

Fall 2024 Program Guide

Alexandria

Department of Recreation, Parks & Cultural Activities



Lecciones de natación en español pág. 8

Fall Camps pg. 28

Teen Section pg. 31

Registration Begins

- August 7 (Residents)
- August 9 (Non-Residents)



Opens August 19

You're Invited to Swim at the NEW MINNIE HOWARD AQUATICS FACILITY

Year-round Community Hours

Monday-Friday:
4-8:45 p.m.

Saturday & Sunday:
7 a.m.-6:45 p.m.

* Hours vary Monday to Friday due to swim & dive hours from November 11 to May 31.

11/11-3/1, M-F:
Public use is 6 p.m.-8:45 p.m.
3/2-5/31, M-Th:
Public use is 6 p.m.-8:45 p.m.

The new Minnie Howard Aquatics Facility in Alexandria features a competition-standard pool and a training pool that is kept 10 degrees warmer.



MINNIE HOWARD AQUATICS FACILITY
3795 W Braddock Rd | 703-746-5495

[Instagram](https://www.instagram.com/alexandriava) [Facebook](https://www.facebook.com/alexandriava) [Twitter](https://www.x.com/alexandriava)
alexandriava.gov/Aquatics

New This Season

NEW!

- TSP Adult Bootcamp pg. 13
- Evergreen: Line Dancing Waltz 101 pg. 23
- Teen Contemporary Dance pg. 31
- Unplug Family Night pg. 40

Connect With Us
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.36
- TR** Designed for individuals with disabilities. Assessment required. See pg.41
- *** No class on 10/14, 11/5, 11/11, 11/28, 11/29, 12/24 & 12/25. PHRC, CHRC & CQRC: Open 9am-3pm on 10/14, 11/11 & 11/29. 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



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

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

CLASS SIZE	RECREATION CENTERS/POOLS
Min 6/ Max 10	BFNC Jerome Buddie Ford Nature Center 5750 Sanger Ave. CBRC Charles Barrett 1115 Martha Custis Dr. CHRC Charles Houston 901 Wythe St. CQRC/CQPK Chinquapin Park Recreation & Aquatics Facility 3210 King St. LARC Leonard "Chick" Armstrong 25 West Reed Ave. LEEC/LCCM Lee Center Complex 1108 Jefferson St. MHAF Minnie Howard Aquatics Facility 3795 W. Braddock Rd. MVRC Mount Vernon 2701 Commonwealth Ave. NLRC Nannie J. Lee 1108 Jefferson St. ODRC Oswald Durant 1605 Cameron St. PHRC Patrick Henry 4653 Taney Ave. WRRC William Ramsay 5650 Sanger Ave.

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



Wahoos Winter Stroke Clinic

Ages 6-18. The clinic aims to help swimmers enhance their stroke technique and learn drills for ongoing stroke improvement. Participants must swim 25m freestyle with proper breathing techniques. Swimmers should bring fins, swimsuits, and goggles.

234213-02	Su	10-11am	9/24-5/18	1	\$275	CQRC
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Adult Beginner Swim *

Ages 13 & up. Participants will work to gain comfort, basic aquatic skills and swimming strokes, including freestyle, breaststroke, and elementary backstroke. Participants also learn about aquatic emergencies, safety skills, and how to help others in an aquatic emergency. Adult Beginner classes will cover skills for all beginners, including participants with little or no experience or are fearful in water. Participants will learn skills including entering and exiting the water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using arm and leg action, and using rhythmic breathing.

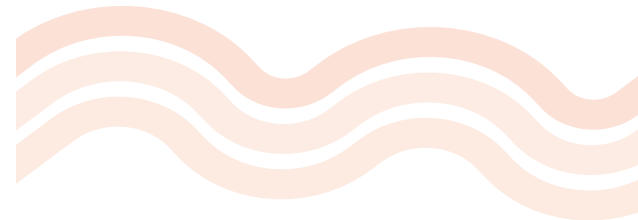
234230-01	Tu	7:45-8:30pm	9/17-10/22	6	\$95	CQRC
234230-02	W	7:45-8:30pm	9/18-10/23	6	\$95	CQRC
234230-03	Tu	7:45-8:30pm	10/29-12/17	8	\$125	CQRC
234230-04	W	7:45-8:30pm	10/30-12/18	7	\$109	CQRC
234230-11	M	7:45-8:30pm	9/16-10/21	5	\$79	CQRC
234230-12	Th	7:45-8:30pm	9/19-10/24	6	\$95	CQRC
234230-13	Sa	12:20-1:05pm	9/28-10/26	5	\$79	CQRC
234230-14	Su	12:20-1:05pm	9/22-10/27	6	\$95	CQRC
234230-15	M	7:45-8:30pm	10/28-12/16	7	\$109	CQRC
234230-16	Sa	12:20-1:05pm	11/2-12/14	6	\$95	CQRC
234230-17	Su	12:20-1:05pm	11/3-12/15	6	\$95	CQRC
234230-18	Th	7:45-8:30pm	11/7-12/19	6	\$95	CQRC
234230-21	M	7:45-8:30pm	9/16-10/21	5	\$79	CQRC
234230-22	Th	7:45-8:30pm	9/19-10/24	6	\$95	CQRC
234230-23	Sa	12:20-1:05pm	9/28-10/26	5	\$79	CQRC
234230-24	M	7:45-8:30pm	10/28-12/16	7	\$109	CQRC

234230-25	Su	12:20-1:05pm	11/3-12/15	6	\$95	CQRC
234230-26	Th	7:45-8:30pm	11/7-12/19	6	\$95	CQRC
234230-81	Tu, Th	7:45-8:30pm	9/17-10/3	6	\$95	CQRC
234230-82	Tu, Th	7:45-8:30pm	10/8-10/29	7	\$109	CQRC
234230-83	Tu, Th	7:45-8:30pm	11/5-11/26	7	\$109	CQRC
236315-04	M, W	7:45-8:15pm	11/4-11/27	9	\$139	MHAF
236315-05	M, W	7:45-8:15pm	12/2-12/18	5	\$79	MHAF
236315-06	Tu, Th	7:45-8:15pm	12/3-12/19	5	\$79	MHAF

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).

234231-01	Tu	7:45-8:30pm	9/17-10/22	6	\$95	CQRC
234231-02	W	7:45-8:30pm	9/18-10/23	6	\$95	CQRC
234231-03	Tu	7:45-8:30pm	10/29-12/17	8	\$125	CQRC
234231-04	W	7:45-8:30pm	10/30-12/18	7	\$109	CQRC
234231-05	M	7:45-8:30pm	9/16-10/21	5	\$79	CQRC
234231-06	M	7:45-8:30pm	10/28-12/16	7	\$109	CQRC
234231-81	Tu, Th	7:45-8:30pm	12/3-12/19	6	\$95	CQRC
236315-07	M	7:45-8:15pm	10/28-12/16	8	\$125	MHAF
236315-08	W	7:45-8:15pm	10/30-12/18	8	\$125	MHAF
236315-09	Sa	1-1:30pm	11/2-12/14	7	\$109	MHAF
236315-10	M, W	7:45-8:15pm	11/4-11/27	9	\$139	MHAF
236315-11	M, W	7:45-8:15pm	12/2-12/16	9	\$139	MHAF



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.



Teen Beginner Swim *

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.

234234-01	M	7:05-7:35pm	9/16-10/21	5	\$79	CQRC
234234-02	Tu	7:05-7:35pm	9/17-10/22	6	\$95	CQRC
234234-03	W	7:05-7:35pm	9/18-10/23	6	\$95	CQRC
234234-04	Sa	12:20-12:50pm	9/28-10/26	5	\$79	CQRC
234234-05	M	7:05-7:35pm	10/28-12/16	7	\$109	CQRC
234234-07	W	7:05-7:35pm	10/30-12/18	7	\$109	CQRC
234234-08	Sa	12:20-12:50pm	11/2-12/14	6	\$95	CQRC
234234-09	Sa	12:20-12:50pm	11/2-12/14	6	\$95	CQRC
236306-01	Sa	12:20-12:50pm	10/26-11/21	8	\$125	MHAF
236306-02	Tu, Th	7:05-7:35pm	10/29-11/21	8	\$125	MHAF
236306-03	Tu, Th	7:45-8:15pm	11/4-11/27	6	\$95	MHAF

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.

234237-01	Tu, Th	6-7am	9/10-10/31	16	\$219	CQRC
234237-02	Tu, Th	6-7am	11/5-12/19	14	\$195	CQRC

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 become a certified open water scuba diver. To register, visit blueoctopusscuba.com or call 703.461.3483.

Aqua Aerobics

Water Walking * (DROP-IN)

Ages 16 & up. Groove to beloved tunes in this unique class offering a non-weight-bearing, low-impact workout in waist-deep water. Led by expert instructors, sessions use water instruments to enhance endurance, refine muscle control, and sculpt your body while indulging in deep stretches. It's a vibrant atmosphere designed to invigorate body and spirit.

234221-01	Tu, Th	10:55-11:55am	9/12-12/19	28	\$285	CQRC
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Aqua Aerobics * (DROP-IN)

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

234222-01	M, W	9-10am	9/9-10/28	14	\$185	CQRC
234222-02	M, W	9-10am	11/4-12/18	13	\$175	CQRC



Deep Water Aqua Aerobics * (DROP-IN)

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

234224-01	M, W	10:10-11:10am	9/9-10/28	14	\$185	CQRC
234224-02	M, W	10:10-11:10am	11/4-12/18	13	\$169	CQRC

Get in Deep With Candice * (DROP-IN)

Ages 18 & up. Come enjoy an invigorating workout in the diving well. This workout will challenge your cardiovascular and muscular strength, while helping to improve flexibility and balance. You will do steady-state cardio, along with high intensity interval training (HIIT). You will wear a flotation belt, and we will use equipment such as noodles and dumbbells to make your workout even more FUN! To learn more about Candice go to ontheforwellness.com. No class on 10/14 or 11/11.

234218-01	M	6:30-7:15pm	9/9-12/16	13	\$195	CQRC
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Aqua Zumba * (DROP-IN)

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

234225-01	M	7:15-8:05pm	9/9-12/16	13	\$169	CQRC
234225-02	Su	9-9:50am	9/8-12/15	15	\$195	CQRC

Hi/Lo Water Aerobics * (DROP-IN)

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

234229-01	Tu, Th	6:30-7:30pm	9/10-10/29	15	\$195	CQRC
234229-02	Tu, Th	6:30-7:30pm	11/5-12/19	13	\$169	CQRC
234229-03	Sa	9:05-9:55am	9/14-12/14	13	\$169	CQRC



For Every Body Fitness (Deep Water Aqua) **DROP-IN**

Ages 18 & up. This one hour Aqua workout is designed for a complete body workout with zero impact and zero stress on joints yet 100% cardio and muscle involvement. A great workout for all ages and fitness levels. Flotation support is provided and no swimming experience is necessary. No class 11/27.

234224-03	W	7:40-8:40pm	9/11-12/18	14	\$229	CQRC
234224-04	W	6:30-7:30pm	9/11-12/18	14	\$229	CQRC

Gobble Wobble Aqua Burn **DROP-IN**

Ages 18 & up. Day after Thanksgiving calorie burn session! Participants will enjoy three different aqua classes during their one-hour class.

236318-01	F	9-10am	11/29	\$12	MHAF
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Aquatic Exercise for Seniors **55+ * DROP-IN**

Ages 55 & up. The pool provides a safe and effective modality for seniors to improve all aspects of their health and fitness. This class is inclusive of all levels of fitness and it is FUN! You will make new friends as you work to improve your cardiovascular health and build your strength. Functional exercises will help with your daily movement, arthritis, and other joint-related aches and pains, and minimizing your risk of falling. To learn more about Candice, go to www.ontheforwellness.com. No class on 11/28.

234217-01	Tu, Th	8:15-9am	9/10-12/19	29	\$409	CQRC
234217-02	Tu, Th	9:30-10:15am	9/10-12/19	29	\$409	CQRC

Aquatic Events

Water Explorers Sing Along **+ADULT**

Ages 6 mo.-3 yr. with adult. Enjoy singing your favorite fall and holiday-themed songs! Share some cheer and festive joy while splashing with your child.

234239-03	Sa	9:30-10:15am	12/21	1	\$15	CQRC
234239-04	Sa	10:30-11:15am	12/21	1	\$15	CQRC
236319-01	Su	9:30-10:15am	10/27	1	\$15	MHAF
236319-02	Sa	9:30-10:15am	12/21	1	\$15	MHAF

Dive-In Movie Night **DROP-IN NEW!**

All Ages. Bring a float and lounge during our movie night! We'll feature pool games, prizes and snacks.

236317-01	F	6:30-8:45pm	9/13	1	\$5	MHAF
236317-02	F	6:30-8:45pm	11/8	1	\$5	MHAF
284204-01	F	6:30-8:30pm	10/11	1	\$5	CQRC
284204-02	F	6:30-8:30pm	12/13	1	\$5	CQRC

Floating Pumpkin Patch

All Ages. Dive in to pick a real pumpkin from the pool, then decorate it! Other themed fun will include swimming, a floating obstacle course, and Halloween treats.

284202-01	Sa	2-2:45pm	10/26	1	\$9	CQRC
284202-02	Sa	3-3:45pm	10/26	1	\$9	CQRC
284202-03	Sa	4-4:45pm	10/26	1	\$9	CQRC
284202-04	Sa	5-5:45pm	10/26	1	\$9	CQRC



Deportes Acuaticos

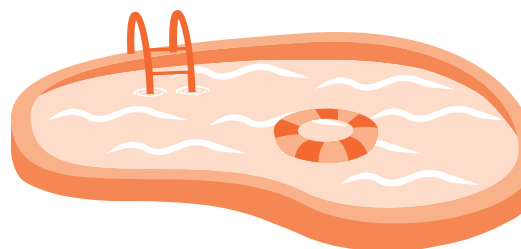
¿Hablas español como primer idioma pero quieres aprender a nadar? Chiquapin ofrece lecciones de natación para todas las edades en español. Para inscribirte, por favor envía un correo electrónico a aquatics@alexandriava.gov.

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.

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.



Register through alexandriava.gov/WebTrac

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).

Nivel 2 en Español

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

Clases de Natación para Adultos Principiantes en Español

A partir de 13 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.

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Make Waves With Us!

Join Our Aquatics Team Today

Become a **Lifeguard** or **Water Safety Instructor** with RPCA! Still need your certifications? Learn more and join a **free*** training class by emailing aquatics@alexandriava.gov.

**RPCA applicants are eligible for waived fees.*



Join our team today!

alexandriava.gov/Aquatics
703.746.5435





Mind/Body Wellness

Yoga 4 Kids

Ages 5-9. 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.

