

Spring/Summer 2024 Program Guide

# Alexandria

Department of Recreation, Parks & Cultural Activities



**New this year!** RPCA will hold two separate registration dates for the Spring and Summer Seasons. See the *Table of Contents* for details.

# Jump Into Pool Season



ALEXANDRIAVA.GOV/AQUATICS

**SEASON PASSES**

- Youth (5-17): \$53
- Adult (18+): \$105
- Senior (55+): \$84
- Family (up to 4): \$288
- Non-residents: \$154

**DAILY ADMISSION**

- Child (0-4) w/ paid adult: Free
- Youth (5-17): \$3
- Adult (18+): \$4
- Senior (55+): \$3
- Non-residents: \$6

**POOL PASS SALE:** 5/1- 5/31: 15% off resident outdoor passes; 5/1-6/30: Teens (13-17) \$39 passes

## Memorial Pool

901 Wythe St.

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

**May 25-26:** Sa-Su 10am-3:45pm  
**Jun 17-Aug 9:** Tue-Fri 10am-5:45pm  
**Jun 15-Aug 11:** Sa-Su 10am-3:45pm  
 CLOSED Mondays (except Memorial Day)  
 Holiday Hours: 10am-4:45pm (May 27, June 19, July 4)

## Warwick Pool

3301 Landover St.

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

**May 25-Sep 1:** Sa, Su 11am-4:45pm  
**May 28-Jun 14:** Mon, Wed-Fri 4:30-7:45pm  
**Jun 17-Aug 16:** Mon, Wed-Fri 11am-6:45pm  
**Aug 19-30:** Mon, Wed-Fri 4:30-7:45pm  
 CLOSED Tuesdays  
 Holiday Hours: 10am-4:45pm (May 27, June 19, July 4, Sept 2)

## Old Town Pool

1609 Cameron St.

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

**May 25-Aug 11:** Sa, Su 12-6:45pm  
**May 28-Jun 14:** Mon, Tue, Thu, Fri 4:30-7:45pm  
**Jun 17-Aug 16:** Mon, Tue, Thu, Fri 12-7:45pm  
**Aug 19-30:** Mon-Fri 7am-7:45pm  
**Aug 17-Sep 1:** Sa, Su 8am-6:45pm  
 CLOSED Wednesdays  
 Holidays Hours: 10am-4:45pm (May 27, June 19, July 4)

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## New This Season



To improve our customer experience, we will now have separate registration dates for spring and summer programs.

**Spring Registration**      **Summer Registration**  
**Residents:** March 20      **Residents:** May 15  
**Non-Residents:** March 22      **Non-Residents:** May 17

For more information, visit [alexandriava.gov/rpca](http://alexandriava.gov/rpca).

## 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.32
- TR** Designed for individuals with disabilities. Assessment required. See pg.37
- \*** No class on 5/27, 6/19 & 7/4. PHRC & CHRC: Open 9am-3pm. Please contact your program sites for more information.

## 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)

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

### RECREATION CENTERS/POOLS

<b>BFNC</b>	<b>Jerome Buddie Ford Nature Center</b> 5750 Sanger Ave.
<b>CBRC</b>	<b>Charles Barrett</b> 1115 Martha Custis Dr.
<b>CHRC/MMPL</b>	<b>Charles Houston/Memorial Pool</b> 901 Wythe St.
<b>CQRC/CQPK</b>	<b>Chinquapin Park &amp; Aquatics Facility</b> 3210 King St.
<b>LARC</b>	<b>Leonard "Chick" Armstrong</b> 25 West Reed Ave.
<b>LEEC/LCCM</b>	<b>Lee Center Complex</b> 1108 Jefferson St.
<b>MVRC</b>	<b>Mount Vernon</b> 2701 Commonwealth Ave.
<b>NLRC</b>	<b>Nannie J. Lee</b> 1108 Jefferson St.
<b>ODRC</b>	<b>Oswald Durant</b> 1605 Cameron St.
<b>OTPL</b>	<b>Old Town Pool</b> 1609 Cameron St.
<b>PHRC</b>	<b>Patrick Henry</b> 4653 Taney Ave.
<b>WRRC</b>	<b>William Ramsay</b> 5650 Sanger Ave.
<b>WWPL</b>	<b>Warwick Pool</b> 3301 Landover St.

### SCHOOLS/OTHER FACILITIES

<b>ACHS</b>	<b>Alexandria City High School</b> 3330 King St.
<b>ABPK</b>	<b>Armistead L Boothe Park</b> 520 Cameron Station Blvd.
<b>BBPK</b>	<b>Ben Brenman Park</b> 4800 Brenman Park Dr.
<b>CLPK</b>	<b>Carlyle Park</b> 450 Andrews Lane.
<b>DKPK</b>	<b>Dora Kelley Nature Park</b> 5750 Sanger Ave.
<b>DMES</b>	<b>Douglas MacArthur Elementary School</b> 1101 Janneys Ln.
<b>FDES</b>	<b>Ferdinand T. Day Elementary School</b> 1701 N. Beauregard St.
<b>FHMS</b>	<b>Francis C. Hammond Middle School</b> 4646 Seminary Rd.
<b>GWMS</b>	<b>George Washington Middle School</b> 1005 Mt. Vernon Ave.
<b>JAES</b>	<b>John Adams Elementary School</b> 5651 Rayburn Ave.
<b>JHES</b>	<b>Jefferson Houston School</b> 1501 Cameron St.
<b>JPES</b>	<b>James K. Polk Elementary School</b> 5000 Polk Ave.
<b>LMFD</b>	<b>Limerick Field</b> 1800 Limerick St.
<b>MGPK</b>	<b>Montgomery Park</b> 901 N. Royal St.
<b>PYPK</b>	<b>Potomac Yard Park</b> 2051 Potomac Ave.
<b>SJSP</b>	<b>Schuyler Jones Skatepark</b> 3540 Wheeler Ave.
<b>TFAC</b>	<b>Torpedo Factory Art Center</b> 105 N. Union St.
<b>WRFD</b>	<b>Witter Recreational Fields</b> 2700 Witter Dr.









### Alex Swim Level 2 \*

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

434242-01	M	3:45-4:15pm	4/1-5/13	7	\$109	CQRC
434242-02	M	6:25-6:55pm	4/1-5/13	7	\$109	CQRC
434242-03	Tu	5:05-5:35pm	4/2-5/14	7	\$109	CQRC
434242-04	Tu	5:45-6:15pm	4/2-5/14	7	\$109	CQRC
434242-05	W	4:25-4:55pm	4/3-5/15	7	\$109	CQRC
434242-11	Sa	11-11:30am	4/6-5/18	7	\$109	CQRC
134242-01	W	3:30-4pm	6/5-8/14	10	\$155	CQRC
134242-02	Sa	11-11:30am	6/1-8/3	10	\$155	CQRC
134242-03	Su	11-11:30am	6/2-8/4	10	\$155	CQRC
134242-05	W	4:50-5:20pm	6/5-8/14	10	\$155	CQRC
134242-06	Tu, Th	5:30-6pm	7/2-7/25	7	\$109	CQRC
134242-07	Tu, Th	4:10-4:40pm	6/4-6/27	7	\$109	CQRC
134242-08	Tu, Th	6:10-6:40pm	7/30-8/15	6	\$95	CQRC
134342-01	M-Th	11:15-11:45am	6/17-6/27	7	\$109	OTPL
134342-02	M-Th	9:55-10:25am	7/1-7/11	7	\$109	OTPL
134342-03	M-Th	11:15-11:45am	7/15-7/25	8	\$125	OTPL
134342-04	M-Th	9:55-10:25am	7/29-8/8	8	\$125	OTPL

### Alex Swim Level 3 \*

**Ages 6-12.** Stroke Development. Your child learns to swim the front crawl, elementary backstroke, survival float, and rules for headfirst entries; is introduced to scissor and dolphin kicks; and increases the time duration for treading water.

434243-01	M	4:25-4:55pm	4/1-5/13	7	\$109	CQRC
434243-02	Tu	4:25-4:55pm	4/2-5/14	7	\$109	CQRC
434243-03	W	3:45-4:15pm	4/3-5/15	7	\$109	CQRC
434243-04	W	5:45-6:15pm	4/3-5/15	7	\$109	CQRC
134243-01	W	5:30-6pm	6/5-8/14	10	\$155	CQRC
134243-02	Sa	11:40am-12:10pm	6/1-8/3	10	\$155	CQRC
134243-03	Su	11:40am-12:10pm	6/2-8/4	10	\$155	CQRC
134243-04	W	6:10-6:40pm	6/5-8/14	10	\$155	CQRC
134243-05	Tu, Th	4:50-5:20pm	7/30-8/15	6	\$95	CQRC

### Alex Swim Level 4

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

434244-01	M	5:05-5:35pm	4/1-5/13	7	\$109	CQRC
434244-02	M	6:25-6:55pm	4/1-5/13	7	\$109	CQRC
434244-03	Tu	6:25-6:55pm	4/2-5/14	7	\$109	CQRC
434244-04	W	6:25-6:55pm	4/3-5/15	7	\$109	CQRC
434244-05	Sa	9:40-10:20am	4/6-5/18	7	\$109	CQRC
434244-06	Su	9-9:30am	4/7-5/19	7	\$109	CQRC
134244-03	Sa	12:20-12:50pm	6/1-8/3	10	\$155	CQRC
134244-04	Su	12:20-12:50pm	6/2-8/4	10	\$155	CQRC
134244-05	Tu, Th	6:10-6:40pm	6/4-6/27	7	\$109	CQRC

### Alex Swim Level 5

**Ages 6-12.** Stroke Refinement. Instructors follow a plan to refine all six swimming strokes including introducing new water safety skills, while building on ones previously learned, swimming for longer distances, and performing flip turns on the front and back.

434245-01	M	7:05-7:35pm	4/1-5/13	7	\$109	CQRC
434245-02	Tu	7:05-7:35pm	4/2-5/14	7	\$109	CQRC
434245-03	Th	6:25-6:55pm	4/4-5/16	7	\$109	CQRC
434245-05	Su	9:40-10:10am	4/7-5/19	7	\$109	CQRC

### Alex Swim Level 6

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

434246-01	Tu	7:05-7:35pm	4/2-5/14	7	\$109	CQRC
434246-03	W	7:05-7:35pm	4/3-5/15	7	\$109	CQRC



### Wahoo Swim Team \*

**Ages 6-18. (as of May 30, 2023).** This program promotes individual and team camaraderie through friendly competition. Developing and experienced swimmers will refine their freestyle, breaststroke, butterfly, backstroke, and turns with experienced coaching staff. Swimmers must be able to swim 25 yards. For details, visit teamunify.com (Search "Chinquapin"). Practices from May 30-June 9 will be between 4-6 p.m. at Old Town Pool (1609 Cameron St.). After June 10, morning practices are between 7-9 a.m. and evening practices are offered from 5-6 p.m. Please note that the registration fee does not include the mandatory team Booster dues of \$40 (\$80 max/family) to be collected the 1st week of practice. A Meets held Saturday mornings, B Meets held Wednesday evenings. Meet schedule is TBD.

134350-01	M-Sa	4-6pm	5/28-8/9	1	\$179	CQRC
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### Adult Beginner Swim \*

**Ages 13 & up.** Learning the Basics. Participants will develop comfort and proficiency in basic aquatic skills and strokes: freestyle, breaststroke, and elementary backstroke; and learn about aquatic safety and emergency response. For those with little or no experience, the focus will be on fundamental skills: entering and exiting water, floating, gliding, breathing

techniques, and basic swimming strokes. Participants will progress to refining basic strokes, mastering breathing techniques, and increasing swimming distances. Deeper water skills will also be introduced. Register now to learn the basics at lungrenfitnessandwellness.com or contact Jennifer at jennifer@lungrenfitnessandwellness.com.

434230-02	Tu, Th	7:45-8:30pm	4/2-4/25	8	\$169	CQRC
434230-03	W	6:45-7:15pm	4/3-5/15	7	\$149	CQRC
434230-06	Su	11-11:30am	4/7-5/19	7	\$149	CQRC
434230-08	Th	7:05-7:35pm	4/4-5/16	7	\$149	CQRC
134230-01	Sa	1-1:45pm	6/1-8/3	10	\$209	CQRC
134230-02	Su	12-1:45pm	6/2-8/4	10	\$209	CQRC
134230-04	Tu, Th	6-6:45pm	7/2-7/25	7	\$149	CQRC
134230-05	W	6-6:45pm	6/5-8/14	10	\$209	CQRC
134230-06	Tu, Th	6-6:45 pm	6/4-6/27	7	\$149	CQRC
134230-07	Su	12:20-12:50pm	6/2-8/4	10	\$155	CQRC

### Adult Intermediate & Advanced Swim

**Ages 13 & up.** Intermediate Swimming is for participants who have attended Beginner Swim and are looking to build upon previous skills. Advanced Swim 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, and breaststroke with open turns for 50 yards (optional).

434231-01	M	7:45-8:30pm	4/1-5/13	7	\$149	CQRC
434231-02	Tu	7:45-8:30pm	4/2-5/14	7	\$95	CQRC
434231-0	W	7:45-8:30pm	4/3-5/15	7	\$95	CQRC
134231-01	Sa	1-1:45pm	6/1-8/3	10	\$109	CQRC
134231-03	Su	1-1:45pm	6/2-8/4	10	\$89	CQRC
134231-04	Tu, Th	6-6:45pm	7/30-8/15	6	\$95	CQRC

### Masters Swimming

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

434236-01	Tu, Th	6-7am	4/2-6/13			CQRC
134236-01	M, W	6-7am	6/24-8/21			OTPL

### Blue Octopus Scuba

**Ages 18 & up.** Learn how to scuba dive and 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 somewhere warm and tropical to be a certified open water scuba diver. To register, visit blueoctopusscuba.com or call 703.461.3483.

## Aqua Aerobics

### Water Walking \*

**Ages 16 & up.** Water walk your way to fitness with this fun and exciting experience! This non-weight bearing class will condition, build, tone, and strengthen muscles using the water in a lively atmosphere set to popular music of the past and present. Instructor: Chechena Thurston-Furlow, Owner, Coast to Coast Fitness, LLC.

434271-01	Tu, Th	10:55-11:55am	4/9-6/13	19	\$285	CQRC
134271-01	Tu, Th	10:55-11:55am	6/18-8/1	13	\$195	CQRC

### Spring/Summer 2024

### Aqua Aerobics \*

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

434222-01	M, W	9-10am	4/8-6/12	19	\$125	CQRC
134322-01	M, W	9-10am	6/24-8/21	18	\$119	CQRC

### Deep Water Aqua Aerobics \*

**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.

434281-01	M, W	10:10-11:10am	4/8-6/12	19	\$255	CQRC
134281-01	M, W	10:10-11:10am	6/24-8/21	18	\$245	CQRC
134224-02	W	5:45-6:45pm	6/26-8/28	9	\$189	CQRC

### Get in Deep with Candice

**Ages 18 & up.** Join this impact-free, vigorous workout in the diving well for all skill levels. During this class, you will challenge your cardiovascular system, while also getting strength training, balance, and flexibility work. Flotation belts and other equipment will be provided. For questions, please contact Candice at ontheforwellness@gmail.com or 703.863.1898. Drop-ins welcome. No class on 5/27.

