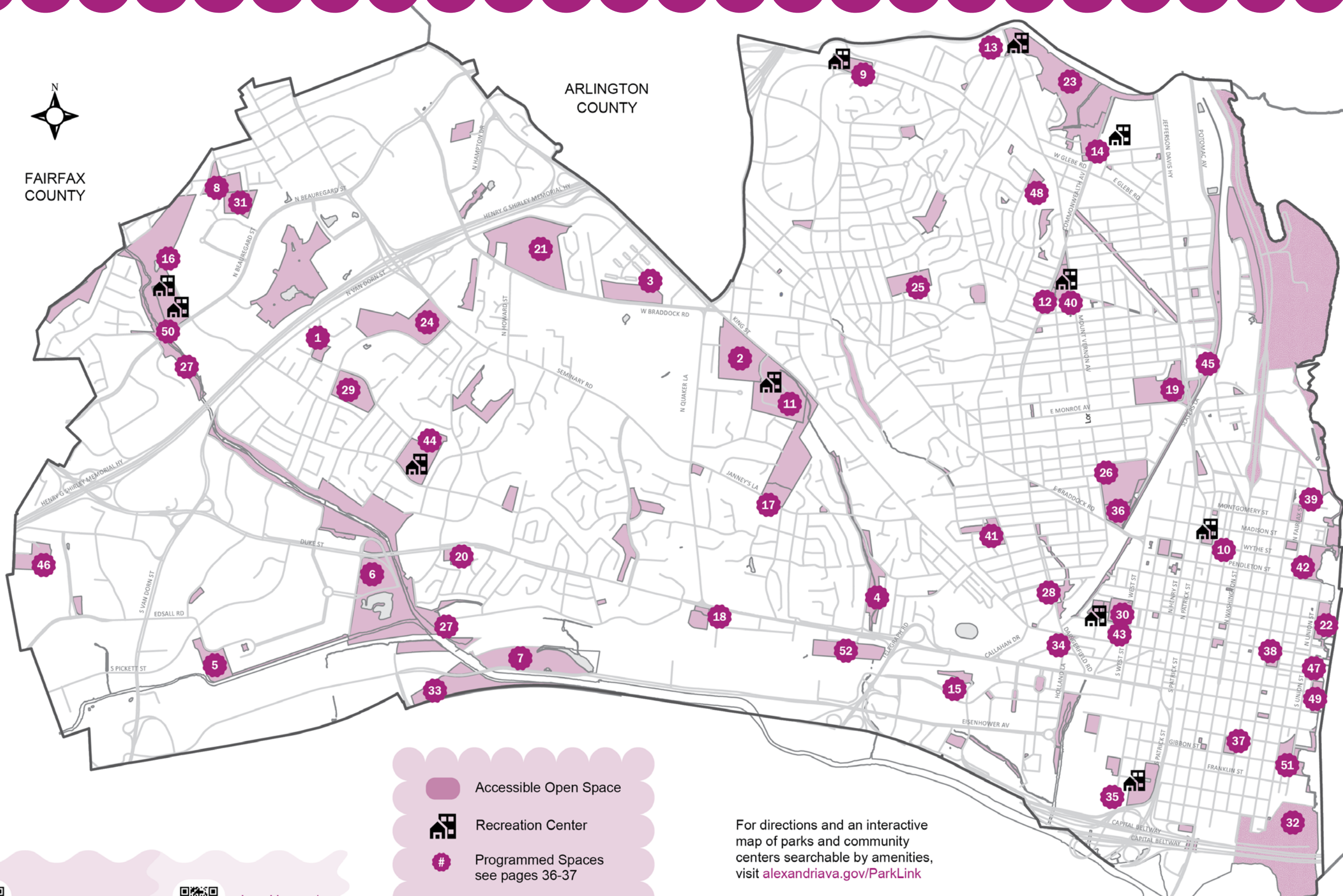
**Web:**  
 alexandriava.gov/Recreation




**Questions?**  
 Call 703.746.5414  
 Email registerARPCA@alexandriava.gov

**For Office Use Only:**  
 Check #: \_\_\_\_\_ Amt: \_\_\_\_\_  
 Date Received: \_\_\_\_\_ Staff: \_\_\_\_\_



ARLINGTON COUNTY



-  Accessible Open Space
-  Recreation Center
-  Programmed Spaces see pages 36-37