214218-01	W	6-6:45pm	9/11-10/16	6	\$109	CQRC
214218-02	W	6-6:45pm	10/30-12/11	7	\$125	CQRC

Gentle Yoga *

Ages 16 & up. Practice supported standing, seated, and supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Props provided.

213126-01	M	10-11am	9/9-12/16	13	\$145	CHRC
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Slow Flow With Amy (DROP-IN)

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.

213635-01	Sa	9:10-10:10am	9/14-12/14	12	\$99	CHRC
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Essentrics: Classical Stretch *

Ages 18 & up. This workout creates a pain-free body by increasing joint movement, flexibility, strength, and energy. Based on Tai Chi flowing movements for balanced health, ballet theories for long, lean muscles, and healing powers of physiotherapy. Please bring a mat.

213113-01	Tu	12-1pm	9/10-12/17	14	\$195	CHRC
213113-02	Th	6-7pm	9/12-12/19	12	\$179	CQRC
213113-03	M	12-1pm	9/9-12/9	12	\$165	ODRC
213113-04	W	10:30-11:30am	9/11-12/18	14	\$175	PHRC

Stretch & Flow Yoga *

Ages 21 & up. Interested in releasing and stretching tight/contracted muscles in the body? Join Lisa, E-RYT 500 and Certified Yoga Therapist (1,000 hr.), for a class ideal for all levels. From fitness warriors to individuals seated at a desk all day, this class supports individuals in reducing tension in the muscles, improving posture and stability, and promoting greater release and ease in body and mind.

213146-01	Tu	5-6pm	9/10-10/8	5	\$85	ODRC
213146-02	Tu	5-6pm	10/22-12/17	8	\$129	ODRC

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.

213632-02	Tu	6:30-7:45pm	9/10-10/22	6	\$99	CHRC
213632-03	Tu	6:30-7:45pm	10/29-12/17	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.

213628-01	W	12-1pm	9/11-12/4	12	\$195	CHRC
213628-02	F	10:30-11:30am	9/13-12/6	12	\$195	CHRC

Your Fitness Adventure Starts Here

FREE

Fitness Room Orientation For ages 16 & up

Pre-registration Required at Patrick Henry

Ready to take your fitness game to the next level? Dive into our Fitness Room Orientation and unlock the secrets to effective workouts! With personalized attention from our expert trainers, you'll learn to use the equipment like a pro and develop a workout plan that aligns with your goals.

9/19, 10/17, 11/14 & 12/12
Thursdays | 5:30-6:30 p.m.
Patrick Henry
(4653 Taney Ave.)

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.

213152-01	W	12-1pm	9/11-10/9	5	\$85	MVRC
213152-02	Tu	9:30-10:30am	9/10-10/8	5	\$85	PHRC
213152-03	Tu	9:30-10:30am	10/22-12/17	8	\$129	PHRC
213152-04	W	12-1pm	10/23-12/18	8	\$129	MVRC

Chair Yoga: Balance & Strength *

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



213154-01	W	9:30-10:30am	9/11-10/9	5	\$105	ODRC
213154-02	Tu	12-1pm	9/10-10/8	5	\$105	MVRC
213154-03	W	9:30-10:30am	10/23-12/18	8	\$169	ODRC
213154-04	Tu	12-1pm	10/22-12/17	8	\$169	MVRC

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.

214012-01	M	11:30am-12:30pm	9/9-10/7	5	\$49	PHRC
214012-02	M	11:30am-12:30pm	11/4-12/16	6	\$59	PHRC

Rock N Walk 55+ (DROP-IN) (NEW!) *

Ages 55 & up. Get your day rolling with Rock N Walk! Join us in a lively morning session filled with rockin' tunes and invigorating walks. Whether you're a seasoned strider or just starting out, groove to the beat and step into the day with energy. Let's rock, walk, and make mornings memorable!

254005-01	M	9-10am	9/23-12/16	13	Free	PHRC
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Smooth Movement Fitness 55+ (NEW!) *

Ages 55 & up. Embrace vitality with Smooth Movement Fitness for Seniors! Tailored for older adults, this program offers gentle exercises promoting flexibility, strength, and balance. Led by experienced instructors, each session focuses on enhancing mobility and overall wellness.

214037-01	Tu	9:30-10:30am	9/24-10/29	6	\$55	PHRC
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Fall Festivities

For All Ages

Saturday
10/19

Fall Halloween Fest | Free

12-3 p.m. | Leonard "Chick" Armstrong

Kick off the spooky season with Chick Armstrong's Halloween Fest! This event will feature food, vendors, games, music, and a costume contest for the entire family.

Friday
10/25

Boo-Fest | Free

6:30-8:30 p.m. | Charles Houston

Get dressed up and join us for a goblin good time. Festivities include a costume parade, carnival games, moon bounce, arts and crafts, spooky stories, and more!

Family October Fest 2024 | \$5 per person

6:30-8:30 p.m. | Patrick Henry

Join us for a thrilling Fall Family Festival! Enjoy an array of exciting games, explore our spooky haunted house, get creative with arts and crafts, indulge in delicious snacks, and stand a chance to win fantastic prizes.

Family Masquerade Ball | \$9 per person

6:30-9 p.m. | Mount Vernon

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



Exercise & Fitness

alexandriava.gov/RPCA/Fitness

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.

254206-01	Tu	5:15-5:45pm	9/10-10/15	6	\$129	CQRC
254206-02	Tu	5:15-5:45pm	10/29-12/10	7	\$149	CQRC

Beatz & Sweatz: Hip Hop Cardio **NEW!** *

Ages 12 & up. Beatz & Sweatz fuses a heart-pumping cardio workout with a fun dance class that will leave you feeling energized, stronger, and excited for the next class. This is a high intensity hip-hop class.

Ages 12-17

213613-02	F	6-6:45pm	9/13-11/1	8	\$55	CHRC
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Ages 18 & up

213613-01	W	6-6:45pm	9/11-10/30	8	\$55	CHRC
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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) \$85, Walk-ins \$25.

219701-01	M-Th	5:15-6:15pm	9/9-12/19	56	Varies	ODRC
219701-02	M,W,Th	6:30-7:30pm	9/9-12/19	42	Varies	ODRC
219701-03	Sa	9-9:45am	9/14-12/21	14	Varies	NLRC
219701-04	Su	10-11am	9/15-12/22	15	Varies	ODRC

Zumba *

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

213107-01	M	5:30-6:15pm	9/9-12/16	13	\$139	LEEC
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Hi/Lo Impact Aerobics **DROP-IN** *

Ages 18 & up. The class includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to music to energize you and to have fun. This class is designed for all levels - everyone can be successful!

213634-01	Th	10-11am	9/19-11/14	11	\$89	CHRC
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Senior Trailblazers **55+**

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

214023-01	Th	9:30-11:30am	9/12-11/21	11	Free	PHRC
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Senior Body Part Aerobics **55+** *

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

214000-01	M	10-11am	9/9-10/7	5	\$45	PHRC
214000-02	M	10-11am	11/4-12/16	6	\$55	PHRC

Walk & Fit Training **55+**

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

214007-01	W	9-10am	9/11-10/16	6	\$55	PHRC
214007-02	W	9-10am	10/30-12/11	6	\$55	PHRC

Cardio & Strength

Roller Skating

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 Association Certified. For questions, call Christie at 703.623.7354.

213141-01	Tu	6:30-7:25pm	9/10-10/1	4	\$99	PHES
213141-02	Sa	9-9:55am	10/5-10/26	4	\$99	ODRC
213141-03	Sa	9-9:55am	11/2-11/23	4	\$99	PHES

Shadow Boxercise Level I *

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

213705-01	Tu,Th	6:30-7:30pm	9/3-10/3	6	\$69	LARC
213705-02	Tu,Th	6:30-7:30pm	10/22-11/26	4	\$69	LARC

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

Ages 18 & up. Tailored for all fitness levels with modifications for your level, this class focuses on 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.

213157-01	M	4:30-5:30pm	9/9-10/21	6	\$149	ODRC
213157-02	M	4:30-5:30pm	11/18-12/9	4	\$125	ODRC

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!

213610-01	M,W	6:30-7:30pm	9/9-10/17	11	\$105	CHRC
213610-02	M,W	6:30-7:30pm	10/28-12/18	13	\$125	CHRC

Total Body Conditioning for Women *

Ages 18 & up. Designed especially for women's bodies, our group fitness classes focus on building muscle and core strength, along with a bit of cardio, so that you can move with confidence. To register, contact Jennifer at jennifer@lungrenfitnessandwellness.com.

213150-01	Tu	9:15-10:15am	9/10-12/10	14	Varies	PHRC
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Exercise & Fitness

alexandriava.gov/RPCA/Fitness



Hip Hop Fitness & Circuit Training *

Ages 18 & up. This is a cardiovascular fat burning workout for 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.

214002-01	Tu	7-8pm	9/10-10/15	6	\$55	PHES
214002-02	Tu	7-8pm	10/29-12/10	6	\$55	PHES

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.

214008-01	Th	7-8pm	9/12-10/17	6	\$55	PHRC
214008-02	Th	7-8pm	10/31-12/12	6	\$55	PHRC

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. Pre-registration is required at Patrick Henry.

214028-01	Tu	11am-12pm	9/10-12/10	11	Free	PHRC
214028-02	Th	11am-12pm	9/12-12/12	12	Free	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.

214011-01	W	12-1pm	9/11-10/16	6	\$55	PHRC
214011-02	W	12-1pm	10/30-12/11	6	\$55	PHRC

Advanced Senior Body Parts Aerobics **55+** *

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

214027-01	F	10-11am	9/13-10/18	6	\$75	PHRC
214027-02	F	10-11am	11/1-12/13	6	\$75	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

Aquatics & Fitness Center Pass

(Valid at Chinquapin, Minnie Howard & the Outdoor Pools. Includes access to open swim (all pools), saunas, racquetball & fitness room (Chinquapin only)).

Fitness Passes	Resident	Non-resident
Daily Visit	\$9	\$12
1-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



Fall 2024





Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Tumbling

Baby Tumbling **+ADULT**

Ages 18 mo.-2 yrs. with adult. This class introduces basic balancing, tumbling, and agility techniques to children with a group warm-up and individual drills involving parent participation.

222620-01	W	9:30-10am	9/11-10/16	6	\$135	CHRC
222620-02	W	9:30-10am	10/30-12/11	7	\$159	CHRC

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

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



294002-01	Th	9:15-11:15am	10/17	1	\$5	PHRC
294002-02	Th	9:15-11:15am	10/24	1	\$5	PHRC
294002-03	Th	9:15-11:15am	10/31	1	\$5	PHRC
294002-04	Th	9:15-11:15am	11/7	1	\$5	PHRC
294002-05	Th	9:15-11:15am	11/14	1	\$5	PHRC
294002-06	Th	9:15-11:15am	11/21	1	\$5	PHRC
294002-07	Th	9:15-11:15am	12/5	1	\$5	PHRC
294002-08	Th	9:15-11:15am	12/12	1	\$5	PHRC

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.

222605-01	Sa	9:30-10:15am	9/14-10/26	6	\$125	PHRC
222605-02	Sa	9:30-10:15am	11/2-12/7	5	\$105	PHRC

Movement & Gymnastics *****

Ages 3-5. Learn basic gymnastics skills with dance movement. The class will rotate to alternating events each week. Students will gain strength, flexibility, and coordination.

224215-01	M	3:45-4:15pm	9/9-10/21	6	\$135	CQRC
224215-02	Su	9:15-9:45am	9/15-10/27	6	\$135	CQRC
224215-03	Su	11:15-11:45am	9/15-10/27	6	\$135	CQRC
224215-04	M	3:45-4:15pm	11/11-12/9	4	\$95	CQRC
224215-05	Su	9:15-9:45am	11/3-12/8	5	\$115	CQRC
224215-06	Su	11:15-11:45am	11/3-12/8	5	\$115	CQRC

Wiggles, Toes & Rolls *****

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

223613-01	Tu	4:30-5pm	9/10-10/15	6	\$109	CHRC
223613-02	Tu	4:30-5pm	10/29-12/10	7	\$129	CHRC

Gymnastics I *****

Ages 5-9. 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.

224203-01	M	4:30-5:30pm	9/9-10/21	6	\$139	CQRC
224203-02	M	5:45-6:45pm	9/9-10/21	6	\$139	CQRC
224203-03	Th	4-5pm	9/12-10/17	6	\$139	CQRC
224203-04	Su	10-11am	9/15-10/27	6	\$139	CQRC
224203-05	M	4:30-5:30pm	11/11-12/9	4	\$95	CQRC
224203-06	M	5:45-6:45pm	11/18-12/9	4	\$95	CQRC
224203-07	Th	4-5pm	10/31-12/12	6	\$139	CQRC
224203-08	Su	10-11am	11/3-12/8	5	\$119	CQRC

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.

223612-01	Tu	5:15-6:15pm	9/10-10/15	6	\$119	CHRC
223612-02	Tu	5:15-6:15pm	10/29-12/10	7	\$139	CHRC

Basic Tumbling Levels 1 & 2

Ages 5-9. 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.

222606-01	Sa	10:30-11:15am	9/14-10/26	6	\$125	PHRC
222606-02	Sa	11:30am-12:15pm	9/14-10/26	6	\$125	PHRC
222606-03	Sa	10:30-11:15am	11/2-12/7	5	\$105	PHRC
222606-04	Sa	11:30am-12:15pm	11/2-12/7	5	\$105	PHRC

Soccer

Little Kicks Soccer & Me **+ADULT**

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

224004-01	Sa	9:15-10am	9/14-12/14	13	\$249	PHRC
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Soccer Tots *****

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

222610-01	M	11:30am-12:10pm	9/9-10/21	6	\$105	CHRC
222610-02	M	12:20-1:05pm	9/9-10/21	6	\$105	CHRC
222610-03	M	11:30am-12:10pm	10/28-12/2	5	\$89	CHRC
222610-04	M	12:20-1:05pm	10/28-12/2	5	\$89	CHRC
222610-05	Sa	11:30am-12:15pm	9/14-10/26	7	\$125	ODRC
222610-06	Sa	11:30am-12:15pm	11/2-12/14	5	\$89	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).

222600-01	Sa	4-4:45pm	9/21-11/2	7	\$149	JHES
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Little Kicks Soccer *****

Ages 4-6. This co-ed program includes energetic games that enhance kids' soccer skills, teamwork, and overall sportsmanship.

224208-01	Tu	4:30-5:15pm	9/10-11/19	11	\$209	CQPK
224003-01	Sa	10:15-11am	9/14-12/14	13	\$249	PHRC

Little Champions Soccer *****

Ages 7-9. This co-ed program includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship. No program on 9/21.