434218-01	M	6:30-7:15pm	4/8-6/3	9	\$119	CQRC
134318-01	M	6:30-7:15pm	6/17-8/19	10	\$149	OTPL

### Aqua Zumba \*

**Ages 18 & up.** Aqua Zumba is an exhilarating and challenging, water-based workout that is cardio-conditioning and body-toning, and blends together the Zumba formula and philosophy with aqua fitness disciplines.

434225-01	M	6:30-7:30pm	4/8-6/3	8	\$115	CQRC
434225-02	Su	9-9:50am	4/7-6/2	9	\$125	CQRC
134325-01	M	6:30-7:30pm	6/17-8/19	10	\$139	CQRC
134325-02	Su	9-9:50am	6/23-8/18	9	\$125	CQRC

Interested in becoming a Lifeguard or Water Safety Instructor?



Sign up for one of our certification classes today! Visit alexandriava.gov/aquatics.







### Hi/Lo Water Aerobics

**Ages 18 & up.** Build muscle and tone and get a great cardio workout with a mixture of high and low intensity exercises set to great music in shallow water. You will use the water's drag and force with customizable movements to match your fitness level. No matter if you can do a little or a lot, this class is for you.

434229-01	Tu, Th	6:30-7:30pm	4/9-6/11	19	\$245	CQRC
434229-02	Su	9:05-9:55am	4/7-6/9	10	\$129	CQRC

### Aquatic Exercise for Seniors **55+ \***

**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 information, please email candicekaup@yahoo.com or call 703.863.1898.

434217-01	Tu, Th	8:15-9am	4/9-6/11	19	\$255	CQRC
434217-02	Tu, Th	9:30-10:15am	4/9-6/11	19	\$255	CQRC
134317-01	Tu, Th	8:15-9am	6/18-8/27	21	\$279	CQRC
134317-02	Tu, Th	9:30-10:15am	6/18-8/27	21	\$279	CQRC

## Aquatic Events

### Water Safety Day

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

434235-01	W	6-6:30pm	5/15	1	Free	CQRC
434235-02	W	6:30-7pm	5/15	1	Free	CQRC
434235-03	W	7-7:30pm	5/15	1	Free	CQRC

### World's Largest Swim Lesson

**All Ages.** Become a world record breaker! Help raise awareness about the importance of teaching swimming to help prevent drowning. Aquatic facilities around the globe will host local lessons on the same day to break

the Guinness World Record! Space is limited, register today!

484300-01	Th	3-3:30pm	6/20	1	Free	OTPL
484300-02	Th	3:30-4pm	6/20	1	Free	OTPL
484300-03	Th	4-4:30pm	6/20	1	Free	OTPL

### Dive In Movie Night

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

134360-01	F	6:30-9pm	6/28	1	\$5	CQRC
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## Dog Swims

**Warwick Pool**  
Saturday, September 14  
11-11:45 a.m.  
12-12:45 p.m.  
1:30-2:15 p.m.  
2:30-3:15 p.m.

**Old Town Pool**  
Sunday, September 15  
11-11:45 a.m.  
12-12:45 p.m.  
1:30-2:15 p.m.  
2:30-3:15 p.m.

[alexandriava.gov/aquatics/dog-swims](http://alexandriava.gov/aquatics/dog-swims)

## Deportes Acuaticos

¿Hablas español como primer idioma pero quieres aprender a nadar? Chiquapin ofrece lecciones de natación para todas las edades en español. ¡Regístrate 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.

434200-01	Su	9-9:30am	4/7-5/19	7	\$109	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.

434200-02	Su	9:40-10:10am	4/7-5/19	7	\$109	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).

434200-03	Su	11-11:30am	4/7-5/19	7	\$109	CQRC
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## TEEN Adventures await at RPCA!

View our dynamic offerings for teens on page 27.

For facility information about teen only hours, activities & more, visit [alexandriava.gov/RPCA/teen-programs](http://alexandriava.gov/RPCA/teen-programs)




### 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 de propulsión rudimentarias tanto en la parte delantera como en la trasera. Este nivel marca el comienzo de las habilidades de locomoción acuática independiente.

434200-04	Su	10:20-10:50am	4/7-5/19	7	\$109	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.

434200-05	Su	11-11:45am	4/7-5/19	7	\$109	CQRC
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## Pool Season Hours

See the inside front cover for more information.

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



## Mind/Body Wellness

### Yoga 4 Kids

**Ages 5-8.** Children will learn poses that build on their strength, flexibility, and creativity. By seamlessly integrating yoga into a child's holistic approach to fitness, it nurtures their sense of playfulness and imagination.

414218-01	W	6-6:45pm	4/10-5/8	6	\$105	CHRC
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### Eclipse Yoga Workshop **NEW!**

**Ages 18 & up.** You will begin this Eclipse Experience with a warm cup of ceremonial cacao - a heart-opening sacred beverage. Following the cacao, you will settle into a comfortable position for Yoga Nidra and Sound Immersion. Feel free to bring any props to support you in this practice: a yoga mat, blanket, pillow, eye mask, etc.

413160-01	Su	4-5:30pm	4/7	1	\$15	ODRC
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### Gentle Yoga

**Ages 18 & up.** Practice supported standing, seated, and supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Props provided.

413126-01	M	10-11am	4/8-6/10	11	\$145	CHRC
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### 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 flowing movements for balanced health, ballet theories for long, lean muscles, and healing powers of physiotherapy. By author of Aging Backwards and PBS show/book titled Forever Painless. Bring a mat.

413113-01	M	12-1pm	4/8-5/20	7	\$95	*ODRC
413113-02	Tu	12-1pm	4/9-5/21	7	\$95	CHRC
413113-03	Th	6-7pm	4/11-5/23	7	\$95	*CQRC

413113-04	W	6:15-7:15pm	4/10-5/22	7	\$95	CHRC
413113-05	W	10:30-11:30am	4/10-6/12	10	\$135	PHRC
113113-01	M	12-1pm	6/24-8/26	8	\$109	ODRC
113113-02	Tu	12-1pm	6/25-8/27	8	\$109	CHRC
113113-03	Th	6-7pm	6/20-8/29	8	\$109	CQRC
113113-04	W	6:15-7:15pm	6/12-8/21	8	\$109	CHRC
113113-05	W	12-1pm	6/26-8/28	8	\$109	PHRC

### Yoga Beginner Series Part I

**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.

413632-01	Tu	6:30-7:45pm	4/9-5/14	6	\$99	CHRC
113632-01	Tu	6:30-7:45pm	6/18-7/23	6	\$99	CHRC

### 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.

413628-01	W	12-1pm	4/10-6/12	10	\$165	CHRC
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### Tai Chi/Breathwork **NEW!**

**Ages 18 & up.** Qigong and Tai Chi are slow and gentle forms of meditative movement, designed to balance circulation of blood, breath, and Chi/energy, thus allowing healing to take place naturally for the body. Both exercises emphasize attention on breath, posture, and relaxation. Additionally, the instructor will discuss the heart-mind nature and how to develop it at home and at work.


413158-01	Sa	6-7pm	4/13-6/8	9	\$179	ODRC
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## Celebrate International Yoga Day!

Thursday, June 20

Oswald Durant Center | 1605 Cameron St.  
Charles Houston Recreation Center | 901 Wythe St.

More information on this event to come! For more details, visit [alexandriava.gov/RPCA/events](http://alexandriava.gov/RPCA/events)





### Yin Yoga & Meditation **NEW!**

**Ages 18 & up.** A gentle form of stretching that involves Releasing Tension and pressure from the body and mind. Participants will learn how to use breath, relaxation, and postures to discover deeper levels of relaxation. Eastern principles of traditional Chinese medicine, holistic healing and Ayurvedic practices will be discussed.

413159-01	Su	4:15-5:15pm	4/14-6/2	8	\$179	ODRC
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### Gentle Yoga & Sound Meditation **NEW!**

**Ages 18 & up.** Join Codie (RYT 500 and Sound Immersion Expert) for a slow and gentle yoga practice followed by a sound meditation using crystal singing bowls, chimes, rain instruments, and more. This experience is made for the experienced and beginner practitioner alike and is a perfect fit for people who have trouble falling asleep at night, are constantly running through their to-do lists on their lunch breaks, or whose bodies feel tight and restless. Bring any props: a yoga mat, blanket, pillow, eye mask, etc.

413161-01	Sa	4-5:30pm	4/27	1	\$9	ODRC
113161-01	Sa	4-5:30pm	7/27	1	\$9	ODRC

### Flow on the Lawn **NEW! DROP-IN**

**Ages 18 & up.** This class is perfect for anyone looking to begin their day mindfully connecting breath and movement to help soften muscles, ease joint pain, and connect the body and mind at a peaceful and powerful pace. Drop-in fee \$12 per class.

413633-01	Sa	9-10am	5/4-6/15	7	\$75	CHRC
113633-01	Sa	9-10am	6/29-8/31	10	\$109	CHRC

### Meditation & Nature Walk **NEW!**

**Ages 18 & up.** Join Codie, a Certified Meditation and Mindfulness Teacher, for 30 minutes of mindful walking history, benefits, techniques, and practice, followed by the opportunity to walk together as a group and continue in silence or enjoy chit-chat as you meet new friends. Please wear weather-appropriate clothing, comfortable walking shoes, bug spray, and sunscreen, and bring a water bottle.

413162-01	Su	10-11am	5/5	1	\$5	CQPK
113162-01	Su	10-11am	7/14	1	\$5	DKPK

### Meditation & Mindfulness Techniques **NEW!**

**Ages 18 & up.** In this workshop, meant for all levels of experience, you will learn the history and philosophy of meditation, what science is now discovering about consistent meditation practice, and several types of meditation techniques. Join Codie, a Certified Meditation and Mindfulness Teacher, to experience how different types of meditation can enhance your life. The session will end in a relaxed posture and a guided body scan followed by a sound meditation.

413163-01	Su	10-11:30am	5/19	1	\$9	ODRC
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### Summer Solstice Sound Immersion **NEW!**

**Ages 18 & up.** Join us in honoring the year's longest day by nurturing your body, mind, and spirit with the power of sound. We'll kick off by creating a beautiful altar to symbolize our growth and abundance. Codie will guide us through an immersive experience using an array of instruments including Chakra Crystal Bowls, chimes, drums, and more, leading us into a tranquil state of deep relaxation. Feel free to bring a meaningful item like a crystal,

talisman, or photo to add to our altar, enhancing the resonance of the meditation. Please bring any props: a yoga mat, blanket, pillow, or eye mask.

113163-01	F	7-8:30pm	6/21	1	\$15	ODRC
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### Stretch & Flow Yoga

**Ages 21 & up.** Interested in releasing and stretching tight or contracted muscles in the body? Join Lisa, Certified Yoga Therapist (C-IAYT/1,000, E-RYT 500), for a class ideal for all levels. This class supports individuals in reducing tension in the muscles, improving posture, and promoting greater release and ease in body and mind.

413146-01	Tu	5-6pm	4/16-6/11	8	\$129	ODRC
113146-01	Tu	5-6pm	7/9-8/13	5	\$85	ODRC

### Yoga & Mindfulness Meditation Introductory Series

**Ages 21 & 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 three-session series especially designed to introduce participants to the practices and tools of mindfulness meditation and therapeutic yoga for stress relief.

413155-01	Tu	6:30-7:30pm	4/23-5/7	3	\$55	ODRC
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### Mindfulness & Therapeutic Yoga: A Retreat

**Ages 21 & up.** Guide yourself towards increased health and well-being through movement, breathing, meditation, relaxation practice, and self-reflection. Do you lack energy and focus? Feel stuck in a cycle of worry and negative ruminative thinking? Step back into the fullness of your life.

113156-01	Sa	3-5:30pm	7/13	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 practice therapeutic tools including breathing practices and short meditations to reduce stress and to improve the overall health of our lungs and nervous system, and sleep. Suggestions for home practice included. Props provided

413152-01	W	5-6pm	4/17-6/12	8	\$129	ODRC
413152-02	Tu	9:30-10:30am	4/16-6/11	8	\$129	PHRC
113152-01	Tu	5-6pm	7/9-8/6	5	\$85	PHRC
113152-02	W	9:30-10:30am	7/10-8/14	5	\$85	ODRC

### New Chair Yoga

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

413154-01	W	9:30-10:30am	4/17-6/12	8	\$155	ODRC
113154-01	W	9:30-10:30am	7/10-8/14	5	\$85	ODRC





# Exercise & Fitness

alexandriava.gov/RPCA/Fitness

## 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.

114012-01	M	11:30am-12:30pm	6/3-7/29	9	\$59	PHRC
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## Cardio Workout

### Zumba 4 Kids

**Ages 3-6.** 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.

424231-01	Tu	5:15-5:45pm	4/9-5/7	5	\$140	CQRC
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### Jazzercise **DROP-IN \***

**Ages 18 & up.** Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga, and kickboxing to sculpt, tone, and lengthen muscles for maximum fat burn. Call Cameron Hall at 703.395.7766 or email hall\_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$70, Walk-ins \$25.

419701-01	M-Th	5:15-6:15pm	4/8-6/13	50	Varies	ODRC
419701-02	M,W,Th	6:30-7:30pm	4/8-6/13	37	Varies	ODRC
419701-03	Sa	9-10am	4/13-6/15	12	Varies	NLRC
419701-04	Su	10-11am	4/14-6/16	12	Varies	ODRC
119701-01	M-Th	5:15-6:15pm	6/17-8/29	50	Varies	ODRC
119701-02	M,W,Th	6:30-7:30pm	6/17-8/29	37	Varies	ODRC
119701-03	Sa	9-10am	6/22-8/31	12	Varies	NLRC
119701-04	Su	10-11am	6/23-8/25	12	Varies	ODRC

### Zumba **\***

**Ages 18 & up.** Zumba infuses Latin dances such as salsa, meringue, bachata, samba, reggaeton, and modern-day hip hop. This intense workout helps you lose weight, while having fun and learning basic Latin moves.

413107-01	M	5:30-6:15pm	4/8-6/10	8	\$85	CHRC
113107-01	M	5:30-6:15pm	6/24-8/26	8	\$85	CHRC

### Hi/Lo Impact Aerobics

**Ages 18 & up.** This one-hour class, designed for all levels, includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to music for energy and fun.

413634-01	Th	9:30-10:30am	4/18-6/13	9	\$65	CHRC
113634-01	Th	9:30-10:30am	6/27-8/22	9	\$65	CHRC

### Hula Hoop Fusion

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

413118-01	Tu	5-6pm	4/23-5/21	8	\$69	ODRC
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### Senior Body Part Aerobics **55+**

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

414013-01	M	10-11am	4/8-5/27	6	\$55	PHRC
114013-01	M	10-11am	6/3-7/29	6	\$55	PHRC

### Senior Trail Blazers **55+ NEW!**

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

414026-01	Th	9:30-11:30am	4/11-8/8	Free	PHRC
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### Stay Active & Independent for Life (SAIL) **55+**

**Ages 55 & up.** SAIL is an evidence-based strength, balance, and fitness program that improves strength, balance, and fitness, which help adults stay active and reduce their chances of falling.