For directions and an interactive map of parks and community centers searchable by amenities, visit [alexandriava.gov/ParkLink](http://alexandriava.gov/ParkLink)



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



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

# Parks & Facilities

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

# Parks & Facilities

1	<b>5325 Polk Avenue Park</b>	
2	<b>Alexandria City High School</b> 3330 King St.	
3	<b>Alexandria City High School Minnie Howard Campus</b> 3801 W. Braddock Rd.	
4	<b>Angel Park</b> 201 West Taylor Run Parkway	
5	<b>Armistead L. Boothe Park</b> 520 Cameron Station Blvd.	
6	<b>Ben Brenman Park</b> 4800 Brenman Park Dr.	
7	<b>Cameron Run Regional Park/Lake Cook (NOVA Parks)</b> 3699 Eisenhower Ave.	
8	<b>Chambliss Park</b> 2505 N. Chambliss St.	
9	<b>Charles Barrett School &amp; Recreation Center</b> 1115 Martha Custis Dr.	
10	<b>Charles Houston Recreation Center</b> 901 Wythe St. <i>Pool Seasonal</i>	
11	<b>Chinquapin Park Recreation Center &amp; Aquatics Facility/Forest Park</b> 3210 King St.	
12	<b>Colasanto Center</b> 2704 Mt. Vernon Ave.	
13	<b>Conservatory Center at Four Mile Run Park</b> 4109 Mt. Vernon Ave.	
14	<b>Cora Kelly School &amp; Leonard "Chick" Armstrong Recreation Center</b> 25 W. Reed Ave.	
15	<b>Dog Park at Carlyle</b> 450 Andrews Ln.	
16	<b>Dora Kelley Nature Park &amp; Jerome "Buddie" Ford Nature Center</b> 5750 Sanger Ave.	
17	<b>Douglas MacArthur School</b> 1101 Janneys Ln.	
18	<b>Eugene Lockett Field &amp; Schuyler Hamilton Jones Skateboard Park</b> 3540 Wheeler Ave.	
19	<b>Eugene Simpson Stadium Park</b> 426 E. Monroe Ave.	
20	<b>Ewald Park</b> 4452 & 4500 Duke St.	
21	<b>Fort Ward Park</b> 4301 W. Braddock Rd. <b>Fort Ward Athletic Facility</b> 4421 W. Braddock Rd.	
22	<b>Founders Park</b> 351 N. Union St.	
23	<b>Four Mile Run Park</b> 3700 Commonwealth Ave.	
24	<b>Francis C. Hammond Middle School</b> 4646 Seminary Rd.	
25	<b>George Mason Elementary School</b> 2601 Cameron Mills Rd.	
26	<b>George Washington School and Park</b> 1005 Mt. Vernon Ave.	
27	<b>Holmes Run Park System</b> Holmes Run Pkwy. <b>Tarleton Park</b> S. Jensen St.	
28	<b>Hooff's Run Park and Greenway</b> 18 A E. Linden St.	
29	<b>James K. Polk School</b> 5000 Polk Ave.	
30	<b>Jefferson Houston Elementary School</b> 1501 Cameron St.	

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

## LEGEND

- Basketball
- Benches
- Center
- Community Garden
- Farmer's Market Location
- Fenced Dog Area
- Museum/Ampitheatre
- Parking
- Performance Space
- Pickleball
- Picnic Area
- Playground
- Playing Fields
- Running Track
- Skateboard Area
- Swimming
- Tennis Courts
- Unfenced Dog Area\*
- Volleyball
- Walking Trail
- Waterfront
- Available for Rental

\*Unfenced Sites Are Marked with Posts



## Open Space Project Updates

Visit [alexandriava.gov/Parks](http://alexandriava.gov/Parks) for more information about these projects.