224212-01	Th	4:45-5:30pm	9/19-11/21	10	\$195	CQPK
224212-02	Sa	12:30-1:15pm	9/14-11/23	10	\$195	CQPK

Racquet Sports

Tennis 4 Kids *****

Ages 3-6. 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.



224211-01	M	10-10:30am	9/9-10/21	6	\$129	CQPK
224211-02	M	5-5:30pm	9/9-10/21	6	\$129	CQPK
224211-03	Tu	9:45-10:15am	9/10-10/15	6	\$129	CQPK
224211-04	Su	9:30-10am	9/15-10/27	6	\$129	CQPK
224211-05	Su	10:10-10:40am	9/15-10/27	6	\$129	CQPK
224211-06	M	5-5:30pm	11/18-12/9	4	\$85	CQPK
224211-07	Tu	9:45-10:15am	10/29-12/10	7	\$149	CQPK
224211-08	Su	5:15-5:45pm	11/3-12/8	5	\$109	CQPK
224211-09	Su	5:50-6:20pm	11/3-12/8	5	\$109	CQPK

FirstServe Tennis 1 & 2 *****

Ages 7-10. FirstServe Tennis teaches the fundamentals of tennis in a fun, friendly, and supportive atmosphere. All basic strokes are covered. Participants must bring their own racquet and wear sports shoes. Ratio 6:1.

222616-01	M	4:30-5:20pm	9/9-11/25	10	\$289	PYPK
222616-03	W	5:30-6:20pm	9/11-11/20	11	\$319	CQPK
222616-04	Th	4:30-5:20pm	9/12-11/21	10	\$289	PYPK

Ages 10-14

222616-02	M	5:30-6:20pm	9/9-11/25	10	\$289	PYPK
222616-05	Th	5:30-6:20pm	9/12-11/14	10	\$289	PYPK

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Advantage Tennis: Middle School Tennis

Ages 11-14. Fun, modern, and healthy tennis classes to improve skills, make friends, and play better. Join us!

222632-01	W	3:30-4:30pm	9/11-10/30	8	\$279	GWMS
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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.

223102-01	M	6:30-7:40pm	9/9-11/25	10	\$375	PYPK
223102-02	W	6:30-7:40pm	9/11-11/20	11	\$415	CQPK
223102-03	Th	6:30-7:40pm	9/12-11/21	10	\$375	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.

223103-01	M	7:50-9pm	9/9-11/25	10	\$375	PYPK
223103-02	W	7:30-9pm	9/11-11/20	11	\$415	CQPK

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.

223113-01	Th	7:50-9pm	9/12-11/21	10	\$375	PYPK
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Pickleball Level 1 *****

Ages 15 & up. By FirstServe. You will learn all the basic strokes including dinks, volleys, forehands, backhands, and keeping score on an outdoor court. Pickleballs are provided. Participants must bring their own paddle. Please wear tennis shoes. Ratio 6:1.

223105-01	Tu	5:30-6:20pm	9/10-11/12	10	\$289	CQPK
223105-02	W	5:30-6:20pm	9/11-11/13	10	\$289	CQPK

Pickleball Level 2 *****

Ages 15 & up. By FirstServe. 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.

223106-01	Tu	6:30-7:20pm	9/10-11/12	10	\$289	CQPK
223106-02	W	6:30-7:20pm	9/11-11/13	10	\$289	CQPK

Pickleball Level 3 *****

Ages 15 & up. By FirstServe. 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.

223114-01	Tu	7:30-8:20pm	9/10-11/12	10	\$289	CQPK
223114-02	W	7:30-8:20pm	9/11-11/13	10	\$289	CQPK





Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Open Pickle Jar Sundays 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. Pre-registration is encouraged, but drop-ins are welcome for \$9 per person.

214034-01	Su	9am-2pm	10/13-12/15	9	\$75	PHRC
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Advantage Tennis: Adult Beginner Tennis *

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

223107-01	M	6-7pm	9/9-11/4	8	\$279	ABPK
223107-02	M	7-8pm	9/9-11/4	8	\$279	ABPK

Intro to Pickleball *

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

223619-01	F	9:15-10:15am	9/13-10/18	6	\$115	CHRC
223619-02	F	9:15-10:15am	10/25-12/6	7	\$85	CHRC

Intermediate Pickleball *

Ages 18 & up. Classes will focus on competitive play and teach 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.

223620-01	F	10:45am-12:15pm	9/13-10/18	6	\$115	CHRC
223620-02	F	10:45am-12:15pm	10/25-12/6	7	\$115	CHRC

Adult Pickleball

Ages 40 & up. Open pickleball offers a space for adults and seniors to stay physically fit and socially active. All equipment is provided.

223712-01	Sa	9:30-10:30am	11/2-11/23	4	\$45	LARC
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Basketball

Jump Shots for Tots

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

222602-01	Sa	10-10:45am	9/21-12/7	11	\$205	NLRC
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Run, Shoot, Basketball

Ages 5-8. 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.

224010-01	Sa	12:15-1pm	9/14-12/7	12	\$229	PHRC
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223621-01	Su	3:25-4:10pm	9/15-12/8	12	\$229	CHRC
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Jump Shots for Kids

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

222602-02	Sa	11am-12pm	9/21-12/7	11	\$215	NLRC
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Preseason Basketball Fundamentals Class

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

222713-01	Sa	9-10am	10/5-11/9	6	\$95	GWMS
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222713-02	Sa	10:15-11:15am	10/5-11/9	6	\$95	GWMS
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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.

222625-01	Sa	12-1pm	9/21-12/7	11	\$215	NLRC
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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.

222722-01	Su	12-1pm	9/15-10/6	4	\$95	PHRC
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Track & Field Conditioning

Ages 6-14. It is never too early to get ready for the track season. Develop techniques used in track & field with an emphasis on teamwork, sportsmanship, and healthy competition.

222721-01	Su	1:15-2:15pm	9/15-10/6	4	\$95	PHRC
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222721-02	Su	2:30-3:30pm	9/15-10/6	4	\$95	PHRC
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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.

224201-01	Sa	10:30-11:15am	9/14-11/23	10	\$195	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! Bring a yoga mat and water bottle for you and the little one. Wear casual clothing.

224206-01	Th	11:20am-12:05pm	9/12-11/21	11	\$209	CQRC
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Lil' Pro Sports

Ages 3-5. Learn the basics of basketball, baseball, tennis, and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports.

222706-01	Sa	10:15-11am	9/14-10/5	4	\$95	LCCM
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222706-02	Sa	11:15am-12pm	9/14-10/5	4	\$95	LCCM
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MiKiDo Ruff & Tumble

Ages 3-5. This class is an exercise program that includes Martial Arts with an emphasis on the four major components of fitness: Endurance, Flexibility, Strength, and Coordination. The program will promote the development of skills in teamwork, focus, and fitness while having fun learning martial arts basics.

212604-01	Sa	9:50-10:50am	9/14-11/9	9	\$159	CQRC
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Little Athletes

Ages 3-5. 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.

224007-01	Sa	11:15am-12pm	9/14-12/14	13	\$249	PHRC
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Biking 4 Tots NEW!

Ages 3-5. This class is designed for younger and less experienced riders and moves at a slow pace. It focuses more on balance, play, and games. Our mini-class will introduce riders to pedals and balance bike activities. Participants are required to bring a balance bike and helmet to class.

222638-01	Sa	3-3:45pm	9/14-10/26	6	\$255	JHES
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Martial Arts 4 Kids

Ages 3-6. Introduce your child to the fundamentals of Taekwondo! Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect, and group interaction. 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.

222626-01	W	10:10-10:40am	9/11-10/16	6	\$145	ODRC
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222626-02	W	10:10-10:40am	10/30-12/11	7	\$169	ODRC
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222626-03	Sa	10:30-11am	9/14-10/12	5	\$105	ODRC
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Touchdown for Tots *

Ages 3-6. Does your kid like to run, catch, throw, and kick? This exciting intro to flag football class is for them. Participants will develop the basic motor skills for football, learn some of the basic rules, and play fun games that will teach them the fundamentals of the game. Spaces are limited. Enroll now.

222603-01	F	6-7pm	9/13-12/6	10	\$189	JHES
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Grand Slam T-Ball

Ages 4-6. This class helps establish the passion and excitement of t-ball while learning the fundamentals of the sport.

224009-01	Sa	1:15-2pm	9/14-12/14	13	\$249	PHRC
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Fall 2024

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Tip Top Ninjas Taekwondo

Ages 4-11. Learn the fun and fundamentals of Taekwondo! Children will learn the basics of kicking, punching, self-defense, core strength, 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 are preferred. This is a no combat, no contact zone/no sparring, where dragons are born.

223617-01	Su	2:45-3:15pm	9/15-10/27	7	\$135	CHRC
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223617-02	Su	2:45-3:15pm	11/3-12/15	6	\$115	CHRC
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Tip Top Sticks Hockey & Lacrosse

Ages 5-8. Tip Top Sticks provides a unique opportunity to experience two different stick sports in a single session. Participants will start by learning the basics of hockey, followed by lacrosse. They will develop essential skills such as stickhandling, passing, and scoring through scrimmage games, all while gaining an understanding of sportsmanship.

224214-01	Sa	9:30-10:15am	9/12-11/21	10	\$195	CQRC
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First Down Flag Football

Ages 5-9. Our flag football program will help players develop an understanding of the game, rules, and technical skills in a fun-filled, exciting environment.

224216-01	Th	5:35-6:20pm	9/12-11/21	11	\$209	CQPK
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224216-02	Sa	11:30am-12:15pm	9/14-11/23	10	\$195	CQPK
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Miracle League Adaptive Sports

Ages 5 & up. This program provides a non-competitive environment for children with cognitive, developmental, and physical challenges to play sports at their own pace.

222725-01	W	4:30-5:30pm	11/6-12/11	5	\$65	NLRC
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Lil' Sticks Field Hockey

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

222711-01	Su	12-1pm	10/6-10/27	4	\$95	NLRC
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Skateboarding 4 Kids

Ages 7-14. Get ready for an action-packed skateboarding program filled with fun, excitement, and safety. Participants will learn essential skills such as riding safely, making turns, approaching ramps, executing tricks like the rock n roll, rock to fakie, ollie, grind, drop in, and getting air. Daily activities will include instructional moves and skating games. Please remember to bring your own skateboard, pads, and helmets.

222623-01	Tu	4-5pm	9/10-10/15	6	\$115	SJSP
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222623-02	Sa	4-5pm	9/14-10/26	6	\$115	SJSP
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Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

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.

223101-01 W 7-8pm 9/18-11/6 8 \$119 PHES

Leagues

T-Ball & Coach Pitch Baseball League

Ages 4-8 as of September 30, 2024. Teams are formed by recreation districts. Teams will practice once or twice a week (practice days and times vary). League games will take place on Saturday afternoons. Open to City of Alexandria residents only.

T-Ball (Ages 4-6)

222719-01 M-Sa 5-7pm 9/9-11/2 \$95 Location Varies

Coach Pitch (Ages 6-8)

222719-02 M-Sa 5-7pm 9/9-11/2 \$95 Location 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. No program on 10/5.

Youth Games (Ages 5-17)

222705-01 W 4:30-5:30pm 9/11-10/16 6 \$65 LCCM

Adult Games (Ages 18+)

222705-02 Sa 1-2:30pm 9/7-10/19 6 \$65 LCCM

Girls Volleyball League *

Ages 9-14 as of Dec. 31, 2024.

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

222703-01 Th,F,Su 6-9pm 9/22-12/15 \$95 Location Varies



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



Sports Events

Rookie Baseball Clinic

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

Ages 4-5

222716-01 Tu, Th 5-6pm 9/3-9/5 2 \$45 LCCM

Ages 6-8

222716-02 Tu, Th 6:15-7:15pm 9/3-9/5 2 \$45 LCCM

Nerf Fencing

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

222609-01 W 4-5pm 9/11-10/16 6 \$135 ODRC

222609-02 W 4-5pm 10/30-12/11 7 \$159 ODRC

Nerf the Turf

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

284007-01 F 6:30-8:30pm 9/13 1 \$15 PHES

284007-02 F 6:30-8:30pm 10/4 1 \$15 PHES

284007-03 F 6:30-8:30pm 11/1 1 \$15 PHES

284007-04 F 6:30-8:30pm 11/22 1 \$15 PHES

284007-05 F 6:30-8:30pm 12/13 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.

284006-01 F 6:30-8:30pm 9/20 1 \$15 PHES

284006-02 F 6:30-8:30pm 10/11 1 \$15 PHES

284006-03 F 6:30-8:30pm 11/8 1 \$15 PHES

284006-04 F 6:30-8:30pm 12/6 1 \$15 PHES

284006-05 F 6:30-8:30pm 12/20 1 \$15 PHES

Youth Baseball Home Run Contest **NEW!**

Ages 8-12. Join us under the lights at Miracle Field for an opportunity to be crowned Home Run Champ! Each player will hit 20 baseballs. The contest will be divided into two age groups (8-10 & 10-12). Open to City of Alexandria residents only.

222728-01 Sa 7-9pm 9/28 1 \$9 LCCM

Girls Preseason Volleyball Clinic

Ages 9-14 as of December 31, 2024. Prepare for volleyball season by mastering the basics. Open to City of Alexandria residents only.

Ages 9-11

222723-01 Su 1-2 9/8-9/15 2 \$45 JHES

Ages 9-14

222723-02 Su 2:15-3:15pm 9/8-9/15 2 \$45 JHES

Coed Softball

Ages 18 & up. Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 8/1-9/1 League Play: September-November 2024. Register by team.

223205-06 M-Th Varies 9/9-11/27 \$555 FMPK

Coed Soccer

Ages 18 & up. Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 8/1-9/1 League Play: September-November 2024. Register by team.

223200 M-Th Varies 9/9-11/27 \$795 LMFD

Coed Volleyball

Ages 18 & up. Bump Set Spike! Make your workout social by exercising with a team at weekly volleyball games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 6 and minimum of 4 of either gender. Registration: 8/1-9/1 League Play: September-November 2024. Register by team.

223201-02 Tu Varies 9/9-11/27 \$555 JHES

Winter Basketball League

Ages 7-18. League play will be available for boys and girls ages 7-18 as of March 31, 2025. (Players age 18 must still be in high school). Teams are formed in the 8, 10, 12, 14 and 18 & under leagues. Recreation districts form youth basketball teams except for boys' teams in the 14 & 18 and under divisions, which are formed by a skills assessment and draft system. Important League Dates: Registration 9/15-11/15. Practices begin the week of 12/9. League games begin 1/11/25. Open to City of Alexandria residents only.