414028-01	Th	11am-12pm	4/11-5/30	8	Free	PHRC
414028-02	Tu	11am-12pm	4/9-5/28	8	Free	PHRC
114028-01	Th	11am-12pm	6/6-8/1	8	Free	PHRC
114028-01	Tu	11am-12pm	6/4-7/30	8	Free	PHRC

### Advanced Senior Body Part 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.

414027-01	F	10-11am	4/12-6/7	9	\$75	PHRC
114027-01	F	10-11am	6/14-8/9	9	\$75	PHRC

## Cardio & Strength

### Kids Fitness Bootcamp **NEW!**

**Ages 6-9.** Have fun with circuit training and games, and develop skills to increase strength, balance, and cardio capacity through the art of play.

414230-01	Th	5:15-6pm	4/11-5/9	5	\$150	CQRC
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### Roller Skating for Fitness & Fun

**Ages 6 & up.** Learn about safety, components of an inline and traditional quad roller skates, basic skating skills, proper techniques, and exercises. For beginner to intermediate. Skate rentals are provided upon request. Bring protective gear (helmet, elbow, wrist guards, and knee pads). Instructor: World Champion United Skates Roller Sports and Skate Inline Associated Certified. For questions, call Christie at 703-623-7354.

413141-01	Sa	9-9:50am	4/13-5/4	4	\$99	ODRC
413141-02	Tu	6:30-7:20pm	4/9-4/30	4	\$99	PHES
413141-03	Sa	9-9:50am	5/11-6/1	4	\$75	ODRC

### Kendo

**Ages 14 & up.** Kendo is the traditional Japanese style of fencing with a two-handed bamboo sword, derived from the fighting methods of the samurai, as a way to discipline the human character. 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. Adults: \$80/month, Minors: \$40/month.

419707-01	Su	11:15am-1:30pm	4/14-6/30	12	Varies	ODRC
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### Spring/Summer 2024

# Exercise & Fitness

alexandriava.gov/RPCA/Fitness



### TSP Adult Bootcamp **NEW! DROP-IN**

**Ages 18 & up.** Tailored for all fitness levels with modifications for your level, this class focuses cardio, strength, and balance. Exercises will include, dynamic movements and stretches, full body strengthening and conditioning, and cardio kickboxing (punching, kicking, blocking, etc). Drop-in fee \$12 per class.

413157-01	M	4:30-5:30pm	4/8-6/3	9	\$199	ODRC
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### Total Body Conditioning

**Ages 18 & up.** This class is dedicated to enhancing muscle strength and conditioning for confident movement and living. Emphasizing core-centered exercises, we integrate balance, stability, and flexibility; along with active recovery, tailored to your intensity level, to boost your metabolic rate. Register at lungrenfitnessandwellness.com or contact Jennifer at jennifer@lungrenfitnessandwellness.com.

413150-01	Tu	9:15-10:15am	4/9-6/11	10	Varies	PHRC
113150-01	Tu	9:15-10:15am	6/18-8/27	11	Varies	PHRC

### Hip Hop Fitness & Circuit Training

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

414002-01	Tu	6:30-7:30pm	4/9-5/28	8	\$55	PHRC
114002-01	Tu	6:30-7:30pm	6/4-7/30	8	\$55	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.

414216-01	Th	5:10-5:55pm	4/11-6/13	10	\$115	CQRC
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### Adult Cardio & Weight Training **\***

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

414000-01	Th	6:30-7:30pm	4/11-5/30	8	\$55	PHRC
114000-01	Th	6:30-7:30pm	6/6-8/1	8	\$55	PHRC

## Fitness Pass & Personal Training

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

### Neighborhood Recreation Center Pass

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

Fitness Passes	Resident	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



# Exercise & Fitness

alexandriava.gov/RPCA/Fitness

## ChinquaCircuit **DROP-IN**

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

414208-01	Sa	9-9:45am	4/13-6/15	10	\$115	CQRC
414208-02	Sa	9:50-10:35am	4/13-6/15	10	\$115	CQRC
414208-03	Sa	10:40-11:25am	4/13-6/15	10	\$115	CQRC

## Advanced Boxercise \*

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

413603-01	M,W	6:30-7:30pm	4/15-6/5	16	\$155	CHRC
113603-01	M,W	6:30-7:30pm	6/24-8/21	16	\$155	CHRC

## Shadow Boxercise \*

**Ages 18 & up.** Learn basic self-defense tactics, while getting in shape. This beginner-level class is a fun and low-impact boxercise class that will help with muscle toning, weight loss, strength, and conditioning, while building and enhancing your self-esteem. Participants must purchase boxing gloves for the class. Instructor: Washington's own Hall of Famer, Anthony Suggs.

413701-01	Tu,Th	6:30-7:30pm	4/16-5/16	9	\$69	LARC
113701-01	Tu,Th	6:30-7:30pm	6/4-7/9	9	\$69	LARC

## ChinquaCircuit Gold **55+**

**Ages 55 & up.** Accomplish your fitness goal with a 45-minute full-body circuit incorporating functional strength, cardio training, and 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.

414211-01	Tu	9:05-9:50am	4/9-6/11	10	\$115	CQRC
414211-02	Tu	6:15-7pm	4/9-6/11	10	\$115	CQRC

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

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

414001-01	W	9-10am	4/10-5/29	8	\$55	PHRC
114001-01	W	9-10am	6/5-7/31	8	\$55	PHRC

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

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

414003-01	W	12-1pm	4/10-5/29	8	\$55	PHRC
114003-01	W	12-1pm	6/5-7/31	8	\$55	PHRC



**For ages 16 & up**

## Open Pickle Jar Sundays

Join us for Drop-in Pickleball Sundays, where friends, convenience, and fun collide on our indoor courts! Whether you're a seasoned player or a newcomer, enjoy a laidback atmosphere perfect for a Sunday afternoon.

**9 a.m.-2 p.m.**  
**Drop-in fee: \$9 per class.**  
**See page 15 for more details.**

**NOVA PARKS**

# REGISTER NOW!

## CAMP WINKLER

Full & Half Day Nature Summer Camps for Ages 5-12





Winkler Botanical Preserve • 5400 Roanoke Ave., Alexandria

**novaparks.com/CampWinkler**

Register through alexandriava.gov/WebTrac

# Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



## Tumbling

### 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.

422605-01	Sa	9:30-10:15am	4/13-6/8	9	\$169	PHRC
122605-01	Sa	9:30-10:15am	6/22-8/10	9	\$169	PHRC



### Movement & Gymnastics

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

424215-01	M	3:45-4:15pm	4/8-4/2	4	\$89	CQRC
424215-02	Su	9:15-9:45am	4/14-5/12	5	\$109	CQRC
424215-03	Su	11:15-11:45am	4/14-5/12	5	\$109	CQRC
114238-02	Su	11:15-11:45am	6/23-8/18	9	\$256	CQRC
114238-01	Su	9:15-9:45am	6/23-8/18	9	\$256	CQRC

### Wiggles, Toes & Rolls

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

423613-01	Tu	4:45-5:15pm	4/9-5/28	8	\$145	CHRC
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### Basic Tumbling

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

#### Level 1

422606-01	Sa	10:30-11:15am	4/13-6/8	9	\$169	PHRC
122606-01	Sa	10:30-11:15am	6/22-8/10	9	\$169	PHRC

#### Level 2

422606-02	Sa	11:30am-12:15pm	4/13-6/8	9	\$169	PHRC
122606-02	Sa	11:30am-12:15pm	6/22-8/10	9	\$169	PHRC

### Gymnastics I

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

#### Ages 5-8

424206-01	M	4:30-5:30pm	4/8-4/29	4	\$89	CQRC
424206-03	Th	4-5pm	4/11-5/9	5	\$115	CQRC
424206-04	Su	10-11am	4/14-5/12	5	\$109	CQRC
114239-01	Su	10:15-11am	6/23-8/18	8	\$189	CQRC

#### Ages 8-11

424206-02	M	5:45-6:45pm	4/8-4/29	4	\$89	CQRC
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### Gymnastics II

**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.

423612-01	Tu	5:30-6:30pm	4/9-5/28	8	\$155	CHRC
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### Cheer-Tastic \*

**Ages 6-12.** Join our dynamic and fun-filled program, where 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!

414029-01	M	6:30-7:30pm	4/15-6/10	9	\$45	PHES
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## Soccer

### Little Kicks Soccer & Me **+ADULT**

**Ages 2-5 with adult.** Fun parent and me soccer class is designed to introduce children to soccer through games and activities. No class on 5/4.

424001-01	Sa	9:15-10am	4/6-6/1	7	\$135	PHES
414296-01	Sa	10:20-11:05am	4/13-8/17	19	\$359	CQPK
124002-01	Sa	9:15-10am	6/8-8/3	8	\$155	PHRC

### Soccer Tots

**Ages 2-5.** Soccer Tots is a child physical development program that uses a variety of fun games to delight and engage kids in physical activity. Soccer Tots is professionally designed to develop motor skills, promote physical-fitness, and create self-confidence in kids and young children. Soccer Tots stresses a non-competitive environment and promotes fun above else in our classes and clinics.

#### Ages 2-3

422610-01	M	11:30am-12:10pm	4/8-6/3	8	\$135	CHRC
422610-03	Tu	9-9:40am	4/9-6/4	9	\$149	NLRC

#### Ages 3.5-5

422610-02	M	12:20-1:05pm	4/8-6/3	8	\$135	CHRC
422610-04	Tu	1:30-2:15pm	4/9-6/4	9	\$149	NLRC
422610-05	Sa	11:15am-12pm	4/13-6/1	7	\$115	ODRC

### Excite Soccer

**Ages 3-6.** Children will be encouraged to develop their mental, physical, and social abilities through creative soccer games and other activities taught by highly experienced staff. Our emphasis is on mastering basic coordination and agility with and without a soccer ball, and focusing on providing a high energy, confidence-building environment. Each practice will finish with scrimmages (1v1, 2v2, 3v3 & 4v4).

422600-01	Sa	4-4:45pm	4/13-6/1	7	\$149	JHES
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# Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

## Little Kicks Soccer \*

**Ages 4-6.** This co-ed program includes energetic games that enhance kids' soccer skills, teamwork, and overall sportsmanship. No class on 5/4.

414256-01	Th	4:15-5pm	4/11-8/15	18	\$345	*CQRC
414256-02	Sa	11:10-11:55am	4/13-8/17	19	\$365	CQRC
424000-01	Sa	10:15-11am	4/6-6/1	7	\$135	PHES
124003-01	Sa	10:15-11am	6/8-8/3	8	\$155	PHRC

## Little Champions Soccer \*

**Ages 7-9.** This co-ed program includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

414246-01	Sa	12-12:45pm	4/13-8/17	19	\$365	CQRC
414246-02	W	6-6:45pm	4/10-8/14	18	\$345	CQRC

## Racquet Sports

### Advantage Tennis: Tiny Tennis

**Ages 3-5.** This internationally acclaimed early childhood tennis education curriculum combines academic and sports activities, develops skills such as visual tracking and hand-eye coordination, and keeps your kids engaged.

422617-01	Tu	1-2pm	4/16-6/4	8	\$249	GMES
122617-01	Sa	8-9am	6/22-8/10	8	\$249	ABPK

### Tennis 4 Kids

**Ages 3-7.** Learn the fundamentals and techniques to play like the pros in this exciting and interactive tennis class that consists of singles and doubles games, round-robin play, and a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Participants must bring their own racquet for the class.

#### Ages 3-6

424211-01	Tu	9:45-10:15am	4/9-5/7	5	\$105	CQRC
424211-02	Th	5:15-5:45pm	4/11-5/9	5	\$105	CQRC
424211-03	Th	5:50-6:20pm	4/11-5/9	5	\$105	CQRC
424211-04	Su	9:30-10am	4/14-5/12	5	\$109	CQRC
424211-05	Su	10:10-10:40am	4/14-5/12	5	\$109	CQRC
124211-01	Su	9:30-10am	6/23-8/18	8	\$221	CQPK
124211-02	Su	10:10-10:40am	6/23-8/18	8	\$221	CQPK

#### Ages 4-7

424211-06	Su	10:50-11:20am	4/14-5/12	5	\$109	CQRC
424211-07	Su	11:30am-12pm	4/14-5/12	5	\$109	CQRC
124211-03	Su	10:50-11:20am	6/23-8/18	8	\$221	CQPK
124211-04	Su	11:30am-12:30pm	6/23-8/18	8	\$221	CQPK

### Advantage Tennis: Kids Tennis Lessons

**Ages 6-15.** Improve skills and abilities faster with fun, social instruction, practice, and games. Utilizing our learning model and age- and ability-appropriate activities with positive coaching, your kids will enjoy improving.

#### Ages 6-8

122617-02	Sa	9-10am	6/22-8/10	8	\$269	ABPK
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#### Ages 8-10

122617-03	Sa	10-11am	6/22-8/10	8	\$269	ABPK
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#### Ages 10-12

122617-04	Sa	11am-12pm	6/22-8/10	8	\$269	ABPK
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#### Ages 12-15

122617-05	Sa	12-1pm	6/22-8/10	8	\$269	ABPK
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## FirstServe Tennis 1 & 2 \*

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

#### Ages 7-10

422616-01	M	4:30-5:20pm	4/8-6/10	10	\$265	PYPK
422616-02	M	5:30-6:20pm	4/8-6/10	10	\$265	PYPK
422616-04	W	5:30-6:20pm	4/10-6/5	10	\$265	CQPK
422616-06	Th	5:30-6:20pm	4/11-6/6	10	\$265	CQPK
122616-01	M	5:30-6:20pm	6/24-8/12	8	\$205	PYPK
122616-03	W	5:30-6:20pm	6/26-8/14	8	\$205	CQPK
122616-05	Th	5:30-6:20pm	6/27-8/15	8	\$205	PYPK

#### Ages 10-14

422616-03	W	4:30-5:20pm	4/10-6/5	10	\$265	CQPK
422616-05	Th	4:30-5:20pm	4/11-6/6	10	\$265	CQPK
122616-02	M	6:30-7:20pm	6/24-8/12	8	\$205	PYPK
122616-04	W	6:30-7:20pm	6/26-8/14	8	\$205	CQPK
122616-06	Th	6:30-7:20pm	6/27-8/15	8	\$205	PYPK

## Adult Tennis 1 \*

**Ages 15 & up.** FirstServe Tennis helps players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead, and serve. Students start to build consistency and develop an initial ability to rally. Ratio is 5:1. Participants must bring their own racquet for the class.

423102-01	M	9:45-10:55am	4/8-6/10	9	\$339	CQPK
423102-02	M	6:30-7:40pm	4/8-6/10	9	\$339	PYPK
423102-03	W	6:30-7:40pm	4/10-6/5	9	\$339	CQPK
423102-04	Th	6:30-7:40pm	4/11-6/6	9	\$339	CQPK
123102-01	M	7:30-8:40pm	6/24-8/12	7	\$265	PYPK
123102-02	W	7:30-8:40pm	6/26-8/14	7	\$265	CQPK
123102-03	Th	7:30-8:40pm	6/27-8/15	7	\$265	PYPK

## Adult Tennis 2 \*

**Ages 15 & up.** FirstServe Tennis helps players with limited on-court experience strengthen stroke fundamentals and develop the skills necessary for basic match play. For players who have completed Tennis 1 or have similar experience. Ratio is 5:1. Participants must bring their own racquet.