### Holmes Run Trail Repair

In 2018 and 2019, multiple sections of Holmes Run Trail received historic flooding, which severely damaged trail infrastructure, requiring that the trail be closed to the public for safety reasons. With funding from the City's Capital Improvement Program, the trail and bridges will be restored for community use in phases. The portion of trail behind 4600 Duke Street opened in early August 2023. The remaining portions will be substantially complete in the fall of 2024 (Ripley St. & 395) and winter 2026 (Dora Kelly Park).

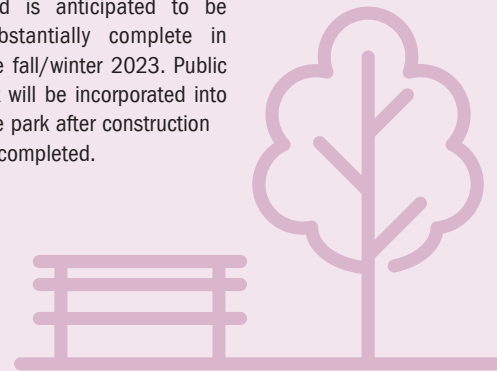


### Mount Jefferson Park Improvements

The developer of Oakville Triangle has nearly completed construction of improvements to the lower portion of Mount Jefferson Park from East Raymond Avenue to Richmond Highway, with the park and trail reopening in April 2023, and dog exercise area to be completed in Fall 2023. Future Improvements: drainage and stormwater infrastructure, ADA multi-use trail and connectors, expanded off-leash dog exercise area, native plantings, invasive species removal, speed control measures on Raymond Ave., new park wayfinding signage, and new historical interpretative features.

### Potomac Yard Park

Potomac Yard Park in North Potomac Yard will serve as the link between the existing South Potomac Yard Park and Four Mile Run to the north. This will be the largest park within the Plan redevelopment area, and is designed to include a variety of active, passive, natural, and sustainable features. Construction began in the spring of 2023 and is anticipated to be substantially complete in the fall/winter 2023. Public art will be incorporated into the park after construction is completed.



## Contact Information

**I Director's Office** .....703.746.5500

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

**I General Information** .....703.746.4343

### I Programs & Services

Aquatics .....703.746.5441

City Arborist/Trees .....703.746.5496

City Marina .....703.746.5487

Nature & Environmental Education Programs .....703.746.5559

Out of School Time Programs .....703.746.5575

Office of the Arts .....703.746.5588

Park Maintenance .....703.746.5484

Park Planning & Design .....703.746.5488

Picnic Reservations & Facility Rentals .....703.746.5414

Recreation Classes & Camps .....703.746.5414

Senior & Teen Programs .....703.746.5464

Special Events & Major Park Rentals .....703.746.5418

Therapeutic Recreation .....703.746.5422

Youth & Adult Sports .....703.746.5402

**I VA Relay** .....711

### I 24-Hour Hotlines

Alexandria Safe Place .....703.746.5400

Special Events .....703.746.5592

Classes & Camps .....703.746.5594

Coed & Women Sports .....703.746.5595

Men Sports .....703.746.5596

Youth Sports .....703.746.5597

Facility & Fields .....703.746.5598

## Picnic, Facility & Event Reservations

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

### To start planning an event, follow these simple steps:

#### 1 Find a space

**Indoors:** Page 40 indicates the indoor amenities available for rental.

**Outdoors:** Pages 36-37 indicate parks with space available for rental.

#### 2 Contact a specialist

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

**Outdoors:** To reserve a field, contact the Sports Office at 703.746.5408.

To reserve a park, see below:

#### Picnic Area Reservations

Call 703.746.5414 about 4-hr

Picnic Area Reservations\* at:

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

#### Waterfront Parks

Call 703.746.5420 for hourly

rate information regarding:

Waterfront Park

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

\*If your event may include any of the following, please contact Special Events at 703.746.5420 for application and permit information:

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

#### 3 Finalize reservation

A specialist will provide pricing and application information and confirm availability, then provide information for you to obtain necessary permits for your event. Please refer to the City Special Events Policy at [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation) for more information.



## Make your next event special

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

### Let us 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.



## ParkLink

Connecting you to active and open spaces in your neighborhood.