Alexandria Select Basketball

Grades 5-7. The Alexandria Department of Recreation, Parks, and Cultural Activities will participate in the Fairfax County Youth Basketball League (FCYBL) as Alexandria Select. The Select teams will offer advanced players the opportunity to participate in a more competitive basketball environment. To be eligible for a team, participants must be residents of the City of Alexandria. The dates for skill evaluations are listed below. To qualify for the 5th grade team, players must be younger than 12 by September 1, 2024. To qualify for the 6th grade team, players must be younger than 13 by September 1, 2024. To qualify for the 7th grade team, players must be younger than 14 by September 1, 2024.

Girls 5th Grade

322702-01 Sa, Su 12:15-1:15pm 10/12-10/13 2 \$135 MVRC

Girls 6th Grade

322702-02 Sa, Su 1:30-2:30pm 10/12-10/13 2 \$135 MVRC

Girls 7th Grade

322702-03 Sa, Su 2:45-3:45pm 10/12-10/13 2 \$135 MVRC

Boys 5th Grade

322702-04 Sa, Su 12:15-1:15pm 10/19-10/20 2 \$135 MVRC

Boys 6th Grade

322702-05 Sa, Su 1:30-2:30pm 10/19-10/20 2 \$135 MVRC

Boys 7th Grade

322702-06 Sa, Su 2:45-3:45pm 10/19-10/20 2 \$135 MVRC

Fall 2024





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.

243801-01	M,W	10am-12pm	9/16-10/23	12	\$79	MVRC
243801-02	M,W,F	10am-12pm	9/16-10/25	18	\$99	MVRC
243801-03	M,W	10am-12pm	11/4-12/11	12	\$79	MVRC
243801-04	M,W,F	10am-12pm	11/4-12/11	17	\$99	MVRC

Little Hands Books & Beyond **+ADULT**

Ages 3-5 with adult. Early literacy group designed with your preschooler's need for movement and telling stories. Springboard from a book into a world of learning and fun with props, puppets, music, and sounds - an engaging way to begin the reading journey. Taught by licensed speech therapist Vanessa Talbott. To register, visit littlehands.com or call 703.631.2046.

259705-01	W	12:30-1:15pm	9/18-11/20	10	\$235	ODRC
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My First Piggy Bank *

Ages 5-9. Earn, save, spend, and donate! Through math games and hands-on activities, kids learn about key financial concepts like money, budgeting, and saving. Students will also learn the basic concepts of philanthropy and donating to charity. Everyone will make their very own piggy bank to take home!

224220-01	M	4-5pm	9/9-11/4	8	\$215	CQRC
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Lego® Lab **DROP-IN** *

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

294000-01	Tu	6-7:30pm	9/10-12/10	6	Free	PHRC
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Magnus Chess Club

Ages 6-13. 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.



242632-01	W	6-7pm	10/2-12/11	10	\$199	ODRC
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Adult Social Club

Ages 18 & up. This club is for adults with special needs and disabilities. Participants will develop leisure and recreational interests, awareness, and life skills through activities, special events, and outings in the Metropolitan area. All new participants are required to do an initial assessment before starting programs. To register, please contact the Therapeutic Recreation office at 703.746.5535. No program on 10/5, 10/26, 11/9 & 11/30.

243000-01	Sa	11:30am-3:30pm	9/7-12/21	12	\$75	NLRC
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Durant Adult Socials

Ages 18 & up. Join us for a fun paint night with friends! Each participant will create and take home their handmade candles. Refreshments will be provided.

243129-02	F	7:30-9:30pm	11/15	1	\$25	ODRC
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Connect With Us

alexandriava.gov/RPCA/Social

Technology & Science

Playtime Express **+ADULT**

Ages 0-5 with adult. Does your child need to play and burn off some energy? In this self-directed play environment, your child will engage in activities to develop their social skills, self-discovery, and build their imagination. Engage through inflatables, building blocks, LEGOs, balls, and inter-active toys that will increase their learning.

293901-01	W,Th	10:30am-1:30pm	9/4-9/26	8	\$79	NLRC
293901-02	W,Th	10:30am-1:30pm	10/9-10/31	8	\$79	NLRC
293901-03	W,Th	10:30am-1:30pm	11/6-11/21	6	\$59	NLRC
293901-04	W,Th	10:30am-1:30pm	12/4-12/19	6	\$59	NLRC

Robotics & Visual Coding With Lego®

Ages 5-9. Skill Level: Beginner. In our Jr. Lego Robotics class, we use the Education WeDo Base Set and Software to introduce younger children to the exciting world of Lego and programming. This class combines the fun of Lego with learning the basics of visual programming. Using an application with a drag-and-drop interface, students create commands for their robots to follow. Though visually simple to use, the application is capable of executing complex instructions. Through working in small teams, students also learn the importance of teamwork.

242633-01	Sa	9:30-10:30am	10/26-12/7	6	\$165	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, & touch to create the ultimate robot! Students will work together as a small team of young engineers to build and program their designs. This class is great for children who are hands-on and like working together in small teams.

242633-02	Sa	10:45-11:45am	10/26-12/7	6	\$165	ODRC
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Science Art Mania *

Ages 5-12. Little scientists are introduced to awesome activities that foster curiosity, "what if" questions, and messy fun! Activities include learning how volcanoes evolve and erupt, making lava lamps, illuminating gooey slime, zipping hovercrafts, and more.

243800-01	Tu	6:15-7:15pm	9/10-10/15	6	\$105	MVRC
243800-03	Tu	6:15-7:15pm	10/22-11/26	6	\$105	MVRC

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 experience in innovation and the underlying mechanics of 3D gaming.

222631-01	Sa	9:30-10:30am	9/14-10/19	6	\$165	ODRC
222631-02	Sa	10:45-11:45am	9/14-10/19	6	\$165	ODRC



Coding & Game Design With Scratch

Ages 6-9. Using a custom mod called Computercraft, students will learn how to program robots called Turtles inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements and for-while loops. Students will implement their functions using Lua, a simple scripting language.

242616-01	Th	5-6pm	10/3-11/7	6	\$165	ODRC
242616-02	Th	6:15-7:15pm	10/3-11/7	6	\$165	ODRC

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.

Ages 6-9

242601-01	Su	1:15-2:15pm	9/29-11/3	6	\$165	CHRC
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Ages 10-14

242601-02	Su	6:15-7:15pm	9/29-11/3	6	\$165	CHRC
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OPEN DAILY!
8:30AM-4PM

WINKLER BOTANICAL PRESERVE

Wooded trails, streams, a lake, and a waterfall
create an urban oasis in Alexandria's west end.

Winkler Botanical Preserve • 5400 Roanoke Ave., Alexandria

novaparks.com/Winkler



Ballet

Pre-Ballet & Movement *

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.

252605-01	Sa	9:15-10am	9/14-12/7	10	\$149	CHRC
252605-02	Sa	9:15-10am	9/14-12/7	10	\$149	PHES
252605-03	Tu	1:45-2:30pm	9/10-12/3	10	\$149	ODRC

Ballet I

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

252610-01	Sa	10:15-11:05am	9/14-12/7	10	\$149	CHRC
252610-02	Sa	10:15-11:05am	9/14-12/7	10	\$149	PHES

Ballet II

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

252611-01	Sa	11:15am-12:05pm	9/14-12/7	10	\$149	CHRC
252611-02	Sa	11:15am-12:05pm	9/14-12/7	10	\$149	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.



252612-01	Sa	12:15-1:15pm	9/14-12/7	10	\$155	CHRC
252612-02	Sa	12:15-1:15pm	9/14-12/7	10	\$155	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.

252643-01	Sa	1:25-2:25pm	9/14-12/7	10	\$149	PHES
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Dance

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. No program on 9/21.

254205-01	Sa	11-11:30am	9/14-10/26	5	\$75	CQRC
254205-02	Sa	11-11:30am	11/2-12/7	5	\$75	CQRC

Rhythm Time With Parent +ADULT *

Ages 2-5 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!

253623-02	F	6:15-6:45pm	9/13-10/25	7	\$59	CHRC
253623-03	F	6:15-6:45pm	11/1-12/13	7	\$59	CHRC

Modern Dance 4 Kids

Ages 5-9. Modern dance appeals to the creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy, and connection. Students will learn a variety of dance styles including hip hop, jazz, and more.

254200-01	W	5-5:50pm	9/11-10/16	6	\$105	CQRC
254200-02	W	5-5:50pm	10/30-12/11	7	\$125	CQRC

Hip Hop Dance *

Ages 6-10. Dancers learn elements of hip hop dance such as breaking, popping, locking, and freestyle. Instructor: Local Motion Project.

253804-01	F	5-6pm	9/13-12/6	12	\$299	MVRC
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Jazz Hip Hop Combo *

Ages 7-11. Jazz Hip Hop dance class infuses the funky style of hip hop with the technical side of jazz. Students will learn the fundamentals of each style such as isolations and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement.

254201-01	F	6-6:50pm	9/13-10/18	6	\$139	CQRC
254201-02	Sa	9-9:45am	9/14-10/26	6	\$139	CQRC
254201-03	Th	6-6:50pm	11/7-12/12	5	\$115	CQRC
254201-04	Sa	9-9:45am	11/2-12/7	5	\$115	CQRC

Intro to Ballroom Dance

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

253102-01	W	7-8:15pm	9/11-10/30	8	\$85	ODRC
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Intermediate Ballroom *

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

253104-01	F	7-8:15pm	9/13-11/1	8	\$85	ODRC
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Evergreen: Line Dancing Waltz 101 NEW! *

Ages 18 & Up. This class welcomes everyone to learn the graceful art of line dancing, no partner required. This beginner-friendly program introduces participants to waltz-inspired steps set to timeless tunes. Join us for a delightful journey.

254004-01	Th	9:30-10:30am	9/26-10/31	6	\$55	PHRC
254004-02	Th	9:30-10:30am	11/7-12/19	6	\$55	PHRC

Rockin' Maracas: Line Dancing NEW! *

Ages 55 & Up. Get ready for an exciting challenge with our Advanced Line Dance Class! You will learn fancy dance moves, smooth footwork, and exciting rhythms. Join our group of amazing dancers to improve your skills and have a blast on the dance floor.

254007-01	Th	10:30-11:30am	9/26-10/31	6	\$75	PHRC
254007-02	Th	10:30-11:30am	11/7-12/19	6	\$75	PHRC

Sugar Feet: Line Dancing 101 NEW! *

Ages 55 & Up. Join our Intermediate Line Dance Class! Experience new dance moves with lively music and supportive company. Enhance your dancing skills, footwork, and rhythm in a friendly environment.

214033-01	M	10:30-11:30am	9/23-11/4	7	\$55	PHRC
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Sugar Feet: Line Dancing 102 NEW! *

Ages 55 & Up. Join our Intermediate Line Dance Class! Experience new dance moves with lively music and supportive company. Enhance your dancing skills, footwork, and rhythm in a friendly environment.

214032-02	M	11:30am-12:30pm	11/18-12/16	5	\$55	PHRC
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Wanna Dance NEW! DROP-IN *

Ages 55 & Up. Start your day with rhythm and fun in a laid-back atmosphere filled with classic hits, where you can dance your way into the day. Whether you're a seasoned dancer or just starting, come join us, and let's kick off the morning with music and movement!

254008-01	Th	9-10am	9/26-12/12	12	Free	PHRC
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Music

Little Hands Music +ADULT *

Ages 0-7 with adult. 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.



259704-01	W	10:30-11:15am	9/18-11/20	10	\$205	ODRC
259704-02	W	11:15am-12pm	9/18-11/20	10	\$205	ODRC
259704-03	Th	10:30-11:15am	9/19-11/21	10	\$205	CHRC
259704-04	Th	11:15am-12pm	9/19-11/21	10	\$205	CHRC

My First Music Class +ADULT

Ages 2-5 with adult. Instructor: Learn Now Music Group. Explore music with fun topics such as the farm, chefs, sea, animals, 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, listening, and melody development.

242623-01	Sa	10-10:30am	10/19-12/14	8	\$159	ODRC
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Little Fingers Piano

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

242618-01	Sa	10:35-11:05am	10/19-12/14	8	\$159	ODRC
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Group Piano *

Ages 5-12. Instructor: Learn Now Music Group. Students will participate in an ensemble music group. They will learn about different musical instruments and how to play in a music group. Rental instruments and music are included in the program. Students can take the instruments and music home between classes. A rental agreement must be signed, and the instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the cost of returning and/or replacing any instruments that are not returned or damaged.

242624-01	W	6-7pm	10/16-12/11	8	\$179	CHRC
242624-02	Th	6-7pm	10/17-12/12	8	\$179	PHRC
242624-03	M	6-7pm	10/21-12/16	8	\$179	ODRC

Group Guitar *

Ages 5-12. Instructor: Learn Now Music Group. Students will participate in an ensemble music group. They will learn about different musical instruments and how to play in a music group. Rental instruments and music are included in the program. Students can take the instruments and music home between classes. A rental agreement must be signed, and the instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the cost of returning and/or replacing any instruments that are not returned or damaged.

242617-01	W	7-8pm	10/16-12/11	8	\$179	CHRC
242617-02	Th	7-8pm	10/17-12/12	8	\$179	PHRC
242617-03	M	7-8pm	10/21-12/16	8	\$179	ODRC

Group Violin *

Ages 5-12. Instructor: Learn Now Music Group. Students will participate in an ensemble music group. They will learn about different musical instruments and how to play in a music group. Rental instruments and music are included in the program. Students can take the instruments and music home between classes. A rental agreement must be signed, and the instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the cost of returning and/or replacing any instruments that are not returned or damaged.

242621-01	M	5-6pm	10/21-12/16	8	\$179	ODRC
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Mark's Music Prep (Private Music Lessons) *

Ages 6 & up. Sharpen your musical knowledge or embark on a new musical journey by enrolling in private music lessons. Areas of instruction include piano, violin, cello, and double bass. The 30-minute lessons are one-on-one with instructor Mark Evans. The piano is provided by the facility, while all other instruments are to be provided by the student.

242611-01-13 F 1:30-9pm 9/13-12/13 12 \$539 ODRC

Teen/Adult Group Piano *

Ages 16 & up. Instructor: Learn Now Music Group. Students will participate in a beginner group music class, and learn basic music notation, musical theory, and ensemble playing. Rental keyboard and music included.

243130-01 Tu 7-8pm 10/29-12/17 8 \$179 ODRC

Teen/Adult Group Guitar *

Ages 16 & up. Instructor: Learn Now Music Group. Students will participate in a beginner group music class, and learn basic music notation, musical theory, and ensemble playing. Rental guitar and music included.

243131-01 Tu 8-9pm 10/29-12/17 8 \$179 ODRC

Seniors in Sync DROP-IN *

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.