423103-01	M	11:05am-12:15pm	4/8-6/10	9	\$339	CQPK
423103-02	M	7:50-9pm	4/8-6/10	9	\$339	PYPK
423103-03	Th	7:50-9pm	4/11-6/6	9	\$339	CQPK
123103-01	M	8:50-10pm	6/24-8/12	8	\$265	PYPK
123103-02	Th	8:50-10pm	6/27-8/15	8	\$265	PYPK



## Adult Tennis 3

**Ages 15 & up.** FirstServe Tennis introduces players to tactics and techniques needed for competitive match play, such as refining stroke production. Intended for players who have completed Tennis 2 or have similar experience. Ratio is 4:1. Participants must bring their own racquet.

423113-01	W	7:50-9pm	4/10-6/5	9	\$339	CQPK
123113-01	W	8:50-10pm	6/26-8/14	7	\$265	CQPK

## Adult Outdoor Pickleball Level 1

**Ages 15 & up.** You will learn all the basic strokes including dinks, volleys, forehands, backhands, and keeping score on an outdoor court. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1.

423105-01	W	5:30-6:20pm	4/17-6/12	9	\$265	CQPK
123105-01	W	5:30-6:20pm	6/26-8/14	7	\$205	CQPK

## Adult Outdoor Pickleball Level 2

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

423106-01	W	6:30-7:30pm	4/17-6/12	9	\$265	CQPK
123106-01	W	6:30-7:20pm	6/26-8/14	7	\$205	CQPK

## Adult Outdoor Pickleball Level 3

**Ages 15 & up.** This class focuses on how to play the game more strategically. Prior playing experience required. Please bring your own paddle and wear tennis shoes. Pickleballs are provided. Ratio 6:1.

423106-01	W	7:30-8:20pm	4/17-6/12	8	\$235	CQPK
123114-01	W	7:30-8:20pm	6/26-8/14	7	\$205	CQPK

## Open Pickle Jar Sundays **NEW!** **DROP-IN**

**Ages 16 & up.** Join us for Drop-in Pickleball Sundays, where friends, convenience, and fun collide on our indoor courts! Whether you're a seasoned player or a newcomer, enjoy a laidback atmosphere perfect for a Sunday afternoon. Drop-in fee \$9 per class.

424011-01	Su	9am-2pm	4/14-5/19	9	\$9	PHRC
124011-01	Su	9am-2pm	6/2-7/28	9	\$9	PHRC

## Advantage Tennis: Adult Lessons

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

423107-01	M	5-6pm	4/8-6/10	10	\$269	CLPK
423107-02	M	6-7pm	4/8-6/10	10	\$269	CLPK
123107-01	M	5-6pm	6/17-8/5	8	\$215	CLPK

## Advantage Tennis: Cardio Tennis

**Ages 18 & up.** Get your heart-pumping cardio fitness workout with Cardio Tennis! Lots of move and hit, no pointless running. This may be the most fun you've ever had! Class takes place outside on the Carlyle Park Courts.

423104-01	M	7-8pm	4/8-6/10	10	\$269	CLPK
123104-01	M	7-8pm	6/17-8/5	10	\$269	CLPK

## Advantage Tennis: Adult Intermediate 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.

423111-01	W	12-1pm	4/10-6/12	10	\$239	LCCM
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## Advantage Tennis: Pickleball Tactics & Play

**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 game relevant tactics through specific drills and open play. Class takes place outside.

423112-01	W	1-2pm	4/10-6/12	10	\$239	LCCM
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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.

423619-01	F	9:15-10:15am	4/12-6/7	6	\$115	CHRC
123619-01	F	9:15-10:15am	6/21-8/9	6	\$115	CHRC

## Intermediate Pickleball

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

423620-01	F	10:45am-12:15pm	4/12-6/7	6	\$115	CHRC
123620-01	F	10:45am-12:15pm	6/21-8/9	6	\$115	CHRC

## Basketball

### Jump Shots for Tots

**Ages 3-9.** Play in fun, basketball skill-building games to create or fuel a passion for the game of basketball. Come dressed in athletic apparel.

422602-01	Sa	10-10:45am	4/13-6/8	9	\$169	NLRC
122602-01	Sa	10-10:45am	6/29-8/31	10	\$185	NLRC

## Run, Shoot, Basketball

**Ages 4-9.** This basketball program teaches the fundamentals of basketball in a fun and exciting way, introducing and teaching basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill-building in passing, shooting, dribbling, and defense.

#### Ages 4-7

424004-01	Sa	12:05-12:50pm	4/13-6/1	7	\$105	PHRC
124004-01	Sa	12:05-12:50pm	6/8-8/3	7	\$105	PHRC

#### Ages 5-9

423621-01	Su	3:30-4:15pm	4/14-6/9	7	\$135	CHRC
123621-01	Su	3:30-4:15pm	6/23-8/4	7	\$135	CHRC





# Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

## 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.

422602-02	Sa	11am-12pm	4/13-6/8	9	\$179	NLRC
122602-02	Sa	11am-12pm	6/29-8/31	10	\$195	NLRC

## Basketball Skills & Drills

**Ages 7-14.** Participants will learn the basics of passing, shooting, dribbling, offense, and defense. Open to City of Alexandria residents only.

### Ages 7-9

122716-01	W	6-7pm	7/24-8/14	4	\$95	NLRC
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### Ages 10-14

122716-02	W	7-8pm	7/24-8/14	4	\$95	NLRC
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## Hoop Life Skills Academy

**Ages 9-14.** Participants will learn the fundamentals of shooting from professional basketball skill trainers with proven techniques that they have used to develop the skills of countless high school, college, and professional basketball players for over 20 years.

422625-01	Sa	12-1pm	4/13-6/8	10	\$195	NLRC
122625-01	Sa	12-1pm	6/29-8/31	10	\$195	NLRC

## Running & Track & Field

### 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.

422725-01	Su	12-1pm	4/28-5/19	4	\$95	PHRC
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## Ready to Run

**Ages 6-12.** The core objectives of the Kids Run This Town training program are to develop physical, emotional, and social skills that emphasizes participation in the sport of running as part of a healthy lifestyle, regardless of pace, experience, or ability level. The training program consists of warm-up and discussion, drill of the day, and end-of-class game. Participants will be encouraged to engage in running/walking or other physical activities every other day to absorb the concept of regular physical activity.

422634-01	W	4:30-5:30pm	4/10-5/1	4	\$55	FHMS
422634-02	M	4:30-5:30pm	5/13-6/10	4	\$55	CQPK

## Run, Jump, Throw Class

**Ages 6-12.** Run, Jump, Throw is the ultimate program designed to help young athletes of all skills levels develop their physical abilities and improve their overall health and wellbeing, coordination, balance, strength, and endurance. From running and jumping to throwing and relay events, our activities are designed to challenge kids both physically and mentally, and encourage teamwork, sportsmanship, and a love for physical activity.

422636-01	W	5:45-6:45pm	4/10-5/1	4	\$55	FHMS
422636-02	M	5:45-6:45pm	5/13-6/10	4	\$55	CQPK
122636-01	M	5:45-6:45pm	7/8-7/29	4	\$55	CQPK

## 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

alexandriava.gov/RPCA/Sports



## 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.

422719-01	Su	1-2pm	4/28-5/19	4	\$95	PHRC
422719-02	Su	2:15-3:15pm	4/28-5/19	4	\$95	PHRC

## Alexandria Titans Track Club (Outdoors)

**Ages 7-14 as of July 31, 2024.** Club members will receive the basic skills and techniques of track and field with an emphasis on teamwork, sportsmanship, commitment, and healthy competition. Open to City of Alexandria residents only.

122705-01	Tu,Th	6-7:30pm	6/27-8/8	12	\$95	ACHS
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## Additional Sports Classes

### Grand Slam T-Ball & Me (+ADULT)

**Ages 2-3 with adult.** This co-ed class emphasizes on fun and is geared toward helping establish the true passion and excitement of t-ball, while learning the fundamentals of baseball.

414286-01	Sa	9:30-10:15am	4/13-8/17	19	\$379	CQPK
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### Crunch & Munch (+ADULT)

**Ages 2-4 with adult.** 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!

414040-01	Th	9:30-10:15am	4/11-5/30	9	\$135	PHRC
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### Little Athletes & Me (+ADULT)

**Ages 2-4 with adult.** Little Athletes is a fun and exciting collaboration co-ed sports class with the Patrick Henry Center and Tip Top Sports. The program is an athlete's dream, filled with various sports, games, and lead-in activities that will allow kids to develop their true passion for sports. No class on 5/4.

424006-01	Sa	11:15am-12pm	4/6-6/1	7	\$135	PHRC
124006-01	Sa	11:15am-12pm	6/8-8/3	8	\$155	PHRC

### 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. All sessions will take place outdoors.

122708-01	Sa	10:15-11am	7/13-8/3	4	\$95	LCCM
122708-02	Sa	11:15am-12pm	7/13-8/3	4	\$95	LCCM

### Lil' Lacrosse

**Ages 3-6.** Students will learn basic lacrosse skills in a fun and friendly environment. Lacrosse equipment provided.

422618-01	Su	9-9:45am	4/14-6/2	8	\$145	ODRC
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### Martial Arts 4 Kids

**Ages 3-8.** 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. 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.

### Ages 3-6

422626-02	Sa	10:30-11am	4/13-6/1	7	\$165	ODRC
122626-01	Sa	11-11:30am	6/22-8/31	11	\$259	ODRC

### Ages 4-8

422626-01	W	3:30-4pm	4/10-5/8	5	\$119	ODRC
422626-03	W	3:30-4pm	5/15-6/5	4	\$95	ODRC

## Tip Top Ninjas \*

**Ages 3-9.** Learn the fun and fundamentals of Karate! 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, but casual, comfortable clothes preferred. This is a no combat, no contact zone/no sparring, where Ninjas are born. No class on 5/4.

414236-01	Th	5-5:45pm	4/11-6/13	10	\$249	*CQRC
414236-02	Th	6-6:45pm	4/11-6/13	10	\$249	*CQRC
423617-01	Su	2:30-3:15pm	4/14-6/9	7	\$175	CHRC
424010-01	Sa	1:55-2:40pm	4/6-6/1	7	\$175	PHRC
124236-01	Th	5-5:45pm	6/20-8/15	8	\$199	*CQRC
124236-02	Th	6-6:45pm	6/20-8/15	8	\$199	*CQRC
123617-01	Su	2:30-3:15pm	6/23-8/4	7	\$175	CHRC
124010-01	Sa	1:55-2:40pm	6/8-8/3	8	\$199	PHRC

## Baroody Sports for Tots (NEW!)

**Age 4.** Children will learn basic skills that many sports utilize, while also keeping them engaged with high-energy games. We will focus on values of sportsmanship, teamwork, and perseverance. Children will have a blast trying a multitude of sports and games, and will leave filled with a sense of pride and accomplishment.

414277-01	Sa	10:30-11:15am	4/20-6/15	9	\$145	CQPK
114276-01	Sa	10:30-11:15am	6/22-8/17	9	\$145	CQPK

## Kids Floor Hockey \*

**Ages 4-5.** This co-ed class is the perfect way to introduce your child to the wonderful world of floor hockey! A safe and fun way for your beginning hockey star to learn the skills of the game including puck and stick handling, shooting, and passing. Class will also include team play and games.

414266-01	Sa	2:30-3:25pm	4/13-8/17	19	\$359	CQPK
414266-02	Th	5:10-5:55pm	4/11-8/15	18	\$345	CQRC

## Grand Slam T-Ball

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

424009-01	Sa	12:05-12:50pm	4/13-6/1	7	\$135	PHES
124009-01	Sa	12:05-12:50pm	6/8-8/3	8	\$155	PHES





# Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

## Pee Wee Lacrosse

**Ages 4-6.** This co-ed program is the ultimate introduction to lacrosse. Our mission is to teach the basic skills of lacrosse in a fun, energizing, and engaging environment.

414227-01 Sa 1:45-2:30pm 4/13-8/17 19 \$359 CQPK

## First Down Flag Football \*

**Ages 5-8.** Our flag football program will help players develop an understanding of the game, rules, and technical skills in a fun-filled, exciting environment.

414276-01 W 5:5-45pm 4/10-8/14 18 \$339 CQPK

414276-02 Sa 12:55-1:40pm 4/13-8/17 19 \$359 CQPK

## Nerf Fencing

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

422609-01 Tu 4-5pm 4/9-5/7 5 \$115 CQRC

422609-02 Tu 4-5pm 5/14-6/11 5 \$115 CQRC

## Intro to Skateboarding

**Ages 6-14.** This 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, olly, grind, drop in and get air. Participants need to bring their own skateboard, pads, and helmet.

122623-01 W 4:30-5:30pm 6/26-8/21 8 \$199 SJSP

## Floor Hockey

**Ages 7-10.** Floor hockey is an action-packed game, where kids will learn the basics of hockey in a safe, age-appropriate environment, and compete as a team with high effort and sportsmanship in each session. Each day consists of lead-up and full games and skill-building to help them hone skills that translate across all sports.

414252-01 Sa 12-1pm 4/13-6/15 10 \$194 CQPK

## Ultimate Frisbee

**Ages 7-10.** This super active program consists of lead-up and full games and skill-building to help players of all skill levels hone their skills of throwing, catching, and running. Players will also learn to referee themselves, share strategies, make their own calls fairly, and work with teammates to make the most out of every play.

414251-01 Su 12-1pm 4/14-6/16 10 \$194 CQPK

114251-01 Sa 9:15-10:15am 6/22-8/17 9 \$180 CQPK

## 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. \$30 non-competitive USA Fencing membership required (details at first class session). Instructor: Olde Town Fencing.

423100-01 W 7-8pm 4/10-5/29 8 \$119 PHES

123101-01 W 7-8pm 6/26-8/14 8 \$119 PHES

## 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 and times vary by team). A league game will take place during the week and on Saturday afternoons. Open to City of Alexandria residents only.

#### T-Ball (Ages 4-6)

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

#### Coach Pitch (Ages 6-8)

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

### Miracle Baseball League of Alexandria

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

#### Youth Games (Ages 5-17)

422704-01 W 4:30-5:30pm 4/17-5/29 6 \$65 LCCM

#### Adult Games (Ages 18+)

422704-02 Sa 1-2:30pm 4/13-5/18 6 \$65 LCCM

### Girls Field Hockey League

**Ages 8-14 as of July 31, 2024.** Join us for a fun introduction to the rapidly growing sport of field hockey. Players are required to provide their own field hockey sticks, shin guards, goggles, and mouthpieces.

422720-01 Tu,Th 6-7:30pm 6/4-6/27 8 \$95 ACHS

### Johnson & Siebert Teen Basketball League \*

**Ages 12-18 as of June 30, 2024.** Teams will be formed in two divisions (Ages 12-14 and Ages 15-18). Boys' teams are formed by skills assessment and draft. Girls' teams are formed by recreation districts. All team practices and league games will be played during the week. Open to City of Alexandria residents only.