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













# Recreation Center Information

○ 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
 <b>Charles Barrett Recreation Center*</b> 1115 Martha Custis Dr., 22305 • 703.746.5551 Open for pre-scheduled programming only.					○	●	○	●	●						
 <b>Charles Houston Recreation Center</b> 901 Wythe St., 22314 • 703.746.5552 Mon-Thu: 9am-9pm, Fri-Sat: 9am-10pm, <i>Teens</i> - First Fri & Sat each month: 9am-midnight, Sun 1-5pm	○	○	○	●	○	●	○	●	●		●	●			○
 <b>Chinquapin Park Recreation Center &amp; Aquatics Facility</b> <i>Hours subject to change.</i> 3210 King St., 22314 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm								●	●		●	●	●	○	
 <b>Leonard "Chick" Armstrong Recreation Center*</b> <i>formerly Cora Kelly Recreation Center</i> 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri 9am-1:30pm and 6-9pm, Sat 9am-6pm	○			●	○	●	○	●	●				●	○	
 <b>Oswald Durant Center</b> 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs & rentals.	●						●	●	●	●					○
 <b>Jerome "Buddie" Ford Nature Center</b> 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10am-4pm									●						○
 <b>Lee Center</b> 1108 Jefferson St., 22314 • 703.746.5414 Registration & Reservation Office: Mon-Fri 9am-7pm	●			●			●	●	●	●					●
 <b>Mount Vernon Recreation Center*</b> 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9am-9pm, Sat: 9am-6pm	○		○	●	○	●		●	●	●					
 <b>Nannie J. Lee Recreation Center</b> 1108 Jefferson St., 22314 • 703.746.5550 Open for pre-scheduled programming only.	○					●	○		●						
 <b>Patrick Henry Recreation Center*</b> 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri: 9am-9pm, Sat: 9am-6pm <i>Teens</i> – Fri: 9-11pm; Sat: 6-8pm	○					●		●	●	○		●			○
 <b>Torpedo Factory Art Center</b> 105 N. Union St., 22314 • 703.746.4570 Mon-Fri: 9am-9pm, Sat: 9am-6pm									●						●
 <b>William Ramsay Recreation Center*</b> 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9am-9pm, Sat: 9am-6pm <i>Teens</i> – Mon 6-9pm, Fri 6-11pm, & Sat 6-11pm	○		○	●	○	●	○	●	●						○

# PARTY PACKAGES

[alexandriava.gov/RPCA/Party-Packages](http://alexandriava.gov/RPCA/Party-Packages)

## Let the good times roll!

### Nature Friends Party

- 2-hour party featuring live animals, an animal feeding & outdoor hike
- \$275 for 15 children ages 4-12 (adults free)

Jerome "Buddie" Ford Nature Center  
703.746.5559

### Soft Play Party

- 1-hour use of the soft play room
- 2-hour use of a party room
- For ages 0-5, max 16 people (adults free)

	Resident	Nonresident
Small Room	\$149	\$184
Large Room	\$179	\$214

Charles Houston Recreation Center • 703.746.5552  
Chinquapin Park Recreation Center • 703.746.5553  
Patrick Henry Recreation Center • 703.746.5557

### Optional Add-Ons

- Charles Houston Recreation Center  
• Add a balloon package for \$25
- Chinquapin Park Recreation Center  
• Add a balloon package for \$25  
• Add a bounce house for \$49

### Pool Party

- 1-hour pool time & 2-hour use of a party room
- For ages 6 & up, max 19 people (adults free)

	Resident	Nonresident
Small Room	\$149	\$184
Large Room	\$179	\$214

Chinquapin Park Recreation Center & Aquatics Facility  
703.746.5553

Make planning your next celebration easy with a variety of convenient party packages. Contact the hosting facility for availability and reservation information. Prices shown are resident rates. 4 weeks notice and receipt of payment are required to confirm reservation.







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

1108 Jefferson St.  
Alexandria, VA 22314

# SPRING BREAK CAMPS

## March 25-29

### SPORTS CAMPS:

- Tennis
- Soccer
- Basketball
- Flag Football



### ADDITIONAL CAMPS:

- Art • Cooking
- STEAM • Dance
- Music • Nature
- FUNtastic Camp



See pages 21 & 22 for more details.

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

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



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