254006-01 Tu 10-11am 9/10-12/17 14 Free PHRC

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.

252600-01 M 10-10:45am 9/16-11/18 8 \$159 ODRC

252600-02 Sa 11-11:45am 9/21-11/9 8 \$159 ODRC

252600-03 Tu 11-11:45am 9/17-11/12 8 \$159 MVRC

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.

252613-01 Sa 10-10:45am 9/21-11/9 8 \$159 ODRC

Drawing for Young Rembrandts

Ages 5-10. Young Rembrandts' Anime Cartoon classes will bring out your child's inner artist by teaching them the technique of Anime Manga cartooning. Anime and manga are popular art styles derived from Japanese culture. The students will create characters and scenes utilizing these dynamic and exciting art styles.

252627-01 W 4-5pm 9/25-11/13 8 \$179 ODRC

Artistic Drawing With Young Rembrandts

Ages 5-10. Using a structured stepwise format to teach useful drawing skills while developing creative thinking strategies, students develop academically relevant skills such as spatial-motor planning, mental discipline, and fine motor skills. Students deconstruct complex objects into familiar shapes, then use problem-solving and imagination to make their own works of art. New lessons every session!



252626-01 Sa 10-11am 9/28-11/16 8 \$179 ODRC

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.

254003-01 M 5:30-7pm 9/16-10/28 6 \$55 PHRC

254003-02 M 5:30-7pm 11/4-12/16 7 \$55 PHRC

Artworks

Ages 18 & Up. Let your creative side shine through while using a variety of art mediums and learning new skills. This program is geared toward individuals with intellectual and developmental disabilities. All new participants are required to do an initial assessment before starting programs. Please contact the Therapeutic Recreation office for more information at 703.746.5535. No program on 10/30 & 11/27.

253000-00 W 6-7:30pm 10/9-12/18 9 \$45 NLRC

Silver Artisans DROP-IN *

Ages 55 & Up. A nurturing space for senior citizens to explore their creative passions. Our program provides tailored art sessions designed to stimulate imagination and foster self-expression. Join us for a welcoming environment where seniors can connect, share stories, and rediscover the joy of artistry.

284015-01 M,F 10am-12pm 10/18-12/13 14 Free PHRC



Register through alexandriava.gov/WebTrac



Teen Centers

Charles Houston Recreation Center

901 Wythe St. | 703.746.5552

Leonard "Chick" Armstrong Recreation Center

25 West Reed Ave. | 703.746.5554

Patrick Henry Recreation Center

4653 Taney Ave. | 703.746.5557

William Ramsay Recreation Center

5650 Sanger Ave. | 703.746.5558

To discover Teen Center hours and get the scoop on awesome events, programs, and trips for teens, visit alexandriava.gov/rpca/teens



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.



RPCA is the Place for TEENS!

Check out our teen events & classes on page 31.





Arts 275th Commemorative Grant Program

The City of Alexandria's Office of the Arts is pleased to announce funding and awardees for the Arts 275th Commemorative Program Grant, provided with funding by the City and an Arts Project grant from the National Endowment for the Arts. This project is a collaboration with support from the Office of Historic Alexandria and community stakeholders.

Awardees will create art programs and events that may honor the past, embrace the present and celebrate the future through artistic historical reflections/commissions, and thought-provoking art projects. For information about the grant, awardees and the activities happening now through December, visit alexandriava.gov/Arts or email arts@alexandriava.gov.



Maker Faire® NoVa

Sunday, October 20

10 a.m.-4 p.m.

Alexandria City High School & Chinquapin Park

The City of Alexandria is partnering with Nova Labs to bring back Maker Faire NoVa! This beloved event is returning after five years and will now be held in its new home in Alexandria. Maker Faire is a family-friendly event that brings together people of all ages who are curious, creative, and love sharing their talents. Whether you're an engineer, artist, scientist, or crafter, Maker Faire NoVa 2024 is a day for you to enjoy, experiment, and share in the excitement. We call it the Greatest Show (& Tell) on Earth. You can purchase tickets online at nova.makerfaire.com/tickets.

For more information, please visit alexandriava.gov/arts/makerfaire.



Arts Grant Program (Online)

The City of Alexandria's Annual Arts Program is designed to support artistic excellence in the city by assisting arts and nonprofit organizations to provide affordable local artists with opportunities to create, perform, and present their works. Each year, approximately \$242,000 in City and State funds are awarded based on a competitive grant evaluation process and require a 1:1 cash match from the applicant. For Fiscal Year 2026 Annual Arts Program grant information, email arts@alexandriava.gov or visit alexandriava.gov/Arts.

Congratulations to the Fiscal Year 2025 Annual Arts Program Grantees

The Alexandria Commission for the Arts and the Office of the Arts joins everyone in Alexandria in congratulating the Fiscal Year 2025 Annual Arts Program grantees. Throughout the year, Alexandrians are enriched by the works of these groups and many other arts groups in the city.

Alexandria Choral Society
alexandriachoralsociety.org

Alexandria Citizens Band
alexandriacitizensband.org

Alexandria Film Festival
AlexandriaFilm.com

Alexandria Harmonizers
Harmonizers.org

Alexandria Singers
alexandriasingers.com

Alexandria Symphony Orchestra
Alexsym.org

Armed Services Arts Partnership
Asapasap.org

The Art League
TheArtLeague.org

Del Ray Artisans
delrayartisans.org

Eclipse Chamber Orchestra
Eclipseco.org

Encore Creativity for Older Adults
encorecreativity.org

Encore Stage and Studio
encorestage.org

Heard
heardnova.org

Helping Hearts Through the Arts
helpingheartsthroughthearts.com

MetroStage
metrostage.org

Momentum Collective, Inc
momentumcinc.org

Monumental Theatre Company
monumentaltheatre.org

Northern Virginia Fine Arts Association
nvfaa.org

Quintango
Quintango.com

Sound Impact
SoundImpact.org

Symphony Orchestra of Northern Virginia
sonovamusic.org

The Campagna Center
campagnacenter.org

The Thirteen Choir
TheThirteenChoir.org

UpCycle Creative Reuse Center
UpCycleCRC.org

Washington Metropolitan Gamer Symphony Orchestra
wmgso.org

Washington Metropolitan Philharmonic Orchestra
wmpamusic.org

Young Playwrights Theater
youngplaywrightstheater.org



Torpedo Factory Art Center Celebrating 50 Years

Free | 105 N. Union St. | Open Daily: 10 a.m.-6 p.m.*
torpedofactory.org | 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. Celebrate the Art Center's 50th Anniversary from September 13-15. Visit the Torpedo Factory's website to learn about the festivities. *Periodic 5 p.m. closure for private events. See dates on our website.

Office of the Arts Exhibitions

Free | 105 N. Union St. | Located in the Target Gallery at the Torpedo Factory Art Center

Acoustic Invasion: A New Soundscape of Reshaped Nature

September 29. Presented in partnership with Virginia Tech's Institute for Creativity, Arts, and Technology (ICAT), the exhibit explores how invasive species reshape the biosphere, threatening native biodiversity and the ecosystem on which society depends, with cascading effects. Through analyzed data and visualized audio, visitors will experience an invasion of immersive soundscapes and moving imagery of nature changing by the presence of invasive species.

CyberArts: Exploring Cybersecurity Through Imagery, Sound, Performance, Space & Time

October 5, 2024 through early 2025. Presented in partnership with the Commonwealth Cyber Initiative (CCI) & Virginia Tech's Institute for Creativity, Arts, and Technology (ICAT), visitors will join Virginia researchers and artists as they challenge you to look at cybersecurity and your personal data in a new way. The 2024 CyberArts Exhibit explores identity, privacy, scams, misinformation, surveillance, artificial intelligence, and more in an ever-changing world. A reception will be held on October 18, 2024.

Exhibitions are sponsored in part by the Hilton Alexandria Mark Center.

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



national arts & humanities month

in America. NAHM was launched by Americans for the Arts more than 30 years ago as National Arts Week in honor of the twentieth anniversary of the National Endowment for the Arts and National Endowment for the Humanities. NAHM is an opportunity for everyone to help change public perception and promote the crucial role of the arts and humanities in promoting individual well-being, addressing trauma, connecting cultures, highlighting inequities, and making our communities healthier and stronger. To learn more about NAHM, visit americansforthearts.org/events/national-arts-and-humanities-month.

City of Alexandria Searches for Poet Laureate

The City of Alexandria's Office of the Arts is in search of a Poet Laureate to promote an appreciation of poetry as an art form, promote creative writing and reading of literature, and promote literacy through poetry. The individual will serve as Poet Laureate for three years and receive a modest annual honorarium.

Individuals can nominate themselves or be nominated by someone else. Nominees must distinguish themselves in the field of poetry through the body of work created; be a resident of the City for a minimum of one year and maintain residency through the three-year term of service; must accept the Poet Laureate post as a ceremonial role, which includes presentations of work appropriate for all audiences; and be 21 years of age or older. For additional information about the Poet Laureate program, email the Poet Laureate at poet@alexandriava.gov.

Alexandria Poetry Contest: DASHing Words in Motion

The "DASHing Words in Motion" poetry contest will bring recognition to writers, promote an appreciation of poetry as an art form, and provide inspiration to individuals using the Alexandria Transit Company's DASH Buses and Trolleys. The competition is to encourage quality writing by writers 16 years or older, who live, work, or study in the City of Alexandria, VA. The "DASHing Words in Motion" program provides a venue for writers to display their poems. The participation in the "DASHing Words in Motion" is voluntary. Selected poets are not reimbursed for submittals or participation in the program.



Online Submission Deadlines

Poet Laureate - January 10, 2025

DASHing Words in Motion - January 17, 2025

To sign up for either program, visit the Office of the Arts website at alexandriava.gov/Arts.



Camps

Tennis 4 Kids Camp

Ages 4-6. Learn to play like the pros in this exciting and interactive tennis class consisting of drills and cardio exercises to keep kids agile and on their feet during gameplay. Kids learn the fundamental rules of the game and techniques. Participants must bring their own racquet.

274210-01	Th, F	9am-12pm	10/3-10/4	2	\$85	CQPK
274210-02	F	9am-12pm	10/25	1	\$49	CQPK
274210-03	F	9am-12pm	11/1	1	\$49	CQPK
274210-04	M	9am-12pm	11/4	1	\$49	CQPK

Getting into Shapes

Ages 5-7. Students will learn to draw pictures using shapes, shading, and definition. They will also learn different techniques for painting and gain exposure to different mediums. Materials are included.

274213-01	Th, F	9am-4pm	10/3-10/4	2	\$149	CQRC
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Play-Well Camps

Ages 5-7. Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that returning students also get a new experience. Join us to design, build, and explore your craziest ideas like never before.

272604-01	F	9am-12pm	10/25	1	\$45	ODRC
272604-02	M	9am-12pm	12/23	1	\$45	ODRC
272604-03	M	1-4pm	12/23	1	\$45	ODRC



Bathbomb Explosion Camp

Ages 5-7. Campers will experiment with different formulas, colors, and scents to create bath bombs they can use or gift.

274214-01	F	9am-4pm	10/25	1	\$105	CQRC
272606-01	F	9am-4pm	11/1	1	\$105	PHRC

Loopy Lips Lipstick & Lip Balm Making

Ages 5-7. Students will experiment with different formulas, colors, and scents to create lipsticks and lip balms they can use or gift.

272607-01	F	9am-4pm	10/25	1	\$105	PHRC
274215-01	F	9am-4pm	11/1	1	\$105	CQRC

The Science Seed Camp

Ages 5-8. In each of our day camps, little scientists will explore a theme with experiments, crafts, and fun! They will also have outdoor recess, story time related to the day's theme, free indoor exploration time, and more. Email thescienceseed@gmail.com for full descriptions of each camp.

Fabulous Flight

272691-01	F	9am-4pm	10/25	1	\$105	ODRC
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Pizza Pizza!

272691-02	M	9am-4pm	11/4	1	\$105	ODRC
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Spark Business Money Math Camp

Ages 5-9. This class teaches the foundations of financial literacy, featuring a practical math lab where campers learn and reinforce computational skills. From playing money math games to learning about budgeting, campers will have a fun time enhancing their "real life" math skills!

272654-01	F	9am-4pm	11/1	1	\$95	ODRC
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Art & Nature

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

269862-01	Th	9am-3pm	10/3	1	\$75	BFNC
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Native Virginia

Ages 5-10. Have red eared sliders always been found in Virginia? What about big-eared bats? Join us as we discuss Virginia wildlife, and whether common species are native or invasive. We will even get to meet some live animals! Snacks will be provided. Please bring a water bottle and bagged lunch.

269862-02	F	9am-3pm	10/4	1	\$75	BFNC
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Junior Scientist

Ages 5-10. Join us for a day filled with experiments as we explore all branches of science! Snacks will be provided. Please bring a water bottle and bagged lunch.

269862-03	M	9am-3pm	11/4	1	\$75	BFNC
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Tiny Chefs Camps

Ages 5-10. Spend your day off cooking! Each camp session has a different cooking theme. With hands on instruction, campers will learn how to create delicious good and learn cooking techniques. All supplies are provided by the instructors. Tiny chefs ensures all products follow the FDA warning labels. Environmental factors and products that are not labeled with cross-contamination disclaimers are not ensured by Tiny Chefs. Students with severe nut allergies should not attend. Additional allergies cannot be accommodated.

272677-01	Th, F	9am-4pm	10/3-10/4	2	\$225	ODRC
272677-02	F	9am-4pm	10/25	1	\$155	ODRC
272677-03	M	9am-4pm	11/4	1	\$155	ODRC

Junior Athletes Training Camp

Ages 5-11. Our program is tailored for young sports enthusiasts, focusing on skill development, teamwork, and fitness in a fun-filled environment.

From court drills to field games, participants hone their abilities while forging lifelong friendships.

214029-01	M-Th	5:30-6:30pm	9/9-9/12	4	\$29	PHRC
214029-02	M-Th	5:30-6:30pm	9/16-9/19	4	\$29	PHRC
214029-03	M-Th	5:30-6:30pm	9/23-9/26	4	\$29	PHRC
214029-04	M-Th	5:30-6:30pm	9/30-10/3	4	\$29	PHRC
214029-05	M-Th	5:30-6:30pm	10/7-10/10	4	\$29	PHRC

Ultimate Music Experience Camp

Ages 5-12. Learn Now Music introduces campers to a variety of musical instruments and concepts such as piano, guitar, violin, drums, voice, and movement. Campers participate in musical games, crafts, listening excerpts, and more. Each participant will receive a free T-shirt and Camp Bag! Free instrument rentals are provided for in-camp use (signature required).