122702-01 M,W 6-9pm 6/12-8/14 8 \$95 JHES

### Coed Softball \*

**Ages 18 & up.** Grab some friends for some fun recreational play, where each player bats every inning. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of nine and minimum of six of either gender. Registration: 2/19-3/29. League Play: April-July 2024. Register by team.

223205-06 M,Th Varies 4/8-7/21 10 \$555 Varies

### Coed Soccer \*

**Ages 18 & up.** Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of nine and minimum of six of either gender. Registration: 2/19-3/29. League Play: April-July 2024. Register by team.

223200 M,Th Varies 4/8-7/21 10 \$895 Varies

Register through alexandriava.gov/WebTrac

# Sports Classes & Leagues

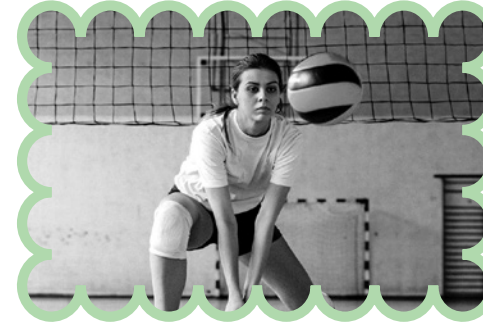
alexandriava.gov/RPCA/Sports



## Coed Volleyball \*

**Ages 18 & up.** Bump, set, spike! Make your workout social by exercising with a team at weekly volleyball games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of six and minimum of four of either gender. Registration: 2/19-3/29. League Play: April-July 2024. Register by team.

223201-02 Tu,W Varies 4/9-7/21 10 \$555 Varies



## Sports Events

### Rookie Baseball Clinic

**Ages 4-8 as of July 31, 2024.** Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball in a fun and safe environment. Open to City of Alexandria residents only.

#### Ages 4-5

122714-01 Tu,Th 5-6pm 7/16, 7/18 2 \$45 LCCM

#### Ages 6-8

122714-02 Tu,Th 6:15-7:15pm 7/16, 7/18 2 \$45 LCCM

### Advantage Tennis: Triples Adult Social

**Ages 5 & up.** Meet new players, triple your fun, and get some healthy exercise with the fast-moving games during this fun event for all levels. Participants must bring their own tennis racquets.

123109-01 F 6-7pm 5/17 1 \$5 LCCM

### Nerf the Turf

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

484002-01 F 6:30-8:30pm 4/19 1 \$15 PHES

484002-02 F 6:30-8:30pm 5/17 1 \$15 PHES

484002-03 F 6:30-8:30pm 6/7 1 \$15 PHES

### 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.

484004-01 F 6:30-8:30pm 4/26 1 \$15 PHES

484004-02 F 6:30-8:30pm 5/10 1 \$15 PHES

484004-03 F 6:30-8:30pm 5/31 1 \$15 PHES

Spring/Summer 2024

## Alexandria City Track & Field Meet

**Ages 7-14 as of June 30, 2024.** Come show how fast you are! Participants can compete in the 50-, 100-, 200-, and 400-meter dash, and the 800- and 1600-meter run, or get your friends together and form a relay team. Field events include softball throw, standing long jump, and javelin throw. Open to City of Alexandria residents only.

422703-01 Sa 9am-12pm 5/11 1 \$5 ACHS

## Advantage Red Ball Social

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

123108-01 Su 5:30-6:30pm 5/5 1 \$5 LCCM



## 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).





## 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.

443004-01	Th	10:30am-12pm	4/4-4/25	4	\$55	NLRC
443004-02	Th	10:30am-12pm	5/2-5/23	4	\$55	NLRC



## Socialize

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

**Ages 0-4 with adult.** 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.

453805-01	M,W	10am-12pm	4/8-5/15	12	\$79	MVRC
453805-02	M,W,F	10am-12pm	4/8-5/17	13	\$99	MVRC
453805-03	M,W	10am-12pm	5/29-7/10	12	\$79	MVRC
453805-04	M,W,F	10am-12pm	5/29-7/12	13	\$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.

442632-01	Th	6-7pm	4/11-6/13	10	\$199	ODRC
142632-01	Th	6-7pm	6/20-8/29	10	\$199	ODRC

**Lego® Lab**

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

494002-01	Tu	6:30-7:30pm	4/16-6/4	8	\$69	PHRC
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**Let's Lego®**

**Ages 7-10.** Let's Lego® by connecting with new friends and exploring our imaginations working together or individually to build various creations using Legos®.

445101-01	F	6-7pm	4/12-5/3	4	\$25	WRRC
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**Seniors-In-Sync** 55+ NEW!

**Ages 55 & up.** Explore your creativity with Music Stimulation! Seniors sing, dance, and make friends in this lively program. Discover new songs and revisit old favorites with expert guidance. Feel the joy of music, karaoke,

and visual arts. Join us for a fun journey of self-expression and friendship!

454006-01	Tu	10-11am	4/9-8/6	Free	PHRC
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**Senior Socials** 55+

**Ages 55 & up.** Join us for a delightful event designed for seniors to connect and socialize. This fun-filled gathering will give you a chance to meet new friends, and each month has a new theme to enjoy! April: Garden Workshop; May: Asian Pacific American Heritage Month; June: Senior Cookout; July: Bring a Friend, Get Two Free.

484014-01	F	11am-1pm	4/26	1	Free	PHRC
484014-02	F	11am-1pm	5/31	1	Free	PHRC
484014-03	F	11am-1pm	6/21	1	Free	PHRC
484014-04	F	11am-1pm	7/26	1	Free	PHRC

**Senior Recreation Orientation** 55+ NEW!

**Ages 55 & up.** Join our Senior Wellness Orientation Program for an insightful tour of our recreation center tailored just for you! From fitness classes to social gatherings, discover a range of services, programs, and events designed for your well-being. The orientation includes assistance with financial aid, program registration, and an opportunity to meet staff and instructors. Embrace a healthier and more connected lifestyle with us!

	W	10am-12pm	8/7	1	Free	PHRC
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## Technology & Science

**Science: Potions & Explosions**

**Ages 5-6.** In this program, we will create magic potions and exciting chemical reactions that will blow your mind. Erupt a volcano, make indoor snow, grow crystals, blast a rocket into the air, and more. We will learn about the states of matter and how things change with mixtures, solutions, and chemical reactions. Join us to channel your inner Professor Snape.

414275-01	Sa	4:30-5:30pm	4/13-6/15	10	\$219	CQRC
114275-01	Su	3-4pm	6/23-8/11	8	\$175	CQRC

**Science Art Mania**

**Ages 5-7.** 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.

443801-01	Tu	6:15-7:15pm	4/9-5/14	6	\$99	MVRC
443801-02	Tu	6:15-7:15pm	5/28-7/2	6	\$99	MVRC

**Spy Science**

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

414253-01	Sa	3-4pm	4/14-6/16	10	\$254	CQRC
114273-01	Sa	4:30-5:30pm	6/22-8/17	9	\$199	CQRC

**Science: Make It or Break It**

**Ages 5-10.** Over the course of our time together, your child will take on projects and hands-on challenges. Every theme will begin with planning, then move on to the building and trials phase, and end with a final test.

Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)



From egg drops and Rube Goldberg machines to earthquake simulators and tower challenges, there will be much to get excited about.

414272-01	Su	4:15-5:15pm	4/21-6/16	6	\$234	CQRC
114272-01	Su	4:15-5:15pm	6/23-8/18	6	\$234	CQRC

**Slime Time!**

**Ages 5-10.** Our slime program is designed to see just how many ways and kinds of slime we can create. We'll discuss what an activator is and why no slime is complete without it. And, we will learn how different ingredients will change the outcome, texture, and use of slime. Slime is awesome, but learning why it works is just as cool.

414274-01	Sa	3:15-4:15pm	4/20-6/15	6	\$234	CQRC
114274-01	Sa	3:15-4:15pm	6/22-8/17	6	\$234	CQRC

**Cyberteck Lego® WeDo**

**Ages 6-9.** Powered by the LEGO® Education WeDo Base Set and Software, this beginner class combines the exciting world of Lego® with programming to manipulate and program your own personal robots. Tailored to kids who want to learn the basics of visual programming, they create robot commands collaboratively in a team by using an application with a drag-and-drop interface that's simple to use, but capable of complex instructions.

442633-01	Tu	5-6pm	4/16-5/21	6	\$159	ODRC
142633-01	Tu	5-6pm	6/25-7/30	6	\$159	ODRC

**Roblox & Game Design**

**Ages 6-9.** Software: Roblox Studio. In this course for beginners, students advance their skills in science, technology, engineering, art, and mathematics (STEAM) by learning how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. Students receive hands-on experiences in innovation and the underlying mechanics of 3D gaming.

442631-01	Sa	9:30-10:30am	6/22-7/27	6	\$159	ODRC
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442631-02	Sa	10:45-11:45am	6/22-7/27	6	\$159	ODRC
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**Chemistry Creations**

**Ages 6-10.** Want to create your own playdough or dip your fingers into a concoction that changes from a liquid to a solid? How about a dry ice bubble machine or volcanic lemon? In Chemistry Creations, we will test out a multitude of experiments and explore the wonderful world of science.

414271-01	Su	1:45-2:45pm	4/21-6/16	6	\$234	CQRC
114271-01	Su	1:45-2:45pm	6/23-8/18	6	\$234	CQRC

**Coding & Design With Scratch**

**Ages 6-14.** Software: MCreator. In this class for beginners to intermediate students, kids learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Design your own custom blocks, weapons, food, biomes, and more; and create artwork for various items and implement them into the game with custom behaviors.

442616-01	Sa	9:30-10:30am	4/13-5/18	6	\$159	ODRC
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442616-02	Sa	10:45-11:45am	4/13-5/18	6	\$159	ODRC
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Spring/Summer 2024

**Minecraft Modding**

**Ages 6-14.** Software: MCreator. In this class for beginners to intermediate students, kids learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Design your own custom blocks, weapons, food, biomes, and more; and create artwork for various items and implement them into the game with custom behaviors.

442601-01	Su	2-3pm	4/14-5/19	6	\$159	ODRC
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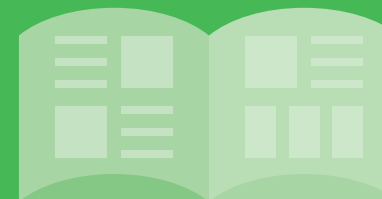
442601-02	Su	3:15-4:15pm	4/14-5/19	6	\$159	ODRC
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**Robotics & Visual Coding With Lego® EV3**

**Ages 10-14.** Powered by the LEGO® MINDSTORMS® Education Ev3 Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to create moving and potentially even thinking robots. Learn how to use the simple, but powerful software to create commands with drag-and-drop visual programming. Configure different sensors that track motion, light, and touch to create the ultimate robot! Students will work together as a small team of young engineers to build and program their designs.

442633-02	Tu	6:15-7:15pm	4/16-5/21	6	\$159	ODRC
142633-02	Tu	6:15-7:15pm	6/25-7/30	6	\$159	ODRC

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## Ballet

### Pre-Ballet & Movement I & II

**Ages 3-5.** This class teaches aspiring ballerinas the five ballet positions and explores creative movement. Students learn the disciplines of dance, while having fun and promoting physical coordination and mental concentration. Participants will perform in an end-of-session dance recital.

452605-01	Sa	9:15-10am	4/27-5/18	4	\$45	PHES
152605-01	Sa	9:15-10am	6/22-7/13	4	\$45	PHES
152605-02	Sa	9:15-10am	7/20-8/10	4	\$45	PHES



### 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 perform in an end-of-session dance recital.

452610-01	Sa	10:15-11:05am	4/27-5/18	4	\$45	PHES
152610-01	Sa	10:15-11:05am	6/22-7/13	4	\$45	PHES
152610-02	Sa	10:15-11:05am	7/20-8/10	4	\$45	PHES

### Creative Ballet \*

**Ages 5-10.** Plie, tendu, jeté! Dancers are introduced to basic ballet positions, barre work, traveling steps, creative movement and dance-making. Our supportive and non-competitive approach centers around inclusive, accessible practices that promotes body positivity, where dancers are inspired to reach their full potential as collaborative, creative thinkers, and skilled, expressive movers. Instructor: Local Motion Project.

453836-01	W	5-6pm	4/17-5/22	6	\$99	MVRC
453836-02	Sa	11am-12pm	4/20-6/1	6	\$99	MVRC
153837-01	W	5-6pm	6/5-7/10	6	\$99	MVRC
153837-02	Sa	11am-12pm	6/15-7/27	6	\$99	MVRC

### Ballet II

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

452611-01	Sa	11:15am-12pm	4/27-5/18	4	\$45	PHES
152611-01	Sa	11:20am-12:05pm	6/22-7/13	4	\$45	PHES
152611-01	Sa	11:20am-12:05pm	7/20-8/10	4	\$45	PHES

### Ballet III

**Ages 7-12.** This class focuses on barre, center floor, across the floor, stretching, adagio, and routines and combinations; introduces intermediate leaps, turns, and jumps; and promotes physical and mental concentration,

balance, and strength. Prerequisite: completion of Ballet II or equivalent training. Participants will perform in an end-of-session dance recital.

452612-01	Sa	12:15-1:15pm	4/27-5/18	4	\$55	PHES
152612-01	Sa	12:15-1:05pm	6/22-7/13	4	\$55	PHES
152612-02	Sa	12:15-1:05pm	7/20-8/10	4	\$55	PHES

### Introduction to Pointe

**Ages 8-14.** 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.

452643-01	Sa	1:25-2:25pm	4/27-5/18	4	\$45	PHES
152643-01	Sa	1:30-2:30pm	6/22-7/13	4	\$45	PHES
152643-02	Sa	1:30-2:30pm	7/20-8/10	4	\$45	PHES

## Dance

### Rhythm Time with Parent +ADULT

**Ages 1-2 with adult.** 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!

453623-02	F	6:15-6:45pm	4/19-6/7	8	\$59	CHRC
153623-02	F	6:15-6:45pm	6/21-8/2	8	\$59	CHRC

### 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.

454205-01	Sa	10:40-11:10am	4/13-5/11	5	\$75	CQRC
114237-01	Sa	10:45-11:15am	6/22-8/17	8	\$189	CQRC

### Family Dance With Me +ADULT NEW! \*

**Ages 2-3 with adult.** Designed specifically for early childhood movers, this class fosters creativity and the relationship between caregiver and child, while exploring the elements of dance. Through a variety of fun activities, caregiver and child will embark on a journey of movement exploration to create magical moments using exciting music and an array of props. Instructor: Local Motion Project.

453822-01	Th	10-10:45am	4/18-5/23	7	\$99	MVRC
153822-01	Th	10-10:45am	6/6-7/18	7	\$99	MVRC

### Modern Tots

**Ages 3-5.** This class' expressiveness and freedom of individuality appeals to the creative, artistic soul. Tots will learn techniques and focus on movement from the inside out, breathing, energy, connection, and a variety of dance styles including hip hop, jazz, and more.