272668-01	F	9am-5pm	10/25	1	\$105	ODRC
272668-02	F	9am-5pm	11/1	1	\$105	ODRC
272668-03	M-F	9am-5pm	12/30-1/3	5	\$299	ODRC

Cyberteck Camps

Ages 6-10. In this class, students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch 3 (developed by the MIT Media Lab). Students will use their imaginations and implement creative thinking while learning how to create and program simple 2D games. Whether your child has no experience or has already had a scratch coding class in school, this course can be a great start or continuation to their coding journey.

272603-01	Th, F	9am-3pm	10/3-10/4	2	\$129	ODRC
272603-02	M	9am-3pm	11/4	1	\$65	ODRC

Abrakadoodle Art Camps

Ages 6-12. What better way to engage developing minds than through creative STEAM lessons designed especially for them? Age-appropriate science, technology, and engineering blend seamlessly with art projects. Students explore Math concepts such as geometry, fractions, and size.

272600-01	Th, F	9am-3pm	10/3-10/4	2	\$129	ODRC
272600-02	F	9am-3pm	11/1	1	\$65	ODRC

Magnus Chess Camp

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

272675-01	Th, F	9am-4pm	10/3-10/4	2	\$175	ODRC
272675-02	Th, F	9am-4pm	1/2-1/3	2	\$175	ODRC

Hoop Life Basketball Camp

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

272601-01	Th, F	9am-4pm	10/3-10/4	2	\$195	JHES
272601-02	F	9am-4pm	10/25	1	\$95	JHES

Fall 2024



272601-03	F	9am-4pm	11/1	1	\$95	JHES
272601-04	M	9am-4pm	11/4	1	\$95	JHES
272601-05	M	9am-4pm	12/23	1	\$95	JHES
272601-06	Th, F	9am-4pm	12/26-12/27	2	\$195	JHES
272601-07	M	9am-4pm	12/30	1	\$95	JHES
272601-08	Th, F	9am-4pm	1/2-1/3	2	\$195	JHES
272601-09	M-F	9am-4pm	12/23-1/3	6	\$399	JHES

Soccer Pros Soccer Camp

Ages 6-14. At Soccer Pros, we specialize in providing soccer instruction and games as part of our physical development program for boys and girls. Our younger campers learn fundamental skills such as dribbling, shooting, and passing in a supportive environment. Older age groups focus on further developing their skills and techniques through games, challenges, and team-building competitions. Additionally, campers can look forward to special appearances from current or former professional soccer players who will be available to sign autographs and answer any questions.

272632-01	Th, F	9am-4pm	10/3-10/4	2	\$135	JHES
272632-02	F	9am-4pm	10/25	1	\$65	JHES

TSP Flag Football Camp

Ages 6-14. Come and learn to pass, catch, run routes, and punt like the pros! During our sessions, we will practice these skills by playing games such as Button Hook, Down & Out, Pitch & Run, and First & Ten. Scrimmages will be held to test your skills, promote teamwork, and teach sportsmanship. Also, swimming sessions twice a week are included.

272684-01	Th, F	9am-4pm	10/3-10/4	2	\$135	JHES
272684-02	F	9am-4pm	10/25	1	\$65	JHES

Baroody Volleyball Camp

Ages 7-11. Our volleyball program offers a perfect introduction to one of the fastest-growing sports in the area. We will focus on developing fundamental skills through play, ensuring that each day is enjoyable with games and drills designed to enhance strength and confidence. Participants will also learn about proper rotations and spatial awareness. This program is suitable for both beginners and experienced players and by the end of the session, we aim to be able to play competitive points effectively.

272660-01	F	9am-3pm	10/25	1	\$139	CQRC
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Budding Entrepreneurs

Ages 10-14. Explore earning, saving, spending, and donating! Kids will learn about these important financial concepts through math games, hands-on activities, and discussions about money, budgeting, and saving. Students will also learn the basic concepts of philanthropy and donating to charity. Each participant will create their own piggy bank to take home!

224221-01	Tu	4-5pm	9/10-10/29	8	\$215	CQRC
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Young Debaters Camp

Ages 10-14. Campers will learn the art of persuasion and help select debate topics that interest them. In a public forum debate format, campers will work in groups and practice their debating skills in a supportive environment. This includes developing arguments, issuing rebuttals, providing examples, rebuilding their case, and summarizing points of view.

273603-01	M	9am-4pm	11/4	1	\$95	CHRC
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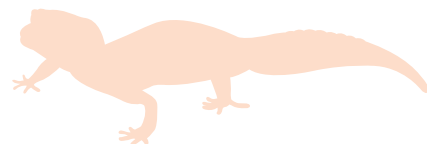
GET TO KNOW Jerome "Buddie" Ford Nature Center

- Opened in 1979 and is the only nature center operated by the City.
- Free drop-in story time, animal feedings, and animal meet and greets every week.
- Environmental education for people of all ages and abilities throughout the City of Alexandria.
- Home to a collection of turtles, lizards, snakes, frogs, and insects from all over the world.
- Field trips for homeschool groups and preschools
- Guide you towards earning your next scout badge.
- Themed birthday parties
- Provides free SOL programs to ACPS students
- Includes a picnic area, children's library, pollinator garden, and interactive exhibits.
- Host Green Teen Club and Alexandria 4-H Club
- Located next to Dora Kelley Nature Park, a 50-acre wildlife sanctuary with accessible paved trails.
- Has a variety of volunteer opportunities for teenagers and adults, including visitor experience, invasive plant removal, and program assistance.

5750 SANGER AVE | 703.746.5559

Wednesday-Saturday | 10 a.m.-4 p.m.

ALEXANDRIAVA.GOV/ NATURECENTER



Teen Programs

Teen Flag Football **NEW!**

Ages 11-15. The Charles Houston Recreation Center will host a youth 7-on-7 flag football league. This coed program will offer each participant the fun and excitement of fast-paced football in a low-contact environment. Through the participation of this league, our youth will learn valuable lessons in sportsmanship, teamwork, discipline and commitment - traits that will follow them throughout every aspect of their lives.

Sa	12-3pm	9/7-10/12	6	Free	CHRC
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The Anime Society **DROP-IN ***

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.

284008-01	W	6-7:30pm	9/11-12/11	14	Free	PHRC
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Teen Contemporary Dance **NEW! ***

Ages 11-17. Designed for young dancers eager to explore the expressive possibilities of dance, this class offers an exciting blend of technique, creativity, and personal expression.

253624-01	Th	6:30-7:15pm	9/19-11/21	10	\$45	CHRC
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Green Teen Club *****

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.

269855-01	W	6-7pm	9/18-12/18	4	Free	BFNC
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Teen Club Lounge *****

Ages 12-15. Teen Club Lounge is the perfect place to hang out with friends, play table games, video games, and more. Daily activities include homework time and social interaction to encourage personal growth and success.

243003	M-F	3:30-6:30pm	8/19-6/12	1	\$199	LARC
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Durant Teen Socials

Ages 12-16. Join us for an afternoon of fun and learn a new skill while making friends! Each session will have a different theme.

285210-01	F	6-7:30pm	10/18	1	\$9	ODRC
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Teen First Friday **DROP-IN**

Ages 12-17. Come and enjoy First Friday at Charles Houston and Patrick Henry Recreation Centers! Each Friday will have a different theme with games, music, food, and fun.

283629-01	F	6-10pm	9/6	1	Free	CHRC
283629-02	F	6-10pm	10/4	1	Free	CHRC
283629-03	F	6-10pm	11/1	1	Free	CHRC
283629-04	F	6-10pm	12/6	1	Free	CHRC

Teen Weight Training *****

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

214013-01	M	5:30-6:30pm	9/9-10/21	6	\$45	PHRC
214013-02	M	5:30-6:30pm	10/28-12/9	6	\$45	PHRC

Advanced Teen Weight Training *****

Ages 12-17. Power up your fitness journey with our specialized instructional class. Tailored for teens, we dive into the advanced components of weight training, emphasizing strength development, gym etiquette, fitness equipment acclimation, and the creation of SMART fitness goals.

214036-01	Tu	5:30-7pm	9/10-10/15	6	\$55	PHRC
214036-02	Tu	5:30-7pm	10/29-12/10	6	\$55	PHRC

Teen Focus Group **DROP-IN**

Ages 12-17. Join our monthly Teen Focus Group! Help us shape programs and events designed specifically for teens. Your valuable input will make a difference, and we'll even provide dinner as a token of appreciation.

284012-01	Th	6:30-7:30pm	9/12	1	Free	PHRC
284012-02	Th	6:30-7:30pm	10/10	1	Free	PHRC
284012-03	Th	6:30-7:30pm	11/14	1	Free	PHRC

Gymnastics for Teens

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

223616-01	Sa	11:30am-12:30pm	9/14-10/26	6	\$75	CHRC
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Circle of Girls *****

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

284010-01	Th	6-7:30pm	9/5-12/5	14	Free	PHRC
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3 vs 3 Teen Basketball League (Coed) *****

Ages 12-18 as of November 30, 2024. Games will be played on Tuesdays & Thursdays from 6:30-8:30 p.m. Each team can have up to five players and a minimum of three. Open to City of Alexandria residents only.

222727-01	Tu,Th	6:30-8:30pm	10/17-11/19	\$95	TBD
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Discover our Teen Centers on page 25

Visit our website!
alexandriava.gov/rpca/teens





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 creative and performing arts, music, crafts, sports, physical fitness, health and wellness, and special events. Participants will engage in theme-based activities and special events that will promote self-awareness and confidence, as well as self-expression and creativity while having fun and making new friends in the Power-On afterschool program. Holiday and registration maximum and minimum vary by location. Program meets 2:30-6pm when ACPS schools are open, at the following locations: CBRC, CHRC, DMES, FDES, JAES, LARC, MVRC, PHRC, and WRRC.



Registration: Payment of \$892 is due at the time of registration and can be made by check, credit card or money order, payable to the City of Alexandria. Open to City of Alexandria residents only. Financial assistance and payment plans are available for eligible families. For more information, please contact the Registration & Reservation Office at 703.746.5414.

Afterschool Program Dates:

August 19, 2024-June 12, 2025 ■ Monday-Friday

Afterschool Operation Hours:

School Dismissal through 6 p.m.

2024-2025 Afterschool Power-Up at GW Middle School

6-8th grade. Designed for young teens who enjoy meeting new people, having fun with friends, and creating lasting memories. Power-Up provides engaging and age-appropriate activities for all to enjoy. The program includes sports, enrichment opportunities, physical fitness, crafts, performing and creative arts, STEM activities and more!



Registration: Payment of \$199 is due at the time of registration and can be made by check, credit card or money order, payable to the City of Alexandria. Open to City of Alexandria residents only. Financial assistance and payment plans are available for eligible families. For more information, please contact the Registration & Reservation Office at 703.746.5414.

Afterschool Program Dates:

September 9, 2024-May 29, 2025 ■ Monday-Thursday

Afterschool Operation Hours:

School Dismissal through 6:30 p.m.

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.

203001-01	Th	9am-6pm	10/3	1	\$55	NLRC
203001-02	F	9am-6pm	10/4	1	\$55	NLRC
203001-03	F	9am-6pm	10/25	1	\$55	NLRC
203001-04	F	9am-6pm	11/1	1	\$55	NLRC
203001-05	M	9am-6pm	11/4	1	\$55	NLRC
203001-07	M-F	9am-6pm	12/30-1/3	4	\$225	NLRC

TR Achieving Greatness **(TR)**

Ages 6-21. Available to 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. Please contact the Therapeutic Recreation office for more information at 703.746.5535 or to sign up. No program when school is closed.

203000-00	M-F	2:30-6pm	8/19-12/20	90	\$595	NLRC
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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.

269825-01	Sa	11am-12pm	9/28	1	\$5	BFNC
269825-02	Sa	11am-12pm	11/2	1	\$5	BFNC

Little Adventures **(+ADULT)**

Ages 3-5 with adult. Explore the natural world and Dora Kelley Nature Park with an environmental educator as we search for animals' homes and signs of fall. We will play games, make crafts, and go for a forest walk (weather permitting). Drop-ins welcome.

269800-02	F	10:30am-12pm	9/13	1	\$12	BFNC
269800-03	F	10:30am-12pm	10/11	1	\$12	BFNC
269800-04	F	10:30am-12pm	11/15	1	\$12	BFNC

Decorate a Tree for Birds

Ages 5-11. Birds need a holiday too! Make biodegradable bird feeders and garlands to decorate a backyard tree for our feathered friends. All materials included.

269816-01	Sa	10-11am	11/23	1	\$5	BFNC
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Monarch Butterflies **(NEW!)**

All Ages. Celebrate Hispanic Heritage Month with butterflies! Learn about the conservation of monarch butterflies and how they bring Mexico and the United States together. Participants will take part in community science projects to help the species, learn their natural history and unique needs, and discover how to participate in tagging butterflies. Attendees will also receive a special monarch care package.

269830-01	Sa	11am-12pm	9/21	1	\$5	BFNC
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Invasive Plant Hike **(NEW!)**

All Ages. Join us for a walk at Dora Kelley Nature Park and practice spotting the difference between native and invasive plants. Learn how you can help protect native plants. Adults and families are welcome.

269854-01	Sa	10:30-11:30am	10/5	1	\$5	BFNC
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Spooky Spiders **(NEW!)**

All Ages. Get ready for spooky season by meeting live spiders up close and personal! In a non-scary environment, learn about how these eight-legged animals experience the world and survive. After their spider meet-and-greet, participants will enjoy activities and a craft.

269834-01	F	12-1pm	10/11	1	\$5	BFNC
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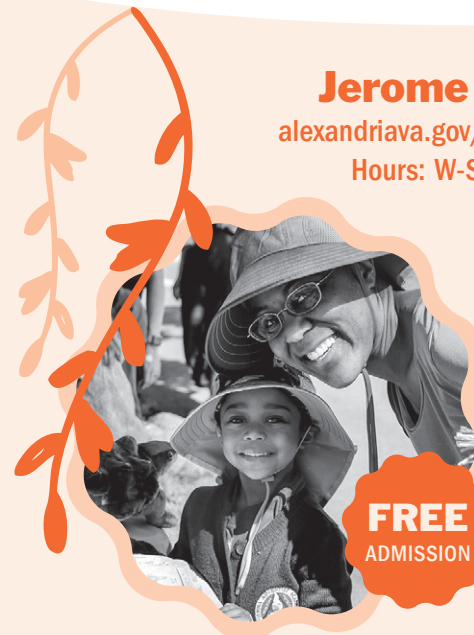
Virginia Cooperative Extension puts university knowledge into the hands of the people.