454203-01	Sa	10-10:30am	4/13-5/11	5	\$75	CQRC
114236-01	Sa	10-10:45am	6/22-8/17	8	\$189	CQRC



### Creative Dance \*

**Ages 4-5.** Creative Dance inspires creativity and develops kinesthetic awareness through exploration of the elements of dance (body, action, space, time, energy) and original dance-making. Instructor: Local Motion Project.

453835-01	Sa	9:15-10am	4/20-6/1	7	\$99	MVRC
453835-02	Sa	10-10:45am	4/20-6/1	7	\$99	MVRC
453835-03	Th	10:45-11:30am	4/18-5/23	7	\$99	MVRC
153835-01	Sa	9:15-10am	6/15-7/27	7	\$99	MVRC
153835-02	Sa	10-10:45am	6/15-7/27	7	\$99	MVRC
153835-03	Th	10:45-11:30am	6/6-7/18	7	\$99	MVRC

### Jazz Hip Hop \*

**Ages 4-10.** Jazz Hip Hop dance class infuses the funky style of hip hop with the technical side of jazz. Students will learn the fundamentals of each style such as isolations and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement.

454201-01	Sa	9-9:45am	4/13-5/11	5	\$105	CQRC
454201-02	M	9-9:45am	4/15-6/8	9	\$189	CQRC
114215-01	Sa	9-9:45am	6/22-8/17	8	\$169	CQRC

### Hip Hop Dance

**Ages 5-10.** Dancers learn elements of hip hop dance such as breaking, popping, locking, and freestyle. Instructor: Local Motion Project.

453837-01	F	5-6pm	4/19-5/24	6	\$99	MVRC
153838-01	F	5-6pm	6/7-7/19	6	\$99	MVRC

### Modern Dance I

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

454200-01	W	5-5:50pm	4/10-5/8	5	\$105	CQRC
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### Beginners Step Team Class NEW!

**Ages 7-12.** Embark on a rhythmic journey into the cultural heritage of dance stepping! Whether you're taking your first steps in dance or refining your skills, join us in exploring the vibrant footwork tradition designed for beginners. Unleash the power of movement and cultural connection with us.

454004-01	Th	6:30-7:30pm	4/25-6/13	8	\$79	PHRC
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### Intermediate Hip Hop Dance NEW! \*

**Ages 9-16.** Level up your hip-hop vibes! Dive into intermediate moves, and own the streets with slick footwork, flowy transitions, and urban flair. Feel the rhythm, vibe to beats, and rep your style. Roll with us in the youth class, where the city becomes your dance floor.

454006-01	M	6:30-7:30pm	4/15-6/10	6	\$120	PHES
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### Intermediate Step Class NEW! \*

**Ages 9-16.** Whether you're an intermediate dancer or refining your techniques, immerse yourself in a rhythmic journey and elevate your skills. Explore the vibrant footwork tradition and experience the dynamic synergy of movement and cultural connection with us.

454005-01	Th	7:30-8:30pm	4/25-6/13	8	\$79	PHRC
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## Spring/Summer 2024

### Social Dance

**Ages 16 & up.** Master the basic steps of social-style foxtrot, cha cha, and swing. You'll learn to lead and follow as well as the steps and styling to help you step out on the dance floor with confidence. Special styling and music tips for wedding couples and their parents. While singles are welcome, couples are preferred.

453103-01	M	7-8:15pm	4/22-5/20	5	\$69	ODRC
153103-01	F	7-8:15pm	7/19-8/23	5	\$69	ODRC

### Intermediate Ballroom Dance

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

453102-01	W	7-8:15pm	4/24-5/29	6	\$69	ODRC
153102-01	W	7-8:15pm	7/17-8/21	6	\$69	ODRC

### Senior Line Dance Workshop 55+ NEW!

**Ages 55 & up.** Join our Line Dance workshop with instructor Susan Pratts. Improve your skills, practice footwork, and enjoy syncopated rhythms in a supportive group. This fun program will help you get better at dancing and make you happy!

	M	10:30-11:30am	4/15-8/5	Free		PHRC
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### Beginner/Intermediate Line Dance for Seniors 55+ NEW!

**Ages 55 & up.** Embark on a dance adventure! Join us in a friendly, supportive atmosphere as we learn basic steps and popular line dances. No experience required. Come swirl, shuffle, and laugh with us as we explore the joy of dance together.

454007-01	M	9:30-10:30am	4/22-6/17	9	\$55	PHRC
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### Advanced Line Dancing 55+ NEW!

**Ages 55 & up.** Get ready for a cool challenge in our Advanced Line Dance Class! We'll learn fancy dance moves, smooth footwork, and exciting rhythms. Join our group of awesome dancers to improve your skills and have a blast on the dance floor. Let's take our dancing to the next level together!

414031-01	Th	9:30-11am	4/25-6/20	5	\$95	PHRC
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## Music

### Little Hands Music

**Ages 1-3.5.** Shake, rattle, and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachutes, and hoops to fully experience the joy of movement and music of this session's theme. All classes are taught by experienced music educators and trained music therapists. To register, visit littlehands.com or call 703.631.2046. Instructor: Little Hands Music.

459704-01	W	11:15-11:45am	4/10-6/12	10	Varies	ODRC
459704-02	W	10:30-11am	4/10-6/12	10	Varies	ODRC
459704-03	Th	11:15-11:45am	4/11-6/13	10	Varies	CHRC
459704-04	Th	10:30-11am	4/11-6/13	10	Varies	CHRC
159704-01	W	11:15-11:45am	6/26-7/24	10	Varies	ODRC
159704-02	W	10:30-11am	6/26-7/24	10	Varies	ODRC



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

**Ages 2-5 with adult.** Explore music with fun topics such as the farm, chefs, sea, body parts, and surprises. You and your child will participate in language repetition, speech development, counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation and handling, rhythm exercises, and listening and melody development.

442623-01	Sa	10-10:30am	4/20-6/8	8	\$159	ODRC
442623-02	F	11:30am-12pm	4/19-6/7	8	\$159	PHRC
142623-01	Sa	10-10:30am	7/13-8/31	8	\$159	ODRC
142623-02	F	11:30am-12pm	7/12-9/6	8	\$159	PHRC

### Learn Now Music: Little Fingers Piano

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

442618-01	Sa	10:30-11am	4/20-6/8	8	\$159	ODRC
442618-02	F	12-12:30pm	4/19-6/7	8	\$159	PHRC
142618-01	Sa	10:30-11am	7/13-8/31	8	\$159	ODRC
142618-02	F	12-12:30pm	7/12-9/6	8	\$159	PHRC

### Mark's Music Prep

**Ages 5 & 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.

442611-01-15	F	11am-8:30pm	4/19-5/31	6	\$235	ODRC
142611-01-06	F	4:30-8:30pm	6/28-8/30	9	\$355	ODRC

### Teen/Adult Group Piano

**Ages 16 & up.** Students will participate in a beginner group music class, and learn basic music notation, musical theory, and ensemble playing. Rental keyboard and music included.

443130-01	Tu	7-8pm	4/23-6/11	9	\$179	ODRC
143130-01	Tu	7-8pm	7/9-8/27	9	\$179	ODRC

### Teen/Adult Group Guitar

**Ages 16 & up.** Students will participate in a beginner group music class, and learn basic music notation, musical theory, and ensemble playing. Rental guitar and music included.

443130-02	Tu	8-9pm	4/23-6/11	9	\$179	ODRC
143130-02	Tu	8-9pm	7/9-8/27	9	\$179	ODRC

## Visual Arts

### AbraKadoodle Twoosy Doodlers **+ADULT**

**Ages 20 mos.-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.

452600-01	M	10-10:45am	4/8-6/3	8	\$159	ODRC
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452600-02	Tu	10-10:45am	4/9-5/28	8	\$159	ODRC
152600-01	M	10-10:45am	6/17-8/5	8	\$159	ODRC
152600-02	Tu	10-10:45am	6/18-8/6	8	\$159	ODRC

### AbraKadoodle Mini Doodlers **+ADULT**

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

452613-01	Sa	10-10:45am	4/13-6/1	8	\$159	ODRC
152613-01	Sa	10-10:45am	6/22-8/10	8	\$159	ODRC
152613-02	M	11-11:45am	6/17-8/5	8	\$159	ODRC
152613-03	Tu	11-11:45am	6/18-8/6	8	\$159	ODRC

### Artistic Drawing With Young Rembrandts

**Ages 6-10.** Using a structured step swipe format to teach useful drawing skills while developing creative thinking strategies, students develop academically relevant skills including spatial-moto planning, mental discipline, and fine motor skills. Students deconstruct complex object into familiar shapes, then use problem solving and imagination to make their own works of art. New lessons every season!

452626-01	Sa	10-11am	4/13-6/1	8	\$175	ODRC
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### Safari Animals Drawing With Young Rembrandts

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

152626-01	Sa	10-11am	6/22-8/10	8	\$175	ODRC
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### Basics of Manga Drawing \*

**Ages 8-12.** Explore the captivating world of Manga! This engaging program teaches fundamental techniques from line work to color blending. Join us and discover the wonders of Manga Drawing.

454002-01	M	6:30-7:30pm	4/15-6/10	9	\$85	PHRC
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### Silver Artisans **55+ NEW!**

**Ages 55 & up.** Welcome to the Silver Artisans - a dynamic hub for senior artists! Dive into a world of creative exploration where beginners and experts come together to learn, share, and socialize. From painting to sculpting, join us for fun-filled sessions, fostering friendships and growth through shared tips and joyful artistic endeavors.

	F	11am-1pm	4/12-8/9	Free		PHRC
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## Cooking

### Tiny Chefs Afterschool Cooking Camp

**Ages 5-9.** Each week students will learn how to make the daily special with a twist! They will be challenged to use a secret ingredient to keep the menu fresh and not let any food go to waste. Our Tiny Chefs will use their imaginations to plan their own restaurants. If your Tiny Chef loves Top Chef and Diners, Drive-Ins and Dives, this is the class for them!

442630-01	W	3:30-4:30pm	4/17-6/5	10	\$255	ODRC
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Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)



## Free Professional Development Workshops

Free | Register at [alexandriava.gov/arts](http://alexandriava.gov/arts)

The Northern Virginia Local Arts Agencies (NVLAA) is a collaboration of Alexandria's Office of the Arts, Arlington Cultural Affairs Office, and ArtsFairfax to support artists and arts organizations throughout the Northern Virginia region and provide networking opportunities.

**Creating Content in a Digital World, Virtual:** April 4, 12-1:30 p.m.; facilitated by New York Foundation for the Arts

**Community Engagement, in person at Studio Pause (4710 Columbia Pike, Arlington):** May 2, 5-6:30 p.m., facilitated by Sushmita Mazumdar of Studio Pause

## 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. Open late the 2nd Friday of each month for additional programming starting in April through Fall 2024. \*Periodic 5 p.m. closure for private events. See dates on our website.

## Innovation & Creativity

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.

### Shakespeare's Garden: An Immersive Sound Stroll Through His Sonnets, Soliloquies & Scenes

Exhibition open now through Spring 2024, in the Target Gallery at Torpedo Factory Art Center.

Meander through Shakespeare's Garden to experience his works through immersive imagery and soundscapes. Explore the garden's multiple layers of rich sound through ambient Garden soundscapes, and step into the texts of Shakespeare to hear recordings and moving imagery of his sonnets, soliloquies, and scenes reimaged and performed by Virginia Tech students.

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

## Celebrate national poetry month in the City of Alexandria



### Poem in Your Pocket Celebration

POEM IN YOUR POCKET

Zeina Azzam, Poet Laureate, City of Alexandria, will lead the "Poem in Your Pocket Celebration," on Thursday, April 17, 6:30 p.m. at the Athenaeum, (201 Prince St.) with program beginning at 7 p.m. She will be joined by winners of

the 2024 DASHing Words in Motion poetry contest, who will have their poems displayed inside the DASH buses and trolleys from April through August. Limited seating available, reserve your seat by emailing [poet@alexandriava.gov](mailto:poet@alexandriava.gov).

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 [Poets.org](http://Poets.org). To get involved in local poetry activities, email [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).





# Camps

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

## Camps

### Tiny Chefs Camps

**Ages 5-10.** Holidays conjure up memories and nostalgia and so much of it food-related! Get ready for a full day of delicious celebrations as we whip up 4th of July cupcakes, Valentine's Day chocolate raspberry mousse cups, Halloween spider web pizzas, and Cinco de Mayo veggie quesadillas with guacamole, and more! What could be more fun than enjoying Valentine's Day goodies in April? Join us!

472677-01 W 9am-4pm 4/10 1 \$149 ODRC

### Art Box Science & Art Camp

**Ages 5-10.** This fun camp is a day filled with fun innovative activities. Campers use their imagination to create art projects, slime recipes, and amazing science experiments! Arts and crafts, outdoor play, and cooperative group games are included in the fun.

472686-01 W 9am-4pm 4/10 1 \$125 LEEC

### Magnus Chess Camp

**Ages 6-12.** Magnus Chess Academy has taught the great strategy game to more than 100,000 children including national champions. A great camp for advanced players to sharpen their skills or beginners who want to learn the game. Activities include learning the rules, openings, tactics, strategy, endgames, playing games, and outdoor breaks. Bring snack, drink, and lunch. Campers receive a t-shirt and chess set on Friday.

472675-01 W 9am-4pm 4/10 1 \$85 ODRC

### Abrakadoodle Art Camps

**Ages 6-12.** Explore paints such as watercolors, tempera, pastels, papers, and Model Magic to discover new and exciting techniques in art creation. Join Abrakadoodle to study many master and contemporary artists along with appropriate art vocabulary. All students will create their very own portfolio to safeguard all their masterpieces.

472600-01 W 9am-3pm 4/10 1 \$65 ODRC

### Barody Graphic Design & Digital Art Camp **NEW!**

**Ages 7-12.** Using the innovative Procreate software, our young artists will master digital brush strokes, transitioning smoothly from sketching and painting to fine detailing. Traditional art concepts will be blended with the arsenal of a digital medium! Dive deep into the vibrant world of colors, understanding the intricacies of hue and saturation to make every artwork come alive.

442636-01 W 9am-4pm 4/10 6 \$79 ODRC

**Summer of Smiles 2024**

City of Alexandria alexandriava.gov/RPCA

Plan your summer now by viewing the online version of the 2024 Summer of Smiles guide. Available to Alexandria residents and non-residents.



# Teens

[alexandriava.gov/RPCA/Teen-Programs](http://alexandriava.gov/RPCA/Teen-Programs)

## Teen Programs

### Advanced Manga Drawing

**Ages 9-16.** Come join the fun of drawing awesome manga stories! Our program will teach you how to draw cool characters and detailed scenes including shadows and lighting. Learn to create interesting story settings and improve your writing style.

454003-01 Th 6:30-8pm 4/25-6/13 9 \$95 PHRC

### The Beast Workout

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

413619-01 F 6-7pm 4/12-5/31 7 \$45 CHRC

113618-01 F 6-7pm 6/21-8/2 7 \$45 CHRC

### Advantage Tennis: Middle School Tennis

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

422632-01 W 3:30-4:30pm 4/17-6/12 9 \$269 GWMS

### 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!

484011-01 W 6-7:30pm 4/10-6/12 10 Free PHRC

### Teen Focus Group

**Ages 11-17.** Join our monthly Teen Focus Group at Patrick Henry Recreation Center! We're seeking teens aged 12-18 to 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!