With the research and leadership of Virginia Tech and Virginia State University, and support from outstanding citizen volunteers, we provide information, education, and tools you can use every day to improve your life. Services are offered in: 4-H Youth Development, Agricultural Natural Resources, and Family & Consumer Sciences. Educational and volunteer opportunities are always available. **Please contact the Alexandria Cooperative Extension Office at 703.746.5546 for more information.**

Jerome "Buddie" Ford Nature Center

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

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



FREE ADMISSION

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

WEEKDAYS

At the Nature Center

11 a.m. | Open to the public

Wednesdays: Storytime – Join us for a short story in our library.

Thursdays: Animal Brunch – Watch our turtles, frogs, or newts dine on their favorite foods.

Fridays: Animal Meet & Greet – Get to know an animal that lives at the nature center.

Registration Information

Registration: Residents: August 7 & Non-Residents: August 9

3 WAYS TO REGISTER



Web

- Payment by credit card (Visa/Mastercard) 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. 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.

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 from the City of Alexandria may request a refund.
- Credits will remain on a household account for no more than 90 days. Credits older than 90 days will be processed as a refund back to the customer.
- Adult league fees are non-refundable.

Inclement Weather: To view inclement weather and closure information, visit alexandriava.gov/rpca/recreation-closures.

Non-resident Fee: A fee of \$35 per person, in addition to the class fee, is required for all activity 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 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 a.m.-7 p.m.), VA Relay 711 or email registerarpc@alexandriava.gov

Fall Registration: Residents: August 7 & Non-Residents: August 9

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

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

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

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

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

Make checks payable to "City of Alexandria"

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

3 PLEASE READ AND SIGN BELOW:

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

Signature required of adult participant, parent or guardian of child _____ Date _____

UNSIGNING REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

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

4 REGISTRATION METHOD

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

Web:
 alexandriava.gov/Recreation

Questions?
 Call 703.746.5414
 Email registerARPCA@alexandriava.gov

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

Ages 55 & Up

See the Recreation Roundup on pages 37-39 for a listing of recreation opportunities for ages 55 and up, or look for the 55+ icon throughout this program guide.



POWER PLUS PARTNERS

Northern Virginia Senior Olympics

The 2024 Olympics will be held in September at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, and Prince William. Over 800 adults, ages 50-100, competed in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, Scrabble, table tennis, and many more. For more information, visit the NVSO website at nvso.us.

Successful Aging Committee is a collaborative group providing several City-wide activities for older adults of Alexandria. Watch for registration information on Robust Walkathons, Dance for All Ages, and the Senior Health & Fitness Fair. For more information call 703.746.5676.

Department of Community & Human Services' Division of Aging & Adult Services offers a variety of programs to residents ages 60 and over including transportation, an adult day health care, facility home visits, case management, home delivered meals, health insurance, counseling, and volunteer opportunities. For more information, call 703.746.5999.

Senior Centers provide programs and meals to adults ages 60 and over who are cognitively aware and physically independent. Recreation opportunities include leisure activities, sharing groups, exercise classes, wellness, nutrition, consumer education, seminars, shopping, and cultural trips.

The Senior Center at Charles Houston, 703.746.5456

St. Martin de Porres Senior Center, 703.751.2766

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

Adult Day Services Center, 703.746.5676

Senior Services of Alexandria is a local non-profit organization that offers support and services to seniors living in the City of Alexandria, including Meals on Wheels, DOT Paratransit reservations, Groceries-to-Go, Friendly Visitors, Senior Information Corners, monthly Senior Speaker Series events, and a Senior Ambassador Program. For more details, call 703.836.4414 x110, or visit seniorservicesalex.org.

Algo Para Cada Quien

El Departamento de Recreación, Parques y Actividades Culturales tiene algo para cada quien...en tu vecindario!

Programas y actividades están disponibles para todas las edades, incluyendo Clases de Natación, Campamentos, Ejercicios y Buena Forma, Ligas Deportivas, Creatividad y Desempeño Artístico, Eventos Especiales, Educación Ambiental, Clases de Enriquecimiento, Programas de Tareas Dirigidas, Recreación Terapéutica, Actividades Comunitarias y Eventos, Programas para mayores de 55 y más.



La Ciudad de Alexandria opera 11 centros comunitarios incluyendo un centro de arte, instalaciones acuáticas y un centro natural. Los Centros Recreativos Vecinales contienen una variedad de comodidades que incluyen salones de gimnasio para adultos, áreas de juego para niños, canchas de racquetball, salón de arte & manualidades y salones de juegos. Espacios están disponibles para renta y una variedad de paquetes de fiestas están disponibles. Para más información sobre centros comunitarios, comodidades y horas de operaciones, visita alexandriava.gov/recreationcenters.

La Ciudad posee y maneja 500 acres de parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Ciudad y el hermoso frente al mar. Visite alexandriava.gov/ParkLink para orientación y un mapa interactivo de parques e instalaciones.



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

Para registrarse para programas o hacer

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

Visite alexandriava.gov/Recreation para más información.

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

AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+	PAGE
Aquatics																				
Swimming																				
Water Explorers 1-2*																				2
Alex Preschool & Me*																				2
WeAquatics Private Swim																				2
Alex Swim Preschool 1-3																				2-4
Alex Swim Level 1-6																				4-5
Wahoos Winter Stroke Clinic																				6
Adult Beginner Swim																				6
Adult Int. & Adv. Swim																				6
Teen Beginner Swim																				7
Masters Swimming																				7
Blue Octopus Scuba																				7
Aqua Aerobics																				
Water Walking																				7
Aqua Aerobics																				7
Deep Water Aqua Aerobics																				7
Get in Deep With Candice																				7
Aqua Zumba																				7
Hi/Lo Water Aerobics																				7
For Every Body Fitness																				8
Gobble Wobble Aqua Burn																				8
Aquatic Exercise for Seniors																				8
Aquatic Events																				
Water Explorers Sing Along*																				8
Dive-In Movie Night																				8
Floating Pumpkin Patch																				8
Exercise & Fitness																				
Mind Body/Wellness																				
Yoga 4 Kids																				10
Gentle Yoga																				10
Slow Flow With Amy																				10
Essentrics: Classical Stretch																				10
Stretch & Flow Yoga																				10
Yoga Beginner Series Part I																				10
Pilates Barre																				10
Yoga for Healthy Aging																				10
Chair Yoga: Balance & Strength																				11
Senior Stretching																				11
Rock N Walk																				11
Smooth Movement Fitness																				11
Cardio Workout																				
Zumba 4 Kids																				12
Beat & Sweat: Hip Hop																				12
Jazzercise																				12
Zumba																				12
Hi/Lo Impact Aerobics																				12
Senior Trailblazers																				12
Senior Body Part Aerobics																				12

AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+	PAGE
Exercise & Fitness (cont.)																				
Cardio Workout (cont.)																				
Walk & Fit Training																				13
Cardio & Strength Workout																				
Roller Skating																				13
Shadow Boxercise Level I																				13
TSP Adult Bootcamp																				13
Advanced Boxercise																				13
Total Body Conditioning For Women																				13
Hip Hop Fitness & Circuit Training																				13
Adult Cardio & Weight Training																				13
Stay Active & Independent for Life (SAIL)																				13
Senior Cardio & Weight Training																				13
Advanced Senior Body Parts Aerobics																				13
Sports Classes & Leagues																				
Tumbling																				
Baby Tumbling*																				14
Pre-School Open Gym																				14
Mom/Dad & Me Tumbling*																				14
Movement & Gymnastics																				14
Wiggles, Toes & Rolls																				14
Gymnastics I																				14
Gymnastics II																				14
Basic Tumbling Levels 1-2																				14
Soccer																				
Little Kicks Soccer & Me*																				14
Soccer Tots																				14
Excite Soccer																				14-15
Little Kicks Soccer																				15
Little Champions Soccer																				15
Racquet Sports																				
Tennis 4 Kids																				15
FirstServe Tennis 1-2																				15
Advantage Tennis: Middle School Tennis																				15
Adult Tennis 1-3																				15
Pickleball 1-3																				15
Open Pickle Jar Sundays																				16
Advantage Tennis: Adult Beginner Tennis																				16
Intro to Pickleball																				16
Intermediate Pickleball																				16
Adult Pickleball																				16
Basketball																				
Jump Shots for Tots																				16
Run, Shoot, Basketball																				16

*Requires guardian and child participation





Community Activities

Charles Houston's Line Dance Social **NEW!**

Ages 18 & up. Get your boots ready! Join us for an evening of toe-tapping fun and socializing. No experience is necessary. Bring your enthusiasm and get ready to groove to some of your favorite tunes.

283633-01	Tu	6:30-8:30pm	9/10	1	\$5	CHRC
283633-02	Tu	6:30-8:30pm	10/8	1	\$5	CHRC
283633-03	Tu	6:30-8:30pm	11/12	1	\$5	CHRC

Unplug Family Night **NEW!**

All Ages. Join us with exciting activities designed to bring families closer together, explore the wonders of the neighborhood, and unplug from the digital world. Individuals are required to bring their own bike for this outing.

Bike Ride Extravaganza

283726-01	Sa	9:30am-1pm	9/14	1	Free	LARC
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Outdoor Nature Walk

283726-02	Sa	6:30-9:30pm	9/21	1	Free	LARC
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Family Dance Night

All Ages. Each night families will learn a dance suitable for all ages and full of family fun. We will have an instructor, refreshments, and music to keep everyone moving. Families with preschool kids, tweens and teens, grandparents, and everyone in between will have a rollicking good time.

283631-01	F	6:30-8:30pm	9/20	1	Free	CHRC
283631-02	F	6:30-8:30pm	11/8	1	Free	CHRC

Senior Events

Ages 55 & Up. Join us for a Senior Social Mixer, a delightful event for seniors to connect and socialize. Enjoy a fun-filled gathering as we serve refreshments and create a warm and inviting atmosphere. Forge new friendships and cherish meaningful conversations in this welcoming environment.

284009-01	F	11am-1pm	9/20	1	Free	PHRC
284009-02	F	11am-1pm	10/18	1	Free	PHRC
284009-03	F	11am-1pm	11/22	1	Free	PHRC
284009-04	F	11am-1pm	12/20	1	Free	PHRC

Parents Night Out

Ages 5-10. Let us entertain your kids with games, activities, and lots of fun while Mom and Dad enjoy a well-deserved evening out!

283816-01	F	6:30-8:30pm	9/27	1	\$25	MVRC
283816-02	F	6:30-8:30pm	11/15	1	\$25	MVRC

Fall Halloween Fest

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

283721-01	Sa	12-3pm	10/19	1	Free	LARC
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Maker Faire® NoVA

All Ages. The City of Alexandria is partnering with Nova Labs to bring back Maker Faire NoVa! This beloved event is returning after five years and will now be held in its new home in Alexandria. Maker Faire is a family-friendly event that brings together people of all ages who are curious, creative, and love sharing their talents. Whether you're an engineer, artist, scientist, or crafter, Maker Faire NoVa 2024 is a day for you to enjoy, experiment, and share in the excitement. We call it the Greatest Show (& Tell) on Earth. You can purchase tickets online at nova.makerfaire.com/tickets.

	Su	10am-4pm	10/20	1	Varies	ACHS
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Boo-Fest

All Ages. Get dressed up and join us for a goblin good time. Festivities include a costume parade, carnival games, moon bounce, arts and crafts, spooky stories, and more!

283601-01	F	6:30-8:30pm	10/25	1	Free	CHRC
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Family October Fest 2024

All Ages. Join us for a thrilling Fall Family Festival! Enjoy an array of exciting games, explore our spooky haunted house, get creative with arts and crafts, indulge in delicious snacks, and stand a chance to win fantastic prizes.

284002-01	F	6:30-8:30pm	10/25	1	\$5	PHRC
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Charles Houston Kiddie Cabaret **+ADULT**

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 and there will be plenty of fun activities to enjoy.

283623-01	Sa	10am-12pm	10/26	1	\$6	CHRC
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Family Masquerade Ball

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

283801-01	F	6:30-9pm	10/25	1	\$9	MVRC
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Mystery Family Night **NEW!**

All Ages. Get ready to put your detective skills to the test by joining us for an exciting adventure into the unknown. Don't miss out on the chance to bond with your family, meet new friends, and make unforgettable memories at Mystery Family Night. Every clue matters!

283725-01	F	6:30-9:30pm	11/8	1	\$35	LARC
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Family Back to REC Night

All Ages. We are back! Gather up the family, dust off the family board games, and bring them in for a guaranteed fun night! Activities include table games, video games, card games, gym games, crafts, and more. Light refreshments are included.

283723-01	F	6:30-8:30pm	11/22	1	Free	LARC
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2024 Holiday Tree Lighting Ceremony

All Ages. The City invites the community to join Mayor Justin Wilson and a host of holiday friends at the annual Tree Lighting Ceremony in Market Square (301 King St.). The event will occur rain or shine.

	Sa	6-8pm	11/23	1	Free	MSQ
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Register through alexandriava.gov/WebTrac



Grinchmas **NEW!**

Ages 1-10. Join us for whimsical fun straight out of Whoville! The event will be filled with laughter, photos, food, and family-friendly activities that will make you feel merry and bright. Participants will take pictures with the Grinch and listen to a live reading of Dr. Seuss' "How the Grinch Stole Christmas."

Ages 1-5

283622-01	Sa	9:30-11am	12/7	1	\$5	CHRC
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Ages 6-10

283622-02	Sa	11:30am-1pm	12/7	1	\$5	CHRC
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Family Winter Holiday Fun

All Ages. Come celebrate holiday fun with the whole family! Build a gingerbread house, listen to a story from Santa, design holiday crafts, decorate cookies, play games, and watch a holiday movie. Afterward, kids will have a chance to visit and take a picture with Santa. Please bring your camera or camera phone.

283724-01	Sa	11:30am-1pm	12/7	1	\$29	LARC
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A Very Merry Jazz Fest

All Ages. Get ready to swing into the holiday spirit! The enchanting sounds of jazz will fill the air at the George Washington Masonic National Memorial (101 Callahan Dr.) in Old Town Alexandria as the culmination of the ALX Jazz Fest 2024 season. Featuring live music, art, and poetry.

	F	7-9pm	12/13	1	Free	MNM
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Breakfast With Santa

Ages 1-7. Santa and his elves are stopping by Mount Vernon Recreation Center for a morning of holiday cheer and breakfast!

283823-01	Sa	10am-12pm	12/14	1	\$25	MVRC
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Grown Folk On Skates **NEW!**

Ages 40 & Up. Lace-up your skates and join the fun with Grown Folk on Skates! Glide to the beat, make new friends, and relish the laughter-filled atmosphere.

284021-01	Sa	1-4pm	12/14	1	\$15	PHES
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284021-02	F	6-10pm	12/20	1	Free	PHES
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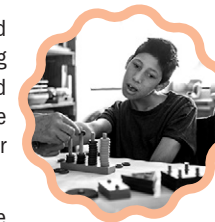


Individuals with Disabilities

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.