484012-01 Th 6:30-7:30pm 4/11 1 Free PHRC

484012-02 Th 6:30-7:30pm 5/9 1 Free PHRC

484012-03 Th 6:30-7:30pm 6/13 1 Free PHRC

### Green Teen Club **NEW!**

**Ages 11-18.** The ultimate gathering for nature enthusiasts! Teens will enjoy a variety of outdoor activities and discussions on sustainability, environmental justice, and green careers. There will also be opportunities to connect with the community, network with guest speakers, and make an impact through citizen science. This club will take place on the 1st and 3rd Wednesday of the month.

469813-01 W 6-7pm 4/3-6/5 5 Free BFNC

169813-01 W 6-7pm 7/3-8/21 5 Free BFNC

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

**Ages 12-17.** Come and enjoy First Friday at Charles Houston and Patrick Henry Recreation Centers! 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.

483629-01 F 6-10pm 4/5 1 Free CHRC

483629-02 F 6-10pm 5/3 1 Free CHRC

483629-03 F 6-10pm 6/7 1 Free CHRC

183629-01 F 6-10pm 7/5 1 Free CHRC

183629-02 F 6-10pm 8/2 1 Free CHRC

### Gymnastics for Teens

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

423616-01 Sa 11:30am-12:30pm 4/13-6/8 8 \$99 CHRC

### Teen Weight Training

**Ages 12-17.** This teen weight training class will focus on learning the basics of strength-training and getting acclimated to the fitness area. This class will offer six weeks of instructional weight training with a total body strength workout, learning proper form and good gym etiquette, while meeting your fitness goals, and personalized body composition testing.

414016-01 M 6:30-7:30pm 4/15-6/10 9 \$45 PHRC

### Advanced Teen Weight Training

**Ages 12-17.** Power up your fitness journey with our specialized instructional class tailored for teens. We delve into advanced components of weight training, emphasizing strength development, gym etiquette, fitness equipment acclimation, and the creation of SMART fitness goals. Elevate your fitness prowess and embark on a journey towards a healthier, smarter, and stronger you!

414017-01 Tu 6:30-8pm 4/16-6/11 9 \$65 PHRC

### Teen Swimming

**Ages 13-19.** Designed to meet the needs of teen learners, who are comfortable in the water and have completed the beginner level skills. Freestyle, backstroke, breaststroke, sidestroke, water treading, rotary breathing, and proper techniques for breathing with other strokes, diving, surface dives, and endurance will be developed and introduced.

434234-01 M 7:05-7:35pm 4/1-5/13 7 \$109 CQRC

434234-04 Tu,Th 7:05-7:35pm 4/2-4/25 8 \$125 CQRC

434231-05 Th 6:25-6:55pm 4/4-5/16 7 \$109 CQRC

434231-06 Sa 1-1:30pm 4/6-5/18 7 \$109 CQRC

434231-07 Su 12:30-1pm 4/7-5/19 7 \$109 CQRC

134234-01 Su 1-1:30pm 6/2-8/4 10 \$155 CQRC

## Connect With Us

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





# Afterschool Programs

alexandriava.gov/RPCA/OSTP

## 2024-25 School Year Power-On

**Ages 5-12.** Meet friends, play, build, learn, and grow through a variety of recreation, enrichment, and leisure activities. Afterschool fun includes arts and crafts, sports, cooperative games, performing arts, music and movement, enrichment, cooking, STEAM, physical fitness, and health & wellness. Participants will engage in theme-based activities and special events that promote self-awareness and confidence, as well as self-expression and creativity, while having fun and making new friends. Holiday and registration maximum and minimum vary by location. Program meets 2:30-6pm when ACPS schools are open, at the following locations: JAES, DMES, CBRC, CHRC, LARC, FDES, MVRC, PHRC, and WRRC.

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

### 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.

403001-01	M	9am-6pm	4/1	1	\$55	NLRC
403001-02	W	9am-6pm	4/10	1	\$55	NLRC
403001-03	Th	9am-6pm	6/13	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. No program on: 4/1, 4/10, and 5/27.

403000-01	M-F	2:30-6pm	4/2-6/12	\$445	NLRC
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## 2024-25 School Year Power-On Registration Begins June 26.

Registration process details will be available at [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)

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

### Available to families who qualify for federal assistance programs (free/reduced school meals, SNAP, and TANF).

Pre-registration opens June 9 and ends June 14. Families will be notified of their eligibility via email or by phone beginning June 19. General online only registration opens June 26 at 9am. In-person registration opens June 27 at 9am. Both in person and online registration will remain open until all openings are filled. Pre-registration forms can be completed online or onsite at one of the neighborhood recreation centers, or any OSTP afterschool location during regular program hours. *In accordance with the City of Alexandria's Social Equity Initiative, pre-registration in the Power-On Out of School Time Program (OSTP) is available for families who qualify for federal assistance programs.*

### Financial Assistance Procedures:

To be considered for financial assistance, the Financial Assistance Application form must be completed and submitted with supporting documentation within one (1) week of registration. Applicants must provide at least one of the following documents: official free/reduced school meal eligibility letter, official SNAP documentation, official TANF documentation, or official Department of Community and Human Services (DCHS) documentation. 2023-24 documentation is accepted.

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

For more information, please call 703.746.5414.

Program Fees subject to increase beginning July 1.

School Year Power-On Fees	
Full Program Fee	\$792
Free/Reduced School Meals	\$305
SNAP	\$255
TANF	\$149

# Nature & Environment

alexandriava.gov/NatureCenter



## Nature & Environmental Education

### Nature Play **(+ADULT)**

**Ages 2-4 with adult.** You're invited to join our educator-led nature playdates! Children will explore nature through hands-on activities both in and outdoors (weather permitting). Activities will vary each month and may include both structured and unstructured play. Drop-ins welcome.

669825-01	Sa	11am-12pm	6/15	1	\$5	BFNC
669825-02	Sa	11am-12pm	7/20	1	\$5	BFNC
669825-01	Sa	11am-12pm	8/24	1	\$5	BFNC

### Seed-sational Mother's Day **(NEW!)**

**Ages 2-12.** Join us as we learn about how seeds grow into the beautiful flowers mothers receive on Mother's Day! Participants will create a planted gift for someone special.

469807-01	Sa	2-3pm	5/11	1	\$7	BFNC
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### Little Adventures **(+ADULT)**

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

469800-01	F	10:30am-12pm	4/12, 5/10, 6/7	3	\$35	BFNC
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### Dig Deep **(NEW!)**

**Ages 4-6.** Does your child enjoy exploring the dirt? Join us as we learn about the underground world by following some amazing animals that burrow and dig through the dirt.

469805-01	W	10-11am	6/5	1	\$7	BFNC
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### Insect Safari

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

169843-01	Sa	11am-12pm	6/22	1	\$5	BFNC
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### Masters of Disguise **(NEW!)**

**Ages 6-10.** April Fool's Day is when practical jokes and hoaxes are abound, but did you know nature likes to try and fool us too? Come learn about

how animals use mimicry and camouflage to keep us guessing as to who they really are.

469804-01	M	4-5pm	4/1	1	\$7	BFNC
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### Budding Herpetologists

**Ages 6-11.** Do you like reptiles and amphibians? If so, join us as we explore the world of herpetology! We will learn about some of our resident reptiles and amphibians as well as how to identify them.

469803-01	Sa	3-4:30pm	5/4	1	\$5	BFNC
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### Green Teen Club **(NEW!)\***

**Ages 11-18.** The ultimate gathering for nature enthusiasts! Teens will enjoy a variety of outdoor activities and discussions on sustainability, environmental justice, and green careers. There will also be opportunities to connect with the community, network with guest speakers, and make an impact through citizen science. This club will take place on the 1st and 3rd Wednesday of the month.

469813-01	W	6-7pm	4/3-6/5	5	Free	BFNC
169813-01	W	6-7pm	7/3-8/21	5	Free	BFNC

### A Home for Birds **(NEW!)**

**All Ages.** Birds are busy building their nests during springtime using many different materials to make their nests suitable for eggs. Join us to learn how these nests are made and build a bird box to take home.

469806-01	Sa	10:30am-12pm	4/20	1	\$13	BFNC
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### Poo-Dunit? **(NEW!)**

**All Ages.** Have you ever come across animal scat in nature and wondered what animal was responsible? Learn how to identify animal scat and why it is so important for our forests.

169821-01	Sa	3:30-4:30pm	7/6	1	\$6	BFNC
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### Wildlife at Night **(NEW!)**

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

169843-01	F	7-8:30pm	8/2	1	\$5	BFNC
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## Jerome "Buddie" Ford Nature Center

alexandriava.gov/NatureCenter | 5750 Sanger Ave. | 703.746.5559

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

- 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.



FREE  
ADMISSION



# Registration Information

**Spring Registration:** Residents: March 20 & Non-Residents: March 22  
**Summer Registration:** Residents: May 15 & Non-Residents: May 17

## 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.

**Inclément 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), VA Relay 711 or email registerarpc@alexandriava.gov

**Spring Registration:** Residents: March 20 & Non-Residents: March 22  
**Summer Registration:** Residents: May 15 & Non-Residents: May 17

### 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

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

**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"

### 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**

UNSIGN REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS \_\_\_\_\_ Date \_\_\_\_\_

### 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: \_\_\_\_\_





# Recreation Roundup

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

AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+	
Sports Classes & Leagues																				
Racquet Sports (cont.)																				
Adult Outdoor Pickleball Level 1-3															●	●	●	●	●	15
Open Pickle Jar Sundays															●	●	●	●	●	15
Advantage Tennis: Adult Lessons																		●	●	15
Advantage Tennis: Cardio																		●	●	15
Advantage Tennis: Adult Intermediate Pickleball																		●	●	15
Advantage Tennis: Pickleball Tactics & Play																		●	●	15
Intro to Pickleball																		●	●	15
Intermediate Pickleball																		●	●	15
Basketball																				
Jump Shots for Tots						●	●	●	●	●	●									15
Run, Shoot, Basketball						●	●	●	●	●	●									15
Jump Shots for Kids							●	●	●	●										16
Basketball Skills & Drills								●	●	●	●	●	●	●	●					16
Hoop Life Skills Academy									●	●	●	●	●	●						16
Running & Track & Field																				
Lil' Sprinters Track						●	●	●												16
Ready to Run							●	●	●	●	●	●								16
Run, Jump, Throw Class							●	●	●	●	●	●								16
Alexandria Titans Indoor Track								●	●	●	●	●	●							17
Alexandria Titans Track Club (Outdoors)								●	●	●	●	●	●							17
Additional Sports Classes																				
Grand Slam T-Ball & Me*						●	●													17
Crunch & Munch*						●	●	●												17
Little Athletes & Me*						●	●	●												17
Lil' Pro Sports						●	●	●												17
Lil' Lacrosse						●	●	●	●											17
Martial Arts 4 Kids						●	●	●	●	●										17
Tip Top Ninjas						●	●	●	●	●	●									17
Baroody Sports for Tots						●														17
Kids Floor Hockey						●	●													17
Grand Slam T-Ball						●	●													17
Pee Wee Lacrosse						●	●													18
First Down Flag Football						●	●	●	●											18
Nerf Fencing							●	●	●	●	●									18
Intro to Skateboarding							●	●	●	●	●	●								18
Floor Hockey							●	●	●	●										18
Ultimate Frisbee							●	●	●	●										18
Fencing								●	●	●	●	●	●	●	●	●	●	●	●	18
Leagues																				
T-Ball & Coach Pitch Baseball League						●	●	●	●											18
Miracle Baseball League of Alexandria						●	●	●	●	●	●	●	●	●	●	●	●	●	●	18
Girls Field Hockey League							●	●	●	●	●	●								18
Johnson & Siebert Teen Basketball League										●	●	●	●	●	●					18

AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+		
Sports Classes & Leagues (cont.)																					
Leagues (cont.)																					
Coed Softball																			●	●	18
Coed Soccer																			●	●	18
Coed Volleyball																			●	●	19
Sports Events																					
Rookie Baseball Clinic					●	●	●	●	●												19
Advantage Tennis: Triples Adult Social					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	19
Nerf the Turf							●	●	●	●	●	●									19
Dodgeball Fanatics							●	●	●	●	●	●									19
Alexandria City Track & Field Meet							●	●	●	●	●	●	●	●							19
Advantage Red Ball Social							●	●	●	●	●	●	●	●	●	●	●	●	●	●	19
Enrichment																					
Education																					
B.E.A.R.*					●	●	●	●													20
Socialize																					
Kid Rock Social Hour*					●	●	●	●													20
Magnus Chess Club							●	●	●	●	●	●	●								20
Lego® Lab							●	●	●	●	●	●	●								20
Let's Lego®							●	●	●	●											20
Seniors-In-Sync																			●	●	20
Senior Socials																			●	●	20
Senior Recreation Orientation																			●	●	20
Technology & Science																					
Science: Potions & Explosions							●	●													20
Science Art Mania							●	●	●												20
Spy Science							●	●	●	●	●										20
Science: Make It or Break It							●	●	●	●	●	●									20-21
Slime Time!							●	●	●	●	●										21
Cybertech Lego® WeDo							●	●	●	●											21
Roblox & Game Design							●	●	●	●											21
Chemistry Creations							●	●	●	●											21
Coding & Design w/ Scratch							●	●	●	●	●	●	●	●	●	●					21
Minecraft Modding							●	●	●	●	●	●	●	●	●	●					21
Robotics & Visual Coding w/ Lego® EV3										●	●	●	●	●							21
Creative & Performing Arts																					
Ballet																					
Pre-Ballet & Movement I-II							●	●	●												22
Ballet I							●	●	●												22
Creative Ballet							●	●	●	●											22
Ballet II							●	●	●	●											22
Ballet III							●	●	●	●	●										22
Introduction to Pointe							●	●	●	●	●										22
Dance																					
Rhythm Time with Parent*							●	●													22
Move with Me*							●	●													22

\*Requires guardian and child participation

Register through alexandriava.gov/WebTrac

# Recreation Roundup

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

AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+		
Creative & Performing Arts (cont.)																					
Dance (cont.)																					
Family Dance with Me*							●	●													22
Modern Tots						●	●	●													22
Creative Dance							●	●													23
Jazz Hip Hop							●	●	●	●	●	●									23
Hip Hop Dance							●	●	●	●	●	●									23
Modern Dance I							●	●	●	●	●	●	●	●	●	●	●				23
Beginners Step Team Class									●	●	●	●	●								23
Int. Hip Hop Dance										●	●	●	●	●	●	●					23
Intermediate Step Class										●	●	●	●	●	●	●					23
Social Dance																	●	●	●	●	23
Int. Ballroom Dance																	●	●	●	●	23
Senior Line Dance																			●	●	23
Beginner/Intermediate Line Dance for Seniors																				●	23
Advanced Line Dancing																				●	23
Music																					
Little Hands Music*						●	●	●													23
Learn Now Music: My First Music Class*							●	●	●	●											24
Learn Now Music: Little Fingers Piano							●	●	●	●											24
Mark's Music Prep										●	●	●	●	●	●	●	●	●	●	●	24
Teen/Adult Group Piano																			●	●	24
Teen/Adult Group Guitar																			●	●	24
Visual Arts																					
Abrakadoodle Twoosy Doodlers*							●	●	●												24
Abrakadoodle Mini Doodlers*			</																		



# Community Activities

alexandriava.gov/RPCA/Events

## Community Activities

### Kiddie Cabaret **(+ADULT) (NEW!)**

**Ages 1-5 with adult.** Dance until nap time! Children will come dressed to impress and dance to the latest kiddie tunes. Lunch will be served along with plenty of fun activities to enjoy. Children must be accompanied by at least one parent or guardian.

483602-01 Sa 10am-12pm 4/6 1 \$6 CHRC



### Armstrong Spring Tech Refresh Event **(NEW!)**

**All Ages.** Need to declutter those unwanted electronics for free? Then spring into action by dropping off those unwanted, unused pieces of hardware at the Leonard Armstrong electronics recycling event. We are also expanding the mind on today's digital age issues and problems relating to cyber bullying, missing and exploited children, and other related issues facing our children. (Certain items might be limited to a certain amount per person based on recycling requirements).

Sa 11am-2pm 4/6 1 Free LARC

### Eclipsed! **(NEW!)**

**Ages 8 & up.** There will be a partial solar eclipse visible in Alexandria on April 8! You will be able to see the shadow of the Moon cross in front of the sun. Join us in Old Town Pool picnic area to learn about why the fascinating phenomenon happens and get eclipse glasses so you can look safely. Enjoy crafts and fun for the whole family.

485211-01 M 3-3:45pm 4/8 1 \$5 OTPL

### Family Dance Night

**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 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.

483631-01 F 6:30-8:30pm 4/18 1 Free CHRC

183631-01 F 6:30-8:30pm 7/26 1 Free CHRC

### Parents Night Out

**Grades K-5.** Mom and Dad, have a fun night with friends, while we entertain your kids! The kids will enjoy gym games and movies. Pizza, drink and a snack will be provided.

483816-01 F 6:30-9pm 4/19 1 \$25 MVRC

### Charles Houston Health & Fitness Expo **(NEW!)**

**All Ages.** The Charles Houston Recreation Center will host a Health and Fitness Expo to provide an overall health assessment experience and knowledge of wellness opportunities in Alexandria and in surrounding communities. There will be a variety of exhibitors attending to educate the

Alexandria community about sleep, nutrition, and physical activity. We also want to provide participants with wellness strategies to improve their mental health and overall safety.

483601-01 Sa 10am-2pm 4/20 1 Free CHRC

### Alexandria Spring Cheer Invitational

**All Ages.** Support cheerleading teams representing your neighborhood and the region! Cost for cheerleader registration is \$10 per person. Cost per participant: ages 4 and under are free, ages 5-12 is \$5, and 13 & up is \$10.

Su 2-4pm 4/20 1 Varies ACHS

### Superhero Brunch **(NEW!)**

**Ages 2-12.** Calling all superheroes! Join us for a super fun time! Your child will enjoy themed crafts and activities, brunch snacks, and visits from Superheroes. Each superhero in training must have one guardian attend with them. Registration only required for children.

485212-01 Su 9:30-11:30am 4/28 1 \$15 ODRC

### RecFest

**All Ages.** Attendees of all ages can attend this free event full of family fun, with activities representing the City's fitness, sports, enrichment, arts, nature, out-of-school time, and summer camp programs. Enjoy demos, meet instructors and staff, and register for programs and camps onsite.

Sa 10am-2pm 5/4 1 Free ABPK

### Mother's Day Spa

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

483819-01 Sa 11am-1pm 5/4 1 \$15 MVRC

### Family Game Night

**All Ages.** Come join us for some free food, family-friendly competition, and quality time together. A variety of activities available for families to enjoy together including board games, gym games and the game room. Lots of fun the whole family! This program is free, however RSVP is required.

483632-01 F 6:30-8:30pm 5/31 1 Free CHRC

183632-01 F 6:30-8:30pm 8/30 1 Free CHRC

## 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.**

# Community Activities

alexandriava.gov/RPCA/Events



### 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.

483710-01 F 6:30-8:30pm 6/7 1 Free LARC

### Maker Faire NoVA **(NEW!)**

**All Ages.** Maker Faire is a gathering of fascinating, curious people who enjoy learning and who love sharing their talents. From engineers to artists to scientists to crafters, Maker Faire is a venue for these makers to show hobbies, experiments, and projects. We call it the Greatest Show (& Tell) on Earth - a family-friendly showcase of invention, creativity, and resourcefulness. Glimpse the future and get inspired! Purchase tickets online at [nova.makerfaire.com/tickets](http://nova.makerfaire.com/tickets).

Su 10am-4pm 6/9 1 Varies ACHS

### Alexandria Jazz Festival

**All Ages.** The City of Alexandria's Office of the Arts invites you to the annual Alexandria Jazz Festival, providing free art activations, live jazz, and spoken word artists at the Waterfront Park (1A Prince St.) in Alexandria.

F 6-9pm 6/14 1 Free WFPK

### Pre-Father's Day Cookout

**All Ages.** This day is for the whole family to enjoy and honor the dads with a day of grilling and indoor activities that will keep our dads active as they compete in various activities such as 3v3 basketball, pool tournament, tug-of-war, three-legged race, and much more for bragging rights.

183706-01 Sa 11am-4pm 6/15 1 Free LARC

### Juneteenth at Houston **(NEW!)**

**All Ages.** The Charles Houston Recreation Center will host its first ever Juneteenth Festival. The event will feature live entertainment, food, vendors,

and arts and history activities for all ages. The community is encouraged to bring their blankets and lawn chairs to this joyous day of celebration of African American history and culture.

183600-01 Sa 12-6pm 6/15 1 Free CHRC

### Wheely Tykes Race **(NEW!)**

**Ages 2-5.** Tykes and toddlers race to the finish in their big wheels, tricycles, and battery-operated vehicles. This is a real race, complete with a commentator, heats by ages and type of vehicle, and tailgating (if that's your thing). Light refreshments will be available. Parents must accompany their tykes at all times at this event.

183603-01 Sa 10am-12pm 6/22 1 \$10 CHRC

### Community Family Picnic **(NEW!)**

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

183705-01 F 6:30-8:30pm 7/5 1 Free LARC

### 275th Alexandria Birthday Celebration

**All Ages.** The City of Alexandria will celebrate its 275th birthday on Saturday, July 6 at Oronoco Bay Park (100 Madison St.). The event includes a performance by the Alexandria Symphony Orchestra, live music, fireworks, cupcakes and remarks from our City Council, Town Crier, and our Poet Laureate. Visit [alexandriava.gov/birthday](http://alexandriava.gov/birthday) for more information.

Sa 6-10pm 7/6 1 Free OBPK

### Ultimate Family Game Night

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

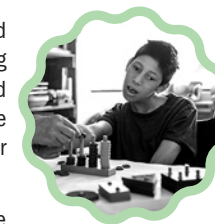
483711-01 F 6:30-8pm 8/23 1 Free LARC

## 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.

### Spring/Summer 2024

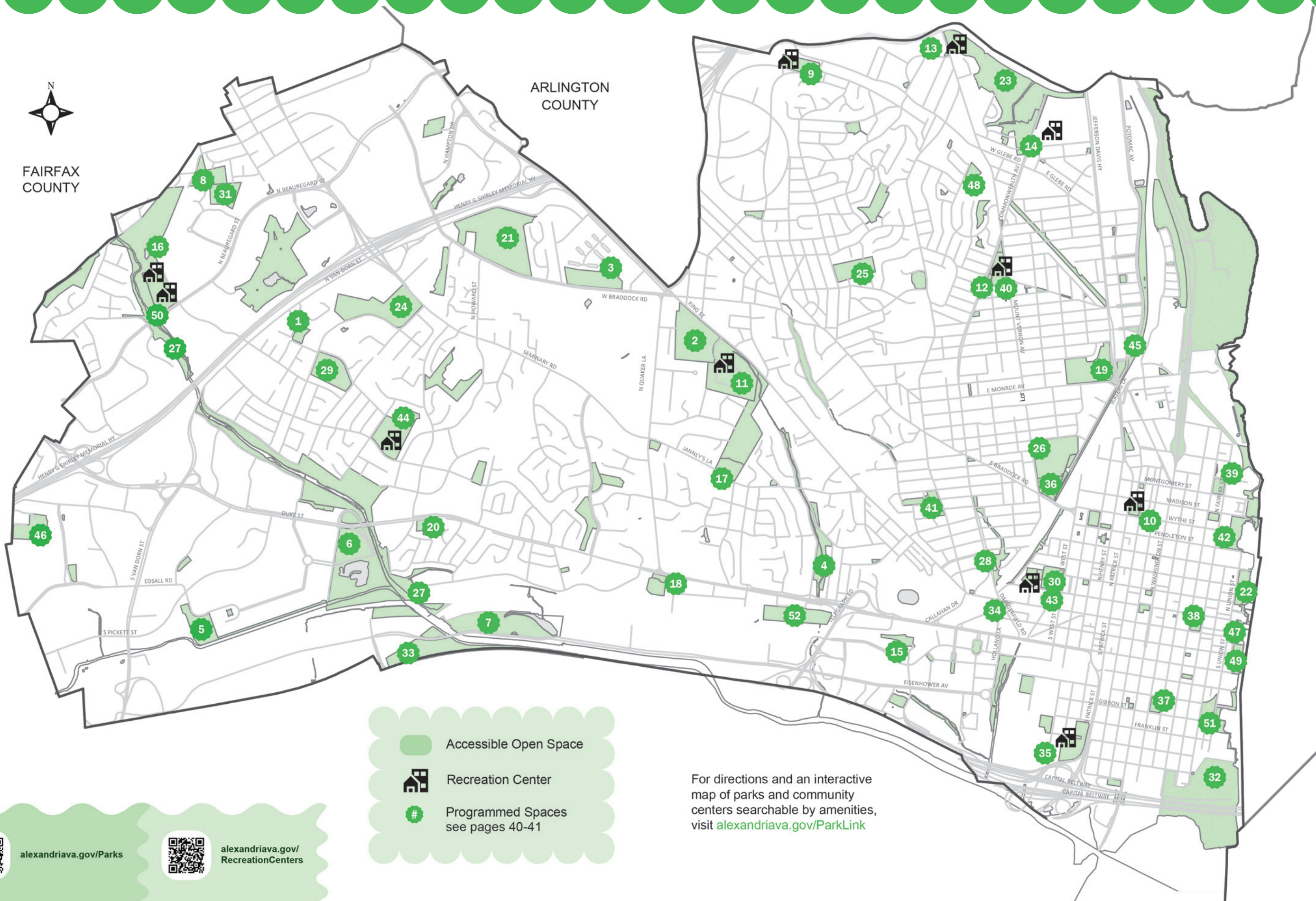
## Get Involved

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).





- Accessible Open Space
- Recreation Center
- Programmed Spaces see pages 40-41

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



# Parks & Facilities

Visit [alexandriava.gov/parks/find-a-park](http://alexandriava.gov/parks/find-a-park) to see all City of Alexandria parks and amenities. See page 43 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.	This park is under construction through 2025.
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.	
41	<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/Amphitheatre
- Parking
- Performance Space
- Pickleball
- Picnic Area
- Playground
- Playing Fields
- Public Art
- Running Track
- Skateboard Area
- Swimming
- Tennis Courts
- Unfenced Dog Area\*
- Walking Trail
- Waterfront
- Available for Rental
- \*Unfenced Sites Are Marked with Posts*
- Volleyball



## Park Capital Project Updates

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

### Completed Stevenson Park Dugouts

RPCA is thrilled to announce significant progress in our ongoing efforts to upgrade and enhance the ballfield at Stevenson Park. The latest developments in the park include installation of new dugouts, preparation for installation of players benches (late March), and installation of the remaining ball field fencing and netting expected in late spring 2024.



### Starting Soon/In Progress Joseph Hensley Park

This park was closed in Fall of 2023 to begin an estimated 16-month construction timeline where teams will work to improve stormwater and site drainage issues, increase parking capacity, upgrade lighting and fields, replace restroom, and add a play space, and a multi-use court space.

### Lee Center Tennis Court and Basketball Court Improvements

- The Lee Center's Tennis Court improvements will replace the asphalt, fencing, and tennis posts/nets. Courts will be re-lined for tennis and pickleball.
- The Basketball courts will undergo repair for asphalt cracking, along with a re-color coat of the surface and basketball lining.

### Community Engagement Opportunities

Two locations will seek community feedback in advance of planned construction, which includes Old Town Pool and Ewald Park. Be sure to sign up for our Recreation General News to stay up to date on these community outreach opportunities or visit our website, [alexandriava.gov/rpca](http://alexandriava.gov/rpca).



## 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 44 indicates the indoor amenities available for rental.

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

### 2 Contact a specialist

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

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

To reserve a park, see below:

### Picnic Area Reservations

Call 703.746.5414 about 4-hr

Picnic Area Reservations\* at:

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

### Waterfront Parks

Call 703.746.5420 for hourly

rate information regarding:

Waterfront Park

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

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

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

### 3 Finalize reservation

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



## Find a Park

Connecting you to active and open spaces in your neighborhood.



Search parks by your favorite amenity! Visit [alexandriava.gov/parks/find-a-park](http://alexandriava.gov/parks/find-a-park) to find nearby parks, community centers, playgrounds, trails, 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/Large Room  
Boxing Ring  
Computer Lab  
Dance Studio  
Small Room  
Game Room  
Gymnasium  
Kitchen  
Meeting Rooms  
Small/Large Room  
Multi-Purpose Room  
Small/Large Room  
Performance  
Small/Large Room, Auditorium  
Swimming Pool  
Soft Playroom  
Racquetball Court  
Weight/Fitness Room  
Exhibit Space

Center Name	Arts & Crafts Room	Boxing Ring	Computer Lab	Dance Studio	Game Room	Gymnasium	Kitchen	Meeting Rooms	Multi-Purpose Room	Performance	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	○		○	●	○	●	○	●	●					○	

**REC FEST**

May 4  
10am-2pm

**FREE**

Armistead L. Boothe Park  
520 Cameron Station Blvd.

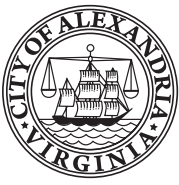
All Ages

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

Follow us on social!  
#RPCA







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

1108 Jefferson St.  
Alexandria, VA 22314

# JOIN OUR TEAM

Hourly Rates of \$17.76-\$27.97,  
\$300 bonus for seasonal employees!



## SUMMER POSITIONS AVAILABLE:

- Recreation Leaders
- Lifeguards
- Out of School Time
- Pool Managers/Operators
- Front Desk Attendants
- Water Safety Instructors



Scan to learn  
more & apply

[alexandriava.gov/rpca/work-for-rpca](http://alexandriava.gov/rpca/work-for-rpca)  
703.746.5414