Fall 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:

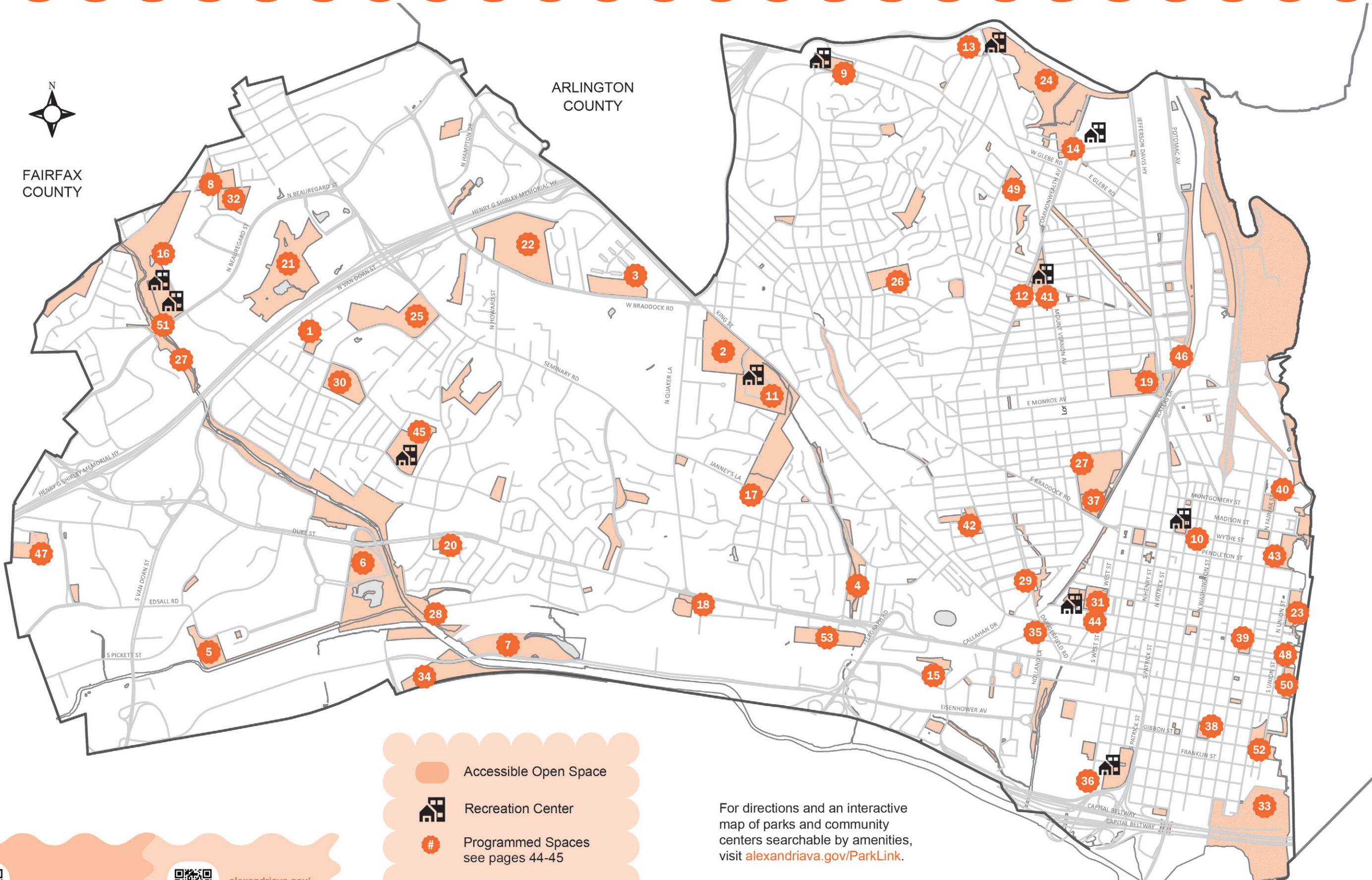
- Advisory Councils
- Patrick Henry Recreation Center
- Charles Houston Recreation Center
- Chinquapin Park Recreation Center & Aquatics Facility
- Leonard "Chick" Armstrong Recreation Center
- Mount Vernon Recreation Center
- William Ramsay Recreation Center
- Youth Sports
- Therapeutic Recreation
- 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.





FAIRFAX COUNTY

ARLINGTON COUNTY



 Accessible Open Space

 Recreation Center

 Programmed Spaces
see pages 44-45

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



alexandriava.gov/Parks



alexandriava.gov/RecreationCenters

Parks & Facilities

Visit alexandriava.gov/parks/find-a-park to see all City of Alexandria parks and amenities. See page 47 for event sites and information about hosting special events.

Parks & Facilities

1	5325 Polk Avenue Park	
2	Alexandria City High School (ACHS) - King St. Campus 3330 King St.	
3	3a) ACHS/Minnie Howard Campus 3801 W. Braddock Rd. 3b) Minnie Howard Pool 3795 W. Braddock Rd.	These tennis courts & athletic fields will be under construction through 2024-2025
4	Angel Park 201 West Taylor Run Parkway	
5	Armistead L. Boothe Park 520 Cameron Station Blvd.	
6	Ben Brenman Park 4800 Brenman Park Dr.	
7	Cameron Run Regional Park/Lake Cook (NOVA Parks) 3699 Eisenhower Ave.	
8	Chambliss Park 2505 N. Chambliss St.	
9	Charles Barrett School & Recreation Center 1115 Martha Custis Dr.	
10	Charles Houston Recreation Center 901 Wythe St. <i>Pool Seasonal</i>	
11	Chinquapin Park Recreation Center & Aquatics Facility/Forest Park 3210 King St.	
12	Colasanto Center 2704 Mt. Vernon Ave.	
13	Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave.	
14	Cora Kelly School & Leonard "Chick" Armstrong Recreation Center 25 W. Reed Ave.	
15	Dog Park at Carlyle 450 Andrews Ln.	
16	Dora Kelley Nature Park & Jerome "Buddle" Ford Nature Center 5750 Sanger Ave.	
17	Douglas MacArthur Elementary School 1101 Janneys Ln.	
18	Eugene Luckett Field & Schuyler Hamilton Jones Skateboard Park 3540 Wheeler Ave.	
19	Eugene Simpson Stadium Park 426 E. Monroe Ave.	
20	Ewald Park 4452 & 4500 Duke St.	
21	Ferdinand T. Day Elementary School 1701 N. Beauregard St	
22	Fort Ward Park 4301 W. Braddock Rd. Fort Ward Athletic Facility 4421 W. Braddock Rd.	
23	Founders Park 351 N. Union St.	
24	Four Mile Run Park 3700 Commonwealth Ave.	
25	Francis C. Hammond Middle School 4646 Seminary Rd.	
26	George Mason Elementary School 2601 Cameron Mills Rd.	
27	George Washington School & Park 1005 Mt. Vernon Ave.	
28	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	
29	Hooff's Run Park & Greenway 18 A E. Linden St.	
30	James K. Polk School 5000 Polk Ave.	

31	Jefferson Houston Elementary School 1501 Cameron St.	
32	John Adams Elementary School 5651 Rayburn Ave.	
33	Jones Point Park (National Park Service) 100 Jones Point Dr.	
34	Joseph Hensley Park 4200 Eisenhower Ave.	This park is under construction through 2025.
35	King Street Gardens Park 1806 King St.	
36	Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St.	
37	Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave.	
38	Lyles Crouch Elementary School 530 S. Saint Asaph St.	
39	Market Square 301 King St.	
40	Montgomery Park 901 N. Royal St.	
41	Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave.	
42	Naomi L. Brooks School 600 Russell Rd.	
43	Oronoco Bay Park 100 Madison St.	
44	Oswald Durant Center 1605 Cameron St. Old Town Pool <i>Seasonal</i> 1609 Cameron St.	
45	Patrick Henry Recreation Center 4653 Taney Ave.	
46	Potomac Yard Park 2051 Potomac Ave.	
47	Stevenson Park 300 Stultz Rd.	
48	Torpedo Factory Plaza 105 N. Union St. City Marina 0 Cameron St.	
49	Warwick Pool <i>Seasonal</i> 3301 Landover St.	
50	Waterfront Park 1A Prince St.	
51	William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave.	
52	Windmill Hill Park 501 S. Union St.	
53	Witter Recreational Fields 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*
- Volleyball
- Walking Trail
- Waterfront
- Available for Rental

*Unfenced Sites Are Marked with Posts

Register through alexandriava.gov/WebTrac

Park Capital Project Updates

Visit 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

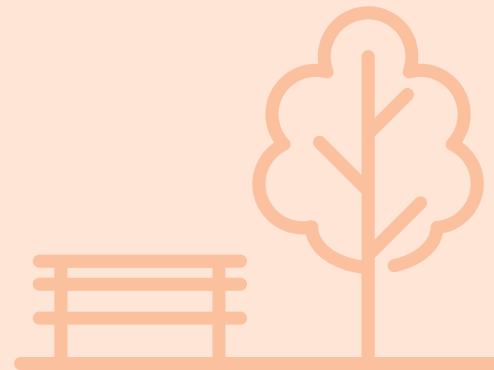
This park was closed in Fall of 2023 to begin an estimated 16-month construction timeline where teams will work to improve stormwater and site drainage issues, increase parking capacity, upgrade lighting and fields, replace restroom, and add a play space, and a multi-use court space.

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.



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 48 indicates the indoor amenities available for rental.
Outdoors: Pages 44-45 indicate parks with space available for rental.

2 Contact a specialist

Indoors: To reserve, call the location listed on page 48.
Outdoors: To reserve a field, contact the Sports Office at 703.746.5408.

To reserve a park, see below:

Picnic Area Reservations

Call 703.746.5414 about 4-hr Picnic Area Reservations* at:

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

Waterfront Parks

Call 703.746.5420 for hourly rate information regarding: Waterfront Park

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

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

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

3 Finalize reservation

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



Make your next event special

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

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 to find nearby parks, community centers, playgrounds, trails, and more.

Contact Information

I Director's Office703.746.5500

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

I General Information703.746.4343

I Programs & Services

Aquatics.....703.746.5441

City Arborist/Trees703.746.5496

City Marina.....703.746.5487

Nature & Environmental Education Programs.....703.746.5559

Out of School Time Programs703.746.5575

Office of the Arts703.746.5588

Park Maintenance.....703.746.5484

Park Planning & Design703.746.5488

Picnic Reservations & Facility Rentals703.746.5414

Recreation Classes & Camps703.746.5414

Senior & Teen Programs703.746.5464

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

Therapeutic Recreation.....703.746.5422

Youth & Adult Sports703.746.5402

I VA Relay711

I 24-Hour Hotlines

Alexandria Safe Place.....703.746.5400

Special Events703.746.5592

Classes & Camps.....703.746.5594

Coed & Women Sports.....703.746.5595

Men Sports703.746.5596

Youth Sports.....703.746.5597

Facility & Fields703.746.5598













Recreation Center Information

Amenities On-site

Available for Rental

Rental hours may exceed operating hours.

Programs may occur outside of operating hours, which may change. Please call each center for holiday hours.

	Arts & Crafts Room <small>Small/Large Room</small>	Boxing Ring	Computer Lab	Dance Studio <small>Small Room</small>	Game Room	Gymnasium	Kitchen	Meeting Rooms <small>Small/Large Room</small>	Multi-Purpose Room <small>Small/Large Room</small>	Performance <small>Small/Large Room, Auditorium</small>	Swimming Pool	Soft Playroom	Racquetball Court	Weight/Fitness Room	Exhibit Space
 Charles Barrett Recreation Center 1115 Martha Custis Dr., 22305 • 703.746.5551 Open for pre-scheduled programming only.															
 Charles Houston Recreation Center 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															
 Chinquapin Park Recreation Center & Aquatics Facility <i>Hours subject to change.</i> 3210 King St., 22314 • 703.746.5553 Mon-Thu: 6am-9pm; Fri: 6am-6pm; Sat-Sun: 8am-6pm															
 Leonard "Chick" Armstrong Recreation Center <i>Formerly Cora Kelly Recreation Center</i> 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri 9am-1:30pm and 6-9pm, Sat 9am-6pm															
 Oswald Durant Center 1605 Cameron St., 22314 • 703.746.5560 Open only for scheduled programs & rentals.															
 Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10am-4pm															
 Lee Center 1108 Jefferson St., 22314 • 703.746.5414 Registration & Reservation Office: Mon-Fri 9am-7pm															
 Mount Vernon Recreation Center 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9am-9pm, Sat: 9am-6pm															
 Nannie J. Lee Recreation Center 1108 Jefferson St., 22314 • 703.746.5550 Open for pre-scheduled programming only.															
 Patrick Henry Recreation Center 4653 Taney Ave., 22304 • 703.746.5557 Mon-Fri: 9am-9pm, Sat: 9am-6pm <i>Teens</i> - Fri: 9-11pm; Sat: 6-8pm															
 Torpedo Factory Art Center 105 N. Union St., 22314 • 703.746.4570 Mon-Fri: 9am-9pm, Sat: 9am-6pm															
 William Ramsay Recreation Center 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															



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SEPTEMBER 15-30

Feel the burn, not the cost! Unleash your potential with 15% off fitness passes. Don't wait—start your fitness journey today!

***Participating Rec Centers:**

- Charles Houston
- Chick Armstrong
- Chinquapin
- Minnie Howard
- Patrick Henry
- William Ramsay



*Must purchase fitness pass at participating locations



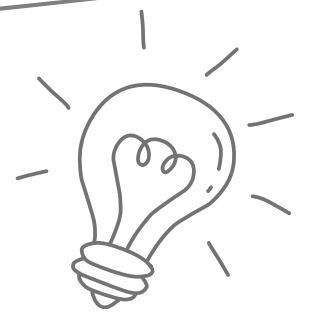
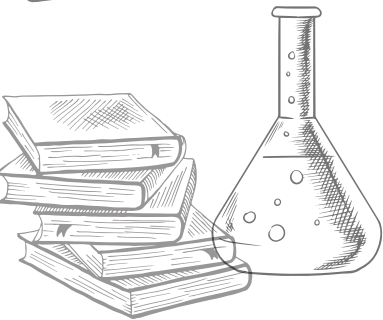
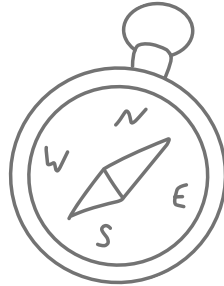


DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES

1108 Jefferson St.
Alexandria, VA 22314



OUT OF SCHOOL TIME



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for grades K-6.

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